We’re all in this together!

We all know that the challenges posed by COVID 19 are not over yet. Feel assured that safety is our #1 priority!

View our Safety Protocols

Click here for a complete listing of FAQs.

Coming soon: A behind-the-scenes virtual tour – know before you go!

Your membership and participation sustains our community. Click here and join today!

704-366-5007 • charlottejcc.org
Important Information

Fall Program Registration
Begins Members: July 20 | Non-Members: July 27

Please Note:

- Programs & classes are subject to change
- Please check with LJCC Customer Service when registering
- Programs are subject to a minimum and maximum enrollment
- In order to receive membership pricing on JCC programs, members need to remain on membership through the duration of that program
- Please check with LJCC Customer Service when registering

Two Ways to Register
- Online at charlottejcc.org (non-members can enroll online once they call customer service for credentials)
- Call 704-366-5007

Registration Payment Options: Cash, Check, Visa©, MasterCard©, Discover© and American Express©

Program Cancellation and Withdrawal Policy
- Cancelled by the LJCC before start of first class: 100% credit on account or refund
- Registrant withdraws prior to start of first class: 100% credit on account or refund less 20% administrative fee
- Registrant withdraws after 1st class: prorated amount will be credited to account
- No credit or refunds will be issued after the 2nd class
- If a refund is given rather than a credit, a 20% administrative fee will be charged with the prorated refund amount

Kosher Policy
Shalom Park is a Kosher facility. Only Kosher-certified meats are permitted (beef, poultry, veal, lamb, etc.)
All are expected to adhere to this policy. The following products are not permitted:
- pork products (includes bacon, ham, lard, etc)
- shellfish/scavenger fish (includes shrimp, lobster, crab, etc)
- eating dairy/milk and meat products together

Levine JCC Transfer Policy
- No transfers will be available from the Charlotte Jewish Preschool or the Charlotte Jewish Day School. For those registered for Camp Mindy 365 and JTEAM, you will be directly contacted regarding the options to transfer
- If you are enrolling or changing programs with less than 24 hour notice, please call Mitch Ormand directly at 704-944-6733
- All child transfers subject to change
Levine JCC
Programming Staff

Lyn Addy
Fitness Programs Manager
704-944-6881
lyn.addy@charlottejcc.org

Bob Allenworth
Assistant Tennis Director
704-944-6748
bob.allenworth@charlottejcc.org

Conor Butner
Virtual Program Coordinator
704-944-6718
conor.butner@charlottejcc.org

Diana Barnes
Aquatics Programs Manager
704-944-6797
diana.barnes@charlottejcc.org

Jenny Crew
Senior Director of Wellness & Fitness
704-944-6870
jenny.crew@charlottejcc.org

Mark DiDonato
Senior Director of Youth & Camp Programs
704-944-6758
mark.didonato@charlottejcc.org

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

Susan Cherin Gundersheim
Director of Cultural Arts Programs & CJFF
704-944-6758
susan.gundersheim@charlottejcc.org

Jennifer Huberman
JTOTS Program Coordinator
704-944-6836
jennifer.huberman@charlottejcc.org

Jill Lipson
Director of Senior & Adult Programs
704-944-6792
jill.lipson@charlottejcc.org

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

Mitch Ormand
Youth Programs Manager
704-944-6735
mithc.ormand@charlottejcc.org

Bob Peterson
JAWS Head Coach
704-944-6745
bob.peterson@charlottejcc.org

Kayla Piscatelli
Cultural Arts Programs Coordinator
704-944-6809
kayla.piscatelli@charlottejcc.org

Michelle Rusgo
Youth Programs Coordinator
704-944-6739
michelle.rusgo@charlottejcc.org

Julie Rizzo
Director of Social Action
704-944-6730
julie.rizzo@charlottejcc.org

Summer Simpson
JFORCE Coordinator
704-944-6750
summer.simpson@charlottejcc.org

Doreen Sparks
Youth & Camp Programs Administrator
704-944-6728
doreen.sparks@charlottejcc.org

Joshua Steinberger
Senior Director of Athletics & Aquatics
704-944-6746
joshua.steinberger@charlottejcc.org

Patty Torcellini
Director of Early Childhood Education
704-944-6891
patty.torcellini@charlottejcc.org

Membership

The Levine Jewish Community Center is a family-oriented vibrant facility where you can feel a sense of community and belonging.

We are a diverse, multi-cultural community center, open to everyone of all faiths. Whether you are interested in our state-of-the-art fitness center, sports programs for youths and adults or the arts – you will find a home here.

Our lush 54 acre campus in the heart of South Charlotte is home to a 105,000 square foot facility. With membership you have access to our entire facility ... the fitness center, tennis courts, pools, group exercise rooms, arts & craft studios, and more.

And there are no contracts.

For more information please call Membership Manager Jodi Finkelstein at 704-944-6737, or visit charlottejcc.org/membership

LJCC Distinctive Member Circle

The Levine JCC Distinctive Member Circle is a philanthropic program designed to help you extend your generosity to others who are less fortunate, while receiving many Levine Jewish Community Center benefits. We would like to ask you to consider taking advantage of this philanthropic and mutually beneficial program. Join our Distinctive Member Circle today and make a difference ... from this generation to the next.

More information at www.charlottejcc.org/membership

LJCC Board of Directors

President
Raizel Kahn

Vice Presidents
Lauren Althofer • Jonathan Kulbersh
Lisa Strause Levinson • Gabriel Mathless

Treasurer
George Cronson

Board Members
Dawn Chanland • Ellen Goldberg
Ken Goldier • Todd Gorelick
Staci Mond • Michelle Perlmutter
Steven Rogelberg • Andrew Rosen
Helena Scott • Brian Sterling
Rebecca Stern • Jenny Sugar
Adam Taback • *Jeff Turk
Chip Wollach • Eric Wisotsky

* Past Presidents

Refer A Friend

After your referral completes 4 months of membership, you will receive $50 off your next program purchase!
Fall Program Cancellations

**Kids Programs**
Music and Me
Explore Science
Explore Science 2.0
Cooking Club
Cooking Club 2.0

**Cultural Arts**
Theatre for the Tiny Humans - WOOSH
Madagascar Auditions
JPLAY Learn through the Arts!
JSTEPS Ballet/Tap
JSTEPS Tiny Dancers
JSTAGE Jr.
JSTEPS Dance Explosion
Bellydance - Beginner & Advanced

**Sports**
Gym-Bees
Preschool Basketball
Preschool Yoga
Preschool Sports Club
Stepping Stones T-Ball
Zumba Kids Jr.
Preschool Kicks for Kids
Parent & Me Soccer
Taekwondo
Kids Programs

Stroller Fitness
This 45-minute mom and me stroller fitness class caters to moms of all fitness levels. Our interval-based classes incorporate aerobics, strength training, and core exercises for a total body workout. Our classes help moms get fit, while spending quality time with their child.

Mondays, 9–9:45am
Session 1: September 14 – October 19
Session 2: October 26 – November 30
No Class 9/26
M/$60  B/$72  NM/$90

Thursdays, 9–9:45am
Session 1: September 17 – October 22
Session 2: October 29 – December 3
No Class 9/28
M/$72  B/$60  NM/$108
Patty Torcellini

Cooking with Ms. Jennifer
3-5 year olds
Your little chefs will learn to create recipes by interacting virtually with Ms. Jennifer in classes packed with learning, creating, tasting and fun! They will be making recipes that are fun to make and yummy to eat. A list of ingredients will be provided in advance.

Mondays, 10:30am
September 14 – October 5
Free: Members Only
Jennifer Huberman

Music and Me
8 months–2.5 year olds
Virtual interactive music and age-appropriate movement for mommy, daddy, or caregiver and their baby/toddler.

Wednesdays, 10–10:45am
September 9 – 30
Free: Members Only
Patty Torcellini

Virtual Preschool Experience
3-5 year olds
Your child will enjoy a fun filled virtual preschool experience from home. Each session will include circle time, stories, music and movement. Come join Ms. Jennifer and Ms. Patty for loads of fun.

Tuesdays & Thursdays, 10–10:45am
September 8 – October 1
Free: Members Only
Patty Torcellini & Jennifer Huberman

Virtual Preschool Experience
3-5 year olds
Your child will enjoy a fun filled virtual preschool experience from home. Each session will include circle time, stories, music and movement. Come join Ms. Jennifer and Ms. Patty for loads of fun.

Tuesdays & Thursdays, 10–10:45am
September 8 – October 1
Free: Members Only
Patty Torcellini & Jennifer Huberman

Camp Games Night
K-3rd Graders
Come join your friends for a night of classic Camp Mindy games! Play games such as dodgeball, sharpened and larish. Pizza and snacks will be provided. Register by November 4.
Saturday, November 7
5–8 PM
M/$20  NM/$30  B/$12
Conor Butner

Teamwork Makes the Dream Work
4th & 5th Graders
Are you good at problem solving? Can you work together as a team? Join us as we put your skills to the test. We will be doing group initiatives such as punch out, move the lava and more! Pizza and snacks will be provided. Let’s see if you have what it takes to make the dream work because of your team work!
Saturday, November 7
5–8 PM
M/$20  NM/$30  B/$12
Mitch Ormand

Learn How to Build a Computer
2nd–4th Graders
Ever wonder how a computer is built? Join Conor as he demonstrates how to build a computer and explains how each part functions. Register by November 19th.
Sunday, November 22
12:30–2:30 PM
M/$20  NM/$30  B/$12
Conor Butner

Click Here to Get Fit with Force Jr.
704-366-5007 • charlottejcc.org
HOW TO WRITE A COLLEGE ESSAY

11th-12th Graders & Family
By the time college applications come out, your GPA and test scores are already determined so... is it too late to significantly improve your chances for admission? The answer is NO! College essays make a difference. Learn the style, strategies and how to determine your strongest topic for your best essay. If your essay is written in the style and content admissions officers are looking for, your essay will stand out, being significantly better than most! Coordinated by Ellen Martin. For more info, www.collegeadmissions101.org.

Sunday, September 6
2-3PM
M/$18 B/$12 NM/$20 per family
Michelle Rusgo

WHAT YOU NEED TO KNOW BEFORE YOU APPLY

10th-11th Graders and Family
Learn about the application process and get some insider tips about how to stand out. Coordinated by Ellen Martin. For more info, www.collegeadmissions101.org.

Sunday, November 8 • 2-3 PM
M/$18 B/$12 NM/$20 per family
Michelle Rusgo

Babysitting Course including Pediatric First Aid/CPR Certification

6th-10th Grade
Become certified in American Heart Association pediatric First Aid and CPR while also learning skills to be a great babysitter. You’ll build confidence by knowing you can help someone in need as well as yourself if you are home alone or babysitting. Bring a bag Kosher lunch. Register by October 28.

Sunday, November 1 • 9AM-4PM
M/$100 B/$90 NM/$120
Michelle Rusgo

Volunteer

Mitzvah Program

5th-8th Grade
Join other teens as we volunteer to do our part in Tikkun Olam-Repairing the World. We will collaborate with community service organizations and other Jewish agencies to promote community engagement. This is a great way to earn Community Service Hours. Pizza/ Snacks will be provided.

Making Centerpieces/Decorations for the Ronald McDonald House
Sunday, November 22 • 1-3 PM
M/$10 B/Free NM/$15
Michelle Rusgo

Knotted Blankets/Pet Toys for the Humane Society
Sunday December 6 • 1-3PM
M/$10 B/Free NM/$15
Michelle Rusgo

Hanukkah Glow Dance Party

5th-8th Grade
Dress in white, light up the night! Enjoy sufganiyot, menorah lighting, pizza, glow activities, Hanukkah games and lots of dancing! Register by December 9.

Sunday, December 13 • 7-9PM
M/$25 B/$14 NM/$35
Michelle Rusgo

Seniors/Teen Collaborative

GAME SHOW EXTRAVAGANZA

Enjoy the excitement of a Game Show while making new friends. The Senior and Teen Departments will join forces for a fun filled evening through Zoom.

Saturday, October 24th at 7pm
The mission of the Oasis Senior Enrichment Program is to enrich and prolong the quality of life for all seniors regardless of religious affiliation.

At the Levine JCC we take tremendous pride in the support and programming we have provided for our seniors since the start of the COVID-19 Pandemic in early March.

What happened next was surprising and encouraging. The Staff learned that the seniors were more tech-savvy and connected than expected! Many had smartphones and a computer. Most used email and wanted to learn how to use Zoom. It was an incredible discovery. So, little by little the Oasis Staff helped on-board the seniors to Zoom, making personal calls to the seniors to walk them through the steps, and if needed, even reaching out to their children for help.

A few weeks later, Oasis participants had a Zoom test, and…It.Was.Magical! After two months of not seeing their friends’ faces, the Oasis seniors were connected once again in a different way, and it was so much fun.

Since that first Zoom test, Oasis has increased its online programming, offering exercise, bingo, Shabbat song sessions, a book club, Coffee and Conversation, History’s Mysteries, Exercise of the Mind, trivia, chorus, and many other programs, including a walking tour of the city of Hod Hasharon in Israel by former Schlicha Inbal Ozeri! Oasis is offering a variety of things to cater to a diverse audience. If someone doesn’t like bingo or exercise, then maybe other offerings are the programs of choice that week.

We have quickly been reminded of that which is most important — the most vulnerable and isolated members of our Community need to engage, have fun, socialize, and stay connected with one another. In a time when technology is needed most, those who have traditionally been afraid of it are now embracing it, tapping into skills that keep our minds active, helping to ward off dementia, depression, and anxiety. There is lots of laughter on the Zoom calls, and we all need a lot of that right now during this challenging time. For those who don’t use technology, Oasis Staff continue to make weekly wellness check calls, and they continue to send out regular emails with programming information and links to articles, artwork, poetry, and more.

Of equal importance to the Oasis virtual programming, the LJCC committed to ensuring for our Seniors’ food security. Staff make bi-weekly meal deliveries to participants living alone or with senior children themselves and who ate lunch with Oasis prior to COVID-19. To date Oasis has delivered over 2500 meals to 30 unique individuals, all with the help of a grant from the COVID Response Fund (United Way of the Central Carolinas/The Foundation of the Carolinas) and in partnership with locally-owned businesses such as FS Food Group, Phil’s Deli, Izzy’s Catering, and Foster-Caviness. The meal delivery is two-fold; seniors get to see friendly faces in person during meal deliveries, and they are also kept safer by not having to frequent food establishments.

The continuity of services being offered by Oasis during this pandemic would not be possible without the ongoing support of LJCC members keeping their memberships active, grantors such as the Carolinas Foundation for Jewish Seniors, Stanley P. Greenspon, and other generous donors/sponsors. Keeping seniors safe, healthy, and engaged has always been Oasis’ top priority. Now, more than ever, making those things happen is critical to the lifeline of those most vulnerable, and we, as a community, have come together to make it happen.

For more information about how to support Oasis during this critical time, please contact Jill Lipson, Director of Senior & Adult Programs.

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Seniors/Teen Collaborative

GAME SHOW EXTRAVAGANZA

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Saturday, October 24th
7:00pm

Michelle Rusgo

“I was moved to tears by the thoughtfulness of the JCC Oasis Program. This program means a lot to me as I count on the excellent staff to assist me in keeping my nearly 80-year-old self in good health, both physically and mentally. Thank you for your care and concern and I look forward to a speedy return to the Oasis program. I wish for you what you wish for me: a safe and healthy time away and a return to normalcy soon.”

IRIS SCHNIPPER - Oasis Member
You can make a difference in our community!

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).

Volunteer OPPORTUNITIES … for the whole family!

Julie Rizzo, Director of Social Action
704-944-6730 • julie.rizzo@charlottejcc.org

Feeding the Hungry
Help provide bag lunches for the Salvation Army’s Center of Hope (homeless shelter for women and children). Sign up, make bag lunches at home and drop them off at the Camp Mindy Rec Hall to be delivered to the Center. Volunteer drivers requested as well.
Sunday, October 4 • 1:30-2:30pm
RSVP to julie.rizzo@charlottejcc.org for the SignUpGenius link to register

Ronald McDonald House
The RMHC provides families of children being treated in area medical facilities with a safe, affordable and caring “home away from home.” Participate in evening meal preparation. Volunteers will plan the menu, purchase ingredients and prepare the meal. Ages 12 and up with adult.
Sunday, October 18, 4-8pm
RSVP to julie.rizzo@charlottejcc.org for the SignUpGenius link to register.

Healing Ourselves
Healing the World
Continue with us in our third year of this journey to accomplish both those things! For detailed information about these program or to be added to the distribution list to receive information, please contact julie.rizzo@charlottejcc.org. Register at LJCC Customer Service, 704.366.5007

Book Club in the Sukkah – How to Break Up with your Phone, by Catherine Price
October 8 • 1-2pm
Learn about the programs supported by the LJCC Kids Triathlon. Watch a wheelchair rugby game. Speak with the adaptive athletes. Try out adaptive equipment
Suggested donation: $18 (Call 704-366-5007 to make your donation)
All proceeds will benefit pediatric rehabilitative services at Levine Children’s Hospital and the Adaptive Sports and Adventures Program

Joint film screening with Shalom Green – The Human Element
November 10 • 7pm
FREE (free, please register for Zoom link)

Fall Clean – electronics recycling, paper shredding, medicine drop
Sunday, December 6 • 1-2pm
FREE (free, please register for Zoom link)

Community Garden Work Days
August 16 • September 13 • 9-11am
October 18 • November 15 • 9-11am
Plant, Weed, Harvest, Dig, Water, Prune and Learn. Registration required at shalomgreencit.org 7 days in advance.
Questions? info@shalomgreencit.org

Third Annual Welcoming the Stranger to the Table
Sunday, October 25 • 7:00–8:30pm
FREE but registration required to obtain Zoom link • Call LJCC Customer Service Desk at 704-366-5007
For more information visit charlottejcri.org

The Butterfly Project Workshop
The Levine JCC Butterfly Project anticipates approximately 6,000 students from Mecklenburg and surrounding counties will participate in workshops during the 2020-21 school year. During workshops, students 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.

JTRI ADAPTIVE SPORTS AND ADVENTURES PROGRAM EXPO
Saturday, October 31 • 1-3pm
Howard R. Levine Gymnasium
Learn about the programs supported by the LJCC Kids Triathlon. Watch a wheelchair rugby game. Speak with the adaptive athletes. Try out adaptive equipment
Suggested donation: $18 (Call 704-366-5007 to make your donation)
All proceeds will benefit pediatric rehabilitative services at Levine Children’s Hospital and the Adaptive Sports and Adventures Program

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Volunteer Training
Volunteers are the backbone of the LJCC Butterfly Project workshops! If you are interested in volunteering, please send an email to butterflyproject@charlottejcc.org to be notified of the next volunteer training sessions.

Volunteer OPPORTUNITIES
... for the whole family!

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SHALOM PARK
Joint Social Action Programs

Shalom Green
Community Garden Work Days
August 16 • September 13 • 9-11am
October 18 • November 15 • 9-11am
Plant, Weed, Harvest, Dig, Water, Prune and Learn. Registration required at shalomgreencit.org 7 days in advance.
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Butterfly Project Workshop for Home-schooled Students
If you home school your 5th through 12th grade students or know someone who does, please join us for this virtual workshop.
Q? butterflyproject@charlottejcc.org
Tuesday, September 15
10:00am to 12:30pm • $3 per person
Please register at LJCC Customer Service 704.366.5007
Zoom link will be provided to registrants on Friday, September 11

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November 10 • 7pm
FREE (free, please register for Zoom link)

Fall Clean – electronics recycling, paper shredding, medicine drop
Sunday, December 6 • 10am

704-366-5007 • charlottejcc.org
Cultural Arts

AGES 16+

Ceramics
- 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 classes are located in our fully-equipped Ceramics Studio

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.

Mondays, 10–12:30pm
Instructor: Mary Couillard
September 14 – December 7
No class on 9/28, 11/23
M/$319  B/$192  NM/$350

Mondays, 4:00–6:30pm
Instructor: Mary Couillard
September 14 – December 7
No class on 9/28, 11/23
M/$319  B/$192  NM/$350

Wednesdays, 10am–12:30pm
Instructor: Gwen Orland
September 16 – December 9
No class on 11/25
M/$348  B/$209  NM/$382

Wednesdays, 4:00–6:30pm
Instructor: Gwen Orland
September 16 – December 9
No class on 11/25
M/$348  B/$209  NM/$382

Visual Arts & Ceramics Independent Study - must be approved by Ceramics Studio Manager. $80/month (studio use, shelf rental, glazes/underglazes) $20 – 25 lbs. of clay/$20 – tool kit as needed

YEAR ROUND CERAMICS
Mondays, 10–12:30pm
Instructor: Mary Couillard
September 14 – December 7
No class on 9/28, 11/23
January 4 – March 8
March 22 – June 7
No Class 3/29, 5/18
Paid in full: M/$924  B/$555  NM/$1016
Monthly Draft: M/$103  B/$62  NM/$113

Tuesdays, 10am–12:30pm
Intermediate/Celena Burnett
September 15 – December 8
No class on 11/24
M/$348  B/$209  NM/$382

Tuesdays, 4:00–6:30pm
Intermediate/Celena Burnett
September 15 – December 8
No class on 11/24
M/$348  B/$209  NM/$382

JDANCE*

AGES 18+

Israeli Dance
Dance the traditional favorites, as well as the latest hits from Israel. No partner needed. All levels welcome. Younger students admitted with permission of instructor.

Sundays, 2–5pm
September 6 – October 25
No Class 9/20, 9/27
M/$45  B/$27  NM/$60

November/December MONTHLY
M/$30 per month
B/$18 per month
NM/$40 per month
Angelica Hannah
Fitness & Wellness

**NOW OFFERING**

**Adults**
A team training program that mixes cardio, resistance training, and core exercises to develop functional strength in 30-minute high intensity workouts. By reservation only at www.charlottejcc.org/register. All skill levels welcome!

**DON’T SIT, GET FIT!**

**Adult JFORCE:**
September 15 – November 19
Tuesday & Thursday
5:30-6:10pm
10-Week Program
M/$200
B/$150
NM/$250

September 15 – November 19
Tuesday & Thursday
4:00-4:45pm
10-Week Program
M/$200
B/$150
NM/$250

For more info:
Adult JFORCE: Summer Simpson, JFORCE Coordinator • 704-944-6750 • summer.simpson@charlottejcc.org

**JForce Youth**
JForce Youth is a non-sport specific clinic for youth Grades 6-10. The clinic is designed for the athlete or non-athlete, and consists of an overall fitness program designed to improve body strength, endurance, speed, and agility.

**Adult JFORCE**

DON’T SIT, GET FIT!

**JForce Youth**
JForce Youth is a non-sport specific clinic for youth Grades 6-10. The clinic is designed for the athlete or non-athlete, and consists of an overall fitness program designed to improve body strength, endurance, speed, and agility.

**JForce Jr.**
JForce Jr. is a non-sport specific clinic for youth Grades 3-5. The clinic is designed for the athlete or non-athlete, and consists of an overall fitness program designed to improve body strength, endurance, speed, and agility.

**AGES 18+**

**TRX Training**
Workout with certified personal trainer and TRX specialist John Lynam to improve your mobility and stability while increasing balance, muscle strength, and cardio endurance using TRX straps. TRX suspension straps will be used for the warm up, main workout, cool down and stretch. All levels of fitness are welcome!

Monday & Wednesday
10:30–11:15am
September 14 – November 9
No Class 9/28
M/$200 B/$150 NM/$250

**AGES 21+**

**Boot Camp, Boogie & Brews**
Join us for a fun, fall fitness event at the J. We’ll start off with a workout at 5:30pm followed by music and cooling down with a new, favorite brew.

Saturday, November 7
5:30pm Workout
7:00pm Brews
M/$22 B/$16 NM/$30
Lyn Addy

**PERSONAL TRAINING**
Connect 3 Ways

1️⃣ @the J
Lost your motivation?
Gained the Quarantine-15?

2️⃣ @Home
Our Personal Trainers will help you get back on track!

3️⃣ Online

Schedule a Personal Training Session with jenny.crow@charlottejcc.org

**Virtual**

**Parkinson’s Patients Only**
We are continuing this popular program through Zoom! In this program, exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. In Rock Steady Boxing, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

**Fitness & Wellness**

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Fitness & Wellness

JMASSAGE

We are currently taking appointments for massages and practicing all guidelines for COVID-19 as described by the American Massage Therapy Association and the Levine JCC.

**Western Techniques**
- Deep Tissue Massage
- Swedish Massage
- Therapeutic Massage
- Trigger Point Therapy
- Somatic/Emotional & CranioSacral Release

**Eastern Techniques**
- Thai/Traditional/Mat
- Thai Table Massage
- Thai Hand-Foot & Reflexology
- Shiatsu

**Available Enhancements**
- Body Balancing
- Honey Tap Facials
- Salt or Sugar Scrubs
- Stretching
- Wraps

**Other Specialty Areas**
- Aromatherapy
- Children
- Disabled (CP, para, quad, MS)
- Hot Stones / Herbal
- Pain or injury specific
- Pre-Natal
- Sports Therapy
- Thai Herbal Balls / Tak Sen

Julia Thomas, LMT #2236
704-287-6394 (call or text)
massage@charlottejcc.org

COUNSELING & EDUCATION

Did you know?
Virtual Telehealth nutrition counseling sessions are now covered by most health insurance plans!
Personalized nutrition therapy from the comfort and safety of your home on your computer or smart device.

**JNUTRITION**

COUNSELING & EDUCATION

Schedule an appointment to address your specific nutritional needs such as:
- Weight control
- Cholesterol reduction
- Bone health
- Optimal aging
- Stomach Issues
- Food Prep Safety
- Diabetes management
- Prenatal/postpartum nutrition
- Lactation support
- Improving athletic performance
- Food allergies/intolerances/sensitivities
- Infertility
- Reading food labels
- Healthy eating on a budget
- Nutrition for Immunocompromised Individuals

Complimentary Eligibility Verification of Insurance Coverage for the following companies: Blue Cross Blue Shield of NC (some out of network for BCBS states covered), Aetna, United Health Care, and Medicare
Contact Chantal for out-of-pocket pricing

Contact our Registered Dietitian Chantal Otelsberg directly to make your appointment at 704.315.9533 or Chantal.Otelsberg@charlottejcc.org

Fun Family Events

The Amazing JRace - Family Edition

Come and join us for this family fun event! You will be competing against other families to solve the clues to find the place with your next clue! It’s a race all over Shalom Park! Will your family be the one to win the Amazing JRace? Hope to see you there to find out!
Register by October 11.
Sunday, October 18
2-4 PM
M/$25 for a team of 4
B/$15 for a team of 4
NM/$35 for a team of 4
Mitch Ormand

Family Scavenger Hunt

Teamwork at its best! Families work together on creative challenges in order to gather or complete all items on an organized list. Points given for creativity! After the winner is announced, all families enjoy an ice cream treat.
Register by October 29.
Sunday, November 1
1-3 PM
Family Pricing: Up to 4 family members
M/$20 (+$5 each additional person)
NM/$30 (+$6 each additional person)
Michelle Rusgo

Sports
- Click Here for Info on Sports Class

Swim
- Click Here for Info on Swim Lessons or Swim Team

Tennis
- Click Here for Info on Tennis Lessons with a PRO

704-366-5007 • charlottejcc.org
**Private Youth Sports Lessons**
By Appointment
45-minute lesson
$50 per lesson • $160 per 4 lessons
For more information, please contact stephanie.garner@charlottejcc.org

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**K–3RD GRADE**
**Beginning Gymnastics**
An introduction to the world of gymnastics. Learn the basics of all four Olympic events: Vault, Bars, Balance Beam and Floor Exercise.

**Mondays, 3:30–4:15pm**
**September 14 – December 7**
No Class 9/28 & 11/23
M/$187   B/$112   NM/$242
Nicolette Spencer and LJCC staff

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**K–4TH GRADE**
**JHOOPS Fundamentals**
Learn basketball fundamentals such as dribbling, passing, shooting, defense and offense in this fun, non-competitive class.

**Tuesdays, 3:30–4:15pm**
**September 15 – December 8**
No Class 11/24
M/$204   B/Free   NM/$264
LJCC Staff

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**Adaptive Sports Skills**
FOR INDIVIDUALS WITH SPECIAL NEEDS
14–25 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, soccer skills, socialization, agility, 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, 3:30–4:15pm**
**September 17 – December 10**
No Class 11/26
M/$204   B/Free   NM/$264
Stephanie Garner

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**Fencing**
PRIVATE LESSONS
7 year olds – Adult
Students will be introduced to learning the skills of attacking and defending with either the foil, epee or saber. Fencers develop good coordination, balance and flexibility which makes this training an ideal means of keeping fit for all ages and abilities. Our training progression starts with teaching the student footwork and basic fencing moments. Once the student develops a general understanding of these movements, the student is taught a series of fencing drills combined with open fencing with other students to apply the lessons learned. The final stage consists of teaching tactics and strategy for set competitive situations. All equipment will be provided and included in the class fee.
Daniel Makogon, A2019 Rating
$40 per ½ hour lesson
$140 per four ½ hour lessons
Stephanie Garner

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**TEENS**
**Girls Volleyball**
4th–8th Grade
Learn proper technique, skills and drills.

**Wednesdays, 5:15–6pm**
**September 16 – December 9**
No Class 11/25
M/$204   B/Free   NM/$264
Stephanie Garner

**ADULTS 18+**
**Softball League**
New player draft is Sunday, July 19 at 9am

**Sundays, 8am–12pm**
**July 26 – November 8**
No League 9/6, 9/20, 10/4, 10/11
Mason Wallace Park
M/$65   B/Free   NM/$80
David Berger

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**ADULTS 18+**
**Open Play Basketball**
Sundays, 7-10:30am
Tuesdays, 6-8am & 5-8pm
Thursdays, 6-8am
Fridays, 6-8am
Saturdays, 12-2:30pm

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**Micro-Soccer**
4-5 year olds
**Sundays 1:15–2:45pm**
**September 13 – November 8**
No League 9/20 and 9/27

**Juniors Soccer**
6 and 7 year olds
**Sundays, 1:15–3pm**
**September 13 – November 8**
No League 9/20 and 9/27
Stephanie Garner

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**Registration Open:**
www.charlottejcc.org • 704-366-5007

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**ADULTS 50+**
**Pickleball**
An excellent workout. Played indoor with a paddle, tennis net and whiffle ball.

**Mondays – Fridays, 9:00–11:30am**
**Mondays 5:00-7:00pm (ends 10/26)**
Ongoing
M/B/FREE   NM/$40 per month
Drop-in fee: NM/$10 per day
Preschool Tennis
3–5 year olds
Emphasizes gross motor skills, basic tennis information, and fun on the courts. Equipment provided. In case of inclement weather, classes will be held inside.

Potty Training Policy: Children must be fully potty trained to participate. See page 8 for complete transfer policy details. Transfer forms are available at www.charlottejcc.org or at LJCC Customer Service and must be completed three days before start.

A) Tuesdays, 1:15–2pm
   September 8 – December 8 (13 weeks)
   No class 11/24
B) Thursdays, 1:15–2pm
   September 10 – December 10 (13 weeks)
   No Class 11/26
M/$312  B/$247  NM/$416 (13 weeks)

Junior CRUSH Tennis Academy
10–18 year olds
Players must be approved by tennis staff to enroll in this class if they are not currently on a CRUSH Team. Emphasis placed on point construction, rally skills, and basic tennis conditioning. Twice per week recommended for all competitive players.

Monday, Tuesday & Wednesday
5–6:30pm
September 8 – December 9 (35 sessions)
No Class 9/28, 10/11, 11/29
M/$210  B/$170  NM/$320 (10 weeks)
M/$231  B/$187  NM/$352 (11 weeks)
M/$273  B/$221  NM/$416 (11 weeks)

Little CRUSHers
5–7 year olds
Emphasizes basic stroke work, court knowledge, and games involving tennis skills.

A) Mondays, 3:30–4:15pm
B) Mondays, 4:15–5pm
   September 14 – December 7 (11 weeks)
   No class 9/28, 11/23
C) Tuesdays, 3:30–4:15pm
D) Tuesdays, 4:15–5pm
   September 8 – December 8 (13 weeks)
   No class 11/24
E) Wednesdays, 3:30–4:15pm
F) Wednesdays, 4:15–5pm
   September 9 – December 9 (13 weeks)
   No class 11/25
G) Sundays, 10–10:45am
   September 13 – December 13 (10 weeks)
   No class 9/20, 10/4, 10/11, 11/29
M/$210  B/$170  NM/$320 (10 weeks)
M/$231  B/$187  NM/$352 (11 weeks)
M/$273  B/$221  NM/$416 (11 weeks)

Pre-team CRUSH
8–11 year olds
Emphasizes stroke production, plus introduces scoring and the serve in a fun environment.

A) Mondays, 4–5pm
   September 14 – December 7 (11 weeks)
   No class 9/28, 11/23
B) Tuesdays, 4–5pm
   September 8 – December 8 (13 weeks)
   No class 11/24
C) Wednesdays, 4–5pm
   September 9 – December 9 (13 weeks)
   No class 11/25
D) Sundays, 9–10am
   September 13 – December 13 (10 weeks)
   No class 9/20, 10/4, 10/11, 11/29
M/$220  B/$180  NM/$330 (10 weeks)
M/$242  B/$198  NM/$363 (11 weeks)
M/$286  B/$234  NM/$429 (13 weeks)

Adult Beginner/Intermediate
18+ (New Players-2.5 USTA rated)
Available to new players or players returning to the game.

A) Tuesdays, 6:30–7:30pm
   September 8 – December 8 (13 weeks)
   No class 11/24
B) Fridays, 9–10am
   September 11 – December 11 (13 weeks)
   No class 11/27
M/$286  B/$234  NM/$429 (13 weeks)

J CRUSH Cardio
18+
An aerobic workout on the tennis court.

A) Tuesdays, 6:30–7:30pm
   September 8 – December 8 (13 weeks)
   No class 11/24
B) Fridays, 10–11am
   September 11 – December 11 (13 weeks)
   No class 11/27
M/$286  B/$234  NM/$429 (13 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.

Monday, Tuesday & Wednesday
6:30–7:30pm
September 9 – December 9 (13 weeks)
No class 11/25
M/$286  B/$234  NM/$429 (13 weeks)

Queen City Ladies Team Practice
18+
Begins August 24
M/Full time: $183  M/sub: $153 (includes 7 out of 8 practices and opportunity to sub when needed in matches) M/sub: $36 (includes 1 clinic only and opportunity to sub when needed in matches) B/Full time: $143

Pre-Team CRUSH Tennis Lessons: $153 (Includes 1 clinic only and opportunity to sub when needed in matches)

Special Packages Available: purchase 8 lessons, get 9th lesson free.

Next Section: Tennis Lessons for All Ages
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. Please refer to charlottejcc.org for Swim School Policies and Procedures.

Infant Swim Resource
BY APPOINTMENT ONLY

6 months – 6 year olds
ISR goes beyond traditional swimming. ISR teaches very young children techniques designed to help them survive should they find themselves in the water alone.
Monday–Friday • Ongoing
Levine JCC Indoor Pool
For details, dates & lesson times please email diana.barnes@charlottejcc.org

Transitional Tot Class
2-3 year olds
Contact diana.barnes@charlottejcc.org for details on this class.

K-5th Group Swim Lessons
5-10 year olds
Youth classes are great for children who have not had the opportunity to learn to swim at a young age as well as for those that wish to become better swimmers. Designed for children to learn in an environment appropriate to their age and developmental level.
Suggested age to begin this journey is between 5-6 years of age. Our lessons are divided into 3 class groups with specific goals. Our trained instructors will assign your child’s class level based on his/her ability on the first day of class.
Beginner: For the very beginner swimmer or for those who are uncomfortable in the water. Instructors work on basic water adjustment.
Intermediate: For the swimmer who is comfortable in the water and has completed beginner youth skills.
Advanced: For the swimmer who can comfortably swim front crawl and backstroke using over arm stroke in deepwater but who needs help with refining his/her strokes and learning the breaststroke and butterfly.
Advanced classes prepare your child for future aquatic adventures like water sports, boating sports, boy scouts swim badges or even a first job as a lifeguard. Children with higher levels of stroke technique, endurance and experience will gain more respect of the water environment and have a higher awareness of water safety.

Private Swim Lessons
1/2 Hour: M/$36 • NM/$42
Package of 5: M/$155 • NM/$184
Package of 8: M/$237 • NM/$278
15 minutes: Preschool Only M/$19 • NM/$23
Package of 10: M/$148 • NM/$190
Package of 16: M/$242 • NM/$315

Semi-Private Swim Lessons
1/2 Hour: M/$26 • NM/$32
Package of 5: M/$103 • NM/$131
Package of 8: M/$148 • NM/$193

Schedule with Diana Barnes
diana.barnes@charlottejcc.org
Aquatics

JAWS Swim Team Ages 5-18
Join Levine JCC JAWS Swim Team. Multiple options to choose from to accommodate your child’s interest and skill levels.

Please Note:
• An LJCC membership is required by our swim league during summer session to be eligible to compete in league meets
• All swimmers must be evaluated prior to registering for swim team – schedule with Coach Bob
• A team swimsuit is required and is not included in the fees

Fall Parent Meeting: Sept. 10 @ 6pm
Our Jr. Jaws level swimmer practice at our indoor pool so that they can get themselves acclimated to swim team. Bronze-Senior, Gold & Badfish practice at our lap pool, the water is heated however not to the level of our indoor pool.

Practice times subject to change

Swim Team League Info for Jr, Bronze, Silver, Senior, Gold:
• Fall League: Intra-squad Meets
• Winter: Hornets’ Nest League & Intra-Squad Meets
• Summer: YMCA Summer League
Our Swim League runs a portion of our Winter & Spring session. (i.e. if you only sign up for Winter session, you will miss meets in the Spring session as the league schedule runs across both sessions)

Swim Team League Info for Gold & Badfish
Various USA sanctioned swim meets throughout the year communicated to you by Coach Bob - some travel required

Multi-Season Swim Team Options:
September 14, ’20 – June 24, ’21
Junior: M/$5561 B/$5372 NM/$544
Bronze: M/$647 B/$5346 NM/$1011
Silver: M/$647 B/$5346 NM/$1011
Senior: M/$647 B/$5346 NM/$1011

USA Swimming Sanctioned Options:
Gold Sharks:
M/$1326 B/$922 NM/$1554
Badfish:
Black: $1920 Pre-Senior/$2085 Senior/$2250

Per Season Options:
Fall ‘20 Sep 14 – Nov 19
Winter ‘20-21 Nov 23 – Feb 11
No Practice 11/25 & 26 (2 week break 12/21-1/1)
Spring ‘21 Feb 15 – Apr 22
No practice CM spring break, April 5-8
Summer ‘21 Apr 26 – Jun 24
No practice 5/21
Year-Round Sep 14 – Jul 31
No Practice 11/25 & 26, 12/21-1/1, 4/5-8, 5/31
Junior: M/$186 B/$117 NM/$270
Bronze: M/$212 B/$133 NM/$298
Silver: M/$212 B/$133 NM/$298
Gold: Multi-Season Only (Year-Round)
Badfish: Multi-Season Only (Year-Round)
First and last month tuition for Multi-Season and Year-Round fees are due upon registration, monthly draft options available in between.

Private School Home School Schools with Early Dismissal
Do you have a child in private school, home school, or that has an early dismissal time?
We’ve created a swim team time slot to accommodate you. You are part of the JCC JAWS swim team and are eligible to compete in our swim meets you just practice at a different time. (All levels available, see descriptions above)
TUE & THU • 3:15-4pm
Refer to Junior JAWS pricing and dates

Abbreviated Fall Offering: High School Swim Team Prep
Looking to get in the water to get a head start on your High School swim season? Coach Bob will help prepare you for your upcoming season.
MON-THU • 6-7:15pm
September 15 – October 29
M/$165 B/$100 NM/$227
Q? bob.peterson@charlottejcc.org

704-366-5007 • charlottejcc.org
Aquatics

**CLASSES BY RESERVATION ONLY**

**ADULTS**

**Water Aerobics**  
The LJCC offers four water aerobics classes, Water Power, Aqua Fitness, Deep Water Fitness, and Power Plunge. All held in the heated Indoor Pool. Try a class for free! M/B/Free

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

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

**Deep Water Fitness**  
Adults & Seniors  
Cardiovascular and resistance conditioning without impact.  
Mondays, Wednesdays & Fridays, 10:45–11:30am  
Mondays & Wednesdays, 6:30–7:15pm  
Tuesdays & Thursdays, 9:15am-10:00am

**Power Plunge**  
Adults & Seniors  
An energizing workout that combines performance and endurance with strength and cardiovascular fitness.  
Mondays & Wednesdays, 7–7:45pm  
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.  
Joshua Steinberger

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**Masters Swim Program**  
with Coach Heather Hageman

- Mon/Wed/Fri: 6–7am  
- Mon/Wed: 10:30–11:30am  
- Class Option 1: M: $40 | NM: $65 (monthly fee for any 2 classes per week)  
- Class Option 2: M: $60 | NM: $85 (monthly fee for unlimited classes per week)  
- Masters Drop-In fee-$12  

**American Red Cross Lifeguard Class**

Please note: For each class you must attend all dates and times to satisfy course requirements. Employment opportunities available at the JCC upon completion of the course. For class dates, times, and pricing please contact Aquatics Director, Joshua Steinberger  
704-944-6746 or joshua.steinberger@charlottejcc.org

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**Bubble/Lap Pool Schedule**  
**Indoor Pool Schedule**  
BY RESERVATION ONLY

Schedules available at charlottejcc.org

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704-366-5007 • charlottejcc.org
To those who have continued their membership or recently reactivated,

Thank You!

We encourage you to come use our classes and services because YOU make our community thrive!

If you are currently on freeze and would like to reactivate, please email ljccmembership@charlottejcc.org.

Let’s continue to work together to fulfill our mission! We need community now more than ever.