

PROGRAMS —

Begins week of Sept. 13, ends week of Nov. 22

DANCE

Pre-Ballet

Introduction to art of classical ballet. Emphasis on coordination & motor-skill development.
Ages: 4-5 Instructor: Claudia Folts
10 sessions \$40 M/\$50 NM
M 3 - 3:45 pm

Pre-Ballet

See above description
Ages: 5-6 Instructor: Claudia Folts
10 sessions \$40 M/\$50 NM
M 3:45 - 4:30 pm

Ballet I

Introduction to art of classical ballet & ballet movements. Emphasis on correct body placement & coordination.
Ages: 7-10 Instructor: Claudia Folts
10 sessions \$45 M/\$55 NM
M 4:30 - 5:30 pm

Ballet II

Class for children with previous ballet instruction.
11 years & up Instructor: Claudia Folts
10 sessions \$45 M/\$55 NM
M 5:30 - 6:30 pm

DRAMA

Let's Pretend

Children develop their imaginations & communications skills
Ages: 8-10 Instructor: Becky Caines
10 sessions \$25 M/\$35 NM
W 3:30 - 4:30 pm

Creative Dramatics

Learn basic tools of acting through use of creative dramatic techniques.
Ages: 10-12 Instructor: Becky Caines
10 sessions \$25 M/\$35 NM
W 4:30 - 5:30 pm

Drama I

Creative dramatics workshop with emphasis on theatre techniques.
12 years & up Instructor: Becky Caines
10 sessions \$25 M/\$35 NM
W 5:30 - 6:30 pm



CLUBS

Teen Council

Teen Council will be comprised of selected 9th-12th grade representatives from the temples and JCC. Council will plan & sponsor Sunday afternoon activities for all teens in the community. To apply for council position, call JCC youth director.

Tween Sunday

Tweens (6th-8th graders) meet one Sunday per month for lunch & an afternoon of recreational & social activities.
Tween dues: \$25 M/\$35NM

Club 23

Sunday afternoon club for 2nd & 3rd graders. Club meets one Sunday afternoon per month to select & participate in wide variety of activities including field trips, recreational & social activities.
Club dues: \$25 M/\$35 NM

Club 45

Sunday afternoon club for 4th & 5th graders. Club members meet one Sunday per month for special program or activity.
Club dues: \$25 M/\$35 NM

BBYO

JCC sponsors B'nai B'rith Youth Organization in Charlotte. BBYO is open to any interested 9th-12th graders in the community. Participants are involved with Judaic programs, community volunteer service projects, social & recreational programs. BBYO offers our Jewish youth opportunity to meet & get to know other Jewish youth from different cities. For further information, call JCC youth director.

Mini-Camps

Mini-camp program for elementary school students during each public school holiday & all teacher work days. Each "mini-camp" features variety of social, recreational & educational activities. Mini-camps will be held on: Oct. 26, 27; Nov. 11; Dec. 21-Jan. 1; Jan. 18; Feb. 15; Mar. 21.

ADDED EXTRAS

The Lunch Bunch

Join us with a dairy bag lunch for an hour of fun including storytelling, arts & crafts & more.
Ages: 3-4 Instructor: Nina Arten
10 sessions \$30 M/\$40 NM
M T Th 12:00 - 1:00 pm

Building Blocks

Little builders will construct a different structure each week out of materials of their own selection.
Ages: 5-6 Instructor: Nina Arten
10 sessions \$30 M/\$40 NM
M 3 - 4 pm

Games Galore

Play a different group game with your friends each week.
Ages: 7-8 Instructor: TBA
10 sessions \$35 M/\$45 NM
M 4:30 - 5:30 pm

Great Detectives

Each week explore a different mystery or solve a different puzzle.
Ages: 5-6 Instructor: Nina Arten
10 sessions \$35 M/\$45 NM
T 3:30 - 4:30 pm

Incredible Flying Machines

Explore the world of aeronautics
Ages: 10-12 Instructor: TBA
10 sessions \$35 M/\$45 NM
W 5 - 6 pm

Storytime

Storytelling & other creative projects.
Ages: 4-5 Instructor: Nina Arten
10 sessions \$30 M/\$40 NM
Th 2:30 - 3:30 pm

A Little of This and That

Potpourri of activities including arts & crafts, storytelling, & other creative projects.
Ages: 5-6 Instructor: Nina Arten
10 sessions \$30 M/\$40 NM
Th 3:30 - 4:40 pm



Abra Cadabra

Introduction to magic of chemistry through simple experiments & projects.
Ages: 5-10 Instructor: TBA
10 sessions \$30 M/\$40 NM
5 4:30 - 5:30 pm

Abra Cadabra

See above description
Ages: 5-6 Instructor: TBA
10 sessions \$30 M/\$40 NM
W 4 - 5 pm

Aquatic Program

SESSION I 9/14 - 10/16
SESSION II 10/19 - 11/20
SESSION III 11/23 - 12/25

AQUA FIT



Open to men & women of any age or physical condition. No swimming ability required for this exciting class that uses the water to achieve fitness. Sign up for two days or three days-a-week.
Session I, II, III

M - F 10:30 - 11:15 am
T - Th 7:15 - 8:00 pm
Fee: Two days - \$15 M/\$30 NM
Three days - \$20 M/\$40 NM

PARENT/INFANT WATER ADJUSTMENT

Ages 6-36 months. Teaches parents how to introduce their infant to an aquatic environment & help parent/infant team become comfortable in water.

Session I, II, III
M - W 9:00 - 9:45 am
T - Th 9:00 - 9:45 am
T - Th 6:30 - 7:15 pm
Fee: \$15 M/\$30 NM

ADVANCED PARENT/INFANT SWIM

For the child under 3 years who has adjusted to the water & is ready to work with the instructor in the water.

Session I, II, III
T - Th 11:30 - noon
Fee: Same as Parent/Infant

PRESCHOOL SWIM LESSONS

For ages 3-6 years. Children will be placed in a class according to their swimming ability. Six children per instructor.

SESSION I, II, III
M - W 3:30 - 4:15 pm
M - W 1:30 - 2:15 pm
M - W 6:30 - 7:15 pm
T - Th 9:45 - 10:30 am
T - Th 3:30 - 4:15 pm
Fee: \$15 M/\$30 NM

YOUTH SWIM LESSONS

Ages 6 & up. American Red Cross swim lessons, beginner to swimmer.

M - W 4:15 - 5 pm
T - Th 4:15 - 5 pm
Fee: \$15 M/\$30 NM

ADULT SWIM LESSONS

Whether you're a T.O.W. (terrified of water) or an advanced swimmer, come improve your water skills & enjoy the pool even more.

Session I, II, III
M - W 11:15 - noon
T - Th 8:00 - 8:45 pm
Fee: \$15 M/\$30 NM

ADVANCED LIFESAVING

Ages 15 & up. You must be able to swim 500 yards using front crawl, sidestroke, backstroke, breaststroke & perform a standing front dive. You will receive your American Red Cross certification upon completion of this course.

Session I only
M 6:30 - 9 pm
Fee: \$18 M/\$35 NM

American Red Cross Water Safety Instructor (WSI)

Upon completion of this course you will be certified to teach swim lessons in the American Red Cross program. You must be 17 yrs. old before the first class, hold a current Advanced Lifesaving Card, & have completed the Introduction to Health Services Education course through the American Red Cross.

Sessions I, II, III
M - W 6:30 - 9 pm
Fee: \$18 M/\$35 NM

(Books not included—to be purchased at the Red Cross).

SWIM FITNESS

For lap swimmers who would like to get the most out of their swimming. A workout will be set up according to fitness level. Learn how to monitor your pulse & use the pace clock. Make an appointment with the Aquatic Director.

Fee: \$15 Members only

Babysitting Available



Babysitting services are available for all persons participating in Shalom Park activities, M-F, 9 a.m.-12:30 p.m. The service is available year-round except when the JCC office is closed.

Users may pay by the hour (\$1.75/hr - 1 child; \$2.50/hr - 2 children) at the JCC desk before dropping children off. Receipts should be given to the caregiver. Babysitting ticket books are available for purchase at the JCC desk: 8 tickets, \$14 or 16 tickets, \$25. Each ticket is good for one hour of babysitting per child.

Users must reserve babysitting time 24 hours in advance by calling the JCC, 366-5007, to make a reservation.