

WINTER/SPRING
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PROGRAM GUIDE

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PROMOTING UNITY IN OUR COMMUNITY

PAGE 6



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

Locker room hours are the same as business hours.

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

Kid Kare (babysitting)

(904) 730-2100 ext. 267

Hours:

Sun - Fri mornings | 9 am - 12 pm
 Mon - Thu evenings | 5 - 8 pm

- JCA Kid Kare is available for children 3 months to 9 years old.
- Kid Kare is offered on reservation basis.
- Space limited to 15 kids per shift.
- Kid Kare service is for a maximum of 90 minutes.
- Visit jcjax.org/fitness to view our Kid Kare policies and make a reservation.

Affiliated with the Jewish Federation & Foundation 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

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.

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.

Guest Policy

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

Guest Pass Fee: Adults: \$10 each visit **Children/Teens (5 - 18):** \$5 each visit

Mandatory Swim Assessments

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

Unsupervised Children

The following policies ensure the safety of all JCA members:

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

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

Food Policy

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

Fire Alarm Policy

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

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

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

Class Payment, Refund and Cancellation Policy

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

Shalom Friends,

Am Yisrael Chai! The People of Israel Live! As the war between Israel and Hamas terrorists persists, our JCA stands in solidarity with the Israeli people, their friends and families, the hostages in Gaza and the innocent victims of this tragedy. Even through the adversities facing our world, our Jewish Community Alliance continues to persevere. It brings me great pride to be part of a community that makes unity, culture, and our Jewish heritage a priority. I truly believe that community is more important now than ever before and hope we are all inspired to break down any barriers that divide us.

Sam Stromberg



Long before the war began in Israel, the nationwide rise in antisemitism prompted our JCA to partner with the First Coast YMCA to begin the Together Against Hate: Promoting Unity in Our Community initiative in Jacksonville. The Together Against Hate speaker series finishes in January and culminates with a visual representation of the efforts made to unify our community at the first-ever Racing Against Hate 5K Run/Walk on February 25, 2024. We hope to see thousands of people turn out to run or walk against hate with us; please turn to page 6 to learn more details.

I want to personally thank the committee and staff members who planned the annual Jacksonville Jewish Cultural Arts Festival presented by the JCA in November. From our first-ever Jewish Pop-Up Market to the incredible storytelling and talents of so many Jewish authors and filmmakers - the festival shares our Jewish faith and its history with our community so we can be educated to join in kindness and create a better future.

The JCA strengthens Jewish life, serves as a common meeting ground, and enhances the quality of life of the entire community. We have so much to offer your entire family this season. Whether it be at one of our Jewish programs in celebration of our faith, in class or on a tour with the J Institute, cheering for the next generation on the field, taking in the sounds at the annual Berman Family JCA Concert Series, or dancing the night away at our annual fundraiser, *Jax Vegas, Baby!* - our JCA is a place where families can find peace, inspiration, and support, even in the most difficult times.

I see the strength and resilience of our members, Jewish and non-Jewish alike, shining every day. As the successes of our ambitious capital campaign, Building Our Future Together continue, I am pleased to share that as of Thanksgiving we have more than \$11.5 million raised to upgrade and renovate the JCA. The progress we are making promises us all a bright future to uphold our mission and celebrate our incredible traditions for many years to come.

Wishing your families, a safe and healthy winter season,

Sam Stromberg
Board Chair

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*Of Blessed Memory

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- J-Institute.....Heather Terrill, ext. 265
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- Membership.....Chris Turner, ext. 257
- Sports & Rec.....Daniela Mickey ext. 250
- Theatre.....Shelly Hughes, ext. 252
- Youth Services.....Evan McInnis, ext. 249

JCA BUILDING HOURS	JCA HOLIDAY HOURS	
Sun 8 am – 6 pm	Mon, Dec 25 8 am – 2 pm	Passover
Mon – Thu 5:30 am – 9 pm	New Year's Eve	
Fri 5:30 am – 5 pm	Sun, Dec 31 8 am – 6 pm	Mon, Apr 22 5:30 am – 5 pm
Sat. 1 – 6 pm	New Year's Day	Tue, Apr 23 Closed
	Mon, Jan 1, 2024 8 am – 2 pm	Wed, Apr 24 1 – 9 pm
		Sun, Apr 28 5:30 am – 5 pm
		Mon, Apr 29 Closed
		Tue, Apr 30 1 – 9 pm



Heather Terrill

J Institute Director
(904) 730-2100 ext. 265



Scan the QR code to discover more about our J-Institute programs.

Pottery

Learn the basics or fine tune your hand building or wheel throwing skills. Clay is provided.

Tue

AM Session I:

10 am | Jan 9, 16, 23, 30, Feb 13, 20, 27 and Mar 5

PM Session I:

12:30 pm | Jan 9, 16, 23, 30, Feb 13, 20, 27 and Mar 5

AM Session II:

10 am | Mar 19, 26, Apr 2, 9, 16, 30, May 7 and 14

PM Session II:

12:30 pm | Mar 19, 26, Apr 2, 9, 16, 30, May 7 and 14

Thu

PM Session I:

6:30 pm | Jan 11, 18, 25, Feb 1, 15, 22, 29 and Mar 7

PM Session II:

6:30 pm | Mar 21, 28, Apr 4, 11, 18, 25, May 2 and 9

\$216 | Valued member \$144

Price is per session.

Savvy Caregivers

For those caring for someone with Dementia, Alzheimer's or other neurocognitive disorders, Area Health Education Center (AHEC) instructors will guide you to develop strategies and master skills to support your caregiving situation. Caregivers will find ways to reduce the effects of stress through planning and self-care. Continuing care is offered once classes are completed.

Fri | 10 am

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

River Garden Senior Services
Free to the community



The Knitting Nook

Learn to knit continental style or brush up on your knitting skills. We will start with the basics of cast-on, knit, and cast-off to make a simple scarf then move into learning about different types of yarn and how to read a pattern. Price is per session.

Session I:

Tue | 1 pm
Jan 23, 30 and Feb 6

Session II:

Wed | 6 pm
Feb 21, Feb 28 and Mar 6
\$75 | Valued member \$50



Main Library Tour & Lunch

Take a guided tour with us to explore the special collections, public art and exhibitions at the Main Library in the heart of downtown. Transportation from the JCA is included; lunch is at your own expense.

Wed, Jan 24 | 8:45 am
\$23 | Valued member \$15

Let's Do Lunch

Meet us at local favorites for our monthly lunch outing. Your meal is at your own expense. Registration required.

Fri | 11 am

Jan 26, Feb 16 or Mar 15

\$5 | Free for valued members



Traveling Diner Dinner Club

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

Tue | 6 pm

Jan 30 or Mar 26

\$5 | Free for valued members



Aeroponic Farm Tour & Lunch

We are headed to 5 Points Farm to tour an aeroponic farm and learn more about how they are growing "beyond organic" vegetables and herbs in the heart of Jacksonville! Join us to learn how this indoor, vertical farm works in a sustainable way - then harvest some of our own produce. After our tour, we will enjoy lunch at one of the local restaurants that sources directly from 5 Points Farm. Transportation from the JCA is provided; lunch is at your own expense. **Advanced registration is required by Jan 28.**

Wed, Jan 31 | 9:45 am
\$15 | Valued member \$10



Jax Public Art Tour & Lunch

There is a growing collection of art in our beautiful downtown Jacksonville! Heather will lead us on a walking tour to learn about the public art that is now on display in our city. Plus, we will drive through surrounding neighborhoods to explore even more local art! Transportation is included; lunch is at your own expense.

Tue, Feb 6 | 9 am

\$23 | Valued member \$15

Dealing with Dementia

Caregiving for those with cognitive impairment is especially challenging. Often, there is a greater need for emotional and social support, improved coping strategies and better information about available services. In this program, staff from River Garden will review dementia basics, discuss tactics for communication, behavior management and safety, and help caregivers find resources, support and solutions.

Wed, Feb 7 | 11:45 am

Free to the community; lunch will be provided.



Changes Coming to Our City!

There are so many exciting new projects and infrastructure in the works to revitalize Jacksonville! Kay Ehas, Groundwork Jacksonville CEO, will share a presentation about the new Emerald Trail Master Plan and other community building projects happening this year; come learn about the bright future of our great city!

Thu, Feb 8 | 10 – 11 am

Free to the community



Cosmic Classroom Series

Tabi Nettles, Owner of Nettles Herbs, teaches this series on astrology and planetary energies. Join us for one class or all three for a deeper understanding of how these topics interact with each other. **Registration is required.**

Tue | 6:30 pm

Zodiac Signs: Feb 20

Planetary Energies: Feb 27

Understand Your Natal Chart: Mar 5

\$15 | Valued member \$10, per class

\$38 | Valued member \$25, three classes

Visual History of Mandarin

Sandy Arpen, vice president of the Mandarin Museum & Historical Society Board will present a Visual History of Mandarin, using the museum's photos and records as well as personal accounts from residents and organizations in our neighborhood. Don't miss this opportunity to learn about the Mandarin area!

Thu, Feb 22 | 10 am

Free to the community



Dini Klein: Prep + Rally

Learn with Dini Klein, food host, founder of the Prep + Rally™ family meal-prep subscription service, and the author of *Prep + Rally; An Hour of Prep, a Week of Delicious Meals*. Dini's creativity in the kitchen helps parents all over the world.

Mon, Mar 4 | 12 pm

Free to the community



Norman Studios Tour & Lunch

Founded in 1916, Norman Studios, Jacksonville's only surviving Silent Film Studio Complex, was among the nation's first to produce "race films" starring African American characters in positive, non-stereotypical roles. Norman's five-building studio complex survives in Jacksonville's Old Arlington neighborhood. Transportation from the JCA is included; lunch is at your own expense.

Thu, Mar 7 | 9 am

\$23 | Valued member \$15



Baltic Amber Jewelry

Discover the benefits of Baltic Amber with Zuzia Soldenhoff-Thorpe. Together we will learn about the healing properties of this beautiful jewelry, where it comes from, and how it is sourced. Then, we will make a simple bracelet to take home.

Registration is required by Mar 25.

Thu, Mar 28 | 1 pm

\$38 | Valued member \$25

**TOGETHER
AGAINST
HATE**

PROMOTING
UNITY IN OUR
COMMUNITY

PRESENTED BY JCA the Y



Let's listen, learn, and grow together – even when conversations are challenging. At the next **Together Against Hate: Promoting Unity in Our Community** speaker event: **Interfaith** - local faith leaders, **OneJax**, and the **Interfaith Center of Northeast Florida**, will host a panel discussion at 7 pm on Thursday, January 18, 2024, in the **Main Library** in **Downtown Jacksonville**, 3030 N. Laura Street.

Our Together Against Hate series will culminate with the first-ever **Racing Against Hate 5K Run/Walk** at the **Winston Family YMCA** on **Sunday, February 25, 2024**, at 1 pm.



Presented by the **JCA** and **First Coast YMCA**, Together Against Hate addresses topics impacting our area including prejudices in faith, race, antisemitism, ethnicity, LGBTQAI+, gender, and diverse abilities. In an active and visual representation of our partnership and the efforts made to unify our community,

Thanks to influential speakers from **904Ward**, **JASMYN**, the **Anti-Defamation League (ADL)**, **The Arc**, the **LJD Jewish Family & Community Services**, **OneJax**, and **Interfaith Center**, Together Against Hate gives our neighbors the knowledge needed to have a voice in taking a stance against bias. **Together Against Hate and the Racing Against Hate 5K Run/Walk** is made possible by funding from CSX, the Jewish Federation & Foundation of Northeast Florida: Next Gen B'nai Tzedek Grant Award, and the Team Up Project: a national collaboration between Catholic Charities USA, Habitat for Humanity International, Interfaith America and YMCA of the USA.



Please visit the Together Against Hate Facebook page: [Facebook.com/TogetherAgainstHateJacksonville](https://www.facebook.com/TogetherAgainstHateJacksonville) for more details and register to save your spot today!

SPECIAL THANKS TO OUR COMMUNITY PARTNERS



**VANDROFF
ART GALLERY**

Glenn Ivie
Jan 4 - 31

In awe of the alchemy that turns a finite number of brushstrokes into various forms, regardless of subject matter, often paradoxical in nature, Glenn's work showcases the Yin and Yang of contrasting colors, values and forms.

Sabine Baeckmann-Murray
Feb 1 - 28

Opening Reception:
Thu, Feb 1 | 6 pm

"Awua and Equus - A Visual Story of Power and Grace," is a body of work from a seasoned artist with over 40 years' experience in medical and scientific illustration, pharmaceutical advertising, design and marketing, as well as in teaching and training in the fine art and digital fields.

Patti Resso
Feb 29 - Mar 27

Joining us for her second exhibition at the JCA, Patti's work is influenced by the beauty of the movement of watercolor paint and the spontaneity achieved with the mixture of water and its unexpected meanderings across the paper.

For details on exhibiting or the upcoming artist schedule, call Heather at ext. 265 or email, heather.terrill@jcjax.org.



ANNOUNCING THE 2024 BERMAN FAMILY JCA CONCERT SERIES!

The Jewish Community Alliance is proud to announce our featured artists in 2024 - Chelsea Guo, Lun Li and Benjamin Baker. These extraordinary musicians have performed in concert halls around the world and will soon take the stage in our Bessie Setzer Frisch Auditorium.

Please visit jcajax.org/concert-series for more details and mark your calendars to join us. The Berman Family JCA Concert Series is **free and open to the entire community** thanks to the generosity of the Berman family.



CHELSEA GUO, SOPRANO AND PIANO

Sun, Jan 14 | 3 pm

Winner of the 2022 YCA Susan Wadsworth International Auditions, Chelsea Guo is one of the rare talents equally formidable as both a vocalist and a pianist. Chelsea was proud to be included in "Classic FM's Rising Stars: 30 Brilliant Musicians We're Celebrating in 2022."

Chelsea's passion for piano was mirrored by her love of singing from an early age. Chelsea graduated with honors from The Juilliard School's Pre-College as a double major in piano and classical voice, studying with Hung-Kuan Chen, Tema Blackstone and Lorraine Nubar.

Chelsea is currently pursuing a Bachelor of Music in piano at Juilliard under the tutelage of Hung-Kuan Chen and continuing her vocal studies with Jason Ferrante.



LUN LI, VIOLIN

Sun, Feb 18 | 3 pm

A native of Shanghai, China, violinist Lun Li won First Prize in the 2021 Young Concert Artists Susan Wadsworth International Auditions, The Paul A. Fish Memorial Prize, the Buffalo Chamber Music Society Prize, and was named John French Violin Chair at YCA.

Additionally, Lun is the recent joint winner of First Prize at the Lillian and Maurice Barbash J.S. Bach Competition. Lun had the honor and privilege of traveling between Shanghai and New York bringing him a plethora of experiences throughout his career.

Lun is currently pursuing an Artistic Diploma at The Juilliard School where he serves as teaching assistant to Catherine Cho.



BENJAMIN BAKER, VIOLIN

Sun, Mar 17 | 3 pm

A New Zealand native, Benjamin moves audiences around the world with his musicianship. Since winning 1st Prize at the 2016 YCA Susan Wadsworth International Auditions in New York and 3rd Prize at the Michael Hill Competition in New Zealand in 2017, Benjamin has a strong international presence.

Described by the *New York Times* as bringing "virtuosity, refinement and youthful exuberance" to his debut at Merkin Concert Hall, he is much sought after as soloist and chamber musician.

A London resident, Benjamin studied at the Yehudi Menuhin School with Natasha Boyarsky and Felix Andrievsky at the Royal College of Music, where he earned the "Queen Elizabeth The Queen Mother Rosebowl" award.



Rachel Sandler

Jewish Educator
(904) 730-2100 ext. 271



Scan the QR code to discover more about our Jewish Culture/Education programs.

Monthly Member Mitzvah

January - Donate non-perishable food items for The LJD Jewish Family & Community Services Max Block Food Pantry.

February - Sign the Together Against Hate Banner before the Racing Against Hate 5K Run/Walk on Feb 25.

March - Donate prepacked, individually wrapped snacks for *Mishloach Manot*, which means sending portions. We will give the bags to Holocaust survivors and River Garden residents for Purim. Join us on **March 21 at 9:30 am** to assemble the bags.

Kosher Market Sweep

Join us to have fun, while we learn about Kosher rules and symbols! Kosher Market Sweep is in partnership with Congregation Ahavath Chesed and The LJD Jewish Family & Community Services. Families, teams of 2 - 4 people, and single players are welcome. Location will be emailed to you upon registration.

Registration required by Jan 7.
Sun, Jan 14 | 10:30 am
Free to the community



Joys of Yiddish

Bissaleh means “a little bit” in Yiddish. So, come and enjoy a *bissaleh* Yiddish through songs, conversations and theatre with Dr. Sara Marvin.

Tue | 11 am
Ponte Vedra Beach Library
Jan 16, Feb 27 and Mar 26
Free to the community

Jewish Yoga

Experience yoga through a Jewish lens as an alternative Shabbat experience at the Jacksonville Jewish Center (The Center) and Congregation Ahavath Chesed (The Temple).

Sat | 8 am
Jan 20 | The Temple
Feb 10 | The Center
Mar 9 | The Temple
Free to the community

Family Mezuzah Making

Bring your family to decorate your own *mezuzah*! While we create, we will share a book to learn about *mezuzot* and how to write like a scribe. This program is in partnership with The Jewish Federation & Foundation of Northeast Florida, PJ Library and our local synagogues. **Registration is appreciated by Jan 16.**

Sun, Jan 21 | 2 pm
Etz Chaim Synagogue
Free to the community

Tu B'Shevat Seder

Rabbi Englander from The Temple joins us to celebrate the new year of the trees! Participate in a traditional *Tu B'Shevat* seder using the fruits associated with Israel. **Please register by Jan 19.**

Tue, Jan 23 | 10 am
Free to the community



The Oldest City's Oldest Synagogue

Local author, Robert Blau, joins us to share his book and how he traced the origins of the First Congregation Sons of Israel in St. Augustine, who worshiped in the same synagogue for the past 100 years. The synagogue founders arrived in Florida near the end of the 19th Century, fleeing poverty and persecution in Eastern Europe.

Thu, Jan 25 | 7 pm
Free to the community

On the Trail of Tears: Sephardic Judaism and the Holocaust

Join us to hear from Dr. Isaac Amon, a descendant of Jews who fled Spain for the Ottoman Empire in 1492. Dr. Amon is the Director of Academic Research at Jewish Heritage Alliance, an educational organization dedicated to preserving and promoting the legacy of *Sefarad* (Jews of the Iberian Peninsula).

Thu, Feb 29 | 7 pm
Free to the community

Hebrew 202

Do you already know the *alef bet* but want to take it a step further? This class will help you start to learn Hebrew vocabulary and conversation. **Registration is required by Feb 26.**

Mon | 7 pm
Mar 4, 18, 25, Apr 1, 8, 15, May 6 and 20
\$150 | Valued member \$100



Maimonides, Medical Cures and Magic! Amazing Discoveries in an Egyptian Synagogue

A discovery that is still transforming our knowledge and understanding of Jewish community life in the Middle Ages, Dr. Rebecca J.W. Jefferson, curator of the Price Library of Judaica at the University of Florida, shares the incredible story of how 250,000 medieval manuscripts were discovered in the 19th century buried in an ancient Egyptian synagogue.

Wed, Mar 6 | 7 pm
Free to the community

Clergy in a Circle

Sit with multiple clergy members from Northeast Florida for a dynamic discussion from *alef* to *tav* that just might surprise you.

Thu, Mar 7 | 7 pm
Beth El The Beaches Synagogue
Free to the community

Hamantaschen Bake for Kids

Children will make their own dough and choose from a variety of fillings as they create their own hamantaschen in celebration of Purim. **Registration is required by Mar 18.**

Wed, Mar 20 | 4 pm

\$8 | Valued member \$5



Make Mischloach Manot Bags for Purim

Join us to make *mishloach manot* bags for Purim. *Mishloach manot*, meaning sending of portions, are gifts of food that are sent to friends, relatives and neighbors during *Purim*. We will deliver our *mishloach manot* to Holocaust survivors and River Garden residents.

Thu, Mar 21 | 9:30 am

Free to the community



The Relevance of German Jewish History

There was Jewish history in Germany well before the Holocaust. Rabbi W. Jack Romberg will discuss the relevance of German Jewish history in his family as well as the important parallels and connections to American history.

Wed, Mar 27 | 7 pm

Free to the community

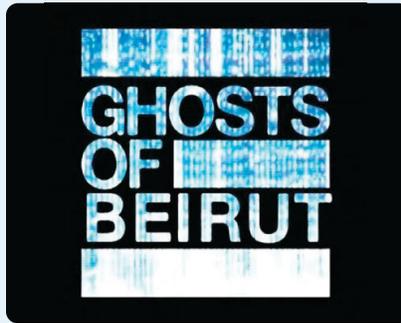
INFO@JCAJAX.ORG



Programs with our Israeli Community Shlichah Tal Mola

Israel Time

Tal shares her knowledge of the Spanish and Latin cultures. Experience the joy of learning through engaging activities, while savoring the flavors of delicious Latin cuisine – a delightful way to kick-start your Spanish journey!
Thu, Feb 22 | 6:30 pm



Discover Israel Film Series: Ghosts of Beirut

Based on a true story, *Ghosts of Beirut*, chronicles the decades-long search for Lebanese terrorist, Imad Mughniyeh, by the CIA and the Israeli secret service agency, the Mossad.
Thu, Mar 14 | 6:30 pm



Shlichim Road Tour

The Shlichim Road Tour is making its way to Jacksonville in 2024. Stay tuned for more details!



Conversational Hebrew: Medabrim Ivrit

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



Practice Hebrew: Metargelim Ivrit

Tal's Practice Hebrew is for intermediate Hebrew speakers who are not at a fluent level.

Please email Tal for more information about her Hebrew classes:
jaxshlichut@jewishjacksonville.org.



Jewish Federation & Foundation
of Northeast Florida

Israeli Community Shlichah

Our thanks to the Jewish Federation & Foundation of Northeast Florida for funding our free Israeli Community Shlichah programs.



Natalia Fisher

Early Childhood Director
(904) 730-2100 ext. 242



Scan the QR code to discover more about our Early Childhood programs.



Inspiring Early Childhood Educators

Celebrating more than 10 years, our JCA's **Educator Support Network (ESN)** presented by the **Michele Block Gan Yeladim Preschool & Kindergarten** is designed as a professional development resource for early childhood educators throughout Northeast Florida. Thanks to the generosity of our supporters, our upcoming ESN programs promise another year of inspirational learning and professional growth.

The next series of the ESN is possible thanks to a grant from the **Jacksonville Children's Endowment at The Community Foundation for Northeast Florida** as well as funding from **VyStar Credit Union**. This funding allowed us to re-envision and redesign our longstanding ESN program to include hands-on opportunities rooted in mentorship and inquiry-based learning.

This year, we are proud to partner with the **University of North Florida** to offer professional development resources at our school and the **UNF Preschool**. For more information about the JCA's Educator Support Network presented by Michele Block Gan Yeladim Preschool & Kindergarten, please email ganyeladim@jcjax.org.

Parent & Me

CLASSES



Make Music (3 mos - 3 yrs)

This Parent & Me class stimulates the young brain while you play with instruments, sing and dance along to the music.

Mon | 11 - 11:45 am | Jan 8 – Mar 18
No class: Jan 15, Feb 19 and Mar 11



Stroller Fit (Birth - 3 yrs)

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

Mon | 12 - 12:45 pm | Jan 8 – Mar 18
No class: Jan 15, Feb 19 and Mar 11

On the Go (Crawlers - 3 yrs)

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

Thu | 11 - 11:45 am | Jan 11 - Mar 21
No class: Mar 14



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 9 – Mar 19
No class: Mar 12



Tot Shabbat (Birth - 3 yrs)

Join us for a holiday-based Shabbat with experiences and activities centered around *Tu B'Shevat* and *Purim*.

Fri | 11 - 11:45 am | Jan 26 and Mar 22



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 10 – Mar 20
No class: Mar 13



Family Yoga (Crawlers - 3 yrs)

Bond with your little ones as you help them work on focus, flexibility and other fine motor skills.

Sun | 10 - 10:45 am
Jan 21, Feb 18 and Mar 17

FREE TO THE COMMUNITY

Advance registration is required.

Please contact Nicole Blundy by email, nicole.blundy@jcjax.org or call ext. 259.

AUDITION PREP FOR DA AND LAVILLA

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

Baby Bear Ballet**Ages 3 (by 9/1/2023) - 5**

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

Mon | 1 - 1:30 pm

Jan 8, 15, 22, 29, Feb 5, 12, Mar 4 and 11

\$204 | Valued member \$136

Zoe's Hippy Hop Move & Groove**Ages 3 (by 9/1/2023) - 5**

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

Tue | 1 - 1:30 pm

Jan 9, 16, 23, 30 Feb 6, 13, 20, Mar 5 and 12

\$176 | Valued member \$117

Fit for Broadway**Grades K - 8**

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

Tue | 4 - 5 pm |

Jan 9, 16, 23, 30, Feb 6, 13, 20, Mar 5 and 12

\$149 | Valued member \$99

Zoe's Story Sketches**Age 3 (by 9/1/2023)**

This class is perfect for any creative 3-year-old with a big imagination! We will read a story each week and jump into the pages of the book to experience what the characters are going through in the story.

Wed | 3 - 3:30 pm

Jan 10, 17, 24, 31, Feb 7, 14, 21, Mar 6 and 13

\$230 | Valued member \$153

Shelly Hughes*Theatre Director*

(904) 730-2100 ext. 252



Scan the QR code to discover more about our Theatre programs.

Zoe's Clubhouse**Ages 4 (by 9/1/2023) - 5**

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

Wed | 1:30 - 2:15 pm |

Jan 10, 17, 24, 31, Feb 7, 14, 21, Mar 6 and 13

\$230 | Valued member \$153

Zoe's Alumni**Grades K - 2**

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

Wed | 4 - 4:45 pm

Jan 10, 17, 24, 31, Feb 7, 14, 21, Mar 6 and 13

\$230 | Valued member \$153

PAC Auditions
Seussical
The Musical

Audition Date:
Sun, Jan 7 | 1 pm

Rehearsals:
Mon and Thu | 4 - 6 pm

Rehearsals Begin:
Thu, Jan 11

Show Dates:
Mar 2 and 9 | 7:30 pm
Mar 3 and 10 | 1 pm

Recital Fee:
\$285 | Valued member \$190

Fees are collected after the cast list is posted.

Grades 1 - 9



Evan McInnis

Youth Services Director
(904) 730-2100 ext. 249



Scan the QR code to discover more about our Youth Services programs.

Private Supplemental Tutoring

Grades K – 5

One-on-one academic subject and homework assistance with current or former educators. Open to valued members and After School participants only. Contact Lea at ext. 245 for more information and pricing options.

Chopped!

Grades 4 - 9

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

Wed | 4:15 – 5:30

Jan 10, 17, 24 and 31

\$75 | Valued member \$50



Budding Biologists

Grades K - 5

Let's *cell-ebtrate* the science of life! Give your young scientist the opportunity to feed their curiosity with hands-on experiences that are designed to unravel the mysteries of life and nature. This fun class explores genetics, botany and everything in between. Each young scientist receives a custom lab coat.

Thu | 4 – 5 pm

Jan 11, 18, 25 and Feb 1

\$75 | Valued member \$50

Family Art-venture

Grades K+

Unleash your inner artist alongside your loved ones in a relaxed and fun-filled atmosphere. Parents and children will be guided step-by-step through a captivating project while enjoying light refreshments and quality time. No painting experience is necessary! This class could get messy, so please wear old clothes.

Sun, Jan 14 | 3:30 – 5 pm

\$30 | Valued member \$20

Price is for one parent and one child.

Add \$5 for each additional participant.

Mini Monets

Grades K – 8

As Picasso once said, “Learn the rules like a pro so you can break them like an artist.” In this class, Mini Monets will study the work of different renowned artists, then try to mimic their style with their own personal flair. We hope you are ready because this class is designed to outfit homes throughout Jacksonville with a collection of paintings that will rival the *Louvre*. Mini Monets could get messy, painting shirts will be provided.

Tue | 4 – 5 pm

Feb 6, 13, 20 and 27

\$75 | Valued member \$50

Cookie Club

Grades K – 8

Life is what you *bake* it. Cookie enthusiast will whip up unique and delicious cookies in each class. From chocolate chip to snickerdoodle – we are making kids' *cookie dreams crumb true*. Bakers receive a customized apron and recipe book.

Wed | 4:15 – 5:30 pm

Feb 7, 14, 21 and 28

\$75 | Valued member \$50

Parents Night Out

Grades K – 8

Enjoy a night out while the kids play at the JCA! We will play classic camp games in the gym, enjoy a grilled cheese dinner, and watch a movie while you are away. Parents, check out local movie theaters for Tuesday date night discounts!

Tue, Feb 13 | 6 – 9 pm

\$27 | Valued member \$18

Middle School Movie Night

Grades 6 – 8

We're headed to the movies! Teens, get out of the house and enjoy a nighttime feature film! Bring your friends or meet new ones at our middle-schoolers only movie night. Extra cash for concessions is recommended! Transportation from the JCA is provided.

Sun, Feb 18 | 6 – 9 pm

\$23 | Valued member \$15

Meal Masters

Aspiring young chefs will learn to cook delicious and healthy meals. From vegetable fried rice to stuffed shells, your child will learn to cook meals that will satisfy the family and give you the night off from cooking. Each chef receives a custom apron and recipe book. All dishes will be vegetarian!

Grades 4 - 9

Tue | 4:15 – 5:30 pm

Mar 5, 12, 19 and 26

Grades K – 3

Wed | 4:15 – 5:30 pm

Mar 6, 13, 20 and 27

\$75 | Valued member \$50

Epic Engineers

Grades 2 – 6

Grab your calipers and blueprints and embark on an exciting journey filled with building and designing unique structures and machines! This class is the perfect blend of hands-on fun and education, fostering creativity, innovation and problem-solving skills.

Thu | 4 – 5 pm

Mar 7, 14, 21 and 28

\$75 | Valued member \$50



Purim Party

Parents Night Out

Grades K – 8

It's time to party! Join us for our annual Purim Party, where we will dance, play, and participate in an interactive story about the origins of Purim. We will have plenty of treats and hamantaschen. Costumes are encouraged!

Sun, Mar 17 | 4 – 7 pm

\$27 | Valued member \$18

Monthly Mitzvot

Grades 7 – 11

Inspire and empower your teen to make a positive impact on the community one *mitzvah* (good deed) at a time leading to many *mitzvot* this season. Each month we will spend a day completing a meaningful *mitzvah* that aligns with our core Jewish values. For more information, please contact Evan at ext. 249.

Sun | 1 - 4 pm

Jan 28, Feb 11, Mar 24 and Apr 14

Free to the community



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 sport, STEAM, and creative 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. Please wear athletic shoes, pack a dairy lunch (no meat), and swim essentials – our team will take care of the rest!

Winter Dates:

Mon, Jan 15

Mon, Feb 19

Fri, Mar 15

Fri, Mar 29

Spring Break:

St. Johns County* | Mar 11 – 15

Duval County | Mar 18 – 22

*Minimum enrollment required

J-Cation Day Field Trips

Grades K – 8

Your child is invited to join us for these supplemental field trips at an additional cost during J-Cation Days.

Mon, Jan 15: BravoZ

\$53 | Valued member \$35

Mon, Mar 18: Explore da 904

Thu, Mar 21: Bowling

\$38 | Valued member \$25



AFTER SCHOOL

GRADES K-5



The biggest complaint we hear at the end of the day is that children don't want to leave! Have your children end the day at the JCA. Our After School Program will nurture, encourage and stimulate your child's interests through a variety of activities in a positive environment children love!

Mon - Fri | 2:30 – 6 pm

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

STUDY CENTRAL

GRADES 6-8

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

Mon - Fri | 2:30 – 6 pm

SPOTS ARE STILL AVAILABLE IN THE 2023-24 SCHOOL YEAR!

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

FREE TRANSPORTATION FROM SELECT SCHOOLS WITH MINIMUM ENROLLMENT



- ✓ NEW- Beauclerc Elementary
- ✓ Duval Charter School at Baymeadows
- ✓ Duval Charter School at Mandarin
- ✓ NEW- Greenland Pines Elementary School
- ✓ Hendricks Avenue Elementary
- ✓ NEW- LaVilla Middle School
- ✓ Loretto Elementary
- ✓ Mandarin Oaks Elementary School
- ✓ Martin J. Gottlieb Day School
- ✓ Seaside Charter Elementary School
- ✓ NEW- Torah Academy
- ✓ River City Science Academy Innovation
- ✓ River City Science Academy Mandarin



**Kendall
Sisisky Valliere**
Development Director
(904) 730-2100 ext. 231



Scan the QR code to
discover more about
how you can help the JCA
support our community.



Because of your support, hundreds of people experienced 15 free programs during our annual celebration of Jewish cultural arts, literature and films.

FESTIVAL SPONSORS*

FESTIVAL SUPPORTER

Jordan and Shirley Ansbacher Family Foundation • Rochelle and David Stoddard • The Trager Family • Linda and David Stein

BENEFACTOR

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PILLAR

Adam and Regina Chaskin • Susan and Ronald Elinoff • Helen Rowan and Paul Halloran • Paula and Kenneth Horn
Whitney and Grant Kuvin • Thelma Nied • Judy and Steve Silverman • Kimberly and Richard Sisisky

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LaVerne and Andrew Cantor • Client Focused Media • Jaffa Family Endowment Fund
Jan and Bruce Lipsky • Ellen and Alan Rosner • Toby Ringel • Millie and Edward Tannen

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*as of 12/1/2023

YOUR GENEROSITY MAKES OUR CULTURAL ARTS FESTIVAL POSSIBLE!



ANNUAL
Fabulous
FUNDRAISER

Jax Vegas, Baby!

FEBRUARY 17, 2024 | 7:30 PM

DRINKS • DINNER • DANCING

CO-CHAIRS

Sunny Gettinger
 Lior Spring

COMMITTEE

Rachel Algee
 Nicole Brown
 Regina Chaskin

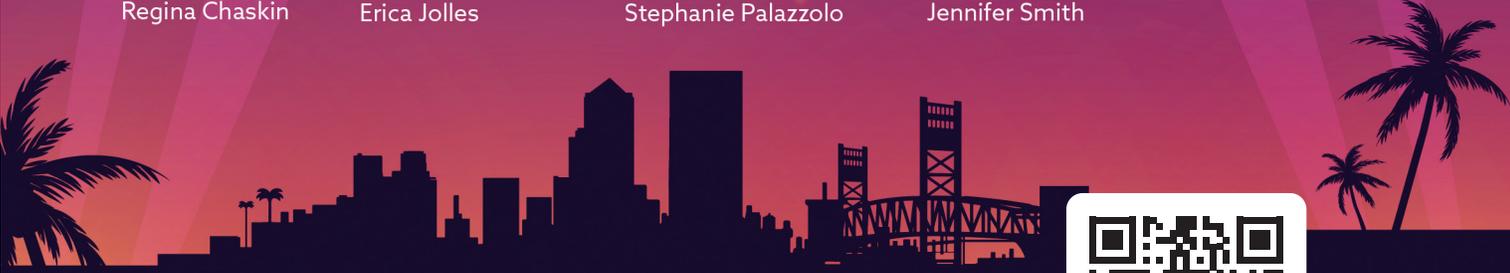
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GET YOUR TICKETS!

SCAN THE QR CODE OR VISIT [BIT.LY/JAXVEGASBABY](https://bit.ly/jaxvegasbaby)



WHAT HAPPENS AT THE JCA, STAYS AT THE JCA

For sponsorship opportunities and event information, please contact Kendall Sisisky Valliere at (904) 730-2100 ext. 231 or kendall.valliere@jcajax.org.



Amaris Chrispell

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



Scan the QR code to discover more about our Wellness Connexion programs.

12-Week Weight Management Program

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

Free to valued members. Stop by the Wellness Connexion for more details and to register!

LIFESOUTH Community Blood Centers

Blood Drives at the JCA

One blood donation can save up to three lives. Our JCA is proud to partner with LifeSouth Community Blood Centers to host several community-wide blood drives. Walk-ins are welcome or make an appointment on jcjax.org.

Mon | 10 am - 5 pm
Feb 12 and Apr 15
In the JCA Donziger Library

Your Health Journey Starts Here.

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

Begin your wellness journey at jca.ezonlineregistration.net.

FREE to JCA valued members!



Meditation

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 for these weekly sessions.

Mon and Thu | 11:35 am - 12:10 pm
Free to valued members. Stop by the Wellness Connexion for more details.

Vision Screenings

Join us for a free vision screening event with Vision is Priceless! All participants will receive free reading glasses.

Thu, Jan 18 | 11 am - 1 pm
Free to valued members. Registration is required, please stop by the Wellness Connexion for more details and to register!

Physician Chat: Rethinking Self-Love and Self-Care

Self-love isn't just about pampering oneself or seeking external validation, but rather cultivating a deep sense of respect, acceptance and compassion for oneself. Join Dr. Heidi Ashbaugh, MD, with Baptist Health and Certified Life Coach as she discusses sustainable self-nurturing to foster genuine happiness and inner growth.

Tue, Feb 13 | 12 - 1 pm
Free to the community

Expert Chat: Maintaining Joint and Postural Health

Danai Stone, PT, DPT, with Baptist Health Rehabilitation will discuss the fundamentals of maintaining strong joints and good posture. Whether you are interested in preventing injuries, managing discomfort, or simply improving your overall well-being, this talk will provide valuable insight.

Tue, Mar 12 | 12 - 1 pm
Free to the community



The JCA Walking Club

We want YOU to join the Walking Club! JCA Walking Club members go at their own pace, and through weekly walking goals, build speed and endurance. As adults, walking benefits your health in so many ways: it increases heart and lung fitness and lowers the risk of heart disease and stroke while building stronger bones and muscles, and decreasing body fat. Members walk on our JCA indoor track, on treadmills or anywhere safely outside. We also plan monthly walking meetups. The JCA Walking Club is not only fun and educational with monthly email tips - our club is FREE to valued JCA members.

Walking Club Outdoor Walks

Group Walk
Tue, Jan 16 | 9:30 am

The location will be emailed to you upon registration.

Racing Against Hate 5K Run/Walk
Sun, Feb 25 | 1 pm
Winston Family YMCA, Riverside Ave

Group Walk
Tue, Mar 19 | 9:30 am

The location will be emailed to you upon registration.

If you have questions, would like to join the club or register for our outdoor walks, please email **Hollie Arnold**, hollie.arnold@jcjax.org.

SMALL GROUP TRAINING

Small group training package purchase required.

Broga

Be one of the “bros” and join our Fitness and Yoga Instructor Paula Saraga in her ongoing yoga training group for men.

Mon | 5 - 6 pm

Limited to six people per session.

Barre

Experience a full-body workout that combines strength, Pilates and body weight exercises. Our certified fitness instructors guide you through these low-impact exercises. Kerianne Acra leads Barre class on Tue and Fri. Gisela Reis leads class on Thu.

Tue | 9:15 - 10:15 am

Thu | 9:30 - 10:30 am

Fri | 9:15 - 10:15 am

Tai Chi Sundays

Instructor Clint Neale shares the Tai Chi experience with a perfect blend of gentle movements, deep breathing, and mindful focus that will enhance your overall well-being.

Sun | 10 - 11 am

Limited to 15 people per session.

Melt Method

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

Sun | 12 - 1 pm

Limited to six people per session.



Couch to 5K

In preparation for the first-ever Racing Against Hate 5K Run/Walk, on Sunday, February 25

at 1 pm at the Winston Family YMCA, our personal trainers will guide you through a seven-week training program. This introductory course will provide a balanced approach to get race ready, incorporating strength training, stretching and cardiovascular conditioning for the novice and intermediate runner/walker. Couch to 5K happens weekly, starting Jan 7 or 8. Participants choose which day they train.

Sun | 1 - 2 pm or Mon | 1:30 - 2:30 pm
 \$105 | Valued member \$70



Intro to Tai Chi

Instructor Clint Neale will guide you through an introductory learning experience in this ancient mindful practice.

Thu, Jan 18 | 12 - 1 pm

Free to valued members

Soup Yoga

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

Sun, Jan 21 | 2 - 4 pm

\$60 | Valued member \$40

Eiffel Gilyana

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



Scan the QR code to discover more about our Fitness and Wellness programs.

Couples Yoga

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

Sun, Feb 4 | 2 - 3:30 pm

\$60 per couple | Valued member \$40 per couple

Community CPR

Learn how to be a lifesaver and receive your certification. Instructor Karen Cataldo will present this certification program.

Fri, Feb 23 | 1 - 4 pm

\$113 | Valued member \$75

Limited to 12 participants.



Bro-lates

Introducing, Bro-lates, our new Pilates workshop just for men! Led by certified Pilates instructor Sylvia Lassus, this mat Pilates class is designed specifically for men who want to challenge their bodies and enhance their athletic performance. Embrace this dynamic, core-focused experience that will leave you feeling stronger, more balanced, and ready to conquer any physical challenge.

Sun, Mar 3 | 12 - 1 pm

\$38 | Valued member \$25

Limited to 15 participants.



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



Scan the QR code to discover more about our Sports and Recreation programs.



Willpower Basketball

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

Mon

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

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

Session I: Jan 22 - Feb 26

Session II: Mar 11 - Apr 15

\$135 | Valued member \$90

Private Lessons

Ages 13 - 18 | Private lessons available throughout the week.

\$60 | 30-minute session

For Private Basketball Instruction

please call Coach Alex at ext. 254 or email alex.minardi@jcjax.org.

Open Pick Up Games

Ages 14+

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

Volleyball

Tue | 7 - 9 pm

Basketball

Sat | 1 - 3 pm

Free for valued members

Youth Flag Football League

Ages 4 - 16

Our Youth Flag Football League divisions are based on age and skill level. Games require a two-hour afternoon commitment. Practice is held at Bolles High School Stadium Field for one hour before each game. Game times will vary based on the number of players and divisions. To volunteer to coach or schedule a make-up assessment, please contact Coach Daniela at (904) 730-2100 ext. 250 or daniela.mickey@jcjax.org.

Sun | 12:30 - 6 pm

Jan 21 - Mar 10

No games on Feb 18

\$165 | Valued member \$110



Fast Freddy's Taekwondo Academy

Ages 3 - 13

Master Frederick Vescera shares the martial art of Taekwondo with our community. The exciting sport teaches a variety of kicks, strikes and blocks while children build self-defense skills and have lots of fun. Students have the opportunity to move up in belts after certain criteria are met. Dobek purchase from Master Freddy is required.

Tue and Thu

Any belt color: **Ages 3 - 6** | 4 - 4:45 pm

White/Yellow belts: **Ages 7 - 13** | 5 - 6 pm

Orange+ belts: **Ages 7 - 13** | 6 - 7 pm

Session I: Feb 13 - Apr 4

Session II: Apr 16 - Jun 6

\$300 | Valued member \$200

Youth Basketball League

The JCA Youth Basketball League offers an organized, competitive and social atmosphere where athletes can develop into fundamentally-sound players while having fun. All games at the JCA; one weeknight practice.

Mandatory Skills Evaluations

Sun, Feb 18

Ages 4 - 6: 12:30 - 1:15 pm

Ages 7 - 10: 1:30 - 2:15 pm

Ages 11 - 16: 2:30 - 3:15 pm

\$165 | Valued member \$110

To volunteer to coach or schedule a make-up assessment, please contact Coach Daniela at (904) 730-2100 ext. 250 or daniela.mickey@jcjax.org.

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

Advanced: **Age 14+** | 6 - 7:30 pm

Session I: Jan 10 - Feb 28

Session II: Mar 13 - May 1

\$180 | Valued member \$120

Adult Basketball Leagues

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

18+ Adult Basketball League

Wed | 6:30 - 9 pm

\$60 | Valued members only

25+ Adult Basketball League

Sun | 8:30 - 11:30 am

\$60 | Valued members only

For dates, availability or to register, please email Coach Alex at alex.minardi@jcjax.org or call ext. 254.

Varsity Basketball League

Ages 15 - 18

Teams consist of eight players for five-on-five competition. No practices, just games. To register as a free agent, a team, or if you are an adult interested in volunteering to coach, please email Coach Alex at alex.minardi@jcjax.org or call ext. 254.

Thu | 6 - 9 pm

Mar 21 - May 16

\$105 | Valued member \$70



PRESCHOOL & YOUTH SPORTS CLINICS



PRESCHOOL

SPORTS EXTRAVAGANZA

AGES 3 (BY 9/1/2023) - 6

Mon | 3:30 - 4:15 pm

Session I: Jan 8 - Feb 12

Session II: Feb 26 - Apr 1

LITTLE NINJA WARRIORS OBSTACLE COURSE

AGES 3 (BY 9/1/2023) - 6

Mon | 3:30 - 4:15 pm

Session I: Jan 8 - Feb 12

Session II: Feb 26 - Apr 1

TERRIFIC TUMBLER GYMNASTICS

AGES 3 (BY 9/1/2023) - 6

Tue | 3:30 - 4:15 pm

Session I: Jan 9 - Feb 13

Session II: Feb 27 - Apr 2

LITTLE KICKERS SOCCER

AGES 3 (BY 9/1/2023) - 6

Tue | 3:30 - 4:15 pm

Session I: Jan 9 - Feb 13

Session II: Feb 27 - Apr 2

LITTLE HITTERS T-BALL

AGES 3 (BY 9/1/2023) - 6

Wed | 3:30 - 4:15 pm

Session I: Jan 10 - Feb 14

Session II: Feb 28 - Apr 3

LITTLE DRIBBLERS BASKETBALL

AGES 3 (BY 9/1/2023) - 6

Thu | 3:30 - 4:15 pm

Session I: Jan 11 - Feb 15

Session II: Feb 29 - Apr 4

TERRIFIC TUMBLER GYMNASTICS

AGES 3 (BY 9/1/2023) - 6

Fri | 3:30 - 4:15 pm

Session I: Jan 12 - Feb 16

Session II: Mar 1 - Apr 5

YOUTH

SOCCER 101

AGES 5 - 10

Mon | 4:30 - 5:30 pm

Session I: Jan 8 - Feb 12

Session II: Feb 26 - Apr 1

JUNIOR GYMNASTICS

AGES 5 - 10

Tue | 4:30 - 5:30 pm

Session I: Jan 9 - Feb 13

Session II: Feb 27 - Apr 2

BASKETBALL 101

AGES 5 - 10

Tue | 4:30 - 5:30 pm

Session I: Jan 9 - Feb 13

Session II: Feb 27 - Apr 2

FLOOR HOCKEY

AGES 5 - 10

Wed | 4:30 - 5:15 pm

Session I: Jan 10 - Feb 14

Session II: Feb 28 - Apr 3

VOLLEYBALL 101

AGES 8 - 14

Thu | 4:30 - 5:30 pm

Session I: Jan 11 - Feb 15

Session II: Feb 29 - Apr 4

\$105 | Valued member \$70



Dustin Rulien

Aquatics Manager
(904) 730-2100 ext. 417



Scan the QR code to discover more about our Aquatics programs.



American Red Cross TRAINING CLASSES

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

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

Fri, Feb 23 | 1 - 4 pm or
Sun, Mar 10 | 12 - 3 pm
\$113 | Valued member \$75

Red Cross-Certified Lifeguard Training

Prerequisites:

- Must be at least 15 years of age.
- Complete a swim-tread-swim sequence without stopping to rest.
- Complete a timed event within one minute and 40 seconds.

The most up-to-date detailed list of course prerequisites are available on jcjax.org under American Red Cross Certifications.
\$285 | Valued member \$190

Red Cross-Certified Water Safety Instructor Training

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



Sensory Safe Swim Lessons

Ratio 2:1 or 1:1 | All ages

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

Sun | 4:30 - 5 pm or 5 - 5:30 pm
Winter Session I | Jan 7 - Feb 11
Winter Session II | Feb 25 - Apr 7
\$150 | Valued member \$100

Adult Group Swim Lessons

Ratio 8:1 | 14+ yrs

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

Mon and Wed | 6:30 - 7 pm
Winter Session I | Jan 8 - Feb 14
Winter Session II | Feb 21 - Apr 1
\$225 | Valued member \$150



7th Annual Polar Plunge

It's time for our annual chilly dip! Get ready, we are hosting the JCA's Polar Plunge on Sun, Jan 21. We will jump in the pool no matter what the temperature is outside! There will be hot chocolate and cookies for all participants. Please register by Jan 17 to take the plunge.

Sun, Jan 21 | 2:30 - 3:15 pm
Free to the community

Masters Swim Team Practice

Ages 18+

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

Eight-week course

Mon | 5:45 - 6:45 am

Winter Session I | Jan 8 - Feb 26

Winter Session II | Mar 11 - Apr 15*

Wed | 7:30 - 8:30 pm

Winter Session I | Jan 10 - Feb 28

Winter Session II | Mar 13 - Apr 17*

\$90 | Valued member \$60

*Prorated to \$68 | Valued member \$45



Private Swim Lessons

All ages

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

Semi-Private Swim Lessons

All ages

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

Scan the QR code above for more information about our cancellation and diaper policies.

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



American Red Cross LEARN TO SWIM PROGRAMS AT THE JCA

No swim lessons or Makos School Year Swim Team practice on Mar 31

LEVEL 0

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

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

Sunday Sessions

10 - 10:30 am

Winter Session I | Jan 7 - Feb 11

Winter Session II | Feb 25 - Apr 7

\$135 | Valued member \$90

Pricing for Parent and Me classes is per session.

LEVELS 1 - 3

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

Preschool through kindergarten children progress through swim levels while learning water safety and skills ranging from blowing bubbles to independent swimming. Children who successfully complete this program will be ready to begin Learn to Swim Level 3.

Sunday Sessions

11 - 11:30 am, 12 - 12:30 pm, 1 - 1:30 pm
or 2 - 2:30 pm

Winter Session I | Jan 7 - Feb 11

Winter Session II | Feb 25 - Apr 7

\$135 | Valued member \$90

Pricing for Learn to Swim programs is per session.

Weekday Sessions

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

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

Winter Session I | Jan 8 - Feb 15

Winter Session II | Feb 21 - Apr 2

\$225 | Valued member \$150

Pricing for Learn to Swim programs is per session.

LEVELS 1 - 4

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

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

Sunday Sessions

11 - 11:30 am, 12 - 12:30 pm,
1 - 1:30 pm or 2 - 2:30 pm

Winter Session I | Jan 7 - Feb 11

Winter Session II | Feb 25 - Apr 7

\$135 | Valued member \$90

Pricing for Learn to Swim programs is per session.

Weekday Sessions

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

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

Winter Session I | Jan 8 - Feb 15

Winter Session II | Feb 21 - Apr 2

\$225 | Valued member \$150

Pricing for Learn to Swim programs is per session.

LEVELS 5 - 6

School Year Makos Swim Team | Ages 5 - 18 yrs

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

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

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

Winter Sessions | Jan 2 - Apr 30

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

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

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

Pricing for the School Year Makos Swim Team is a monthly recurring fee.



Lucas Ramos Campos
Tennis Pro
(904) 730-2100 ext. 317



Scan the QR code to discover more about our Tennis programs.



Adult Tennis Clinics

Ages 18+

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

3.0 - 3.5 Men's Clinic

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

Twelve-Week Sessions

A Team Clinic

Wed | 10:30 am - 12 pm

B Team Clinic

Wed | 9 - 10:30 am

C Team Clinic

Mon | 9 - 10:30 am

Working Women's

Wed | 6:30 - 8 pm

\$180 | Valued members only

Cardio Tennis

Ages 18+

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



Tennis Mixers

Ages 21+

Enjoy a round robin doubles social. Players will be matched up by ability, while they rotate opponents and partners throughout the night. Level of 3.0+.
Second Thu of month | 6:30 - 8 pm
Free for valued members only

Tennis 101

Ages 18+

Adults learn the basics of stroke production, scoring, rules, and more about the game of tennis. Six-week sessions are available year-round.
Mon | 5 - 6 pm
\$135 | Valued member \$90

Private Lessons

Valued members can schedule a private tennis lesson at any time on the **My J app**, or by calling ext. 317.
30-min | \$30
60-min | \$60
Doubles | \$80
Package: Five, 60-minute lessons or ten, 30-minute lessons \$270

Tennis Scholarships

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

JUNIOR TENNIS CLINICS

ALL CLINICS ARE SIX-WEEK SESSIONS.



For the pee-wee and junior players, our **Tennis** programs teach the fundamentals of tennis. Classes focus on proper swinging motions and the most effective way to handle a tennis racquet.

TENNIS ACES

Ages 3 - 5

Tue or Wed | 3:30 - 4 pm

PEE-WEE QUICK START

Ages 4 - 7

Wed or Thu | 4:30 - 5:15 pm

JUNIOR QUICK START

Ages 8 - 12

Tue | 4:30 - 5:30 pm

\$108 | Valued member \$72

Email Lucas for more information and specific class dates, lucas.ramoscampos@jcajax.org.

DISCOVER HOW YOUR CHILDREN CAN LEARN AND GROW WITH US!

✓ EXCEPTIONAL LEARNING ENVIRONMENT

✓ SAFE AND NURTURING

✓ NAEYC ACCREDITED



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

VOTED BEST PRESCHOOL BY THE FLORIDA TIMES-UNION

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



TRIBUTES AND DONATIONS

In memory of...

THELMA OLEXA

by The Miller Families
Adam and Regina Chaskin
The Board and Staff of the JCA

SUSAN SIDLE'S BELOVED SISTER

by Myron and Bunni Flagler

CATHY SHILOSKY

by Karen and Philip Adler

For a Speedy Recovery...

MARK KALLICK

by The Miller Families

In honor of...

GRACE AND DAVID EDWARDS

by The Miller Families
The Board and Staff of the JCA

General Donations

Our thanks to...

KERIANNE ACRA

KAREN ALLEN

AMANDA AND ALONSO ANTUNEZ DE MAYOLO

DEBBI CARTER

RITA CHIAPPETTA

REID CRAWSHAW

JULIE AND TAD DELEGAL

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

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



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



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

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

**EMBRACE THE MOMENTS,
 CHERISH THE TIME!**

JCA **CAMP**
 2024

REGISTRATION OPENS JANUARY
 2024 AT **JCAJAX.ORG/JCAMP**
 OR (904) 730-2100.

AGES 2 AND UP

**PROTECTING OUR COMMUNITIES
 TOGETHER
 REPORT HATE CRIMES**

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