

JCC Classes For Everyone

Children's Programs

Please Phone 366-0357 to Register

INFANTS AND TODDLERS

Creative Playgroup

Potpourri (games and crafts)

PRE-K AND KINDERGARTENERS

Traveling Tykes (visits about town)
Kicks for Kids (games and exercise)

FIRST, SECOND & THIRD GRADERS

*Gymnastics

Breakdance

Yours Truly Needlepoint

Club 23

Introduction to Design (lecture & hands-on)

Storytelling (learn how to)

FOURTH, FIFTH & SIXTH GRADERS

*Gymnastics

Breakdance

Yours Truly Needlepoint

Club 46

Arts and Cultures of Other Peoples

Storytelling (learn to relate)

Puppetry

JR. AND SR. HIGH

*Gymnastics

Making Choices: Considering College and Careers

Breakdance

Yours Truly Needlepoint

PARENTS

*New and Expectant Mothers Workshops
*Systematic Training for Effective Parenting

*New Class Listing!!

Mon., Wed., Fri. 9 a.m. - 1 p.m. Ages: 4 mo. to 2½ yrs.

Thurs. 2:30 - 4:30 p.m. Ages: 2-4 yrs.

Tues. 3:30 - 5:00 p.m. Ages: 4-5 yrs.
Mon. 3:30 - 4:30 p.m. Ages: 4-6 yrs.

Wed. 4:30 - 5:30 p.m. Grades 1st - 3rd
Sun. Nov. 11 & 18 3 - 5 p.m. Ages: 5 yrs. to Adult

Thurs. 9 a.m. - 5 p.m., Ongoing-all ages

2nd Sun. every month 2:30 - 4:15 p.m.
Grades: 2nd - 3rd
Wed. 3-4 p.m. Grades: 1st-3rd

Wed. 4:30 - 6:00 p.m. Grades: 3rd - 5th

Wed. 3:30 - 4:30 p.m. Grades: 4th - 6th

Sun. Nov. 11 & 18, 3 - 5 p.m. Ages: 5 to Adult
Mon. - Fri. 9 a.m. - 5 p.m. All ages

4th Sun. every month, 2:30 - 4:15 p.m.
Grades: 4th - 6th

Wed. 4:30 - 6:00 p.m. Grades: 4th - 6th

Wed. 4:30 - 6:00 p.m. Grades: 3rd - 5th

Wed. 3:30 - 4:30 p.m. Grades: 4th - 6th

Mon. 6:30 - 7:30 p.m. Grades: 7th - 9th & 7:30 - 8:30 Grades: 10 - 12

Sun. Oct. 28, 1-5 p.m. & Mon. Oct. 29, 6:30 - 9:30 p.m. Grades: 11 & 12

Sun., Nov. 11 and 18, 3:00 - 5:00 p.m. Ages: 5 to Adult

Mon. - Fri. 9 a.m. - 5 p.m. All ages

Wed. 9:30 - 11:00 a.m.
Oct. 24 - Dec. 19, 7:30 - 9:30 p.m.

Gymnastics

Oct. 15 & 17 - Nov. 19 & 21

Learn basic and advanced skills on mats, mini-trampolines and the balance beam. Jump rope, do hand and head-stands, back-bends, cartwheels and tumbling techniques.

Instructor Maydy Eulitt graduated from Appalachian State U. with a major in Physical Education. She taught gymnastics for two years at Kindercare and is currently teaching at the Charlotte Academy. You may know Maydy from her summer at the JCC pools as a lifeguard.

1st - 3rd graders Wednesday 4:30 - 5:30 p.m.
4th - 6th graders Wednesday 3:30 - 4:30 p.m.
7th - 9th graders Monday 6:30 - 7:30 p.m.
10th - 12th graders Monday 7:30 - 8:30 p.m.
Location: Lansdowne Elem. School Multi-purpose Room
Cost: \$15/6 weeks/Members
\$23/6 weeks/Non-Members

Making Choices

What am I really interested in? What type of college do I want to attend? What do I want to major in? What careers do I want to consider?

This 6-hour workshop, designed especially for the high school junior or senior, will help the student recognize his/her decision making style, interest pattern, personality type, learning style, and leadership role and how to relate this information to future life choices.

Equipping yourself now with updated information will help you with some of the most important decisions you'll be making.
When: Sunday, Oct. 28 1:00 - 4:00 p.m.

Monday, Oct. 29 6:30 - 9:30 p.m.

Where: Armstrong house

Cost: \$45.00 M/\$60 NM

Registration deadline: October 15

For New & Expectant Mothers

Women six to nine months pregnant — do you have concerns about your changing family? Mothers of infants to preschoolers — do you have questions about your child's development?

Join Jody Pinion, child development specialist, for a series of workshops on social, emotional and physical child-development, and family communication.

Wednesday, October 17 - November 21
9:30 - 11:00 a.m. - Armstrong House, 921 Jefferson Dr.
Cost: \$15 members, \$23 non-members

Mothers with infants may bring him/her along, or may opt to leave their child, for an additional \$3 per workshop, at the JCC's Child Care Center's, "Creative Playgroup," located at the Hebrew Academy, 910 Sardis Lane. Call 366-0357 to register.

Career Directions

choices, CHOICES, choices

Wondering what to do next? Change careers? Learn a new skill? Go back to work? Start a second career?

This comprehensive 12-hour workshop is designed for the person making choices.

Part I: Focuses on the self-assessment process.

What is my decision making style? Is it working for me?
What are my interest patterns?
What is my unique personality style and how does it match with the "job personality?"
What kind of work environment and work relationships do I want?
What are my work values?

Part II: Focuses on the "How To"

"How to":
Gather and update information
Conduct a market research plan
Conduct an informational interview
Network
Write a resume
Interview successfully
Goal set

Don't let some of the most important decisions in your life happen by chance...

When: November 7 and 8 6:30 p.m.-9:30 p.m.
November 11 9:00 a.m.-3:00 p.m.

Where: Armstrong House

Cost: \$75M/\$85NM

Deadline: October 22

Adult Classes

Date/Time	Course & Location	Cost
OCT. 13 1:00 - 4:00 p.m.	Bicycle Workshop Armstrong House	\$7 M \$10 NM
OCT. 16 - NOV. 6 7:30 - 9:30 p.m.	When Your Parents Grow Old Armstrong House	\$24 M \$34 NM
NOV. 7, 8 6:30 - 9:30 p.m. & NOV. 11 9:00 a.m. - 3:00 p.m.	Career Directions-Life Directions Armstrong House	\$75 M \$85 NM
NOV. 11, 18 3:00 - 5:00 p.m.	Breakdancing Dance Unlimited Studio	Call for details
NOV. 15, 29 & DEC. 6 7:00 - 9:30 p.m.	Wine Tasting Armstrong House	\$45 M \$55 NM
NOV. 16, 30 9:00 - 11:00 a.m.	Quilt Magic Armstrong House	\$12 M \$18 NM
NOV. 19 6:30 - 10:30 p.m.	CPR Armstrong House	\$5 M \$8 NM

For information and registration, please call the JCC at 366-0357.