

WINTER 2022

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PROGRAM GUIDE

28 TEVET 5782 - 28 ADAR 5782 • JANUARY 1 - MARCH 31, 2022



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

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The JCA **Alliance News and Program Guide** are published 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
 Chelsea Jarrell.....Director of Marketing
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 Beth Milograno...Communications & PR Specialist

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. 325

- Space limited to 12 kids per shift.
- Operations hours:
Sun - Mon mornings 9 am - 12 pm and
Mon - Thu evenings from 5 - 8 pm.
- 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 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 member 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 Friends,

I would like to take this opportunity to offer my personal thanks to our wonderful community members who joined us in experiencing our annual **Cultural Arts Festival** at the JCA. From the incredible artwork by Jewish artists featured in the **Vandroff Art Gallery**, the unique films included this year, to the variety of authors who joined us both in person and virtually at The J - our community is still buzzing about the 25th Anniversary of our signature Jewish Book Festival.

Our Cultural Arts Festival continues into 2022 and I hope you'll make plans to join us. We have a variety of festival extension programs starting in February that will feature Jewish authors, **Alison Hammer, Laraine Newman, Joshua Jay, Jen Spyra and Zibby Owens**. Thanks to the generosity of our wonderful donors, all of our Cultural Arts Festival programs are **free** and open to the entire community.

I am pleased to announce the extremely talented young musicians who will perform in our **Bessie Setzer Frisch Auditorium** as part of **The Berman Family JCA Concert Series**. Please mark your calendars; our young concert artist series begins at **3 pm on January 16, 2022**, with **Pianist Zhu Wang**. On **February 13**, **Saxophonist Steven Banks** will perform and **Pianist Albert Cano Smit** will take the stage on **March 20**. Our 2022 concert series is free and open to the entire community thanks to the generosity of the Berman family.

I also encourage our valued members to save the date for our annual fundraiser on **Saturday, February 26, 2022**, at **7:30 pm**. Chaired this year by Rachel Algee and Rachel Morgenthal, our **Tropical Soirée at the JCA** promises to be an inspiring evening of entertainment, food and fellowship.

As the winter season begins, I urge you to read through our program guide and take advantage of the many complimentary group exercise programs and the variety of enrichment classes available to our community. If you have ever experienced a fitness or educational class at the JCA, you will agree that they all have one thing in common, our amazing staff. We are so fortunate to have a group of experienced, hardworking and caring professionals at the JCA who create wonderful programs to enhance mind, body and spirit, in our environment of fun, harmony and friendship.

Wishing you a safe and healthy winter season,



Rochelle Stoddard
Board Chair

**ROCHELLE
STODDARD**

730-2100 ext. 276



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*Of Blessed Memory

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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

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

Friday, Apr 15 5:30 am - 5 pm **Thursday, Apr 21** ... 5:30 am – 5 pm
Saturday, Apr 16 Closed **Friday, Apr 22** Closed
Sunday, Apr 17 1 – 6 pm **Saturday, Apr 23** 1 – 6 pm

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



HEATHER TERRILL
J INSTITUTE PROGRAM MANAGER
730-2100 ext. 265

Jacksonville Symphony Coffee Series: The Fairy & The Phoenix

Myths and legends take flight in this program. From the Fairy King and Queen of Shakespeare's *A Midsummer Night's Dream*, to the rising phoenix of Stravinsky's ultimate Russian fairytale, *The Firebird*, every note from the stage is sure to paint a colorful picture. Transportation from the JCA is included. Reservations required by Jan 14.

Fri, Feb 11 | 10 am

\$45 | Valued member \$30



Mah Jongg for Beginners

Come learn the basics of this ancient game from Sandy Oasis and get ready to play with your friends. A 2021 National Mah Jongg League card is required to play and can be ordered online. Must have five players, limited to nine. **Registration required by Jan 1 and Jan 27.**

Thu | 12:30 to 2:30 pm
Jan 6, 13, 20 and 27, or

Feb 3, 10, 17 and 24

\$38 | Valued member \$25



Introduction to Sign Language

Learn the basics of sign language from a hard of hearing rabbinical student who is a teacher for the deaf and American Sign Language. Classes will span introductory topics including the alphabet, colors, emotions, greetings, animals and basic vocabulary. No sign language knowledge is necessary.

Wed | Jan 26, Feb 2, 9, 16, 23 and Mar 2
6 - 7 pm

\$60 | Valued member \$40

Cozy up with Tea

Come to the **House of Leaf and Bean** on Beach Boulevard to learn about the history and benefits of tea. Learn the proper way to brew tea, enjoy tea samples and a relaxing tea ceremony. Meet us at the House of Leaf and Bean.

Mon, Feb 28 | 12 pm

\$18 | Valued member \$12

Looking for Love

Do you have a goal in 2022 to find love or to improve an existing relationship? Join **Margot Finley**, certified matchmaker and professional relationship coach, to hear about ten impactful dating tips and learn five insider secrets to improve your existing relationships. Singles of all ages are welcome!

Thu, Feb 10 | 7 pm

\$5 | Free for valued members



Pennies Canasta for Beginners

Join instructor Sandy Oasis to learn a fun version of canasta. Pennies is a partner game and uses three decks of cards. Must have five players and limited to nine. Registration is required by Mar 3.

Thu | 12:30 - 2:30 pm
Mar 10, 17, 24 and 31

\$23 | Valued member \$15



Skin Care

Yes, your skin can become clearer with that magic glow everyone desires at any age. Sandy Oasis knows first-hand; join her to learn skin care basics for the mature adult at drugstore prices, everything about double cleanses and more! Finish the day with Korean sheet masks and a little red-light therapy. Reservations required before February 24. Program limited to eight members.

Thu, Mar 3 | 12:30 - 2:30 pm
\$22 | Valued members only



Health Begins in the Kitchen

Come join our Functional Nutrition Registered Dietitian Stacy Seslowsky and find out how to kick off 2022 by being healthy! Stacy will cover healthy diets, food and pantry must haves, accessing the right food, food prep, cooking and adapting to changing times.

Tue, Mar 8 | 6:30 - 8 pm
\$8 | Valued member \$5

Tools to Quit

Northeast Florida Area Health Education Center (AHEC) is a non-profit that partners with Tobacco Free Florida to provide group cessation services to any tobacco users living in our state. Each participant can receive up to four weeks of nicotine replacement therapies like patches, gum or lozenges, for free. Please pre-register via phone, (904) 482-0189, but walk-ins are also welcome.

Wed, Jan 19 | 6 - 8 pm
Free to the community

 **For more wellness programs, including our Sit & Get Fit classes, see pages 16 - 17.**



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. For details, call Heather at ext. 265. **Registration required.**

Tue | 6 pm | Jan 25 and Mar 29
\$5 | Free for valued members

VANDROFF ART GALLERY

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



Laurel Dagnillo

Jan 6 – Feb 2

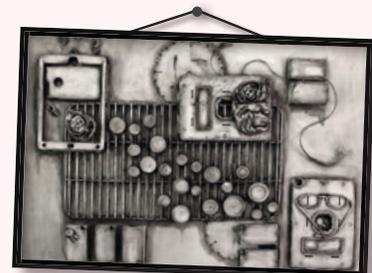
Enjoy artwork by oil painter **Laurel Dagnillo** who gathers inspiration for her landscapes from the magnificent clouds she sees. Laurel's wildlife and animal paintings come from the heart.



Patti Resso

Feb 3 – Mar 2

Influenced by the beauty of the movement of watercolor paint and the spontaneity achieved by its unexpected meanderings across the paper, **Patti Resso's** artwork portrays a loose and free technique.



Wendy Sullivan

Mar 3 – 30

Shattered car parts, defunct technology, trash and carefully curated treasures are the tools that **Wendy Sullivan** uses to create her abstract assemblages. Overpainting in tonal black make her finished work look like charcoal sketches.

Winter Art Workshops with Theresa Rykaczewski

Visit www.jcjax.org/ji for the supply list for each class.

Abstract Roses

Join Theresa to paint an abstract rose bouquet! This class features the use of bold strokes and true color to create a lovely painting in one sitting.

Wed, Jan 19 | 2 - 5 pm

\$30 | Valued member \$20

Watercolor Butterfly Collection

Paint a series of different butterflies. Enjoy their beauty and variety while exploring flowing color, speckles and patterns.

Wed, Jan 26 | 2 - 5 pm

\$30 | Valued member \$20

Watercolor Koi Pond

Paint a tranquil koi pond with lily flowers using watercolors.

Wed, Feb 2 | 2 - 5 pm

\$30 | Valued member \$20

Open Studio

With artist and instructor Theresa Rykaczewski.

Bring whatever creative project you are working on to receive one-on-one feedback from Theresa. Enjoy conversing with other artists during this supervised group studio time.

Wed, Feb 9, 16 and 23 | 2 - 5 pm

\$45 | Valued member \$30

Van Gogh Landscape

Experience the swirling clouds and fields of Van Gogh's landscape artwork in this two-part oil painting class that only uses three colors.

Wed, Mar 9 and 16 | 2 - 5 pm

\$60 | Valued member \$40

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 in each session. Clay is provided.

AM Session I:

Tue | 10 am - 12 pm | Jan 11, 18, 25, Feb 1, 8, 15, 22 and Mar 1

\$216 | Valued member \$144

AM Session II:

Tue | 10 am - 12 pm | Mar 15, 22, 29, Apr 5, 12, 19, 26 and May 3

\$216 | Valued member \$144

PM Session I:

Thu | 6:30 - 8:30 pm | Jan 13, 20, 27, Feb 3, 10, 17, 24 and Mar 3

\$216 | Valued member \$144

PM Session II:

Thu | 6:30 - 8:30 pm | Mar 17, 24, 31, Apr 7, 14, 21, 28 and May 5

\$216 | Valued member \$144

The Berman Family JCA Concert Artist Series



ZHU WANG | SUN, JAN 16 | 3 PM



Praised for his "technical mastery and deep sense of lyricism," pianist Zhu Wang was awarded first prize in the 2020 Young Concert Artists International Auditions and was the first prize winner of the second Zhuhai International Mozart Competition for Young Musicians. This season, Zhu will make his New

York debut at Carnegie Hall's Zankel Hall and at the Kennedy Center's Terrace Theatre in Washington, D.C.

STEVEN BANKS | SUN, FEB 13 | 3 PM



Recognized for his glowing mahogany tone, deeply felt lyricism and expert shaping of a dramatic arc, Steven Banks is an ambassador of the classical saxophone. Banks is establishing himself as a compelling and charismatic soloist, dedicated to showcasing the vast capabilities of the saxophone. Steven

Banks is the first saxophonist to earn a place on the Young Concert Artists roster in its 60-year history, capturing first prize at the 2019 Young Concert Artists International Auditions.

ALBERT CANO SMIT | SUN, MAR 20 | 3 PM



Pianist Albert Cano Smit is becoming an audience favorite for his performances as a soloist in recital and with an orchestra. Albert won first prize at the 2019 Young Concert Artists International Auditions and first prize in the 2017 Walter W. Naumburg Piano Competition, which presented him in recital at

Carnegie's Weill Recital Hall, and was recently awarded the 2020 Arthur Rubinstein Piano Prize from The Juilliard School.

Thanks to the generosity of the Berman Family,
the 2022 Young Artist Concert Series is
free and open to the community.



AUTHOR EXTENSION EVENTS:

TUE | FEB 8 | 7 PM *Book Club*



Alison Hammer
Little Pieces of Me
 Streaming at the JCA

When a DNA test reveals a long-buried secret, a woman must look to the past to understand her mother and herself. Following her acclaimed debut novel, *You and Me and Us*, in *Little Pieces of Me*, Alison Hammer offers a deeply moving story of family, identity, relationships and Jewish culture. Founder of the Every Damn Day Writers online group, a graduate of the University of Florida and the Creative Circus in Atlanta, Alison lived in nine cities before settling down in Chicago.

CULTURAL ARTS FESTIVAL EXTENSION EVENTS WITH THE CULTURAL COUNCIL OF GREATER JACKSONVILLE:



TUE | JAN 11 | 7 PM
Public Art in Jacksonville

The Cultural Council of Greater Jacksonville joins us at the JCA to share what goes on behind the scenes when it comes to implementing public art projects in the River City. Learn more about the process of public art installations and the exciting things happening in Jacksonville with the Cultural Council.

SUN | JAN 16 | 2 – 3:30 PM
Downtown Art Tour

Join us on a tour with the Cultural Council of Greater Jacksonville to see the amazing pieces included in the Art in Public Places of Downtown Jacksonville. This tour gives a glimpse of the work the Cultural Council does within our beautiful community. Registration is required. Attendees will be emailed the starting location of the tour.

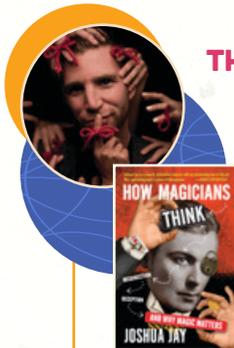
TUE | FEB 15 | 7 PM



Laraine Newman
May You Live in Interesting Times

Laraine Newman's memoir *May You Live in Interesting Times*, chronicles her life and experiences that were on the forefront of every pop culture shift in America, from the British invasion and music scene in Los Angeles to the beginning of the comedy store and how it started the prominence of comedy. A founding member of the groundlings and an original cast member of *Saturday Night Live*, Laraine shares her memories from SNL and watching the rise of animation – all while dealing with “demons,” getting sober, having children and reinventing herself.

THU | MAR 24 | 7 PM



Joshua Jay
How Magicians Think: Misdirection, Deception, and Why Magic Matters

Joshua Jay has performed on stages in more than 100 countries. A headliner at Hollywood's Magic Castle and a former World Champion in Sleight of Hand, Joshua shares his book *How Magicians Think: Misdirection, Deception and Why Magic Matters*. The best-selling author brings his readers inside and turns the light on to the mindset behind the magic. Joshua has performed on *The Tonight Show* with Jimmy Fallon, *The Late Show* with James Corden and fooled the famous magic duo, Penn and Teller, on *Fool Us*.

FREE TO THE COMMUNITY THANKS TO THE GENEROSITY OF OUR SPONSORS.



NATALIA FISHER
ECE DIRECTOR
730-2100 ext. 242



3 (by 9/1/2021) - 6 yrs

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

Tue | 3:15 - 4 pm or 4:15 - 5 pm

Feb 1 - Mar 22

\$120 | Valued member \$80

Tu B'Shevat Cooking

3 (by 9/1/2021) - 6 yrs

Celebrate Tu B'Shevat, the New Year for Trees, with a fun cooking class that will help your children enjoy the holiday that celebrates growth.

Fri, Jan 14 | 3:15 - 4 pm

\$15 | Valued member \$10



Purim Cooking

3 (by 9/1/2021) - 6 yrs

Celebrate Purim with a fun cooking class that will help your children enjoy the most child-oriented holiday in the Jewish calendar.

Fri, Mar 11 | 3:15 - 4 pm

\$15 | Valued member \$10

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 as you make music.

Mon | 11 - 11:45 am | Jan 10 - Mar 28
(no class Jan 17 and Feb 21)



On the Go (Crawlers - 3 yrs)

Come show off your best dance moves, wiggle like a worm, and jump around in this fun interactive class. Join us for this wonderful bonding experience involving movement.

Thu | 11 - 11:45 pm | Jan 13 - Mar 24



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 | Jan 11 - Mar 29



Tot Shabbat (Birth - 3 yrs)

Join Ms. Renee for a Jewish holiday-based Shabbat with crafts and activities! Holidays will include Tu B'Shevat and Purim.

Fri | 11 - 11:45 am | Jan 14 and Mar 11



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 | Jan 12 - Mar 30



Stroller Fit Moms (Birth - 3 yrs)

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 | Mar 14, 21 and 28 (No class Jan or Feb)

FREE TO THE COMMUNITY

ADVANCE REGISTRATION REQUIRED.

Zoe's Hippy Hop Move & Groove

Ages 3 (by 9/1/2021) - 5 yrs

This class teaches young dancers many types of movement characterizations used to develop movement quality and imagination. 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 a higher self-esteem.

Tue | 1 - 1:30 pm

Jan 11, 18, 25, Feb 1, 8, 15, 22,
Mar 8 and 22

\$162 | Valued member \$108

Fit for Broadway

Grades K - 8

Join us for an hour of dancing, jumping, twisting and bopping as we get *Fit for Broadway!* Kids will be on their way to better health 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! This class guarantees sweat, sweat, sweat while having fun, fun, fun!

Tue | 4 - 5 pm

Jan 11, 18, 25, Feb 1, 8, 15, 22,
Mar 8 and 22

\$149 | Valued member \$99

Baby Bear Ballet

Ages 3 (by 9/1/2021) - 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 on the first day of class. We use our ballet buddies to help us with our posture and arms. Dancing is so much fun but it's crazy fun when you dance with a bear or bunny buddy!

Fri | 1:30 - 2 pm

Jan 14, 21, 28, Feb 4, 11, 18, 25,
Mar 11 and 25

\$230 | Valued member \$153

SHELLY HUGHES

THEATRE DIRECTOR
730-2100 ext. 252



Zoe's Clubhouse

Ages 3 (by 9/1/2021) - 5 yrs

This creative class will take your little one on a new adventure sketch each week! This class allows your little ones to explore their imagination while teaching 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 | 1:30 - 2:15 pm

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

\$203 | Valued member \$135

Zoe's Alumni

Grades K - 2

This class takes our Zoe's Alumni gang further into their adventures. During each adventure 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

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

\$203 | Valued member \$135

BEAUTY AND THE BEAST

Auditions:
Sun, Jan 2 | 1 pm

Rehearsals:
Mon and Thu
4 - 6 pm | Starts Jan 6

Show Dates:
Mar 5 and 12 at 8 pm
and Mar 6 and 13 at 1 pm

\$265 | Valued member \$175
No fees will be collected until after the cast list is posted.



RACHEL SANDLER
 JEWISH AND FAMILY PROGRAMS
 730-2100 ext. 271

Monthly Member Mitzvah

- Jan** - Plant your own seeds to celebrate Tu B'Shevat, *the New Year for Trees*.
- Feb** - Bring in items for our baby shower drive to benefit the Sulzbacher Center.
- Mar** - Donate prepackaged snacks for Mishloach Manot that will be given to Holocaust survivors to celebrate Purim.

Café Israeli

Come hang out with our Shaliach Stav, drink coffee, eat Israeli snacks and talk about Israel! Feel free to come to one or all the dates!

Thu | 7 pm

Jan 6, Feb 24 and Mar 10

Free to the community

The Joys of Yiddish

Come speak Yiddish with Suzie Becker! Learn Yiddish words, phrases and the history of Yiddish music and theater. Come to one or all classes!

Tue | 11 am

Jan 11, 25, Feb 8, 22, Mar 8 and 22

Free to the community

Tu B'shevat Seder

To celebrate the *New Year for Trees*, come participate in a seder involving the fruits associated with Israel.

Advance registration is required by Jan 10. Followed by Lunch and Learn with Rabbi Feigenbaum.

Thu, Jan 13 | 11:30 am - 12 pm

Free to the community

Lunch and Learn

Come grab a bite and get inspired! Learn from Rabbi Feigenbaum while enjoying a free catered lunch.

Thursdays at 12 pm

Jan 13, Feb 10 and Mar 10

Free to the community

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. Please bring your own mat.

Saturdays at 8 am

Jan 22 - Jacksonville Jewish Center - The Center (inside)

Feb 19 - Congregation Ahavath Chesed - The Temple (inside)

Mar 12 - Jacksonville Jewish Center - The Center (outside)

Free to the community

Community Havdalah 2022

Come together to end Shabbat and join us in crafts, stories, fun and an engaging service at the outdoor Annual Community Wide Havdalah! This event is in partnership with the **Jewish Federation & Foundation of Northeast Florida, PJ Library and all of our local synagogues!**

Advance registration required at <https://events.idonate.com/communityhavdalah>

Sat, Jan 22 | 7 pm

Jacksonville Jewish Center - Beth Shalom Park

Free to the community

What's so Important about Jewish Humor?

Join **Stephen Whitfield**, a retired Brandeis professor, to learn about the vitality of American Jewish humor in the twentieth century. This event is in partnership with The Temple.

Wed, Jan 26 | 7 pm

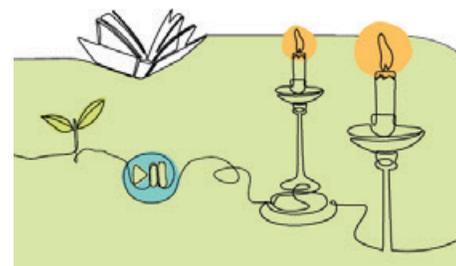
Free to the community

Children of Holocaust Survivors Share Their Stories

In honor of the UN International Holocaust Remembrance Day, **Searching for Identity** joins us for a panel discussion featuring children of Holocaust survivors. Referred to as the "Second Gen," siblings Tommy and Yvonne Cohen will share their family story from the Holocaust as well as Tommy's experience as a hidden child during the Nazi occupation of Holland. Join us to learn about the Holocaust's inherited effects and the roles and responsibilities of survivor families.

Thu, Jan 27 | 7 pm

Free to the community



Melton School of Adult Jewish Learning-Press Pause: Rest, Assured

The Jewish approach to mindfulness and self-care traces back to the roots of creation. The concept of a week comes from the Jewish marking of six days of work and one day of rest. On the seventh, we reflect on our actions. We pause, rest, reflect and reboot. Come explore Shabbat and the role of time in Judaism with Rabbi Feigenbaum. Advance registration required by Jan 25 at <http://www.meltonschool.org/jacksonville>. Minimum enrollment required.

Six-week Program:

Tue | Feb 1, 8, 15, 22, Mar 1 and 8.

12:30 - 2 pm

\$179 | Open to the community

Sharsheret

February is National Cancer Prevention Month. Join **Sharsheret**, a national Jewish breast and ovarian cancer organization, and **Laila Samiian, MD, FACS**, with Baptist MD Anderson Cancer Center to learn what you can do to protect against cancer and what support services are available. This is in partnership with the **Women's Philanthropy of the Jewish Federation & Foundation of Northeast Florida**.

Feb 24 | 7 pm

Free to the community

Clergy in a Circle

Join Jacksonville Rabbis and Cantors to learn about the different denominations in Judaism. Bring your open mind and questions.

Mon, Feb 28 | 7 pm

Free to the community

Jewish Bike Ride

Let's meet in nature to develop a spiritual practice that is informed by Judaism. This allows us to be mindful and use a heightened level of endorphins to stretch our spiritual muscles. Join us for a leisurely bike ride, where we will cycle and learn together. Location TBD.

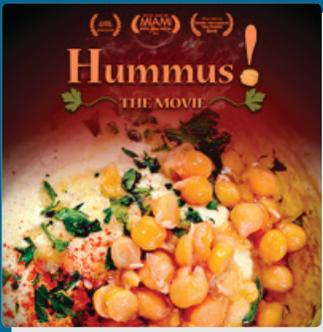
Sun, Feb 13 | 10 am
Free to the community

Teen Jewish Book Club

Join teens from our community to hang out and discuss the book, *Another Me* by Eva Wiseman.

Sun, Feb 27 | 3 pm
Free to the community

ISRAEL FILM SERIES



Hummus! The Movie

Restauranters, musicians, politicians - everyone loves hummus. A story of faith, community and growth is told through the lens of a dietary staple and superfood, hummus! This documentary shows how food can bring people together.

Wed, Feb 23 | 6:30 pm
Free to the community

LEARN HEBREW AT THE JCA



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 at ext. 271 for more information on Hebrew classes.

Hebrew 202

Come learn new conversational Hebrew phrases and how to understand what you read through new vocabulary. This class is for those who can read voweled Hebrew print and is a perfect follow up to Hebrew 101. *Advance registration required.*

Thu | 6 - 7:30 pm
Jan 6, 13, 20, 27, Feb 17, 24,
Mar 10 and 17
Book purchase required
\$150 | \$100 Valued member

Conversational Hebrew - Medabrim Ivrit

Join our community Shaliach Stav in person for conversational Hebrew. This is for those who already speak Hebrew fluently. Feel free to come to one or all dates!

Wed | 6:30 pm
Jan 12, Feb 9 and Mar 9
Free to the community

Family Hamantaschen Bake

Join our tradition in making hamantaschen, doing arts and crafts, and hearing stories about the festival of Purim. This program is in partnership with **Jewish Federation & Foundation of Northeast Florida, PJ Library and all of our area synagogues!**

Advance registration required via <https://events.idonate.com/familyhamentash> or jcjax.org.

Sun, Mar 6 | 3 pm
Jewish Community Alliance
Free to the community

Hebrew 505

Join this class to continue to work on modern conversational Hebrew. You will also begin to transition to learning to read without vowels. In addition, you will learn 100 more vocabulary words and will continue to drill present tense verbs. *Advance registration required.*

Thu | 7 - 8:30 pm
Jan 13, 20, 27, Feb 3, 10, 17, 24 and
Mar 3
Book purchase required
\$150 | \$100 Valued member

Practice Hebrew - Metargelim Ivrit

Join our community Shaliach Stav via Zoom to practice basic Hebrew conversations and speaking skills for those not at a fluent level. Feel free to come to one or all dates.

Tue | 7 pm
Jan 4, Mar 1 and 22
Free to the community

Overview of the Jewish History of St. Augustine

Did you know that the Jewish history of St. Augustine is one of the most "undertold" stories in the epoch of the history of our people in the New World? Jews have established themselves on these shores and thrived in ways that reflect the values of our people over the past three thousand years. Join the St. Augustine Jewish Historical Society in celebration of their tenth year to learn more about this important topic.

Thu, Mar 3 | 7 pm
Free to the community



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



Private Piano Lessons

(Grades K – 12)

Beginner and intermediate students learn ear training, note reading, technique, chord and song structure. Genre training is also available. Lessons taught by a local professional. Contact Amanda at ext. 245 for more information.

Private Supplemental Tutoring

(Grades K – 5)

One-on-one academic subject and homework assistance with current or former teachers. Tutoring is only open to members and After School participants. Contact Amanda at ext. 245 for more information.

Awesome Appetizers

(Grades K – 5)

Join us for this exciting class as we learn the basics of everything starters. From chips and dips to easy finger foods; children should come prepared to taste test each snack and leave ready to prepare appetizers for your next big event!

Wed | 4:30 – 5:30 pm
Jan 19, 26, Feb 2 and 9
\$60 | Valued member \$40

Ooey, Goopy Science

(Grades K – 5)

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

Tue | 4 – 5 pm
Feb 1, 8, 15 and 22
\$60 | Valued member \$40

Making the Masters

(Grades K – 5)

Each week we will examine the work of a different renowned artist and seek to mimic their style. Whether it is George Seurat's pointillism or Jackson Pollack's modernism, your pint-sized Picasso is sure to bring home some unique works of art.

Thu | 4 – 5 pm
Feb 3, 10, 17 and 24
\$60 | Valued member \$40

Tasty Travels

(Grades K – 5)

Pack your passport as we take a culinary tour around the world! We will explore some iconic dishes from various countries. Your child will don their aprons and tackle dishes from Australia, Asia, Europe and beyond!

Wed | 4:30 – 5:30 pm
Feb 16, 23, Mar 2 and 9
\$60 | Valued member \$40

Weird Science

(Grades K – 5)

SCIENCE! In this STEM activity, we examine the weirder side of science as we tackle chemistry, biology and beyond with a "weird" science project each week. From burping bags to elephant toothpaste, this class is guaranteed to wow young scientists.

Tue | 4 – 5 pm
Mar 1, 8, 22 and 29
\$60 | Valued member \$40



Dive-In Movie

(Grades K – 8)

Jump in and join us for this kids-only movie night! We'll float, swim and splash our way around the pool while watching an awesome flick! Pasta dinner will be served before we swim. Pool noodles will be available, but personal floaties are also welcome!

Thu, Jan 13 | 6 – 9 pm
\$18 | Valued member \$12

Purim Party Parent's Night Out

(Grades K – 8)

It's time to party! Join Youth Services for our first-ever Purim Party! Together we'll dance, play and participate in an interactive story about the origins of Purim. We will have plenty of Purim treats and lots of hamantaschen. Costumes are encouraged for this event!

Thu, Mar 10 | 6 – 9 pm
\$18 | Valued member \$12

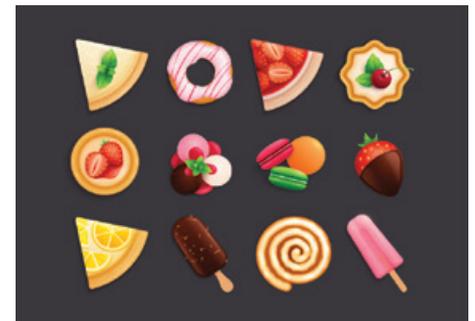


Safe Sitters Course

(Grades 6 – 8)

Learn everything you need to know to be safe when at home alone, with siblings or babysitting. Skills will cover various emergency situations, including CPR and choking rescue. Don't forget to pack a dairy lunch! Register through Baptist Health via: baptistjax.com/patient-info/classes-and-events/safe-sitter-class.

Mon, Feb 21 | 9:30 am – 4:30 pm
\$55 | Open to the community



Delicious Desserts

(Grades K – 5)

Warning: sweet treats ahead! What is the most delicious dessert in the world? Join us in the kitchen as we use our baking skills and tastebuds to find the answer to that question!

Wed | 4:30 - 5:30 pm
Mar 23, 30, Apr 6 and 13
\$60 | Valued member \$40



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!

J-Cation Days

7:30 am – 6 pm
 Jan 3, 14, 17
 Feb 21
 Mar 11

J-Cation Spring Break:

Mar 14 - 18

J-Cation Days Field Trips

For an additional cost, add on any of our fun-filled field trips to your children's J-Cation Days.

\$30 | Valued member \$20

Jan 14 | Sweet Pete's

Lollipop Making Class

Feb 21 | Private Watch Party

at Tinseltown

Mar 15 | St. Augustine Trolley Tour and Ripley's

Mar 17 | Bravo'z

Bravo'z Field Trip | \$45 | Valued member \$35

STUDY CENTRAL

GRADES 6 - 8

Study Central is designed with quality and flexibility in mind for teens and preteens to support socialization, independence and responsibility in a supervised environment after school. Daily snack, Wi-Fi, laptop access and homework assistance is available. Choose two, three or five days per week. In addition, the JCA works with local professionals to offer optional enrichment opportunities in sports, fitness and the arts. Sign up today and design a schedule that works for you and your busy student!



AFTER SCHOOL PROGRAM

GRADES K - 5

End their day at the JCA! JCA's After School Program will nurture, encourage and stimulate your child's interests through a variety of activities all in a positive environment your child will love!

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



TO REGISTER CALL (904) 730-2100 EXT. 228.

FREE TRANSPORTATION FROM SELECT SCHOOLS WITH MINIMUM ENROLLMENT





**BEN
MARCUS**
DEVELOPMENT DIRECTOR
730-2100 EXT. 318

SAVE *the* DATE

**Tropical
SOIRÉE**

AT THE JCA

ANNUAL FUNDRAISER

February 26, 2022 | 7:30 pm

COCKTAILS • DINNER • DANCING

CHAIRS
Rachel Algee and Rachel Morgenthal

COMMITTEE

Nicole Brown	Debbie Parker
Regina Chaskin	Kim Robbins
Nancy Davis	Ryan Saltz
Sierra Frisch	Fran Selevan
Sunny Gettinger	Rebekah Selevan
Faye Hedrick	Deborah Shapiro
Samantha Holtzman	Kimberly Sisisky
Jan Lipsky	Lior Spring
Christen Luikart	Linda Stein
Glenn Miller	Nadine Terk
Monique Miller	David Thompson
Tmima Neihaus	Alison Trager
Thelma Nied	Jeff Wiener
Michelle Pargman	Chase Zimmerman

JCA

For more information about the JCA's annual fundraiser, please contact Ben Marcus at (904) 730-2100 ext. 318 or ben.marcus@jcajax.org.

Chai Society

Help us, help the Jacksonville Community!

While membership fees ensure a high-quality experience at the JCA, donations to our agency improve the lives of families across Jacksonville with free and reduced costs, cultural, educational, wellness and other programming.

Join the Chai Society with a monthly donation of \$18 or more; help share the JCA with the entire community!

Members of the JCA Chai Society:

- ▶ Support the JCA in our mission to serve as a common meeting ground and enhance the quality of life of the entire community
- ▶ Get exclusive access to Chai-Lights monthly newsletter
- ▶ Receive invitations to donor events and discounted tickets to our annual fundraiser

Sign up at jcajax.org/chai-society

Questions? Contact Ben Marcus, Development Director, (904) 730-2100 ext. 318 or ben.marcus@jcajax.org.



Our Legacy
Jewish Community Alliance



Jewish Federation & Foundation
OF NORTHEAST FLORIDA

“As my ancestors planted before me, so shall I plant for future generations.”

– Talmud

Make a difference and help preserve our community by creating a legacy with the JCA. Include your name alongside the honorable members of the Jewish Community Alliance Legacy Society. We are privileged to recognize our members who have made a philanthropic investment to the JCA mission and plan to continue their commitment with a planned gift in their will or estate plans.

What will your legacy be? Visit jcajax.org/legacy to learn more about leaving a legacy with the JCA.

For questions and more details, contact Ben Marcus, at ben.marcus@jcajax.org or (904) 730-2100 ext. 318.



Thank you

TO OUR SPONSORS WHO MADE THE CULTURAL ARTS FESTIVAL POSSIBLE, YOUR SUPPORT MAKES A DIFFERENCE TO OUR COMMUNITY!

SPONSORS*

FESTIVAL SUPPORTER

Jordan and Shirley Ansbacher Family Foundation • Linda and David Stein • Rochelle and David Stoddard Trager Family Foundation • Brenda and Eugene Wolchok

ARTS PATRON

Helen Rowan and Paul Halloran • Nancy and Mark Green • Korman and Shelton Families • In memory of Alan J. Taffet

CURATOR

Regina and Adam Chaskin • Paula and Ken Horn • Sam Kersun • Glenn and Michael Miller • Kimberly and Richard Sisisky Jennifer Stuart • Patty and Steve Wilson

ARTIST

Irene and Jimmy Jaffa • Whitney and Grant Kuvin • Kirsten and Josh Martino • Judy Mizrahi • Rachel and Craig Morgenthal Evelyn and Stewart Pinsof • Sondra Resnikoff • Toby Ringel • Judy and Steve Silverman • Phyllis Vandroff

PERFORMER

Roz and Mark Abramson • Karen Backilman • LaVerne and Andy Cantor • Kristina and Matt Flagler • Beverly and Melvyn Fruit Goldie Lansky • Christina and Mark Levine • Marilyn Mass • Daniel Miller and Lior Spring • Thelma and Robert Nied Kim and David Robbins • Ellen and Alan Rosner • Sheryl and Ken Sekine • Millie and Edward Tannen • Sharon and Bruce Witten Randy Kammer and Jeff Wollitz • Arlene and Evan Yegelwel

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*as of 11/10/2021

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VISIT JCAJAX.ORG/JCAFEST TO SUPPORT JEWISH CULTURAL ARTS AT THE JCA.



LISA BRADFORD
BSN, RN, CHC, CWWS
WELLNESS COACH
730-2100 EXT. 333



SKYLER EARLMAN TUCKER
BSH, ACE-CHC
WELLNESS COACH /
SITE COORDINATOR
730-2100 EXT. 333



TIMOTHY CHRISTOPHER
BSN, RN, ACE-CHC
WELLNESS COACH
730-2100 EXT. 333



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 and subscribe via your favorite podcast app to get started.

Safe Sitters Course

Where teens learn everything they need to know to become excellent babysitters. Details about our upcoming Safe Sitters course on Feb 21 and the registration link are on page 12 of this guide.

\$55 | Open to the community

Healing Touch

Join **Patty Corroscia**, RN, HN-BC, CHTP Certified Holistic Nurse and Certified Healing Touch practitioner, in a restorative energy therapy that facilitates health and healing. This integrative approach can help reduce pain and anxiety, relieve stress and depression, and foster the mind-body connection.

\$65 | 60-minute session

By appointment only

Visit healingtouchjca.eventbrite.com to register.

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.

Ongoing weekly sessions

Mon | 11:45 am - 12:15 pm

The JCA Donziger Library



Ready 4 Veggies

Our collaboration between the Boys and Girls Club of Northeast Florida and Baptist Health brings the Ready 4 Veggies bus to the JCA twice a month. Get your tastebuds ready and don't forget your reusable bags!

First and third Tuesday of the month
10 am - 12 pm

Open to the community

Winter Wellness Challenge: Healthier You: One Day at a Time

During this five-week challenge, work on incorporating one new healthy habit into your daily lifestyle while working with an accountability partner to make your new habit stick. Choose your own goal and work towards it daily. Be sure your goal is actionable, not a result. Please ensure you have access to email, as this will be the main form of communication. Accommodations can be made if email access is not readily available. *Registration required by Jan 16.*

Jan 17 - Feb 16

Open to the community

Women's Wellness Wednesdays 4her

Baptist Health offers 4her, a unique collection of wellness services, focused on women to provide women resources to fit their evolving needs. Tune in for a monthly Live Stream chat with Lisa Bradford, RN Wellness Coach, and a featured Baptist Health physician or expert as they discuss health topics that support women's wellness journeys. 4her sessions are available on the Baptist Health 4her Facebook page: [facebook.com/baptist4her](https://www.facebook.com/baptist4her) Starting Jan 19, join us on the third Wednesday of every month.

6 - 6:30 pm

Open to the community

NEW
Year
NEW
You

Pilates
REFORMER TRAINING

- Create long, lean body lines
- Improve your core strength, flexibility, posture and stability

For more information call (904) 730-2100 ext. 267



FITNESS WORKSHOPS FOR VALUED MEMBERS ONLY

Prenatal Yoga

Join Gisela Reis for prenatal yoga where you will find a supportive way to connect with your body and baby by providing a gentle and effective exercise. Prenatal yoga helps build muscular strength and flexibility, develop balance and coordination, increase circulation and promote relaxation.

Wed, Jan 5 and 19 | 6 - 7 pm
\$25 per class

I've Got Your Back

Learn proper pulling mechanics for upper body exercises such as the row, pull down and pull up with personal trainer Diego Villar. Strengthen your back, build muscle, improve posture and reduce injury.

Tue, Jan 18 | 11 am - 12 pm
\$25

Body Weight Workshop

Join experienced personal trainer and Pilates instructor Shirley Steel in an interactive workshop to learn body weight exercises that are designed to increase strength, build mass, burn fat and define muscles. These exercises are designed to be done anywhere and anytime, without weights, machines or equipment.

Sun, Jan 30 | 11 am - 12 pm
\$25

Drum Cardio

Join Sylvia Lassus in this fun, cardio boosting class. Drumsticks, an exercise ball, high energy music and a specially choreographed routine helps build muscle and burn calories while you beat out some sweet rhythms.

Tuesdays | 9:30 - 10:30 am
Feb 1, 8, 15 and 22
\$25 per class

W.O.W (Women on Weights)

Interested in learning how to use strength training equipment and feel comfortable in the weight room? Then this class is for you! Join Karen Cataldo in this class that is designed for individuals interested in learning strength training with an emphasis on proper technique, form and injury prevention.

Sundays | 11 am - 12 pm
Feb 6, 13, 20 and 27
\$25 per class

What is Iyengar Yoga?

Come learn about the basics of Iyengar yoga with yoga instructor Paula Saraga. Iyengar yoga focuses on alignment, strength and stretching. These basics are included in all poses and they are useful concepts for any style of yoga you may practice.

Tue, Feb 8 | 5 - 6 pm
Free for valued members

Self-Care Workshop

Join Cire Ba for a journey to find self-care techniques. This workshop dives into the benefits of self-care and the importance of stress management. Participants will build their own stress ball during the workshop

Wed, Feb 9 | 5:30 - 6:15 pm
Free for valued members

Bosu Bootcamp

The Bosu half ball is a balance trainer designed to provide the user with an unstable surface on which to perform exercises that engage a variety of muscles. Join personal trainer Bobbie Woodard to take advantage of benefits that include better posture, coordination, core strength, muscle strength and agility.

Sun, Mar 6 | 12:15 - 1 pm
Free for valued members

The Shocking Facts about Bone Health

Join Functional Nutrition Registered Dietitian Stacy Seslowsky, RD, LDN, MS, and Certified Pilates and Buff Bones Instructor Cheryl Forehand in partnership with Hadassah Jacksonville as they dive deep into the root causes of osteopenia and osteoporosis in women. The underlying factors are surprisingly not related to calcium deficiency. With a new and improved understanding of the causes, we will be able to successfully implement food and the lifestyle modifications necessary to be stronger and healthier.

Mon, Mar 7 | 12 - 1 pm
Free for valued members

Valued JCA members, learn about fitness workshops, personal fitness and Pilates training at the JCA. Call ext. 267; our personal training experts are eager to support members of all fitness levels.

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



Turn out the lights and turn up the fun! Join this immersive exercise experience that includes glow sticks, glow paint and black lights!

Glow Yoga

Grant Helm
Wed, Mar 23 | 8 - 9 pm
Poolside
\$25

Glow Zumba

Costina Lazar
Sun, Mar 20 | 5 - 6 pm
Studio A
\$25

Glow Dance Trance

Caitlin Breland
Sun, Mar 27 | 5 - 6 pm
Studio A
\$25

Sit & Get Fit

Join us to get in shape while making new friends.

Mon, Wed and Fri | 10:45 am

Aqua Sit & Get Fit

Tue and Thu | 11:10 am

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. Join us! It's fun, educational, healthy and FREE.

Free for valued members



**RIO
ROBINSON**
SPORTS AND RECREATION DIRECTOR
730-2100 EXT. 250

Open Pick Up Sports (Age 14+)

Volleyball Tues | 7 - 9 pm
Basketball Sat | 1 - 3 pm

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 Dec 13 - Jan 31

(No class Dec 27 or Jan 17)

Session II Feb 14 - Mar 28

(No class Feb 21)

Session III Apr 11 - May 16

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

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

Ages 13 - 18 Private lessons available

Six Classes \$135 | Valued member \$90

Private Instruction: Contact Rio at ext. 250 or rio.robinson@jcajax.org.

30-min session \$40

Eight 30-min sessions \$280

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 (Age 14+) 6 - 7:30 pm

Session I Jan 5 - Feb 23

Session II Mar 9 - Apr 27

\$180 | Valued member \$120

Capoeira

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

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

(Age 11+) 5:45 - 7 pm

Session I Jan 11 - Feb 15

Session II Mar 1 - Apr 5

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

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

Session I Jan 9 - Feb 13

Session II Feb 27 - Apr 3

Six classes \$96 | Valued member \$64



**MIKE
MAY**
SPORTS AND RECREATION COORDINATOR
730-2100 EXT. 254

Fast Freddy's Taekwondo Academy

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

Mon & Thu

(Ages 3 - 6) 4 - 4:45 pm

(Ages 7 - 13) 5 - 6 pm

Session I Jan 13 - Mar 14

(no class Jan 17 and Feb 21)

Session II Mar 21 - May 16

(no class Apr 21)

16 classes per session

\$300 | Valued member \$200

Adult Basketball Leagues

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

18+ Adult Basketball League

Wed | 6 - 9 pm | Jan 12 - Feb 16

\$60 | Valued members only

25+ Adult Basketball League

Sun | 8:30 - 11:30 am | Jan 9 - Feb 13

\$60 | Valued members only

2022 Youth Spring

Basketball League Ages 4 - 16

All games will be held at the JCA and will require one weeknight practice.

Sun | 12:30 - 6 pm (times may vary)

Mar 27 - May 22

(No game Apr 17)

Mandatory Skills Evaluation:

Ages 10 - 16 Mon, Feb 14 | 5:30 pm

Ages 6 - 9 Tue, Feb 15 | 5:30 pm

Ages 4 - 5 Wed, Feb 16 | 5:30 pm

\$155 | Valued member \$105

To volunteer to coach or schedule a make-up assessment, please contact Coach Mike May at ext. 254.

2022 Varsity Teen Basketball League

Ages 15 - 18

Five v. five basketball league with eight players on a team. No practices, just games.

Thu | 6:45 - 9 pm

Apr 7 - May 26

\$96 | Valued member \$64

To register your team/free agent or to volunteer to coach basketball please contact Coach Mike May at ext. 254.



2022 YOUTH FLAG FOOTBALL LEAGUE

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

Games:

Sun | Jan 16 - Mar 6

12:30 - 6:30 pm

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

\$155 | Valued Member \$105

Flag Football divisions are based on age and skill, if your child missed our Mandatory Skills Evaluation at Bolles High School please call ext. 254 to schedule a make up.

Flag Football Coaches Needed!

Please contact Coach Mike at ext. 254 to volunteer.



PRESCHOOL AND YOUTH SPORTS CLINICS

Class	Age	Day	Time	Dates	Fee Valued Member
Little Putters Golf	3 - 6	Mon	3:30 - 4:15 pm	Jan 10 - Feb 14*	\$75 VM \$50
	3 - 6	Mon	3:30 - 4:15 pm	Feb 28 - Mar 28	\$75 VM \$50
Sports Extravaganza	3 - 6	Mon	3:30 - 4:15 pm	Jan 10 - Feb 14*	\$75 VM \$50
	3 - 6	Mon	3:30 - 4:15 pm	Feb 28 - Mar 28	\$75 VM \$50
Soccer 101	5 - 10	Mon	4:30 - 5:30 pm	Jan 10 - Feb 14*	\$75 VM \$50
	5 - 10	Mon	4:30 - 5:30 pm	Feb 28 - Mar 28	\$75 VM \$50
Little Kickers Soccer	3 - 6	Tue	3:30 - 4:15 pm	Jan 11 - Feb 8	\$75 VM \$50
	3 - 6	Tue	3:30 - 4:15 pm	Feb 22 - Mar 29	\$90 VM \$60
Terrific Tumblers Gymnastics	3 - 6	Tue	3:30 - 4:15 pm	Jan 11 - Feb 8	\$75 VM \$50
	3 - 6	Tue	3:30 - 4:15 pm	Feb 22 - Mar 29	\$90 VM \$60
Junior Gymnastics	5 - 10	Tue	4:30 - 5:30 pm	Jan 11 - Feb 8	\$75 VM \$50
	5 - 10	Tue	4:30 - 5:30 pm	Feb 22 - Mar 29	\$90 VM \$60
Basketball 101	5 - 10	Tue	4:30 - 5:30 pm	Jan 11 - Feb 8	\$75 VM \$50
	5 - 10	Tue	4:30 - 5:30 pm	Feb 22 - Mar 29	\$90 VM \$60
Little Hitters Baseball	3 - 6	Wed	3:30 - 4:15 pm	Jan 12 - Feb 9	\$75 VM \$50
	3 - 6	Wed	3:30 - 4:15 pm	Feb 23 - Mar 30	\$90 VM \$60
Makos Run Club	4 - 14	Wed	4:30 - 5:30 pm	Jan 12 - Feb 9	\$75 VM \$50
	4 - 14	Wed	4:30 - 5:30 pm	Feb 23 - Mar 30	\$90 VM \$60
Little Dribblers Basketball	3 - 6	Thu	3:30 - 4:15 pm	Jan 13 - Feb 10	\$75 VM \$50
	3 - 6	Thu	3:30 - 4:15 pm	Feb 24 - Mar 31	\$90 VM \$60
Volleyball 101	8 - 14	Thu	4:30 - 5:30 pm	Jan 13 - Feb 10	\$75 VM \$50
	8 - 14	Thu	4:30 - 5:30 pm	Feb 24 - Mar 31	\$90 VM \$60
Terrific Tumblers Gymnastics	3 - 6	Fri	3:30 - 4:15 pm	Jan 14 - Feb 11	\$75 VM \$50
	3 - 6	Fri	3:30 - 4:15 pm	Feb 25 - Apr 1	\$90 VM \$60

*No classes on Jan 17



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

Master's Adult Swim Team

(Age 15+)

Adults learn strokes and hone their skills in a fun-filled atmosphere with their peers. Professional coaches guide swimmers at their own pace. Call ext. 240 for date and time options.
\$30 per month | Valued members only



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. Call ext. 240 for date and time options.
\$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.

Call ext. 240 for availability.
\$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, water safety courses and swimming presentations. Water Safety Instructor candidates must be 16-years-old on or before the last scheduled day of the course. Call ext. 240 for availability.
\$285 | Valued member \$190



School Year Makos Swim Team

(Ages 5 - 18)

This monthly program introduces competitive swimming and stroke refinement along with building endurance and stamina.

Sun - Thu

Jan 3 - 31

Feb 1 - 27

Mar 1 - 31

Apr 3 - 28 (No practice Apr 17 or 21)

Ages 5 - 10 Mon - Thu | 5 - 6 pm

(Must be able to swim 25 yards unassisted)

Ages 11 - 18 Mon - Thu | 6 - 7 pm

Ages 5 - 18 Sun | 3 - 4 pm

One Day per week

\$60 | Valued member \$40

Two Days per week

\$90 | Valued member \$60

Four Days per week

\$120 | Valued member \$80



5th Annual Polar Plunge

Get ready for the JCA's 5th Annual Polar Plunge. Jump in the pool with us again this year and try your adventure skills!

There will be hot chocolate and cookies for all participants following the Plunge!

Sun, Feb 6 | 2:45 - 3:30 pm

Advance registration required

Free to the community

2nd Annual Aquatic Open House

Get information on JCA Learn to Swim programs for children ages 6 months - 13 years. Learn more about private swim instruction, adult swim lessons, master's swim team, sensory safe swim lessons (for autistic swimmers), JCA school year and summer swim teams and general water safety. Certified water safety instructors and swim team coaches will be on-site to answer questions. There will be free swag and prizes.

Call ext. 240 for more information.

Sun, Mar 6 | 2:30 - 4 pm

Advance registration required

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. 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 training must wear both a disposable swim diaper and approved cloth swim diaper, which fits snugly at the legs and waist. Swim diapers that are too large will not be permitted in the water.



+ American Red Cross

LEARN TO SWIM PROGRAMS AT THE JCA

Days and Sessions Offered 30 min Sessions	Parent & Me	Little Makos	Junior Makos	Adults	Sensory Safe Swimmer
Sun	10 AM	11 AM	12 PM	N/A	4:30 PM
Session I Jan 9 - Feb 13		1 PM	2 PM		5 PM
Session II Feb 20 - Mar 27					
Session III Apr 3 - May 15 <small>(no lessons Apr 17)</small>					
Mon	10 AM	N/A		N/A	N/A
Session I Jan 3 - Feb 7					
Session II Feb 14 - Mar 21					
Session III Mar 28 - May 2					
Mon and Wed	N/A	3:30 PM, 4:30 PM, 5:30 PM	3:30 PM, 4:30 PM, 5:30 PM	6:30 PM	N/A
Session I Jan 3 - Feb 9					
Session II Feb 14 - Mar 23					
Session III Mar 28 - May 4					
Tue and Thu	N/A	3:30 PM, 4:30 PM, 5:30 PM	3:30 PM, 4:30 PM, 5:30 PM	N/A	N/A
Session I Jan 4 - Feb 10					
Session II Feb 15 - Mar 24					
Session III Mar 29 - May 5 <small>(no 4:30 and 5:30 lessons Thu, Apr 21)</small>					
One day a week: \$105 Valued member \$75 Two days a week: \$180 Valued member \$120					\$150 Valued member \$100

Parent and Me (Ratio 8:1) (6 mo - 3 yrs)

This program teaches parents how to work safely and effectively with children in the water. With an emphasis on fun and enjoyment, this program includes 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.

Little Makos (Ratio 4:1) (2 - 5 yrs)

Children are introduced to breath control, arm coordination, kicking and the development of basic strokes.

Junior Makos (Ratio 5:1) (6 - 13 yrs)

Children are introduced to fundamental aquatic skills, stroke development, stroke improvement, stroke refinement and personal water safety.

Adult (Ratio 8:1) (14+ yrs)

This program is designed to encourage and introduce adults to swimming in a welcoming and comfortable environment.

Sensory Safe Swim Lessons (Ratio 2:1 or 1:1)

This is a program specifically designed for swimmers with Autism. Swim lessons are held in our quiet, indoor heated pool.

Private Swim Lessons (Ratio 1:1) (6 mo +)

\$60 per lesson |
Valued member \$30 per lesson
\$420 for eight lessons |
Valued member \$210 for eight lessons

Semi-Private Swim Lessons (Ratio 3:1) (6 mo +)

Maximum of three swimmers per lesson.
\$40 per lesson |
Valued member \$20 per lesson
\$280 for eight lessons |
Valued member \$140 for eight lessons



ALINE BERKENBROCK
TENNIS PROFESSIONAL
730-2100 EXT. 317

Adult Tennis Clinics

It's the perfect time of year to see if you have what it takes to play on our competitive tennis leagues. Shape up your game with our ladies' or working women's teams. We also have tennis clinics for men. Schedule a private evaluation; league play starts in January. Sharpen your skills with any of our great tennis clinics. For more information and program fees, please contact ext. 317.

Twelve-Week Sessions

Working Women's B Team Clinic

Tue | 6:30 - 8 pm

Ladies' A and B Team Clinic

Wed | 9 - 10:30 am

Ladies' C Team Clinic

Fri | 9 - 10:30 am

\$180 | Valued members only

Six-Week Sessions

3.0 - 3.5 Men's Clinic

Mon | 6:30 - 8 pm

\$90 | Valued members only

Tennis 101

Wed | 6 - 7 pm

Cardio Tennis

Sun | 8:30 - 9:30 am

\$135 | Valued member \$90



Tennis Mixers

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

Men's Night Doubles Mixer

First Thursday | 6:30 - 8 pm

Women's Night Doubles Mixer

Third Thursday | 6:30 - 8 pm

Free | For valued members only



Private Lessons

Private lessons are the most effective way to learn new strokes that work for your personal style of play. Schedule a private lesson with our pros at any time. Just call the tennis office at ext. 317.

30 min \$30

60 min \$60

Doubles \$80

Package: Five, 60 min lessons \$270



Junior Tennis Clinics

All clinics are six-week sessions.

For the beginning junior player, 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. For more information on specific clinic dates, please contact ext. 317.

Pee-wee Quick Start (Ages 4 - 6)

Wed | 4:15 - 5 pm

Thu | 4:30 - 5:15 pm

\$108 | Valued member \$72

Junior Quick Start (Ages 7 - 10)

Tue | 4:30 - 5:30 pm

\$108 | Valued member \$72

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.

Green Dot (Ages 8 - 12)

Wed | 5 - 6 pm

\$108 | Valued member \$72

High Performance (Ages 13 - 18)

Mon | 5 - 6 pm

\$135 | Valued member \$90

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In memory of...

LINDA YOUNG HASKINS

by Michele and David Steinfeld

BERNYCE TOBIAS

by Maria Evans

For a speedy recovery...

MYRON FLAGLER

by Rochelle and David Stoddard

In honor of...

**LAUREN EDWARDS MARRIAGE
TO ADAM MILLER**

by Rochelle and David Stoddard

The Spring and Miller Families

Nicole and Andy Brown

The Board and Staff of the JCA

LISA ELKINA'S BIRTHDAY

by Michele and David Steinfeld

MICHAEL MILLER'S BIRTHDAY

by Rochelle and David Stoddard

MITCHELL TERK'S BIRTHDAY

by Rochelle and David Stoddard

JCC Maccabi Games 2022



CALLING ALL YOUNG JEWISH ATHLETES!

Join us

at the JCC Maccabi® Experience!

Excitement is in the air at the JCA as we prepare a team of young Jewish athletes for the JCC Maccabi Games® and JCC Maccabi Access in San Diego, California, from **July 31 - August 5, 2022.**

**If your children, ages 13 - 16
by July 31, 2022,**

are interested in being on the Jacksonville JCA Maccabi Games team, contact Coach Rio Robinson via email: rio.robinson@jcajax.org or phone, (904) 730-2100 ext. 250.



A signature event of

 JCC Association
of North America

#WeAreJCCMaccabi
jccmaccabi.org





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



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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**

Earn FREE Dues and a Cash Bonus*

Refer a Friend in a 30 Day Period:

- 1st Referral = 1st month **FREE dues** + \$50 JCA gift certificate
- 2nd Referral = 2nd month **FREE dues** + \$75 JCA gift certificate
- 3rd Referral = 3rd month **FREE dues** + \$100 JCA gift certificate
- 4th Referral = 4th month **FREE dues** + \$150 JCA gift certificate
- 5th Referral = 5th 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 \$535)
+ \$575 J-cash



Learn more | (904) 730-2100 | Ext. 257



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tips.fbi.gov

