

JCC ADULT

COURSE	TIME	FEE	INSTRUCTOR	COURSE DESCRIPTION
SUNDAY				
IMPROVISATIONAL THEATER WORKSHOP 8 Sessions Begins Oct. 12th	7:30-9:00 pm	\$12/M \$18/NM	Kasey (Klug) O'Neill	Will cover basic theater techniques including stage direction, approaches to developing a character, improvisational games & some mime, all designed to support the premise that everyone can act, even one can improvise & have a lot of fun doing it.
MONDAY				
JACKI SORENSEN'S AEROBIC DANCE 12 Sessions Monday & Wednesday Begins Sept. 8th	9:15-10:15 am	\$55	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 & GOOD tennis shoes. \$10 rebate to JCC members.
JACKI SORENSEN'S AEROBIC DANCE 6 Sessions Monday & Thursday Begins Oct. 13th	10:30-11:30 am	\$32	Terry Mazoyer	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 & GOOD tennis shoes. \$5 rebate to JCC members.
CHAI GROUP	10:00 am - 2:00 pm			Ongoing Senior group meeting weekly for current events, painting & special programs. Call Ilse Bergen - 366-0300 for more information.
BEGINNER BRIDGE 8 Sessions Begins Oct. 13th	9:15-11:45 am	\$15/M \$22.50/NM	Caroline Stone	Lesson will be taught followed by play with prearranged hands that emphasize lesson. Students will use text Silverman's Five Card Major which will be available in class for \$1.50. Minimum of 12 needed in order to hold class.
JACKI SORENSEN'S AEROBIC DANCE 6 Sessions Monday & Thursday Begins Oct. 13th	5:30-6:30 pm	\$32	Jan Laney	See description of 10:30 a.m. class.
JACKI SORENSEN'S AEROBIC DANCE 6 Sessions Monday & Thursday Begins Oct. 13th	7:00-8:00 pm	\$32	Beverly Schwandt	See description above.
CERAMICS 8 Sessions Begins Oct. 13th	7:00-9:00 pm	\$16/M \$24/NM	Cathy Sideman	Students will complete at least one project in each of the hand-building techniques (coil, slab, pinch). Class focuses on individual creativity and instructor makes assignments to encourage creative thinking. Beginning instruction on the potters wheel. Class fee; \$7-\$15 depending on materials used.
BEGINNER CAKE DECORATING 8 Sessions Begins Sept. 8th	7:00-9:00 pm	\$15/M \$20/NM	Maxine Vandiver	Learn art of cake decorating taught by a professional. Create beautiful flowers, borders & designs. Own supplies necessary. Class co-sponsored with The Party Store.
CALLIGRAPHY 8 Sessions Begins Oct. 13th	7:00-9:00 pm	\$16/M \$24/NM	Judy Klein	Learn beautiful techniques of calligraphy: old English, cursive script, Gothic. Do you own invitations, envelopes, etc. Materials needed: speedball pen set #5, tracing paper, black ink with dropper, speedball textbook edition #20. Advanced students welcomed.
A GRAPHIC - WHAT IS IT? 2 Sessions Begins Nov. 17th	7:30-9:00 pm	\$4/M \$6/NM	Don Byrum	Learn what a graphic is and what qualities to look for in assessing graphic art both for enjoyment and investment.
SLIMNASTICS 8 Sessions Begins Oct. 13th	8:15-9:15 pm	\$8/M \$12/NM	Lari Helfand	Basic exercise to stimulate your blood, keep muscles from tensing up & for relaxation, through some ballet steps, jumping rope, walking & much more.
TUESDAY				
WOMEN'S EXERCISE 8 Sessions Begins Oct. 14th	9:30-10:30 am	\$8/M \$12/NM	Sheila Kaufman	An individual approach to fitness combining calisthenics, movement & yoga to strengthen & tone entire body. Chart your progress & measurements during the course as you feel yourself grow stronger, firmer & more flexible.
BEGINNER YOGA 8 Sessions Begins Oct. 14th	10:45-11:45 am	\$8/M \$12/NM	Sheila Kaufman	Revitalize yourself through positive discipline of Yoga. Stresses mental & bodily awareness combined with yonic breathing & postures to develop healthy flexible bodies & a calm mental state. Bring mat or heavy towel; wear leotard & tights.
HOW TO LIVE IN OUR INFLATIONARY TIMES 5 Sessions Begins Oct. 14th	9:30-11:00 am	\$8/M \$12/NM	Angus M. Simpson	Discussion class where all participants will be involved as much as possible. Budgeting, shopping techniques, common sense & using credit, children spending, transportation & housing, grocery shopping, insurance, record keeping & a general review will be covered.
BALLET 8 Sessions Begins Oct. 14th	11:00-12:00 noon	\$15/M \$30/NM	Elizabeth Parsons	An introductory course to Ballet with emphasis on floor exercises & basic steps. A fun way to get into condition.
CERAMICS 8 Sessions Begins Oct. 14th	9:30-11:30 am	\$16/M \$24/NM	Cathy Sideman	See description Mon. class schedule.
CERAMICS 4 Sessions, Tuesday & Wednesdays Begins Oct. 14th	9:30-11:30 am	\$16/M \$24/NM	Cathy Sideman	See class description above. Students who wish can take ceramics for 4 weeks & attend class on Tuesdays & Wednesdays, or just attend on Tuesdays for 8 weeks. If enough are interested, the Wednesday class could also continue an additional 4 weeks.
WEDNESDAY				
AEROBICS 12 Sessions Monday & Wednesday Begins Sept. 8th	9:15-10:15 am	\$55	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 & GOOD tennis shoes. \$10 rebate to JCC members.
JACKI SORENSEN'S AEROBIC DANCE 6 Sessions Monday & Wednesday Begins Oct. 13th	10:30-11:30 am	\$32	Jan Laney	See course description - Mon. 10:30 a.m.
NEW VISTAS Cosponsored with Charlotte B'nai B'rith Women	9:30-11:30 am	\$80/yr.	Approx. UNCC-College of Human Development & Learning	This course includes subjects suggested by members of last year's Alive & Perspectives classes & will be highlighted by renowned professional speakers, representing their particular areas of specialization. Some subject areas are Self & Family, Comparative Religions & Politics. Prerequisite: Alive I. For information call Sally Winokuer 366-5707 or Betty Jaffe 542-2041.
KITCHEN WIZARDRY 3 Sessions Begins Oct. 15th (Learn to use Food Processor, Microwave Oven & Wok)	9:30-12:00 noon	\$12/M \$16/NM	Paula Welch	Shortcuts to kitchen cuisine featured through demonstration. First session: The food processor - basic uses & tips. Second session: Microwave - demonstration of variety of dishes to illustrate versatility of microwave. Third session: Demonstration of basic wok techniques such as stir frying, steaming & deep frying. All recipes designed for kosher homes.
THE KOSHER GOURMET 3 Sessions Begins Nov. 5th	10:00-12:00 noon	\$10/M \$15/NM	Peggy Gartner	Easy & fun recipes which don't require hours of being in the kitchen. Class will cover everything from hors d'oeuvres to desserts. Recipes designed for kosher homes.
CALLIGRAPHY 8 Sessions Begins Oct. 15th	9:30-11:00 am	\$12/M \$18/NM	Susan Karben	Learn the basic techniques of Italic handwriting. Step-by-step instruction to master the centuries old craft.
CERAMICS 4 Sessions Tuesday & Wednesday Begins Oct. 14th	9:30-11:30 am	\$16/M \$24/NM	Cathy Sideman	See course description for Tuesday-Wednesday workshop.
CARDIO-PULMONARY RESUSCITATION 3 Sessions Oct. 15th, 22nd, & Nov. 5th	7:00-10:00 pm	\$12	Eddie Leighton	A new 9 hour modular class in CARDIO-PULMONARY RESUSCITATION at the JCC. Learn the life saving techniques in the event of heart attack or accident. Includes instruction in aid to person who is choking. A MUST for all tennis players, joggers & anyone concerned with saving human life.

Registration Information

- Please note beginning dates for the class as they vary. Most classes begin the week of October 13th.
- 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 (Bridge classes require a minimum of 12). 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.