

Preschool

Mother's Morning Out (MMO)

Winter 1990

The purpose of the JCC's Mother's Morning Out Program is to provide a high-quality first experience for your infant or toddler in a warm and loving Jewish atmosphere. Program serves as a bridge between the home and child's first preschool experience. We provide a secure and trusting environment in which your child can develop emotionally, physically and intellectually. Teachers will help your child in learning to interact with their peers in group situations. The world of MMO is one of friends, messy art projects, games, music, outdoor play and much more. This year will be filled with fun, excitement and learning. All class sessions are 9 a.m.-1 p.m.

General Information: In order to be eligible, your child must be at least 10 months and not more than 24 months on October 16, 1989. Program runs from September to end of May. The first month a child is enrolled, the first and last month's tuition are due. Thereafter, payment is due on first of each month, with a \$20 late fee added after the tenth.

Non-refundable registration fee:

\$45 M / \$55 NM
2 days/week T & Th:
\$65 M / \$85 NM
3 days/week M,W,F:
\$85 M / \$115 NM
5 days/week M-F:
\$125 M / \$155 NM



INFANT/TODDLER DAY CARE

Program is designed for mothers who need full-time care for their child between ages of 6 months and 2 years. We will provide a warm and loving Jewish atmosphere so that your child may experience the finest quality care possible. We will give your child a secure and trusting environment where he/she can grow intellectually, socially, physically and emotionally. Your child will be part of our MMO program between 9 a.m. and 1 p.m. A typical day will be filled with fun, friends, games, music, art, outdoor play and much more. There will be morning and afternoon snacks, a kosher lunch (which you provide), and an ample nap time so that all your child's needs will be met. We will be operating under a Class "A" State Daycare License with a qualified staff and the lowest child/teacher ratios. Program starts Jan. 2 and runs a full 12-month schedule. Hours are 7:00 a.m.-6:00 p.m., Monday-Friday. For more information contact Beth Girardier, MMO, 366-5007.

NON-REFUNDABLE REGISTRATION FEE
\$55 M / \$65 NM

Full-Time Care	Pre Care and MMO
2 days/week	2 days/week
\$120 M / \$155 NM	\$100 M / \$120 NM
3 days/week	3 days/week
\$180 M / \$215 NM	\$135 M / \$165 NM
5 days/week	5 days/week
\$260 M / \$295 NM	\$205 M / \$235 NM

Presbyterian Maternity Services Are Coming to the JCC

Presbyterian Hospital has been a part of Charlotte's family memories for generations. During more than 85 years of delivering babies, Presbyterian gained a wealth of experience caring for parents and newborns. Of course as the needs and wishes of parents changed, Presbyterian responded. Today, Presbyterian's Family Maternity Center has developed a family approach to childbirth which includes the city's most extensive maternity education program.

The JCC is pleased that Presbyterian Hospital will be bringing their Maternity Education Program to our facility this month. The maternity education classes, available to JCC members and non-members, will be led by Presbyterian Hospital's professional staff.

The classes to be offered are:

Childbirth Preparation

Preparation is the key to a positive childbirth experience. This prenatal education program of four classes is taught by certified childbirth educators. It prepares women/couples for active participation in their labor and delivery experience. Topics include birth process, breathing techniques and relaxation skills. Registration must be by the seventh month of pregnancy.

Mondays, 7-9 p.m.
January 8, 15, 22, 29
February 5, 12, 19, 26
March 5, 12, 19, 26
April 2, 9, 16, 23
Fee: \$5

Getting Ready for Baby

This course teaches the basics of infant care and feeding choices as well as how to design a safe nursery. Prepares new parents for the emotional adjustments of adding a new family member. The two-class series is available to women/couples at any time during the pregnancy.

Thursdays 7-9 p.m.
January 11, 18
February 8, 15
March 8, 15
Fee: \$20/Couple; \$15/Single

Healthy Nutrition and Your Pregnancy

This class addresses issues of healthy nutrition for the mother

during pregnancy. She will learn how to eat in a healthy fashion both for herself and her unborn child.

Tuesdays 7-8:30 p.m.
Fee: \$15/Couple; \$10/Single

Early Pregnancy

This series of two classes is designed to provide the newly diagnosed (early pregnant) woman/couple with information on nutritional needs, physical changes and discomforts of pregnancy along with emotional adjustments. Register as early in pregnancy as possible.

Wednesdays 7-9:30 p.m.
Fee: \$15/Couple; \$10/Single

Maternity Fitness

Presbyterian's maternity exercise classes allow expectant and new mothers to exercise within their own personal comfort and tolerance levels, with medical approval.

Every Tues. & Thurs., 10-11 a.m.
Fee: \$35 for first 8 classes;
\$30 for every other 8-class series

Water Exercise

This class moves Presbyterian's maternity exercise program to the water. New and expectant mothers will exercise within their own personal comfort and tolerance, with physician approval.

Every Mon. & Wed.
Times & Fees: TBA

Pregnancy Time Chart

This chart will help you schedule classes for the time best suited to your stage of pregnancy.

1-5 Mos. Early Pregnancy
1-9 Mos. Maternity Exercise Classes
6+ Mos. Getting Ready for Baby
8+ Mos. Childbirth Preparation Classes

You must preregister for all maternity classes offered by Presbyterian Hospital. For additional information on Presbyterian's Maternity Education Classes or to register for these classes, you may contact Presbyterian's Maternity Information Line: 371-4949, or you may contact Vicki Galliher, JCC Asst. H&PE Director, 366-5007.

Health & PE

WOMEN'S RACQUETBALL LEAGUE

It will begin the week of Jan. 7. Teams will be formed and games played on weekly schedule. This league is for the beginner and experienced player. Fee includes t-shirt, awards and social. For more information contact Millie Campbell.

\$20 members only



MEN'S RACQUETBALL LEAGUE

It will begin the week of January 7. Games will be played on weekly schedule. This league is for all levels of players. Fee includes t-shirts, awards and social. For more information contact Millie Campbell.

\$20 members only

MEN'S RACQUETBALL TOURNAMENT

Mar. 17-24
Entry fee: \$5 members only
Includes trophies & social on Sunday
Register by Mar. 1

WOMEN'S RACQUETBALL TOURNAMENT

Mar. 3-10
Entry fee: \$5 members only
Includes trophies & social on Sunday
Register immediately

JACKI SORENSEN'S AEROBIC DANCING

It's been enjoyed by hundreds of thousands of students since 1971. A progressive course where your instructor will lead you through invigorating aerobic dances especially choreographed for the non-dancer, yet you'll feel like you're performing while firming your body and strengthening your cardiovascular system.

Monday 6:15 p.m. — Joan Slep
Tuesday 6:15 p.m. — Jan Laney
Wednesday 6:30 p.m. — Joan Slep
Thursday 6:15 p.m. — Jan Laney

Monthly Fees:
2/week \$21.60 M / \$24 NM
3/week \$27.00 M / \$30 NM
4/week \$32.40 M / \$36 NM
5/week \$36.00 M / \$40 NM



JCC WINTER SPORTS EXPLOSION!!

This new program will highlight sports that the H&PE Department hopes to offer during the upcoming spring season!! JCC Winter Sports Explosion will consist of sports exhibitions hosted by community agencies. These sports exhibitions will provide a demonstration of the sport in focus, followed by hands-on instruction by the guest sports agency. So come join the fun and allow your children to experience a great variety of exciting sports!!!

Scheduled Sports Exhibitions:

Gymnastics (Weyandt's Gymnastics Company)
Table Tennis • Archery • Lacrosse

All sports exhibitions will be scheduled on Saturday afternoons throughout the winter session. Specific dates, times and guest sports agencies TBA.

Come on out and get a taste of what's coming to the JCC in the Spring Session! JCC Winter Sports Explosion...guaranteed to provide fun, thrills and excitement!

CARMEL DELICATESSEN

Carmel Commons Shopping Center
(next to Show Biz Pizza)

Featuring Boars Head Cold Cuts
Homemade Salads • Sandwiches
Catering for All Occasions

M-Sat 8-6
Closed Sundays

7705 Pineville-Matthews Rd.
542-6620

RICHARDSON HARDWARE

Providence Square Shopping Center

5668 International Way
Charlotte, N.C. 28211

Rick Richardson
President

(704) 364-8205



We're fighting for your life.

American Heart Association

discover scuba

Open Water Course

Scuba is one of the fastest growing sports today, and Charlotte Dive Center is a PADI Five Star Instructor Development Center. This rating is your assurance of the finest course available!

Begins January 8 6:30 p.m.-10:00 p.m.
Six Classroom Sessions Six Pool Sessions
\$160 M / \$170 NM (fee does not include open water trip)

For more information, contact Millie Campbell.

