

SPRING/SUMMER
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PROGRAM GUIDE

10 NISSAN - 14 ELUL 5783 APRIL 1 - AUGUST 31, 2023



David A. Stein Jewish Community Alliance on the Ed Parker Jewish Community Campus

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Melanie Miller
Photography

The JCA **Program Guide** and **Alliance News** are published each year by the:

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8505 San Jose Boulevard
Jacksonville, FL 32217

For additional program information,
please contact the JCA at:

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Sam Stromberg Board Chair
Adam Chaskin Chief Executive Officer
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Locker Room Hours

Locker room hours are the same
as business hours.

- Frequent disinfecting will happen throughout the day.
- All shower stalls are available for use and feature full length separating walls.

Kid Kare (babysitting)

(904) 730-2100 ext. 267

Operations hours:

Sun - Fri mornings: 9 am - 12 pm

Mon - Thu evenings: 5 - 8 pm

- JCA Kid Kare is available for children 3 months to 9 years old.
- Kid Kare is offered on a first come first serve basis.
- Space limited to 12 kids per shift.
- Kid Kare service is for a maximum of two hours.
- Visit jcjax.org/fitness to view our Kid Kare policies.

Guest Policy

Members may bring only two guests at a time except for members bringing families. Guests must be accompanied by a member in good standing. Children who are guests must have an adult present to sign a waiver and be chaperoned by an adult if under 10. All guest passes must be purchased at the Reception Desk. Saturday guest passes must be purchased in advance. All guests must have guest passes. All visitors must present a photo ID.

Guest Pass Fee: **Adults:** \$8 each visit **Children/Teens (5 - 18):** \$4 each visit

Mandatory Swim Assessments

All children 12 and under must complete a 25-yard swim (without touching the bottom of the pool, grabbing the lane rope, floating on their back or requiring assistance) on their front (freestyle, breaststroke, etc.) and tread water for 45 seconds. If they pass the test, they are permitted to swim without flotation and receive a yellow neck band. Swimmers who do not complete the test will receive a red neck band and be required to wear a life jacket, have a parent/guardian in the water within arm's reach or choose not to swim. The JCA will supply neckbands to each child, which are to be kept and brought to the pool each time to swim. Replacement bands are available for \$5 each.

Unsupervised Children

The following policies ensure the safety of all JCA members:

- Children 9 years old and under must be under direct supervision (in sight and within close proximity) by an adult while at the JCA. Children must be brought to and picked up from class, Kid Kare or any JCA programs by an adult. All members age 10 and over entering the JCA must present a membership card.
- Children age 10 and up may be unaccompanied by an adult in the JCA except for the fitness area where children must be 13 years old to enter. It is not appropriate for children to gather in the lobby area or hallways of the JCA.

The JCA cannot be held responsible for members age 10 and over who attend the JCA and are not enrolled in an organized activity. In addition, children age 10 and up are expected to behave in a mature manner when in the building without parental supervision. Behavior that is disruptive and/or harmful to themselves or others may result in the suspension of independent privileges.

Food Policy

JCA is a kosher facility. Therefore no deliveries of food of any kind for members from take-out restaurants will be accepted. Food brought into the building from home, outside of a JCA program or preschool, must be consumed in either the courtyard or the outdoor pool area. Thank you for your cooperation.

Fire Alarm Policy

For your safety and welfare, you must evacuate the building when the fire alarm sounds. You will be notified by JCA personnel when it is safe to return to the facility. Thank you for your understanding and support.

Cancellation/Expiration Policy for Personal Training, Private Tennis and Swim Instruction

All participants registered for private tennis, swim or personal training sessions must give at least a 24-hour notice of cancellation for already scheduled sessions. Failure to properly cancel will result in a charge for that session at the established fee. All personal training sessions, private tennis lessons and private swim lessons will expire six months from the date of purchase. Fees paid for (expired) sessions/lessons are non-refundable and non-transferable.

Class Payment, Refund and Cancellation Policy

- All class and program fees must be paid before the beginning of the class. For one-time programs or classes, no refunds will be granted.
- 50% refund after first class; 25% refund after second class; no refund after third class (excludes childcare tuition and summer camp programs).
- Refund policies apply to all private training and lessons.
- The JCA reserves the right to cancel programs/classes not meeting the minimum required enrollment for circumstances beyond our control.

Proselytization The JCA is dedicated to the enhancement of Jewish identity and the continuity of Jewish life. A person or persons' act of proselytizing or teaching of non-Jewish principles in an attempt to convert members or guests is prohibited, and persons engaging in proselytizing will be required to leave the building and grounds. Affiliated with the Jewish Federation of Northeast Florida, United Way of Northeast Florida and the Jewish Community Centers Association of North America. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION FOR JEWISH COMMUNITY ALLIANCE, INC., A FLORIDA-BASED NONPROFIT CORPORATION (REGISTRATION NO. CH202), MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELP-FLA (435-7352) WITHIN THE STATE OR VISITING THEIR WEBSITE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. DCF License #: C04DU0213

JCA Member Code of Conduct The JCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs. We expect persons using the JCA to behave in a considerate and responsible way and to respect the rights and dignity of other members, guests and staff. Our Code of Conduct outlines actions that are deemed inappropriate. These include but are not limited to: inappropriate attire—appropriate attire in keeping with the values of the JCA must be worn at all times; angry or vulgar language, including swearing, name-calling or shouting; physical contact with another person in any angry or threatening way; any demonstration of sexual activity or sexual contact with another person; harassment or intimidation by words, gestures, body language or any menacing behavior; theft or behavior that results in the destruction of property; carrying or concealing any weapons or devices or objects that may be used as weapons with the exception of law enforcement professionals; using or possessing illegal chemicals (drugs) on JCA property, in JCA vehicles or at JCA sponsored programs; using or possessing alcohol on JCA property, in JCA vehicles or at unsanctioned JCA sponsored programs; any other conduct of an inappropriate, threatening or offensive nature. Loitering is not permitted in or outside the JCA. Use of all tobacco products, smoking (including e-cigarettes) is not permitted in or outside the JCA. The JCA and its property is a smoke-free/tobacco-free environment. The JCA is dedicated to the enhancement of Jewish identity and the continuity of Jewish life. A person or persons' act of proselytizing or teaching of non-Jewish principles in an attempt to convert members or guests is prohibited, and persons engaging in proselytizing will be required to leave the building and grounds. In addition, the JCA reserves the right to deny access or membership to the following persons: registered sex offenders; those accused/convicted of sexual abuse crimes; those accused/convicted of crimes relating to the sale/use/possession/transportation of narcotics, habit forming and/or dangerous drugs; those excessively or continuously using intoxicating beverages, narcotics or dangerous drugs. The JCA maintains a no tolerance policy concerning all of the above. Members and guests are encouraged to be responsible for their personal comfort and safety and to ask any person whose behavior threatens their comfort to refrain from that behavior. If a member or guest feels uncomfortable in confronting the person directly, they should report the behavior to a staff person or the manager on duty. Good personal hygiene, including the appropriate use of deodorant, is expected as a consideration to other members. JCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed. In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked. The Executive Team will investigate all reported incidents. Suspension or termination of JCA membership privileges may result from a determination by the Executive Team if in their discretion a violation of the JCA Member Code of Conduct has occurred.

Shalom,

Wow, what a party! Our JCA's annual fundraiser was the jazz-age party of the year, and we are filled with gratitude that so many of you joined us at our roaring affair. From 2023 to 1923, we were transported to another era at **the Great Jaxby**, thanks to our fantastic vendors, and an incredible committee chaired by **Sunny Gettinger and Trey Csar**.

We danced the night away to hits by the **American Sirens**; spirits were high with handcrafted cocktails from **Manifest Distilling**; **Chef's Garden Catering & Events'** provided delectable kosher cuisine; we lounged in a back-alley speakeasy, cheered for the top prizes in the roaring raffle, and raised more than **\$220,000** for a great cause. This money allows us to continue our mission to assist individuals and families in our community who need the services we provide. It is an amazing feeling to be able to share our JCA with our neighbors regardless of finances. Please turn to **page 14** to read about the local businesses and the many individuals whose generosity made our annual JCA fundraiser a success.

I have more kvelling to do about this great agency and our dedicated staff members. For the third year in a row, our JCA received multiple recognitions in **Folio Weekly's 2022 Best of Jax** contest! Thanks to your votes our JCA earned the title of **Best Gym and Yoga Studio** in Jacksonville; the **Vandroff Art Gallery** was named the **Best Gallery**, and two of our fantastic personal trainers were voted as the **Best of Jax**. Joining Eiffel Gilyana, Gisela Reis, Lynnell Grimes and Shirley Steel in the Best of Jax winner's circle, **Clint Neale** was recognized as the **Best Personal Trainer**, and **Grant Helm** was named the **Best Yoga Instructor**. Please join me in congratulating Clint and Grant the next time you see them around the JCA. If you aren't familiar with our Best of Jax winners, we encourage you to schedule a personal training session, take a yoga class, and be sure to take in the views of our ever-changing display of local artwork in the Vandroff Art Gallery.

In addition to a plethora of cultural, fitness, and wellness programs available throughout the spring and summer months, our JCA is busy preparing to share our many Jewish traditions with you this season. Jewish and non-Jewish alike, your families are invited to partake in our most delicious traditions - like making Kugel or gathering for **Shavuot** to honor the giving of the Torah to Moses at Mount Sinai. Community-wide events are also planned to recognize **Israel's National Days: Yom Ha'Shoah**, Holocaust Remembrance Day (April 17 - 18), **Yom Ha'Zikaron**, Memorial Day for the Fallen Soldiers of the Wars of Israel and Victims of Actions of Terrorism (Apr 24 - 25), and **Yom Ha'Atzmaut**, Israel's Independence Day (Apr 25 - 26). Please turn to **page 10** for more details and register to save your spot at any of our enriching Jewish Family programs.

I am honored to serve this great agency and to uphold our mission to strengthen Jewish life in Jacksonville while we serve as a common meeting ground for all faiths. I encourage your entire family to join us at the JCA this season to experience how we enhance body, mind and spirit for every generation.

Thank you for being here; I look forward to seeing you at the JCA this season.



Sam Stromberg
Board Chair

Sam Stromberg



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*Of Blessed Memory

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Development.....Kendall Valliere, ext. 231
Early Childhood.....Natalia Fisher, ext. 237
Facilities Mgmt.....Cal Barker, ext. 238
Fitness & Wellness.....Eiffel Gilyana, ext. 324
Membership.....Chris Turner, ext. 257
Sports & Rec.....Rio Robinson, ext. 250
Theatre.....Shelly Hughes, ext. 252
Youth Services.....Amanda Collins, ext. 245

JCA BUILDING HOURS	JCA HOLIDAY HOURS	
Sun 8 am – 6 pm	Passover	Shavuot
Mon – Thu :5:30 am – 9 pm	Wed, Apr 5 5:30 am – 5 pm	Thu, May 25 5:30 am – 5 pm
Fri :5:30 am – 5 pm	Thu, Apr 6 Closed	Fri, May 26 Closed
Sat 1 – 6 pm	Fri, Apr 7 1 – 5 pm	Sat, May 27 1 – 6 pm
	Tue, Apr 11 5:30 am - 5 pm	Memorial Day
	Wed, Apr 12 Closed	Mon, May 29 :8 am – 5 pm
	Thu, Apr 13 1 – 9 pm	Independence Day
		Tue, Jul 4 :8 am – 5 pm



Heather Terrill

J Institute Program Manager
(904) 730-2100 ext. 265

Power of Breath

Certified personal trainer Peter Joseph shares the benefits of powerful breathing techniques and interactive activities to apply the knowledge.

Tue, Apr 4 | 6 - 7 pm
\$8 | Valued member \$5



Jacksonville Icemen Game

Come with us for an exciting ice hockey game with the Jacksonville Icemen at VyStar Veterans Memorial Arena! We have center ice tickets to watch the Icemen play the Orlando Solar Bears in their final game of the season. Transportation from JCA included; food will be available for purchase. **Registration required by Apr 8.**

Sun, Apr 16 | 4 - 8 pm
\$83 | Valued member \$55

Knitting 103

Want to get started knitting or continue to enhance your skills? Join Nikki Levinson-Lustgarten with the River City Knitting Guild to learn about shaping, reading a pattern and how to use the website *ravelry.com*. Beginner knitters are also welcome.

Tue | 10:30 am – 12:30 pm
Apr 11, 18 and 25
\$75 | Valued member \$50

JU St. Johns River Tour & Lunch ! UPDATED

Curious about our beloved St. Johns River? Enjoy a morning exploring the north flowing river with Dr. Quinton White, Executive Director of Marine Science Research Institute at Jacksonville University (JU). Afterwards we will dine at a local restaurant. Transportation included. Lunch at your own expense. **Registration required by Apr 12.**

Thu, Apr 20 | 9 am
\$42 | Valued member \$28



Astro Herbalism for Beginners

Tabi Nettles, Owner of Nettles Herbs, will teach us about the study of plants, the planets, and their correlation to one another so that herbs can be better tailors to individual beings. She will cover astrology basics, natal charts, and how each herb has its own planetary ruler. Your knowledge of the zodiac will deepen, as will your understanding of herbal medicine.

Tue, Apr 25 | 6 - 8 pm
\$23 | Valued member \$15

Emergency Operations Tour, Plus Brunch

What goes on behind the scenes after a hurricane evacuation notice? We will tour the Duval County Emergency Operation Center, where emergency preparedness professionals work to keep our city safe before, during, and after big storms. Transportation from JCA is included. Brunch is at your own expense.

Thu, Apr 27 | 9:15 am
\$18 | Valued member \$12



Fore Score Golf Tavern & Lunch ! CANCELLED

We are headed to Jacksonville's Premier Golf Simulator Sports Bar and Restaurant in San Marco for fun and delicious food while we play golf! Bay rental is included. Lunch at your own expense. **Registration required by Apr 20.**

Tue, Apr 25 | 10:45 am
\$23 | Valued member \$15



Arts4All Festival Volunteer at the Cummer Museum

The annual Arts4All Festival is typically a four-day program at the Cummer Museum welcoming more than 1,300 students with differing abilities. Students will engage in art viewing, interactive live music storytelling, and hands-on artmaking activities. Students will learn throughout the Cummer Museum campus, including galleries, gardens and studios. Please join us to volunteer for the event. Lunch is included.

Date TBD (will be in the first week of May 2023)
8:30 am – 1:30 pm
Free to the community



Chiropractic Care for Women and Babies

Dr. Franca Alterman, of Blooming Bellies - Mommy and Me Chiropractic, focuses on pregnancy and pediatric chiropractic care. She will share with us how women can have healthier pregnancies and faster and easier births, plus other health benefits of chiropractic care for women and their babies.

Tue, May 2 | 10 - 11 am
\$8 | Valued member \$5

Fitness Behavior Change

Join certified personal trainer Peter Joseph to learn how you can make slight changes to your behavior now in order to maintain healthier habits for the long term.

Tue, May 2 | 6 - 7 pm
\$8 | Valued member \$5

Apellix Drones Tour & Lunch

Explore the many ways drone technology is reducing occupational hazards at Apellix who develops elegant transformative solutions that keep workers safe, working at the edge of innovation making the impossible possible. Afterwards we will dine at a local restaurant. Transportation included. Lunch at your own expense. **Registration required by May 4.**

Tue, May 9 | 9 am
\$42 | Valued member \$28

Kugel Tasting & Making

Let's make and taste kugel in this Jewish Family Program. **Read how to register and learn more details on page 11.**

Fri, May 12 | 11:45 am - 12:45 pm
Free to the community

AARP Safe Driver Course

Pack a brown bag dairy lunch and join an AARP trained instructor at this class for licensed drivers who are over 50. Learn to drive defensively and adjust to vision changes, hearing loss and more. Attendance will qualify you for a discount on your insurance. **Registration is required; please make checks payable to AARP.**

Tue, May 16 | 8:30 am - 4:30 pm
\$25 | AARP member \$20

Herbal Tea Workshop

Tim Armstrong, founder of Eat Your Yard Jax, will discuss herbal teas that you can grow, some of which might already be growing in your own backyard! Tim will teach about potential helpful properties, historic uses of the teas, and hints for easy growing. Participants will also taste five of the teas you discuss!

Tue, May 16 | 10 - 11 am
\$53 | Valued member \$35

Traveling Diner Dinner Club

Delight your taste buds and enjoy great company as we experience a world of flavor in Jacksonville's best ethnic restaurants. Your meal is at your own expense.

Registration required.

Tue | 6 pm
May 16, Jun 20, Jul 25 and Aug 29
\$5 | Free for valued members

Stranded Jewelry Workshop

Krafty Max will teach you how to make a stranded necklace, a bracelet and basic pair of crystal earrings. All supplies are provided so you can make an entire set. Participants will learn the basics of stranding jewelry; how to do a correct wire ending, how to attach a crimp bead, and how to turn a head pin for earrings. Be careful, this fun learning experience can spark a fire for creativity!

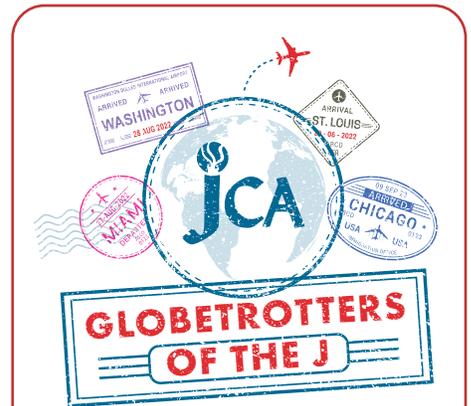
Thu, May 18 | 12:30 - 2:30 pm
\$45 | Valued member \$30



Rain Barrel Workshop

Instructors from the Duval County Extension Office will teach you everything you need to know about stormwater and how to collect rain for re-use. You will leave class with your very own rain barrel that is all ready to get set up at your house! **Registration required by May 15.**

Tue, May 23 | 12:30 - 2 pm
\$98 | Valued member \$65



We're kicking off our first-ever JCA travel group, *The Globetrotters of the J*, with a three-night stay in Savannah Georgia, **Oct 13 - 16, 2023**. Save the dates! Stay tuned for more details on these upcoming travel adventures.

May 2024: Pacific Northwest Coastal Adventure
Sep 2024: A Grand Tour of Italy
Email Heather for more details, heather.terrell@jcjax.org.

JEWISH BOOK COUNCIL

AUTHOR EVENTS AT THE JCA



Jessica Shorstein

And Again, It's You

Embark with Jessica in this alternately humorous and poignant memoir against the backdrops of Israel, New York City, and Washington, DC. Travel along as she rides the highs and lows of young love, navigates missed chances and inopportune timing, and ultimately embraces closure, all while growing into a young Jewish adult in the time of AOL Instant Messenger, when cell phones were not yet ubiquitous.

And Again, It's You is a cozy, ever relatable, and nostalgic journey to find meaning in unexpected reconnections with faces from the past.

Tue, May 2 | 7 pm

Free to the community



Dr. Michael Roizen

2022 JCA Cultural Arts Festival Rescheduled Event

The Great Age Reboot

As the human lifespan expands and more people are living to 100 years and beyond, New York Times best-selling author Michael Roizen, M.D., explains how to prepare for a longer, healthier future.

Mon, May 15 | 7 pm

Free to the community



Buddy Bus at the J

The Buddy Bus Mobile Mammography is coming to help us celebrate the return of **Ladies' Day at the J!** In honor of this day, where we advocate for women's health, Baptist MD Anderson's Mobile Mammography bus will be in the JCA parking lot to provide mammograms for all who register. Scan the QR code to make your appointment and plan on staying for nosh and a cocktail at Ladies' Day after your screening.

Fri, May 5 | 9 am - 1 pm



It's our favorite time of year when we celebrate the wonderful ladies in our community! To celebrate the return of our annual **Ladies' Day at the J** we will nosh, enjoy conversation, and a special cocktail will be served. **Registration required.**

Fri, May 5 | 11 am - 1 pm

\$15 | Free for valued members

Let's Do Lunch

Meet us at local favorites for our monthly lunch outing. Lunch is at your own expense. **Registration is required in advance.**

Fri | 11 am

Jun 9, Jul 14 or Aug 11

\$5 | Free for valued members

Little Shop of Horrors & Early Dinner

Join us for an afternoon at the Orange Park Theater with this cult classic about a shy floral assistant who discovers a new breed of plant he lovingly names "Audrey II" after his longtime crush. Transportation included. Dinner at your own expense.

Sun, Jun 11 | 1 pm

\$42 | Valued member \$28

Jax Beach Outing & Lunch

Bring your camera! Enjoy a relaxing morning at the beach as we explore the beautiful shores of Jacksonville's beach while hunting for shark's teeth and getting our feet wet. Afterwards, we will dine at a nearby spot. Lunch at your own expense. Transportation included.

Fri, Jun 23 | 8 am

\$8 | Valued member \$5

Downtown Fernandina Beach & Lunch

Enjoy a day strolling through historic downtown Fernandina with us. We will stop at charming shops and enjoy a meal together in town. Lunch is at your own expense. Transportation included.

Fri, Jul 21 | 7 am

\$18 | Valued member \$12



Pottery

Learn the basics or fine tune your hand building or wheel throwing skills. Craftsmanship, creativity and an appreciation for the elements of well-made, functional pottery are emphasized. Clay is provided.

AM Session III

Tue | 10 am - 12 pm | May 9, 16, 23 and 30
\$108 | Valued member \$72

PM Session III

Thu | 6:30 - 8:30 pm | May 11, 18, 25 and Jun 1
\$108 | Valued member \$72

VANDROFF ART GALLERY



Apr 6 - May 3

Allison Watson & Pablo Rivera

Known for her beautiful landscape paintings, Allison Watson's work is inspired by the beauty and mystery of Florida's wild places. Pablo Rivera is a multifaceted artist known for his stone and wood sculptures, expressive water paintings, portraits and drawings.

May 4 - May 31

First Coast Plein Air Painters (FCPAP)

Fresh Looks en Plein Air showcases a variety of styles from the emerging and professional artists of FCPAP. These creators use different mediums, their own perspectives and the use of light, mood and atmosphere to tell a visual story.

Jun 1 - Jun 28

Mimi Tran

A first generation Vietnamese American, Mimi Tran's family immigrated from Vietnam to Jacksonville in 1991. Mimi holds a bachelor's degree in Fine Arts, Painting, Drawing and Printmaking (2019) from the University of North Florida and is currently earning a master of Fine Arts at Florida State University.

Jun 29 - Jul 26

Michael Cenci

Raised in Jacksonville, Florida, Michael Cenci is an avid wildlife photographer with 25 years of experience. Michael loves to capture nature at its most defining moments.

Jul 27 - Aug 30

Laurel Dagnillo

An artist taught by local mentors and fellow artists, Laurel Dagnillo's work comes from the heart and is inspired by clouds, animals and wildlife.

For details on exhibiting or the upcoming artist schedule, contact Heather at ext. 265 or heather.terrill@jcajax.org.



Natalia Fisher

ECE Director

(904) 730-2100 ext. 242



Cooking Around the World

3 (by 9/1/2022) - 6 yrs

Join Ms. Renee in our child-centered kitchen to prepare and taste foods from countries around the world. Each child brings home a special keepsake cookbook at the end of the class.

Tue | 3:15 - 4 pm

Apr 18, 25, May 2, 9 and 16

\$83 | Valued member \$55

Parent & Me
CLASSES



Make Music (3 mos - 3 yrs)

This parent and me class stimulates the young brain while you play with instruments, sing and dance along to the music.

Mon | 11 - 11:45 am | Mar 20 - May 22

(No class Apr 10)



Stroller Fit Moms (Birth - 3 yrs)

Gisela Reis leads stroller-based exercises that blend Barre Pilates, yoga and power walking. Bond with your baby, build strength, tone muscles and improve posture.

Mon | 12 - 12:45 pm | Mar 20 - May 22

(No class Apr 10)

Story Time (Birth - 3 yrs)

Bond with your child while having Story Time with us in the beautiful ECE Library.

Wed | 11 - 11:45 am | Mar 22 - May 24

(No class Apr 5 and 12)

Tot Shabbat (Birth - 3 yrs)

It is going to be delicious! Join Ms. Renee for a Yom Ha'Atzmaut-based Shabbat with crafts and activities.

Fri | 11 - 11:45 am | Apr 21



Sensory Sensations (6 mos - 3 yrs)

Tickle the senses to stimulate learning, encourage scientific thinking and foster social connections as children play, investigate and explore.

Tue | 11 - 11:45 am | Apr 18 - May 23

On the Go (Crawlers - 3 yrs)

Come wiggle, dance, jump and much more in this fun interactive class. Join us for a parent and me bonding experience involving movement.

Thu | 11 - 11:45 am | Apr 20 - May 25

Family Yoga (Crawlers - 3 yrs)

Our family yoga class is for babies and toddlers of all ages! Bond with your little ones as you help them work on focus, flexibility and other fine motor skills.

Sun, Apr 2 | 10 - 10:45 am

FREE TO THE COMMUNITY

ADVANCE REGISTRATION REQUIRED.

AUDITION PREP FOR DA AND LAVILLA

Do you need help picking out and working on material for your upcoming auditions? We can help you achieve your goals. Call Gary Baker at (904) 730-2100 ext. 248 or email gary.baker@jcajax.org for scheduling and pricing.

Zoe's Hippy Hop Move & Groove

Ages 3 (by 9/1/2022) - 5 yrs

Young dancers learn different types of movement characterizations to develop imagination and movement quality in this enrichment class. Students will participate in a variety of exercises and dances that teach listening skills (responding to the tempo and mood of the music), levels (high, medium, low) and direction. Young children who are consistently exposed to these activities are more creative later in life, are consistently more free in their movement and develop higher self-esteem.

Tue | 1 - 1:30 pm

Mar 21, 28, Apr 4, 11, 18, 25 and May 9

\$126 | Valued member \$84

Fit for Broadway

Grades K - 8

An hour of dancing, jumping, twisting and bopping to get Fit for Broadway! Kids will be on their way to better health in this high energy, fun-filled class! We jam to our favorite upbeat show tunes with hip-hop, jazz, salsa and more! This class guarantees sweat, sweat, sweat while having fun, fun, fun!

Tue | 4 - 5 pm

Mar 21, 28, Apr 4, 11, 18, 25 and May 9

\$126 | Valued member \$84

Zoe's Clubhouse

Ages 3 (by 9/1/2022) - 5 yrs

This creative class takes your little one on a new adventure sketch each week! Children explore their imagination while teaching social skills, team work and coordination in a fun, creative environment! This is one of our JCA's most popular classes - don't miss out!

Wed | 1:30 - 2:15 pm

Mar 22, 29, Apr 5, 19, 26 and May 10

\$135 | Valued member \$90

Zoe's Alumni

Grades K - 2

This class lets our Zoe's Alumni gang go further into their adventures. During each class the Alumni gang will learn about different cultures, geography, myths and legends! If your child has an active imagination and a sense of adventure, this is the class for them!

Wed | 4 - 5 pm

Mar 22, 29, Apr 5, 19, 26 and May 10

\$135 | Valued member \$90

Shelly Hughes

Theatre Director

(904) 730-2100 ext. 252



Baby Bear Ballet

Ages 3 (by 9/1/2022) - 5 yrs

Little dancers learn the basics of ballet with their ballet buddy! This beginner's class is a fun and relaxed introduction to ballet. Each dancer will receive their very own ballet bear or bunny. We use our ballet buddies to help us with posture and arms. Dancing is so much fun - but it's crazy fun when you dance with a buddy!

Fri | 1 - 1:30 pm

Mar 24, 31, Apr 7, 14, 21, 28 and May 12

\$179 | Valued member \$119

PAC Auditions Presents:

ALICE IN WONDERLAND

AUDITIONS

Thu, Mar 9 | 4 pm

REHEARSALS BEGIN Mar 20

Mon and Thu | 4 - 6 pm

SHOW DATES

May 7 | 1 pm and 4 pm

May 14 | 1 pm and 4 pm

RECITAL FEE

\$270 | Valued member \$180

No fees will be collected until after the cast list is posted.





Rachel Sandler

Jewish and Family Programs
(904) 730-2100 ext. 271

Interested in Hebrew?

Have you always wanted to learn Hebrew? Did you learn it but have forgotten it? Do you know how to read Hebrew but want to understand and speak it? Email rachel.sandler@jcjax.org for more information about Hebrew classes.



Monthly Member Mitzvah

The JCA is proud to be chosen by the JCC Association of North America as an inaugural JCC for Tzedek. This effort is in partnership with Repair the World to help build a culture of service across the JCC movement. Stay tuned for more information about our upcoming mitzvah projects as we commit to engage in at least 100 acts of Jewish service and learning in 2023. Make plans to join in our Monthly Member Mitzvahs this season!

April - Israel Theme

May - Tissue paper flowers for River Garden

June - School Supplies for LJD Jewish Family & Community Services

July - Pop tabs for Ronald McDonald House

NEW THIS SUMMER! Mitzvahs on the Road

We're headed to the Max Block Food Pantry at LJD Jewish Family & Community Services to unpack food, stock shelves and make boxes of food. Individuals and families with children who are 8 years and older can join in this off-site mitzvah.

Jun 7, 21, Jul 5 or Aug 2

9 am - 12 pm

Please email rachel.sandler@jcjax.org to register in advance.

Mah Jongg Workshop

Get familiar with the new 2023 card during this interactive program with MahJCon's Debbie Barnett. Join us for this informational talk about the new card followed by fun activities and time to play with coaching, as requested! The entire community of beginners and veterans are invited to come. A light lunch will be included.

Please register by Apr 11.

Tue, Apr 18 | 10 am - 2 pm

\$68 | Valued member \$45



Melton School of Adult Jewish Learning: Love, Loss and Wisdom

In this six-week course, we will discover the Jewish responses and rituals that take us through mourning to arrive at a place of healing. When death inevitably enters our lives, Jewish wisdom and ritual can help us cope with heartbreak, loss, and the anguish of why suffering exists. We will seek to understand the big questions of what Judaism says about life after death and its understanding of messianic times. With a wider lens, we gain a context to better understand our moments of anguish as individuals and as a community. Our Melton School of Adult Jewish Learning programs are in partnership with Beth El, Congregation Ahavath Chesed, Etz Chaim, the Jacksonville Jewish Center, and River Garden Hebrew Home.

\$179 | Open to the community

Tue | 7 - 8:30 pm

Apr 18 - May 30

Advance registration required by Apr 11; visit meltonschool.org/jacksonville.

Jewish Spirituality Series: Jewish Yoga

Experience yoga through a Jewish lens as an alternative Shabbat experience. Join Yogi Evelyn Gaal and Jewish Teacher Justin Sakofs as they lead sessions of Jewish-infused yoga at the Jacksonville Jewish Center (The Center) and Congregation Ahavath Chesed (The Temple).

Sat | 8 am

Apr 22 | The Center

May 13 | The Temple

Free to the community

Joys of Yiddish

Bissaleh means "a little bit" in Yiddish. So, come and enjoy a *bissaleh* Yiddish with songs, conversations and theatre - plus we will learn Yiddish words and phrases.

Tue | 11 am

Apr 25 and May 16

Free to the community

Cycle through Israel

In honor of Israel's Independence Day, join in this Israel-themed special cycle class hosted by Bobbie Woodard.

Please visit jcjax.org to register.

Mon, May 1 | 5 pm

Free to valued members



Jewish Film:

100 Voices: A Journey Home 2010, Documentary, 1h 31m

In June 2009, an assembly of the world's finest cantors returned to Warsaw, Poland. Chronicling the musical voyage, including performances at the Polish National Opera Chorus, the film features old footage of cantors from the Golden Age. Light lunch will be served by host Sandy Oasis. Advance registration is required by May 12.

Wed, May 17 | 12 pm

Free to the community

Family Shavout Celebration

Come together to celebrate the festival of Shavuot! Join us for activities, crafts and a takeaway surprise that honors the giving of the Torah at Mount Sinai to Moses. This is a partnership program with the Jewish Federation & Foundation of Northeast Florida and our local synagogues.

Please register by May 17.

Sun, May 21 | 3 pm

Etz Chaim Synagogue

Free to the community

Clergy in a Circle ! CANCELLED

Discuss relevant topics about Israel with local Rabbis, Cantors and our Shlichah Tal. This program is in partnership with the Jewish Federation & Foundation of Northeast Florida.

Wed, May 10 | 7 pm
Free to the community

Kugel Tasting & Making

There's nothing better than the explosion of fruit, custard and noodles in grandma's kugel. Join us to make and taste kugel and learn what made grandma's kugels the best. **Registration required by May 8.**

Fri, May 12 | 11:45 am - 12:45 pm
Free for the community

Kosher Market Sweep

Join us to have fun, learn about Kosher rules and symbols and donate food to our community! Play this classic, fun game for all ages to help others! Kosher Market Sweep is in partnership with LJD Jewish Family & Community Services and Etz Chaim Synagogue. Families, teams of 2 - 4 people, and single players are welcome. Our meet-up location will be emailed to you upon registration. **Visit jcajax.org to register by Jun 1.**

Tue, Jun 6 | 6 pm
\$18 per team

The \$18 fee will be used to purchase food for donation to the JFCS - Max Block Food Pantry.



Programs with our Community Shlichah Tal Mola

Discover Israel Film Series

Ushpizin - 2004, 1h 30m, Drama
An Orthodox Jewish couple's faith is tested after praying for a child on the Sukkot holiday.
Thu, May 4 | 6:30 pm

Memorial Day for Ethiopian Jews and Jerusalem Day

Learn the story of Ethiopian Jews' *Aliyah* to Israel, which took the lives of approximately 4,000 people in the arduous journey on their way to fulfill their dream of reaching Jerusalem.
Thu, May 18 | 6:30 pm

Israel Time

Join our Shlichah Tal for her new interactive program to learn more about Israel.
Mon, Jun 12 | 6:30 pm

Conversational Hebrew - Medabrim Ivrit

Tal's conversational Hebrew class is for those who speak Hebrew fluently.

Practice Hebrew - Metargelim Ivrit

Practice Hebrew is for intermediate Hebrew speakers who are not at a fluent level. Please email Tal for more information about our Hebrew Classes: jaxshlichut@jewishjacksonville.org.

Free to the Community

All Community Shlichah programs are fully funded by the Jewish Federation & Foundation of Northeast Florida.



Israel National Days

Zikaron BaSalon

Zikaron BaSalon in Hebrew means "Remembrances in the Living Room." This grassroots initiative, based in Israel since 2011, brings together more than 1.5 million people in more than 60 countries to talk with Holocaust survivors or their descendants in intimate, home-based gatherings. This spring, you are invited to join us in Jacksonville at a local home to hear an evening of testimony from a Holocaust survivor. **Please register by Apr 14 to receive the address for the program.**
Tue, Apr 18 | 6 pm
Free to the community

Jewish Film: The Power of Good 2002, 64m, Documentary

To remember the Holocaust, this film tells the story of courage and determination of one man, Nickolas Winton, who saved 669 Czech children from certain death by Hitler and the Nazi's. Join host Sandy Oasis for a light lunch and a film that demonstrates what one person can do. **Please register by Apr 14.**
Wed, Apr 19 | 12 pm
Free to the community

LJD JFCS Holocaust Memorial Gallery Tour

In honor of Yom Ha'Shoah, Holocaust Remembrance Day, come tour the exhibit and hear from a second generation survivor. **Meet at LJD Jewish Family & Community Services, 8540 Baycenter Rd.**
Mon, Apr 24 | 10 - 11:30 am
Free to the community

Yom Ha'Zikaron Ceremony

Yom Hazikaron is the Day of Remembrance for Fallen Soldiers of Israel and Victims of Terrorism. Join us in a traditional Israeli ceremony led by our Shlichah, Tal, and other members of our Jacksonville Jewish community for this memorial day.
Mon, Apr 24 | 6:30 pm
Free to the community

Yom Ha'Atzmaut Community Celebration

Join the entire Jacksonville community to come together to celebrate Yom Ha'Atzmaut, Israel's 75th Independence Day!
Sun, Apr 30 | 12 - 3 pm
Congregation Ahavath Chesed - The Temple
Free to the community



Amanda Collins Hall
 Youth Services Director
 (904) 730-2100 ext. 245

Private Piano Lessons
 (Grades K – 12)

Beginner and intermediate students learn ear training, note reading, chord and song structure, and technique. Genre training is also available. Lessons are taught by a local professional. For scheduling and pricing information, contact Amanda at ext. 245.

Private Supplemental Tutoring
 (Grades K – 5)

One-on-one academic subject and homework assistance with current or former educators. Open to valued members and After School participants only. Contact Evan at ext. 249 for more information.

J-Cation Days Grades K – 8

On days when school is closed, send your child to the JCA to explore, create, learn and have FUN with friends! Children choose from a variety of sports, STEM and art activities throughout the day. Leave your worries at the door as your child enters a safe, nurturing environment supervised by our responsible and energetic staff. Wear athletic shoes, pack a dairy lunch and swim essentials - and we will take care of the rest!

Please call (904) 730-2100 ext. 228 for more information about J-Cation Day options and registration.
 7:30 am – 6 pm

Spring Dates:
 Mar 10, 13 - 17, 20
 Apr 6*, 7, 10 - 14*
 *For select schools with minimum enrollment



Change the World with Creative Coding
 (Grades 1 – 7)

In partnership with Kids Can Code, this creative coding course lets your child explore coding concepts alongside some of their favorite characters and animations. Explore algorithms with Alex & Steve from Minecraft, code with the characters from The Bad Guys, code Moana to sail or help Olaf find Anna. Code.org is a versatile learning platform where every student focuses on their unique interests. Kid coders will learn coding at their level, from basic to advanced! Children should bring their own mobile devices and headphones, or indicate the need for a loaner device.

Thu | 4:30 – 5:30 pm
 Mar 23, 30, Apr 13, 20, 27 and May 4
 \$180 | Valued member \$120



J-Cation Days Field Trips
 (Grades K – 8)

Your child is invited to join us for these supplemental field trips during J-Cation days.
 Apr 7 | Explore the 904
 \$30 | Valued member \$20



Chopped!
 (Grades 4 – 8)

Ready, set, cook! Enthusiastic, aspiring young chefs will put their cooking skills to the test in this culinary gauntlet that challenges competitors to make a dish using a mystery box of ingredients. Taste, creativity and boldness will be rewarded.

Tue | 4:30 – 5:30 pm
 Apr 18, 25, May 2 and 9
 \$68 | Valued member \$45

Delicious Desserts
 (Grades K - 5)

What is the most delicious dessert in the world? We are headed to our kid-friendly kitchen to use our baking skills and tastebuds to find the answer! Warning: sweet treats ahead!

Wed | 4:30 – 5:30 pm
 April 19, 26, May 3 and 10
 \$68 | Valued member \$45



Mother's Day Surprise
 (Grades K – 8)

Calling all kids! Join us as we create a special Mother's Day surprise that your mom will surely cherish! All materials will be supplied. Participants will leave with a wrapped gift for mom.

Thu, May 11 | 4 – 5 pm
 \$18 | Valued member \$12



AFTER SCHOOL GRADES K - 5

End the day at the JCA! Our After School Program will nurture, encourage and stimulate your child's interests through a variety of activities in a positive environment children love! **Mon - Fri | 2:30 - 6 pm**

- ✓ Challenging and varied activities
- ✓ Monitored homework room and computer lab
- ✓ State-of-the-art facility and involved staff
- ✓ High-quality enrichment classes

STUDY CENTRAL GRADES 6 - 8

Study Central is designed with quality and flexibility in mind for preteens and teens to support socialization, independence and responsibility in a supervised environment after school. In addition, the JCA works with local professionals to offer optional enrichment opportunities in sports, fitness and the arts. Daily snack, Wi-Fi, laptop access and homework assistance are available. Choose two, three or five days per week. Transportation is provided from select schools. Study Central allows you to design a schedule that works for you and your busy students. **Mon - Fri | 2:30 - 6 pm**

REGISTRATION FOR THE 2023-24 SCHOOL YEAR OPENS APRIL 3!

To register, call (904) 730-2100 ext. 228.

FREE TRANSPORTATION FROM SELECT SCHOOLS WITH MINIMUM ENROLLMENT 



**Kendall
Sisisky Valliere**

Development Director
(904) 730-2100 ext. 231

2023 ANNUAL FUNDRAISER

THANK YOU

FOR SUPPORTING THE GREAT JAXBY.

Your generosity at our Roaring Affair makes a difference throughout the entire year!

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Sharon and Bruce Witten ♦ Brenda and Gene Wolchok ♦ Randy Kammer and Jeff Wollitz

SPECIAL THANKS

Rabbi Yaakov Fisch ♦ Sunny Gettinger and Trey Csar ♦ Bold City Brewery

As of 2/21/2023

**Of Blessed Memory*

THESE GENEROUS DONORS CONTRIBUTED MORE THAN \$220,000 TO OUR ANNUAL FUNDRAISING CAMPAIGN
which allows us to provide financial assistance and scholarship services to our wonderful community members!

**A SPECIAL THANK YOU TO OUR EVENT CHAIRS, SUNNY GETTINGER AND TREY CSAR,
AND THE ENTIRE EVENT COMMITTEE FOR THEIR CREATIVITY AND COMMITMENT
TO MAKING THE GREAT JAXBY A HUGE SUCCESS.**

SEND a KID!

The school year is winding down, temps are heating up - and that means it is time for summer fun! Once again this summer, hundreds of children will be at the JCA to spend their days physically active, building confidence, learning skills and making life-long friends at our summer camp. While children from Jacksonville and beyond have the time of their life at our JCA, parents and guardians find peace of mind knowing their children are in a safe, engaging and enriching place.

We believe the lifelong memories made at summer camp should be an experience all children can afford, which is why fundraising for Send A Kid is now a 20-year tradition at the JCA - so that we can give hundreds of children a summer camp experience without financial barriers.

Thanks to this valuable funding, we are able to provide fulfilling summertime experiences to children of all ages. This August, Send A Kid funding will also help our Jacksonville JCA Maccabi Team, comprised of local teenage Jewish athletes, who will travel to Ft. Lauderdale to compete in the 2023 JCC Maccabi Games - the world's largest Jewish youth sporting event. Participating in a wide range of sports with athletes from all over the world, this opportunity is a life-changing experience that emphasizes the importance of Jewish identity and engagement, reinforcing strong moral values so our athletes will always strive to make the world a better place.

You can help local children afford opportunities like summer camp and competition at the JCC Maccabi Games with a gift to our Send A Kid campaign. Every dollar raised goes directly to children who would otherwise not be able to afford to embark on these inspiring life experiences.

For more information about Send A Kid and how you can help, please call Kendall Sisisky Valliere at (904) 730-2100 ext. 231 or email, kendall.valliere@jcajax.org.



Please help us make a difference in the life of a child; visit jcajax.org/sendakid and give a gift today.





Lisa Bradford

BSN, RN, CHC, CWWS
Wellness Coach
(904) 730-2100 ext. 333



Amaris Chrispell

MSN, RN, HWNC-BC
(904) 730-2100 ext. 333



12-Week Weight Management Program

Meet one-on-one with a Wellness Coach to discuss personal goals, successes, and barriers while learning more about nutrition, exercise, stress, and sleep for weight loss. The evidence-based tools you will learn in this program will help you make sustainable change! Free to valued members. Stop by the Wellness Connexion for more details and to register! **Free to valued members. Stop by the Wellness Connexion for more details!**



Our experts, on a podcast.

Tune in for health care topics that matter most, in 10 minutes or less.

BaptistJax.com/Radio

Baptist Health Podcast

Do you ever hear health care news and wonder, "What does my doctor think about that?" Baptist Health Radio is the official podcast of Baptist Health of Northeast Florida. Search a doctor or topic, choose an episode, or subscribe via your favorite podcast app to get started.

Meditation Mondays

Learn to relax your body and mind, use your breath to enrich your compassionate outlook on life with a Wellness Coach from Baptist Health Wellness Connexion. No special training or knowledge is necessary. Please sign up at the registrar's office.

Mon | 11:35 am – 12:10 pm
Free to valued members. Registration is not required, please join us.

Holistic and Women's Chats

Our free monthly holistic and women's programs are designed to educate our community on important health topics.

Menopause: How to Cope

Lisa Bradford
Tue, Apr 11 | 11:15 - 11:45 am

Presence above Presents

Amaris Chrispell
Thu, May 4 | 11:15 - 11:45 am

Self-Care! What screenings should you be doing?

Lisa Bradford
Tue, May 9 | 11:15 - 11:45 am

Daily Holistic Ways to Stay Healthy

Amaris Chrispell
Thu, Jun 1 | 11:15 - 11:45 am

Your Health Journey Starts Here.

A confidential, online Wellness Assessment will help you understand your current state of health with follow-up recommendations. Certified onsite Wellness Coaches are available to educate and motivate you to adopt lifestyle changes and achieve your goals.

Begin your wellness journey at jca.ezonlineregistration.net.

FREE to JCA valued members!



PHYSICIAN CHATS

Manage Well, Live Well

There are 96 million American adults who have prediabetes – that's 1 in 3 adults! Of those 96 million, more than 8 in 10 of them do not even know they have it. Without taking action, many people with prediabetes could develop type 2 diabetes within five years. Join Dr. Firas Warda with Northeast Florida Endocrinology and Diabetes Association to learn the difference between pre-diabetes and diabetes, what your numbers mean, and the importance of taking control early.

Tue, Apr 11 | 6 - 7 pm

Heart to Heart

The human heart is only the size of a fist, but it is the strongest muscle in the body. With every heartbeat, the heart pumps blood, carrying oxygen and nutrients to every part of the body. Join Dr. Shreya Ghetya with Baptist Heart Specialists as she discusses cardiovascular disease and ways to beat it.

Tue, May 16 | 6 - 7 pm

Free and open to the community

All Physician Chats happen in the JCA's Donziger Library.

Melt Method

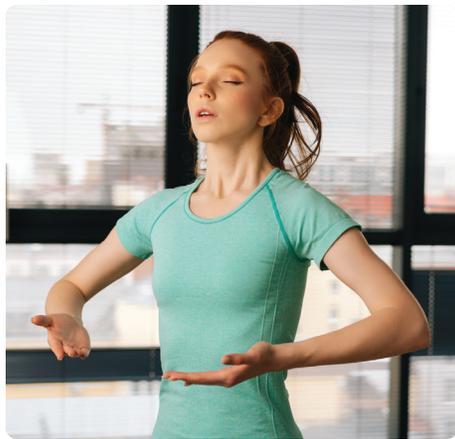
Pilates Master Instructor Cheryl Forehand shares simple self-treatments to make your body feel better and provide relief from common aches, pains, stress, overuse and age.

Sun | 12 - 1 pm
 Small Group Training
 \$25 per class | Valued members only

Soup Yoga!

Cooking and eating are much like a yoga practice. Yoga instructor Grant Helm will spend 30 minutes creating a soup and talking about healthy eating habits, then lead a 90-minute yoga practice and healing sound bowl. After practice, we will distribute the soup for participants to take home to share with family and friends.

Sun, Apr 2 | 2 - 4 pm
 \$53 | Valued member \$35



Power of Breath

Certified personal trainer Peter Joseph shares the benefits of powerful breathing techniques. Learn more about this interactive J InSTITUTE program on page 4.

Tue, Apr 4 | 6 - 7 pm
 \$8 | Valued member \$5

Train Like an Athlete

Come jump, push, pull, and sweat with this interactive fitness workshop where personal trainer Nathan Schwerdtfeger guides you through explosive movements and drills used by most athletes to prepare their bodies for the season ahead.

Sun, Apr 16 | 12 - 1 pm
 Free for valued members

Pilates for Golfers

Learn the benefits of Pilates for golf, as well as simple Pilates exercises that can be done at home. The emphasis on rotation, spine flexibility and core stability means golfers can gain a lot from practicing this Pilates method.

Benefits of Pilates for golfers:

1. Improved core strength
2. Enhance flexibility
3. Improve body balance and stability

Sun, Apr 23 | 2 pm

Wed, Apr 26 | 6 pm

\$25 per class | Valued members only



Healthy Back

Join Peter Joseph in an engaging and informational workshop to learn about the ways to minimize and prevent back injury through proper lifting techniques, stretching, and strengthening muscles to support a healthy back.

Tue, Apr 25 | 6:30 pm
 Free for valued members

Stretch it by Steel

Certified personal trainer Shirley Steel leads the class through a one-hour relaxing stretch program that incorporates every muscle group.

Sun, Apr 30 | 12 - 1 pm
 \$25 | Valued members only

Cycle through Israel

We'll celebrate Israel's Independence Day with this Israel-themed cycle class. Read more about this Jewish Program on page 10.

Mon, May 1 | 5 pm
 Free for valued members

Fitness Behavior Change

Learn how to make and maintain healthier habits. Read more about this J InSTITUTE Program with Personal Trainer Peter Joseph on page 5.

Tue, May 2 | 6 - 7 pm
 \$8 | Valued member \$5

Eiffel Gilyana

Fitness and Wellness Director
 (904) 730-2100 ext. 324



Yalla Balagan - Going All Out

Personal Trainer Mor Stein shares her expertise in this high-intensity one-hour, Israel-style circuit fitness training workshop. In Hebrew, *Yalla Balagan* can be translated to mean, going all out. This fast-paced class is designed to improve muscle tone and definition and increase cardiovascular fitness.

Sun | 9:30 am

May 7 and 14

\$35 per class | Valued member \$25 per class

Interactive Desk Yoga

Lynnell Grimes, certified yoga instructor and personal trainer, shares stretching methods for people who sit at a desk for an extended amount of time each day. To encourage attendance, Interactive Desk Yoga will be held via Zoom. A Zoom link will be emailed to you once you register.

Tue | 12:30 - 1 pm

May 9, 16, 23 or 30

\$10 per class | Valued members only

The Six Pillars of Vitality

This workshop, lead by Peter Joseph explains the six pillars that contribute to your vitality. The principles are included in multiple aspects of your life, and it is easy to integrate these habits for the long term.

Mon, May 15 | 12 pm
 Free for valued members

Self Defense Class

Clint Neale and Jimmy Normeus share awareness, assertiveness, verbal confrontation skills, safety strategies and physical techniques that enable someone to successfully escape, resist and survive dangerous situations.

Sun | 11 am

Jun 4, 11, 18 or 25

\$25 per class | Valued members only



Rio Robinson

Sports and Recreation Director
(904) 730-2100 ext. 250



Alex Minardi

PE and Sports Coordinator
(904) 730-2100 ext. 254

WILLPOWER BASKETBALL TRAINING

Coach Will Holloman's basketball clinics allow players to reach their full potential in a fun-filled environment that challenges all to exceed personal limits and optimize the intangibles of the game.

Mon

Spring Session | Apr 10 - May 15

Summer Session I | Jun 5 - Jul 17
(No class Jul 3)

Summer Session II | Jul 31 - Sep 11
(No class Sep 4)

\$135 | Valued member \$90

Ages 5 - 8 | 5:30 - 6:30 pm

Ages 9 - 12 | 6:30 - 7:30 pm

Ages 13 - 18 | Private lessons available

Private Basketball Instruction

Call Coach Rio at ext. 250 or email

rio.robinson@jcajax.org.

\$60 | 30-minute session

Open Pick Up Games

Ages 14+

Stay active on the court! Join us for our open pick up volleyball and basketball games.

Volleyball

Tue | 7 - 9 pm

Basketball 14+

Sat | 1 - 3 pm

Free for valued members



Capoeira

Capoeira combines fight, acrobatics, music, dance, and rituals in an elegant form. It develops physical strength, power and flexibility and encourages self-confidence, concentration, courage and creativity.

Tue

Youth: Ages 5 - 10 | 5:15 - 6 pm

Adult: Ages 11+ | 6 - 7 pm

Spring Session | Apr 18 - May 23

Summer Session I | Jun 6 - Jul 18
(No class Jul 4)

Summer Session II | Aug 1 - Sep 5
\$105 | Valued member \$70



Fast Freddy's Taekwondo Academy

Ages 3 - 13

Master Frederick Vescera shares the martial art of Taekwondo with our community. The exciting sport teaches a variety of kicks, strikes and blocks while children build self-defense skills and have lots of fun.

Mon and Thu

Ages 3 - 6 | 4 - 4:45 pm

Any belt color

Ages 7 - 12 | 5 - 6 pm

White and yellow belts

Ages 7 - 12, Adults 13+ | 6 - 7 pm

Orange belt and above

Spring Session | Mar 16 - May 11

(No class Apr 6)

Summer Session I | May 15 - Jul 13

(No class May 25, 29 or Jul 3)

Summer Session II | Jul 20 - Sep 14

(No class Sep 4)

\$300 | Valued member \$200



JCA Fencing Academy

This beginners class helps fencers gain confidence through games, footwork, coordination, fencing drills and bouts.

Wed

Youth: Ages 6 - 13 | 5 - 6 pm

Adult: Ages 14+ | 6 - 7:30 pm

Spring Session | Apr 19 - Jun 7

Summer Session | Jun 21 - Aug 9

\$180 | Valued member \$120



JCA BASKETBALL LEAGUES



Adult Basketball Leagues

Teams consist of six players for four-on-four competition.

18+ Adult Basketball League

Wed | 6 - 9 pm

\$60 | Valued members only

25+ Adult Basketball League

Sun | 8:30 - 11:30 am

\$60 | Valued members only

For dates, availability or to register, please contact Rio Robinson at ext. 250.

Varsity Basketball League

Ages 15 - 18

Teams consist of eight players for five-on-five competition. No practices, just games. To register as a free agent, a team, or if you are an adult interested in volunteering to coach, please contact Coach Rio at ext. 250 or rio.robinson@jcajax.org.

Thu | 6 - 9 pm

Mar 23 - May 18

(No games Apr 6)

\$105 | Valued member \$70



JCA Youth Basketball Spring League

Ages 4 - 16

We practice one night a week and game day is every Sunday at the JCA. Times will vary based on division and number of teams. Call Coach Rio for availability, (904) 730-2100 ext. 250 or email rio.robinson@jcajax.org.

Sun | 12:30 - 6 pm

Mar 26 - May 21 (No games Apr 9)

\$165 | Valued member \$110

Youth Summer Developmental Basketball League

Coach Will Holloman helps children develop their skills on the court. First time players or young athletes looking to improve their game should join us for our mandatory skills assessment on Sun, Jun 25.

1 pm | Ages 4 - 6

2 pm | Ages 7 - 12

Games are every Sun, Jul 9 - 30 from 12 - 6 pm at the JCA. Exact game times vary based on the number of players and divisions.

\$135 | Valued member \$90

To schedule a make-up assessment or if you have questions, please call Coach Rio (904) 730-2100 ext. 250 or email, rio.robinson@jcajax.org.

PRESCHOOL AND YOUTH SPORTS CLINICS

Class	Age	Day	Time	Dates	Fee Valued Member
Little Ninja Warrior Obstacle Course	3 - 6	Mon	3:30 - 4:15 pm	Apr 10 - May 15	\$105 VM \$70
Sports Extravaganza	3 - 6	Mon	3:30 - 4:15 pm	Apr 10 - May 15	\$105 VM \$70
Soccer 101	5 - 10	Mon	4:30 - 5:30 pm	Apr 10 - May 15	\$105 VM \$70
Little Kickers Soccer	3 - 6	Tue	3:30 - 4:15 pm	Apr 18 - May 16	\$90 VM \$60
Terrific Tumblers Gymnastics	3 - 6	Tue	3:30 - 4:15 pm	Apr 18 - May 16	\$90 VM \$60
Junior Gymnastics	5 - 10	Tue	4:30 - 5:30 pm	Apr 18 - May 16	\$90 VM \$60
Basketball 101	5 - 10	Tue	4:30 - 5:30 pm	Apr 18 - May 16	\$90 VM \$60
Little Hitters Baseball	3 - 6	Wed	3:30 - 4:15 pm	Apr 19 - May 17	\$90 VM \$60
Makos Run Club	4 - 14	Wed	4:30 - 5:30 pm	Apr 19 - May 17	\$90 VM \$60
Wrestling 101	8 - 12	Wed	5:15 - 6:15 pm	Apr 19 - May 17	\$90 VM \$60
Little Dribblers Basketball	3 - 6	Thu	3:30 - 4:15 pm	Apr 13 - May 18	\$105 VM \$70
Volleyball 101	8 - 14	Thu	4:30 - 5:30 pm	Apr 13 - May 18	\$105 VM \$70
Terrific Tumblers Gymnastics	3 - 6	Fri	3:30 - 4:15 pm	Apr 14 - May 19	\$105 VM \$70



Dustin Rulien

Aquatics Manager
(904) 730-2100 ext. 417

+ American Red Cross TRAINING CLASSES

Community First Aid / CPR / AED Adult / Child / Infant

The First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies.
\$98 | Valued member \$65

Red Cross-Certified Lifeguard Training

Prerequisites:

- Must be at least 15 years of age.
 - Must swim 300 yards freestyle and/or breaststroke.
 - Must swim 20 yards to retrieve a ten-pound brick from seven to ten feet of water in one minute and 40 seconds.
 - Must tread water for two minutes using legs only.
- \$285 | Valued member \$190

Red Cross-Certified Water Safety Instructor Training

Become certified to teach parent and child aquatics, preschool aquatics, Learn-to-Swim, adult swim courses and water safety courses and presentations. Water Safety Instructor candidates must be 16-years-old on or before the last scheduled day of the course.
\$285 | Valued member \$190

Visit jcjax.org/aquatics for more information about our cancellation and diaper policies.

Call (904) 730-2100 ext. 417 or email dustin.rulien@jcjax.org for more information about our American Red Cross Training Classes, Private and Semi-Private Swim Lessons.



Sensory Safe Swim Lessons

Ratio 2:1 or 1:1 | All ages

This program is designed for swimmers with Autism. Swim lessons are held in our quiet, indoor heated pool.
Sun | 4:30 - 5 pm or 5 - 5:30 pm
Spring Session | Apr 23 - May 28
Summer Session I | Jun 11 - Jul 16
Summer Session II | Jul 30 - Sep 3
\$150 | Valued member \$100

Adult Group Swim Lessons

Ratio 8:1 | 14+ yrs

This program is designed to encourage and introduce adults to swimming in a welcoming and comfortable environment.
Mon and Wed | 6:30 - 7 pm
Spring Session | Apr 24 - Jun 5
Summer Session I | Jun 12 - Jul 24
Summer Session II | Jul 31 - Sep 11
\$180 | Valued member \$120

Masters Swim Team Practice

Ages 18+

Relearn or refine your strokes in a fun-filled atmosphere with peers. Professional coaches guide swimmers at their own pace.

Eight-week course

Mon | 5:45 - 6:45 am
Spring Session | May 1 - Jun 26 (no practice May 29)
Summer Session | Jul 10 - Aug 28
Wed | 7:30 - 8:30 pm
Spring Session | May 10 - Jun 28
Summer Session | Jul 12 - Aug 30
\$90 | Valued member \$60



Summer Makos Swim Team

Levels 5 - 6 | 5 - 18 yrs

Our summer-time team designed for swimmers who complete level 4 of the Learn to Swim program to refine their strokes and increase endurance. Our Summer Makos compete in six friendly meets with other River City Swim League clubs. A team shirt and swim cap are included in registration fees.

Mon - Thu

Summer Makos | May 1 - July 23

Ages 6 & Under | 4:30 - 5:15 pm

Ages 7 - 10 | 5:15 - 6:15 pm

Ages 11 - 18 | 6:15 - 7:15 pm

\$200 | Valued member only

Meets only

\$180 | Valued member \$120

The Summer Makos Swim Team Kickoff Party

Makos, mark your calendars to join us for our season kickoff party on Sun, Apr 2. Meet the coaches, get fitted for your team gear, and enjoy some snacks at the Howard and Joy Korman Outdoor Pool.
Sun, Apr 2 | 2:30 - 4:30 pm

Private Swim Lessons

All ages

Each lesson is 30 minutes in length.
\$60 per lesson | Valued member \$30 per lesson
\$420 for eight lessons | Valued member \$210 for eight lessons

Semi-Private Swim Lessons

All ages

Each lesson is 30 minutes in length.
\$40 per lesson | Valued member \$20 per lesson
\$280 for eight lessons | Valued member \$140 for eight lessons

Family Fun Day and 13th Annual Cardboard Regatta

We're planning another fun-filled day for our members this Memorial Day at the JCA! Join us for our world famous hot dogs, music, games, prizes, a greased watermelon race and our annual Cardboard Regatta race. Please email dustin.rulien@jcjax.org by May 22 to register your boat for our Cardboard Regatta.

Mon, May 29 | 11:30 am - 2:30 pm
Free for valued members



American Red Cross LEARN TO SWIM PROGRAMS AT THE JCA

No lessons on May 25, 29, Jun 4, Jul 3, 4, 23, Sep 4, 5 and 10

LEVELS
0

Parent and Me Ratio 8:1 | Ages 6 mos - 3 yrs

This program teaches parents how to work safely and effectively with children in the water. The program emphasizes fun and enjoyment, water adjustment, and preparatory activities for future swimming. Parent and Me aquatics is not designed to teach children to become good swimmers or even to survive in the water on their own. **At least one adult must accompany the child in the pool.**

Spring Session | Apr 23 - May 28 **Summer Session I** | Jun 11 - Jul 16 **Summer Session II** | Jul 30 - Sep 3

Sun | 10 - 10:30 am

\$113 | Valued member \$75

Pricing for Parent and Me classes is per session.

LEVELS
1 - 3

Preschool Aquatics Levels 1 - 3 | Ratio 4:1 | Ages 2 - 3 and 4 - 5 yrs

Preschool through kindergarten children progress through swim levels while learning water safety and skills ranging from blowing bubbles to independent swimming. Children who successfully complete this program will be ready to begin Learn to Swim Level 4.

Spring Session | Apr 23 - Jun 6 **Summer Session I** | Jun 11 - Jul 25 **Summer Session II** | Jul 30 - Sep 12

Sun | 11 - 11:30 am or 1 - 1:30 pm

\$113 | Valued member \$75

Mon and Wed | 3:30 - 4 pm, 4:30 - 5 pm or 5:30 - 6 pm

Tue and Thu | 3:30 - 4 pm, 4:30 - 5 pm or 5:30 - 6 pm

\$180 | Valued member \$120

Pricing for Preschool Aquatics is per session.

LEVELS
1 - 4

Learn to Swim Levels 1 - 4 | Ratio 5:1 | Ages 6 - 9 yrs and 10 - 13 yrs

Elementary and middle school age children progress through four levels of swimming skills and water safety. This curriculum begins with body control in the water and ends with independently swimming all four strokes for short distances.

Spring Session | Apr 23 - Jun 6 **Summer Session I** | Jun 11 - Jul 25 **Summer Session II** | Jul 30 - Sep 12

Sun | 12 - 12:30 pm or 2 - 2:30 pm

\$113 | Valued member \$75

Mon and Wed | 3:30 - 4 pm, 4:30 - 5 pm or 5:30 - 6 pm

Tue and Thu | 3:30 - 4 pm, 4:30 - 5 pm or 5:30 - 6 pm

\$180 | Valued member \$120

Pricing for Learn to Swim programs is per session.

LEVELS
5 - 6

School Year Makos Swim Team Levels 5 - 6 | Ages 5 - 18 yrs

Our school year swim team is a monthly, practice-only team designed for those who complete level 4 of the Learn to Swim program. School year swim team continues our Learn to Swim Levels 5 and 6, refining stroke development and increasing endurance. School Year Makos Swim Team runs through March and April. The fall swimming season starts in August at the conclusion of the Summer Makos Swim Team.

Ages 5 - 10 | **Sun**, 3 - 4 pm | **Mon - Thu**, 5 - 6 pm

Ages 11 - 18 | **Sun**, 3 - 4 pm | **Mon - Thu**, 6 - 7:15 pm

Spring Session | Mar 1 - 31 and Apr 2 - 30 **Fall Session** | Aug 1 - 31

One day per week, \$60 | Valued member \$40

Two days per week, \$90 | Valued member \$60

Four days per week, \$120 | Valued member \$80

Pricing for the School Year Makos Swim Team is monthly.



Aline Berkenbrock
Tennis Professional
(904) 730-2100 ext. 317



Tennis Mixers

(Ages 21+)

Enjoy a round robin doubles social. Players will be matched up by ability, while they rotate opponents and partners throughout the night. Level of 3.0+.

Second Thu of month | 6:30 - 8 pm
Free for valued members only

Adult Tennis Clinics

(Ages 18+)

Clinics geared to A, B and C level tennis players who are participating in our competitive teams. Tennis League play continues through April. For more information, contact Aline at ext. 317 or email aline.berkenbrock@jcajax.org.

3.0 - 3.5 Men's Clinic

The first hour of clinic will focus on stroke production, drills, and strategy. The last half hour of clinic will be supervised doubles play.
Mon | 6:30 - 8 pm
\$20 per clinic, year-round

Twelve-Week Sessions

Working Women A Team

Tue | 6:30 - 8 pm
\$180 | Valued members only

A Team Clinic

Wed | 10:15 - 11:45 am
\$180 | Valued members only

B Team Clinic

Wed | 9 - 10:30 am
\$180 | Valued members only

C Team Clinic

Fri | 9 - 10:30 am
\$180 | Valued members only

Cardio Tennis

(Ages 18+)

This engaging group fitness program features the heart pumping effects of tennis drills, games and skills to deliver the ultimate full-body and calorie burning workout.
Sun | 8:30 - 9:30 am
Six-week session available year-round.
\$135 | Valued member \$90

Tennis 101

(Ages 18+)

Adults learn the basics of stroke production, scoring, rules, and more about the game of tennis. Six-week session, available year-round.

Mon | 9 - 10 am
\$135 | Valued member \$90

Private Lessons

Valued members can schedule a private tennis lesson at any times on the My J app, or call ext. 317.

30-min | \$30

60-min | \$60

Doubles | \$80

Package: Five, 60-minute lessons or ten, 30-minute lessons \$270

Tennis Scholarships

Tennis encourages children and teens to develop positive social skills, eye-hand coordination and strategic thinking while the sport helps build healthy bodies and minds. We have financial assistance for children to participate in JCA tennis programs. Thanks to the **Serve Love Endowment Fund**, our JCA and the Jewish Federation & Foundation of Northeast Florida can provide financial support for children in need of tennis items like equipment or shoes. Please email nancy.green@jcajax.org or aline.berkenbrock@jcajax.org for more information, or to discuss your specific situation.

JUNIOR TENNIS CLINICS

ALL CLINICS ARE SIX-WEEK SESSIONS.



For the pee-wee and junior players, our **Quick Start** programs provide an overview and teach the fundamentals of tennis. Classes focus on proper swinging motions and the most effective way to handle a tennis racquet. All instruction is paced for younger players and supplemented with fun games and drills.

JUNIOR QUICK START

(Ages 7 - 10)
Tue | 4:30 - 5:30 pm
\$108 | Valued member \$72

TENNIS ACES

Apr 19 - May 24
(Ages 3 - 5)
Wed | 3:30 - 4:15 pm
\$108 | Valued member \$72

PEE-WEE QUICK START

(Ages 4 - 6)
Thu | 4:30 - 5:15 pm
\$108 | Valued member \$72
Junior Tennis Clinics are offered year-round in six-week sessions. For more information on specific dates for Pee-Wee and Junior Quick Start, please contact ext. 317.

DISCOVER HOW YOUR CHILDREN CAN LEARN AND GROW WITH US **IN THE 2023-24 SCHOOL YEAR!**

✓ **EXCEPTIONAL LEARNING ENVIRONMENT**

✓ **SAFE AND NURTURING**

✓ **NAEYC ACCREDITED**



Children are our inspiration at Michele Block Gan Yeladim Preschool & Kindergarten. Visit jcjax.org/ece to learn more about our unique approach to learning.

VOTED BEST PRESCHOOL BY THE FLORIDA TIMES UNION

For enrollment information, to schedule a tour, or if you have questions, please email ganyeladim@jcjax.org or call (904) 730-2100 ext. 235



TRIBUTES AND DONATIONS

In memory of...

BOB NIED

by Adam and Regina Chaskin
The Miller Family
The Flagler Family
Karen and Philip Adler
The Board and Staff of the JCA

BOBBY RUBENS

by Hollie and Hank Arnold
Karen and Philip Adler
Michele and David Steinfeld

KAREN KOPPEL KAUNITZ

by Karen and Philip Adler

JEFFREY LEVITSKY

by Michele and David Steinfeld

Cultural Arts

In memory of...

ROBERT NIED

by Hollie and Hank Arnold

For a Speedy Recovery...

REGINA CHASKIN

by Hollie and Hank Arnold

BARBI YOUNG

by Michele and David Steinfeld

In honor of...

HOWARD KORMAN

by Mary Carr Patton and John Shaw

ELI KUVIN'S BAR MITZVAH

by Michele and David Steinfeld
The Board and Staff of the JCA

KARL ZEDELL

by Karen and Philip Adler

NOLAN KARSTAEDT

by Karen and Philip Adler

Thinking of you...

MYRON FLAGLER

by Michele and David Steinfeld

Stephanie Green Scholarship Fund

In memory of...

BOB NIED

by Nancy and Mark Green

KAREN KAUNITZ

by Nancy and Mark Green

General donations

MR. AND MRS. DANIEL EDELMAN

for Howard Korman's 80th birthday

REGGIE BROWNE

for Cultural Arts

NANCY AND JACK MIZRAHI

for Jewish Programs



David A. Stein
Jewish Community Alliance
*on the Ed Parker Jewish
 Community Campus*

8505 San Jose Boulevard
 Jacksonville, Florida 32217
 (904) 730-2100
jcajax.org



Affiliated with the Jewish Federation and Foundation of Northeast Florida, the United Way of Northeast Florida and the Jewish Community Centers of North America.



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MISSION STATEMENT The Jewish Community Alliance (JCA) strengthens Jewish life, serves as a common meeting ground and enhances the quality of life of the entire community.

VISION STATEMENT Our vision is to provide **the** place in the tradition of our heritage where all people come together throughout their lives to enhance body, mind and spirit, in an environment of fun, harmony and friendship.

JUMP
 -into-
Summer
JCA SUMMER CAMP
AGES: 2 - 16

JCA | SCAN FOR MORE INFORMATION
jcajax.org/camp

**PROTECTING OUR COMMUNITIES
 TOGETHER
 REPORT HATE CRIMES**

1-800-CALL-FBI
tips.fbi.gov