

Enrichment

ALL NEW...DEBUTING THIS SUMMER! Camp E'ma

June 27th, 28th and 29th
9am to 1pm

Your children and grandchildren are not the only ones who get to have FUN at camp this summer. CAMP E'MA is a three day camp for women of all ages, in all stages of their lives, to learn something new and most of all, to have fun!

The Levine JCC recognizes an immediate need for women to start putting themselves first by taking better care of themselves and feeding their mind, body and spirit. If you feel well and complete, you will have the energy you need to give to others – to be the spouse, the mom, the daughter, the person you want to be.

Day 1:	JCC Member \$50	Benefactor \$40	Non Member \$65
Day 2:	JCC Member \$50	Benefactor \$40	Non Member \$65
Day 3:	JCC Member \$50	Benefactor \$40	Non Member \$65

Enjoy one, two or all three days!

For activities or more information call Naomi Hemdon at 704.944.6735 or to register call 704-366-5007



Fitness/Wellness



Cholesterol & Glucose Screening

Wednesday, June 21st 6:30am to 11:30am

The David Silverman Fitness and Wellness Center is offering a cholesterol and glucose screening. CMC RN Kim Sensenbrenner and Levine JCC Wellness Director, Kyle Coates will provide the screening. Immediate results include HDL, LDL and glucose. Education counseling provided. Please call for an appointment.

For more information, contact Kyle Coates at 704-944-6746.

How to Navigate the Aging System

Thursday, June 8th 6:30 to 8pm

Presented by: Senior Resource Coalition (SRC)

SPONSORED BY THE LEVINE JEWISH COMMUNITY CENTER

A panel of professionals in the field of aging will help you "navigate" the system for yourself or someone you love. How do you protect against scams? How do you find a quality nursing home? How do you find reliable in home help? All of these questions and much more will be answered through an overview of which agencies can help and how to make contact, followed by an opportunity to speak one on one with each representative. Light reception to follow. **FREE – Open to the community. Reservations are required.**

For more information, contact Naomi Hemdon at 704-944-6735



Fine Arts

Creative Classes for the Summer!

The Levine JCC's Fine Arts program is now offering classes this summer including handbuilding, wheelthrowing, watercolor, drawing, oil painting and more for ages 14 & up!

For more information, contact Shellie Mitchell at 704-944-6792.

Arts

Sports

Basketball Academy at the J!

Are you serious about the game of basketball? Then this program is for you! The Levine JCC and Carolinas' Basketball Academy is excited to offer the ultimate in basketball training.

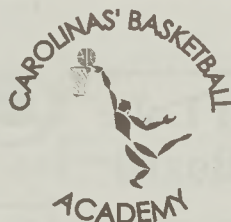
From team and group to individual and partner training, this winning combination will help athletes or teams achieve the extra edge and meet personal and team goals.

Beginning with a private consultation to discuss ability levels and goals, a specific training program will be created followed by verbal or video evaluations.

Hard work, but lots of fun, players will succeed at their level of competition! For more information, please contact Stephanie Garner at 704-944-6743.

Early Bird Fall Leagues Registration! Fall Youth Leagues Registration for Micro-Soccer, Juniors Soccer, Youth Soccer, In-Line Hockey, Community Basketball. NOW THRU JULY 10th!

Due to the Jewish holidays, registration is earlier this year! Spaces fill up fast! Don't delay! For more information, please contact Stephanie Garner at 704-944-6743.



Social



Swimmer Family Fun Series

Summer Kick Off Party at the Aquatic Complex

Sunday, June 11th 12 to 3pm

Don't miss the first pool party to start off your summer! Games, music, prizes and of course, a DJ!

Annual 4th of July Bash!

Tuesday, July 4th 12 to 3pm

It's the 4th of July! Come hang out at the J as we celebrate American freedom! There will be food, games, prizes and a DJ!

"Adult Swim"

Saturday, July 22nd 6 to 9pm

Yes... this is for ADULTS ONLY! We'll have pool volleyball, table tennis and tables set up for games! And there will be music in the air!

Summer Sizzler Party

Sunday, August 6th 12 to 3pm

Celebrate the winding down of the summer and the return to school at the Aquatics Complex with games, prizes, music and DJ!

Phil's Deli will be providing food service at the J Café all summer long. Enjoy!

The Levine JCC
Fit for everyone.

