



June & July @ The J

Enriching Lives and Building Relationships through Quality Jewish Experiences

Sports & Fitness

Body Fat Assessment: Track Your Body Fat

Includes initial body fat caliper testing and a 12 week follow up assessment for only \$30. To schedule an appointment, contact Susan Gertzman at 704-944-6870 or susan.gertzman@charlottejcc.org.

Private Swim Lessons for All Ages

For more information, contact Jessica Myers at 704-944-6797 or jessica.myers@charlottejcc.org.

Private ½ Hour: Members: \$30 Non Members: \$35
5 Lesson Package: Members: \$135 Non Members: \$160

Fall Youth Sports Leagues Registration

Members: July 7, Non-members: July 17

- Micro, Junior and Youth Soccer
- In-line Hockey

Register at the front desk, by calling 704-366-5007 or online at charlottejcc.org. For more information, contact Dan Vizzini at 704-944-6773 or dan.vizzini@charlottejcc.org

Commando Krav Maga (CKM)

Starts June 4:

**Wednesdays 6-7am, Thursdays 7:30-8:30pm,
Saturdays 12-1pm**

Learn how to become a hand-to-hand combat expert. Learn how to execute crucial and straightforward moves that can save your life. This program covers all the techniques taught to the most elite commando and SWAT units in Israel and around the world. For more information, please contact Stephanie Garner at 704-944-6743 or stephanie.garner@charlottejcc.org.

Monthly Fees:

Member: \$180 Benefactor: \$108 Non-Member: \$210

Arts & Music

Summer Arts & Enrichment Classes

What are your kids doing at the end of the camp day? Play more! Check out these classes for the summer:

- Ceramics
- Mixed media
- Painting
- Mad Science
- Drama
- Music Lessons

Transfers available from both Camp Katan and Camp Mindy.

The LJCC Presents: The Whiz!

Auditions and first rehearsal are Sunday, September 7.

Did you miss last fall's performance of Seussical the Musical at the LJCC? Don't miss this year's fun as we present another family musical.

For more information on these and other arts and music programs, contact Aree Pearlman at 704-944-6792 or aree.pearlman@charlottejcc.org.

Social & Enrichment

Newcomer Schmooze

June 1, 10:30am – 12pm, Weinberg Adult Center

The Foods of Vietnam

June 2, 7:00 – 9:00 pm, Dumas Activity Center

Come learn how to cook the foods of Vietnam. This class will be taught by chef BV Nguyen, from Nobles. The aroma of fresh herbs and wonderful spices will fill the room as you prepare traditional foods. For more information, contact Jodi Valenstein at 704-944-6730 or jodi.valenstein@charlottejcc.org.

Member: \$50 Benefactor: \$30 Non-member: \$60

Father's Day Summer Splash Pool Party

Sunday, June 15, 12 – 3pm, Outdoor Aquatics Complex

Mah Jongg Night

Thursday, June 12, 6:30 - 9:00 pm, Weinberg Adult Center

Join us for a night of mah jongg, snacks and a pizza dinner! Bring your change purses full of quarters and get ready to play! For more information, contact Jodi Valenstein at 704-944-6730 or jodi.valenstein@charlottejcc.org.

Member: \$10 Benefactor: \$6 Non-Member: \$15

Independence Day Party

Friday, July 4, 12 – 3pm, Outdoor Aquatics Complex

Israeli Cuisine

July 16, 6:30 – 9:00 pm, Dumas Activity Center

Learn how to cook authentic Israeli food with chef Tany Hasmonay from the Art Institute of Charlotte's Culinary School. Make your own pita bread and falafel along with all the wonderful foods of Israel. For more information, contact Jodi Valenstein at 704-944-6730 or jodi.valenstein@charlottejcc.org.

Member: \$50 Benefactor: \$30 Non-member: \$60



Fit for everyone.

Sandra and Leon Levine Jewish Community Center
 5007 Providence Road | 704.366.5007 | charlottejcc.org