LJCC Cares
Social Action & Volunteer Opportunities
See page 25

Performing Arts
Spring Musical
You’re A Good Man
Charlie Brown
See page 15

LJCC Events
Annual Golf Tournament
See page 16
Through the Charlotte Jewish Legacy Program, you can make a difference in our community for years to come. Please consider joining the many who have already committed to leave a Legacy Gift ensuring that generations of Jewish families continue to have a strong and vibrant community to call their own. Endowment funds will help provide for continuous growth and long term capital improvements.

For more information, or to learn how you can be a part of this wonderful and important initiative, please contact Karen Maniloff, Associate Executive Director 704-944-6801 | karen.maniloff@charlottejcc.org
Save The Date

Come “Tri” for a Cause!

Levine JCC

Kids Triathlon

Sunday, May 31
2pm

Open to All Kids
Ages 5-14

To Benefit Pediatric Rehabilitative Services at
Carolinias HealthCare System
Levine Children’s Hospital
Adaptive Sports & Adventures Program

Questions? stephanie.garner@charlottejcc.org or 704-944-6743

Registration Opens Feb. 1
ljcckidstri.org
Questions? 704-366-5007

LEVINE JEWISH COMMUNITY CENTER

Hornets Hoops
CAMPS + CLINICS + TRAINING

TRAINING with CHAD HUNT
at the JCC

Interested in private or semi-private
instruction? This is a great way to improve
a players game in a short amount of time!

INDIVIDUAL INSTRUCTION
JCC Member - $65/hour
4 Lessons - $240

GROUP TRAINING
JCC Member - $35/hour
(Price per person)

Questions? stephanie.garner@charlottejcc.org or 704-944-6743

The fun never stops!

TWO Pool Parties: Father’s Day Splash + July 4th
Thursday Night Pizza • Sunday Fun Days
J-Café • TCBY Yogurt • Poolside WiFi
Sundries Shop & more!

Outdoor Pool Opens May 23!
charlottejcc.org
**Summer Fun Starts Here!**

**Toddler thru Teen**

**Camp Mindy!**

- **June 15 thru Aug 21** (half-day / full-day)
  - Mommy & Me
  - Preschool Camps
  - Traditional Camp: Grades K-5
  - Sports, Arts, or Lego® Focus Camps
  - Teen Leadership Camps
  - AM/PM Extended Care Program

_Do Not Miss the Boat_ Register Early!

**Performing Arts Production Camps**

Mount a full scale musical production in just a few short weeks!
- Build Skills (improv, character, voice)
- Singing, dancing and/or acting roles
- Highly trained instructors

- **Disney’s Little Mermaid, Jr.**
  - June 22–July 17
- **Free to Be...You & Me**
  - July 20–Aug 7

For a “Drama-filled” Summer...

**Combine Both Sessions!**

**2nd - 8th Grades**

**LJCC Summer Sports Camps**

- **June 15-19**
  - Renaldo Turnbull Flag Football (6-12 yrs)
- **July 27-31**
  - Turn & Burn Lacrosse (6-14 yrs)
- **August 3-7**
  - Ruff Cut Baseball (6-14 yrs)
- **August 10-14**
  - Dell Curry Basketball (6-18 yrs)
- **August 17-21**
  - Charlotte United Futbol Club Soccer Skills (6-12 yrs)

**FULL DAY**

- Mon-Fri
- 9am-4pm

**AGES 6 THRU TEEN**

- **June 15-August 14**
  - JCC CRUSH Weekly Tennis Camps (6-16 yrs)
    - Half-day/Full-day option
Levine JCC Business and Holiday Hours & Important Numbers

Facility
Monday–Thursday . . . 5:30am–9:30pm
Friday . . . 5:30am–5:00pm
Saturday . . . 12:00pm–7:00pm
Sunday . . . 7:00am–7:00pm

Membership Office
Monday, Wednesday, Friday . . . 9:00am–5:00pm
Tuesday, Thursday . . . 9:00am–7:00pm
Sunday . . . 10:00am–4:00pm

Holiday Hours
Friday, April 3 – Erev Passover . . . 5:30am–4:00pm
Saturday, April 4 – 1st Day Passover
Sunday, April 5 – 2nd Day Passover
Friday, April 10 – 7th Day Passover
Saturday, April 11 – End of Passover
Saturday, May 23 – Erev Shavuot
Sunday, May 24 – Shavuot
Monday, May 25 – Shavuot & Memorial Day
Saturday, July 4 – Independence Day

Levine JCC Transfer Policy
- Age determined by start date of class.
- Except for Parent & Child classes, children must be fully potty trained to participate.
- Complimentary child transfers available from CJP for 1:15pm classes offered at the LJCC. All transfers needed for classes from CJDs between 3:30–4pm will incur a $25 per session fee. Any private lesson transfers are to be arranged and coordinated through the instructor.

Transfer forms are available at the LJCC Customer Service Desk or at www.charlottejcc.org

- Fill out one form per family if you have not already done so for the school year.
- When you register, you must contact us to let us know that you want a transfer, and we'll track your request electronically. It is the parent's responsibility to keep contact info up-to-date.

Levine JCC Guest Policy & Fees
- Benefactor/Silver Members are free.
- Non-Members: $20 for an individual and $35 for a family.
- Members: $20 for an individual and $35 for a family.
- An annual administrative fee is applicable to all non-member participation in programs or services.

Kashrut Policy at the J
Kashrut is the Jewish dietary laws. They represent both the rationale and the laws regarding what traditional Jews are and are not permitted to eat. The LJCC is a kosher facility and abides by the traditional laws of Kashrut. This provides an environment that can be supported by the broad spectrum of Jewish lifestyles in our community and is comfortable for all participants.

Members and guests are asked to respect the dietary laws of Kashrut and be observant when attending or planning meetings and programs.

Levine JCC Board of Directors 2015

President
Elise Kosofsky

Treasurer
George Cronson

Vice Presidents
Michael Baumstein
Glenda Bernhardt
David Cohen
Jon Simon

Board Members
John Box
Jonathan Brackis
Jeremy Davids
Stuart Goldstein
Scott Gorelick
Julia Greenfield
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Penny Lipsitz
Annie Lord
Staci Mond
Mark Perlman
Andrew Rosen
Larry Schwartz*
Rebecca Stern
Jeff Turk
Robert Valenstein
David Van Glish*

* Past Presidents

For full staff listing and department directory, go to www.charlottejcc.org

JLCC Refund & Guest Policy
Program Registration Begins*
Members: February 9 | Non-Members: February 16**

Two Ways to Register: Call 704-366-5007 or visit our Customer Service Desk

Registration Payment Options
Cash, check, Visa®, MasterCard® and Discover®

Program Refund Policy
- Cancelled by the LJCC before the start of the first class – 100%
- Registrant withdraws prior to the start of the first class – 10% administrative fee
- Registrant withdraws after 1st class - same as above plus prorated refund
- Registrant withdraws after second class – no refund
* Programs are subject to minimum and maximum enrollment.
* An annual administrative fee is applicable to all non-member participation in programs or services. The fee is $20 for an individual and $35 for a family.

Levine JCC Guest Policy & Fees
Non-Members are welcome to use the Levine JCC facilities as our guest. The same individual guest may use the center a maximum of three (3) times a year. Adults (including teens age 13+) may bring in two guests at a time. Members must remain on the premises while their guests are here. All guests of Benefactor/Silver Members are free.

6 and under Free
Ages 7 - 17 $5
Ages 18 & Older $10
Entire Family $20

Guests that become members within 30 days can apply their guest pass fees toward membership.
**Sports**

**Stephanie Garner**

**Sports Director**

704-944-6743

stephanie.garner@charlottejcc.org

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**Preschool Sports Club**

3–5 year olds

Introduces basic sports skills through relays, stations, and sport activities that will enhance motor skills.

- **A)** Tuesdays, 1:15–2pm
  - March 10 – May 19 (10 weeks)
  - No Class 4/7
- **B)** Wednesdays, 1:15–2pm
  - March 11 – May 20 (10 weeks)
  - No Class 4/8

Alvin E. Levine Gymnasium

M/$140 B/$Free NM/$180

Taylor Stern 704-944-6867
taylor.stern@charlottejcc.org

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**Preschool Kicks for Kidz**

3–5 year olds

Rooted in a traditional taekwondo curriculum, this class teaches balance, coordination, agility, core strength and reaction time. Kicks for Kidz also prides itself on developing discipline, respect, self-control, teamwork and a positive attitude. Students wear belts and earn colored skill stripes. After students earn all 6 stripes, they graduate to a new belt and break a board! Uniforms are optional. Uniform and belt fees are separate. See instructors for details.

- Fridays, 1:15–2pm
  - March 13 – May 22 (9 weeks)
  - No Class 4/3 & 4/10

Upstairs Dance Studio

M/$126 B/$76 NM/$162

Master Alyssa Watson

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**Zumba Kids Jr.**

4–5 year olds

Come join the dance party! Preschoolers will have a blast dancing to different sounds from around the world. They will explore new cultures and rhythms through games and movements.

- Fridays, 1:15 – 2pm
  - March 13 – May 22 (9 weeks)
  - No Class 4/3 & 4/10

Swimmer Family Aerobics Studio

M/$126 B/$76 NM/$162

Jessica Weill, Certified Zumba Kids Instructor

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**Stephnie Garner**

Sports Director

704-944-6743

stephanie.garner@charlottejcc.org

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**Preschool Basketball**

4–5 year olds

Dribbling, passing, shooting and defense in non-competitive skill drills, games and actual game play.

- Mondays, 1:15–2pm
  - March 9 – May 18 (10 weeks)
  - No Class 4/6

Alvin E. Levine Gymnasium

M/$140 B/$84 NM/$180

Instruction provided by Nicolette Spencer and LJCC staff

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**Preschool Yoga**

3–5 year olds

Introduces children to Grounded Yoga postures in a class designed specifically for preschoolers. Fun activities, games, breath and body awareness, music, story time and more!

- Thursdays, 1:15–2pm
  - March 12 – May 21 (10 weeks)
  - No Class 4/9

Upstairs Dance Studio

M/$140 B/$Free NM/$180

Patty Torcellini

taylor.stern@charlottejcc.org

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**Stepping Stones T-Ball**

3–5 year olds

Play America’s favorite pastime sport. Fun, non-competitive class that teaches basic baseball skills.

- Thursdays, 1:15–2pm
  - March 12 – May 21 (10 weeks)
  - No Class 4/9

Alvin E. Levine Gymnasium

M/$140 B/$Free NM/$180

Taylor Stern 704-944-6867
taylor.stern@charlottejcc.org

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**Preschool Yoga**

3–5 year olds

Introduces children to Grounded Yoga postures in a class designed specifically for preschoolers. Fun activities, games, breath and body awareness, music, story time and more!

- Thursdays, 1:15–2pm
  - March 12 – May 21 (10 weeks)
  - No Class 4/9

Upstairs Dance Studio

M/$140 B/$Free NM/$180

Patty Torcellini

taylor.stern@charlottejcc.org

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**Private Yoga for Special Needs**

See page 28

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**Levine JCC Transfer Policy**

Please refer to page 1.
Preschool Tennis
3–5 year olds
Emphasizes gross motor skills, basic tennis information, and fun on the courts. Held indoors during inclement weather. Equipment provided. Must be fully potty trained. Transfer forms (available at www.charlottejcc.org or the Customer Service Desk) must be completed three days before start, if applicable. In case of inclement weather, classes will be held inside.
A) Tuesdays, 1:15–2pm
March 10 – May 19 (10 Weeks) No Class 4/7
B) Wednesdays, 1:15–2pm
March 11 – May 20 (10 weeks) No Class 4/8
C) Thursdays, 1:15–2pm
March 12 – May 21 (10 Weeks) No Class 4/9
D) Fridays, 1:15–2pm
March 13 – May 22 (10 Weeks) No Class 4/10
M/$170 B/$130 NM/$200

Open Party “Plus” - OPTION 1
90 minute party = 30 min Games, 30 min Free Swim, 30 min Food. Includes public use of the LJCC Aquatic Complex-Indoor Pool ONLY, (not reserved for party members), lifeguard, & table/chair set up for food.*
10 Kids: M/$135 NM/$150
11-20 Kids: M/$195 NM/$210
NOTE: 20+ kids is considered a Private Pool Party and must require a scheduled date outside of opening pool hours. See Option 3 (below); call with questions.

Open Party - OPTION 2
90 minutes open use of LJCC Aquatic Complex-Indoor Pool ONLY. Includes table/chair set up for food.*
10 Kids: M/$40 NM/$60
11-20 Kids: M/$60 NM/$75

Private Party - OPTION 3
Reserve the pool! 90 minutes of exclusive use of the LJCC Aquatic Complex-Indoor Pool ONLY. Private parties are held after normal operating pool hours. Includes table/chair set up for food.*
Up to 20 Kids: M/$240 NM/$255
Additional 10 kids , add $30

* Outside food must abide by Kosher dietary laws.
Swim Instruction for EVERYONE
...at the Levine JCC JAWS Swim School

The progressions and skills taught in the LJCC JAWS Swim School have been designed while keeping the overall developmental needs and stages in mind. All lessons are implemented and taught by highly skilled and trained instructors.

Our swim school classes are designed for swimmers age 3 and up. Swimmers progress through different levels learning water safety and proper stroke technique in all four competitive strokes. Group classes are between 2-5 students per coach (depending on level) and are 45 minutes in duration. Private lessons are also available.

Please refer to charlottejcc.org for Swim School Policies and Procedures

Early Childhood Lessons

According to the Center for Disease Control and Prevention, drowning is the second leading cause of injury related death among children ages 1-4. The LJCC Jaws Swim School’s number one goal is to teach your child to swim, therefore increasing his/her chance of not becoming part of that statistic.

Infant & Toddler Class

Ages: 6 mo-2 yr olds (parent-assisted); swim diapers required. 
*Details*: Children are learning to get comfortable with their bodies in the water thru activities, songs and games.

**Sunday, 9–9:30am (8 classes)**
March 15 – May 17, No class 4/5 and 5/10

**Monday, 6:30–7pm (8 classes)**
March 16 – May 11, No class 4/6
M/$104 B/$64 NM/$128

Preschool Lessons

Ages: 3-5 yr olds (potty-trained); goggles and swim cap suggested.

*Details*: Lessons are divided into 3 class groups with specific goals – beginner, intermediate and advanced. Select desired day/time of lesson (below); then our trained instructors will assign your child’s class level based on his/her ability on the first day of class.

**Mon & Wed (16 classes)**
1:15-2:00pm
2:30-3:15pm
3:30-4:15pm
March 16 – May 13
No class 4/6 & 4/8

**Tue & Thu (16 classes)**
1:15-2:00pm
2:30-3:15pm
3:30-4:15pm
March 17 – May 14
No class 4/7 & 4/9

**Friday (8 classes)**
1:15-2:00pm
2:30-3:15pm
3:30-4:15pm
March 13 – May 15
No class 4/3 & 4/10

**Sunday (8 classes)**
9:45–10:30am
10:45–11:30am
11:45am–12:30pm
March 15 – May 17
No class 4/5 and 5/10

Note: All levels/classes include water safety skills & games. Introduction to all strokes is done progressively & adapt to child’s maturity level.

Youth Group Lesson Pricing

8-Class Session: M/$104 B/$64 NM/$128
16-Class Session: M/$208 B/$128 NM/$256

Upon enrollment, each child will receive a swim bag to carry his/her swim gear. As a child completes the goals for each level, he/she will receive a ribbon of completion to attach to his/her bag.

Diana Barnes, LJCC Aquatics Coordinator • 704-944-6797 • diana.barnes@charlottejcc.org
**Visual and Performing Arts**

Susan Cherin Gundersheim
Visual & Performing Arts Director
704-944-6778
susan.gundersheim @charlottejcc.org

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**Art Explosion**

- **4–5 year olds**
  - Children will get their creative juices flowing by experimenting with many different mediums, such as clay, painting, drawing, collage, paper mache and sculpture. Young artists will have the opportunity to work within the structure of projects with guided instruction, as well as the freedom to create their own artwork.

  **Tuesdays, 1:15–2pm**
  - March 10 – May 19 (10 weeks)
  - No Class 4/7
  - LJCC Art Studio
  - M/$140 B/$84 NM/$150
  - Mary Couillard & Gwen Orland

**Broadway Kids!**

- **4–5 year olds**
  - This workshop gives young performers an opportunity to sing, dance and show off their acting talents. Silly songs, stories and musical instruments will also play a part in our class. We will share a showcase performance on Thursday, May 21 at 2pm for family and friends.

  **Thursdays, 1:15–2pm**
  - March 12 – May 21 (10 weeks)
  - No Class 4/9
  - Family Place
  - M/$140 B/$84 NM/$150

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**J STEPS Ballet/Tap**

Enjoy an active and fun introductory class that will expose your child to the dance styles of ballet and tap. Classic skills are integrated with creative movement.

- Ongoing class runs once a week through the end of May, with an optional recital in June. Small class size for more personal instruction. Ballet and tap shoes required.

  **Mondays, 1:15–2pm**
  - 4-5 Year Olds
  - March 9 – May 25 (Ongoing class)
  - No Class 4/6

**Swimmer Downstairs Aerobic Studio**

- Monthly draft payment: 50 days notice required for cancellation of monthly draft payment.

  - M/$50 B/$30 NM/$60
  - Kayla Piscatelli

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**J STEPS Funky Moves**

- **3–5 year olds**
  - Boys and girls will enjoy an active class in which they can groove along to fun music, get down and even create their own dance steps. The class will expose children to rhythm and hip hop style, integrated with creative movement.

  **Wednesdays, 1:15–2pm**
  - March 11 – May 27 (Ongoing class)
  - No Class 4/8
  - Swimmer Downstairs Aerobic Studio
  - Monthly draft payment: 50 days notice required for cancellation of monthly draft payment.

  - M/$50 B/$30 NM/$60
  - Kayla Piscatelli

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**Camp KATAN: Play Dates with Perks!**

12-30 months, with parent

Looking to meet other moms and have some organized fun-filled summer play dates with your toddler? Join us for crafts, songs, water-time, snacks, circle time and more! We'll be outside for sprinkler activities, water tables, then inside we'll have a theme-oriented class including an art project and snack. “Circle time” is loaded with music, movement, instruments, and stories.

On Fridays, we celebrate Shabbat together!

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**J Childcare**

Maxine Serrano
J Childcare Supervisor
704-944-6726
maxine.serrano @charlottejcc.org

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**Daily J Childcare**

- 7 weeks to 7 years old

- Please call the front desk at the LJCC to make your reservations.

- Please do NOT call the J Childcare direct line for reservations.

- Childcare reservations can be made one week in advance.

- 24 hour cancellation is appreciated.

- Drop-ins welcome and available based on room capacity – please call or come by to check availability. **We have every intention of trying to accommodate all needs.**

**Hours**

- Mon–Fri 8am - 1pm
- Mon–Thu Evenings 4pm - 7:30pm
- Saturdays 12pm - 3pm
- Sundays 8:30am - 2pm

**Fees**

- 1 hour min • 3 hour max

  - Reserved $4.50/hour
  - Siblings 50% discount (Members Only)

- **Pre-pay Package Discounts for Members Only:**
  - 10 hours/$38 • 30 hours/$90
  - Non-member $5.50 per child per hour

**Registration Begins for Members:** Monday, February 9, 2015 • Non-Members: Monday, February 16, 2015
Music & Me with Ms. Patty
8 months – 2 years with parent
Interactive music and age-appropriate movement for mommy, daddy, or caretaker and their baby/toddler. This fun filled class has been a hit for all who attend. Don’t miss the fun! Space is limited.
Mondays, 12–12:45pm
March 9 – May 18 (10 weeks)
No Class 4/6
Levinson Family Place
M/$100 B/$60 NM/$120

Little Chefs
3–5 year olds
This is a “cooking” class for all those preschoolers who enjoy making and playing with their food! Children should be prepared to get messy! Our little chefs will use skills such as counting, measuring, and classifying, while preparing yummy treats to eat and learning about the culture where the food is from! *If your child has food allergies, parents must contact stephanie.freedman@charlottejcc.org to approve all ingredients before the child begins the class.
Tuesdays, 1:15–2pm
March 10 – May 19 (10 weeks)
No Class 4/8
Levinson Family Place
M/$150 B/$120 NM/$180

Spanish for Preschoolers
3.5–5 year olds
Learn Spanish through the Foreign Language League’s interactive full-immersion method for kids! Children learn Spanish through dramatic play, interactive games, and music. All teachers are bilingual, native to the language they are teaching, certified and follow a fun curriculum.
Wednesdays, 1:15–2pm
March 11 – May 20 (10 weeks)
No Class 4/8
Levinson Family Place
M/$144 B/$120 NM/$168

Wood Creations
3–5 year olds
Keep your hands moving and minds creating with wood creations! We will be building, creating and decorating wood crafts such as totem poles, teepees, cars and many more fantastic wood creations. Ignite your engineering, physics and math mind through wood projects. Tools such as hammers and sandpaper will be used during a portion of the class.
Thursdays, 1:15–2pm
March 12 – May 21 (10 weeks)
No Class 4/9
Family Place
M/$175 B/$150 NM/$175
Kicks for Kids Spring Camp
4-10 year olds
Participants will learn Taekwondo curriculum, play related games, various skills & drills, martial arts themed arts & crafts, free play, and more. Bring a water bottle. Uniform not required. Camp led by LJCC Taekwondo instructor, Master Alyssa Watson (4th degree black belt). Reserve your child’s space today!

Daily Schedule:
9–10:30am Taekwondo activities
10:30–11am LJCC will provide a Kosher snack for Passover
11am–12pm Arts & Crafts
12–1pm Taekwondo activities
April 6–9
9am–1pm
Alvin E. Levine Gymnasium
M/$140 B/Free NM/$180
Taylor Stern 704-944-6867
taylor.stern@charlottejcc.org

Kinderhoops
K–3rd Grade
Learn basic basketball skills, such as dribbling, passing, shooting, defense and offense in this fun, non-competitive class.
Tuesdays, 3:30–4:15pm
March 10 – May 19 (10 weeks) No Class 4/7
Alvin E. Levine Gymnasium
M/$140 B/Free NM/$180
taylor.stern@charlottejcc.org

Lacrosse Skills
K–5th Grade
Lacrosse skills program will focus on basic and fundamental lacrosse skills such as, cradling, ground balls, passing/catching, shooting, and dodging. We will teach basic drills and games to help develop these skills in a fun, positive environment. Emphasis on playing the game correctly (i.e. working with your off hand and proper fundamentals). Turn and Burn Lacrosse can provide equipment if needed.
Tuesdays 3:30–4:15pm
March 10 – May 19 (10 weeks) No Class 4/7
Ostrow Family Athletic Field
M/$140 B/Free NM/$180
Turn and Burn Lacrosse Instructors

Kinderhoops
K–3rd Grade
Learn basic basketball skills, such as dribbling, passing, shooting, defense and offense in this fun, non-competitive class.
Tuesdays, 3:30–4:15pm
March 10 – May 19 (10 weeks) No Class 4/7
Alvin E. Levine Gymnasium
M/$140 B/Free NM/$180
taylor.stern@charlottejcc.org

Lacrosse Skills
K–5th Grade
Lacrosse skills program will focus on basic and fundamental lacrosse skills such as, cradling, ground balls, passing/catching, shooting, and dodging. We will teach basic drills and games to help develop these skills in a fun, positive environment. Emphasis on playing the game correctly (i.e. working with your off hand and proper fundamentals). Turn and Burn Lacrosse can provide equipment if needed.
Tuesdays 3:30–4:15pm
March 10 – May 19 (10 weeks) No Class 4/7
Ostrow Family Athletic Field
M/$140 B/Free NM/$180
Turn and Burn Lacrosse Instructors

Taekwondo
K–6th grade
Teaches blocks, hand strikes, kicking, forms, self-defense, sparring combos, footwork and board breaking thru fitness drills, fun games and team activities. Students also practice discipline, focus, goal-setting, respect, positive attitude, honesty, teamwork and perseverance. Students are required to purchase a uniform. Uniform and Belt testing fee are separate. See instructors for details.

Choose one OR two days per week:
A) Tuesdays, 3:15–4:00pm (K-5th All Belt)
B) Tuesdays, 4–4:45pm (K-5th All Belt)
C) Tuesdays, 4:45–5:30pm (K-5th All Belt)
D) Tuesdays, 5:30–6:15pm (High Green Belt and Up)
E) Friday, 4:05-4:55pm (K-5th All Belt)
March 3 – May 29 (ongoing)
No Class 4/3 & 4/7
Upstairs Aerobics Studio
Price per month: 1 class per week
M/$65 B/$36 NM/$75
Price per month: 2 classes per week
M/$120 B/$68 NM/$140
Price includes all classes and holidays breaks. Tuition is due the 1st of each month via automatic credit card draft. Parents must give 14 day written notice to cancel classes and stop credit card draft. Master Alyssa Watson

Private Yoga for Special Needs
See page 28

Levine JCC Transfer Policy
Please refer to page 1.
Total Golf Adventures®
K–3rd Grade
Learn the game of golf in a fun, safe, and nurturing environment. All equipment is provided.

Thursdays, 3:30–4:15pm
March 12 – May 21 (10 weeks)
No Class 4/9
Ostrow Family Athletic Field
M/$200  B/$120  NM/$250
TGA certified Golf Instructors

Adaptive Sports Skills
Class for Individuals with Special Needs
9 years +
Students will be introduced to the basic skills necessary to participate in a non-competitive setting with peers. Class will focus on and incorporate the following skills: eye/hand coordination, basketball skills, motor planning, team building, social interactions, balance, cardio, strength, following directions and more. Registration does not guarantee a spot. Intake form must be completed.

Thursdays, 3–3:50pm
March 12 – May 21 (10 weeks)
No Class 4/9
Alvin E. Levine Gymnasium
M/$140  B/Free  NM/$180
Stephanie Garner and Patty Torcellini

Tennis
Greg O’Connor
Tennis Director
704-944-6748
gregory.oconnor@charlottejcc.org

Little CRUSHers
5–7 year olds
Emphasizes basic stroke work, motor skills, court knowledge, and games involving tennis skills. Held indoors during inclement weather based on gym availability.

A) Mondays, 3:30–4:15pm
March 9 – May 18 (10 Weeks)
No Class 4/6
B) Mondays, 4:15–5pm
March 9 – May 18 (10 Weeks)
No Class 4/6
C) Tuesdays, 3:30–4:15pm
March 10 – May 19 (10 Weeks)
No Class 4/7
D) Tuesdays, 4:15–5pm
March 10 – May 19 (10 Weeks)
No Class 4/7
E) Wednesdays, 3:30–4:15pm
March 11 – May 20 (10 Weeks)
No Class 4/8
F) Wednesdays, 4:15–5pm
March 11 – May 20 (10 Weeks)
No Class 4/8
G) Thursdays, 3:30–4:15pm
March 12 – May 20 (10 Weeks)
No Class 4/9
H) Thursdays, 4:15–5pm
March 12 – May 20 (10 Weeks)
No Class 4/9
I) Saturdays, 12:45–1:45pm
March 14 – May 23 (9 Weeks)
No Class 4/4 & 4/11
J) Sundays, 9–10am
March 15 – May 24 (9 Weeks)
No Class 4/5 & 4/12
M/$170  B/$130  NM/$200 (10 Weeks)
M/$153  B/$117  NM/$180 (9 Weeks)

Junior Tennis Team
7–18 Years Old
Team matches played on Sunday afternoons between 1–4pm based on age. All teams require players to be members of the USTA. Team practices are strongly encouraged for all team members. Team fee includes team registration, balls for home matches, and weekly updates.

March–May
10 & under – 1pm
12 & under – 2pm
14 & under / 18 & under – 3pm
M/$65  B/$55  NM/$75

Pre-team CRUSH
8–11 year olds
Emphasizes stroke production, plus introduces scoring and the serve in a fun environment. Held indoors during inclement weather based on gym availability.

A) Mondays, 3–4pm
March 9 – May 18 (10 Weeks)
No Class 4/6
B) Mondays, 4–5pm
March 9 – May 18 (10 Weeks)
No Class 4/6
C) Tuesdays, 3–4pm
March 10 – May 19 (10 Weeks)
No Class 4/7
D) Tuesdays, 4–5pm
March 10 – May 19 (10 Weeks)
No Class 4/7
E) Wednesdays, 3–4pm
March 11 – May 20 (10 Weeks)
No Class 4/8
F) Wednesdays, 4–5pm
March 11 – May 20 (10 Weeks)
No Class 4/8
G) Thursdays, 3–4pm
March 12 – May 21 (10 Weeks)
No Class 4/9
H) Thursdays, 4–5pm
March 12 – May 21 (10 Weeks)
No Class 4/9
I) Saturdays, 12:45–1:45pm
March 14 – May 23 (9 Weeks)
No Class 4/4 & 4/11
J) Sundays, 9–10am
March 15 – May 24 (9 Weeks)
No Class 4/5 & 4/12
M/$220  B/$170 (10 sessions), $420 (20 sessions), $648 (all sessions)
B/$170 (10 sessions), $320 (20 sessions), $468 (all sessions)
NM/$270 (10 sessions), $520 (20 sessions), $828 (all sessions)

2015 Summer Sports Camps
REGISTRATION HAS BEGUN!

Renaldo Turnbull Flag Football
Ages 6-12 • June 15-19 (9am-4pm)

Turn & Burn Lacrosse
Ages 6-14 • July 27-31 (9am-4pm)

Ruff-Cut Baseball Camp
Ages 6-14 • Aug 3-7 (9am-4pm)

Dell Curry Basketball Camp
Ages 8-18 • Aug 10-14 (9am-4pm)

Charlotte United Futbol Club
Soccer Skills (half / full day)
Ages 6-12 • Aug 17-21

Junior & Teen Tennis Camps
Ages 6-16 (daily/half/full day)
Weekly sessions through summer.

LJCC Jr. Team Tennis Camp
Ages 9-14 • Aug 10-14
Sports: 704-944-6743
Tennis: 704-944-6748

Junior “Crush” Tennis Academy: 10 and Under
Players must be approved by tennis staff to enroll in this class or be a part of our USTA 10 and under team. Emphasis placed on point construction, rally skills, and basic tennis conditioning. Twice per week recommended for all competitive players.

March 9-May 21 (40 Sessions): No Class 4/6, 4/7, 4/8, 4/9
M/$220 (10 sessions), $420 (20 sessions), $648 (all sessions)
B/$170 (10 sessions), $320 (20 sessions), $468 (all sessions)
NM/$270 (10 sessions), $520 (20 sessions), $828 (all sessions)
# Levine JCC JV Swim and Year-Round Swim Team

**Ages 5-18**

<table>
<thead>
<tr>
<th>Level</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior JAWS</td>
<td>4:30-5:15pm</td>
<td>4:30-5:15pm</td>
<td>4:30-5:15pm</td>
<td>4:30-5:15pm</td>
<td>Swimmers are required to possess the ability to: • Swim 25 yards of Freestyle Legally • Swim 25 yards of Backstroke Legally • Ability to perform breaststroke kick • Demonstrate courteous behavior towards coaches and other swimmers</td>
</tr>
<tr>
<td></td>
<td><strong>Recommended: 2 practice times per week</strong></td>
<td></td>
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<tr>
<td>Bronze Shark</td>
<td>5-6pm</td>
<td>5-6pm</td>
<td>5-6pm</td>
<td>5-6pm</td>
<td>Swimmers are required to possess the ability to: • Swim 50 yards of Freestyle with bilateral breathing • Swim 50 yards of Backstroke Legally with correct body position • Swim 25 yards of Breaststroke • Perform Butterfly kick and be familiar with the stroke • Demonstrate courteous behavior towards coaches and other swimmers</td>
</tr>
<tr>
<td></td>
<td><strong>Recommended: 2 practice times per week</strong></td>
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<tr>
<td>Silver Shark</td>
<td>6-7pm</td>
<td>6-7pm</td>
<td>6-7pm</td>
<td>6-7pm</td>
<td>Swimmers are required to possess the ability to: • Swim 100 yards of Freestyle with bilateral breathing • Swim 100 yards of Backstroke with correct body position • Swim 25 yards Butterfly with correct stroke fundamentals • Demonstrate a forward racing dive • Demonstrate the ability to consistently push off underwater in an effective streamline • Understand what a pace clock is and how it is used • Demonstrate an understanding of stroke drills • Demonstrate ability to maintain a positive attitude during workout • Demonstrate courteous behavior towards coaches and other swimmers</td>
</tr>
<tr>
<td></td>
<td><strong>Recommended: 3 practice times per week</strong></td>
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<tr>
<td>Senior Shark</td>
<td>6-7:15pm</td>
<td>6-7:15pm</td>
<td>6-7:15pm</td>
<td>6-7:15pm</td>
<td>Swimmers are required to possess the ability to: • Swim 200 yards of Freestyle with bilateral breathing • Swim 100 yards of Backstroke with correct body position • 50 yards Breaststroke legally • 25 yards Butterfly legally • Demonstrate a forward racing dive • Demonstrate the ability to consistently push off underwater in an effective streamline • Demonstrate the ability to go 5 meters of underwater dolphin kick in a streamline position • Understand what a pace clock is and how it is used • Demonstrate an understanding of stroke drills • Demonstrate ability to maintain a positive attitude during workout • Demonstrate courteous behavior towards coaches and other swimmers</td>
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<tr>
<td></td>
<td><strong>Recommended: 3-4 practice times per week</strong></td>
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</tbody>
</table>

*Practice times subject to change

### Fees

#### SPRING Session: 3/9/15 – 5/10/15 (9 weeks)

<table>
<thead>
<tr>
<th>Level</th>
<th>M</th>
<th>B</th>
<th>NM</th>
<th>Junior</th>
<th>Bronze</th>
<th>Silver</th>
<th>Senior</th>
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<tbody>
<tr>
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<td>$121</td>
<td>$75</td>
<td>$150</td>
<td>$169</td>
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<td></td>
<td>$173</td>
<td>$92</td>
<td>$171</td>
<td>$171</td>
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</tbody>
</table>

#### SUMMER Session: 5/11/15 – 7/2/15 (8 weeks)

<table>
<thead>
<tr>
<th>Level</th>
<th>M</th>
<th>B</th>
<th>NM</th>
<th>Junior</th>
<th>Bronze</th>
<th>Silver</th>
<th>Senior</th>
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<td>$151</td>
<td>$92</td>
<td>$151</td>
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<td>NM</td>
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<td>$173</td>
<td>$92</td>
<td>$171</td>
<td>$171</td>
</tr>
</tbody>
</table>

**IMPORTANT NOTE:** A team swimsuit is required and is **not** included in the fees.

*An annual administrative fee ($20/pp or $35/family) is applicable to all non-member participation in LJCC programs.*

**QUESTIONS?** Head Swim Coach, Heather Fisher • 704-944-6745 • heather.fisher@charlottejcc.org

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**Registration Begins for Members:** Monday, February 9, 2015 • **Non-Members:** Monday, February 16, 2015
Swim Instruction for EVERYONE
...at the Levine JCC JAWS Swim School

The progressions and skills taught in the LJCC JAWS Swim School have been designed while keeping the overall developmental needs and stages in mind. All lessons are implemented and taught by highly skilled and trained instructors.

Our swim school classes are designed for swimmers age 3 and up. Swimmers progress through different levels learning water safety and proper stroke technique in all four competitive strokes. Group classes are between 2-5 students per coach (depending on level) and are 45 minutes in duration. Private lessons are also available.

*Please refer to charlottejcc.org for Swim School Policies and Procedures*
**Arts and Performing Arts**

**Visual and Performing Arts**

Susan Cherin Gundersheim  
Visual & Performing  
Arts Director  
704-944-6778  
susan.gundersheim@charlottejcc.org

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**Arts Extravaganza**  
K-5th grade  
Students will enjoy rotating through classes in performing arts – acting, singing and dancing – and visual arts – drawing, painting, ceramics, and mixed media. Improve your skills in your favorite arts area, and expand your knowledge in something new. Session will end with a showcase performance and exhibit on May 21st at 5:30pm. Students in visual arts classes should bring a smock.

**Thursdays, 4:30–5:30pm**  
March 12 – May 21 (10 weeks)  
No Class 4/9

**Family Place**  
M/$150 B/$90 NM/$160  
Susan Cherin Gundersheim & Mary Couillard

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**J STEPS Dance Explosion**  
K-5th grade  
Boys and girls will enjoy an active and fun introductory class that will expose them to all styles of dance, including jazz, hip hop, tap and ballet. Classic skills are integrated with creative movement. Ongoing class runs once a week through the end of May, with an optional recital in June. Small class size for more personal instruction. Ballet/Jazz and tap shoes required.

**Mondays, 3:30–4:15pm OR**  
Mondays, 4:30–5:15pm  
March 9 – May 25 (Ongoing class)  
No Class 4/6

**Swimmer Downstairs Aerobic Studio**  
Monthly draft payment:  
30 days notice required for cancellation of monthly draft payment.  
M/$50 B/$30 NM/$60  
Kayla Piscatelli

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**Spring Break Arts Camp**  
**Grades K-8**  
Visual & Performing Arts come together in a process based two week camp that will incorporate all of the arts. Explore drawing, painting, mixed media, collage, various styles of singing and dance, improvisation, playwriting and characterization. Further develop skills in your favorite art form and also have the opportunity to try something new!

**APRIL 6–10**  
**MON-THU (9-4PM)**  
**FRIDAY (1-4PM)**  
**GORELICK HALL**  
M/$175  
B/$108  
NM/$135

**Artists of all types will love this diverse artistic experience! We will share a performance and exhibit with family & friends on **THURSDAY @ 5PM.**

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**Elementary Edge**

A fun, safe place for your child (ages 5-10) to play while you work out!

**Location & Hours**

Weinberg Center  
Sat 12pm-3pm  
Sun 8:30am-1pm

**Fees**

**LJCC Member:**  
1st hour = FREE!  
2nd & 3rd hours = $2/ hour, per child

**Non-Members:**  
$5.50/ hour, per child

**NOTE:** Parent / guardian MUST stay on LJCC property when child(ren) are in Elementary Edge or J-Childcare.

Call the LJCC Customer Service Desk to schedule 704-366-5007

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**Camps Mindy!**

Summer Camps for all ages... and ALL INTERESTS!

**CAMPS run June 15 thru Aug 21**  
Traditional Camp – Full or half day  
• Preschool • Grades K-5 • Teen Camp

**Plus - SPECIALTY CAMPS**  
• Sports Camps  
• Performing Arts Camps  
• Art or Lego® Focus Camps  
• Teen Leadership Camps

**Don’t “Miss the Boat! Register Early!**

Contact:  
Questions? 704-944-6728  
doreen.sparks@charlottejcc.org  
charlottejcc.org/camp

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**Plunge Deep Into Adventure!**

Memories to “treasure” for a lifetime!
Music Lessons
Ages 6 and up

Electric and Acoustic Guitar
Instructor Ricky Hitchcock is a British recording session guitarist with over 15 years experience working with impressive clientele in Miami, FL, such as David Bowie, Billy Idol, Roger Daltry, as well as others! A digital recording studio is available to save your professionally mixed work forever. Skilled in songwriting, Ricky will teach you to compose your own original song.

Voice & Basic Piano
Mirela Ungureanu-Biser holds a Master’s Degree in Opera and Music Theatre. She has more than 10 years of teaching experience including college-level courses as well as music theatre courses for both adults and youth at a professional repertory theater. She also performed as a singer with Opera Memphis for six seasons.

Drum Lessons
John Hogan is a World Class / Dove Award Wining Drummer with over 20 years of experience as a Drum Coach. He studied at Berklee School of Music and has played to crowds of 25 to 25,000. Locally he finds himself busy as a “singer-songwriter’s drummer”, playing in jazz trios, and a variety of tribute bands such as Billy Joel & Stevie Wonder. John has influenced hundreds of drummers with a passion to develop the Drummer, the Musician, and the Artist in each student.

Other instruments - lessons available by request
1 – 30 minute lesson M/$32 B/$27 NM/$37
4 – 30 minute lessons / 2 hrs total* M/$120 B/$108 NM/$140
1 – 1 hour lesson M/$64 B/$54 NM/$74
4 – 1 hour lessons / 4 hrs total* M/$240 B/$220 NM/$280*
*The four-lesson option must be paid in full before the first lesson. 24 hours notice required for cancellations, or by Friday for Sunday lesson, otherwise payment will be required.

Partnership With Community School of the Arts - at the J
Community School of the Arts welcomes you to its private music lesson program. With more than 330 students, the School is proud to have one of the largest private music programs in the region.
Students may begin lessons at any time during our summer, fall or spring semesters. Here at the LJCC we are partnering with CSA to provide high quality private music instruction in piano, violin and voice.
Generally, CSA works within an 18 week session, but pro-rated lessons are available mid-season. Please call the Registrar for details, or visit the website at: www.csarts.org. There you can link to fill out a Private Music Lesson Scheduling Request form or call Kistyn Matthews at 704-887-0291. Mention the LJCC and the CSA registration fee will be withdrawn.

For more information please contact Susan Gundersheim 704-944-6778 or susan.gundersheim@charlottejcc.org

Enrichment
Mark DiDonato
Camp Mindy Director
704-944-6738
mark.didonato@charlottejcc.org

Spring Break Camp
K-5th Grade
Each day will include a field trip or special activity, arts and crafts, sports, swimming and plenty of friends and fun. Please bring bathing suit, towel and lunch.
April 6 – Nature Museum/Freedom Park
April 7 – Bowling
April 8 – Adventure Landing
April 9 – Bounce U
9am–4pm
AM Care 7–9am
PM Care 4–6:00pm
Camp Mindy – Activity Center #1
M/$55/Day
B/$33/Day
NM/$65/Day
AM Care $5/Day
PM Care $5/Day

School’s Out/J’s In
K-5th Grade
Each day will include a field trip or special activity, arts and crafts, sports, swimming and plenty of friends and fun. Please bring bathing suit and towel.
April 3 – Mad Science (No PM Care)
9am–4pm
AM Care 7–9am
Camp Mindy – Activity Center #1
J-Team: $25/Day
M/$55/Day
B/$33/Day
NM/$65/Day
AM Care $5/Day
PM Care $5/Day

2/3 Round Up
2nd–3rd Grade
Round-up your 2nd and 3rd grade friends and join us for an evening of pizza and fun activities.
April 25 – Game Truck
6–9pm
Camp Mindy
$20/M $12/B $25/NM per event
Enrichment

Mitch Ormand
Manager, Family and Children Programs
704-944-6733
mitch.ormand@charlottejcc.org

CLUB “45”
4th and 5th graders
Come and enjoy and night with all of your 4th and 5th grade friends...a pizza dinner and fun times are on the agenda!
May 2 – Game Night in the Camp Mindy
Lori Sklut Rec Hall • 6–9pm
We will meet at Camp Mindy at 6pm for dinner before the fun begins!
Camp Mindy Activity Center #1
M/$20  B/$12  NM/$25

J-Tribes
K-5th graders & their dads
The J-Tribes is a father/child program designed to foster relations between fathers and their children in a fun and exciting way. Monthly meetings, plus “All-Tribe” programs including our annual overnight camping trip at Camp Blue Star in May!
Fee per school year:
Member (child/father) $100
Non-Member (child/father) $150
$50 per each additional child

J-Tribes
Jessie Cohen
Teen & Group Services Coordinator
704-944-6739
jessie.cohen@charlottejcc.org

One-Time Events

Teen Extreme: IMAX and MM
6th–8th grade
Learn how IMAX magic is made with the world’s most powerful film projector and the largest film format on the planet. Following the behind the scenes look we will watch it all in action. We will also take part in a volunteer project when we get back to the J. Please pack a Kosher style lunch.
March 12
10am–4pm
Drop-off and Pick-up Teen Lounge
M/$25  B/$15  NM/$35

Guys Night In
6th–8th grade
Guys, invite your friends and come enjoy a night for just you guys at the J! We will have pizza, play La Riche, a free throw contest, fun in the Game Truck, and an ice cream sundae bar. Register at the LJCC Customer Service Desk by March 18.
March 21 • 7–10:30pm
Pick up and Drop off in the Teen Lounge
M/$25  B/$15  NM/$35

J Serve
8th–12th grade
J-Serve is the annual day of service for Jewish youth throughout the world. It is hard to see the difference one person can make, but when you get thousands to volunteer and serve, you can help change the world. Bring yourself, your friends, and a kosher style lunch and pick a volunteer project to work on for the day. It is also a great opportunity to complete your required service hours.
April 19 • FREE
Drop-off and Pick-up in the Teen Lounge

Spring Break Programs
6th–8th grade
Monday – Laser Quest and Volunteer opportunity
Tuesday – Cooking with Matzah
Wednesday – Paintball and trivia
Thursday – Swimming, games, and a movie
Please pack a Kosher lunch appropriate for Passover.
April 6 – 9 • 10am–4pm
Drop-off and Pick-up Teen Lounge
M/$25  B/$15  NM/$35 per day

Come and join the BEST afterschool program in South Charlotte!
Mon–Fri, 3–6pm
K-5th

After-School Program
Two-Time Winner (2008 & 2011) of a “Best of Best Award” by Charlotte Magazine for “Best place to send your kids afterschool.” 2014 Winner of “Gold Daisy Award” by Macaroni Kid for “Best After-School Program.” Located in the Activity Centers at Camp Mindy, we are committed to providing a well-rounded experience for your child. Transportation to the Levine JCC from select locations. Homework is supervised by year-round trained staff. Daily activities include drama, arts & crafts, computer lab and more!

Call for pricing & list of schools
Mitch Ormand 704-944-6733
mitch.ormand@charlottejcc.org
ON GOING EVENTS

Teen Advisory Group/ TAG
6th–8th grade
Want to have a say in the activities planned for 6th-8th graders? Consider joining TAG and have the opportunity to voice your opinions, learn leadership and event planning skills, and help run special events. You will also make new friends while having fun and getting to see events that YOU helped plan happen here at the JCC.

March 8 • April 12 • May 3
1–2pm • Free
Pick up and Drop Off in the Teen Lounge

Jammin’ @ the J
6th–8th grade
Dance to a DJ and request the music you want, play basketball in the gym and enjoy pizza from the snack bar. Some events will have fun inflatables or a photo booth.

May 16
Saturday, 7-11pm
$12 a ticket. You may purchase up to 4 tickets starting two Mondays before each Jammin’. Tickets available at the JCC Customer Service Desk. No Refunds.

Princeton Review SAT Prep Courses
9th–12th grade
The Levine JCC is proud to announce its partnership with the Princeton Review. JCC members receive special discounts. Students will learn score-raising strategies from expert teachers in a dynamic structured setting. For more information and course schedules please visit www.PrincetonReview.com

VOLUNTEER

Mitzvah Madness/MM
6th–8th grade
Join other teens as we volunteer to do our part in Tikkun Olam, “healing the world.” We will be collaborating with community service organization and other Jewish Agencies to promote community engagement and build partnerships. This is a great way to earn Community Service Hours. Register at the LJCC Customer Service Desk.

Mar 13 • 10am–2pm
April 3 • 10am–2pm
May 27 • 5–6:30pm
Drop-off and Pick-up Teen Lounge • FREE

Purim Carnival Volunteers Needed
6th grade and up
Fill your Community Service requirement here at the LJCC at this great family fun event! Come volunteer with us, we could use your help! Two shift options to choose from. You must sign up ahead of time. Must check in to get assigned to a booth. RSVP to Jessie Cohen.

Sunday, March 1
11:30am–1:30pm or 1:30–3:30PM
FREE

FITNESS

Teen Fitness Center Orientation
13–16 year olds
Successful completion of this orientation allows youth access to the David Silverman Fitness & Wellness Center. Introduces strength training and cardio equipment. Emphasis on proper equipment selection, form, breathing, fitness center rules, regulations and etiquette.

David Silverman Fitness Center • Free
catherine.bennett@charlottejcc.org

Mitzvah Madness/MM
6th–8th grade
Join other teens as we volunteer to do our part in Tikkun Olam, “healing the world.” We will be collaborating with community service organization and other Jewish Agencies to promote community engagement and build partnerships. This is a great way to earn Community Service Hours. Register at the LJCC Customer Service Desk.

March 8 • April 12 • May 3
1–2pm • Free
Pick up and Drop Off in the Teen Lounge

Sports

Girls Volleyball
6th–9th grade
Learn to play this fun sport. Learn new skills or improve your current skills.

Proper technique, skills, drills, and game play are covered in this non-competitive class.

Wednesdays, 5:15–6pm
March 11 – May 20 (10 weeks)
No Class 4/8
Alvin E. Levine Gym
M/$140 B/Free NM/$180
taylor.stern@charlottejcc.org

Micro/Juniors/Kickers/Youth Soccer Leagues
Ages 4–16
Contact Taylor Stern 704-944-6867
taylor.stern@charlottejcc.org about available openings.

Private Yoga for Special Needs
See page 28
**TENNIS**

**Teen Beginner CRUSH**
12–17 year olds
Designed for the player with limited playing experience.
Teaches the fundamentals of play, including proper stroke mechanics, basic point play, basic rallying skills and basic tennis conditioning.

Sundays, 11:45am–12:45pm
March 16 – May 24 (9 Weeks)
No class 4/5, 4/12
M/$153 B/$117 NM/$180
gregory.oconnor@charlottejcc.org

**Junior CRUSH Tennis Academy**
11–18 year olds
Players must be approved by tennis staff to enroll in this class or be a part of our USTA team. Emphasis placed on point construction, rally skills, and basic tennis conditioning. Twice per week recommended for all competitive players.

Mondays, Tuesdays, Wednesdays, and Thursdays, 5–6:30pm
March 9 – May 21 (40 Sessions)
No Class 4/6, 4/7, 4/8, 4/9
M/$220 (10 sessions), $420 (20 sessions), $648 (all sessions)
B/$170 (10 sessions), $320 (20 sessions), $468 (all sessions)
NM/$270 (10 sessions), $520 (20 sessions), $828 (all sessions)
gregory.oconnor@charlottejcc.org

**Junior Tennis Team**
7–18 years olds
Team matches played on Sunday afternoons between 1–4pm based on age. All teams require players to be members of the USTA. Team practices are strongly encouraged for all team members. Team fee includes team registration, balls for home matches, and weekly updates.

March–May
10 & under – 1pm
12 & under – 2pm
14 & under – 3pm
18 & under – 3pm
M/$65 B/$55 NM/$75
gregory.oconnor@charlottejcc.org

**AQUATICS**

**Year Round Swim Team**
Ages 5–18
See page 9 for details
heather.fisher@charlottejcc.org

**American Red Cross® Lifeguard Class**
15+
Looking for a great summer job or a challenging career? Lifeguarding will help you develop skills and experience that will be valued by colleges and future employers. Course material includes surveillance skills to help you recognize and prevent injuries, rescue skills, first aid training and professional rescuer CPR, and responsibilities like interacting with the public. Students must attend each class. Prerequisite: 300 yards swimming. Cost includes ARC© fees.
Class length is 24–31 hours (see below).

Indoor Pool and classrooms.

■ Recertification Class
(Must attend all dates and times)
March 7 & 8 • 1–5pm
March 14 & 15 • 1–5pm
March 21 & 22 • 1–5pm
■ New Lifeguard Certification Class
(Must attend all dates and times)
April 6 & 7 • 11am–5pm
April 8 & 9 • 11am–5pm
■ Recertification Class
(Must attend all dates and times)
May 11, 12, 13 & 14 • 4:30–9pm
■ New Lifeguard Certification Class
(Must attend all dates and times)
May 18 & 19 • 4:30–9pm
May 20 & 21 • 4:30–9pm
Recertification: M/$169 B/$89 NM/$189
New Lifeguard: M/$179 B/$99 NM/$199
Joshua Steinberger • 704-944-6746
joshua.steinberger@charlottejcc.org

**PERFORMING ARTS**

**Music Lessons**
See page 14

**Bellydance Classes**
Age 14+ See page 23

**Levine JCC School of Rock**
Ages 9-18
We are looking for keyboard, guitar & bass players, drummers and singers with basic musical knowledge to join our band. Experience a real band rehearsal, perform in public and record a CD or music video.

Sundays, 4–6pm
April 19, May 17, June 7
M/$75 B/$45 NM/$85
Ricky Hitchcock
susan.gundersheim@charlottejcc.org

**Teen Open Mic Night**
Grades 6–12
Inviting teen actors, singers, musicians and poets. Share your talent and socialize with other teens.
Saturday, May 9 @ 7pm
Performers Free • Audience $5
susan.gundersheim@charlottejcc.org

**Levine JCC’S spring Teen Musical**

YOU’RE A GOOD MAN CHARLIE BROWN!

Performance Dates:
Sat, May 30 • 2pm & 7pm
Sun, May 31 • 5pm

QUESTIONS? 704-944-6778
susan.gundersheim@charlottejcc.org
Adults

Sports

Stephanie Garner
Sports Director
704-944-6743
stephanie.garner@charlottejcc.org

Adult Softball League
18+
Sundays, 8:15am–12pm
March 8 – June 7 (12 weeks)
No League 4/5 & 5/24
Mason Wallace Park
M/$55   B/Free   NM/$75
New player draft is Sunday, March 1, 9:30am
David Berger

Adult Basketball League
18+
Thursday, 6:30–9:30pm
May 14 – July 16 (10 weeks)
Alvin E. Levine Gymnasium
$80/player
Enter as a team. Pay individually.
Taylor Stern 704-944-6867
taylor.stern@charlottejcc.org

Private Basketball Training
Chad Hunt. By appointment.
Stephanie Garner 704-944-6743
stephanie.garner@charlottejcc.org

Drop in Adult Basketball
Sundays, 7–10:30am
Tuesdays, 6–8:30pm
Saturdays, 12–2:30pm
Howard R. Levine Gymnasium

Drop in Adult Table Tennis
Sundays, 10am–12pm
Alvin E. Levine Gymnasium

Drop in Adult Volleyball
Mondays, 7–9:30pm
Alvin E. Levine Gymnasium

Hornets Hoops
See page 32 for details

This event benefits Levine JCC Oasis Senior Enrichment Program

TPC Piper Glen
11:30am Lunch
12:15pm Shot Gun Start

• Shamble Format
• Dinner & Awards After Play
• 50-50 Raffle
• Sponsorships Available

For more information or to register, please contact Geneva Boxer 704-944-6724

Committee: Mike Van Glish (Chairman), Scott Menaker, Marc Wojnowich, David Van Glish

SAVE-THE-DATE
12th Annual Levine JCC
Health Fair
Sunday, August 30
11am-2pm

Open to the Public!
Tennis

J CRUSH Cardio
18+
A great way to get the blood pumping. An aerobic workout on the tennis court, complete with basic tennis skills, medium – high impact cardio training.
A) Thursdays, 6:30–7:30pm
March 12 – May 21 (10 Weeks)
No Class 4/9
B) Fridays, 10–11am
March 13 – May 22 (10 Weeks)
No Class 4/10
M/$170 B/$130 NM/$200

Adult Beginner/Intermediate
18+ (New Players-2.5 USTA rated)
Available to new players or players returning to the game. Ideal to learn all the basics on the tennis courts.
A) Wednesdays, 6:30–7:30pm
March 11 – May 20 (10 Weeks)
No Class 4/8
B) Fridays, 9–10am
March 13 – May 22 (10 Weeks)
No Class 4/10
C) Sundays, 10:45–11:45am
March 15 – May 24 (9 Weeks)
No class 4/5, 4/12
M/$170 B/$130 NM/$200 (10 Weeks)
M/$153 B/$117 NM/$180 (9 Weeks)

Men’s Drill
18+ (3.0-4.0 USTA rated)
A drill and play session with the Pro. Emphasis each week on point play, drills and match strategies.
Wednesdays, 6:30–7:30pm
March 11 – May 20 (10 Weeks) No class 4/8
M/$170 B/$130 NM/$200

Ladies Evening Drill
18+ (3.0-3.5 USTA rated)
A drill and play session with the Pro. Emphasis each week on point play, drills and match strategies.
Thursdays, 6:30–7:30pm
March 12 – May 21 (10 Weeks) No class 4/9
M/$170 B/$130 NM/$200

Queen City Ladies Team Practice
18+
For all players involved in Queen City. Dates and times vary per team.
February 15 – April 4 (Dates are approximate)
M (Full time): $170 M (sub): $140 (includes 7 out of 8 practices and opportunity to sub when needed in matches) M (sub): $25 (includes 1 clinic only and opportunity to sub when needed in matches) B(full time): $128

Tennis Blast
18+ (New Players-2.5 USTA rated)
For new players who want an intensive introduction to tennis. Learn all the basics of the game and be ready to play a match in a few short weeks.
A) Mondays and Wednesdays, 12-1pm
March 9 – April 1 (4 Weeks)
B) Mondays and Wednesdays, 12-1pm
April 13 – May 20 (6 Weeks)
M/$136 B/$104 NM/$160 (4 Weeks)
M/$204 B/$156 NM/$240 (6 Weeks)

Fitness

Fitness Center Orientation
Learn to navigate your way around the fitness floor. Fitness staff will personally explain proper use of fitness equipment to ensure a safe and effective workout.
David Silverman Fitness Center Free
Schedule with Cathy Bennett
704-944-6874
catherine.bennett@charlottejcc.org

Massage Services at the J
The LJCC offers professional massage services. Choose from therapeutic, deep tissue, aromatherapy, hot stones, hot wraps, and more.
Julia Thomas, LMBT #2236
704-944-6863
massage@charlottejcc.org
Call for pricing

10 Minute Seated Massages
Take a few minutes to relieve those aches and pains.
Sundays, 10am–12:30pm
Mar 15 • Apr 19 • May 17
Mondays, 10am–12:30pm
Mar 2 • Apr 6 • May 4
$5
Julia Thomas, LMBT #2236
704-944-6863
massage@charlottejcc.org
Group Exercise Classes
Fitness Options for EVERY Body!

Offering 80+ classes each week – Included in your LJCC Membership!

Yoga
Cycle
Kettlebells
Mat Pilates
Boot Camp
Cardio Sculpt
Jacki’s Dance
Conditioning
Ballet Ball
Bosu Blast
Kickboxing
Zumba®
Barre

...& More!

Morning classes as early as 6am & PM classes thru 8pm

Group ex “LITE” 50+ fitness
“Lighter” Versions of our Group Exercise Classes!

Find a class that’s right for YOU!
Pick up a current Group Exercise schedule at the LJCC Customer Service Desk, Membership Office, or in the David Silverman Fitness & Wellness Center.
Or visit us online: charlottejcc.org

We also offer Water Aerobics!
See schedule at charlottejcc.org/aquatics

Lyn Addy
Manager, Group Exercise
704-944-6870
lyn.addy@charlottejcc.org

Blissful “Beginner” Yoga
Mon, 11:15am-12:15pm
Wed, 4-5pm

Zumba GOLD®
Tue, 10:30-11:30am

Cycle Lite
Wed, 11-11:45am

Balance Training
Wed, 12:30-1pm

Restorative
Deep Stretch
Thurs, 11:45am-12:45pm

Muscle, Core & More
Fri, 11:15am-12:15pm

M/FREE (included in your membership!)
Non-members: 12-Class Pass $35* / Oasis: $25

Non-members:
12-Class Pass $35* / Oasis: $25

M=Member    B=Benefactor    NM=Non-Member

Main Number 704-366-5007 • charlottejcc.org • facebook.com/levinejcc
**PERSONAL TRAINING Services @ the J**

Trust our certified & committed Fitness Professionals to get you back on track with...

- Functional Training (everyday movements)
- Strength Training
- Weight Loss
- Sports Training
- Injury Rehabilitation
- Fitness Assessment
- BMI Testing

For rates, please visit charlottejcc.org

**LJCC Member Testimonial:**
My journey to fitness began 6 months ago when I switched jobs. My prior job’s hours were intense. Not only did they deprive me time to workout, the stress and time constraints didn’t facilitate good eating habits. While I admittedly never felt “out-of-shape” I didn’t feel healthy and I knew there was a better way. Figuring if I wanted to make this change I should do it right, I decided to get a consultation with Cathy Bennett. The one thing that was most important to me was to feel comfortable in my routine, I wasn’t trying to bench 1000 lbs, I just wanted to gain more muscle and feel more fit. After 5 sessions, I’ve gone from struggling to get to 10 push-ups to pumping them out (in correct form)! My routines are easy to follow and produce results, which keeps me coming back for more. Since beginning, I’ve dropped over 20lbs of body fat, gained 4lbs in lean muscle, and can run 3 miles straight!

As I continue to work out and leverage my workout routines, I am thankful to the JCC and Cathy in particular, for helping me to get into shape and creating a healthy routine I can build upon going forward.

– Eric Althofer

Questions or interest, contact catherine.bennett@charlottejcc.org or call 704-366-5007

**PERSONAL PILATES TRAINING**

Learn the art of body control by performing well-executed movements aimed at strengthening and conditioning to improve your range of motion and balance. We utilize a series of exercises on both the mat, chair and Reformer to help you increase flexibility and improve lean muscle mass without adding bulk.

**Private Rates**

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<thead>
<tr>
<th></th>
<th>M</th>
<th>B/Silver</th>
<th>NM</th>
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</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$65</td>
<td>$60</td>
<td>$70</td>
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<tr>
<td>4 sessions</td>
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<tr>
<td>10 sessions</td>
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**Duo Shared Rates**

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<tr>
<td>4 Sessions</td>
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<td>10 Sessions</td>
<td>$350</td>
<td>$450</td>
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**Small Group Rates**

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<tr>
<td>(3-4 people of similar level)</td>
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<tr>
<td>6 Sessions</td>
<td>$150</td>
<td>$180</td>
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Anne Sinsheimer • 704.944.6756
pilates@charlottejcc.org

**MON-FRI (AM)**

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<th>Wave</th>
<th>Start time</th>
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<tr>
<td>3</td>
<td>8:00am</td>
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<tr>
<td>4</td>
<td>9:30am</td>
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<td>5</td>
<td>10:30am</td>
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**MON-WED (PM)**

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<th>Wave</th>
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<td>5:30pm</td>
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<tr>
<td>2</td>
<td>6:15pm*</td>
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</table>

**SUN (AM)**

<table>
<thead>
<tr>
<th>Wave</th>
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<tbody>
<tr>
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<tr>
<td>2</td>
<td>10:45am</td>
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<tr>
<td>3</td>
<td>11:30am</td>
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</tbody>
</table>

*M-W 6:15pm wave open to 11th graders-adults

Questions? 704-944-6750
missy.schomaker@charlottejcc.org

**WAVE SYSTEM**

**MON: Full Body Workout**
**TUE: Boxing**
**WED: Core Focus**
**THU: Cardio Focus**
**FRI: Full Body Workout**
**SUN: Core Focus**

**FEES**

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<tr>
<th></th>
<th>M</th>
<th>Silver/B</th>
<th>NM</th>
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<tbody>
<tr>
<td>Single Monthly</td>
<td>$95</td>
<td>$80</td>
<td>$120</td>
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<tr>
<td>Package (10 sessions)</td>
<td>$130</td>
<td>$105</td>
<td>$170</td>
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<tr>
<td>Drop-in</td>
<td>$15</td>
<td>$12</td>
<td>$18</td>
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<tr>
<td>Couple Monthly</td>
<td>$140</td>
<td>$115</td>
<td>$180</td>
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**WITH ADAM ESPOSITO**

Questions or interest, contact catherine.bennett@charlottejcc.org or call 704-366-5007

**BOXTING TRAINING at the J!**

Youth/Teen • Adults

Now offering Semi-Private Training!

Cost Standard personal training rates apply

**Fees**

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<th>M</th>
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<td>Drop-in</td>
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<td>Couple Monthly</td>
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<td>$115</td>
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Registration Begins for Members: Monday, February 9, 2015 • Non-Members: Monday, February 16, 2015
## Barbara L. Levine Indoor Pool

### Spring Schedule

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday/Wednesday</th>
<th>Tuesday/Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td>LJCC Opens at 12 noon</td>
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<td>LJCC opens at 7am</td>
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<td>Lap Swim 7-9am</td>
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<td></td>
<td>Open Swim/Private Lessons 6:30am–8:45am</td>
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<tr>
<td></td>
<td>Lap Swim 9am–12:30pm</td>
<td>Swim Lessons 9am–12:30pm</td>
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<td></td>
<td>Lap Swim 9am–12:30pm</td>
<td>Swim Lessons 9am–12:30pm</td>
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<tr>
<td></td>
<td>Lap Swim 12:30–6:30pm</td>
<td>Open Swim/Private Lessons 12:30–5:30pm</td>
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<td></td>
<td>Pool Closes at 6:30pm</td>
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<tr>
<td></td>
<td>Building Closes at 7pm</td>
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### Spring 2015

- **LJCC opens at 7am**
- **Building Closes at 7pm**
- **Pool Closes 8:30pm, Mon – Thu**

*One lap lane always available unless otherwise noted. Spaces may be limited. For the most up-to-date schedule please visit www.charlottejcc.org*
Aquatics

Joshua Steinberger
Aquatics Director
704-944-6746
joshua.steinberger@charlottejcc.org

Water Aerobics 1 2 3 4
All water aerobic classes are held in the heated Indoor Pool. Try a class for free!
M/B/Free

1 Water Power
Adults & seniors
High energy class with toning and cardiovascular workout.
Mondays, Wednesdays & Fridays
8:45–9:45am

2 Aqua Fitness
Adults & seniors
Light to moderate cardiovascular, strength and flexibility conditioning. No swimming ability required. Beginner to intermediate welcome.
Mondays, Wednesdays & Fridays
9:45–10:45am

3 Deep Water Fitness
Adults & seniors
Cardiovascular and resistance conditioning without impact.
Mondays, Wednesdays & Fridays
10:45–11:30am

4 Power Plunge
Adults & seniors
An energizing workout that combines performance and endurance with strength and cardiovascular fitness.
Mondays & Wednesdays, 7:15–8pm
Tuesdays & Thursdays, 10–10:55am

Arthritis Class
Adults & seniors
Gentle activities with the guidance of a certified instructor. All levels are welcome.
Tuesdays & Thursdays, 11-11:45am

Water Therapy - Personal Training
Adults & seniors
Personalized sessions for the individual with special needs and/or requiring individual instruction or attention.
Call Joshua Steinberger for more information and pricing at 704-944-6746.

Masters Swim Program

with Mary Sansbury

Mon, Wed &/or Fri
Swim Time Options:
6-7 am
7-8 am
8:15-9:15 am
Price per month:
Mon/Wed M/$40 B/$25 NM/$55*
Mon/Wed/Fri M/$43 B/$29 NM/$60*

* An annual administrative fee is applicable to all non-member participation in programs or services. Fee: $20/individual or $35/family.

Rates for Non-members
Valid for Pool Bubble Access Only (mornings only)
1 Visit $5
15 Visits $30

Outdoor Lap Pool Schedule

SUN Open 9am–4pm
MON thru THU LAPS 6-11am • 3:45-7:30pm
FRI LAPS 6-11am CLOSED Fri Afternoons
SAT 12-5pm

* Swim Practice Hours: Sun 2–4pm; Mon–Thu 3:45–7:30pm
* Lane available to members when bubble pool is open
* Subject to change – Call 704-366-5007

Private Swim Lessons

- NO AGE RESTRICTIONS!
- All swim lessons are 30 minutes.
- Classes are held at the Indoor Pool

Private: ½ Hour
M/$30 NM/$35
Private: Package of 5
M/$140 NM/$165
Semi-Private: ½ Hour
M/$20 NM/$25
Semi-Private: Package of 5
M/$90 NM/$115

Questions? 704-944-6797
diana.barnes@charlottejcc.org
Figure, Portrait and Abstraction in Clay

Adults
Using a fresh and intuitive sculptural language, students will go on a technical and artistic journey to better understand the forces in portrait sculpture, the torso in particular. Participants will work at their own pace and develop their own artistic style.

Mondays, 10am–12:30pm
April 20 – June 8 (7 weeks)
No Class 5/25
LJCC Ceramics Studio
M/$210  B/$126  NM/$220
Peter Rubino

Acrylic Painting

Adults 16+
Create paintings you’ll be proud to show off! Learn how to achieve contrast, the right color and a compelling composition. Class explores acrylic painting using techniques borrowed from watercolor and oil painting without the mess. No painting experience necessary. Suggested supply list will be distributed.

Wednesdays, 9:30am–12pm
April 22 – June 3 (7 weeks)
LJCC Arts Studio
M/$175  B/$105  NM/$185
Bree Stallings

Parent + Child = Creative Fun Together

K-5 with Adult
Create a beautiful ceramic bird house to adorn your favorite tree. You and your child will work together on this project and it will be fired, glazed and ready to decorate your yard!

Saturday, May 16
2–4 pm
Ceramic Studio
M/$40  B/$24  NM/$50 (additional $10 for extra child)
Mary Couillard

Wheel & Hand Building Combination Classes

Combines BOTH hand building AND wheel throwing techniques. AM or PM classes available!
Classes will vary slightly by instructor.

Prices are per session. Fees include 25 lbs. of clay, use of electric kiln, glazes/underglazes, shelf space, and unlimited independent studio time when studio is not in use.

ALL-LEVELS
Suitable for beginners without any prior clay experience, OR for students that have prior knowledge and want to advance their skills.

Learn to throw on the potter’s wheel or work to improve and enhance your throwing skills. We will also introduce basic hand building techniques such as coiling, joined slabs & drape molds, as well as glazing and other surface design possibilities.

Thursdays, 6:30–9pm  Beginners!
Instructor: Mary Couillard
April 23 – June 4 (7 weeks)
M/$175  B/$105  NM/$185

Wednesdays, 10am–12:30pm
Instructor: Leon Nichols
April 22 – June 3 (7 weeks)
M/$175  B/$105  NM/$185

INDEPENDENT STUDY

Visual Arts & Ceramics
Ages 16+
Must be approved by LJCC Visual Arts Coordinator.
$80/month (studio use, shelf rental, glazes/underglazes)
$16.50 – 25 lbs. of clay
$20 – tool kit as needed

All classes are located in our fully-equipped LJCC Ceramics Studio.

QUESTIONS? 704-944-6862
mary.couillard@charlottejcc.org
Bellydance Level 1
14+
Beginners’ class emphasizes technique and choreography. Soft shoes, comfortable dancewear and exercise mats needed.
Mondays, 6:30–8pm
April 6 – June 8 (9 weeks)
No Class 5/25
Swimmer Family Aerobics Studio
M/$72 B/$44 NM/$82
Zarifa (Jane Copeland)

Bellydance Level 2
14+
Prerequisite: Level 1 with Zarifa. Veil dance and zill (finger symbols) techniques are taught. Equipment above, plus zills required.
Wednesdays, 6:30–8pm
April 8 – June 10 (10 weeks)
Upstairs Dance Studio
M/$80 B/$48 NM/$90
Zarifa (Jane Copeland)

Bellydance Level 3
14+
Prerequisite: Levels 1 & 2 with Zarifa. A cane dance and advanced zill techniques are taught. Equipment above, plus a veil required.
Wednesdays, 8–9:30pm
April 8 – June 10 (10 weeks)
Upstairs Dance Studio
M/$80 B/$48 NM/$90
Zarifa (Jane Copeland)

Bellydance Level 4
14+
For advanced students only. Must have completed all previous levels with Zarifa.
Mondays, 8–9:30pm
April 6 – June 8 (9 weeks)
No Class 5/25
Swimmer Family Aerobics Studio
M/$72 B/$44 NM/$82
Zarifa (Jane Copeland)

Intermediate Ballet
18+ (younger students admitted with permission of instructor)
Study a Cecchetti-based technique staring at the Barre, moving to center and ending across the floor. Focus on grace and alignment. Requires some dance training to qualify.
Sundays, 1–2pm
Ongoing (monthly sign up required, or drop in available)
Upstairs Aerobics Studio
M/$35 B/$21 NM/$45 per month
Penny Boyes

Private Music Lessons
For Adults – see p. 12
Voice • Guitar
Piano • Drums
### Enrichment

Jodie Iagnocco
Manager, Adult Programs
704-944-6753
jodie.iagnocco@charlottejcc.org

### ADULTS 50+

#### Modern Fiction

**Short Story Book Club**

Adults 50+

Read and discuss the best contemporary writers of the Short Story. Book available for purchase in the Weinberg Center.

**Wednesdays, Ongoing**

10–11am

**Room A-111**

Oasis/M/B/$6 per month  NM/$12 per month

Diana Newell

#### Creative Writing - Write Now!

Put your words on the pages: memoir, fiction, poem or essay, and receive suggested assignments and tips from the instructor.

**Mondays, 1–2:15pm • Ongoing**

**Room A-110**

Oasis/M/$12    B/$6    NM/$20 per month

or

M/$5/class     NM/$7/class

Barbara Lawing

### ADULTS 18+

#### LJCC and Levine-Sklut Judaic Library Adult Book Club

Join us for this informal, thought provoking, social opportunity. The group chooses book selections. Group is self-lead with occasional guest facilitators.

**Tuesdays, 10:30am**

Mar 17 • Apr 21

For more information and location contact Levine-Sklut Library at 704-944-6780

#### Canine Good Citizen

18+ (w/dog)

Prepares dogs for the Canine Good Citizen Test. For more information on the AKC CGC program, visit www.akc.org. All ten requirements of the test will be covered (e.g. accept a friendly stranger, sit politely, etc.) Bring dogs to every class. Contact jessie.cohen@charlottejcc.org for more info.

**Mondays, 6–7pm**

April 20 – June 1 • No Class 5/25

Poliakoff Pavilion at Camp Mindy

M/$110    B/$66    NM/$125

Jill Bitel, certified instructor with 20 years of experience

Jessie Cohen 704-944-6739

jessie.cohen@charlottejcc.org

#### Puppy Training

18+ (w/dog)

Puppies learn sit, down, coming when called, and playing nicely with others, all in an atmosphere of fun and mutual respect. Exercise, huskies training and socialization also addressed. Note: The first class meets without puppies; all other classes with puppies. Course Pre-requisites: Up to date on recommended vaccinations. For more info: jessie.cohen@charlottejcc.org.

**Mondays, 7:15–8:15pm**

April 20 – June 1 • No Class 5/25

Poliakoff Pavilion at Camp Mindy

M/$110    B/$66    NM/$125

Jill Bitel, certified instructor with 20 years of experience

Jessie Cohen 704-944-6739

jessie.cohen@charlottejcc.org

#### Tai Chi/Qigong

Adults 50+

Improve your strength, balance and flexibility through this gentle form of fitness.

**INTERMEDIATE Level**

Tuesdays, 11:45am–12:45pm

Ongoing

**BEGINNER Level**

Tuesdays, 1–2pm

Ongoing

Swimmer Family Aerobics Studio

Oasis/M/$25    B/$15 NM/$35 per month

Drop-in fee: M/B/$8 p/class    NM/$10 p/class

Mike Gentile

#### Ladies Night Out

**COOKING CLASS AT CHEF ALYSSA’S KITCHEN**

Simple hors d’oeuvres

Demo/tasting • Wine pairings

**Wednesday, April 15th**

6:30-8:30pm • $28

(pre-paid at registration)

RSVP by 4/10 @ LJCC front desk

Laurie Clark

For more Information, Contact Nurse Lorrie

704-944-6880 or NurseLorrie@charlottejcc.org
Get Involved!
Get Ready, Get Set…to “TRI”

The 4th Annual LJCC Kids Triathlon benefitting pediatric rehabilitative services at Levine Children’s Hospital and Adaptive Sports and Adventures Program will be held on May 31, 2015. To make this event go off without a hitch, MANY volunteers are needed! To help out on the day of the event, sign up at: www.ljcckidstri.org.

LJCC Cares volunteers and children from the Boys and Girls Club celebrating Hanukkah!

Levine JCC wants to engage our members in a variety of social action programs within the community. Under the banner of LEVINE JCC CARES, we will bring our community together to perform Tikkun Olam (repairing the world) and Gemilut Hasadim (acts of loving kindness).

LJCC Cares has recently forged a relationship with the Salvation Army’s Center of Hope (homeless shelter for women and children) and Boys and Girls Clubs. LJCC Cares volunteers participated in activities with both over the past holiday season and have been collecting blankets for the homeless center. Additional volunteer opportunities will be posted on the website as they arise.

The Butterfly Project

The Butterfly Project is expecting more than 5,000 students from Mecklenburg and four surrounding counties to participate in workshops during the 2014-2015 school year. During workshops, they listen to a Holocaust survivor speak, use the Holocaust and its lessons to discuss prejudice, discrimination and stereotyping, visit the Margaret and Lou Schwartz Butterfly Garden and paint a ceramic butterfly in memory of a specific child who perished in the Holocaust.

Volunteers are needed to assist at the workshops! For more information, please contact Dana Kapustin at butterflyproject@charlottejcc.org

Ronald McDonald House of Charlotte

Participate in Meal Preparation to provide the families of children being treated in area medical facilities with a safe, affordable, caring “home away from home.”
- Sunday, March 22 (Dinner prep)
- Sunday, May 3 (Dinner prep)
Contact: julie.rizzo@charlottejcc.org

LJCC Cares volunteers and children from the Boys and Girls Club celebrating Hanukkah!

Amara 12
Butterfly Project Reflection Card:
I felt kind of like (the workshop) changed me. Someone was killed so brutally and violently and they were forgotten within time and someone thought of them today for the first time in about 70 years. Amazing.

Casey 14
Butterfly Project Reflection Card:
No kid should ever have to go through what the kids in the Holocaust went through. I’m trying to think about what if it was me and it’s hard to imagine. It’s important people know more about this so we can prevent it from happening again.

ELIZABETH 13
Butterfly Project Reflection Card:
To I feel moved and full of inspiration to do the right thing and to not judge others. Also, I feel anger and hatred to anyone who put the Jews through that. I wish it didn’t happen but it has taught America better.
# Member-only discounts!

**Levine JCC** invites you to enjoy the following “perks.”
Simply present your LJCC Member Scan Card to participate!

### Food & Beverage

<table>
<thead>
<tr>
<th>Name of Restaurant</th>
<th>Discount Details</th>
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| American Roadside Burgers (Uptown, Southpark) | 10% off order of $20+
| Brio Tuscan Grille (Piedmont Town Center) | $10 off order of $50+
| Café Monte (Phillips Place) | A free dessert for the table; $10 off catering (w/1 month commitment)
| Cantina 1511 (Stonecrest, Park Rd) | 10% off ($20 gift card per $100 catering)
| Kabab-Je Rotisserie & Grille (Matthews) | 10% off (up to Party of 6)
| Katz Deli (Providence Rd/Hwy 51) | 10% off
| Organic Creation (organiccreation.com) | 10% off catering; or 30% off 1 week personal chef services (w/1 month commitment)
| Pinkberry Frozen Yogurt (Phillips Place) | 20% off
| Souper Salad (Matthews) | 10% off
| TCBY (Blakeney, Colony, Myers Park, Wesley Chapel, Birkdale) | 10% off
| The Secret Chocolatier (thesecretchocolatier.com) | 10% off
| Vintner Wine Market (Arboretum) | 10% off bottles; case discounts

### Retail

<table>
<thead>
<tr>
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</table>
| ActivewearUSA.com (coupon code: JPERKS) | 10% off order of $60+
| Art Aspects (Sharon Armit/Provence) | 15% off custom framing
| Audibel Hearing (Carmel Village; 980-819-9966) | 50% off MSRP
| Big Frog Custom T-Shirts & More (Toringdon; bigfrog.com/scharlotte) | 10% off all products
| BJ's Warehouse Club (contact Ben Newkirk 704-458-7794) | 10% off Membership, + 3 free months
| Charlotte Running Co. (Dilworth & Promenade) | 15% off apparel; 10% off footwear
| Dick's Sporting Goods (Charlotte locations) | charlottejcc.org/jperks (exclusive weekly coupons)
| Inner Peaks (Monroe Rd, Charlotte) | Free climbing shelf rental
| Miracle Ear (1-888-606-4722 for locations) | 20% off hearing aid solutions, repairs & batteries
| Omega Sports (Arboretum) | 10% off (excludes sale items)
| Savvy Seconds (Provionce Rd; savvysecondsconsigned.com) | 10% off
| Sky Zone Charlotte (Centrum Pkwy, Pineville) | Buy one Jump Time, get one 50% off (Mon-Fri; limit one/day, may not be used with other offers)
| Toys & Co. (Sharon Armity Rd) | 10% off
| Queen City Tennis Shop (Stonecrest; qctennisshop.com) | 10% off (excludes sale items)

### Services

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<tr>
<th>Name of Service</th>
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</table>
| BJ Doerner, Williams Realty (704-494-1850) | 25% off commission towards closing costs
| Handyman Services (704-944-1357; valueremodelers.com) | 10% off handyman services
| Camp Bow Wow (Woodlawn, campbowwow.com) | 10% off services; 5% off products; 1-day free trial
| Errands123.com (errands123.com) | 10% discount
| Greenmodeling (greenmodeling.com) | 10% discount on home energy audit
| Mann Travels (mantravels.com) | $100 off select vacations
| Mo2 Salon (Arboretum) | 10% off first-time cut; 20% off first-time color
| New South Remodelers (704-532-2621; newsouthremodelers.com) | 15% off James Hardie siding or Marvin window installation (or 0% financing up to 5 yrs)
| Pediatric Hair Solutions (704-909-9414; pediatricchairsolutions.com) | 10% off
| Suzanne Savod, Bank of America (mortgage.bankofamerica.com/suzannesavod) | Savings on closing costs for qualifying home purchase/refinance
| Rivlin Firestone Group, Merrill Lynch (704-341-5131; fa.ml.com/rivlin_firestone) | Complimentary Financial & College/529 Planning
| Tull Mortgage, LLC (gsquires@tullmortgage.com) | Closing costs discount; no upfront application fee
| Varji & Varji Salon (Southpark) | 10% off services

* Restaurant bills do NOT include tax or tip.

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**M e m b e r s h i p h a s i t s p e r k s !**
**Chair Yoga**
The ancient art of Yoga pairs breathe with movement, while improving your flexibility, strength, and balance, all from a seated position.

**Mondays, Wednesdays and Fridays**
11:15am-12pm • Ongoing
Levinson Family Place
Cost for 12-class card*  
Oasis/M/$25 B/$15 NM/$35

**Senior Exercise**
Increase your flexibility, agility, balance and strength in a fun, relaxed environment.

**Mondays, Wednesdays & Fridays**
11am-12pm • Ongoing
Gorelick Hall
Cost for 12-class card*  
Oasis/M/$25 B/$15 NM/$35

**Creative Writing - Write Now!**
Put your words on the pages: memoir, fiction, poem or essay, and receive suggested assignments and tips from the instructor.

**Mondays, 1–2:15pm • Ongoing**
Room A-110
Oasis/M/$12 B/$6 NM/$20 per month or M/$5/class NM/$7/class
Barbara Lawing

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**Writer’s Workshop**
If you are serious about writing and enjoy getting feedback from your peers, join us! We meet each week to share our writing and critiques.

**2nd and 4th Monday of each month**
9:30–10:30am • Ongoing
Check Oasis newsletter for specific dates
Room A-110 • Free

**Painting – Acrylics**
Senior Adult
Discover the joy of painting with acrylics. All levels welcome. Check Oasis newsletter for specific dates.

**1st and 3rd Monday of each month**
10am-11:30am • Ongoing
Room A-110
Oasis/M/$5 B/$3 NM/$10 per class

**Empower Hour**
Senior Adult
Join our facilitators for an enriching, monthly discussion group, which will explore many topics to enhance your mind, spirit and body. This class will “empower” you to deal with the changing needs of your life.

**3rd Monday of each month, 1pm**
Room A-111 • Ongoing
Oasis/M/B/FREE NM/$2 per class
Nicole Levine (from JFS) and Nurse Lorrie Klemens

**Tai Chi/Qigong**
Senior Adult
Improve your strength, balance and flexibility through this gentle form of fitness.

**INTERMEDIATE Class**
Tuesdays, 11:45am–12:45pm • Ongoing
BEGINNER Class
Tuesdays, 1–2pm
Swimmer Family Aerobics Studio
Oasis/M/$25 B/$15 NM/$35 per month
Drop-in fee: M/B/$8 p/class NM/$10 p/class
Mike Gentile

**Open Games**
Adult/Senior Adult
Bring your friends and play your favorite games together. Mah Jong, Canasta, board games, and more. Coffee and cookies provided. Please call in advance to schedule your game.

**Tuesdays & Thursdays, 9am-4pm**
Ongoing
Weinberg Adult Center
Oasis/M/B/FREE NM/$2 per session

**Questions about Medicare?**
FREE counseling available with a SHIP (Senior Health Insurance Information Program) volunteer.

For more info, or to make an appointment, call 704-944-6792.
A unique program for every child, adapting poses in order to stretch and strengthen muscles. Various breathing techniques are also taught to release stress, work on posture amongst many other health benefits. Children tend to become more aware of their bodies capabilities, which improves their overall self-esteem. **Instructor:** Jessica Weill, Certified in Yoga for the Special Child

**RATES**

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<th></th>
<th>M</th>
<th>B</th>
<th>NM</th>
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<tbody>
<tr>
<td>30 min. session</td>
<td>$45</td>
<td>$27</td>
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<tr>
<td>60 min. session</td>
<td>$95</td>
<td>$57</td>
<td>$100</td>
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<tr>
<td>4-session package (60 min)</td>
<td>$360</td>
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<tr>
<td>10-session package (60 min)</td>
<td>$850</td>
<td>$900</td>
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704-944-6743 • stephanie.garner@charlottejcc.org