

WINTER 2021  
VOLUME 32 | NUMBER 04

# PROGRAM GUIDE

7 NISAN - 8 TAMUZ 5781 • JANUARY 1 - MARCH 31, 2021



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

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The JCA **Program Guide** and **Alliance News** are published 10 times a year (monthly except July and August) by the

**Jewish Community Alliance**  
**8505 San Jose Boulevard**  
**Jacksonville, FL 32217**

For additional program information, please contact the JCA at:

**(904) 730-2100 P • (904) 730-2444 F**  
**jcajax.org • info@jcajax.org**  
**facebook.com/jcajax**

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 Adam Chaskin . . . . . Chief Executive Officer  
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### Winter Locker Room Hours

Locker room hours are the same as business hours and closed for cleaning Monday – Friday at 1:15 pm – 2 pm.

### Men's and Women's Locker Rooms

Locker rooms are now available.

- Masks must be worn at all times except while showering or washing your face at sink.
- Frequent disinfecting will happen throughout the day in addition to midday cleaning.
- Available lockers will be marked and promote physical distancing.
- Both locker rooms will have designated benches to promote physical distancing.
- All shower stalls are available for use and feature full length separating walls.
- Sanitary wipes will be available in both locker rooms.

### Kid Kare (babysitting) (904) 730-2100 ext. 325

- Service is for kids 3+ years old, masks required.
- No more than 8 kids in each shift.
- Mon- Fri operation hours 9 - 11 am & Mon - Thurs evenings from 5:50 - 8 pm.
- Sunday hours 8:30 - 11:00 am.
- Kids must be potty trained.
- Snacks are not allowed at open play area, but members of the same household can share the private table at the fenced infant area to snack per request.
- JCA Kid Kare is offered on a first come first serve basis.

**Free for JCA family memberships only**

### Guest Policy

Members may bring only two guests at a time (except for families bringing families) with no more than three visits in a calendar year. 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, babysitting or childcare 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. The lobby area, hallways, other rooms and the courtyard in the JCA are not appropriate spaces.

The JCA cannot be held responsible for members age 10 and over attending the JCA and 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.

**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,

Engagement and connection are more critical than ever in today's world, and I am grateful to the JCA for providing unparalleled excellence in programming. The JCA is a family; open to all without barrier. We are your JCA, and we are here for you in whatever way you feel comfortable today – be it through programs with physical distancing protocols observed, outdoor programming or virtual options – our team will meet you where you are, for all varying needs and every age and stage of life. While life in the secular new year may look different, please allow the JCA to be here for you to provide support and consistency in your daily lives.

**ROCHELLE STODDARD**  
730 - 2100 ext. 276



For my family, the Berman and Stoddard families, the JCA is the place where we find connection for mind, body and spirit. It is also where we will leave our Jewish community legacy. It is with great pride that, this January, the JCA Young Concert Artist Series will become the Berman Family Young Concert Artist Series at the JCA. This series has remained free and open to the entire community for almost thirty years thanks to the generosity of my grandparents, Edith and Milton Berman. My parents, my husband and I have continued this tradition since their passing, and now we will ensure that it remains a community resource without barrier for future generations.

It is in my grandparents' memory that, with all my heart, this important cultural arts program will allow people to come together, without controversy or disagreement, as one neighborhood of people, to celebrate their love of the arts, which are central to the JCA's mission. Learn more about this year's concert series on page 4 of this guide.

As we continue to navigate these challenging times, I invite you to join my family to help secure the legacy of this great agency for future generations. Thank you for your continued support of the JCA. Wishing you a happy, healthy Chanukkah season!

Sincerely,

**Rochelle Stoddard**  
Board Chair

**JCA BUILDING HOURS**

**Sun** . . . . . 8 am – 6 pm      **Fri** . . . . . 5:30 am – 5 pm  
**Mon – Thur** . . . . . 5:30 am – 9 pm      **Sat** . . . . . 1 – 6 pm

**JCA HOLIDAY HOURS**

**Passover**  
**Saturday, Mar 27** . . . . . 1 – 5 pm      **Friday, Apr 2** . . . . . 5:30 am – 5 pm  
**Sunday, Mar 28** . . . . . Closed      **Saturday, Apr 3** . . . . . Closed  
**Monday, Mar 29** . . . . . 1 – 9:30 pm      **Sunday, Apr 4** . . . . . 1 – 6 pm

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 Jeffery Parker · William F. Rein  
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\*Of Blessed Memory

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 Administration..... Pam Tavill, ext. 225  
 Marketing..... Jamie Kennedy, ext. 223  
 Development.....Lior Spring, ext. 318  
 Early Childhood..... Theresa Levy, 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

**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 Jacksonville, 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

Please note, due to Covid-19 protocols, some programs and services are subject to change. If possible, virtual options will be offered. \*Visit [jcjax.org/reopening-plan](http://jcjax.org/reopening-plan) to view JCA protocols and updated status.



**HEATHER TERRILL**  
 J INSTITUTE PROGRAM MANAGER  
 730 - 2100 EXT. 265



\*See page 3 for JCA Covid-19 protocols.



The JCA is happy to shine a spotlight on these brilliant newcomers as they launch their careers. Thanks to the generosity of the Berman Family, these concerts are free and open to the community. For details, contact Heather at ext. 265 or [heather.terrill@jcjax.org](mailto:heather.terrill@jcjax.org).



**Do-Hyun Kim, Pianist**  
 Sun, Jan 10 | 3 pm

Pianist Do-Hyun Kim is a captivating, powerful artist establishing himself for displaying incredible depth of artistry in a wide range of repertoire.

After presenting him with a prize for best performance in the Semi Final round of the 2019 International Tchaikovsky Piano Competition, Maestro Valery Gergiev personally invited him to return to St. Petersburg to perform in a special winners' concert this past season, and Yamaha invited him to appear at a "Rising Stars Pianists Concert" in Tokyo.

Winner of First Prize at the 2017 Young Concert Artists International Auditions, Mr. Kim debuted at Merkin Hall in New York and the Kennedy Center in Washington, DC. Originally from Korea, Mr. Kim moved to the United States to earn his Bachelor's degree at the Cleveland Institute of Music, where he studied with HaeSun Paik and Sergei Babayan. He continued his studies with Mr. Babayan at The Juilliard School, earning a Master's in 2019, and heads back to the Cleveland Institute this year to pursue an Artist Diploma.



**Xavier Foley, Double Bassist**  
 Sun, Feb 14 | 3 pm

A native of Marietta, GA, Xavier Foley is an alumnus of the Perlman Music Program, and earned his Bachelor of Music from the Curtis Institute of Music working with Edgar Meyer and Hal Robinson.

Mr. Foley won the 2016 Young Concert Artists International Auditions along with four Performance Prizes and a Paiko Foundation Fellowship, and First Prizes at Astral's 2014 National Auditions, Sphinx's 2014 Competition, and the 2011 International Society of Bassists Competition.

In 2018, he made his acclaimed New York recital debut at Merkin Concert Hall and his Washington, DC debut at the Kennedy Center's Terrace Theater on the Young Concert Artists Series. The program included two of his own compositions. Mr. Foley is known for communicating his virtuosity and passion for music on the double bass, which is rarely presented as a solo instrument.

Winner of a prestigious 2018 Avery Fisher Career Grant, he was recently recognized on New York WQXR's "19 for 19" Artists to Watch list, and featured on PBS Thirteen's NYC-ARTS.



**Jonathan Swensen, Cellist**  
 Sun, Mar 14 | 3 pm

Jonathan Swensen first fell in love with the cello upon hearing the Elgar Concerto at the age of six and ultimately made his concerto debut at the age of twenty performing that very piece with Portugal's Orquestra Sinfónica do Porto Casa da Música conducted by his father, Joseph Swensen.

Mr. Swensen has captured First Prizes at the 2018 Young Concert Artists International Auditions, 2018 Khachaturian International Cello Competition, and 2019 Windsor International String Competition.

In his native Denmark, he was recipient of the Jacob Gades Scholarship in 2019, the Léonie Sonning Talent Prize in 2017, and First Prize at the 2016 Danish String Competition.

A graduate of the Royal Danish Academy of Music, Jonathan Swensen currently studies with Professor Torleif Thedéen at the Norwegian Academy of Music in Oslo.



### Fun & Games

Games are open and limited to three tables per week. Sign up your group in advance.

Fri | 11 am – 2 pm

Free for valued members only

### Outdoor & Explore

Meet up at local outdoor spots and explore some of the unique treasures our city has to offer. For details, call Heather at ext. 265. *Registration required.*

Wednesday | 9:30 am

Jan 20: Southbank Riverwalk

Feb 17: Timucuan Ecological and Historical Preserve

Mar 17: Tree Hill Nature Center

\$5 | Free to valued members



### Fermented Food

Learn about the sources, functions, benefits, and impacts on our health as JCA's licensed Dietician Nutritionist Stacy Seslowsky teaches us about fermented foods.

Tue, Feb 23 | 1 pm

\$8 | Valued member \$5

### Wine Down with Boutique Blooms

Join us for a blooming evening of flower arranging & some wine! Learn simple steps to create beautiful arrangements with flowers from any market anytime! Grab your bestie and come gather and create with us.

Thu, Feb 25 | 6:30 – 8:30 pm

\$68 | Valued member \$45



### Ladies Night Out

Ladies Night Out is back! Join me at Wicked Barley for a meal safely outside under the stars for a fun evening out with the girls. *Registration required by March 21.*

Tue, Mar 23 | 6 - 8 pm

\$5 | Free for valued members



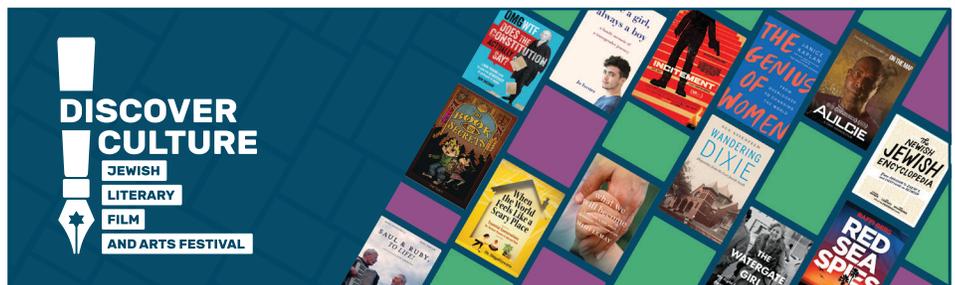
### Traveling Diner Dinner Club

It's been so long! Delight your taste buds and enjoy great company as we experience a world of flavor in Jacksonville's best ethnic restaurants. Dinner is Dutch treat. For details, call Heather at ext. 265.

*Registration required by March 28.*

Tue, April 6 | 6 pm

\$5 | Free for valued members



### FESTIVAL VIRTUAL EXTENSION EVENT



WED, JANUARY 13, 2021 AT 7 PM VIA ZOOM

**RABBI LAURA GELLER**  
*GETTING GOOD AT GETTING OLDER*

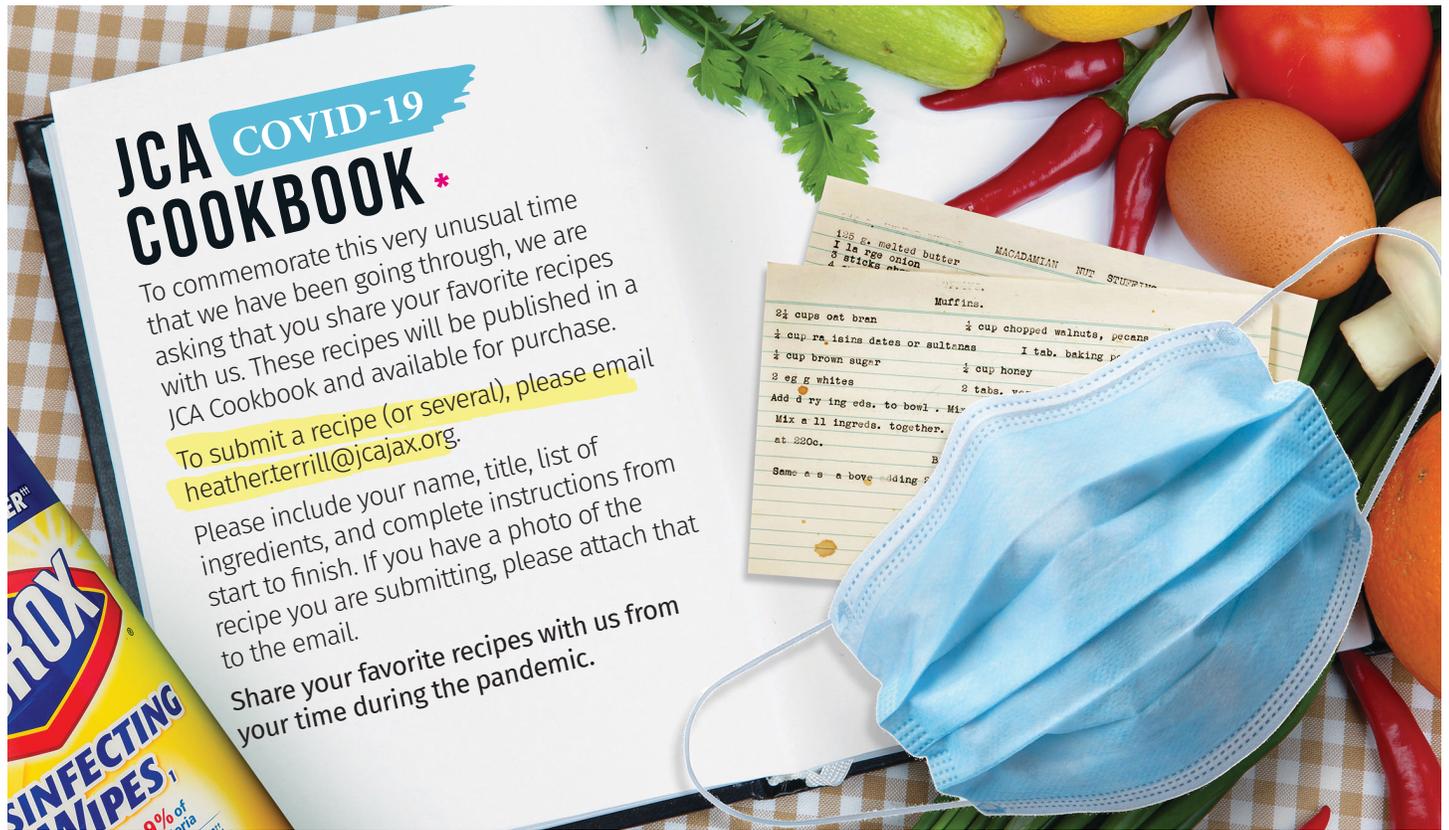
The baby boomer generation is now in their 60s and 70s and are challenging assumptions about aging by living longer, being more active and doing things differently as they age. In the process, they are changing the way the world sees older people.

*Getting Good at Getting Older* gives the “young older” an opportunity to discover, in Jewish tradition and culture, the tools, resources and skills needed to create a new paradigm for growing older. It brings humor, irreverence, playfulness, thought-fulness and the Jewish experience to the question of how to shape this new stage of life.

In partnership with:



**ADVANCE REGISTRATION REQUIRED TO 730-2100 EXT. 228.**  
**CONTACT LIOR SPRING AT X318 FOR DETAILS.**



# JCA COVID-19 COOKBOOK \*

To commemorate this very unusual time that we have been going through, we are asking that you share your favorite recipes with us. These recipes will be published in a JCA Cookbook and available for purchase.

To submit a recipe (or several), please email [heather.terrell@jcjax.org](mailto:heather.terrell@jcjax.org).

Please include your name, title, list of ingredients, and complete instructions from start to finish. If you have a photo of the recipe you are submitting, please attach that to the email.

Share your favorite recipes with us from your time during the pandemic.

155 g. melted butter  
1 lg. orange  
3 sticks butter  
MACADAMIAN NUT STUBS  
Muffins.  
2 1/2 cups oat bran  
1/2 cup raisins, dates or sultanas  
1/2 cup brown sugar  
2 egg whites  
Add & try ingreds. to bowl. Mix  
Mix all ingreds. together.  
at 220c.  
Same as above adding



## Walking Club

Become a member of one of the fastest growing groups at the JCA. You can find walkers on the track, on treadmills and in the gymnasium. Keep track of your progress and receive awards from the JCA when a goal is achieved. Come join us! It's fun, educational, healthy and FREE.

Free for valued members only



## Couple's Yoga

Join Gisela & Grant and fall into sync with your partner as you find a rhythm together with your breath, movement, and body positions, leading to an intimate and fulfilling experience. Registration required.

Sun, Feb 7 | 2 pm

\$30 | Valued member couple \$20



## Ladies Spa

Who does not love relaxing bath treats! Join us for this make and take workshop and make your own body butters, bath bomb crumbles and a Himalayan salt scrub. Registration required by March 18.

Thu, Mar 25 | 6:30pm

\$38 | Valued member \$25

## Sit & Get Fit

Join us to get fit while making new friends. For details, call Heather at ext. 265.

Mon, Thurs | 10:45 – 11:30 am

Free for valued members only

 For more wellness programs, see pages 16 - 21.

## Sketchbook Club

Join Heather Terrill bi-weekly to learn new techniques, mediums to work with and other fun stuff! New topics each session. For details, call Heather at ext. 265. Registration required.

Wed | 1 - 2 pm | Jan 13, 27, Feb 10, 24, Mar 10, 24

\$5 | Free for valued members

## Workshops with Theresa Rykaczewski

Join Theresa for these exciting workshops to expand your art skills and knowledge. For more information, contact Heather at ext. 265. Advance registration required for all classes.

### Value Drawing and Shading, Pencil/Charcoal

Learn to draw objects using basic shapes and sighting techniques, learn how light and shadow interact with 3D objects by shading using charcoal on paper.

Fri, Jan 8 | 2 - 4 pm

\$27 | Valued member \$18

### Cezanne Still Life: Peaches and Pears

Follow along the steps to paint fruits with acrylic paint in the classic style of Paul Cezanne.

Fri, Jan 22 | 2 - 4:30 pm

\$27 | Valued member \$18

### Watercolor Cards

Popular & relaxing card making class with a series of designs in watercolor with stamps & paper provided. Just bring watercolor paint & brushes.

Fri, Feb 5 | 1 - 3 pm

\$27 | Valued member \$18

### The Glazing Technique: Oil Painting

An overview of what makes the glazing technique so special, beautiful and historical. How it is done and the results that can be achieved. Includes a demonstration by the instructor that you can try at home.

Fri, Mar 12 | 1 - 3 pm

\$27 | Valued member \$18



## 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. For details, call Heather at ext. 265. Discount available if you sign up for multiple sessions. Advance registration required.

Tues | 10 am - 12 pm

**Session I** Jan 12, 19, 26, Feb 2, 9, 16, 23, Mar 2

**Session II** Mar 16, 23, 30, Apr 6, 13, 20, 27, May 4

\$216 | Valued Member \$144

Thur | 6:30 - 8:30 pm

**Session I** Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4

**Session II** Mar 18, 25, Apr 1, 8, 15, 22, 29, May 6

\$216 | Valued Member \$144

# VANDROFF ART GALLERY

For details on exhibiting or the upcoming artist schedule, contact Heather at ext. 265 or [heather.terrill@jcajax.org](mailto:heather.terrill@jcajax.org).



### Jacksonville Coalition of Visual Artists Jan 7 – Feb 3

This exhibit will feature work from JCVA members that includes both recognized and emerging artists from a variety of specialties



### First Coast Pastel Society Feb 4 - Mar 3

FCPS promotes the use of soft pastel within its membership and the community at-large as an important and continually evolving fine art medium.



### Sophie Dare Dentiste Mar 4 – Apr 7

Sophie's current pieces focus on a loose EXPRESSIVE style with mixed media, savoring the process and simple joys we can glean in nature and everyday life.



**THERESA LEVY**  
ECE DIRECTOR  
730 - 2100 ext. 237



\*See page 3 for JCA Covid-19 protocols.

\*Children in early childhood (9mo or 12mo), Afterschool, J All Day and Study Central must be picked up by parents/guardian at the end of enrichment classes. They are not permitted to return to their groups once removed.

**FREE!**

# Parent & Me

## CLASSES



### **VIRTUAL Make Music (3 mos - 3 yrs)**

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

Mon | 11 - 11:30 am  
Jan 11, 25, Feb 1, 8, 22, Mar 1, 8, 15, 22



### **VIRTUAL Sensory Sensations (1 - 3 yrs)**

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

Tues | 10 - 10:30 am | Jan 19, 26,  
Feb 2, 9, 16, 23, Mar 2, 9, 16, 23



### **VIRTUAL Story Time (Birth - 3 yrs)**

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

Wed | 11:00 - 11:30 am | Jan 13, 20, 27,  
Feb 3, 10, 17, 24, Mar 3, 10, 17, 24



### **Stroller Fit Moms (Birth - 3 yrs)**

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

Mon | 12:15 - 1:15 pm | Jan 11, 25,  
Feb, 1, 8, 22, Mar 1, 15, 22



### **Splash-N-Play (1 - 3 yrs)**

Join us for fun in the water with your little ones. Fun activities designed for parent and baby bonding in the water!

Tues | 11:30 am - 12 pm | Jan 19, 26,  
Feb 2, 9, 16, 23, Mar 2, 9, 16, 23



### **VIRTUAL Tot Shabbat (Birth - 3 yrs)**

Virtually join us for Shabbat to celebrate the three big Jewish holidays occurring during this time of year: Tu B'shevat, Purim, and Passover. Ms. Renee will lead Shabbat and then a holiday craft for children to create.

Fri | 11 - 11:30 am | Jan 15, 22, 29, Feb 5, 12, Mar 5, 12, 19

**Free to the community. Advance registration required.**



### Fit for Broadway (Ages 4 - 12)

Join us for an hour of dancing, jumping, twisting and bopping as we get FIT FOR BROADWAY! You will be on your way to an all-around healthier YOU in this high energy, fun filled class! We jam to all our favorite upbeat show tunes with styles of dance similar to hip hop, jazz, salsa and more! You are guaranteed to sweat, sweat, sweat while having fun, fun, fun!

Tues | 4 - 5 pm

Jan 5, 12, 19, 26 Feb 2, 9, 16, 23 Mar 9

\$148 | Valued Member \$99

**SHELLY HUGHES**

THEATRE DIRECTOR

730 - 2100 EXT. 252



**\*See page 3 for JCA Covid-19 protocols.**

\*Children in early childhood (9mo or 12mo), Afterschool, J All Day and Study Central must be picked up by parents/guardian at the end of enrichment classes. They are not permitted to return to their groups once removed.

# THE LITTLE MERMAID

**PAC AUDITIONS (Grades 1<sup>st</sup> - 9<sup>th</sup>)**

<b>Audition Date:</b> Sunday, January 3	<b>Rehearsal Time:</b> 4:00 pm - 6:00 pm
<b>Audition Time:</b> 1:00 pm	<b>Show Dates:</b> March 6 and 13 at 7:30 pm
<b>Rehearsal Days:</b> Monday and Thursday	March 7 and 14 at 1:00 pm
<b>Rehearsals begin:</b> January 7th	<b>*Recital Fee:</b> \$250   \$170 for valued members

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



### Zoe's Clubhouse (Ages 3 - 6)

This creative class takes your little one on a new adventure each week! Children explore their imaginations and learn social skills, team work and coordination in a fun, creative environment. This is one of the J's most popular classes, so don't miss out!

Wed | 3:30 - 4:15 pm | Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 10

\$209 | Valued Member \$139

### Baby Bear Ballet

Our little dancers will learn the basics of ballet with their ballet buddy bear! This beginner's class is a fun and relaxed introduction to ballet. Each dancer will receive their very own ballet bear or bunny on the first day of class. We use our ballet buddies to help us with our posture and arms. Dancing is so much fun.... It's CRAZY FUN when you dance with a bear!

Fri | 3 - 3:30 pm | Jan 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 5

**Ages:** 3 - 5 years (3yrs by 9/20)

**Time:** 4:00 - 4:30

\$229 | \$153 for valued members

Fee includes your child's very own ballet bear!



**RACHEL SANDLER**  
JEWISH AND FAMILY PROGRAMS  
730 - 2100 EXT. 271



\*See page 3 for JCA Covid-19 protocols.

## JEWISH

## B★K

## CLUB

This quarter we will read and discuss "Citizen 865: The Hunt for Hilter's Hidden Soldiers in America" by Debbie Cenziper. It is the gripping story of a team of Nazi hunters at the U.S. Department of Justice as they raced against time to expose members of a brutal SS killing force who disappeared in America after World War Two. We will have the opportunity to meet virtually with the author, so bring your questions and comments.  
*Advance registration required.*

Tues, Mar 23 | 7 pm  
Free to the community

### From A bi gezunt to Zei-gebenched: An Introduction to the Yiddish

Join Suzie Becker on Zoom to learn and appreciate Yiddish phrases and words!  
Tues | 11 am - 12 pm

Dec 15 A Freilichin Chanukah Party!

Jan 5 What a shayna punim! (Who we are - part by part)

Jan 19 Ess epis! (Eat something - A shmorgasboard of words for food and festivity)

Feb 2 Nisht aheen, nisht aher! (Neither here nor there-Places, spaces and expressions)

Feb 16 A shtick fleish mit tzvei oigen! (A slab of beef with two eyes and other idiomatic expressions you'll love!)

Feel free to come to one or all dates.  
Free to the community

### The Prayers of Shabbat - Part 1

In this class you will study nine of the basic prayers that are recited on Shabbat with instructor, Harvey Leven. The prayers include the *Bor'chu*, *Ma'ariv Aravim*, *Yotser Ohr*, *Sh'mah Yisrael/V'ahavta*, *Me-Chamocho*, and the Shabbat blessings.

After this one hour/week class, you will be able to understand the meanings behind these prayers; learn the important vocabulary words they contain; and read them fluently.

Completion of *Hebrew 101* or ability to read Hebrew print is a prerequisite for this class.

*Advance registration required.*

Wed | 6 pm - 7 pm

Jan 6, 13, 20, 27, Feb 3, 10, 17, 24

Mar 3, 10, 17, 24

\$150 | Valued Member \$100

Book purchase required

### Tu B'Shevat Seder

To celebrate the new year of the trees, come participate in a seder involving fruits associated with Israel.

*Advance registration required by January 22.*

Thur, Jan 28 | 11:30 am

Free to the community

### How Chess Can Help Your Life Strategically

Our community shaliach, Stav, has loved playing chess since he was 5. Come find out how chess designed Stav's personality, how chess can help kids develop and make calculated life choices, and how to approach difficult situations in life using chess-related methods.

*Advance registration appreciated.*

Tues, Feb 2 | 7 pm

Free to the community

### Teen Jewish Book Club

This quarter we will meet and discuss, "Spinning Silver" by Naomi Novik. Come hang out with teens and talk about books together!

*Advance registration appreciated.*

Sun, Feb 7 | 3 pm

Free to the community

### Discover Israel Film Series: Red Sea Diving Resort

Come watch and discuss the movie inspired by true events from the book, "Red Sea Spies." In this thriller, undercover agents open a fake hotel to real tourists as a cover to help smuggle thousands of Ethiopian refugees to safety.  
*Advance registration required.*

Thur, Feb 11 | 6:30 pm

Free to the community



### Family Hamantaschen Bake

Enjoy the day off from school to come make hamantaschen, do arts and crafts, and hear stories about Purim. This event is in partnership with the Jewish Federation and Foundation of Northeast Florida and Etz Chaim Synagogue.  
*Advance registration required.*

Mon, Feb 15

Join us anytime between

10 am - 12:30 pm

Free to the community

### Autism and the IDF

Our community shaliach, Stav, worked in the IDF with people with autism. Come find out about Roim Rachok, a program designed to train young adults with high-functioning autism in professions by the IDF. Qualified young adults, who want to volunteer for service in the IDF, or integrate into the job market, are taught professions for which they have a comparative advantage. Hear Tal Vardi, one of the founders of this program, and learn from him how everything started and what comes next. Also meet a special guest, one of the former soldiers that took part in the program.

*Advance registration appreciated.*

Sun, Feb 21 | 2 pm

Free to the community

# LEARN HEBREW AT THE JCA

## 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? Contact Rachel Sandler for more information on Hebrew classes.

## Hebrew 505

Join Harvey Leven on Zoom to continue to work on modern conversational Hebrew, utilizing the "Lets Talk More" text. Toward the end of the course, we will begin transitioning to reading without vowels. We will learn an additional 100 vocabulary words and will continue to drill present tense verbs. This class is for those who can already read voweled Hebrew print.

Advance registration required.

Mon | 6 - 7:30 pm

Jan 4, 11, 18, 25, February 1, 8, 15, 22

\$150 | Valued Member \$100

Book purchase required

## Hebrew 202

Join Harvey Leven on Zoom to learn new conversational Hebrew phrases and develop your ability to read without vowels. This class is for those who can read voweled Hebrew print and is a perfect follow up to Hebrew 101.

Advance registration required.

Thur | 6 - 7:30 pm

Jan 7, 14, 21, 28, Feb 4, 11, 18, Mar 4

\$150 | Valued Member \$100

Book purchase required

## Conversational Hebrew with Stav

Join our community shaliach, Stav, in conversational Hebrew. This is for those who already speak Hebrew.

Feel free to come to one or all dates!

Advance registration appreciated.

6:30 pm | Jan 26, Feb 24, Mar 25

Free to the community



## OMG, Can you believe?!

In this six-week exploratory course (via Zoom), we'll seek answers to the BIG questions around God and God's relationship to Humankind. Take for yourself a Divine moment to uncover and consider many different understandings of God expressed by Jewish thinkers, past and present. This course will give you the tools to continue asking deep questions, probing your own beliefs and rethinking the "God- questions" that confront us throughout our lives.

Wed | 2 - 3:30 pm

Jan 27, Feb 3, 10, 17, 24, Mar 3

Register online by January 20 at [WWW.Events.org/MeltonJAX](http://WWW.Events.org/MeltonJAX) Minimum enrollment required.

\$109 | (\$25 discount if member of JCA or any partnering synagogue)

Open to the community  
Partnering with Congregation Ahavath Chesed, Etz Chaim, Jacksonville Jewish Center.

Melton in Jax is funded by grants from Dr. Lawrence and Kathy Kanter and Dena Wirt, in honor of Harvey Leven's continuing commitment to Jewish Education.

For more information, contact Harvey Leven at [mishpacha5@aol.com](mailto:mishpacha5@aol.com)



## Matzah Factory

Come experience the story of Passover by making your own matzah. Also participate in arts and crafts and stories about Passover.

This event is in partnership with PJ Library and PJ Our Way.

Advance registration required.

Sun, Mar 21

Join us anytime between 1 - 2:30 pm

Free to the community

## Clergy in a Circle

Join our Jacksonville Jewish leaders to participate in a discussion on current events and Jewish topics.

Advance registration appreciated.

Tues, Mar 2 | 7 pm

Free to the community

[INFO@JCAJAX.ORG](mailto:INFO@JCAJAX.ORG)

## Homeland Guards

This Israeli volunteer-based organization is focused on environmental protection. They began by battling the Leviathan nearshore gas processing platform so it wouldn't ruin Israel's coastline, contaminate water sources, cause dangerous air pollution, and poison marine life. Join our shaliach, Stav, in a conversation with physicist Mike Adel, one of the leaders of this organization to hear about their ongoing battle.

Sun, Mar 7 | 3 pm

Free to the community



**AMANDA COLLINS**  
YOUTH SERVICES DIRECTOR  
730 - 2100 EXT. 245



\*See page 3 for JCA Covid-19 protocols.

\*Children in early childhood (9mo or 12mo), Afterschool, J All Day and Study Central must be picked up by parents/guardian at the end of enrichment classes. They are not permitted to return to their groups once removed.

### Private Piano Lessons

(Grades 1 - 12) ■ ■ ■

Beginner and intermediate students learn ear training, note reading, chord and song structure and technique. Genre training is also available. For information and registration, contact Evan at ext. 249.

### Private Supplemental Tutoring (Grades K - 5) ■ ■

1-on-1 academic subject and homework assistance with current or former teachers. Open to members and After School participants only. Contact Evan at ext. 249 for more information.



### World Tour STEM Challenges

(Grades K - 8) ■ ■ ■

Pack your suitcases as you and a tribe-full of friends will engineer your way around the globe – from the Eiffel Tower to the Sydney Harbor Bridge to an African Safari. Each challenge will bring you to a different international destination and provide a special taste of local flavor there! Class taught by Challenge Island.

Tues | 4 - 5 pm | Jan 26 - Mar 2  
\$144 | Valued Member \$100  
\$15 supply fee

- Elementary School
- Middle School
- High School

### Ooey Gooey Science!

(Grades K - 5) ■ ■

Explore and learn about science through hands-on sensory experiences. We'll make kinetic sand, slime, ooblek and more in this class where making a mess is not only allowed, it's encouraged.

Mon | 4:30 - 5:30 pm  
Jan 25, Feb 1, 8, 22  
\$60 | Valued Member \$40



(Grades K - 5) ■ ■

In this cooking class, your child is guaranteed to have a gouda time. Together, we'll make classic dishes like quesadillas, mac and cheese, pizza and more. (Cheesy jokes included.)

Wed | 4:30 - 5:30 pm  
Jan 27, Feb 3, 10, 17  
\$60 | Valued Member \$40

### J After Dark (Grades 6 - 8) ■ ■

Enjoy the JCA after hours! Have the gym to yourself for basketball and dodgeball along with ping pong, video games, board games, music and more! Light refreshments will be served. Members may bring one guest at member price.

Sat, Jan 30 | 7 - 10 pm  
\$15 | Valued Member \$10

### Film Foodies (Grades 6 - 8) ■ ■

Foodies and movie lovers unite! Join us as we take our favorite foods from the big screen to the dining table. We'll make iconic dishes from shows and films like The Simpsons, The Emperor's New Groove, The Office and more.

Tues | 4:30 - 5:30 pm | Feb 2, 9, 16, 23  
\$60 | Valued Member \$40

### Painting Pizzazz

(Grades 2 - 8) ■ ■ ■

This fun class puts a twist on painting! Participants will create paintings weekly using different combinations of brushes, paints, and canvas.

Tues | 4:30 - 5:30 pm  
Mar 2, 16, 23, 30  
\$60 | Valued Member \$40



### Dip, Dip, Hooray! (Grades K - 5) ■ ■

Dive into the world of dips with us, making easy recipes to share and take on the go. We'll learn combinations that will go great with chips, veggies, or both!

Wed | 4:30 - 5:30 pm  
Feb 24, Mar 3, 17, 24  
\$60 | Valued Member \$40

### Safe Sitters Course

(Grades 6 - 8) ■ ■

Learn everything you need to know to be safe when at home alone, with siblings or babysitting. Class is filled with games, role playing and CPR education. Don't forget to pack a lunch! Register through Baptist Health at [www.baptistjax.com/classes](http://www.baptistjax.com/classes)  
Fri, Mar 12 | 9:30 am - 4:30 pm  
\$55 to the community

### Parent's Night Out

(Grades K - 8) ■ ■ ■

Hey Parents! Enjoy a night out while the kids play at the JCA! We'll play classic camp games in the gym, enjoy a grilled cheese dinner and watch a movie while you're away.

Sat, Feb 13 | 6 - 10 pm  
\$23 | Valued Member \$15



# WINTER J-CATION Days

GRADES K - 8

Winter JCAtion Days: On days when school is closed, send your child to the JCA to explore, create, learn and have FUN with friends! Children select from a variety of activities throughout the course of 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!

**December:**  
21, 22, 23, 24,  
28, 29, 30, 31

**January and February:**  
Jan 4  
Jan 18  
Feb 15

**March Spring Break:**  
Mar 8, 9, 10, 11, 12  
Mar 17\*, 18\*, 19\*, 22  
\*For select schools with  
minimum enrollment

# AFTER SCHOOL

END THEIR DAY AT THE JCA!

**Mon - Fri | 2:30 - 6 pm | Grades K - 8**

- State-of-the-art facility
- Power Hour: Sports, STEM and Art
- Homework room with computer lab
- Free transportation (from select schools with minimum enrollment)



# STUDY CENTRAL

Designed with quality and flexibility for preteens and teens (6<sup>th</sup> - 8<sup>th</sup> grade).

Study Central is designed with quality and flexibility in mind for teens and preteens to support socialization, independence and responsibility in a supervised environment. Daily snack, Wi-Fi, laptop access and homework assistance is available. Transportation provided as needed from select schools. Choose 2, 3 or 5 days per week. Optional enrichment opportunities such as sports, fitness and arts are taught by local professionals. Formulate a schedule that works for you and your busy student!

For details, call 730-2100 ext 245. Spaces are still available for the 2020-2021 school year!

**FREE**  
TRANSPORTATION  
FROM SELECT SCHOOLS  
WITH MINIMUM  
ENROLLMENT



**LIOR  
SPRING**  
DEVELOPMENT DIRECTOR  
730 - 2100 ext. 318



## BERMAN FAMILY ENDOWS JCA CONCERT SERIES

Edith and Milton Berman were known for their love of classical music. As JCA charter members, the Bermans sponsored the JCA's original concert series, which brings exceptional, but unknown, young artists from around the world to Jacksonville. The series was continued after Edith and Milton's passing by their son, Charles, and his wife, Eleanor. Now, more than thirty years later, Edith and Milton's granddaughter, JCA Board Chair Rochelle Stoddard, and her husband David, have endowed the series to ensure it will remain at the JCA in perpetuity. Now known as the Berman Family Young Concert Artist Series at the JCA, the program has and will remain free and open to the entire community thanks to the generosity of the Berman Family.



See page 4 for details on this year's Berman Family Young Concert Artist Series.

# JOIN THE RESILIENCE!

## MAKE A GENERAL DONATION TO THE JCA!

Although the JCA entered the pandemic in a healthy financial state, we find ourselves required to utilize a significant portion of our reserves to meet the mandate of our mission and provide our essential services to the community. This is not a sustainable model for the JCA.

Thank you to all who have generously supported the staff and mission of the JCA! Your incredible gifts have ensured our ability to continue to employ our staff and develop virtual programs to serve our entire community. The Coronavirus relief package provides additional tax incentives for charitable donations this year.

- This includes a new, above-the-line deduction, which applies to all taxpayers, for total charitable contributions of up to \$300 made in 2020.
- The bill also lifts the existing cap on annual contributions for those who itemize, raising it from 60 percent of adjusted gross income to 100 percent.
- For corporations, the bill raises the annual limit from 10 percent to 25 percent.

Please consider the JCA when making your next charitable donation during this time of unprecedented need. Your support will ensure that our important work continues for generations to come as we continue to be hard hit by the COVID-19 economic crisis.

Help ease our financial burden and keep our community safe and resilient today and for future generations. Visit [jcjax.org/donate](http://jcjax.org/donate) or contact Lior Spring at [lior.spring@jcjax.org](mailto:lior.spring@jcjax.org) for additional information.



# Thank you

TO ALL OF OUR SPONSORS WHO MADE  
THIS FESTIVAL POSSIBLE FOR OUR COMMUNITY!  
**YOUR SUPPORT MAKES A DIFFERENCE!**

### EVENING SPONSORS



### FESTIVAL SUPPORTER

- Jordan and Shirley Ansbacher Family Foundation
- Linda and David Stein
- Trager Family

### ARTS PATRON

- Nancy and Mark Green
- Korman and Shelton Families
- Rochelle and David Stoddard

### CURATOR

- Regina and Adam Chaskin
- Sunny Gettinger and Trey Csar
- Helen Rowan and Paul Halloran
- Debbie and Jeff Parker
- Kimberly and Richard Sisisky

### ARTIST

- Karen and Frank Backilman
- Block Family
- LaVerne and Andy Cantor
- DuBow Family
- Paula and Kenneth Horn
- Irene and James Jaffa
- Mauri and Alan Mizrahi
- Judy Mizrahi
- Evelyn and Stewart Pinsof

### SPONSORS\*

- Edrea and Steven Porter
- Toby Ringel
- Judy and Steve Silverman
- Michael Solloway
- Lonnie and Bruce Steinberg
- Michele and David Steinfeld
- Jill and Sam Stromberg
- Sharon and Bruce Witten

### PERFORMER

- Harris Guidi Rosner, P. A.
- Harriett and Sheldon Kaplan
- Debbie Banks and Garry Kitay
- Whitney and Grant Kuvin
- Marilyn Mass
- Daniel Miller - Brightway Insurance, Riverside
- Rachel and Craig Morgenthal
- Sondra Resnikoff
- Kim and David Robbins
- Howard Roey
- Diane and Mitchell Rothstein
- Sherrie and David Saag
- Millie and Edward Tannen
- Kendall Sisisky Valliere and Sean Valliere
- Eunice and Barry Zisser

### FRIEND

- Karen and Philip Adler
- Rachel and Kevin Algee
- Wiatt Bowers
- Lois and Alan Chepenik
- Mary and Jeffrey Edwards
- Susan and Ronald Elinoff
- Flagler Family

- Beverly and Melvyn Fruit
- Allison and Ken Jacobs
- Pam and Michael Korn
- Lynn Weise and Dan Kossoff
- Jill and Paul Metlin
- Ruth and Bernard Nachman
- Thelma and Robert Nied
- Suzanne Perritt
- Jennifer and Rick Plotkin
- Barbara Resnick
- Nina and Neal Roth
- Judy Schnitzer
- Sheryl and Kenneth Sekine
- Jackie and Bernie Simms
- Dianna Smith
- Renee Weinstein
- Randy Kammer and Jeffrey Wollitz
- Arlene and Evan Yegelwel

### SUPPORTER

- Rosalyn and Mark Abramson
- Hollie and Hank Arnold
- Phyllis and Mark Atkins
- Margo and Arthur Crafton
- Michelle Graff-Radford
- Leslie Held
- Goldie Lansky
- Christina and Mark Levine
- June and Steve Meinstein
- Evelyn Peck
- Lorraine and Paul Rothstein
- Sandra and Robert Selwitz
- Selma and Sidney Sherter
- Carole Wolpin

\*As of 11/19/2020

**VISIT [JCAJAX.ORG/JCAFEEST](http://JCAJAX.ORG/JCAFEEST) TO SUPPORT JEWISH CULTURAL ARTS AT THE JCA.**

### CHAIR

Sherrie Saag

### COMMITTEE

- Lisa Ansbacher
- Karen Backilman
- Suzie Becker
- Nicole Brown
- Regina Chaskin
- Susan Elinoff

- Sunny Gettinger
- Bruce Goldring
- Stacey Goldring
- Kelsi Hasden
- Hazzan Jesse Holzer
- Dan Kossoff
- Iris Kraemer

- Mark Kraemer
- Whitney Kuvin
- Danielle Leder
- Rachel Morgenthal
- Thelma Nied
- Sandy Oasis
- Jennifer Plotkin

- Edrea Porter
- Jackie Simms
- Michele Steinfeld
- Rachel Walker
- Barry Zisser
- Eunice Zisser



**AMARIS  
CHRISPELL**  
WELLNESS COACH, RN  
730 - 2100 EXT. 333

## Wellness CONNEXION



\*See page 3 for JCA Covid-19 protocols.

### Physician Chats

Tune into the JCA Facebook Fitness & Wellness Group for a 30 minute Live Stream chat with a variety of Baptist Health Physicians and experts.  
www.facebook.com/groups/JCAFitness  
Date and Time TBD  
Free to the community

### Safe Sitters Course

Learn everything you need to know to be safe when at home alone, with siblings or babysitting. Class is filled with games, role playing and CPR education. Don't forget to pack a lunch! Spaces are limited. Register through Baptist Health at [www.baptistjax.com/classes](http://www.baptistjax.com/classes)  
Fri, Mar 12 | 9:30 am - 4:30 pm  
\$55 to the community



### Healthier You - One Day at a Time

During this challenge, work on incorporating one new healthy habit into your daily lifestyle and work with an accountability partner to make your new habit stick. You choose your own goal and work towards it daily. Make your goal an actionable habit, not a result. Registration is required. Upon registration a Wellness Connexion coach will be in touch with you to begin your challenge!  
Jan 18 - Feb 15

# LUNCH AND LEARN



## Wellness Wednesday: Lunch and Learn Zoom Series

Grab your lunch and connect on a weekly zoom meeting to keep your health on the front burner. Join Amaris Chrispell, MSN, RN for a weekly discussion on various health topics. Zoom link provided at registration.  
Wed | 12 - 12:30 pm | Free to the community

### January

**Jan 6:** Goal Setting: Lets Create a Goal That Yields Results.

**Jan 13:** 800g Challenge....What in the World and Why?

**Jan 20:** Caffeine: What Do You Know, What Do You Need to Know?

**Jan 27:** Screen Time: The Good, The Bad and The Ugly.

### February

**Feb 3:** Yoga: The Different Types and Why.

**Feb 10:** Hiking in the Jacksonville Area, Move Your Toes.

**Feb 17:** Posture: Spinal Check, Is Yours in Alignment?

**Feb 24:** Tea Time! Red, White, Green; is there a Blue Tea?

### March

**Mar 3:** Visualizing the Outcome: What Do You Really Want? Let's Work on Visualizing Being There.

**Mar 10:** Body Scan and Progressive Relaxation- Experience the Benefits.

**Mar 17:** Music: How Does it Affect the Mood?

**Mar 24:** Chocolate: Yum, Let's Review The Health Benefits!

**Mar 31:** Swimming: Ocean Swimming and Pool Swimming; What are the benefits?



For more wellness programs, see pages 6, 18 - 21.



## PACKAGES:

All packages include a 90-minute consultation with a registered dietitian and two 45-minute follow up sessions.\* Intake form required to purchase.

### WEIGHT LOSS AND HEALTHY EATING \$320

For healthy individuals looking to lose weight or improve fitness (no risk factors):

- Receive**
- ✓ Customized 3-day sample diet
  - ✓ Guides for grocery shopping, food pantry re-organization and restaurants
  - ✓ Cooking tips and recipes

### SPORT PERFORMANCE \$360

For competitive athletes or those looking to perform at an elite level (no risk factors):

- Receive**
- ✓ Sport-specific and fully customized training day, competition day and recovery day meal plans
  - ✓ Supplement protocol
  - ✓ Nutrient timing and hydration protocols
  - ✓ Collaboration with sport coach

### FUNCTIONAL NUTRITION: HEAL WITH FOOD \$400

For those with medical concerns such as hormone imbalance, autoimmunity, gastrointestinal distress, food allergies or intolerances, metabolic syndrome, cognitive decline or infertility. Achieve optimal health, improve quality of life and reduce reliance on pharmaceutical drugs:

- Receive**
- ✓ Analysis of blood work, medical history, health, diet, lifestyle and environmental exposure
  - ✓ Individualized 5-day sample diet
  - ✓ Lifestyle modification guide
  - ✓ Supplement protocol
  - ✓ Guides for grocery shopping, food pantry re-organization and restaurants
  - ✓ Cooking tips and recipes
  - ✓ Collaboration with physician

# JCA NUTRITION SERVICES

- ✓ HEALTHY WEIGHT LOSS
- ✓ IMPROVED FITNESS
- ✓ SUPERIOR SPORTS PERFORMANCE
- ✓ OPTIMAL HEALTH AND LONGEVITY

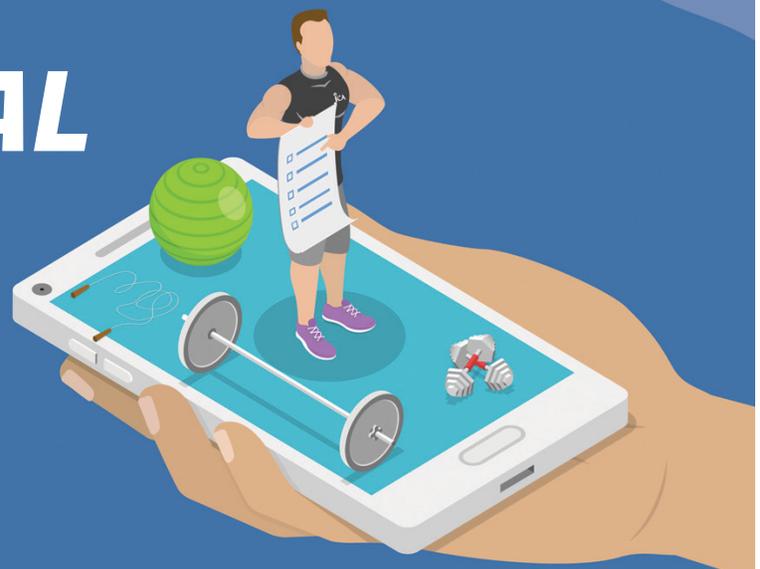
\*Additional follow-up sessions, 45 mins for \$60. Call extension 324 for more information.

# JCA PERSONAL TRAINING

IN PERSON

OR VIRTUAL

ACHIEVING YOUR FITNESS GOALS  
JUST GOT EASIER.



CALL EXT. 324 FOR MORE INFORMATION.



**EIFFEL GILYANA**  
FITNESS AND WELLNESS DIRECTOR  
730 - 2100 EXT. 324



\*See page 3 for JCA Covid-19 protocols.

## Professional Assisted Stretching

Don't just stretch, get stretched! JCA Personal Trainers will customize an assisted stretching session to fit your individual needs, focusing on problem areas or targeting certain muscle groups. A professional assisted stretching routine will improve sports performance, increase range of motion and flexibility, reduce muscle and joint pain, improve posture, and reduce stress. By appointment. Call ext 267 for more info.

\$40 for 30 mins | \$52 for \$45 mins  
\$65 for 1 hour



Join Functional Nutrition Dietitian Stacy Seslowsky, RD, LDN, MS in this 60-day healthy eating habits challenge to make real and lasting behavior change in the new year. Tune in to JCA Facebook Fitness & Wellness Group for a 30 minute Live Stream "In the Kitchen" class on Sundays at 11:30am. Each week Stacy will introduce a new healthy nutrition behavior challenge. Your goal will be to complete the challenge by adopting and maintaining the behavior, for up to 8 new healthy eating behaviors.

Track and share your progress. The more challenges you can implement continuously, the healthier you will be. Turn this year's resolutions into reality! Jan 15 through Mar 15  
Free for valued members only

Count the Omer with the JCA by completing an additional squat every day for 49 days! Get your tracking sheet and more information at the Fitness Desk. Complete the challenge and win!  
**Sun, Mar 28 - Mon, May 17**  
Free for valued members only

||||| ||||| ||||| ||||| ||||| ||



## VIRTUAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<p><b>9:30 am</b> Body Sculpt with Karen</p> <hr/> <p><b>6 pm</b> Yoga with Evelyn</p>	<p><b>9:30 am</b> Cardio Intervals with Diego</p> <hr/> <p><b>10:45 am</b> SGF Balance with Clint</p> <hr/> <p><b>6 pm</b> Pilates with Mor</p>	<p><b>9:30 am</b> Body Sculpt with Shirley</p> <hr/> <p><b>6 pm</b> Yoga with Grant</p>	<p><b>9:30 am</b> Cardio Kickboxing with Gisela</p> <hr/> <p><b>6 pm</b> Pilates with Cheryl</p>	<p><b>9:30 am</b> Strength Circuit with Sarah</p> <hr/> <p><b>10:45 am</b> SGF Strength &amp; Stretch with Lynnell</p>	<p><b>9:30 am</b> Sunday Surprise</p> <hr/> <p><b>11:30 am</b> "In the Kitchen" with Stacy</p>

[www.facebook.com/groups/jcafitness](https://www.facebook.com/groups/jcafitness) | [www.youtube.com/c/TheJCAJAX](https://www.youtube.com/c/TheJCAJAX)



# GROUP FITNESS

## SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:45 AM		<b>CYCLE</b> Location: Gym Instructor: Karen				
7:00 AM	<b>YOGA</b> Location: Outside Instructor: Gisela	<b>PILATES</b> Location: Outside Instructor: Shirley	<b>YOGA</b> Location: Outside Instructor: Grant	<b>CYCLE</b> Location: Outside Instructor: Karen	<b>YOGA</b> Location: Outside Instructor: Paula	
8:00 AM	<b>AQUA</b> Location: Indoor Pool Instructor: Lynnell		<b>AQUA</b> Location: Indoor Pool Instructor: Lynnell			
8:30 AM					<b>PILATES</b> Location: Outside Instructor: Sylvia	
9:00 AM						<b>PILATES</b> Location: Gym Instructor: Shirley
9:30 AM	<b>STRENGTH CIRCUIT</b> Location: Gym Instructor: Sarah		<b>CARDIO KICKBOXING</b> Location: Gym Instructor: Gisela	<b>MUSCLE PUMP</b> Location: Gym Instructor: Diego	<b>ZUMBA</b> Location: Gym Instructor: Tina	
10:00 AM						<b>CYCLE</b> Location: Outside Instructor: Kerianne
10:45 AM	<b>SGF YOGA</b> Location: Gym Instructor: Lynnell			<b>SGF STRENGTH</b> Location: Gym Instructor: Karen		
6:00 PM		<b>ZUMBA</b> Location: Gym Instructor: Grace	<b>BUTTS &amp; GUTS</b> Location: Gym Instructor: Sarah			
7:00 PM	<b>YOGALATES POWER FLOW</b> Location: Gym Instructor: Gisela			<b>AQUA</b> Location: Indoor Pool Instructor: Grace		

All classes are 50 minutes. | Members must bring their own mat to yoga and Pilates classes. | All classes are on first-come-first-serve basis.  
Class locations subject to change due to weather and other JCA programs.

# JCA GROUP FITNESS

## CLASS DESCRIPTIONS

### Aqua

Use the water's resistance to create an effective aerobic workout that improves muscle strength, balance, and posture. The healing pool water reduces impact and protects the joints.

### Butts and Guts

Reduce, shape, and lift the glutes, and thighs. Build your backside and define your core to create a balanced and lean physique.

### Cardio Kickboxing

Jab, kick and punch to burn mega calories in this dynamic and fast-paced class. All fitness levels welcome.

### Cycle

Enhance your cardio with intervals on the stationary bike that include climbs, sprints and coasts at a variety of body positions, pedal speeds and resistances. New riders should arrive early for bike set up.

### Muscle Pump

Sculpt your entire body and maximize your muscle pump as you squat, press, lift and curl your way to a leaner, stronger physique.

### Pilates

Strengthen the deep core postural muscles and improve body balance and spinal alignment.

### Sit & Get Fit (SGF)

These seated chair exercise classes offer a gentle and supportive fitness environment perfect for those who are older, pregnant, injured, overweight or the true beginner.

#### SGF Strength

Improve your cardiovascular and muscular endurance in this chair exercise class that uses hand weights, tubing and small balls.

#### SGF Yoga

Stretch, relax, and enjoy the wonderful feeling of well-being and inner peace that only yoga can give in this gentle, seated class.

### Strength Circuit

This total-body strength training circuit workout uses big, multi-joint movements to build muscle, increase your heart rate, and ramp up your metabolism.

### Yoga

Several distinct practices designed to cultivate strength, flexibility and relaxation through mindful focus, alignment and breath awareness.

### Yogalates Power Flow

This high energy, upbeat, and fast paced class offers a cardio intensive fusion of yoga and Pilates.

### Zumba®

A fusion of Latin American and international dance music. Join the ultimate dance party in this fun, high-energy and motivating class. No dance experience needed.

- **Members must bring their own personal mat to yoga and Pilates classes.**
- **All classes are on first come first serve basis.**
- **Remember to stay hydrated. Please bring a water bottle and towel to classes. Please refrain from wearing perfume to class. Thank you.**



**For any suggestions or feedback, contact Sarah at [sarah.perfido@jcjax.org](mailto:sarah.perfido@jcjax.org) or call 904-730-2100 Ext. 267.**



**Join the Facebook Group for the latest updates! [www.facebook.com/groups/jcafitness](https://www.facebook.com/groups/jcafitness)**

# PI ATES

AT THE JCA

REFORMER | TRAPEZE | ARC | TOWER

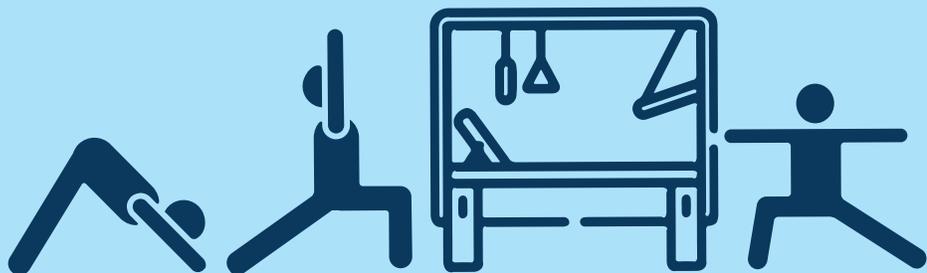


- IMPROVE POSTURE
- REDUCE BACK PAIN
- STRENGTHEN YOUR CORE
- INCREASE FLEXIBILITY

## LET'S MAKE IT A TRIO!

Tues, 8 am | with Gisela  
 Tues, 6 pm | with Shirley  
 Wed, 6:15 pm | with Cheryl  
 Fri 7 am | with Sylvia

50 minutes per session.  
 \$94 per person  
 for 4 sessions



## POWER UP YOUR PILATES CHALLENGE

Receive a raffle ticket for each Pilates Mat class you take from January 1 to Feb 28 for a chance to win a free 25-minute Pilates Reformer session!  
 Free to members

FOR MORE INFORMATION, CALL EXT. 267.



 For more wellness programs, see pages 6 and 16.



## RIO ROBINSON

SPORTS AND RECREATION DIRECTOR  
730 - 2100 EXT. 250



\*See page 3 for JCA Covid-19 protocols.

\*Children in early childhood (9mo or 12mo), Afterschool, J All Day and Study Central must be picked up by parents/guardian at the end of enrichment classes. They are not permitted to return to their groups once removed.

## Men's Basketball Leagues

Form teams of six players for 4-on-4 competition. For more information or to register as an individual or a team, call ext. 254.

### 18+ Men's Basketball League

Contact Mike May at ext. 254 or [mike.may@jcjax.org](mailto:mike.may@jcjax.org) for availability.

### 25+ Men's Basketball League

Sun | 8:30 am - 12:30 pm

Jan 10 - Mar 14

10 Games \$60 valued members only

## Willpower Basketball Training

Coach Will Holloman's clinic allows players to reach their full potential in a fun-filled environment that challenges all to exceed personal limits and optimize the intangibles provided by the game.

Mon

Session I Jan 11 - Feb 15

Session II Mar 1 - Apr 12

Ages 5 - 8 5 - 6 pm

Ages 9 - 12 6 - 7 pm

Ages 13 - 18 Private lessons available

6 Classes \$135 | Valued Member \$90

**Private Instruction** Contact Rio at ext. 250 or [rio.robinson@jcjax.org](mailto:rio.robinson@jcjax.org).

30 min session \$30

30 min 8 sessions \$210

## Mixed Martial Arts

Mixed Martial Arts class will combine stand up self-defense, with ground grappling and defense techniques. Instructor Susanna Leftwich is a black belt in taekwondo and a purple belt in Brazilian jiu-jitsu. \*No uniform required. Please wear athletic/gym clothes.

Mon

Youth (Ages 6 - 13) 5 - 6 pm

Adult (Age 14+) 6 - 7 pm

Session I Jan 11 - Feb 15

Session II Mar 1 - Apr 12

6 Classes \$90 | Valued Member \$60



## MIKE MAY

SPORTS AND RECREATION COORDINATOR  
730 - 2100 EXT. 254

## 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.

Tues | (Ages 5 - 10) 5 - 5:45 pm

(Age 11+) 5:45 - 7 pm

Session I Jan 12 - Feb 16

Session II Mar 2 - Apr 6

Sun | (Ages 5 - 10) 3:30 - 4:15 pm

(Age 11+) 4:15 - 5:30 pm

Session I Jan 10 - Feb 14

Session II Feb 28 - Apr 18

(no class Mar 28, Apr 4)

6 Classes \$96 | Valued Member \$64

## JCA Fencing Academy

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

Wed | Feb 3 - Mar 24

Youth (Ages 6 - 13) 5 - 6 pm

Adult (Age 14+) 6 - 7:30 pm

8 Classes \$180 | Valued Member \$120

### Private Fencing Lessons

Call Rio at ext. 250 for information.



## YOUTH BASKETBALL LEAGUE\*

Contact Mike at [mike.may@jcjax.org](mailto:mike.may@jcjax.org) or ext. 254 if you have questions or are interested in volunteering to coach.

\$155 | Valued Member \$105



## 2021 YOUTH FLAG FOOTBALL LEAGUE

The JCA Youth Flag Football League is back for another action-packed, flag football season!

Games:

Sun | Jan 24 - Mar 14

12:30 - 6:30 pm

(Bolles High School Field. Specific times TBA; 2-hour commitment)

Mandatory Skills Evaluation at Bolles High School: Dec 13

Age	Time
Co-ed 10 - 16	1 pm
Co-ed 8 - 9	2 pm
Co-ed 6 - 7	3 pm
Co-ed 4 - 5	4 pm

Divisions based on age and skill are determined after evaluations. If you cannot attend evaluations, please call ext. 254 to schedule a make-up.

### Volunteer coaches needed!

Contact Mike at ext. 254 to volunteer to coach.

\$155 | Valued Member \$105

### Open Pick Up Sports (Age 13+)

Volleyball Tues | 7 - 9:30 pm

Basketball Sat | 1 - 4 pm



# PRESCHOOL AND YOUTH SPORTS CLINICS

\*Children in early childhood (9mo or 12mo), Afterschool, J All Day and Study Central must be picked up by parents/guardian at the end of enrichment classes. They are not permitted to return to their groups once removed.

## PRESCHOOL (Ages 3 - 6)

Class	Age	Day	Time	Dates*	Fee   Valued Member
Sports Extravaganza	3 - 6	Monday	3:30 - 4:15 pm	Jan 11 - Feb 15	\$90   VM: \$60
	3 - 6	Monday	3:30 - 4:15 pm	Mar 1 - Apr 5	\$90   VM: \$60
Terrific Tumblers Gymnastics	3 - 6	Monday	3:30 - 4:15 pm	Jan 11 - Feb 15	\$90   VM: \$60
	3 - 6	Monday	3:30 - 4:15 pm	Mar 1 - Apr 5	\$90   VM: \$60
	3 - 6	Tuesday	3:30 - 4:15 pm	Jan 12 - Feb 16	\$90   VM: \$60
	3 - 6	Tuesday	3:30 - 4:15 pm	Mar 2 - Apr 6	\$90   VM: \$60
	3 - 6	Tuesday	3:30 - 4:15 pm	Mar 2 - Apr 6	\$90   VM: \$60
Little Kickers Soccer	3 - 6	Tuesday	3:30 - 4:15 pm	Jan 12 - Feb 16	\$90   VM: \$60
	3 - 6	Tuesday	3:30 - 4:15 pm	Mar 2 - Apr 6	\$90   VM: \$60
Little Hitters Baseball	3 - 6	Wednesday	3:30 - 4:15 pm	Jan 13 - Feb 17	\$90   VM: \$60
	3 - 6	Wednesday	3:30 - 4:15 pm	Mar 3 - Apr 7	\$90   VM: \$60
Little Dribblers Basketball	3 - 6	Thursday	3:30 - 4:15 pm	Jan 14 - Feb 18	\$90   VM: \$60
	3 - 6	Thursday	3:30 - 4:15 pm	Mar 4 - Apr 8	\$90   VM: \$60
Little Touchdowns Flag Football	3 - 6	Friday	3:30 - 4:15 pm	Jan 15 - Feb 19	\$90   VM: \$60
	3 - 6	Friday	3:30 - 4:15 pm	Mar 5 - Apr 9	\$90   VM: \$60

## YOUTH (Ages 4 - 14)

Class	Age	Day	Time	Dates*	Fee   Valued Member
Soccer 101	5 - 10	Monday	4:30 - 5:30 pm	Jan 11 - Feb 15	\$90   VM: \$60
	5 - 10	Monday	4:30 - 5:30 pm	Mar 1 - Apr 5	\$90   VM: \$60
Junior Gymnastics	5 - 10	Tuesday	4:30 - 5:30 pm	Jan 12 - Feb 16	\$90   VM: \$60
	5 - 10	Tuesday	4:30 - 5:30 pm	Mar 2 - Apr 6	\$90   VM: \$60
Volleyball Clinic	8 - 14	Tuesday	4:30 - 5:30 pm	Jan 12 - Feb 16	\$90   VM: \$60
	8 - 14	Tuesday	4:30 - 5:30 pm	Mar 2 - Apr 6	\$90   VM: \$60
Makos Run Club	4 - 14	Wednesday	4:15 - 5:15 pm	Jan 13 - Feb 17	\$90   VM: \$60
	4 - 14	Wednesday	4:15 - 5:15 pm	Mar 3 - Apr 7	\$90   VM: \$60
Basketball 101	5 - 10	Thursday	4:30 - 5:30 pm	Jan 14 - Feb 18	\$90   VM: \$60
	5 - 10	Thursday	4:30 - 5:30 pm	Mar 4 - Apr 8	\$90   VM: \$60
Baseball 101	5 - 8	Thursday	4:30 - 5:30 pm	Jan 15 - Feb 19	\$90   VM: \$60
	5 - 8	Thursday	4:30 - 5:30 pm	Mar 5 - Apr 9	\$90   VM: \$60



**JOSIE MARTIN**  
AQUATICS MANAGER  
730 - 2100 EXT. 240

 <b>JCA LEARN-TO-SWIM MONTHLY SCHEDULE</b> Jan 3 - 31 // Feb 1 - 28 // Mar 1 - 31 // Apr 5 - 29 (no lessons Mar 28)			
Day(s) Offered	Parent & Me (6 mo - 3 yrs)	Little Makos (2 - 5 yrs)	Junior Makos (6 - 13 yrs)
		30 min	30 min
Sun	10 am	N/A	N/A
Mon Wed	10 am (lessons offered Mondays only)	4:30 pm	4:30 pm
Tues Thur	N/A	4:30 pm	4:30 pm
<b>Monthly Fees</b>			
1 Day Week \$100   Valued Member \$50		2 Day Week \$150   Valued Member \$75	



\*See page 3 for JCA Covid-19 protocols.

\*Children in early childhood (9mo or 12mo), Afterschool, J All Day and Study Central must be picked up by parents/guardian at the end of enrichment classes. They are not permitted to return to their groups once removed.



**JV Makos Swim Team**  
(Ages 4 - 6)

This is for children interested in swim team who are able to put their faces in the water and swim half the pool length unassisted.

Mon, Wed | 1:30 - 2 pm  
Jan 4-27, Feb 1-24, Mar 1-31, Apr 5-28

\$90 | Valued Member \$60

**School Year Makos Swim Team**

This team introduces competitive swimming and helps prepare children for the summer league.

Jan 4-31, Feb 1-28, Mar 1-31, Apr 5-29

(no practice March 28)

**Ages 5 - 10** 5 - 6 pm  
(must be able to swim 25 yards unassisted)

**Ages 11 - 18** 6 - 7 pm

**Sunday practice** 3 - 4 pm

**One Day (Sunday through Thursday)**

\$60 | Valued Member \$40

**Two Days (Sunday through Thursday)**

\$90 | Valued Member \$60

**Four Days (Sunday through Thursday)**

\$113 | Valued Member \$75

**Sensory Safe Swimmers**

This is a new program specifically designed for swimmers with autism. The ratio is one or two swimmers per certified instructor.

Sun | 4:30 - 5 pm and 5 - 5:30 pm

**Session I** Jan 10, 17, 24, 31, Feb 7, 14

**Session II** Feb 28, Mar 7, 14, 21, Apr 11, 18

\$150 | Valued Member \$100



**SUP/Stand Up Paddle Board**  
(Ages 16+)

SUP is a new innovative program that combines stand up paddle board and yoga for core strength. Learn how to balance on a paddle board while building core strength with yoga.

Call ext. 240 for information and availability. Date and Time TBD

**4<sup>th</sup> Annual Polar Plunge**

Come join JCA's 4th Annual Polar Plunge. We had a great time the last three years; no one froze-so come jump in the pool with us! There will be hot chocolate and cookies for all participants following the Plunge!

Sun, Feb 7 | 2:45 - 3:45 pm

Free to the community

**Aquatics Cancellation Policy**

**Private Lessons** Inclement weather/pool closings before a scheduled lesson will result in that lesson being rescheduled at a mutually agreeable time. If a lesson cannot be made up within one week of the last scheduled lesson, that lesson will be forfeited and charged to the participant. All participants registered for private swim 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 private swim lessons will expire six months from the date of purchase. Fees paid for expired sessions/lessons are non-refundable and non-transferable.

**Group Lessons** There are no make-ups or refunds for any group lessons due to illness, inclement weather, pool closings and vacation or holiday closings.

**Diaper Policy**

Students who have not fully mastered toilet learning must wear both a disposable swim diaper and approved cloth swim diaper, which fits snugly at the legs and waist. Too large swim diapers will not be permitted in the water.



## Programs at the JCA



### 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 1 minute and 40 seconds.

Call ext. 240 or 417 for schedule details.  
Date and Time TBD

\$285 | Valued Member \$190

### Red Cross Water Safety Instructor Course

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.

Call ext. 240 for date and time options.  
Date and Time TBD

\$285 | Valued Member \$190



### Red Cross Community CPR

Learn basics in CPR/AED/First Aid Adult/Child/Infant; be prepared for any situation that may arise.

The First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies

Date and Time TBD

### JCA American Red Cross Learn-to-Swim Programs

The JCA offers instructional swim programs designed by the American Red Cross. All instructors are certified through the American Red Cross as Water Safety Instructors (W.S.I.). The JCA assures program quality by maintaining small class sizes, monitoring instruction and adhering to Red Cross standards. For more information, contact Josie Martin at [josie.martin@jcajax.org](mailto:josie.martin@jcajax.org).

#### Private Swim Lessons (All ages)

Our one-on-one private lesson instruction for all ages will lead you closer to your individual goal. Learn to swim or learn to swim more efficiently. Each lesson is 30 minutes long.

By appointment | **Individual Lesson** \$60 | Valued Member \$30  
**8-Lesson Special** \$360 | Valued Member \$210

**Junior Makos** This program is designed for children ages 6 to 13 years. Our goal is to help participants achieve maximum success. Introduction to water skills, fundamental aquatic skills, stroke development, stroke improvement, stroke refinement and personal water safety are the core topics covered. Classes have a 6:1 student-to-teacher ratio.

**Little Makos** This program is designed for children ages 3½ to 5 years. Children participate without a parent in the water, and swimmers are introduced to breath control, arm coordination, kicking and the development of basic strokes. Classes have a 5:1 student-to-teacher ratio.

**Parent and Me** This program is to teach you, the parent, how to work safely and effectively with your child, 6 months to 3 years old, in the water. The program emphasizes fun and enjoyment, water adjustment and preparatory activities for future swimming. This program 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.



**ALINE BERKENBROCK**  
TENNIS PROFESSIONAL  
730 - 2100 EXT. 317

### Adult Tennis Clinics

Now is the perfect time to see if you have what it takes for competitive league tennis. Shape up your game on one of our ladies' teams or the working women's team. We also have great men's clinics. If you're unsure of your level, schedule a private lesson for an evaluation. League play is August through April. If team play isn't for you, consider one of our other clinics to sharpen your skills. For more information on clinic dates and program fees, please contact ext. 317. See you on the courts!

#### Working Women's Team

Tues | 6:30 - 8 pm

#### Ladies' A Team Clinic

Tues | 9 - 10:30 am

#### Ladies' B Team Clinic

Wed | 9 - 10:30 am

#### Ladies' C Team Clinic

Fri | 9 - 10:30 am

#### 3.0 - 3.5 Men's Clinic

Mon | 6:30 - 8 pm

#### Tennis 101

Wed | 6 - 7 pm

#### Cardio Tennis

Sun | 8:30 - 9:30 pm



### Private Lessons

You can schedule a private lesson at any time with any of our pros. Just call the Tennis office at ext. 317.

**30 min** \$30

**1 hour** \$60

**Doubles** \$80

**Package: Five, 1 hour lessons** \$270



\*See page 3 for JCA Covid-19 protocols.

\*Children in early childhood (9mo or 12mo), Afterschool, J All Day and Study Central must be picked up by parents/guardian at the end of enrichment classes. They are not permitted to return to their groups once removed.



### Monthly Member Doubles Mixer

Men's First Thur | 6:30 - 8 pm

Women's Third Thur | 6:30 - 8 pm

Free for valued members only



### Junior Tennis Clinics

All clinics are 6-week sessions. \$108 | Valued Member \$72

For the beginning junior player, our Quick Start programs provide an overview of tennis and teach the fundamentals. 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 by fun games and drills. For more information on specific clinic dates, please contact ext. 317.

#### Pee-wee Quick Start (Ages 4 - 6)

Wed | 4:15 - 5 pm

Thur | 4:30 - 5:15 pm

#### Junior Quick Start (Ages 7 - 10)

Mon | 4 - 5 pm

Tues | 4:30 - 5:30 pm

For our intermediate to advanced players, these clinics focus on stroke production, consistency and match play to help older players feel more comfortable during point play and matches.

#### Junior Varsity (Ages 11 - 13)

Thur | 5:30 - 6:30 pm

#### Varsity (Ages 13 - 18)

Mon | 5 - 6 pm

*In memory of...*

**RUBY SAFER, BELOVED MOTHER**

by Michele & David Steinfeld

**DEENA PARGMAN**

by The Board & Staff of the JCA

**ERIC BASS, BELOVED SON**

by The Board & Staff of the JCA  
Amy & Dan Wyzan, Rachel, Lissy & Sam  
John, Judy, Sara & Brenna Cawley  
Bunni & Myron Flagler

**ARNOLD VANDROFF, BELOVED HUSBAND & FATHER**

by The Board & Staff of the JCA  
Rochelle & David Stoddard  
Monique & David Miller  
Regina & Adam Chaskin  
Dr. Alan & Jo Marks & Family  
Bunni and Myron Flagler  
Mimi Kersun

**ELLIOT PALEVSKY'S MOTHER**

by Bunni and Myron Flagler

**RALPH HOCHMAN**

by Michele & David Steinfeld

**BONNIE & PETER OSTERMAN'S BELOVED SON**

by The Board & Staff of the JCA

**YAFFA SMITH**

by The Board & Staff of the JCA

**LORETTA ETERNO SHAPIRO**

by The Board & Staff of the JCA  
Regina & Adam Chaskin  
The Miller Family

*For the speedy recovery of...*

**MARK SNITZER**

by The Board & Staff of the JCA  
Karen & Philip Adler

**MYRON FLAGLER**

by The Board & Staff of the JCA  
Rochelle & David Stoddard

**RENEE WEINSTEIN**

by The Board & Staff of the JCA

**BARRY ZISSER**

by The Board & Staff of the JCA

**FRAN SELEVAN**

by The Board & Staff of the JCA

**LISA ANSBACHER**

by Mimi Kersun

**JAMIE KENNEDY**

by The Board & Staff of the JCA

**THERESA LEVY**

by The Board & Staff of the JCA  
The Flagler Family

**MICHELE KATZ**

by The Board & Staff of the JCA

*In honor of...*

**IRENE & JIMMY JAFFA'S GRANDSON'S BAR MITZVAH**

by The Board & Staff of the JCA

**SYLVIA & ANDREW JAFFA'S SON'S BAR MITZVAH**

by The Board & Staff of the JCA

**SAM STROMBERG'S BIRTHDAY**

by Rochelle & David Stoddard

**EFFEL GILYANA'S BIRTHDAY**

by Rochelle & David Stoddard

**WHITNEY KUVIN'S BIRTHDAY**

by Rochelle & David Stoddard

**KOBI & SUMNER'S B'NEI MITZVAH**

by Michele & David Steinfeld

**SUNNY GETTINGER'S BIRTHDAY**

by Rochelle & David Stoddard

**NAN ROTHSTEIN'S BIRTHDAY**

by Rochelle & David Stoddard

**RIO ROBINSON'S BIRTHDAY**

by Rochelle & David Stoddard

**LYNNELL GRIMES' DAUGHTER'S RECENT WEDDING**

by Michele & David Steinfeld

**THERESA & PHILIP LEVY'S SON'S WEDDING**

by The Board & Staff of the JCA  
Rochelle & David Stoddard  
Lior Spring & Daniel Miller

**JEFFREY LEVENSON RECEIVING THE ONE JAX HUMANITARIAN AWARD**

by The Board & Staff of the JCA

**HARRIET & ERNEST BRODSKY'S GRANDSON DAVID MILLER'S BAR MITZVAH**

by Geri Myers

**LINDA TIPTON'S BIRTHDAY**

by Michele Steinfeld

**KAREN MORSE BEING HONORED BY THE JACKSONVILLE JEWISH CENTER**

by The Board & Staff of the JCA

**RACHEL BRODSKY BEING HONORED BY THE JACKSONVILLE JEWISH CENTER**

by The Board & Staff of the JCA

**DAVID BIELSKI BEING HONORED BY THE JACKSONVILLE JEWISH CENTER**

by The Board & Staff of the JCA

**DAVID ZAVON'S BIRTHDAY**

by Michele & David Steinfeld

**THE JCA & JASMYN'S PARTNERSHIP DURING THE JEWISH CULTURAL ARTS FESTIVAL**

by The Board & Staff of the JCA

**THE BAR MITZVAH OF HARRIET & ERNIE BRODSKY'S GRANDSON, ASHTON**

by The Board & Staff of the JCA

**THE BAR MITZVAH OF RACHEL & COLMAN BRODSKY'S SON, ASHTON**

by The Board & Staff of the JCA

**MARY EDWARD'S BIRTHDAY**

by Rochelle & David Stoddard

**MICHAEL MILLER'S BIRTHDAY**

by Rochelle & David Stoddard

**MITCHELL TERK'S BIRTHDAY**

by Rochelle & David Stoddard

**SHELLY ZAVON'S BIRTHDAY**

by Michele & David Steinfeld

**ISABEL BALOTIN'S BIRTHDAY**

by Michele & David Steinfeld

**WILLIAM AND ANDREW BLOCK FAMILIES GAN YELADIM SCHOLARSHIP FUND**

*In memory of...*

**ERIC BASS, BELOVED SON**

by Amy & Dan Wyzan, Rachel, Lissy & Sam

*For the speedy recovery of...*

**MYRON FLAGLER**

by Hollie & Hank Arnold

**THERESA LEVY**

by Hollie & Hank Arnold

**CULTURAL ARTS FUND**

*In memory of...*

**ARNOLD VANDROFF, BELOVED HUSBAND & FATHER**

by Thelma and Bob Nied

**RABBI SHLOMO BALTER**

by Thelma and Bob Nied

**DR. HARRY YOFFEE**

by Thelma and Bob Nied

*For the speedy recovery of...*

**MYRON FLAGLER**

by Thelma and Bob Nied

**ILS FUND**

*In memory of...*

**MARTY TRACTENBERG**

by Joy & Howard Korman

**VANDROFF ART GALLERY FUND**

*In memory of...*

**ARNOLD VANDROFF**

by Dr. Alan & Jo Marks & Family



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

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

[jcjax.org](http://jcjax.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.

# REFER A FRIEND

REFER A FRIEND WITHIN EACH 30 DAY PERIOD AND RECEIVE:

**1<sup>ST</sup> REFERRAL = 1<sup>st</sup> month FREE DUES + \$50 JCA gift certificate**

**2<sup>ND</sup> REFERRAL = 2<sup>nd</sup> month FREE DUES + \$75 JCA gift certificate**

**3<sup>RD</sup> REFERRAL = 3<sup>rd</sup> month FREE DUES + \$100 JCA gift certificate**

**4<sup>TH</sup> REFERRAL = 4<sup>th</sup> month FREE DUES + \$150 JCA gift certificate**

**5<sup>TH</sup> REFERRAL = 5<sup>th</sup> month FREE DUES + \$200 JCA gift certificate**

\*Gift certificates can be used for JCA programs such as personal training (virtual and in-person), specialized fitness classes, youth sports clinics and leagues, swim lessons, tennis lessons, J-Institute programs and more!

**TOTAL VALUE** 5 months free dues  
 (up to \$575 in JCA gift certificates)



Call today to learn more! | 730-2100 Ext. 234 or Ext. 257.