

# JCC HEALTH & PE PROGRAMS

## MEN'S FULL COURT BASKETBALL LEAGUE

This in-house league is open to all adult members (18 & up). Team shirts supplied. Games officiated by professional referees. Teams to be selected on 9/17 & league play starts 10/1. (No games 10/8 & 10/15)

Fee: \$30  
Thursdays 6:30-9:30 pm

## ADULT MEN'S HALF COURT BASKETBALL LEAGUE

For those ball players who may be losing a step in that drive or an inch in that jump. Half court league with 3 on 3 basketball (5 members on a team). Shirts & trophies awarded. For more info call Stu.

Fee: \$10  
Mondays 8-9:30 pm  
(League starts 9/14)

## MEN'S SOFTBALL LEAGUE

This in-house J league is open to all adult members (18 & up). All games will be played on the J's softball fields. Team shirts supplied & awards to winning team. League starts in late September.

Fee: \$25  
Sundays 9 am-Noon

## ADULT CO-ED VOLLEYBALL

An enjoyable evening of recreational volleyball in a league format. Co-ed teams play for fun and excitement! Open to all J adult members (18 & up). Team shirts supplied. Team selection to be on 9/15, with league play starting 9/22.

Fee: \$10  
Tuesdays 7-9 pm

## FIT FOR LIFE

Thorough fitness evaluation sets guidelines for your own individual exercise program. One-on-one instruction & guidance along with group motivation helps you achieve health & fitness FOR LIFE! (fitness level retested at end of session).

Fee: \$30  
Tuesdays 7-8:30 p.m.  
(physician's clearance required)

## JUMP "ROPICS"

High energy aerobics program that incorporates jump ropes. Designed to significantly improve cardiorespiratory capacity & strengthen musculoskeletal system!

Fee: \$10 (members only — unlimited classes!)  
M, W, F — 6:30-7:30 pm  
T, TH — 9-10 am  
Sat. — 3-4 pm  
(Begins week of 9/14)

## WEIGHT TRAINING

Designed to provide instruction & guidance for those who wish to develop muscular tone, strength & endurance. Programs based on hydraulic-resistance equipment.

Individual or group sessions available upon request.

Fee: NONE (members only)  
Contact Vicki in Health Club

## FAMILY MACCABEE GAMES

These games have been created to provide fun & competition between JCC members & their families. Events for the Maccabee games include different sports, swimming, track & field, & wacky games.

Fee: None to members & their families.  
Sun. 9/20  
(preregistration required by 9/10)

## SPORTS CLINICS

Well rounded program teaching skills & rules of play for soccer (session I) & basketball (session II). 5 classes per session.

Fee: \$10 per session M/\$20 per session NM  
Mondays  
Age 7-12 yrs. 4:30-5:15 pm  
SESSION I 9/14-10/12  
SESSION II 10/19-11/16

## PARENT/CHILD GYM

Program combines socialization skills with gross motor skill development. Each class is fully supervised with a trained instructor. Students work one-on-one with parents. Children ages 12-36 months.

Fee: \$10 per session M/\$20 per session NM  
Tuesdays 10-10:45 am  
SESSION I 9/15-10/13  
SESSION II 10/20-11/17

## BUSY BEAVER GYM/SWIM FUN TIME

Class is for ages 3, 4 & 5 years old. No parents allowed. Fun-filled afternoon in the gym followed by fun & games in the pool. Fully supervised by H&PE staff.

Fee: \$15 per session M/\$25 per session NM  
Wednesdays 1:30-3 pm  
Thursdays 1:15-2:45 pm  
SESSION I 9/16-10/14  
SESSION II 10/21-11/18

## THE IRREPLACEABLE YOU

A 6-session nutrition course that will: (1) separate fact from fiction, (2) show you how to thrive not just survive, (3) show how stress, habits, age, gender, illness & drugs can affect your nutritional needs, (4) help with weight management while encouraging good eating habits.

Fee: \$15 M/\$25 NM  
Wednesdays 7-8:30 pm  
(No class 9/23, 10/7, 10/14 & 10/21)

# Stu's Scoreboard

By Stu Epstein  
Health & PE Director

As we enter the fall season, let us look back and reorganize the champions of our summer sports leagues. This summer was very exciting and busy with members participating in volleyball, basketball and softball. The following champions are listed below.

Volleyball (Tuesdays) Champion Gold Team: Linda Dowdle, Don Dowdle, Bill Johnson, Harry Berzack, Lauren Lassman, Steve Lassman, Jim Wadsworth, Steve Ostrow. Basketball (Thursdays) Champion Maroon Team: Bob Davis, Scott Ackerstein, Robert Gleiberman, Phil Goldberg, Alan Kronovet, Neal Kronovet, Drew Levinson, Darren Mond. Softball (Sundays) Champions Green Team: Phil Levine, Arnold Levine, Anthony Levine, Scott Jaben, David Silverman, Alan Rosenberg, Ron Kaplan Hanley Green, Ron Dion, Ryan Dion, Morris Spil, Jeff Passe, Craig Madans, John Hopkins, Bob Brodsky, Mike Kovner, Bruce

Gillenwater.

All the winners from the Fall 1986, Winter/Spring 1987 and Summer 1987 will be honored at our first annual Adult Awards Night. This gala event will be held at the JCC this fall. The date and time will be announced.

Good news for all members!!! We are forming our Fall leagues in all the following sports: Volleyball Co-Ed Adult (Tuesday evenings), Adult Full Court Basketball (Thursday evenings), Adult Softball (Sunday mornings) and brand new Adult half-court Basketball league (Monday nights). Registration is going on right now at the gym office and the front desk. You must register early to be assured a spot on the roster. For more information about all these activities along with the many other programs we are offering this fall, stop by the 'J'. Stu, Millie, Kelley, Vicki and Richard will be glad to assist you.

## RUSSELL'S PHOTOGRAPHY

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