

More JCC Activities

MOTHER'S MORNING OUT



Purpose of MMO program is to provide a high quality first experience for the toddler within a warm, secure environment. Staffed by professional caregivers, your child will encounter a range of experiences geared to differing interests and temperaments. Such a format will enhance the comprehensive development of the child by building self-esteem, encouraging social interactions, and presenting a myriad of opportunities to learn through doing.

In order to be eligible, your child must be at least 9 months and not more than 24 months on Oct. 16. Program runs from September to end of May. The first month a child is enrolled, the first and last month's tuitions are due. Thereafter, payment is due on the first of each month, with a \$10 late fee added after the tenth.

FEES

Nonrefundable Registration Fee: \$40M/\$50NM
 Tues. & Thurs. \$60 M/\$85 NM.
 Mon., Wed., Fri. \$80/\$110 NM; 5 Days Per Week \$120 M/\$150 NM
 All class sessions are 9 a.m.-1 p.m.
 For more information call Julie Hawkens, MMO Director.

HEALTH CLUB

WEIGHT TRAINING

Individual or group sessions are available upon request. Emphasis placed on instruction in proper lifting techniques and principles of weight training. Whether you want to tone up or bulk up, this program is for you!! By appointment with Vicki in the Health Club. Free to Members.

FITNESS TESTING

Individual fitness testing continues for members. Arrange appointments with Vicki Galliher. Testing is based on: Body Fat, Ideal Body Weight, Blood Pressure, Resting Heart Rate, Target Heart Rate and Flexibility. Free to Members.

Thirty Something (Jewish Singles)

Break-the-Fast



Please join us for break-fast at the home of Susan Klein (8015 Regent Park Lane) September 21 at 8 p.m.

Admission is a dish suitable for the occasion.
 RSVP Susan, 366-5007.

Sneakers & Sox Bagels & Lox

Join us Sunday, October 30 for a nature walk to be followed by brunch at the JCC. We plan on inviting singles groups from surrounding areas to join us.



Meet at McAlpine Greenway Park (Monroe Road) at 10 a.m. for a walk — then back to the J for brunch! Call Susan Klein, 366-5007 for more information.

POTENTIAL EARLY BIRDS — WAKE UP!!



If you are interested in the convenience of an early morning workout, but lack the motivation, we may be able to help! The H & PE staff will provide early morning WAKE UP CALLS to all interested JCC members. Leave your name, number and desired wake up time with any H & PE staff person. Phone calls begin at 6:30 a.m.

Pool Schedule Fall 1988

Mon.-Thurs.	6:30 a.m.- 9:30 p.m.
Fri.	6:30 a.m.- 5:00 p.m.
Sun.	8:30 a.m.- 6:00 p.m.

OPEN SWIM TIMES

Mon.	6:30 a.m.-10:30 a.m. Noon-3:30 p.m. 8:00 p.m.- 9:30 p.m.
Tues.	6:30 a.m.- 9:00 a.m. Noon-3:30 p.m. 4:15 p.m.- 6:00 p.m. 8:00 p.m.- 9:30 p.m.
Wed.	6:30 a.m.-10:30 a.m. Noon- 1:00 p.m. 8:00 p.m.- 9:30 p.m.
Thurs.	6:30 a.m.- 9:00 a.m. Noon-3:30 p.m. 4:15 p.m.- 6:00 p.m. 8:00 p.m.- 9:30 p.m.
Fri.	6:30 a.m.-10:30 a.m. 11:15 a.m.- 5:00 p.m.
Sat.	Noon-6:00 p.m.
Sun.	8:00 a.m.-12:30 p.m. 3:30 p.m.- 6:00 p.m.

Two Lap Lanes
Available All Times



Our Best Wishes for a Happy New Year

from

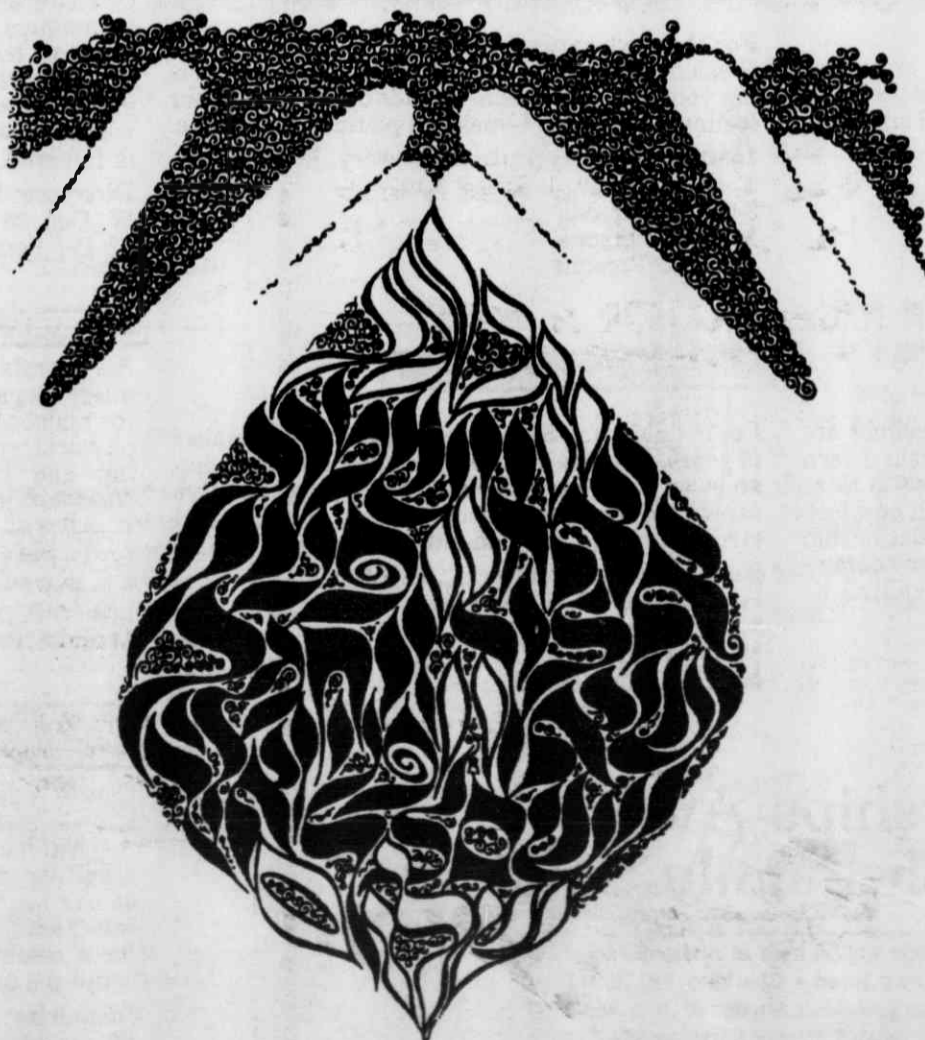
The Charlotte Jewish Community Center

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