

Class & Activities

CPR

Mondays May 7 & 14 7-10 p.m.
At the completion of this nine hour course participants will be able to recognize heart attacks and provide emergency care for cardiac arrest, choking, and air way obstruction in adults, children and infants.
FEE: \$6M/\$9NM
INSTRUCTOR: The Charlotte Lifesaving Crew

Mac Clinic

The Mecklenburg Aquatic Club will run a clinic at the JCC for swim team members to improve their swim skills, May 29 - June 1. The cost is \$10 per child. Register by sending your fee to the JCC, Box 220188, Charlotte, NC 28222.

Bodyworks

Tuesdays & Thursdays - 4 Weeks begins May 8 3:45 - 4:45 p.m.
Rama Rd. Elementary School
The JCC fitness class that combines aerobics, yoga and calisthenics to improve coordination, flexibility, stamina and cardiovascular health.
FEE: \$16M/\$20NM
INSTRUCTOR: Robin Clay - Robin is constantly getting new training for work. She is certified to do mousercise and has an exercise segment on TV weekdays.

Raft Trip

Sunday, June 3
6:00 a.m. - 8:00 p.m. (approx.)
This all day rafting adventure will take participants thru the clear cold waters of the Nantahala gorge. Even the inexperienced paddler can enjoy this rushing river in the Nantahala Outdoor Center's heavy-duty rafts. Experienced guides accompany each trip, teaching paddling technique and whitewater safety. Trips go rain or shine. Transportation will be by carpool.
FEE: \$16M/\$22NM - Registration Fee MUST BE PAID BY MONDAY, MAY 21.

Yours Truly

Thursdays - Ongoing 9:00 a.m. - 5:00 p.m.
At the home of Lynn Lerner, 3802 Columbine Circle
Instruction for needlepoint enthusiasts at all levels.
Materials are available for purchase right inside the door.
FEE: FREE
INSTRUCTOR: Lynn Lerner

Swim Lessons

All levels ages 4½ and up. Red Cross programs
2 Weeks, M-F, June 11-22 10:00 - 11:00 a.m.
OR
2 Weeks, M-F, July 9-20 10:00 - 11:00 a.m.
All instruction by Red Cross certified lifeguards.
\$13 MEMBERS ONLY

Pre-School Swim

Pre-school swim lessons are offered daily for three weeks. Students have the option of registering for 1, 2 or 3 weeks. The prices are below.

All classes run Monday through Friday
June 11-15 Week 1
June 18-22 Week 2
June 25-29 Week 3
Parent - Infant (6 mos.-18 mos.) 10:45-11:30 a.m.

Become familiar with water, hold breath, develop some mobility in water, and safety training.
Parent - Tot (9 mos.-36 mos.)

Continuing process of learning to propel in water, inhaling and exhaling skills, and learning to swim skills.
Pre-School (2½ yrs.-4 yrs.) 11:30-12:15 p.m.

Parents do not attend unless requested by instructor. Refreshing and learning new swim skills.
FEE: 1 Week \$15
2 Weeks \$25 MEMBERS ONLY
3 Weeks \$30

INSTRUCTOR: Sherri Jung - Sherri has a Physical Education background and has been teaching Infant Swim programs in the Charlotte area for several years. She taught these classes at the "J" last summer.

If you have questions regarding swim lessons, please call Nancy Segal at 366-0357 or 365-2805.

-----Swim Lessons Registration Form-----

NAME _____ AGE _____ ADDRESS _____

NAME _____ AGE _____ PHONE _____

NAME _____ AGE _____ AMOUNT ENCLOSED _____

Send to JCC, P.O. Box 220188, Charlotte, NC 28222

-In and A

Tennis Coach Is Hired

Laura Barnette, currently a varsity tennis player for the University of North Carolina at Greensboro, has recently been hired to coach the JCC boys and girls tennis team this summer. Laura is an accomplished tennis player having placed 2nd in the NCAA Division III Championships last year in California. She also had the distinction of representing the United States as a member of the Girls 16 and under Jr. Whiteman Cup Team. Laura has worked under Bev Culbertson teaching tennis and has taught privately in the past.

Laura will be contacting last years tennis team members and other interested players

prior to the start of the season which begins during the first week of June. Age categories for competition in the Queen City League (boys & girls) are 18 and under, 15 and under and 10 and under. The registration fee for participants is \$10. Laura will be providing tennis lessons to the entire Center membership for \$10 an hour. During the tennis season team members can arrange hourly lessons for only \$5 an hour.

Laura follows in the footsteps of her sister Rebecca who coached our youth tennis team several years ago, and we look forward to a successful tennis season under her guidance.

Kid's Corner

Club 23

The excitement was in the air, the circus was in town and Club 23 was there! On March 21, Club members met at the JCC and carpooled to the coliseum for a matinee performance of the Ringling Brothers-Barnum and Bailey Circus. The kids laughed, cheered and held their breath

as they watched with eyes wide. The favorites seemed to be the trapeze acts, the lion and tiger show, and of course the cotton candy, popcorn and souvenirs. All agreed it was a great afternoon and everyone returned to the Center with heads full of memories and stomachs full of treats.

Club 46

If anyone was watching Temple Beth Shalom on April Fools morning, they would have seen a parade of 25 sleepy-eyed 4-6th graders with sleeping bags in hand, climbing into their cars. It wouldn't be hard to guess that the night before had been a sleep-over (use the term "sleep" loosely). In case you weren't there or haven't heard the whole story, Club 46 spent the night at Temple Beth Shalom and had a blast!

The night was filled with activities, music, food and fun! After a soccer game, parachute play, dinner consisting of pizza and soda (what else?), dancing and some group games, club members participated in a Havdalah Service. The service was led by Carrie Lambert, Keefe Bernstein, Herbert Greenman, and

Rachel Klein. One of the chaperones, who is not Jewish, had many questions regarding Havdalah so the service was followed by a discussion and explanation of the Havdalah and the meaning of the various symbols.

The evening was off to a great start and the fun continued with music, games, dancing, food, movies and more food. Several club members joined together to work on a project for Israeli Independence Day - look for it on May 6!

Put all of the above fun together with more music, more food, bagels for breakfast and an April Fools prank or two and you've got the whole picture. We can hardly wait until next year's sleepover (yawn)!

Welcome Aboard

NEW JCC MEMBERS

M/M Thomas Herin
M/M Joseph Seftel
M/M Mitch Rifkin
M/M Efraiem Diamant
M/M Gerald Steinberg

JCC MEMBERS ONLY

Discount tickets (\$2.50) available at "J" office for theaters at EASTLAND, SOUTHPARK, and CHARLOTTETOWN.

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