



# The Jewish Community Center



## Children's Activities

### The Jewish Community Center School Of Dance Fancy Feet At The JCC!

We are very excited to announce that The JCC has teamed up with FANCY FEET DANCE AND FLOOR GYMNASTICS STUDIOS, INC. FANCY FEET STUDIOS is known the world over for quality classes that meet the highest standards. For the last 10 years, FANCY FEET STUDIOS has consistently proven themselves by winning major national dance competitions, as well as performing all over the world. This is an outstanding opportunity to enroll your "rising star" in the best dance program in Charlotte! All classes will be taught by the staff of FANCY FEET STUDIOS. THE JCC SCHOOL OF DANCE WILL PARTICIPATE IN THE FANCY FEET RECITAL!



#### PRE-SCHOOL CLASSES BEGINNER

##### 3 & 4 YEAR OLDS

This is a combination class of ballet and tap basics for students with no experience or one year dance experience. Classes must have a minimum enrollment.

Schedule:

Tuesday 1:15-2:00  
Wednesday 1:15-2:00  
Thursday 1:15-2:00

#### PRIMARY CLASS BEGINNER

##### 5 & 6 YEAR OLDS

This class is a combination class of ballet, tap and pre-jazz for students with no experience or one year dance experience. Classes must have a minimum enrollment.

Schedule:

Wednesday 3:15-4:15

#### ELEMENTARY CLASS BEGINNER

##### 7, 8, & 9 YEAR OLDS

This is a combination class of ballet, tap and jazz for students with no experience or one year dance experience. Classes must have a minimum enrollment.

Schedule:

Wednesday 4:15-5:30

Higher level classes may be added if there is a need.

FOR INFORMATION  
CALL SUSAN JACOBS,  
Children's & Family Director  
JCC — 366-5007

## Creative Explorations Afternoons At The JCC!

The Children's and Family Department is offering a fall semester of excitement and creativity for children grades K-6. A variety of artistic and imaginative enrichment opportunities is being provided in conjunction with some of Charlotte's finest arts education institutions and imaginative instructors.

Program offerings at the JCC include:

**Children's Theatre of Charlotte** - children's self-esteem and communication skills will be heightened while having a enjoyable tour of the wonderful world of drama and expression. Puppetry, mini-musicals, play-making and imagination experiences fill all participants with a new sense of excitement

**Spirit Square Center for the Arts** - exploration of your personal best is at the heart of the Spirit Square experience. Participants will be able to expand their creative talents while learning to dabble in wearable art, inventive painting, sculpture, collage and a variety of other artistic disciplines.

**Creative Ceramics** - the warm, nurturing and patient approach of JCC artist-in-residence, Jim Whalen, makes his students

clamor for more time in the ceramics studio! Jim's masterful ability to allow for individual growth in the group setting allows each child to find unique opportunity for self-expression and to enjoy a supportive sense of accomplishment as they explore the clay medium with Charlotte's finest ceramist.

**Dance Fever** - dancing is back! And Maggie Gins knows them all - from the jitterbug to the latest line dances. As your child approaches B'nai mitzvah age, he/she will want to be out there on the floor, having a great time. Maggie makes sure that he/she will do so with confidence!

**For Parents** - The new afternoon schedule allows you to choose your child's after school activity schedule with ease and efficiency. The fall semester runs from the end of August thru December and the schedule allows you to choose days and times that are most convenient for you and your child.

WATCH YOUR MAIL FOR SPECIFIC REGISTRATION INFORMATION OR CALL SUSAN JACOB'S, DIRECTOR OF CHILDREN'S AND FAMILY PROGRAMS, AT 366-5007.

## Fitness First

### Fitness First Fall Fitness Program: A Sneak Preview at What's New

by Leah Crowley

This fall, the JCC is the place to be for fitness. Our fitness and aerobics programs will have something for everyone! All ages and fitness levels will have more options to choose from to get in shape. Make a commitment to yourself and to your health and join us this fall!

If aerobic dance and step classes are your forte, then you will be excited to know that our aerobics program is expanding to offer more than 30 classes per week. There will be over a dozen different types of classes, with everything from super intense step aerobics to a cross-conditioning class. Whether you want to exercise early morning or late in the day, we have the classes that will fit into your busy schedule.

If you have been meaning to get started on a natural and easy way to get fit, you'll want to come check out our Walking Club. We'll meet Monday through Friday from 9 a.m. until 10 a.m., rain or shine. Don't miss Tuesdays as we'll check your blood pressure and provide a fitness professional to lead a group stretch.

And speaking of walking, you'll want to take part in our "Jerusalem to Haifa" walking Challenge that starts September 1. See if you can walk 99 miles from September until the end of November. Have fun and do something that's good for you!

We also have a new class especially designed for the young at heart. The "Half 'n' Half" class is half strengthening and stretching your muscles and half exercising your cardiovascular system. It's a great way to get or keep your heart in shape and also keep your bones and muscles strong.

Calling all high school athletes who want to stay in shape during the off-season! Our new strength and conditioning class is for you. This class will emphasize cardiovascular cross-training, strength training with correct form, and flexibility training, all under the supervision of a qualified fitness trainer.

And since fall is when everyone is going back to school, be sure to take part in our "Fitness University" exercise challenge that will start September 11 and end October 20. Earn points by doing your exercise program (including aerobic/cardiovascular exercise, muscular strengthening, and flexibility training) and by answering questions that will test your fitness IQ. Graduate from

grade to grade as you accumulate more points. All participants will receive a Fitness University T-shirt at the graduation party!

Also new this fall is our Healthy Dinner Seminar Series. Join us the second Thursday of each month for a delicious, healthy dinner and informative talk about fitness and health related topics.

Our Fall Program brochure has more details about all of our new fall fitness programs and also information about our continuing programs, including personal training, massage therapy, Yoga, and Awareness through Movement. Be sure to pick up your copy at the front desk or call Leah Crowley, Fitness Director (366-5007 ext. 294) for more information.

### Scouting Around For New Cub Scouts And Boy Scouts

If you are a young man in First through Eighth Grades, or know somebody who is, now is the time to join Cub Scouts or Boy Scouts at the 'J'. Cub Scouts is for boys from grades 1 to 5. Boy Scouts is for young men who have completed Fifth Grade or are at least eleven years old.

Both our Cub Pack and our Scout Troop are open to all, regardless of religious or ethnic background, in fact, we encourage a diverse mixture. Scouting is dedicated to building a well-rounded individual physically, mentally, and morally in a safe, fun environment.

Cub Scouting is intended to be a family involved program run by the parents and other concerned adults. Cubs meet every other week in age/grade oriented dens of from four to ten boys and take part in activities such as games, skits, crafts, local trips, etc. Some of the highlights of the year are our Scout hut camping trip, Pinewood Derby Race, Blue & Gold Dinner, Scouting for Food, Cub Day Camp. For more information on joining our Cub Pack call David Lintz at 588-8888 or 364-0227.

Boy Scouting is a program for older boys intended to develop leadership, self-reliance, teamwork and citizenship. The boys are encouraged to plan and carry out their own program with the encouragement and coaching of adult volunteers, usually interested parents. Scouts meet every other week, and they participate in additional activities on a regular basis. Some of the highlights of the year are our participation in competitive camporees (in which our Scouts have done well), Scouting for Food, our annual whitewater rafting trip, climbing at the Charlotte Climbing Center, assisting with a Habitat for Humanity project, and a week at Summer Camp.

For more information on joining our Scout Troop call Mike Shannon at 882-3086.

## COMING SOON

### THE ANNUAL SENIOR ADULT CHAI RAFFLE

AS ALWAYS GREAT PRIZES

Gift Certificates

Hornet's Tickets

Health Club Membership

Restaurants

Jewelry

and More!!!

AS ALWAYS EASY TO DO:

*Comes to your home through the mail in September. Just fill out and return by mail or in person.*

AS ALWAYS EXCITING:

*Especially if your name is called in late November as a WINNER!*

AS ALWAYS A GREAT REASON TO HELP:

*The proceeds from Chai Raffle support JCC services to Senior Adults.*