

JCC Adult Spring Class Schedule

COURSE	TIME	FEE	Description
Sunday Human Relations Training for Women In Business (Bux 7320-01) 10 weeks begins April 18	7:00-1:00 p.m.	\$9.00	Learning to effectively express yourself; handle conflict situations in your employment. Expand your options for relating with others & practice a style of communicating which conveys respect for yourself & others. Course includes discussions of the traditional norms of relating to men vs. contemporary, group dynamics & leadership styles. Class in conjunction with CPCC. Class limit: 15. Instructor: Farrell S. Burroughs .
Monday Wines & Wine-Tasting	7:30-9:30 p.m.	\$14 M \$21 NM	Tasting & evaluation of wines from 3 major growing regions: France, Germany & California. Taste approximately a dozen wines. Receive vintage charts, bibliographies, & other supplements. Instructor: Dave Schildknecht .
Tuesday Workout!	9:15-10:15 a.m.	\$15 M \$23 NM	Exercise program incorporating dance, yoga, calisthenics, flexibility, centering & stretching exercises. Special concentration placed on problem areas such as abdomen, hips & thighs. Students encouraged to work at own pace & increase level of difficulty as they become stronger & more supple. Class minimum: 10 people. Instructor: Workout! Staff .
Thursday Workout!	9:15-10:15 a.m.	\$15 M \$23 NM	Three session creative sewing class promises to let you sew to your heart's content. Learn applique, quilting & more; finish items in class. You supply fabric, trim, imagination & Sue provides creativity & helpful tips. Instructor: Sue Alvarez
Adult Creative Sewing	6:10-10:00 p.m.	\$15 M \$22.50 NM	
Human Relations Training For Women I (Bux 7319-01) 10 weeks begins April 15th	7:00-1:00 p.m.	\$9.00	Beginning of a journey towards coming to know who you are & what you want. Accept yourself as a unique & worthwhile person; learn to "care for" & respect yourself. Learn skills for sharing yourself - thoughts, feelings, wants, needs, skills for effectively responding to other's resistance to hearing you & skill for resolving conflict situations. Class limit: 15. Instructor: Farrell S. Burroughs
Yiddish	7:30-8:30 p.m.	\$8 M \$12 NM	Simple basic Conversational Yiddish in the spoken mode only. Yiddish you will use around the house or casually with friends. Instructor: Sam Wallace .
Friday Adult Creative Sewing	9:00 a.m.-Noon	\$15 M \$22.50 NM	See Thursday
Human Relations Training For Women I (Bux 7319-01) 10 weeks begins April 16th	9:00 a.m.-Noon	\$19.00	See Thursday
Yiddish	10:00-1:00 p.m.	\$8 M \$12 NM	See Thursday

Children Classes

MONDAYS: 4:45 p.m. until 6:00 p.m. For 2nd -6th Grades

CLAY WORKSHOPS: FISH KITES (April 12 & April 19) & **LET'S MAKE A MENORAH** (April 26 & May 3).

Fee: \$5.00 Members
\$10.00 Non-Members

TUESDAYS:

TUMBLING FOR TOTS: 4 Weeks
Fee: \$8.00 Members
\$12.00 Non-Members

Begins April 20
KINDERGARTENERS - 1:00 p.m. until 1:45 p.m.
4 YEAR OLDS - 1:45 p.m. until 2:30 p.m.

THURSDAYS:

TUMBLING FOR TOTS: 4 Weeks
Fee: \$8.00 Members
\$12.00 Non-Members

Begins April 22
3 YEAR OLDS - 1:00 p.m. until 1:45 p.m.
4 YEAR OLDS - 1:45 p.m. until 2:30 p.m.

AEROBICS

Dance your way to fitness with easy steps & upbeat music. It's the most fun you'll have while getting in shape for summer. Bring a towel or mat and wear good tennis shoes.

Monday & Wednesday
9:15-10:15 a.m. begins 4/19

Monday & Wednesday
5:30-6:30 p.m. begins 4/19

Tuesday & Thursday
9:15-10:15 a.m. begins 4/20

Classes will meet twice a week for 6 weeks

Fees:
\$20/JCC Members
\$27/Non-member

Instructor:
Ene Harbin & Staff

Dynamics

Combines the "best" of Aerobics, exercise and Yoga. Start with warm up stretches, "move to the beat" with Aerobic dances, do some standing & floor exercise to music and end with some Yoga stretches & postures and a Yoga relaxation period. Bring a towel or mat, wear comfortable clothes & good tennis shoes.

FREE SAMPLE IN DYNAMICS!!!

Monday, April 12
9:15 a.m. or 7:00 p.m.

Monday & Wednesday
7:00-8:00 p.m. begins 4/19

Fee:
\$20/JCC members
\$27/Non-members

Classes are for 6 weeks - twice a week

Morning DYNAMICS classes will be arranged depending on the interest shown at the sample session.

Mail to: JCC, P.O. Box 220188, Charlotte, NC 28222
Or you may call and put it on your Mastercard or Visa. (JCC - 366-0357)

Registration Form

	ACTIVITY	FEE	DAY OF WEEK	TIME
NAME _____	_____	_____	_____	_____
ADDRESS _____	_____	_____	_____	_____
TEL. NO. _____	_____	_____	_____	_____
MEM/NON-MEM _____	_____	_____	_____	_____