

## Elite Gymnasts Launch New Gymnastics Program at Levine JCC

By Sara Abadi

When thinking of gymnastics, Olympic athletes and intense competition come to mind. But for Linda and Peter Kormann, gymnastics serves as the perfect athletic foundation for young children: "It's learning awareness, moving forward and backwards, balance and jumping," Linda says.

This fall, the Kormanns will introduce a new gymnastics program to the Levine JCC. "This is for kids learning at all levels," they explained. "We've got a little bit of everything. Tumbling Tots is a mommy and me group where parents and children will learn together. Gym Bees is for three- and four-year-olds and is an all around overview of gymnastics and movement. Then we have an introduction to regular gymnastics: flexibility, strength, balance and the equipment." The Beginning Gymnastics class will be for girls grades K-3, and will become available to boys as interest grows.

Peter, a former Olympic athlete and coach encourages parents to get their children involved in gymnastics early on. "I think for little children, both boys and

girls, gymnastics is great for any sports background," he said. "Flexibility, balance, confidence, you use these in all sports. A lot of boys go on to play basketball or baseball, but that movement and flexibility will help them." Peter used former NBA star David Robinson as an example, "When I was at the Naval Academy, he was one of the guys in my class. He was a gymnast when he was young and says the reason he did so well in basketball was his gymnastics background."

Long before coaching at the Naval Academy, Linda and Peter met in high school where they both on the gymnastics team. Linda went on to compete for the University of Massachusetts at Amherst. Peter was not only an

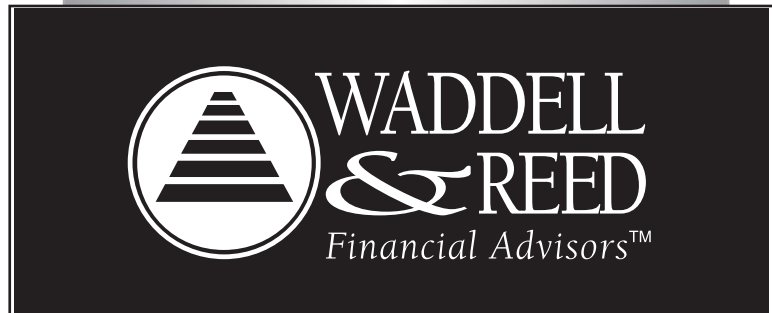
NCAA champion, but won a bronze medal at the 1976 Olympics. In addition to Ohio State University and the United States Naval Academy, Peter was head coach of the U.S. Men's Gymnastics teams for the 1996 and 2000 Olympics. Most recently, Peter ran the Chelsea Piers facility, which included a preschool gymnastics program. Peter also develops gymnastics equipment for sports equipment company UCS. Mats, apparatus and other equipment Peter developed will be used at the Levine JCC.

The Kormanns are excited to begin classes and hope to inspire a generation of active children. "We just want to get kids to fall in love with this for a long time," Linda says. "Being physically active and healthy is something you do for your whole life. We want to get kids strong, confident, flexible and aware of their bodies and moving. That way they'll be better at all of the things they do in the future."

For more information about gymnastics classes at the Levine JCC please contact Stephanie Garner 704-944-6743 or stephanie.garner@charlottejcc.org. ✪



Linda and Peter Kormann are ready to begin the new gymnastics program at the Levine JCC.



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### Hebrew Cemetery Association

## Annual Memorial Service with Your Favorite Local Rabbis

September 12 at 10:30 AM, 1801 Statesville Avenue, Rain or Shine

By Lorrie Klemons, publicity

By the time you read this article the summer will be almost over and the Jewish holidays soon approaching. How did that happen? The older I get, the quicker life seems to fly by. When your kids are young the days seem so long, but let this newly- turned- sixty- year old writer tell you that

the years go by so quickly. My baby turned 27 in May ... it seems like yesterday he was an infant. Where did those years go?

We often hear the cliché "take the time to smell the roses." What does this really mean? It means to "stop" and take a moment to enjoy the beauty around you. The sights, the tastes, the sounds, the touches, and yes, the smells. And don't forget the people within that sensual experience. Those in your life

who add to the joy, and yes, sometimes even the sorrow.

During the upcoming High Holiday season, it is our responsibility to do "teshuvah"- to return to a life of significance. At this very special time in our Jewish calendar, I challenge you to heed the shofar as it calls out to each one of us to do something significant in order to make the world a better place. Take the time out of your hectic busy schedule to appreciate the pleasures. Take the time to read a book to your child, no matter how busy you might be. Take the time to visit a home-bound friend or neighbor. Make a meal for an impoverished family. Be a big brother or sister to an underprivileged child. Send a get well card. Make a phone call. Write a check to a relief fund. Volunteer at a community agency that turns you on. It doesn't matter what you do long as you do something. Live a meaningful life. Join the Hebrew Cemetery Association.

Contact Cemetery Director Sandra Goldman to see how easy it is to do this mitzvah. Through your \$72 tax deductible annual commitment, you will join over 600+ other Charlottean families in their quest for teshuvah this holiday season.

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(Continued on page 10)

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