

# JCC ADULT CL

| COURSE   | TIME                 | FEE                | INSTRUCTOR   | COURSE DESCRIPTION   |
|--|----------------------|--------------------|--|--|
| <b>SUNDAY</b>  |                      |                    |  |  |
| CO-ED RACQUETBALL<br>8 sessions, Begins Feb. 3rd<br>At Sports Illustrated Court Club                       | 2:00-3:00 p.m.       | \$30M<br>\$45NM    | Sports Illustrated<br>Court Club Staff               | Basic racquetball instruction for men & women. 5 weeks of lessons, 3 weeks of round robin tournament. Wear tennis shoes & comfortable clothes. Bring swim suit for whirlpool & sauna. Bring own sitter - room available for child-care. Racquet rental available (\$1.00 per class). Begins <b>PROMPTLY</b> at 2 p.m.      |
| <b>MONDAY</b>  |                      |                    |  |  |
| BEGINNER'S CAKE DECORATING<br>8 sessions, Begins Jan. 14th   | 9:00-11:30 a.m.      | \$13.50M<br>\$20NM | Maxine Van Diver                                     | Learn art of cake decorating taught by a professional. Create beautiful flowers, borders & designs. Own supplies necessary   |
| JACKI SORENSON'S AEROBIC DANCE<br>12 Weeks - Mon. and Wed.<br>Begins January 7th                           | 9:15-10:15 a.m.      | \$55.00            | Sara Frazier   | Series of easy-to-learn dances for non-dancers; carefully choreographed blend of jogging, lunges, arm swings & leg kicks set to music. Combines all essentials of a complete physical fitness program. Wear comfortable clothes & <b>GOOD</b> tennis shoes. \$10 rebate to JCC members                                     |
| CHAI GROUP   | 10:00 a.m.-2:00 p.m. |                    |  | Ongoing Senior group meeting weekly for current events, painting & special programs. Call Ilse Bergen - 366-0300 for more information.   |
| BEGINNER'S CAKE DECORATING<br>8 sessions, Begins Jan. 14th   | 7:00-9:30 p.m.       | \$13.50M<br>\$20NM | Maxine Van Diver                                     | Learn the art of cake decorating taught by a professional. Create beautiful flowers, borders & designs. Own supplies necessary   |
| INTERMEDIATE BRIDGE<br>8 sessions, Begins Feb. 4th   | 7:30-10:00 p.m.      | \$20M<br>\$30NM    | Jean Oliver  | Course for people who have played bridge. Text, <b>Silverman's Five Card Major, Intermediate</b> , available at JCC for \$1.75   |
| CALLIGRAPHY<br>8 sessions, Begins Feb. 4th   | 7:00-8:30 p.m.       | \$12M<br>\$18NM    | Judy Klein   | Learn beautiful techniques of Calligraphy; Old English, Cursive Script, Gothic. Be able to do your own invitations, envelopes, etc. Materials needed: 1 pad tracing paper, pelican India ink, speedball set C-4 + handle   |
| DISCO ROLLER SKATING<br>8 sessions, Begins Feb. 4th  | 8:00-9:00 p.m.       | \$20M<br>\$30NM    | Kathy Rue  | Be the first in your group to know latest craze - disco roller skating! Bargain rate offered (normally \$6 per half-hour). Price includes lessons & skate rental. Kate's Skating Rink, 3646 Central Avenue   |
| <b>TUESDAY</b>   |                      |                    |  |  |
| YOURS TRULY NEEDLEPOINT  | 9:00 a.m.-5:00 p.m.  | NO FEE             |  | At the home of Lynne Lerner, 3802 Columbine Circle - 366-6765  |
| BEGINNER'S TENNIS<br>8 sessions, Begins March 4th  | 9:15-10:15 a.m.      | \$8M<br>\$12NM     | Cathy Gleaves  | Learn tennis fundamentals as well as instructions on strategy  |
| DOUGH RE ME<br>(Breadmaking Made Easy)<br>Begins February 5th  | 9:30-12:00 a.m.      | \$10M<br>\$15NM    | Mildred Siderman                                     | 1st session: old country breads (challah, pumpernickel, rye bread). 2nd session: sour doughs (sour dough bread, English muffins & pita bread). 3rd session: sweet breads & quick breads (basic yeast sweet dough & quick breads, i.e.: pumpkin bread, banana bread, etc.)  |
| KITCHEN WIZARDRY<br>(Learn to Use Food<br>Processor, Microwave Oven & Wok)<br>3 sessions, Begins Feb. 26th | 10:00-12:00 a.m.     | \$10M<br>\$15NM    | Paula Welch<br>(From <b>The Pot Roost</b> )          | Shortcuts to kitchen cuisine featured through demonstration. 1st session: <b>The Food Processor</b> basic uses & tips. 2nd session: microwave demonstration of variety of dishes to illustrate the versatility of microwave. 3rd session: demonstration of egg rolls, spicy chicken, etc. Menus given & tasting encouraged |
| YOGA<br>8 sessions, Begins March 4th   | 10:00-11:30 a.m.     | \$15M<br>\$22.50NM | Millie Fuerstman                                     | Hatha Yoga for physical exercise & mental relaxation. Bring mat or blanket & be prepared for activity 1st day. Leotards & tights preferred   |
| INTERMEDIATE TENNIS<br>8 sessions, Begins March 4th  | 10:30-11:30 a.m.     | \$8M<br>\$12NM     | Cathy Gleaves  | Tennis lessons for people who have had some prior instruction  |
| SPEAK-EASY-SPANISH<br>8 Weeks - Tues. and Thurs.<br>Begins February 5th                                    | 10:00-11:00 a.m.     | \$16M<br>\$24NM    | Yvonne Beato   | Spanish geared for the traveler. Learn how to "speak" in a Spanish-speaking country. Discover the appropriate phrases to make your visit more enjoyable. (Be prepared for the JCC trip to Venezuela.)  |
| CERAMICS<br>8 sessions, Begins Feb. 5th  | 12:30-2:30 p.m.      | \$16M<br>\$24NM    | Cathy Siderman                                       | Creative exploration in clay. Basic & intermediate ceramics, sculptural & functional type work. Introduction to kick wheel. \$10 supply fee  |
| CALLIGRAPHY<br>8 sessions, Begins Feb. 5th   | 1:30-3:00 p.m.       | \$12M<br>\$18NM    | Judy Klein   | Learn beautiful techniques to Calligraphy; Old English, Cursive Script, Gothic. Do your own invitations, envelopes, etc. Materials needed: 1 pad tracing paper, pelican India Ink, speedball set C-4 + handle  |
| <b>WEDNESDAY</b>   |                      |                    |  |  |
| JACKI SORENSON'S AEROBIC DANCE<br>12 weeks - Mon. and Wed.<br>Begins January 9th                           | 9:15-10:15 a.m.      | \$55.00            | Sara Frazier   | Series of easy-to-learn dances for non-dancers; carefully choreographed blend of jogging, lunges, arm swings & leg kicks to music. Combines all essentials of a complete physical fitness program. Wear comfortable clothes & <b>GOOD</b> tennis shoes. \$10.00 rebate to JCC members                                      |
| PERSPECTIVES<br>Co-sponsored by B'nai B'rith<br>Women Charlotte Chapter                                    | 9:30-11:30 a.m.      | \$80 per year      | UNCC College of<br>Human Development<br>and Learning | Continuing program designed for members of last year's Alive II & III. For information call Esther Frank - 366-4248  |

## Adult Registration Information

- All classes being the week of Feb. 4th, unless otherwise noted.
- Since registration begins **IMMEDIATELY**, complete and mail the form, or bring it to the JCC office with the specified fee.
- Registration must be accompanied by the **FULL FEE** and no telephone registration can be accepted for fee activities.
- Our fees are based on minimum of 8 participants in a class. We regret that should a class not register sufficient numbers, it will be cancelled and all fees will be refunded. No refunds can be made to participants cancelling their enrollment if it affects the continuation of the class.
- No fees can be pro-rated for those participants who are unable to attend all class sessions.