



aquatics tennis racquetball sports leagues seasonal camps teens afterschool programs childcare senior programs

SO MANY WAYS TO STAY FIT, ACTIVE + CONNECTED!

JEWISH
FEDERATION
OF GREATER CHARLOTTE

POPULAR PROGRAMS! Register NOW!!

grades k-5

J-Tribes at LJCC

K-5th Grades w/Dads

A father/child program designed to foster relations between fathers and their kids in fun, exciting ways. Monthly meetings, and "all-Tribe" programs, excursions & overnights!
Register NOW for Fall 2013!

704-944-6733 • mitch.ormand@charlottejcc.org



J-Team After-School Program

K-5th Grade
Mon-Fri • 3-6pm
Starts Aug 26, 2013

Our afterschool program is a 2-time winner by *Charlotte Magazine* as the "Best Place to Go After-School." Located at Camp Mindy. Transportation from select locations. **Now accepting applications for Fall 2013! Apply NOW!**



FORCE
Quality Fitness Re-Defined

YOUTH (Grades 5-10)

Spend Your Summer Days Getting FIT!
Experience a supervised, structured 40-min. circuit workout 1-2 days per week.

**Core
Agility
Speed
Strength
FUN!**



in the LJCC JForce Studio

<p>Summer Schedule: TUE & THU 3:30-4:15pm</p>	<p>Per 40-min. session: M/\$15 B/\$12 NM/\$18</p> <p>Package / 11 sessions: M/\$150 B/\$120 NM/\$180</p>
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Cathy Bennett 704-944-6874
catherine.bennett@charlottejcc.org



Your Ticket to Staying Young!

Ongoing Tai Chi Tuesdays thru Summer

11:45am-12:45pm (Intermediate) & 3-4pm (Beginner)
Per month: Oasis/M/\$25 B/\$15 NM/\$35
Drop-in (per class): M/B/\$8 NM/\$10

Healthy Living, Healthy Aging Seminar

Adults 50+ **FREE!** "How to Keep Your Ticker Ticking" with Alyson Younger RN. Light healthy snack served (or bring a dairy/vegetarian lunch)
Tuesday, June 18 • 12-1pm • Rm A111

More seminars to come... starting October 2013
704-944-6753 • jodie.iagnocco@charlottejcc.org

seniors

Questions? 704-944-6753 or
jodie.iagnocco@charlottejcc.org

"Senior Camp Week" June 10-14

Oasis & LJCC members only. Limited space; Reservations required. Sign up in Weinberg.

- **Monday, June 10**
Lazy 5 Ranch - Brunch/Lunch beforehand; ice cream stop on the way home!
- **Wednesday, June 12**
Pizza & Movie in Weinberg - "Lincoln" & lunch!
- **Friday June 14**
Wells Fargo Museum - Tour & lunch!

OASIS July Fieldtrip: Harvey B. Gantt Museum Tour & Lunch

Oasis & LJCC members only. Sponsored by "Stan Greenspon Charitable Foundation" Come for a docent-led tour of several new exhibits, then enjoy lunch at Greek Isles Restaurant.

Wednesday, July 24 • 10am-2pm
Fieldtrip is FREE; cost of lunch on your own.
Limited space • Reservations required!
Sign up in Weinberg, or call 704-944-6735

summer adult programs

704-944-6753 • jodie.iagnocco@charlottejcc.org

Canine Good Citizen

Adults 18+ (w/dog)
Prepares dogs for the *Canine Good Citizen Test*. For more info on the AKC GCG program, visit www.akc.org. All ten requirements of the test will be covered (e.g. accept a friendly stranger, it politely, etc.) Bring dogs to every class.

Mondays 6-7pm
June 3-24 (4 wks)
Poliakoff Pavilion, Camp Mindy
M/\$75 B/\$44 NM/\$85



Puppy Training

Adults 18+ (w/ puppies at least 10 weeks old)
Puppies learn to sit, down, come when called, and playing nicely with others, all in an atmosphere of fun and mutual respect. Exercise, house training & socialization also addressed. Bring puppies to every class. *Course prerequisites: Up-to-date on recommended vaccines.*

Mondays, 7:15-8:15pm
June 3-24 (4 wks)
Poliakoff Pavilion, Camp Mindy
M/\$75 B/\$44 NM/\$85

Bellydancing Levels 1-2 Ages 14+
Beginners' class emphasizes technique and choreography. Soft shoes, comfortable dancewear & exercise mats needed. Zarifa (Jane Copeland)

Mondays, 6:30-8pm
June 10 - Aug 19 (10 wks; no class 7/2)
Swimmer Family Aerobics Studio
M/\$80 B/\$72 NM/\$105

Bellydancing Levels 3-4 Ages 14+
Prerequisite: Levels 1&2 w/Zarifa. A cane dance and advanced zill techniques are taught. Equipment above, plus a veil required. Zarifa (Jane Copeland)

Mondays, 8-9:30pm
June 10 - Aug 19 (10 wks; no class 7/2)
Swimmer Family Aerobics Studio
M/\$80 B/\$72 NM/\$105

Intermediate Ballet

Ages 18+ (younger students may be admitted w/instructor permission)
Study a Cecchetti-based technique starting at the Barre, moving to center and ending across the floor. Focus on grace and alignment. *Requires some dance training to qualify.*
Instructor: Penny Boyes.

Sundays, 12:30-2pm
Ongoing (monthly sign-up required)
Upstairs Dance Studio
Per month: M/\$35 B/\$21 NM/\$45




Israeli Folk Dance

Ages 18+ (younger students may be admitted w/instructor permission)
Dance the traditional favorites, as well as the latest hits from Israel. No partner needed. All levels welcome. Instructor: Penny Boyes.

Sundays, 2-5pm
Ongoing (monthly sign-up required)
Swimmer Family Aerobic Studio
Per month: M/\$25 B/\$21 NM/\$45

LJCC Visual and Performing Arts Department, in collaboration with Penland School of Crafts, presents Israeli Visiting Artist

Please join us on Tuesday,
August 6
5:30 - 7pm
for a wine reception to welcome Kyla to Charlotte



JCC

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* An annual administration fee of \$20 per individual or \$35 per family is required for non-member participation in programs and services.