

JCC Health / PE

SCOREBOARD

By Paul Denny, Athletic Director

It has been yet another fantastic month in the world of JCC Athletics. Teen 3 on 3 Basketball had played a few weeks of their season. **Derek Haffman**, **Eric Strugatsky** and **David Smith** were the early standings leaders. **Warren Cornelius**, who had been having an all-star like season, was put on the disabled list for the remainder of the season due to a broken wrist. Just wait till next season . . .

The Youth Soccer Teams were out there being awesome again. We all know that learning and having fun are the main ideas. But, when all three teams posted "lop-sided, let's-work-on-some-passing-instead-of-scoring-skills" shutouts on the same day (6-0, 7-0 and 8-0), one can't help but smile (ok, and maybe gloat a bit). Some of the top players include **Zach Weinstein**, **Laura Martin**, **Ross Mehlman**, **Brian Goldsmith**, **Stuart Miller**, **Scott Mehlman**, **Michael Edelstein** and **Benji Katz**. However, it has been a whole team effort thus far.

Youth Pre-Hoopsters have been getting better and better. These guys will all be seasoned veterans by the time the regular season starts.

The Adult Racquetball Leagues have just begun. More about them when the season gets along.

Adult Basketball was able to get two weeks of games in before

the holidays. Early on, it was the league's youngest player who was at the top in scoring. **Harry Tepper** led with a 21.0 avg while **Scott Cooper** was second with 20.0 ppg. In their own personal battle, **Scott Hirsch** led **Joel Isac** 39 points to 34. Bets are high on this one. Meanwhile, **Mike "as good as" Gold** continues to dazzle the fans with his creative passing and imaginative shot-making. GO MIKE!

Adult Softball was in full swing with all teams playing fairly evenly. Rookie **Richard Harris** led in batting with a .727 avg and was also tied for first in home runs with **Rick Cantor**. Each had 3 dingers. **Tim Garney** was second in batting with .706, while **Steve Ostrow** and **Rick Cantor** were tied for third with a .667 avg. **Tim Garney** led in the doubles department with 9 and **Marty Forcina** had the most triples with 3. It took **David Grubler** one game to get enough bases on balls to lead the league. He walked 4 times in less than an hour, and he even did it without his Flintstone's hat. **Steve Ostrow** wins for the most bizarre attempt at a put-out. The journeyman shortstop attempted to bat the ball in the air with his glove, several times before nudging the ball over to second base for the force play. Unfortunately his attempt failed miserably.

GET WET

By Tim Frank

With cooler weather on its way this may not seem like the season to think of swimming lessons. However, it is actually an appropriate time to consider enrolling your children in a swim program to prepare them for next summer's activities, as well as the Winter swim team. It is important to start swimming activities now in order to allow adequate time for the development of aquatic skills and physical endurance.

The Charlotte JCC Aquatic Department is offering a variety of programs including Private Swim Lessons (all ages), Parent Infant Water Adjustment, Millie's Minnows, Preschool lessons, Youth Swim lessons, Youth Stroke Clinics, Aqua Fitness, Aqua Aerobics, Arthritis Foundation Aquatic Program, W.E.T ... One on One, Water Walking, Swim Fitness, and Swim the Jordan.

Fall Session III of Aquatic



Programs begins Nov. 14 and runs through Dec. 18. You should also keep in mind that indoor pool environment is a very warm place to be on these chilly autumn days. So make plans to enjoy yourself and your family by getting in the swim of things today. The Charlotte JCC's Barbara Levine Indoor Pool is open seven days a week and offers open swim times as well as a variety of aquatic programs for all ages. A pool schedule and program information can be found in the J's Fall Program Guide. For any additional information call Tim Frank, 366-5007 ext. 293.

FitNews

By Andrea Jones

For over 20 years, both medical and exercise experts have emphasized the importance of regular participation in aerobic activities (walking, cycling, jogging, etc.) for developing a healthy heart and maintaining optimal body weight. It has come to light in recent years that aerobic activity alone isn't enough. You can have an efficient heart and lungs and yet not have enough strength to perform certain activities, such as climbing stairs, mowing your lawn, cleaning your house. Unfortunately, with each passing year over the age of 30, you will lose more strength. If you do not engage in exercise specifically designed to enhance your muscular fitness, the loss of strength will be significant. You need to develop and maintain an adequate level of functional fitness—which is defined as the ability to perform activities of daily living without undue fatigue or risk of injury. In order to be functionally fit, you need to be both muscularly fit and aerobically fit. So, if you are only doing aerobic activity, give me a call to schedule an appointment for One on One Weight Training to learn the proper techniques for using free weights.

Session II of the "J" aerobics program begins Nov. 1 and runs through the end of the year. Member fees are \$40 and non-member fees are \$65 for the session.

Therapeutic Massage

Janet Chandler is experienced in Swedish Massage. She is a certified massage therapist and a member of the American Massage Therapy Association.

Stress is the disease of the 90s. Come and enjoy the experience of stress reduction and relaxation through the application of Swedish Massage.

To schedule an appointment, call the JCC front desk, 366-5007.

Rates are: Health Club Member, \$15/half hour or \$25/hour; General Member, \$30/half hour or \$40/hour; Non-member, \$40/half hour or \$50/hour.

General members must purchase a Health Club guest pass, \$5; non-members must purchase a general pass and a Health Club pass, \$10.

Shalom Park Snack Bar

The Shalom Park Food Services Committee announces that the Snack Bar has been temporarily closed. The Committee is now researching various alternatives for providing food service, such as a vending machine operation. The Snack Bar is expected to reopen soon.

J's In — School's Out



ROCK CLIMBING WITH DERRICK LONG
November 11
Ages 4th-6th Grades

Join us in learning the basics and the safety procedures of rock climbing at the Charlotte Climbing Center. Participants need to pack a dairy lunch.

\$30 M/\$50 NM

KARATE CLINIC
November 26 — Ages 6 and up

Join A.J. Anderson, a 5th Degree Blackbelt and his qualified staff to learn some of the basics of karate. Bring a dairy lunch. A drink and snack will be provided.

\$30 M/\$50 NM

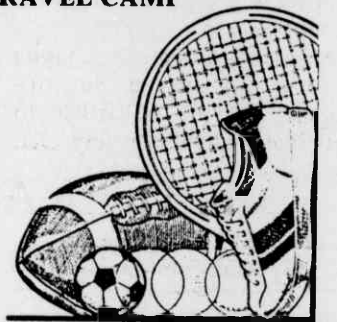
Winter Camps

Spend your winter school break at the Jewish Community Center taking part in one of our outstanding camp programs. Camp days are 9 a.m.-4 p.m.; pre and post care is available.

SPORTS AND TRAVEL CAMP

The "J" version of a mini-decathlon. A variety of entertainment, sports and games. Prizes awarded for those who are the best at having fun.

Ages 4th-6th grades
December 20-24
\$85 M/\$115 NM



WINTER KARATE CAMP

Participate in the J's outstanding Martial Arts Camp, designed to build self-awareness, self-confidence, self-control, self-esteem and self-respect. A dairy lunch should be brought by campers. Drinks and a snack will be provided. For more information call the H & PE office, 366-5007.

Ages 6 and up
December 27-31
\$95 M/\$135 NM



Youth Hoopsters

Ages 6-11 Year

The skills learned in the first few weeks of fundamental building will be put to good use in a league format. If interested in coaching, officiating or sponsoring a team, please contact the H & PE office.

Sundays, Nov. 14-Mar. 13

Ages 6 & 7, 1-2:15 p.m.
Ages 8 & 9, 2:30-3:45 p.m.
Ages 10 & 11, 4-5:15 p.m.
\$25 M/\$75 NM

"J" Select Basketball Teams

Our "J" teams will compete in the Charlotte Parochial and CYO leagues. These leagues have strong and exciting competition so sign up and practice now. Jerseys are provided. Practice will begin in early November and the leagues end mid-March.

Ages:
7th & 8th Grades
9th & 10th Grades
11th & 12th Grades
\$35 Members Only

Karate for Youth and Adults

Fall Session II

Jerome "Magic" Johnson of Knights Recreation and his instructors will share their karate experience and talent with classes at the JCC. They emphasize discipline, self defense and physical fitness.

Youth Classes

Wednesdays, Nov. 24-Jan. 7
4:30-5:30 p.m. Advanced
5:30-6:30 p.m. Beginner
\$35 Mem/\$55 Non-Mem

Self-Defense for Adults

Wednesdays, Nov. 24-Jan. 7
6:30-7:30 p.m.
\$35 Mem/\$55 Non-Mem

Classifieds Work
Call 366-5007

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