

- More In and Around the JCC -

Adult Classes

Chai

May was a mellow month for Chai. Along with Judy Tager's CPCC course, "Man, Animals and Nature," Chai participated in two safety lectures, one from the Red Cross on simple first aid procedures and the other, on using the "911" telephone service. Future summer events may include an outing to lunch and the movies and a trip to Discovery Place.

Swim & Stay Fit

The JCC is now offering the Red Cross Swim and Stay Fit program. The program gives swimmers an opportunity to keep track of their laps and receive certificates for their mileage accomplishments. Notice the large sheets beside the lifeguard stand onto which individuals chart their swimming mileage. The rules of the program are:

- 1) Arrange with Coach Odo to begin your program.
- 2) Keep track of your own swim mileage on a personal mileage record.
- 3) Swim at least 1/4 mile at a time (16 laps).
- 4) Turn in your mileage record at 10, 20, 30...miles.

Beginning Swimming

Tues. & Thurs. 10 a.m. - 11 a.m.
or
Tues. & Thurs. 7 p.m. - 8 p.m.
5 Weeks: July 12 - August 11
A class for those new or fairly new to swimming. Instructor will help build confidence, encourage proper breathing technique, and aid students in learning the strokes.
Fee: \$18/M
Instructor: Happy McCrary

Aquafitness

Tues. & Thurs. 11 a.m. - Noon
5 Weeks: June 28
Physical conditioning in the water for women and men. No need to be a swimmer to benefit from this class of water exercises.
Fee: \$15/M
Instructor: Abby Hoffman

Stroke Improvement

Tues. & Thurs. 6:15 p.m. - 7 p.m.
2 Weeks: June 14 - June 23
Intended for novices who want to perfect their strokes.
Fee: \$10/M

Creative Sewing

Thur., June 9
and
Thur., June 16,
7 p.m. - 10:30 p.m.
or
Fri., June 10
and
Fri., June 17
9 a.m. - 12:30 p.m.

Week 1 - Students will learn beginning machine applique using several techniques from simple to complicated.

Week 2 - Machine Embroidery - Students learn to write their names and make simple pictures using colored threads. A supply list will be provided by instructor.

Fee: \$20/M - \$28/NM

Instructor: Sue Alvarez
Sue is a local fiber artist and shows her work in the Carolinas and in Virginia. Her work is showing in the JCC lobby presently.

Paper Making Is Art

June 9 - 9:00 a.m. - 4:30 p.m.
An introduction to the history and process of papermaking. Papermaking is one of the oldest rejuvenated art mediums. The possibilities are limitless—graphic, two

dimensional, three dimensional. It's fun, it's easy, it's messy. Come get your hands in it. You'll make a bunch of paper. Lunch is included in the one day workshop.
Fee: \$21/M - \$28/NM
Instructor: Nan Fischer

Day Camp Begins June 24th

Will You Be In The Picture?



Gardeners

The JCC is still looking for community green thumbs to work the garden space behind the building. We've thus far planted beans, squash, zucchini, tomatoes and cucumbers. It's a great

cooperative opportunity for those who like to work in the dirt and then watch the fruits of their labor ripen to the harvest. Call Abby Hoffman, Director of Adult Activities (366-0357).

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