

Adults

Social Dance for Beginners

Mondays, 8 to 9pm, Feb 20 – April 10, New Oasis Lounge
 Join our exciting social ballroom style dancing classes for great fun and exercise. It is easier than you think! This popular course will introduce 4 dances: Fox Trot, Waltz, Swing and Cha Cha. Upon completion, students will understand leading and following at a beginning level for social dancing. Approximately 4 or 5 steps in each dance will be taught. Students must enroll with a partner. Please wear comfortable leather soled shoes, no sneakers. Max 10-15 couples.

JCC Member \$50/person

Non Member \$60/person

Benefactor \$40/person

For more information, contact Sue Victor, 704/944/6753.

"First Dance"

Mondays, 7 to 8pm, February 20 – March 13
 New Oasis Lounge

Limited to 15 couple per class

Celebrating a special occasion? Are you getting married? If so, "First Dance" is for you. Bring your partner and a CD of your favorite song or "First Dance" and in 4 hours you will be dancing like a professional; gliding across the dance floor with your honey. Please wear comfortable shoes with leather soles (no sneakers).

JCC Member \$60/couple

Non Member \$70/couple

Benefactor \$50/couple

For more information call Sue Victor at 704/944/6753.

Mad Hot Ballroom Dance - NEW!

Saturday, February 4

7 to 10pm, New Dance Studio

Basic dance steps will be taught throughout the evening. Put on your dancing shoes and dance the night away. Swing to a variety of tunes that will get your blood pumping and your feet moving. Don't be shy. **Partner NOT required. All ages welcome!** Light refreshments will be served.

JCC Member \$6/person

Non Member \$8/person

Benefactor Free

For more information call Sue Victor at 704/944/6753.

Health & Wellness

Raising Healthy Eaters!

Sunday, February 12

10 to 11am, Conference Room A

Learn from a Registered Dietician how to influence your children in a positive way to be lifelong healthy eaters. Learn how to choose food for your family, plan meals and healthy snacks. This lecture will also discuss the responsibilities of parents to promote healthy lifestyles and weight issues. For more information, contact Kyle Coates at 704/944/6746.

JCC Member \$10 Benefactor Free



Arthritis Foundation & Levine JCC



Partner Up!

The Sandra and Leon Levine Jewish Community Center is pleased to be partnering with the Arthritis Foundation Carolinas Chapter to begin a new 6-week Medical Referral Program! For more details, contact Kyle Coates at 704/944/6746.

Teens

Spring Break Camp!

9am to 4pm (AM & PM Care Available Upon Request)

Monday, March 27 - Swim/Inner Peaks

Tuesday, March 28 - Bowling/Laser Tag

Wednesday, March 29 - Sports Warehouse/Swim

Thursday, March 30 - Panthers Stadium Tour/Dave & Busters (lunch included)

Friday, March 31 - Photo Scavenger Hunt & Pizza Lunch

Bring lunch daily, unless otherwise noted above.

JCC Member \$50/day Non Member \$60/day Benefactor \$25/day

For more information, contact Eddie Gluck at 704/944/6739.

Sign Up for All 5 Days SAVE \$25!

New at JAMMIN' AT THE J!

Don't miss your chance to win super cool prizes from great stores such as Abercrombi & Fitch or the GAP... plus, other mystery prizes! Tickets will be sold during Jammin' and chosen before the end of the night! For more information, contact Eddie Gluck at 704/944/6739.

NEEDED: Any slightly used Play Stations, Play Station 2 games, systems and DVDs for Levine JCC Teen Lounge. 704/944/6739

The Levine JCC
 Fit for everyone.

