

the

omaha

Centerpiece

A publication of the Jewish Community Center of Omaha | JULY - SEPTEMBER 2019

Build your best *Self*

Learn a New Sport With

DODGEBALL

NEW CO-ED LEAGUES FOR TEENS & ADULTS - pg.18

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Get the Scoop on Campus

RENOVATIONS

EXCITING IMPROVEMENTS ARE ON THE WAY - pg.6-7

Staenberg Kooper Fellman Campus

333 South 132nd Street • Omaha, NE • www.jewishomaha.org



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President

Mark Martin
Executive Director



Omaha JCC
An agency of the Jewish Federation of Omaha

333 South 132nd Street
Omaha, NE 68154

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Fridays.....5:00 AM - 7:00 PM
Saturdays - Sundays.....7:30 AM - 7:00 PM

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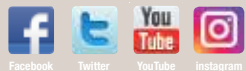
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Stay up-to-date on all things JCC. Subscribe to our "This Week at the J" weekly e-mail.

www.jccomaha.org

FIND US...



REMARKS MARK'S ~~REVIEW~~



Right on target!
We had a great
turnout for our new
Archery Camp.

Hello, again, to the thousands of readers of the JCC Centerpiece:

Last we spoke, our delayed spring had it feeling like winter. Now we are well into summer. July 4th is quickly approaching and Labor Day is not far behind.

We are most pleased to announce that we are on schedule for the next phase of our never-ending quest to provide the best member experience possible. On pages 6-7 you will find details on the Staenberg Kooper Fellman Campus transformation project. Work continues on the refurbishment of the existing indoor lap pool along with a new addition to the south that will house a new, family-friendly recreational pool. The refurbished lap pool will incorporate a new filter and gutter system, easy to access stairway entry, and six full lanes. The new family-friendly recreational pool will have a zero-depth entry point, water features for our youngest members, a lazy river, a large slide, and a vortex feature. Work also continues on the new Mind-Body Studio, which will provide new program space for yoga, barre, and a myriad of new offerings. As always, we are doing our very best to minimize any inconveniences during construction. Please stay tuned as additional renovations are now in the planning stages!

Right now, we're gearing up for a great rest of summer. Here are a few items to recap from the last several few weeks:

- Rain, cloudy skies, and cool temperatures. It must be outdoor pool season.
- White shark, tiger shark, blue shark, and hammerhead shark. Every week is Shark Week in the JCC group swim lesson program.
- 115 players, 17 coaches, 14 baskets and record participation in College All-Star Basketball Camp! There were so many 3 pointers SportsCenter was filming here.
- We had so many people attend our Poolside Yoga & Smoothie event we're adding assorted yoga mats to the concession stand menu.
- Did anyone try the healthy recipes in the last Centerpiece? I had no idea you could make stew out of peanuts. That's just nuts!
- Back by popular demand...Pilates and Prosecco! Join us poolside in August for this great event. I wonder - is it the Pilates or the Prosecco that makes this event so popular?

The Jewish Community Center has been a big part of the Omaha area for more than eight decades! We opened our doors in 1925 and still today continue to serve everyone in the community with our state-of-the-art facilities, outstanding programs and dedicated staff. We've been here in the past, we're here today, and we'll be here tomorrow. We appreciate your patronage.

Don't be a stranger,

Mark Martin

JCC Executive Director





Upcoming Holiday Hours

Do you have family or friends visiting? Bring them to the J for a workout! Guest passes are available from Member Services for \$12 each or 5 for \$50.

INDEPENDENCE DAY

Wednesday, July 3.....Closing at 7:00 p.m.

Goldstein Family Aquatic Center will close at 6:30 p.m.

Thursday, July 4.....OPEN, Holiday Hours

Health & Fitness Center: 9:00 a.m. – 5:00 p.m.

Goldstein Family Aquatic Center: 10:00 a.m. - 4:30 p.m.

July 4th Pool Party: 12:00 a.m. - 4:00 p.m. See page 9 for details!

LABOR DAY

Monday, September 2.....OPEN, Holiday Hours

Health & Fitness Center: 9:00 a.m. – 5:00 p.m.

Goldstein Family Aquatic Center: 10:00 a.m. - 4:30 p.m.

ROSH HASHANAH

Sunday, September 29.....Closing at 6:00 p.m.

Monday, September 30.....CLOSED

Tuesday, October 1.....CLOSED

Membership Questions?

If you have questions regarding your membership, account status, or registration process, contact the Member Services team at (402) 334-6426. For questions in specific areas, please use the information below.



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Membership Account
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Tracy Modra

Membership Director

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Guest Procedures

The Member Services Desk at the J is a busy place, but this doesn't necessarily mean more hassle for you. Here are a few small actions you can take for a quick check-in to our facility.

1. BRING YOUR MEMBERSHIP CARD

For quick access into the facility, please have your Membership I.D. card with you. Membership I.D. cards are required to gain access to the facility. Having your card with you will also cut down on delays getting through Member Services.

2. KNOW OUR FACILITY GUIDELINES

- Members need to wear shirts, shorts, and shoes over their bathing suits while inside the JCC building.
- Technology is wonderful, but our locker rooms are "no photo" zones.

3. KNOW OUR GUEST POLICIES

We love having new visitors to our facility! If you have someone you would like to bring with you to the J, please keep the following in mind:

- Only current JCC Members in good standing can bring guests to campus.
- All guests should be accompanied by the JCC member. A member wishing to send a guest without being present, must call the Member Services Desk prior to the guest arriving. Members bringing a guest to the outdoor aquatic area may sign in their guest at the direct, outdoor check-in / entrance.
- All guests age 16 and older are required to provide a driver's license or other valid form of photo I.D.
- All guests, regardless of age, must be signed in at the Member Services Desk.
- After signing in, the JCC Member has the option of using any guest passes on their account. If no guest passes are available, a \$12 daily guest fee will be charged for guests, ages 4 and older.

- Guests younger than 18 will be required to wear a guest wristband while in any part of the JCC or Aquatic Complex. Youth 11 and under will be swim tested to determine what areas of the pool they are allowed. They will be given a corresponding wristband for their swim level.

If you have questions about any of our Guest Pass procedures, need to update your Membership, or know someone interested in joining the JCC, please call Member Services at (402) 334-6426.

JCC Gallery



From historical and educational exhibits to displays of local, national, and international art, the Jewish Community

Center Gallery hosts a wide array of content. Located just next to the JCC Theater, the Gallery provides individuals an excellent opportunity to immerse themselves in culturally enriching exhibitions. For information contact Lynn Batten, Gallery Manager, at (402) 334-6564.

JCC Gallery Hours

Monday - Thursday.....8:00 a.m.- 9:00 p.m.

Friday.....8:00 a.m.- 5:00 p.m.

Sunday.....11:00 a.m.- 5:00 p.m.

Upcoming Exhibits

JULY

Midwest Fiber Art Alliance

The Midwest Fiber Art Alliance presents a beautiful exhibit of fiber and textile pieces designed around a specially chosen theme. The public is invited to the opening reception on Sunday, July 7th from 2:00 - 4:00 p.m.

AUGUST

Photos by Hadar Nachman

The exhibit will feature photos by Hadar Nachman. Hadar lived all of her life in the West Bank of Israel before moving to Omaha to teach at Friedel. The photos on display will showcase a glimpse inside Israel, with a focus on Jewish life in West Bank.

Make a DONATION

Whether honoring a loved one or acknowledging a special event, do so with a donation to the Jewish Community Center. You may designate your gift to any area of the JCC. A card will be sent to the family or individual being commemorated. Donations can be made at www.jccomaha.org or in person at the Member Services Desk.

Institute for Holocaust Education

To: Howard & Nancy Kutler
From: AJ & Judy Sundberg

Dr. Jay Parsow Youth Basketball Scholarship

In Honor of a Special Birthday

To: Jerry Freeman
From: Margo Parsow

In Memory of David Herzog

To: Mrs. David Herzog
From: Margo Parsow

Harvey & Marcia Lipsman JCC Youth Endowment Fund

In Honor of Your 35th Anniversary

To: Mr. & Mrs. Louis Gelfand
From: Marcia Lipsman
From: Sandy & Stuart Kutler

Phil Sokolof Fitness Center

In Memory of Your Sister

To: Judy & Jim Farber
From: Judy Vann

In Memory of Your Darling Mother

To: Bob Belgrade
From: Judy Vann

In Honor of Your Years of Outstanding Service to the Omaha Jewish Community

To: Tracy Modra
From: Jan Goldstein

Bucky Greenberg Aquatic Endowment Fund

In Honor of Bucky

To: Joe & Beth Greenberg
From: Alan Blank
From: Mark Greenberg

In Memory of Adalaide Krum

To: Deborah & Michael Becker
From: Steve & Patty Nogg

Donation Information

Your Name: _____

Address: _____

Phone: () _____

E-mail: _____

- ☐ \$18 ☐ \$36 ☐ One-time donation
☐ \$50 ☐ \$100 ☐ Recurring donation every
☐ \$150 ☐ \$250 ☐ Month ☐ 3 Months ☐ Year
☐ \$500 ☐ \$1,000
☐ Other: \$ _____ (Minimum donation is \$18)

Areas available for donations

- ☐ B'nai B'rith Youth Organization
☐ Children & Youth Programs
☐ Israel Programs
☐ JCC General Fund
☐ JCC Maccabi Games
☐ Pennie Z. Davis Child Development Center
☐ Phil Sokolof Fitness Center
☐ Youth Basketball & Athletics

Acknowledgment Information

I'd like to make this donation

- ☐ On behalf of _____
☐ In memory of _____
☐ In honor of _____

Please send acknowledgment of this gift to

Name: _____

Address: _____

Payment Information

☐ CREDIT Visa / Mastercard / Discover

Card #: _____

Name on card: _____

Exp date: ____/____ Zip: _____ CVV #: _____
(code on back)

☐ CHECK Number: _____

☐ CASH Amount: _____

Community Events

Visit www.jewishomaha.org for full and updated details.

CATCHBALL IS COMING TO OMAHA!

Monday, July 1 & Tuesday, July 2 | JCC Gymnasium

Monday, July 1 - Intro Class & Practice Session, 7:30 p.m.

Tuesday, July 2 - Intro Class & Practice, 10:00 a.m. & 12:00 p.m.

Final Game, 6:00 p.m. & Post Game Dinner at Jams, 7:30 p.m.

Catchball, the largest social/sports league for mothers in Israel, is coming to Omaha July 1st and 2nd! Leagues are a combination of sports and community where women demonstrate good sportsmanship, friendly and professional competition, fair play & positive physical activity. Catchball is a variation of volleyball where players catch, pass and throw the ball using a regulation-size volleyball and court. We are proud to welcome three players and one coach from our Partnership region in Israel to teach Catchball to our community. **Classes and events are FREE and open to ANY woman over 30** (mama or not). Jewish or Non Jewish, everyone welcome. Join us for this once in a lifetime opportunity!

- Two introductory classes / practices will be held before the final game.
- No previous experience is needed to participate.
- You may attend any of the sessions and final game.
- Intro / practice sessions are about 60 minutes and held in the JCC gymnasium.

Those interested in playing in the final game should sign up with Esther Katz at (402) 334-6406 or ekatz@jccomaha.org. The final game will be followed by dinner at Jams. Those planning on attending dinner should RSVP to Esther, with a \$10 payment. This event is sponsored by the Partnership with Israel Sports2Gether, Jewish Federation of Omaha and the Jewish Community Center of Omaha.

JEWISH FAMILY SERVICE SUICIDE PREVENTION TALK

Sunday, August 4 | 1:00 - 2:30 p.m. | Sozo's Coffee House

In the ongoing quest by Jewish Family Service (JFS) to educate the entire community about Suicide Prevention, not only risk factors by age group, but protective factors and how to help a friend in need. Our next program, is focused on 19-25 year olds and will be held at Sozo's Coffee house, on Sunday, August 4, from 1:00-2:30 p.m. Sozo's is at 1314 Jones Street in the Old Market. Come enjoy a coffee on us and learn how to help someone in need. For further information about the program, e-mail Karen at kgustafson@jfsomaha.com

FALL MUSICAL THEATER AUDITIONS

Sunday, August 18 | 1:00 - 4:00 p.m.

Members and Non Members are invited to be a part of the JCC Musical Theater cast. The title of the upcoming musical will be announced July 12th. **Registration opens Monday, July 15. Registration is REQUIRED to audition.** Members may register beginning at 9:00 a.m. Non Members can begin registering at Noon. Required audition materials will be posted on our website soon. Registration will close at 50 participants. Don't delay! Call (402) 334-6419 or register online. Auditions will be held on Sunday, August 18th from 1:00 - 4:00 p.m. See page 20.

BACKYARD CONCERT SERIES

Sundays, Aug. 25th & Sept. 8th, 15th & 22nd | JCC Pavilion

Grab your lawn chairs and picnic blanket. Pack the cooler. Bring the family and invite your friends to the annual Backyard Concert Series! Enjoy the fresh air, funky tunes, and fun atmosphere. All concerts are FREE and begin at 5:00 p.m. Concerts will be held in the JCC Pavilion, located to the back of the Staenberg Kooper Fellman Campus. Stay tuned! Bands announced soon.



Catchball
is coming to Omaha!

July 1-2

FREE Classes

Open to ANY woman over 30

Backyard
concert series

FREE • Sundays • 5:00-7:00 p.m.

333 SOUTH 132ND STREET | LOCATED BEHIND THE JCC

Mark your calendars!

August 25th

September 8th, 15th & 22nd



The Jewish Federation
OF OMAHA

The JFO Backyard Concert Series is made possible by:

• OMAHA STEAKS • MORGAN STANLEY •

• ALL MAKES OFFICE EQUIPMENT CO. • ALAN LEVINE •

and the following Jewish Federation of Omaha Foundation funds:

• KAREN SOKOLOF JAVITCH MUSIC FUND •

• SPECIAL DONOR-ADVISED FUND •



Jewish
Family Service



PARENTING WORKSHOP

Parenting the Love & Logic Way™

Thursdays, September 19, 26, October 10 & 24

6:00 - 8:00 p.m. | \$70* / couple

It's been called America's most practical and entertaining parenting program, and it's here to help you! Jewish Family Service and Woodhaven Counseling Associates, Inc. present "Parenting the Love & Logic Way" a four-part parenting workshop. The workshop helps strengthen parenting skills and teaches how to raise happy, self-sufficient kids. **Due to campus renovations, this round of Love & Logic classes will be held at The Water's Edge Church, 19600 Harrison Street, in Gretna.** Classes will be held from 6:00 - 8:00 p.m. Childcare for children ages 3 and up will be available on-site for \$5 per child per class. **To register, or for more info, contact Jewish Family Service at (402) 330-2024 or on-line at jfsomaha.com**

**Scholarship info on request. Registrants must attend all 4 classes.*

Staenberg Kooper Fellman Campus Transformation Project

In order to create an engaging campus that meets the needs of its 21st century visitors, we are updating spaces that need remodeling, re-thinking spaces that could be better utilized, and matching the facility with the modern programming our staff is developing. Over the next several months you can expect to see the following projects take place. Please remember all dates listed are tentative and subject to change. Existing classes and programs held in any of these spaces will be relocated during construction. Please contact the applicable Department Director to confirm the status of your program and where it will be held.

Each campus renovation is done in accordance with our mission of building and maintaining a vibrant Jewish community, not only for today but for generations to come. We thank you for your patience during this time.

If you have any questions please e-mail Alan Potash at alanpotash@jewishomaha.org or Mark Martin at mmartin@jccomaha.org.

Indoor Aquatic Center

Target Start Date: April 2019

Pool Refurbishment Target Completion Date: Late Fall 2019

Family Friendly Recreational Pool Target Completion Date: Spring 2020

Refurbishment of the existing indoor lap pool and addition of a new recreational pool with:

- Water Slide
- Lazy River
- Water Therapy Vortex
- Aqua Play Features
- Zero-depth Entry

The refurbishment of the existing lap pool should be completed by late fall. The new recreational pool should be complete by spring 2020.



Indoor Recreational Pool



Refurbished Indoor Lap Pool

Mind-Body Studio

Target Start Date: May 2019

Target Completion Date: Fall 2019

New Mind-Body studio will be put in place of current canteen (upstairs outside of the Youth Lounge). Space will be used for Mind-Body programs like Yoga, Mat Pilates & Total Barre.



Mind-Body Studio



Cultural Arts Renovations

Target Start Date: June 2019

Target Completion Date: Late Fall 2019

- **New Community Engagement Center**

The Auditorium will be transformed into a Community Engagement Center - a fresh and functional space to be used for events, meetings and rentals.

- **New Dance Studios**

The Social Hall and Community Room will be turned into permanent dance studios to accommodate our growing dance program.

Theater Renovation

Target Start Date: December 2019

Target Completion Date: Late Spring 2020

The renovation of the upstairs theater will include new seats, new lights, new rigging, a new audio / visual system and a new acoustic systems. New piano and voice studios will also be added. The dressing rooms will be updated.



The Jewish Federation
OF OMAHA

Swim Testing & Supervision Policies



YOUTH SWIM TESTING POLICY

Any youth age 11 and under (or swimmers that appear to be struggling at the discretion of the Aquatics staff)

will be swim tested and issued a wristband. All youth must wear this wristband at all times. Youth may be re-tested throughout the summer. For further details, please call (402) 334-6473.

Green Level Swimmers

Must swim the length of the pool without flotation, tread water for 30 seconds, and swim back to where they started completely unassisted. The swimmer must complete this to the satisfaction of the lifeguard giving the test. Approved green level swimmers are allowed to use all features and bodies of water, however you MUST be 48" tall to use the water slide.

Yellow Level Swimmers

Must be able to swim the length of the shallow end of the large pool. They must complete the swim unassisted, with minimal or no touching of the bottom or grabbing onto the wall or lane line. Approved yellow level swimmers are allowed to use the Zero-depth Entry Area, Aqua Play Unit, Splash Pad, Shallow End of Competition Pool and Lazy River.

Red Level Swimmers

Red level swimmers are sometimes uncomfortable in water over his/her head and struggle with stroke movements. Red level swimmers are allowed to use the Zero-depth Entry Area, Aqua Play Unit and Splash Pad.

SUPERVISION & WRISTBAND POLICY

- Children 5 and under must have an adult in the water with them at ALL times. Children ages 8 and under who are in the water must be actively supervised by an adult who is within arm's reach. Children 11 and under must be accompanied by an adult at all times.
- Children 11 and under must take a 25 meter swim test to determine their swim ability. Tests will be administered by a lifeguard during designated times. Children will be issued a wristband based on results. (see below)
- Children 11 and under must wear their designated swim level wristband at all times.

JCC Goldstein Family Aquatic Center

MONDAY - THURSDAY

Family Swim

Programming & Adult Swim ONLY
Direct Outdoor Entrance Open
Concession Stand Open

11:00 a.m. - 8:00 p.m.

5:00 a.m. - 11:00 a.m.
8:30 a.m. - 7:30 p.m.
12:00 p.m. - 7:00 p.m.

FRIDAY

Family Swim

Programming & Adult Swim ONLY
Direct Outdoor Entrance Open
Concession Stand Open

11:00 a.m. - 6:30 p.m.

5:00 a.m. - 11:00 a.m.
8:30 a.m. - 6:00 p.m.
12:00 p.m. - 6:00 p.m.

SATURDAY - SUNDAY

Family Swim

Programming & Adult Swim ONLY
Direct Outdoor Entrance Open
Concession Stand Open

10:00 a.m. - 6:30 p.m.

7:30 a.m. - 10:00 a.m.
8:30 a.m. - 6:00 p.m.
12:00 p.m. - 6:00 p.m.

WATER FEATURE HOURS

Water Slide

Every Day

Opens at 12:00 p.m.

Lazy River & Dump Bucket Area

Every Day

Open Family Swim Hours

Diving Board

Monday - Friday

Opens at 1:00 p.m.

Saturday - Sunday

Opens at 12:00 p.m.

Alternates with climbing wall every hour after

Climbing Wall

Monday, Wednesday

Opens at 11:00 a.m.

Tuesday, Thursday, Friday

Opens at 12:00 p.m.

Saturday & Sunday

Opens at 11:00 a.m.

All hours are subject to change based on weather and staffing.

During early morning hours the competition pool ONLY will be open for Swim Team, swim lessons, lap swim, water walking & water based group exercise classes. Use of the water features in the competition pool will NOT be allowed during these early morning hours. All bodies of water will be available, staff permitted, when the entire complex opens for the day. Space may be reduced when programming is held.

The direct outdoor entrance to the Goldstein Family Aquatic Center will open during the hours above. As always, please bring your Membership ID card for a quick and easy check in. Please remember that access to the outdoor complex through the direct outdoor entrance will stop 30 minutes before the area closes.



Upcoming Schedule Modifications

Tuesday, July 2 - Closed 2:00 - 4:00 p.m.

The deep end of the outdoor competition pool and lap lanes will be closed for a JCC Dive Meet from 2:00 - 4:00 p.m. on Tuesday, July 2nd. The closure may extend beyond 4:00 p.m. based on participants. Call (402) 334-6426 for hours.

Thursday, July 4 - **Special! Holiday Hours & Pool Party**

Spend your July 4th at Goldstein Family Aquatic Center! We'll have family-friendly games, a DJ, and special food available for purchase! All features will be open during Family Swim hours. Water Aerobics will be canceled.

Family Swim	10:00 a.m. - 4:30 p.m.
Pool Party	12:00 p.m. - 4:00 p.m.
Direct Outdoor Entrance Open	10:00 a.m. - 4:00 p.m.
Concession Stand Open	12:00 p.m. - 4:00 p.m.

Thursday, July 11 - Closing at 3:00 p.m.

The entire Goldstein Family Aquatic Complex will close at 3:00 p.m. on Thursday, July 11th as we host the Greater Omaha Swim League Finals. All evening Water Aerobics classes will be canceled.

RECEIVE LIVE POOL ALERTS & SCHEDULE NOTIFICATIONS ON YOUR PHONE

Pool closures can happen quickly due to inclement weather. Did you know you can receive up-to-the minute alerts on your phone through the Omaha JCC app? The app can be downloaded for FREE through the Apple App Store or through Google Play.

- Download and install the Omaha JCC app.
- First time users will need to create an XiD using their phone number and email. (All information provided through the app is never shared.)
- Make sure to "allow for push notifications" in order to receive the live alerts. When a scheduling change happens, a notification will pop up on your phone.

Don't forget to check out all of the other great features the Omaha JCC App has to offer. You can track your workouts, participate in group challenges and see a live feed of the Group Exercise schedule!

Get instant schedule notifications for the pool!



Pool Rules

All Members and Non Members must abide by the following pool rules when using our facilities. Lifeguard(s) on duty have the final say regarding all pool rules, pool regulations and pool situations. Pool management will back lifeguard(s) on decisions made.

1. Proper bathing suits are required. No underwear, cut-off jeans/pants or colored t-shirts are allowed in the pool.
2. Infants and toddlers who are not potty-trained are required to wear a specially made swim diaper, i.e. Little Swimmers. Disposable diapers and rubber pants are NOT allowed.
3. The following items are NOT allowed in our aquatic facilities:
 - Outside food and/or drink
 - Glass containers
 - Drugs, alcohol or tobacco
4. The following behavior policies will be enforced at all times:
 - No pushing or throwing persons in the pool
 - No horseplay. No running, dunking, jumping on one another, spitting or shoulder riding.
 - No hitting, kicking, or any violence
 - No prolonged underwater swimming or breath holding is allowed.
5. Hanging on pool equipment such as ropes and ladders, is not allowed. Improper use of water features is not allowed.
6. Outside inflatables (balls, rafts, water wings etc.) are not permitted in the pool facility. Individuals requiring flotation assistance may use US Coast-Guard approved PFDs (life vests) only.
7. Diving is only permitted in water deeper than 9 feet. Be aware of what (or who) may be beneath you when entering the pool.
8. The JCC is not responsible for your personal property.

Weather Policy

We follow the National Weather Service policy for inclement weather. In the event of weather involving lightning and thunder, the following policies and procedures will be observed in all aquatic areas. We thank you for your understanding and cooperation as we follow these policies to ensure your safety and wellbeing.

Thunder & Lightning: When lightning is spotted or thunder is heard, all pools and features will close for 30 minutes after the most recent strike.

If you have questions about any of our aquatic procedures, please call the Aquatics Department at (402) 334-6473 or Member Services at (402) 334-6426.



Private Swimming & Diving Lessons



Swim Lessons provide individualized instruction tailored to skill level and schedule. Lessons

are offered for both children and adults. Lessons can be purchased at Member Services. Contact the Aquatics Department to schedule.

Private 30 Min

1 lesson	\$30
5 lessons	\$130
10 lessons	\$220
20 lessons	\$400

Semi-Private 30 Min

1 lesson	\$24
5 lessons	\$98
10 lessons	\$165
20 lessons	\$300

- All prices are listed per person.
- Private Lessons have one member per instructor.
- Semi-Private Lessons have two members of similar skill per instructor.

All programs will be held in the outdoor pool during the indoor pool renovation.

AQUATICS

American Red Cross Classes

Full payment is due at registration for all Red Cross classes. An administrative fee of \$35 will be retained for cancellations and/or if participant is unable to complete training.



BABYSITTER TRAINING

Member / Non-Member, Ages: 11+ (Min 4)

Provides the knowledge and skills necessary to safely and responsibly give care for children and infants. Participants will also learn about basic child care and basic first aid. Participants will not be certified in First Aid, CPR or AED. To get certification participants must attend both classes.

Sunday, July 7

8:00 a.m.- 2:00 p.m. *(Includes lunch break)*

Member: \$65 | Non: \$80 | code: 14-0707

Sunday, August 11

8:00 a.m.- 2:00 p.m. *(Includes lunch break)*

Member: \$65 | Non: \$80 | code: 14-0811

Saturday, September 7

8:00 a.m.- 2:00 p.m. *(Includes lunch break)*

Member: \$65 | Non: \$80 | code: 14-0907

Saturday, October 5

8:00 a.m.- 2:00 p.m. *(Includes lunch break)*

Member: \$65 | Non: \$80 | code: 14-1005

ADULT & PEDIATRIC FIRST AID/CPR/AED

Member / Non-Member, Ages: 11+ (Min 4)

Provide participants the knowledge and skills to recognize and respond appropriately to cardiac, breathing and first aid emergencies and decide whether advanced medical care is needed. Participants who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. *This class is not for Professional Rescuers.*

Sunday, August 18

8:00 a.m.- 3:00 p.m. *(Includes lunch break)*

Member: \$65 | Non: \$80 | code: 14-0818

Saturday, September 28

8:00 a.m.- 3:00 p.m. *(Includes lunch break)*

Member: \$65 | Non: \$80 | code: 14-0928

Sunday, October 27

8:00 a.m.- 3:00 p.m. *(Includes lunch break)*

Member: \$65 | Non: \$80 | code: 14-1027

LIFEGUARD CERTIFICATION

Member / Non-Member, Ages: 15+ (Min. 5)

Provide participants the knowledge and skills to prevent, recognize and respond to aquatic, breathing and cardiac emergencies as well as injuries and sudden illness. Participants must successfully complete prerequisites in order to continue to the Lifeguarding course.

Prerequisites

- Swim 300 yards continuously
- Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.
- Tread water for 2 minutes using only legs

Participants who are unsuccessful at completing the prerequisites will have an opportunity to try again. If the participants are unsuccessful at the second attempt then the participant can sign up for the next Lifeguarding Course to try again or receive a refund. (Minus the \$35 administration fee) Participants who complete this course will receive a certificate for Lifeguarding / First Aid / CPR / AED, valid for two years.

July 12 & July 20-21

Pre-Course: Friday, July 12, 4:30-5:30 p.m.

Saturday, July 20, 8:00 - 5:00 p.m.

Sunday, July 21, 8:00 - 5:00 p.m.

Member: \$150 | Non: \$200 | code: 14-0712

July 26 & August 3-4

Pre-Course: Friday, July 26, 4:30-5:30 p.m.

Saturday, August 3, 8:00 - 5:00 p.m.

Sunday, August 4, 8:00 - 5:00 p.m.

Member: \$150 | Non: \$200 | code: 14-0726

September 13 & September 21-22

Pre-Course: Friday, Sept. 13, 4:30-5:30 p.m.

Saturday, Sept. 21, 8:00 - 5:00 p.m.

Sunday, Sept. 22, 8:00 - 5:00 p.m.

Member: \$150 | Non: \$200 | code: 14-0913

October 11 & October 19-20

Pre-Course: Friday, Oct. 11, 4:30-5:30 p.m.

Saturday, Oct. 19, 8:00 - 5:00 p.m.

Sunday, Oct. 20, 8:00 - 5:00 p.m.

Member: \$150 | Non: \$200 | code: 14-1011



SWIM AROUND ISRAEL FITNESS CHALLENGE

JCC Members, All Ages

How far can you swim in 2019? Sign up and log all of your swim sessions from January through December. Those that swim 100 miles or more (from Jerusalem to Haifa) will receive a t-shirt! If that seems too easy, kick it up a notch by swimming the entire 372 miles! Call the Aquatics Department at (402) 334-6473 for details.

Now through December 31

Member: \$10 | code: 14-000

YEAR ROUND SWIM & DIVE TEAM

Members, Ages: 5-18

July 29 - September 26 (no class 11/2)

Newcomer

Monday & Thursday, 4:30 - 5:15 p.m.

Member: \$150 | code: 14-0729A

Intermediate

Monday, Tuesday & Thursday, 5:15-6:00 p.m.

Member: \$175 | code: 14-0729B

Expert

Monday, Tuesday & Thursday, 7:00-7:45 p.m.

Member: \$175 | code: 14-0729C



New Indoor Aquatic Center Coming Soon!

GROUP SWIM LESSONS

Members & Non, Ages 3 - Adult (Min:3 /Max:5)

Members will be placed in a level based upon their skills. By progressing lessons, students build self-confidence and skill. Participants will be reviewed and given an evaluation card at end of the session. Call (402) 334-6473 to determine placement. There will be no make-up days if you miss your scheduled lesson.

Member: \$99 | Non: \$126 (9 weeks)

Saturdays, August 3 - Sept. 28

Saturday Morning Group Lessons

Level 1	9:00 - 9:30 a.m.	14-2001A
Level 1	11:00 - 11:30 a.m.	14-2001B
Level 2	9:30 - 10:00 a.m.	14-2002A
Level 2	10:00 - 10:30 a.m.	14-2002B
Level 3	9:30 - 10:00 a.m.	14-2003A
Level 3	10:30 - 11:00 a.m.	14-2003B
Level 4	9:30 - 10:00 a.m.	14-2004A
Level 4	10:00 - 10:30 a.m.	14-2004B

Sundays, August 4 - Sept. 29

Sunday Morning Group Lessons

Level 1	9:00 - 9:30 a.m.	14-2001C
Level 1	11:00 - 11:30 a.m.	14-2001D
Level 2	9:30 - 10:00 a.m.	14-2002C
Level 2	10:00 - 10:30 a.m.	14-2002D
Level 3	9:00 - 9:30 a.m.	14-2003C
Level 3	10:30 - 11:00 a.m.	14-2003D
Level 4	9:30 - 10:00 a.m.	14-2004C
Level 4	10:00 - 10:30 a.m.	14-2004D
Level 5	11:00 - 11:30 a.m.	14-2005

Adult Swim Lessons

All	8:30 - 9:00 a.m.	14-2006
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Baby & Me Swim Lessons

All	11:00 - 11:30 a.m.	14-2000
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Swim Lesson Curriculum

LEVEL 1: Whale Shark | Ages 3-6

Goal: Full underwater head submersion.

Skills Taught: Going Under Water, Floating, Basic Arm and Leg Movements, Water Safety.

LEVEL 2: Tiger Shark | Ages 4-9

Goal: Swim 10 yards unassisted.

Skills Taught: Glides, Basic Arm and Leg Movements, Swimming Unassisted on Front and Back, Introduction to Elementary Back Stroke.

LEVEL 3: Blue Shark | Ages 5-12

Goal: Swim 25 yards unassisted without stopping.

Skills Taught: Front Stroke, Back Stroke, Treading, Introduction to Breast Stroke.

LEVEL 4: Hammerhead Shark | Ages 6-12

Goal: Swim 50 yards of multiple strokes.

Skills Taught: Front Stroke, Back Stroke, Breast Stroke, Sidestroke, Introduction to Butterfly, Kneeling Dives.

LEVEL 5: Great White Shark | Ages 6-12

Goal: Swim 100 yards of most every stroke.

Skills Taught: All 6 Swim Strokes, Standing Dives, Flip Turns, Surface Dives.

ADULT SWIM LESSONS | Ages 16+

Swim lessons for adults are open to ages 16+.

Multiple skill levels, from beginner to intermediate, are welcome. Lessons are a great option for those striving to learn how to become comfortable and confident in the water.

BABY & ME | Ages 6 months - 2 ½ years with adult family member

By encouraging play and family bonding, these lessons build a foundation of water familiarity for children. Lessons are held in a heated pool. Parents must be in the water with their child.



Questions? Contact:

Ben Novak

Aquatics Director

(402) 334-6473

bnovak@jccomaha.org



Renee Montemayor

Assistant Aquatics Director

(402) 334-6473

rmontemayor@jccomaha.org



Sarah Waszgis

Swim Lesson/Red Cross Program Coordinator

(402) 334-6410

swaszgis@jccomaha.org



SAVE THE DATE

Parents are always welcome!

JULY 4 - No Camp

JULY 12 - Musical Theater Performance
3:30 p.m. in the JCC Theater

JULY 19 - Mini Triathlon
9:30 a.m. around the campus
(Weather permitting. Time subject to change.)

AUGUST 9 - Dance Camp Performance
11:45 a.m. in the JCC Theater

ACA ACCREDITED

The Jewish Community Center of Omaha's summer camp is proud to be accredited by the **American Camp Association**. Developed exclusively for the camp industry, this nationally recognized accreditation focuses on program quality, health and safety, requiring us to adhere to their strict standards for a safe, enjoyable and enriching camp experience for every participant.



SUMMER CAMP 2019

More than just a summer of fun, summer camp at the J provides a lifetime of memories. Campers make new friends, learn new skills, and participate in specialized activities including arts, sports, singing, nature and science. We partner with a variety of local organizations to bring the best of Omaha to our campers. Entertainment is guaranteed!

SUMMER FUN DAYS Members & Non Members

Summer Fun Days are for **K-7th** graders and are offered during the week of July 4th and after camp season ends. Daily registration allows for flexible scheduling. Before & After Care is available if needed. Field trips options are available for 4th-8th graders. **See page 15 for a full listing of programs.**

CAMP SHEMESH & ENRICHMENT ACADEMY CLASSES Members only

Camp Shemesh is open to members, **ages 3-5**. Kids enjoy days full of crafts, songs, sports, cooking and more. Enrichment Academy classes are offered as add-on programs after Camp Shemesh ends for the day. Classes are held at the Pennie Z. Davis CDC. Questions? Contact Pam at cdc@jccomaha.org or (402) 334-6413. **See page 16 for a full listing of programs.**

J CAMP

J Camp is for **K-7th** graders and provides a little bit of everything! Based mostly outdoors in our pavilion, activities include arts and crafts, sports, nature, cooking, science, and team building. Camp placement is determined by the grade your child will enter in the Fall of 2019. Before & After Care is available for an additional fee.

JUNE 3 - AUGUST 9

		MEMBERS	NON
J Camp (K-7th)	9:00 a.m. - 4:00 p.m.	\$224 / week	\$290 / week
Undernight (K-7th)	July 25, 4:00 - 8:00 p.m.	+ \$25 / day	+ \$33 / day
Overnights (2nd-7th)	July 25, 4:00 p.m. - 9:00 a.m.	+ \$50 / day	+ \$65 / day
Before or After Care (K-7)	7:00 - 9:00 a.m. OR 4:00 - 6:00 p.m.	+ \$34 / week	+ \$50 / week
Before & After Care (K-7)	7:00 - 9:00 a.m. AND 4:00 - 6:00 p.m.	+ \$54 / week	+ \$70 / week

PREMIERE CAMPS Members & Non

Premiere Camps give kids extra opportunity to explore areas they are interested in. Programming is based around "kid-approved" activities and trends. Premiere camps are half day camps that run Monday-Friday, from 9:00 a.m. to 12:00 p.m. They are open to K-7th grade Members and Non Members. Camp participation is determined by the grade your child will enter in the fall of 2019. Campers who are registered for any Premiere Camp (Youth, Sports or Dance) in the morning have the option to attend J Camp in the afternoon by registering for the Half-Day Add On. Before and After Care options may also be available.

JUNE 3 - AUGUST 9

		MEMBERS	NON
Premiere Youth (K-7th)	9:00 a.m. - 12:00 p.m.	\$169 / week	\$220 / week
Premiere Sport* (K-7th)	9:00 a.m. - 12:00 p.m.	\$169 / week	\$220 / week
Premiere Dance (K-3rd)	9:00 a.m. - 12:00 p.m.	\$169 / week	\$220 / week
Dance Boot Camp (7-12th)	1:00 p.m. - 4:00 p.m.	\$70 / week	\$91 / week
Musical Theater (3rd-8th)	9:00 a.m. - 4:00 p.m.	\$244 / week	\$317 / week
Half Day Add-On (K-7)	12:00 - 4:00 p.m.	+ \$102 / day	+ \$133 / day
Before or After Care (K-7)	7:00 - 9:00 a.m. OR 4:00 - 6:00 p.m.	+ \$34 / week	+ \$50 / week
Before & After Care (K-7)	7:00 - 9:00 a.m. AND 4:00 - 6:00 p.m.	+ \$54 / week	+ \$70 / week

* Extreme and Active Sport Camps are \$10 more due to off-site field trips.

WEEK 6: JULY 8-12

J CAMP: CAMP SEUSS *K-7th grade*

We'll visit Horton, try to save Whoville, make a mess with Thing 1 & Thing 2, work with the Lorax to save the environment and see what would happen if we ran the zoo! Week includes off-site field trip.

codes: K: 09-1006 | 1st: 09-1106 | 2nd: 09-1206 | 3rd: 09-1306
4th-5th: 09-1406 | 6th-7th: 09-1606 * *Limited spots remain!*

PREMIERE SPORT CAMP: ACTIVE SPORT CAMP *2nd-8th grade*

These are not your typical sports! JCC coaches will lead campers through exciting challenges and activities on wheels and water! Campers will travel off-site for certain activities. Transportation will be provided. Limited spots available. Register early. code: 17-0708 * *Limited spots remain!*

PREMIERE YOUTH CAMP: EXPLORING ART *K-3rd grade*

Art existed before creating the written word! This week we'll explore and create art through the ages. code * *Full! Wait-list Available*

MUSICAL THEATER CAMP: SCHOOL HOUSE ROCK *3rd-8th grade*

Tom is a nervous school teacher about to start his first day of teaching. He tries to relax with a little TV when various characters representing facets of his personality materialize from the television set. Reviving the catchy, playful Saturday morning hits of the 70s, Schoolhouse Rock Live! is both educational and enjoyable for everyone! Attend our performance on Friday, July 12th at 3:30 p.m. in the Theater. code: * *Full! Wait-list Available*

WEEK 7: JULY 15-19

J CAMP: MACCABI COLOR WARS *K-7th grade*

Get your game face on! Camp will be split up into teams for a week full of competitive games, challenges, team spirit and sportsmanship. Only one team can be our winner. Week includes on-site field trip.

codes: K: 09-1007 | 1st: 09-1107 | 2nd: 09-1207 | 3rd: 09-1307
4th-5th: 09-1407 | 6th-7th: 09-1607 * *Limited spots remain!*

PREMIERE SPORT CAMP: TRIPLE THREAT CAMP *2nd-8th grade*

Campers will complete fun games, drills, and obstacle courses to learn the proper forms of swimming, cycling, and running. Parents can join us at the on Friday, July 19th at 11:15 a.m. for a mini triathlon. * *Campers will leave their bikes at the JCC for the entire week in a secure area.* * code: 17-0715

PREMIERE YOUTH CAMP: COMMUNITY HELPERS *K-2nd grade*

What can we do to help others around us? How can we make the world a better place for everyone? We'll be joined by everyday helpers in our community to help us answer these questions. code: 09-4006

WEEK 8: JULY 22-26

J CAMP: LET'S TALK TELEVISION *K-7th grade*

We will compete in game shows, become American Ninja Warriors, explore Saturday morning cartoons and have our own baking show competition. Overnight / Undernight add-on available.

code: K: 09-1008 | 1st: 09-1108 | 2nd: 09-1208 | 3rd: 09-1308
4th-5th: 09-1408 | 6th-7th: 09-1608 * *Limited spots remain!*

PREMIERE SPORT CAMP: WIDE WORLD OF SPORTS *K-6th grade*

Explore basketball, tennis, flag football, swimming, and more in a fun and noncompetitive atmosphere. Special coaches and players will be in attendance each day to lead campers. * *Campers should bring a swimsuit every day.* * code: 17-0722

PREMIERE YOUTH CAMP: ADVANCING IN ART *4th-7th grade*

Banksy? Warhol? Bosch? We're advancing to learn about some "out there" artists while creating work of our own! code: 09-4007

WEEK 9: JULY 29 - AUGUST 2

J CAMP: GAMING GALORE *K-7th grade*

Press 'A' to begin a week that will bring popular video games to life! We'll explore the world of Fortnite, Mario Kart, Minecraft, Angry Birds and more. Week includes field trip. code: K: 09-1009 | 1st: 09-1109 | 2nd: 09-1209 | 3rd: 09-1309 | 4th-5th: 09-1409 | 6th-7th: 09-1609 * *Limited spots remain!*

PREMIERE SPORT CAMP: LIONS BASKETBALL *2nd-8th grade*

Join JCC basketball coaches along with other coaches and players from the Omaha area. Campers will experience high intensity skill training, with an emphasis on ball handling, shooting, finishing moves, 1-on-1 attack series, and position-specific drills. code: 17-0729

PREMIERE YOUTH CAMP: NEBRASKA ADVENTURE *3rd-5th grade*

We will "travel" around Nebraska without leaving the comfort of the JCC. We'll pay tribute to the College World Series with our own Homerun Derby, learn about Carhenge, celebrate Arbor Day and Kool-Aid. code: 09-4008

WEEK 10: AUGUST 5-9

J CAMP: A UNIVERSAL UTOPIA *K-7th grade*

Can we make it through the last week when it's taken over by Dinosaurs, Minions, Dragons and Ogres? Join us and see. We pinky promise this week is going to be filled with fun. Week includes an on-site field trip. codes: K: 09-1010 | 1st: 09-1110 | 2nd: 09-1210 | 3rd: 09-1310
4th-5th: 09-1410 | 6th-7th: 09-1610 * *Limited spots remain!*

PREMIERE YOUTH CAMP: GET GROSS & MESSY *K-2nd grade*

Do you love making a mess? How about being grossed out? If so, this camp is for you! We'll play in the mud, learn about boogers, make a mess with shaving cream and more! code: 09-4009

PREMIERE DANCE: TWELVE DANCING PRINCESSES *K-3rd grade*

Open to Members and Non Members. Parents and family are invited to attend a final performance on Friday, August 9th at 11:45 a.m. code: * *Full! Wait-list Available*

DANCE INTENSIVE BOOT CAMP *7th-12th grade*

Open Members and Non Members. Registration is for a week of Ballet, Modern and Jazz dance classes, along with Pilates and specialized training. code: 18-362

Daily registration for Dance Intensive Boot Camp is also available. Members: \$20 / day | Non Members: \$26 / day Call (402) 334-6419.



Find more details in
the camp brochure!



WWW.JCCOMAHA.ORG



Kidz Inn After Care



Kidz Inn is a state-certified childcare program, which means we meet the highest standards of our state regulations

for childcare centers. Our program meets specific child/staff ratios, strict transportation regulations, follows safety procedures and employs a well-qualified staff. We give kids lots of one-on-one attention as we promote their social, emotional, cognitive, and physical development through our redesigned curriculum.

Kidz Inn is open to JCC Members in **K-6th grade**. Groups may split for activities based on age, ability or interest. Topics may include:

- Art and Humanities
- Culture
- Science
- Technology
- Community Action
- Cooking
- Nutrition
- Physical Activity

After Care | 3:30 - 6:00 p.m.

- Mondays - Fridays
- Kosher Snack Included
- Afternoon Activities & Study Time

Additional Details

- Open to JCC Members only. Membership must be maintained throughout the year.
- Fees are calculated and charged on a monthly basis.
- Registration for School Break Specials is still needed.
- No fee reductions for missed days (holidays, vacations, illness, etc.)
- Transportation is available to select area schools at a nominal rate.

Visit www.jccomaha.org for full details!

YOUTH Programming

PREMIERE YOUTH SUMMER CAMPS

In addition to our regular day camp, we offer additional options for Premiere Youth Camps. Premiere Youth Camps focus on popular topics that kids love! Premiere Camps run from 9:00 a.m. to Noon, Monday through Friday. Half Day Add-Ons are available for those that are wanting a full day of programming. Age and price are determined by the camp you wish to participate in. See page 13 for information!

KIDS NIGHT OUT

Ages: 6 months - 12 years. (Min: 8 / Max: 24)

Select Saturday Nights, 5:30 - 8:30 p.m.

Parents can enjoy a night out while knowing their children are being cared for by our professional staff. Kids will enjoy a fun "themed" evening with a movie, dinner, and access to the popular JCC Youth Lounge! There is a maximum of three 6-24 month-old children. Prices listed per evening.

September 28 | Lion King code: 09-0928

October 26 | Cinderella code: 09-1026

Member: First child: \$20 | Additional: \$10 each Non: First child: \$25 | Additional: \$13 each

CELEBRATE YOUR BIRTHDAY AT THE J!

JCC Members turning 4 or older can celebrate their big day at the "J!" Simply choose one of our awesome party themes and we take care of the rest! Themes include: Wet n' Wild Swimming, Silly Sports & Create-a-Craft. All parties are 90 minutes. Party packages include staffing, activities / supplies, invites, cookies, juice, plates and napkins, a decorated party room, small party favors, and clean up. Two week advanced notice is needed when booking. The birthday family must be members, but guests can be non members. For more information please call Amanda Welsh at (402) 590-2152.

K-6TH ART APPRENTICE CLASSES *Members, K-6*

The JCC Youth Department is excited to offer new opportunities for K-6 programming. Similar to the Pennie Z. Davis Child Development Center's popular Enrichment Academy, we will be offering classes for K-6 students. Taught by JCC Arts Educator Shannon Liedel, the current slate of classes will focus on fine art. All classes are held in the art room of the JCC Youth Lounge and are open to JCC Members. Shannon enjoys stopping by Kidz Inn to give the kids a sneak-peak at her art classes. Interested in something that isn't being offered? Let us know! Call the Pennie Z. Davis Child Development Center at (402) 334-6413 or email Lisa Cooper at lcooper@jccomaha.org. (*Minimum: 4 / Maximum: 12*)

Learning to Look

Have you ever missed something because you weren't paying attention? In this class, we'll take time and really LOOK at works of art. They might have more going on than you originally see. Create your own work that might even hold a secret or two!

September 5-26

Thursdays, 4:30-5:30 p.m.

Member: \$72 | code: 02-0905AE

September 9-23 *(No class 9/2 or 9/30)*

Mondays, 4:30-5:30 p.m.

Member: \$54 | code: 02-0909AE

Mini Masters

Did you know there's a whole new (mini) world out there! In this class you'll about artists who do things on a smaller scale. You'll even make your own miniature masterpiece creations!

October 3-31

Thursdays, 4:30-5:30 p.m.

Member: \$90 | code: 02-1003AE

October 7-28 *(No class 10/14)*

Mondays, 4:30-5:30 p.m.

Member: \$54 | code: 02-1007AE

SUMMER FUN DAYS & SCHOOL BREAK SPECIALS

Members & Non Members, K-7 Grade. Prices per day.

Summer Fun Days

Member Pricing

Regular Hours: 9:00 a.m. - 4:00 p.m.	\$40
Extended Care: 7-9 a.m. & 4-6 p.m.	\$50
Adventureland Field Trip (4th-7th grade)	\$139

Non Member Pricing

Regular Hours: 9:00 a.m. - 4:00 p.m.	\$52
Extended Care: 7-9 a.m. & 4-6 p.m.	\$62
Adventureland Field Trip (4th-7th grade)	\$180

School Break Specials

Member Pricing

Regular Hours: 9:00 a.m. - 4:00 p.m.	\$35
Extended Care: 7:00 a.m. - 6:00 p.m.	\$45

Non Member Pricing

Regular Hours: 9:00 a.m. - 4:00 p.m.	\$45
Extended Care: 7:00 a.m. - 6:00 p.m.	\$55

Summer Fun Days and School Break Specials offer daily registration options for Members and Non Members in K-7th grade! Kids will participate in crafts, sports, and swimming. Summer Fun Days are offered week of July 4th, and the week after Summer Camp ends. School Break Specials are offered during the school year for kids that have the day off. Before & After Care is available if needed.

What to Bring

Bring a dairy lunch and swimsuit. Towels are provided. There is no need to send extra money for activities. Children are solely responsible for all items they bring.

Lunch & Snacks

Children should bring a dairy-based lunch (no meat) with them. Lunches can be refrigerated. Do not send items that need to be heated. Snacks provided. On Pizza Fridays children have the option of purchasing a cheese pizza lunch for \$5. Lunch includes 2 slices of pizza, fruit, cookies, and drink. Please pre-register.

Register

Register at www.jccomaha.org or call us at (402) 334-6419. There must be at least 5 children registered in order to hold the program. If the minimum is not reached at least 3 days before the program, the program is subject to cancellation.

Summer Fun Days

Monday, July 1 | Making Faces

We'll explore for faces in unexpected places and have emoji fun! ** Limited spots remain!*

code:09-0701, +B/A Care:09-0701BA

Tuesday, July 2 | Crazy Chemicals

We'll see science in action as we conduct some crazy experiments. ** Limited spots remain!*

code:09-0702, +B/A Care:09-0702BA

Tuesday, July 2 | Adventureland

4th-7th graders: Enjoy roller coasters, rides & swimming at Adventureland! Breakfast, dinner & snacks provided. Bring a dairy lunch. Pick up and drop off will be at the JCC. The day will run from 7:30 a.m. - 10:00 p.m. *For incoming 4th-7th grade only. Min:13 / Max:26*

code:09-0702ADV

Wednesday, July 3 | Party in the USA

It's a patriotic party with red, white and blue fun all day long. ** Limited spots remain!*

code:09-0703, +B/A Care:09-0703BA

Thursday, July 4 | Youth Dept. Closed

Friday, July 5 | Toy Story

Do toys really come to life when they are alone? Today we'll bring toys to life with our imaginations and take a trip to see 'Toy Story 4'.

code:09-0705, +B/A Care:09-0705BA
+Pizza Friday:09-0705P

Monday, August 12 | Shark Shenanigans

It's a shark frenzy! Make shark themed snacks and crafts, play Sharks and Minnows and have our own Shark Tank show.

code:09-0812, +B/A Care:09-0812BA

Tuesday, August 13 | Cruise Ship Fun

The JCC cruise ship is scheduled to set sail for a morning of fun. Will the day be smooth sailing or might we encounter troubled waters?

code:09-0813, +B/A Care:09-0813BA

Wednesday, August 14 | Summer Snow

Cool down with snowball fights, hot chocolate and winter craft fun! We will even take a field trip to Moylan Ice Complex for ice skating.

code:09-0814, +B/A Care:09-0814BA

Thursday, August 15 | Fear Factor

Are you afraid of the dark? Would you ever eat a bug? Can you walk blindfolded through an obstacle course? Get ready to face your fears.

code:09-0815, +B/A Care:09-0815BA

Friday, August 16 | No Theme Day

Who says we need a theme to have fun? Spend the last day of the summer enjoying some surprise activities.

code:09-0816, +B/A Care:09-0816BA
+Pizza Friday:09-0816P

School Break Specials

We require a minimum of 5 children to be able to run our School Break Specials. If we do not reach 5 children 3 days prior, we reserve the right to cancel the program.

Don't see a day your school is out? If you can find a minimum of 5 kids to attend a day that is not scheduled, let us know and we can run a School Break Special for you. We require a 2 weeks notice for planning purposes and a minimum of 5 kids. If you have questions, please reach out to Allison Burger or Amanda Welsh.

Friday, September 20 | PJ Day

Roll out of bed and come to the JCC dressed in your pajamas! It's going to be a lazy day of relaxation, movie time and crafts. Of course we will have gym time and swimming too.

School: OPS
code:09-0920, +B/A Care:09-0920BA
+Pizza Friday:09-0920P

Monday, September 23 | Move & Groove

A dance party, yoga, gym time, swimming and more. Make sure to wear comfy clothes, because all day we will be discovering different ways that we can keep our bodies moving.

School: OPS
code:09-0923, +B/A Care:09-0923BA



"Like" us on Facebook!

Stay up to date on programming changes and see photos of what the kids have been up to!



Questions? Contact:

Allison Burger

Director of Youth Programs
(402) 334-6409
aburger@jccomaha.org



Amanda Welsh

Assistant Youth Director
(402) 590-2152
awelsh@jccomaha.org



Fit & Sit Fitness Center Child Care



Fit & Sit, our Fitness Center childcare, is FREE for all JCC members who have a family-level

membership. Parents can workout with peace of mind, knowing their kids are being cared for by our professional staff.

Morning Fit & Sit is open to kids ages 6 weeks through 8 years and is held in the Fit & Sit Room only. Evening hours are open to kids 6 weeks through 12 years, and is held in both the Fit & Sit Room and Youth Lounge.

Fit & Sit

Morning Hours | 8:00 a.m. - Noon

Sundays - Saturdays

Open to ages 6 weeks - 8 years

Evening Hours | 5:30 - 7:30 p.m.

Mondays - Thursdays

Open to ages 6 weeks - 12 years

Reservations are required

Please call Member Services at (402) 334-6426 to reserve your spot. **Reservations must be made 24 hours in advance.** Parents must stay on the property while their children are in Fit & Sit. A maximum of 15 children is permitted at any one time, with no more than 3 children under the age of 12 months allowed. The Fit & Sit Room is located upstairs in the Youth Department. Questions? Please call (402) 334-6409.

Pennie Z. Davis CHILD Development Center

CAMP SHEMESH

Members, Ages 3-5, (Minimum 5 / Maximum 10)

Welcome to Camp Shemesh, our nine week summer camp experience for Members, ages 3-5. Camp themes change each week. "Shemesh" is the Hebrew word for sun and symbolizes sunny summer days full of the things kids love to do. Camp Shemesh is held at the Pennie Z. Davis Child Development Center. Camp is led by our professional, NAEYC Accredited staff - the best early childhood educators in Omaha!

Campers are divided into groups based on age. They will participate in age appropriate activities, focused on developing necessary skills. Kids will enjoy crafts, songs, active time, cooking, swimming, and exclusive time at our the outdoor Goldstein Family Aquatic Center splash pad. Join us! (Campers that are not potty-trained will need to bring swim diapers for water activities.)

Monday-Friday, 9:00 a.m.- Noon

July 1-5 | Summer Surprise

It's a surprise! Our staff will choose their favorite activities to mark this mid-point of summer camp. *No camp 7/4.*

Age 3 Members: \$144 | code: 02-3005

Age 4 Members: \$132 | code: 02-4005

July 8-12 | Insect Investigations

Get ready for creepy crawlies as we inspect the insects that live all around us outdoors.

Age 3 Members: \$180 | code: 02-3006

Age 4 Members: \$165 | code: 02-4006

July 15-19 | Artists in Action

Paint will be flowin'. Crayons will be rollin'. The creativity will be off the paper this week!

Age 3 Members: \$180 | code: 02-3007

Age 4 Members: \$165 | code: 02-4007

July 22-26 | Funny Farm

With a "moo" and a "baa" and a "cock-a-doodle-doo", we'll learn about the animals and people that make a farm work.

Age 3 Members: \$180 | code: 02-3008

Age 4 Members: \$165 | code: 02-4008

July 29 - Aug. 2 | Super Science

Dinosaurs, volcanoes, and slime! You'll be amazed at the things we can make happen when we use science.

Age 3 Members: \$180 | code: 02-3009

Age 4 Members: \$165 | code: 02-4009

SUMMER ENRICHMENT ACADEMY CLASSES

Members, Ages 3-5, (Minimum 5 / Maximum 12)

These special, week-long, summer enrichment classes focus on science, art, creativity and curiosity. Sport classes (taught by the Athletic Department) focus on developing fine motor skills, teamwork, and active lifestyle habits

Classes are open to members, ages 3-5. All supplies and necessary equipment are included in registration fee.

Children attending Camp Shemesh in the morning should bring a dairy (no meat) lunch with them. Contact Pam at (402) 334-6413 or e-mail cdc@jccomaha.org for details.

Monday-Friday, 12:30-1:30 p.m.

July 1-5 | Creative Cooking

Adventures await in the kitchen as we cook yummy foods and tasty treats. *No camp 7/4.*

Member: \$72 | code: 02-0701

July 8-12 | Magical Creatures

Unicorns, mermaids, dragons, pixies and more! We'll even dream up our own creatures.

Member: \$90 | code: 02-0708

July 15-19 | Micro Lions Olympics

Learn about Olympic sports such as tumbling, track and field, and other fun games!

Member: \$90 | code: 17-0715

July 22-26 | Food Science

See the science that happens in the kitchen and investigate the delicious results.

Member: \$90 | code: 02-0722

July 29 - Aug. 2 | Micro Lion Sports

It's Micro Lions World of Sports! There will be team sports like basketball, soccer and more!

Member: \$90 | code: 17-0729

See the Camp
Brochure for
details!



ENRICHMENT ACADEMY CLASSES

Members, Ages 2-5, (Min 4 / Max 12)

Summer might be over, but our Enrichment Academy classes are going strong! Shannon Liedel, CDC Arts Educator, has been spending her summer thinking of new classes and activities for our youngest friends! Classes are held one day a week, for month long sessions. Be sure to check out the new offerings in Art, Cooking, and STEAM (Science Technology Engineering Art and Math)! Our popular Spanish classes are back again too. We can't wait to learn with you!

Beginners Spanish (Age 2-3)

Tuesdays, 11:00 - 11:45 a.m.

Learn Spanish words and phrases through games, books, and songs. *Must be 2 by 11/1/19.*

September 3-24

Member: \$72 | code: 02-0903SA

October 8-29

Member: \$72 | code: 02-1008SA

Intermediate Spanish (Age 3 / PreK)

Tuesdays, 12:30 - 1:30 p.m.

Continue to learn Spanish. This class is open to beginners and children who have previously taken Spanish classes at the CDC.

September 3-24

Member: \$72 | code: 02-0903SB

October 8-29

Member: \$72 | code: 02-1008SB

Making a Messterpiece (Age 2)

Wednesdays, 11:00 - 11:45 a.m.

Explore messy materials and create artwork of epic proportions! *Must be 2 by 11/1/19.*

September 4-25

Member: \$72 | code: 02-0904MM

October 2-30 (No class 10/9)

Member: \$72 | code: 02-1002MM

Steamtastic (Age 3)

Wednesdays, 12:30-1:30 p.m.

Using the principles of STEAM (Science, Technology, Engineering, Art, and Math) children will explore new topics in new ways. This is Science in a whole new and FUN way!

September 4-25

Member: \$72 | code: 02-0904SA

October 2-30 (No class 10/9)

Member: \$72 | code: 02-1002SA

Creative Cooking (Age 3-4)

We'll cook up some fun in the CDC kitchen as children learn basic cooking skills and create a kitchen keepsake.

Age 3: Fridays, 12:30 - 1:30 p.m.

September 6-27

Member: \$72 | code: 02-0906CA

October 4 - November 1

Member: \$90 | code: 02-1004CA

Age 4: Fridays, 2:00 - 3:00 p.m.

September 6-27

Member: \$72 | code: 02-0906CB

October 4 - November 1

Member: \$90 | code: 02-1004CB

Smart Art (Age 3)

Mondays, 12:30 - 1:30 p.m.

September 9-23 | Learning to Look

In this class we'll take our time to really look at art and create pieces that hold some secrets!

Member: \$54 | code: 02-0909SA

October 7-28 | Mini Masters

Learn about artists who work on a smaller scale and make your own mini masterpiece.

Member: \$54 | code: 02-1007SA (No class 10/14)

Art Connections (Age 4+)

Mondays, 2:00 - 3:00 p.m.

September 9-23 | Learning to Look

In this class we'll take our time to really look at art and create pieces that hold some secrets!

Member: \$54 | code: 02-0909AC

October 7-28 | Mini Masters

Learn about artists who work on a smaller scale and make your own mini masterpiece.

Member: \$54 | code: 02-1007AC (No class 10/14)

PRESCHOOL SPORTS

Members, Ages: 3-5 (Age 3 by 9/1/19)

Kids will develop fine motor skills, learn about fitness, and see how fun an active lifestyle can be. Class is through the Athletic Department.

Thursdays, 12:45 - 1:30 p.m.

September 5-26

Member: \$60 | code: 17-0905P

October 3-31 (5 classes)

Member: \$75 | code: 17-1003P

November 7-21

Member: \$45 | code: 17-1107P

LIL' SOCCER Members, Ages: 3-4

Join the Athletic Department for Lil' Soccer. Kids will learn soccer fundamentals in a fun setting!

September 4-25

Age 3: Wednesdays, 12:45 - 1:30 p.m.

Member: \$60 | code: 17-0904

Age 4-PreK: Wednesdays, 2:00 - 2:45 p.m.

Member: \$60 | code: 17-0904P

TODDLER SOCIAL SPORTS

Members, Age: 2 (Age 2 by 9/1/19) Maximum: 5

Class will introduce athletics, sportsmanship and teamwork at a fundamental level. Fun and stimulating exercises will focus on fine motor skills. Class is through the Athletic Department.

Mondays, 11:15 - 11:45 a.m.

August 5-26

Member: \$60 | code: 17-0805

September 9-23 (3 classes)

Member: \$45 | code: 17-0909

October 7-28 (3 classes. No class 10/14)

Member: \$45 | code: 17-1007

Thursdays, 11:00 - 11:30 a.m.

August 8-29

Member: \$60 | code: 17-0808TS

September 5-26

Member: \$60 | code: 17-0905TS

October 3-31 (5 classes)

Member: \$75 | code: 17-1003TS



Questions? Contact:

Jeanine Huntoon

Pennie Z. Davis CDC Director

(402) 334-6415

jhuntoon@jccomaha.org



Lisa Cooper

Pennie Z. Davis CDC

Assistant Director

(402) 334-6414

lcooper@jccomaha.org



Shanon Liedel

Arts Educator / Assistant Teacher

(402) 334-6413

sliedel@jccomaha.org



Pam Kutler

CDC Office Manager

(402) 334-6413

cdc@jccomaha.org



Private & Semi-Private Basketball Lessons



Lessons are a great way to work on specific skills. Players will work on shooting, ball-handling,

footwork and much more. Workouts are customized for each player. Call (402) 590-2144 for more information.

Private Lessons

For 1-2 players at similar skill

Member 60 Min

1 lesson	\$45
3 lessons	\$120
5 lessons	\$175

Non Member* 60 Min

1 lesson	\$60
3 lessons	\$165
5 lessons	\$250

• All prices are listed per person.

*Non members must currently be participating in the JCC Basketball Program

Basketball Gymnasium Schedule is Online

During open gymnasium hours members are free to shoot hoops, go through practice drills, etc. Visit our website, www.jccomaha.org for a full schedule of available hours. A schedule is also posted on the basketball gymnasium doors. Contact Member Services at (402) 334-6426 for more information.

SPORTS & Recreation

ADULT RECREATIONAL LEAGUES Members, Ages: 16 +

We offer a variety of FREE drop-in recreational sports! No registration needed. Simply show up and enjoy! Open to Members only.

NEW! Drop-In Dodgeball Ages: 17+

Come play in the adult JCC Dodgeball league! Enjoy a fun night of competitive dodgeball while socializing with your friends. Teams face off in a series of mini-games to be declared the victors, and return to defend the title the following week. Check the website and Facebook page for changes!

June 17 - September 16
Mondays, 7:30 - 8:30 p.m.

Drop-In Volleyball Co-Ed, Ages: 16+

Check out the new Wednesday evening time offered June through September.

June 19 - September 18 - New Time!
Wednesdays, 7:00 - 8:30 p.m.

Ongoing
Sundays, 9:30 a.m. - 11:30 a.m.

Men's Basketball Ages: 30+

All games will be in the south half of the gymnasium, 5 on 5 when possible. Get here early - the first 10 are in! Men's Basketball is a free, drop-in program.

Ongoing
Sundays, 8:30 a.m.
Tuesdays, 5:45 a.m.
Fridays, 5:45 a.m.

Like volleyball? Don't miss the Mamanet event! See page 5 for details!

NEW! TEEN PICK-UP SPORTS Members, Ages: 13-17

Join us for our new drop in Teen Pick-Up Sports. Teens are invited to join us for a friendly match of Volleyball, Basketball, or Dodgeball. Ages 13-17 will be given first priority. If space allows, teens outside of that age range may be allowed to participate. No registration needed. Simply show up and enjoy! Open to Members only.

Teen Volleyball

June 16 - October 13
Sunday, 12:00 - 1:30 p.m.

Teen Basketball

June 17 - September 16
Monday, 5:30 - 7:00 p.m.

Teen Dodgeball

June 19 - September 18
Wednesday, 5:30 - 7:00 p.m.

PREMIERE SPORT SUMMER CAMPS Members & Non, K-7th

Sport camps run from 9:00 a.m. to Noon, Monday through Friday. Half Day Add-Ons are available for those who are wanting a full day of programming for their child. Age and price are determined by the camp you wish to participate in. See page 13 for details!

TAEKWONDO Ages: 6 - Adult

Omaha ATA Martial Arts Black Belt Academy now offers Taekwondo in the JCC aerobics studio! The ENTIRE FAMILY is encouraged to enroll and participate together. Classes meet 3 times a week. Instructor is Bret Salomon, 3rd degree black belt. In order to keep fees low and attendance high, the program will be shortened to two days a week. (Tuesday classes are being canceled) This an effort to keep the program at the JCC. The effective change will begin in August 2019.

Prices are listed per family member. All must be of same family to get discount. Testing fees & ATA membership dues are not included.

Ongoing Program

Sundays, 1:00 - 2:00 p.m.
Thursdays, 4:45 - 5:30 p.m.
Thursdays, 5:30 - 6:30 p.m.

Monthly Fees

1st Member	\$75 / month	code: 17-205
2nd Member	\$50 / month	code: 17-205
3rd Member	\$40 / month	code: 17-205
4th Member	4th is FREE	code: 17-205
5th Member	\$30 / month	code: 17-205

FALL SOCCER

Members, Boys & Girls, Ages: K-3rd grade

Kids learn basic skills and footwork through fun drills and games. Players must wear shin-guards. Soccer balls are encouraged, but not required.

September 8 - October 13

Youth Soccer: K-3rd

Sundays, 12:15 - 1:00 p.m.

Member: \$72 | code: 17-0908YS

Micro Soccer: Age 3 *(Must 3 by 9/1/19)*

Sundays, 1:15 - 2:00 p.m.

Member: \$72 | code: 17-0908MS3

Micro Soccer: Age 4-PreK *(Must 4 by 9/1/19)*

Sundays, 2:15 - 3:00 p.m.

Member: \$72 | code: 17-0908MS

TUMBLE-TASTIC

Members, Boys & Girls, Ages: 3-5

Boys and girls will develop independence, learn how to stay with a group and begin to follow directions. Classes will focus on gross motor development, improving coordination & strength and early gymnastics fundamentals including cartwheels, handstands, rolling and body control.

Micro Tumble: Age 3 *(Must 3 by 9/1/19)*

Tuesdays, 12:45 - 1:30 p.m.

September 3-24

Member: \$60 | code: 17-0903A

October 8-29

Member: \$60 | code: 17-1008A

Youth Tumble: Age 4-5 *(Must 4 by 9/1/19)*

Tuesdays, 2:00 - 2:45 p.m.

September 3-24

Member: \$60 | code: 17-0903B

October 8-29

Member: \$60 | code: 17-1008B

HOME SCHOOL GYM CLASS

Members & Non, Age 5-10th grade

Students engage in physical activity that helps teach coordination, team work, confidence and sportsmanship. All classes are led by a JCC Coach. All participants must pre-register for class. Non Member pricing is listed per family.

Thursdays, 2:00 - 3:00 p.m.

Member: FREE | Non: \$25

September 5-26

code: 17-0905HS

October 3-31 *(5 classes)*

code: 17-1003HS

November 7-21

code: 17-1107HS

December 5 - 19

code: 17-1205HS

YOUTH BASKETBALL

Members & Non, 3rd - 8th grade boys & girls

The JCC Youth Basketball Program will introduce basketball skills such as dribbling, shooting, passing, footwork, defense, and teamwork during a 6 week session. Our youth basketball programs include Kinderhoopers and Future Stars.

Kinderhoopers: Age 4-5 *(Must 4 by 9/1/19)*

Tuesdays, 4:30 - 5:15 p.m.

September 3-24

Member: \$64 | code: 17-0903KH

October 15 - November 19

Member: \$96 | code: 17-1015KH

November 26 - December 17

Member: \$64 | code: 17-1126KH

Future Stars: K-3rd

Tuesdays, 5:30 - 6:15 p.m.

September 3-24

Member: \$64 | code: 17-0903FS

October 15 - November 19

Member: \$96 | code: 17-1015FS

November 26 - December 17

Member: \$64 | code: 17-1126FS

LITTLE LIONS BASKETBALL

Members & Non, K-2nd grade boys & girls

Join our JCC Little Lions Youth Basketball Team! Individual and Team registrations are available. Games will be played on-site, against other basketball clubs through our JCC Little Lions League. Games begin in October. Uniforms are an additional cost. **Registration opens August 1st!** Fall registrations due September 20th.

Fall / Winter Season: October - March

Fall Season Only: October - December

Winter Season Only: January - March

Little Lions Open House

Come learn more about our Little Lions League! Kids will have fun shooting some hoops with future teammates and coaches! Registration for the upcoming fall/winter season will also be available. For more information, please call the Athletic Department at (402) 590-2141.

Sunday, Sept. 15 4:00 - 5:30 p.m.

COACHES & REFEREES NEEDED

The JCC athletic department is looking for basketball coaches and referees. Please contact the athletic department at 402-590-2144 for more information. *must be 15 years or older*

Looking for more sports for ages 2-5? See page 17!

JCC LIONS BASKETBALL

Members & Non, 3rd - 8th grade boys & girls

Summer & Fall/Winter Basketball

We're looking for Individuals and new teams to join our program! The JCC Basketball Program emphasizes development through skills, fundamentals and concepts. We offer a competitive and positive environment in a great facility. Join the JCC Lions and improve your game! Contact Jonathan Crossley, JCC Basketball Coordinator, for more information!

SAVE THE DATES

JCC Jamboree Boys Basketball Tournament

November 8-10 | 3rd-8th grade boys

J Hoops Boys Basketball Tournament

January 3-5 | 3rd-8th grade boys

JCC Girls Spring Showcase Basketball

February 21-23 | 3rd-8th grade girls

Little Lions March Mania Basketball Tournament

March 13-15 | K-2nd grade girls & boys

Eddie Belgrade 3 on 3 Basketball Tournament

Sunday, April 5 | Men, Women & Kids

Questions? Contact: Lynette Brannen

Director of Athletic Programs

(402) 590-2144

lbrannen@jccomaha.org



Jonathan Crossley

Assistant Director of Athletics & Basketball Coordinator

(402) 590-2141

jcrossley@jccomaha.org



Mason Winkler

Sports Associate / Basketball Coach

(402) 590-2142

mwinkler@jccomaha.org



Jaron Hall

Sports Associate / Basketball Coach

(402) 590-2142

jhall@jccomaha.org





Private Piano Lessons



Piano lessons are offered for youth and adults. Experienced instructors use recognized methodologies.

Member

45 minutes	\$33
1 hour	\$42
6 hours	\$240

Non Member

45 minutes	\$41
1 hour	\$53
6 hours	\$300

- Piano lessons are 45 minutes long. (6 hours is eight 45 minute lessons)

Private & Semi-Private Dance Lessons

Lessons are taught by one of our professional staff members at a time that is convenient for you.

Member 60 Min

Private	\$40
Semi-Private	\$60

Non Member 60 Min

Private	\$50
Semi-Private	\$75

- Prices are listed per person per hour.
- 60 minute lessons are usually given as two 30 minute sessions.
- Semi- Private Lessons are for 2-3 individuals of similar skill level. At least one person must be a JCC Member to obtain the Member Rate pricing.



Questions? Contact:

Esther Katz

Performing Arts Director
(402) 334-6406
ekatz@jccomaha.org



Jessica Westerlin

Performing Arts Assistant Director
(402) 334-6402
jwesterlin@jccomaha.org

DANCE & Performing Arts

New dance studios are on the way! See page 7.

FALL MUSICAL THEATER AUDITIONS Members & Non, Ages 8+

Members and Non Members are invited to be a part of the JCC Musical Theater cast. The title of the upcoming musical will be announced July 12th. Stay tuned!

Registration Opens: Monday, July 15

Members \$153 | Non Member \$199 | code: 18-180

Registration opens Monday, July 15. Members may register beginning at 9:00 a.m. Non Members can begin registering at Noon. Required audition materials will be posted on our website soon. **Registration is REQUIRED to audition.** Registration will close at 50 participants. Don't delay! Call (402) 334-6419 or register online.

Auditions: Sunday, August 18

1:00 - 2:00 p.m. | Adults (Ages 18 & up) 2:30 - 4:00 p.m. | Kids (Ages 8+)

Auditions will be held on Sunday, August 18th from 1:00 - 4:00 p.m. Rehearsals will be held Sundays from 3:00 - 5:00 p.m. and will begin on August 25th. Performances will be Saturday, December 14th and Sunday, December 15th in the JCC Theater.

DANCE DEPARTMENT OPEN HOUSE

Wednesday, July 17, 4:00 - 7:00 p.m. | JCC Dance Lobby

Try dance classes for FREE, observe a JCC Dance Training Company rehearsal, watch the DVD of our 2019 recital and check out the planned studio spaces renovations. Registration for Fall semester dance classes will also be available.

FALL SEMESTER DANCE CLASSES Members & Non, Age 2- Adult

August 18 - December 19

The Fall semester of dance classes will begin August 18th. We offer numerous levels of Pre-Ballet, Ballet, Pointe, Leaps & Turns, Jazz, Tap, Modern, Hip Hop and Lyrical classes. Programs are available for age 2 through adult. Visit www.jccomaha.org for a full schedule of classes. Learn more at the open house on July 17th.

JCC TRAINING COMPANY AUDITIONS Members & Non, Ages 12+

Wednesday, August 28, 4:00 - 5:30 p.m.

JCC Dance Training Company auditions will take place on August 28th in the JCC Theater. Dancers should arrive at least 15 minutes early. Dress in a black leotard with pink convertible tights and hair in a bun. No jewelry. Bring ballet slippers, jazz shoes, and pointe shoes if you wish. Class will be Ballet, Jazz and then Modern. Contact Esther Katz at (402) 334-6406 or ekatz@jccomaha.org for more information.

Audition Requirements

- At least 12 years of age
- Must be taking at least 3 technique classes per week not including Pointe or Leaps & Turns. JCC Dancers: At least Ballet IV, Advanced Jazz & Modern. Non JCC Dancers: Advanced dancers with at least 5 years of Ballet training.

Audition Fee: JCC Members: \$10 | \$15 Non Members

There is a fee to audition. Please bring exact change or check made out to the JCC.

Participation Fee: JCC Members: \$152 | Non Members: \$190

If selected, there will be a one time participation fee for the year. This fee includes everything for the year, there will be no additional costs to participate.



Health & FITNESS

NEW! AQUA BOOT CAMP Members, Age 16+

This is not your grandma's water aerobics! Join us for five consecutive days of water based strength training and cardio endurance. Each 45 minute class will be held in the outdoor competition pool. Water walking, cardio laps and core busting moves are all on the menu. It's a great way to add some variety into your workout routine during the summer. Register today. (Instructor: Heather Bucksner)

July 17-21 9:00-9:45 a.m. Members \$80 | code: 06-0717

August 3-7 9:00-9:45 a.m. Members \$80 | code: 06-0803

NEW! STRONGMAN COMPETITION Members & Non, Age 16+

Join us for some friendly competition at our Strongman Competition! This special individual competition will take participants through a series of ten physical challenges including:

- Farmers Walk
- Tire Flip
- Sled Pull/Drag
- Grip Challenge
- Battle Rope Challenge
- Tug of War
- Sled Push
- Push Up/Pull up Challenge
- DB hold, 5 Gallon Bucket
- Hill Sprints

First through third place for each event will be scored. The person with the most points at the end wins! There will be prizes for 1st and 2nd place finishers. This event will be held outdoors on the JCC soccer field / playground area. Snacks and drinks will be available.

Thursday, July 25 7:00 p.m.

Members \$25 | Non \$30 | code: 06-0725

SUNRISE POOLSIDE YOGA Members & Non, Age 16+

Enjoy an early morning yoga class alongside the soothing water of the pool. Fruit smoothies (included with registration fee) will be available for participants after yoga. Registration is required. Register on-line, at Member Services, or by calling (402) 334-6419.

Sunday, August 4 8:30 a.m. – 10:00 a.m.

Members \$10 | Non \$15 | code: 06-0804

PILATES & PROSECCO Members & Non, Age 21+

Those ages 21+ are invited to join us on the pool deck for our 2nd annual Pilates & Prosecco. Participants will be guided through mat and reformer pilates workouts followed by drinks, snacks and socializing. Register on-line, at Member Services, or by calling (402) 334-6419. Space is limited.

Thursday, August 29 6:00 - 8:00 p.m.

Members \$15 | Non \$20 | code: 06-0829

TRACK WORKOUTS & JOIN CHALLENGES THROUGH OUR APP!

• Log into the JCC app. First time users will need to create an XiD using their phone number and email. (All information provided through the app is used for JCC Challenges only and never shared with anyone.)



• Click on the "record workout" tile and follow the prompts.

• Log your workout! Workouts can be logged via manually entering or automatically uploaded through a wearable device (Fit Bit, etc). Workouts done on the Matrix cardio will also be automatically uploaded provided you log-in with the XiD on the equipment. All participants must be 16+ years of age.

Upcoming Challenges

JULY 1-31 Summer Shred (app)

Burn 5,000 calories through the month of July and earn a free J water bottle. All workouts must be tracked through the Omaha JCC app to receive credit. (See above for details)

AUGUST 1-31

Teamwork Make the Dream Work (non-app)

Stuck in your same old routine? Switch up your program for an exciting and upbeat routine change! Try a variety of Group Exercise classes to break out of your rut. Meet new instructors and fellow members. Group Exercise classes are free for all Members. Those that complete 20 classes in August will earn \$20 J bucks. Pick up a tracking sheet at the Member Services Desk.



Download the **FREE Omaha JCC app!** Search for "Omaha JCC" by Netpulse.



Questions? Contact:

Maggie Thomas

Fitness Center Director

(402) 334-6472

mthomas@jccomaha.org



Shelby Hohnholt

Assistant Fitness Center Director

(402) 334-6472

shohnholt@jccomaha.org

Personal Training



Whether you are looking to build strength, lose fat, or boost health, Personal Training can

help. Sessions are tailored to your goals. Private and Semi-Private Personal Training is offered in 30 or 60 minute sessions. Contact Member Services at (402) 334-6426 to purchase. Once purchased, call the Trainers Line at (402) 334-6423 to schedule.

Private	30 Min	60 Min
1 session	\$38	\$60
5 sessions	\$180	\$290
10 sessions	\$340	\$540
20 sessions	\$660	\$1,000
<i>Start Up Special*</i>		
3 session	\$84	\$129

Semi-Private	30 Min	60 Min
1 session	\$28	\$45
5 sessions	\$135	\$215
10 sessions	\$260	\$410
20 sessions	\$500	\$800
<i>Start Up Special*</i>		
3 session	\$57	\$89

All prices are listed per person.
Semi-Private Training is for 2 people.

* *Start Up Special*: Members who have never before participated in JCC Personal Training are eligible. Limit 1 per member. Expires 6 months from date of purchase.

Small Group Training

Small Group Training is for 3-6 people. Groups meet once a week for 45 minutes. Training can be customized to your interests. Participants must be 16+ years old. There are no make-ups or refunds for missed sessions.

Small Group	45 Min
1 month (1 workout per week)	\$68
3 months (1 workout per week)	\$184

Training Options

SMALL GROUP TRAINING Members, All Ages

Small Group Training is a great way to share the cost of working with a certified personal trainer. Gather a group of friends or family, choose the trainer you'd like to work with and select a time that fits your group's schedule. Groups can be made of 3-6 people and training can be customized to your interests. Small Group Training meets once a week for 45 minutes. There are no make-ups or refunds for missed sessions. Sessions can be purchased from Member Services. Training must be purchased prior to attending. Training options are listed below.

Ongoing Program 4 sessions: \$68 / person 12 sessions: \$184 / person

Functional Strength Training (Instructor: Sam Anderson)

Prevent age related decreases in strength with functional strength training. As we age, our strength will naturally decrease, making it harder to perform day-to-day activities. Functional training with free weights will help build muscular strength and coordination to support joints, stabilize movements, and correct posture. Weightlifting injury prevention will also be covered. Questions? Email Sam Anderson at sanderson@jccomaha.org.

Athletic Enhancement (Instructor: Josh Dolph)

Improve your baseline athletic skills! Athletic Enhancement will develop proper running mechanics, acceleration / deceleration, multi-directional agility, and body awareness. This training is the perfect way to gain speed, agility, and plyometric training for any upcoming sport season. Sessions will be led by Josh Dolph. Josh is a former collegiate athlete who interned for the University of Texas Football strength and conditioning program. He's worked with Division 1 football players as well as NFL players. Questions? Call Josh Dolph at (402) 334-6423 or email jdolph@jccomaha.org.

2-Mile Running Club (Instructor: Heather Bucksner)

Learn to run at a slow and easy pace. This is a beginner level group. The goal is to complete a 2-mile run at the end of the session. Questions? Email Heather Bucksner at hbucksner@jccomaha.org.

OPERATION TRANSFORMATION Members, All Ages

If it's time to get serious about weight loss and improving your health, this is the program for you. Participants will have private appointments with the trainer of their choice. They will meet two days/week for 60 minutes (45 minutes of training and 15 minutes of nutrition consultation.) Trainers will guide participants through workouts for weight loss, provide nutrition tips, and build accountability. Please see any member of the Fitness Center staff to register.

Ongoing Program Members: \$520 code: 06-100

FOOD & FITNESS TRAINING (Instructor: Heather Bucksner)

Work with a certified Nutrition Counselor / Personal Trainer to get recipes, diet tips, workout routines, accountability and a ton of motivation. Participants will learn how to avoid the common nutrition setbacks and how to enjoy the treats they love without overdoing it. Get easy, family-friendly recipes and healthy snacks ideas. Combined with personal training, it is a recipe for success! Food & Fitness Training is offered in 5 or 10 week packages. Packages can be purchased at Member Services. Each package includes:

- Two 30-minute Personal Training Sessions per week
- Two 30-minute Nutrition sessions per week

5 Week Package Members: \$482 code: 06-2001

10 Week Package Members: \$888 code: 06-2002

NEW! 60 SECOND CIRCUIT SLAM *Members, Ages 16+*

This new specialty class will focus on express circuits completed on various machines throughout the Fitness Center. It is great way to get to know the full functionality of the equipment and how to use it to its full potential. Groups will meet twice per week for 20 minutes and will focus primarily on strength machines. Participants will rotate through machines on the circuit, spending 60 seconds at each. At the end of the 20 minute round, participants will have received a full body workout! Participants can choose either the Monday / Friday or Tuesday / Thursday group. Purchase as Small Group Training from Member Services. Instructor: Heather Bucksner.

Don't delay - program starts July 15!

Mondays & Fridays	3:00 - 3:20 p.m.	Members \$68
Tuesdays & Thursdays	9:00 - 9:20 a.m.	Members \$68

**WELCOME SHELBY HONHOLT**

Welcome Shelby Hohnholt. Shelby is joining us the Assistant Fitness Center Director. Shelby has a B.A in Fitness Studies and a Minor in Senior Adult Fitness from Concordia University. She is a Certified Personal Trainer with the American Council of Exercise and is certified in CPR/First Aid.

Shelby's specialty areas of interest include Group Fitness/Boot Camps, HIIT & Endurance Training, Functional Training, Beginner & Advanced Weight Training and Senior Adult Fitness. She enjoys being active through hiking, fishing, and working out. She also enjoys spending time with her family and cooking.

Shelby is excited to join our Fitness Center staff and shares the following:

"Growing up in Wyoming, I have always been an active and outdoorsy person. In high school my love for fitness really flourished and I knew it was what I wanted to do. I continued my schooling, majoring in fitness studies, and minoring in senior adult fitness and health and human performance. I also continued my running career as a member of the cross country, indoor and outdoor track teams at the university. Shortly after graduating I obtained my personal trainer certification and started my personal training, and group fitness instructor career.

The thing I love about the fitness field is that it is forever evolving. There is always something more to learn. The constant state of research in this field allows for new ideas and methods to help us as trainers provide the best, safest, and most effective programming for our clients. Also, the vast variety of options makes me believe that there is something out there for everyone. To me, that is what fitness is truly about. It is about exploring new things. It is discovering what will push you to the point of a mental and physical growth. Fitness is about finding what you love and finding what will allow you to show up with true intent to make a change.

I love training because it allows me to help people find their true confidence and strength within themselves. Training allows me to show people that there is something for everyone and that fitness is meant to be fun. I love to help people overcome the barriers in their heads and help lead them to their full potential and capability. I strive to make every session and interaction fun and meaningful as fitness isn't just a job to me, it is truly my passion that I want to share with all whom I come across. To me there is no greater gift than helping one maintain or reach their goals and push them to find a new found confidence within themselves.

I am so grateful and blessed to become a member of the JCC family, and getting to spread my love and passion for fitness. I look forward to meeting and getting to know and working with you all!"

Personal Trainers

Our skilled staff is ready to help you reach your goals. Get started today!

Trainers Line: (402) 334-6423

**Maggie Thomas**

- ACSM CPT
- Pre/Post Natal
- Mind and Body Practices

**Shelby Hohnholt**

- ACE CPT
- HIIT & Endurance Specialist
- Group Fitness & Boot Camps

**Ed Heller**

- ASFA CPT
- Active Older Adults

**Sam Anderson**

- ACSM CPT
- Functional Movement Specialist
- Beginning & Advanced Lifting

**Heather Bucksner**

- NASM CPT
- Women over 40
- Fitness Nutrition Specialist

**Josh Dolph**

- NCSA CSCS
- Olympic Lifting
- Sports Conditioning

**Alyssa Schwarzenberger**

- NASM, CPT
- Boxing / Kickboxing
- HIT Training
- Obstacle Course Racing

**Terry Bueltel**

- ACSM CPT
- Golf Conditioning
- Active Older Adult

**Ben Knauss**

- ACE CPT
- Functional Movement
- Unloaded to Loaded Principle

Pilates Training

Reformer, Tower & Chair

Build core strength and posture with Pilates Personal Training.

Private	<u>30 Min</u>	<u>60 Min</u>
1 session	\$40	\$65
5 sessions	\$190	\$300
10 sessions	\$360	\$580
20 sessions	\$680	\$1,080
<i>Start Up Special*</i>		
3 session	\$100	\$150

Semi-Private	<u>30 Min</u>	<u>60 Min</u>
1 session	\$32	\$50
5 sessions	\$150	\$230
10 sessions	\$280	\$440
20 sessions	\$520	\$840
<i>Start Up Special*</i>		
3 session	\$75	\$100

All prices are listed per person.
Semi-Private Training is for 2 people.

* Members who have not participated in Pilates Training are eligible for Start Up Special. Limit 1 per member. Expires 6 months from purchase.

Small Group Training

Small Group Training is for 3-6 people. Groups meet once a week for 60 minutes. Details at left.

Small Group	<u>60 Min</u>
4 sessions	\$124
6 sessions	\$168
12 sessions	\$312
20 sessions	\$500

Pilates Trainers



Meg Lee

(402) 350-1740

- Mat, Chair & Tower
- Pilates Reformer



Claire Shannon

(402) 334-6423

- ACSM Certified Clinical Exercise Physiologist
- Mat Pilates & Reformer



Rachel Wipf

(402) 334-6423

- Mat Pilates
- Pilates Reformer

Mind-Body Programs

PRE/POST NATAL FITNESS

Expecting moms and those who have returned from delivery can train with Maggie Thomas, our Pre/Post Natal Corrective Exercise Specialist, to gain a sense of empowerment. Participants will gain the knowledge to have peace of mind and confidence in their bodies during and after pregnancy! Participants will learn techniques and exercises on how to:

- Stay active and preventing unnecessary weight gain during pregnancy
- Strengthen back, glutes and core muscles - all of the muscles that are used in higher demand during pregnancy
- Prevent diastis, a weakened pelvic floor, and low back pain
- Retrain core and pelvic floor postpartum
- Safely return to natural body weight postpartum

Sessions are offered by appointment as Private or Semi-Private Personal Training. Contact Member Services to purchase. See page 22 for pricing.

PILATES REFORMER SMALL GROUP TRAINING Members, 16+

Small Group Pilates Reformer sessions include the fundamentals of personal Pilates Reformer training, but in a social setting. Space is limited to four members per class. Join one of our existing groups, or gather some friends and make your own time. Classes are customized to your interests. Small Group Training options include:

Cardio Pilates Small Group Training

Bring your heart rate up using Pilates Reformer Jumpboards and low impact aerobics. Partnered with toning exercises, this class will chisel your muscles using: weights, bands, glide discs, weighted mini balls, and Pilates rings.

Classic Pilates Small Group Training

Classic Reformer, mat, chair, or tower exercises will give you a total body workout. Beginners through advanced level individuals are welcome. Workouts can be customized to your interest

You must purchase a Pilates class card prior to joining a small group class. Class cards are purchased at Member Services. Training is open to JCC Members, ages 16+. Call (402) 334-6472 to obtain current class times and reserve a spot.

Ongoing Program (prices are listed per person)

Four sessions: \$124 Six sessions: \$168 Twelve sessions: \$312 Twenty sessions: \$500

EXCITING UPDATES FOR MIND-BODY PROGRAMS

As part of our ongoing campus renovation project, a new Mind-Body Studio will be housed where the canteen currently is. This new space will be dedicated for classes such as Yoga, Mat Pilates and Total Barre. The restroom in this area will be updated. Further details on our campus renovations can be found on page 6.

Call (402) 334-6472 to get more information on any of our programs and services.

Trainers in the Kitchen

Good nutrition doesn't have to be boring! Josh, Maggie, and Heather have taken to the kitchen to share some of their favorite healthy recipes and tips.



"Did You Know?" Fun Food Facts

By: Heather Bucksner

1. The serving size for nacho cheese Doritos is eleven chips. Eleven. Chips. Really? 150 calories.
2. Those little fruit stickers are edible. Like the stickers on apples. Yep, apparently you can eat them.
3. Hydrate! 75 percent of Americans are chronically dehydrated.
4. Potato skins have six grams of protein per 100 grams.
5. Eggs have thirteen grams of protein per 100 grams.
6. Bananas contain 450 milligrams of potassium. The recommended dietary amount for adults is 3,500 milligrams per day. Time to munch a bunch.
7. Grapes explode when you put them in the microwave.
8. Variety inspires. Challenge yourself to eat a new fruit or vegetable each week. Find something off the wall.
9. Apples are made of 25% air, which is why they float.
10. Arachibutyrophobia is the fear of getting peanut butter stuck to the top of your mouth. (Yes, this is a real fear.)
11. It may not taste as good as Yoplait or frozen yogurt, but greek yogurt has double the amount of protein in it than all those other leading brands. So, walk past the Go-Gurt and grab the Chobani. It's worth it.

Green Goddess Pasta Salad

By: Maggie Thomas

"Perfect for picnics, work lunches, or potlucks. This healthy salad doesn't sacrifice flavor!"

- 12 oz. ziti pasta, cooked
- 3 green onions, fine dice
- 1 small carrot (about 1/2 cup)
- 1 orange bell pepper, fine dice
- 1/2 medium cucumber, diced
- 16 cherry tomatoes, halved
- 2 tbs Green Goddess dressing (sold at any grocery store)

Cook Pasta according to instructions on package. Rinse with cold water, shake dry and place in a large bowl.

Add prepared veggies (green onions, carrots, pepper, cucumber, tomatoes) to the pasta bowl.

Add salad dressing. A little goes a long way, start with 1-2 tablespoons and add as needed.

Strawberry Lemonade Protein Shake

By: Josh Dolph

"Beat the summer heat with this nutritious but yet light protein shake. During the summer months, it can be hard to get down those hearty and heavy protein shakes with the warm temperatures. This strawberry lemonade protein shake is a great way to have a refreshing drink after a tough workout, while still meeting your protein needs."

- 8-12 ounces of water
- 1/2 cup of strawberries
- 2 tbsp lemon juice
- 1 tbsp Stevia
- 1 scoop of vanilla protein powder

Combine all ingredients in blender. Blend to desired consistency. Enjoy.

Physical Therapy On-Site at the JCC

Did you know licensed, on-site physical therapy services are available at the



J? Convenient, professional, and practical services from Nannen & Harte Physical Therapy are open to Members and Non Members. Convenient use of the fitness center and swimming pool, provides members the opportunity to continue their physical therapy routine even after their appointments have ended.

PT can help with

- Surgery rehabilitation
- Joint replacement rehabilitation
- Chronic / persistent pain
- Sport specific injuries
- Injury prevention
- Flexibility & poor posture
- Proper body mechanics
- Endurance & athletic skills



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PHYSICAL THERAPY
SPORTS MEDICINE & AQUATIC THERAPY

ALL INSURANCE ACCEPTED



Questions? Contact:

Kurt Harte
Physical Therapist
(402) 990-8458
jccpharte@cox.net



Kevin Almquist
PT, DPT, CSCS
(402) 426-3488
nhpt.kevinalmquist@yahoo.com



Find us on Facebook!

Find the JCC Omaha Fitness Center on Facebook for trainer tips and tricks!

Free Group Exercise Classes

July - August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 AM Thai Boxing (Ryan)	5:30-6:30 AM Go Time (Stephanie)	5:30-6:30 AM Thai Boxing (Ryan)	5:45-6:45 AM Spin (Nancy)	5:30-6:30 AM Thai Boxing (Ryan)	5:45-6:45 AM Spin (Nancy)	8:00-8:45 AM Spin (Lindsay)
8:30-10:30 AM Men's Pick Up Basketball	5:45-6:45 AM Spin (Nancy)	5:45-7:30 AM Men's Pick Up Basketball	10:00-11:00 AM Water Fitness (Nancy)	10:00-11:00 AM Water Fitness (Nancy)	5:45-7:30 AM Men's Pick Up Basketball	9:15-10:00 AM Go Time (Stephanie)
10:00-11:00 AM Water Fitness (Katie)	10:00-11:00 AM Water Fitness (Nancy)	10:00-11:00 AM Water Fitness (Nancy)	9:00-9:45 AM Step & Strength (Kim M.)	9:00-10:00 AM H.I.T. (Kathy)	10:00-11:00 AM Water Fitness (Katie)	9:15-10:00 AM Kid's Boot Camp* (Josh)
9:00-9:45 AM Spin (Lindsay)	9:00-9:45 AM Infusion (Shelby) <small>NEW</small>	9:00-9:45 AM Go Time (Heather)	9:15-10:15 AM Core & Spin (Kim)	9:15-10:15 AM totalbarre (Kim L.)	9:00-9:45 AM Infusion (Shelby) <small>NEW</small>	10:15-11:00 AM Buns, Core, & Thighs (Heather)
9:30-10:30 AM Restorative Hatha Yoga (Kallen)	9:15-10:15 AM totalbarre (Kim L.)	10:05 -10:50 AM PiYo (Maggie)	9:15-10:15 AM Vinyasa Yoga (Katie)	10:05-10:50 AM Mat Pilates (Claire)	9:30-10:30 AM Power Yoga (Brooke)	
9:30-10:30 AM Boot Camp (Alyssa)	10:00-10:45 AM Buns, Core, & Thighs (Heather)	11:00-11:45 AM Master Fitness Circuit (Mary Lou)	10:15-11:00 AM Mat Pilates (Claire)	11:00-11:45 AM Master Fitness Circuit (Mary Lou)	10:00-10:45 AM Buns, Core, & Thighs (Heather)	
9:30 -11:30 AM Drop-in Volleyball	11:00-11:45 AM Master Fitness Cardio (Heather)	12:00-1:00 PM Core & Spin (Kim)	11:00-11:45 AM Tai Chi (Nicole)	12:00-1:00 PM Core & Spin (Kim)	11:00-11:45 AM Master Fitness Cardio (Heather)	
11:00-11:45 AM PiYo (Kallen)	11:00-11:45 PM Poolaties (Nancy)	6:00-7:00 PM Water Fitness (Gretchen)	12:00-1:00 PM Barbell Strength (Josh)	11:00-11:45 PM Poolaties (Nancy)	12:00-1:00 PM Boot Camp (Maggie)	
	12:00-1:00 PM Boot Camp (Andrea)	6:00-7:00 PM Vinyasa Yoga (Katherine F.)	4:45 - 5:30 PM <small>NEW</small> MetCon (Shelby)	6:00-7:00 PM Water Fitness (Gretchen)	11:00-12:00 PM Poolaties (Nancy)	
	4:00-4:45 PM Tai Chi (Beth S.)	6:45-7:30 PM Step & Strength (Kim)	5:35-6:20 PM Mat Pilates (Christina)	6:30-7:30 PM STRONG (Andrea) <small>#ZUMBA</small>		
	5:30-6:15 PM totalbarre (Maggie) <small>Group Ex. Rm</small>		6:00-7:00 PM Water Fitness (Gretchen)	6:00-7:00 PM Power Yoga (Brooke)		
	6:00-7:00 PM Water Fitness (Nancy)		6:00-6:45 PM Spin (Angela)			
	6:00-6:45 PM Spin (Angela)		6:30-7:15 PM Dance Fitness (Christina)			
	6:30-7:30 PM ZUMBA (Andrea)		6:00-7:00 PM Restorative Hatha Yoga (Katherine)			
	7:30-8:30 PM <small>NEW</small> Drop-in Dodgeball (through Sept.16)		7:00-8:30 PM <small>NEW</small> Drop-in Volleyball (through Sept.18)			

Fit & Sit

Fitness Center Childcare

MORNINGS

Sunday-Saturday: 8:00 am - Noon

EVENINGS

Mondays-Thursdays: 5:30-7:30 pm

Reservations are required
24 hours in advance.

Call (402) 334-6426 to RSVP

Get up-to-the minute schedules
with the Omaha JCC App!



Search for "Omaha JCC" by Netpulse

Classes are "drop-in" and FREE for members, ages 16+. Members, ages 6+, are allowed in "kid" classes. Unless otherwise noted, classes listed in gray / white are held in the Group Ex Studio, orange in the Gymnasium, green in the Spin Studio, blue in the Outdoor Pool and purple upstairs.

***Please check the website or the Omaha JCC app for up-to-the minute location changes during the renovation project.**

Let's Talk About Wellness

by: Debbie Denenberg, Community Advocate

Our community recently formed the JCC Wellness Committee. Wellness is a broad term. The University of Nebraska at Lincoln defines wellness as "an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle". Dr. Ayman El Mohandes, the founding Dean of the Nebraska School of Public Health at UNMC, outlined these wellness categories:

- Food and Nutrition
- Exercise and Mobility
- Safety and Injury Prevention
- Mental and Behavioral Health
- Sexual and Reproductive Health

Why has the new JCC Wellness Committee decided to focus on food and nutrition this year? The statistics are alarming. 30% of Nebraskans, including our children, are overweight or obese, and obesity recently surpassed nicotine as the number one form of preventable death in America.¹ We noted "preventable" and decided to take action.

One could argue that many factors enter the obesity equation, including how much time we spend exercising vs. watching our screens. However, about 90% of childhood obesity is related to what children eat. Food and nutrition seemed an impactful place to start.

The Jewish sage Zusya, on his deathbed, was visibly fearful. His students surrounded him. "Why are you fearful, our teacher? Are you afraid when you meet your Maker, he will ask, 'Why weren't you more like Abraham or Isaac or Moses?'" "No", Zusya responded, I am afraid He will ask, "Why weren't you more like Zusya".

This story teaches us to whole heartedly be ourselves. To use the resources Hashem gives us to be our best. Our JCC is an elite health and fitness facility. Let's be who we are. Let's create a nutritional environment reflecting the same excellence as our physical plant, programming and staff.

Join our efforts, send comments or questions to debbie@denenberg.com

¹ Center for Disease Control

← *NEW Group Exercise classes starting this July!*

MetCon & Infusion Added to Schedule

We've added two new classes, MetCon and Infusion, to the Group Exercise schedule! Classes are free for JCC Members. (See schedule at left)

MetCon: Increase your endurance with all-out bouts, weights, and cardio finishers! Come ready to sweat and push yourself to new limits!

Infusion: A combo of strength and cardio interval training. Class is sure to provide a fun and high energy workout. If you are someone who loves the variety of trying new things - this class is for you.

Massage Therapy

Sports, Deep Tissue, Swedish, Neuromuscular and More

Our licensed Massage Therapists can help you determine which type of massage will provide you with the best health benefits. Our hours are flexible and our rates are affordable. Massage coupons are purchased in advance at Member Services. Schedule your appointment at (402) 334-6487.



Member Rates

30 minutes	\$30
60 minutes	\$55
6 pack	\$162
12 pack	\$300
24 pack	\$552

Packs are comprised of ½ hour coupons

Non Member Rates

30 minutes	\$40
60 minutes	\$65

Licensed Massage Therapists

Greg Norton, LMT

- Deep Tissue Massage
- Sports Massage
- Swedish Massage

Nora Lee Zoob, LMT

- Swedish Massage
- Hot Stone Massage
- Pregnancy Massage
- Reflexology Massage
- Acupoint Pressure Therapy

Looking for the perfect gift?

Get a gift certificate for Massage, Personal Training, & Pilates Reformer Training. Stop by Member Services to purchase!



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Go Green! The Centerpiece is online at www.jccomaha.org!

THANK YOU THANK YOU

JCC PATRON Members

JCC Patron Members provide additional financial support that enables us to offer the highest quality mission-based programs and services to all members of the community. We thank all of our JCC Patron Members for their continued generosity. To become a JCC Patron Member, contribute at least \$250 over your annual JCC membership fee. Your Patron Membership is tax deductible. For more information, please contact Member Services at (402) 334-6426.

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Philip Bierman & Mary Wampler
Rik Bonness
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Judy Vann
Tom Vann
Irv & Gail Veitzer
Norm Veitzer
Philip & Nancy Wolf

* New Patron Member
(list as of 06/06/19)

THANK YOU THANK YOU