

Children's Classes

CLASS	TIME/PLACE	FEE	INSTRUCTOR	DESCRIPTION
0 - 7 MONTHS				
MOM - TOT EXERCISE CLASS 4 classes per session. Begins Jan. 14	Mondays, 10:00 - 10:45 a.m. 5224 Chinley Court	\$5M/\$7.50NM	J. Miller	Join Judy Miller at her home for an educational & invigorating hour of exercise for you & your baby. Help your child develop coordination & tone up your own muscles at the same time.
4 MONTHS - 2½ YEARS				
MOTHER'S MORNING OUT 4 mornings per month	Wednesdays, 9:00 a.m. - 1 p.m. JCC Child Care Center	\$30M/\$40NM	TBA	See description on page 9. "New Program for Parents & Babies."
2 - 4 YEARS				
POTPOURRI 4 classes per session. Begins Jan. 17	Thursdays, 2:30 - 4:30 p.m. JCC Child Care Center	\$20M/\$30NM	E. Grattan	Children will enjoy singing, stories, arts & crafts, stretching, mental & physical exercises.
3 - 4 YEARS				
MORE TRAVELING TYKES 4 classes per session. Begins Jan. 15	Tuesday, 2:30 - 4:30 p.m. JCC Child Care Center	\$20M/\$30NM	E. Grattan	New & different locations! Learn about the city & its residents by visiting business, educational & recreational sites.
EXERCISE 3 classes per session. Begins Jan. 20 & Feb. 17	Sundays, 3:30 - 5:00 p.m. Temple Beth El Fellowship Hall	\$10M/\$15NM	TBA	Children will stretch, jump, run, balance, play games & otherwise develop their gross motor skills.
5 - 6 YEARS				
GYMNASTICS & EXERCISE 4 classes per session. Begins Jan. 15	Tuesday, 4:00 - 5:00 p.m. Lansdowne Elementary Multi-purpose room	\$15M/\$22NM	M. Eulitt	Tumbling, mini-tramp, balance beam & jumping-jacks lead to healthy & happily tired kids.
1st - 6th GRADERS				
RECREATIONAL SWIM 7 classes. Begins Jan. 16	Wednesdays, 4:30 - 6:00 p.m. Alexander Children's Center 6220 Thermal Road	\$7M/\$10NM	JCC staff & AC Ctr. life- guard	Join your friends in a weekly fun swim; dates: Jan. 16, 23, 30, Feb. 6, 13, 20, 27. Enrollment limited to 25 swimmers.
2nd & 3rd GRADERS				
CLUB 23 5 meetings. Begins Jan. 13	2nd Sunday, through May, 2:30 - 4:30 p.m. JCC Child Care Center	\$25/M	R. Keane	Chance to interact with & enjoy their Jewish peers through such activities as skating, parties, museum visits. Jan. 13, Feb. 10, Mar. 10, Apr. 14, May 12.
4th, 5th & 6th GRADERS				
CLUB 46 5 meetings. Begins Jan. 27	4th Sunday, through May, 2:30 - 4:30 p.m. JCC Child Care Center	\$25/M	R. Keane	Chance to interact with & enjoy their Jewish peers through such activities as bowling, parties & hikes. Jan. 27, Feb. 24, Mar. 24, Apr. 28, May 26.
1st - 6th GRADERS				
KARATE 4 classes per session. Begins Feb. 15	Fridays, 4:00 - 5:30 p.m. Cotswold Elementary-Gym	\$16M/\$24NM	D. Dale	Children will learn basics of karate from popular instructor who takes teaching seriously. Those who practiced with Dale last year may be placed in an intermediate class. This is a class for committed students!
PARENTS				
Systematic Training for Effective Parenting. 8 classes. Begins March 7	Thursdays, 7:30 - 9:30 p.m. Charlotte Drug Ed. Center 1416 Morehead St.	\$22 singles \$30 couples	H. Harrill	STEP is designed to help parents & others who want better communication with children. Learn active listening skills, goals of discipline, how to redirect misbehavior, & how to respond positively to negative demands.

CLASS SESSIONS:

I. January 14 - February 8

II. February 11 - March 8

Registration and payment will be accepted for either or both sessions.

Registration Form

(necessary for class registration)

Name(s) _____ JCC member? Yes _____ No _____

Class(es) _____ Session _____ Cost \$ _____

Address _____ Total \$ _____

_____ Phone _____

You will be considered registered when we receive your payment with this form, prior to sessions. Cost for children's classes: full for first child, half price for second child, same family, same (or same cost) classes(es).