

Exciting things are on the Horizon



John Glazer
President

Mark Martin
Executive Director

Updates on the Campus **RENOVATION**

THE NEXT ROUND OF PROJECTS ARE ON THE WAY - pg.6-11

Don't Miss **GOAT YOGA**

ONE DAY ONLY SPECIAL EVENT - pg.16

Now at the J **PICKLEBALL**

GIVE IT A TRY DURING THE DROP-IN TIMES - pg.27

Staenberg Kooper Fellman Campus

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



Omaha JCC
An agency of the Jewish Federation of Omaha

333 South 132nd Street
Omaha, NE 68154

Mondays - Thursdays.....5:00 AM - 10:00 PM
Fridays.....5:00 AM - 7:00 PM
Saturdays - Sundays.....7:30 AM - 7:00 PM

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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~~



Some kids bring an apple to their teacher. With the new sculpture at the CDC, we've taken it up a notch!

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

When we last spoke, the lazy river was flowing at a steady 3 mph. Summer was just beginning and the sun was heating up the long days. Now we are getting ready for snow on the roof tops and ice melt pellets bouncing down the stairways.

We are pleased to announce that we remain on schedule for the next phase of our never-ending quest to provide you with the best facility possible. On pages 6-11 you will find details on upcoming and ongoing renovations. Our ongoing construction includes the refurbishment of the existing indoor lap pool and the addition of a new family-friendly recreational pool. We are striving to always have a body of water available for our Members. To help accommodate this, the refurbished lap pool will open before the family friendly recreational pool is complete. Barring any unforeseen circumstances, we are projecting a late fall 2019 opening date for the refurbished indoor lap pool.

In addition, we have three new dance studios set to open in the late fall. These spaces were greatly needed, as our performing arts department continues to expand.

The Mind-Body Studio opened in August. Currently, all morning Mind-Body classes are being held in this space. Most afternoon and evening mind-body classes will transition to this space upon completion of the new dance studios.

I sincerely thank our Members for their patience while we complete all of this work! Please know that we are doing our very best to minimize any inconveniences during construction. Stay tuned as additional renovations are now in the planning stages.

Here are a few additional points of interest from the JCC:

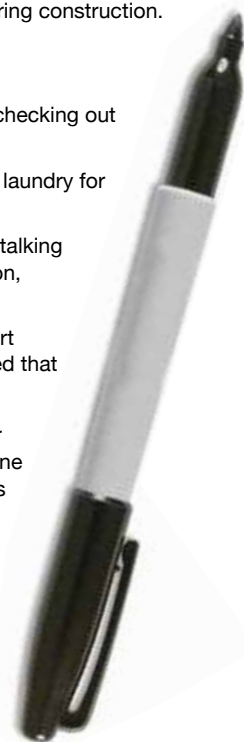
- Hammers. Saws. Drills. Oh My. The next thing you know we will be checking out hard hats with your membership card.
- Roses are red, JCC towels are blue, no matter the day we are doing laundry for you and that's a lot of detergent.
- We're creepy and we're kooky, mysterious and spooky...No, I'm not talking about the JCC staff! Go see the next JCC Musical Theater production, *The Addams Family*, this December!
- The floor of the basketball gymnasium has been resurfaced and court lines for pickleball have been added! Much to my dismay, I've learned that pickleball doesn't actually involve eating pickles.

The Jewish Community Center has been a big part of the Omaha area for decades! We opened our doors in 1926 and still 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.

ROSH HASHANAH 1st & 2nd day of Tishrei | Jewish New Year

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

September 30 & October 1.....CLOSED

Rosh Hashanah is the celebration of the beginning of the Jewish New Year. During this holiday the shofar is played. Apples and honey are eaten, symbolizing the wish of a sweet new year.

YOM KIPPUR 10th day of Tishrei | Day of Atonement

Tuesday, October 8.....Closing at 6:00 p.m.

Wednesday, October 9.....CLOSED

"Yom Kippur" means "Day of Atonement." It is a day to atone for the sins of the past year.

SUKKOT 15th - 21st days of Tishrei | Festival of Booths

Sunday, October 13.....Closing at 6:00 p.m.

Monday, October 14.....CLOSED

The sukkah is a temporary structure that represents the portable huts the Israelites used as they wandered the desert. The lulav (palm branch), the etrog (citron), the hadasim (myrtle), and aravot (willows) are gathered and praise is given to G-d for the bounty we've been given.

THANKSGIVING

Wednesday, November 27.....CLOSING, 7:00 p.m.

Thursday, November 28.....Fitness Center Open, 9a.m. - 2 p.m.

HANUKKAH 25th day of Kislev - 2nd day of Tevet | Festival of Lights

December 23-30.....OPEN, Regular Hours

Hanukkah, Festival of Lights, commemorates the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire. Hanukkah is observed by lighting the menorah, playing dreidel games and eating latkes and sufganiyot.

DECEMBER 24 & 25

Tuesday, December 24.....CLOSING, 6:00 p.m.

Wednesday, December 25.....Fitness Center Open, 9 a.m. - 2 p.m.

NEW YEARS EVE & DAY

Tuesday, December 31.....CLOSING, 6:00 p.m.

Wednesday, January 1.....Fitness Center Open, 9 a.m. - 2 p.m.

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

OCTOBER

Works from Mike Scheef & Tom Swanson

The ability to repeat images makes printmaking one of the most accessible art forms. Mike Scheef's screen prints pull from his inventory of drawings, creating compositions, combinations, and visual lists. Tom Swanson's model airplanes are formed from hand-pulled prints constructed to mimic the flocks and formations of brightly colored androgynous birds.

NOVEMBER

Pieces from Celebrate Nebraska and Avian Inspired by FiberWorks

Celebrate Nebraska: Members of Fiberworks share their love and pride for Nebraska with quilts that showcase a different geographical feature or structure found across the state.

Avian Inspired: Birds have served us as companions, as sport, as dinner, and as subjects of art. Members of FiberWorks will explore this connection through textile pieces.

DECEMBER

Bellevue Artists Association

The Bellevue Artist Association will exhibit a wide array of works ranging from watercolors and oils to encaustic and three dimensional pieces. The public is invited to attend the opening reception. Details will be posted at www.jccomaha.org

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.

Donation Information

Your Name: _____

Address: _____

Phone: () _____ Cell: () _____

E-mail Address: _____

- ☐ \$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

- ☐ BBYO (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: _____

THANK YOU!

Recent Donations

Dr. Jay Parsow Youth Basketball Scholarship

For a Speedy Recovery

To: Linda Luttbeg

From: Margo Parsow

Harvey & Marcia Lipsman JCC Youth Endowment Fund

In Honor of Ira's Birthday

To: Ira Nathan

From: Marcia Lipsman

From: Sandy & Stu Sweetow

Bruce Fellman Memorial Young Leadership

In Memory of Sonia Forbes

To: Larry & Deenie Meyerson

From: Marty & Iris Ricks

Phil Sokolof Fitness Center

In Memory of Arthur Davidson

"I'll always remember his friendliness"

To: Betsy Davidson

From: Judy Vann

Community Events

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

"OUR STORY" CELEBRATION

Sunday, October 20 | 2:00-4:00 p.m. | JCC Gallery

The Nebraska Jewish Historical Society and the Omaha Section of the National Council of Jewish Women will celebrate the re-opening/refurbishing of "Our Story", on Sunday, October 20th from 2:00 to 4:00 p.m. in the JCC gallery. The exhibit is based on the NCJW book, Our Story. The display shares the recollections of Omaha's early Jewish community 1885-1925. The event is open to the entire community with a desert reception hosted by the NCJW.

18TH ANNUAL OMAHA JEWISH FILM FESTIVAL

November 4, 12, 18, 25 | 7:00 p.m. | Various Theaters

Join the Jewish Federation of Omaha for the 18th annual Jewish Film Festival. Film details and special pre and post film programming information can be found online at www.jewishomaha.org or by calling (402) 334-6463.

COMMUNITY HANUKKAH EXTRAVAGANZA

Sunday, December 8 | 5:00 p.m. | Omaha Children's Museum

Join the Jewish Federation of Omaha for the community Hanukkah event at the Omaha Children's Museum on Sunday, December 8th from 5:00 to 7:00 p.m. Recommended for families with children 12 & younger; older siblings are welcome. Admission is \$5 per person or \$20 per family. Fees include museum entrance & dinner from Star Catering. Please RSVP for this event by December 2nd. For more information contact Louri Sullivan at lsullivan@jewishomaha.org.

JCC MUSICAL THEATER: THE ADDAMS FAMILY

Saturday, December 14 | 7:00 p.m. | JCC Theater

Sunday, December 15 | 2:00 p.m. | JCC Theater

Join us for performances on Saturday, December 14th at 7p.m. and Sunday, December 15th at 2:00 p.m. Tickets will go on sale on Monday, November 18th at 9:00 a.m. Call (402) 334-6419 to purchase. Ticket cost is \$10 for adults and \$5 for students. Patron tickets are also available. Contact Esther at ekatz@jccomaha.org for details. Advanced purchase is recommended. Any remaining tickets will be sold at the door until sold out.

JCC MUSICAL THEATER AUDITIONS

Sunday, January 19 | Adults: 1 p.m. | Kids: 2:30 p.m. | JCC

Registration for the spring musical will open Monday, December 16th. Members can register at 9:00 a.m. Non Members can begin to registering at noon. Registration will close at 50 participants. Registration is required to audition. Adult auditions are at 1:00 p.m. Auditions for kids, ages 8-18, will be at 2:30 p.m. For more information, contact Esther Katz at (402) 334-6406 or ekatz@jccomaha.org.

JFS SUICIDE PREVENTION & EDUCATION

Thursday, November 7 | 6:00 - 7:30 p.m. | Friedel

Kids, ages 8-12, are invited to join the Jewish Family Service staff for an evening focused on building resilience. A free pizza dinner will be provided and each registered child will receive a book. All children must be accompanied to the event by an adult. This event will be held at Friedel Jewish Academy. Childcare will be provided for those that need it. Please RSVP to JFS at (402) 330-2024. All discussions will be facilitated by Jewish Family Service staff.



**American
Red Cross**



Be a Lifesaver

We bring Red Cross training to you!

If you own or work for a local business interested in holding CPR classes, the JCC can travel to your location to hold a class. Call (402) 334-6410 for inquiries.

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 and understanding during this time. **Questions? E-mail Alan Potash at alanpotash@jewishomaha.org or Mark Martin at mmartin@jccomaha.org.**

Front Entrance Renovation

Shirley & Leonard Goldstein Community Engagement Room

Start Date: June 2019

Target Completion Date: Late Fall 2019

The old Auditorium is in the process of being transformed into the Shirley and Leonard Goldstein Community Engagement Room; a fresh and functional space to be used for events, meetings and rentals.

This space is made possible by a very generous gift from Kathy Goldstein and Gail Goldstein Raznick.

Noshery

Start Date: June 2019

Target Completion Date: Late Fall 2019

Some of the space to the east, behind the new Community Engagement Room, will be a staff commons area. This space will be primarily used for staff, but also available for programs as needed.

Front Entrance & Learning Commons Area

Target Start Date: December 2019

Target Completion Date: Summer 2020

The renovation of the upstairs Front Entrance will include a spacious, secure, and welcoming lobby area. The new Learning Commons space will include a contemporary and informal environment that conveniently welcomes people to relax, study, work independently and meet up. This space will also incorporate significant historical representations of our Omaha Jewish Heritage.



Community Engagement Room



Noshery



Front Entrance & Learning Commons

Cultural Arts Renovation

New Dance Studios

Start Date: June 2019

Target Completion Date: Late Fall 2019

The old Social Hall and Community Rooms are in the process of being turned into permanent dance studios to accommodate our growing dance program. All studios will include fully sprung dance floors!

These studios will be part of the Michael Staenberg Arts & Education Corridor.

Alan J. Levine Theater

Target Start Date: December 2019

Target Completion Date: Late Spring 2020

The existing theater will undergo a total renovation. Everything behind the scenes and in the front of the house will be redone. Audience members can look forward to new seating, new audio, improved sight lines and improved handicap accessibility.

- New Seating
- New A/V, Lighting, Rigging & Acoustic Systems
- New Piano & Voice Studios
- Updated Dressing Rooms & Restrooms

This space is made possible by a generous gift from Alan J. Levine.



Our goal is to create a west Omaha center for the arts that includes a state-of-the art theater, visual arts gallery, and community engagement / meeting spaces.



THANK YOU!

We extend our deep and sincere thanks to the donors who have committed their early support to the Staenberg Kooper Fellman Campus Transformation Project. Want to be a part of the change? Community fundraising will begin in early 2020. For more information contact Steve Levinger at (402) 334-6433 or slevinger@jewishomaha.org.

Carol and Michael Staenberg
Sharon and Howard Kooper
Darlynn and Tom Fellman
Anonymous (3)
Phyllis Aronson
Jeanné and Dennis Beavers
The Blumkin Family
Cohn Family Foundation
The Epstein Family
Jill and Mike Erman
Joe Erman
Julie and Jim Fried
The Friedland Family
Pam and Bruce Friedlander
The Friedman Family
The Gilinsky Family

The Glazer Family
Barbara and Gary Goldstein
The Donald Goldstein Family
Kathy Goldstein
Jan and Howard Goldstein
Lauren and Mosah Goodman
The Gorman Family
Jerry and Cookie Hoberman
Joanie and Richard Jacobson
Sheryn and Arnold Joffe
Fran and Richard Juro
Myron Kaplan
Gloria and Howard Kaslow
Larry Kelberg
Maxine and Joe Kirshenbaum
Gail and Jarold Kohl

Joanie Lehr
John and Sandy Lehr
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Amy Nachman and Alan Potash
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Patty and Steve Nogg
Marcia and Steve Pitlor
The Platt Family
Gail Goldstein Raznick
Iris and Marty Ricks

Kimberly and Andrew Robinson
Anne and Bruce Shackman
The Siegel Family
Steve Silver
The Simon Family
Judith and Gerald Simons
Janet and Jerry Slusky
Tom Vann and Gina Gottsch
Gail and Irving Veitzer
The Wiesman Family
Anne and Arnold Weitzi
Sarah and Adam Yale
Kathy and Steve Zalkin
(list as of 09/11/19)

Upper Level Renovations

Extensive renovations to the upstairs level are set to begin this fall. Included in the phase will be the renovation of the Men’s and Women’s Health Spas and the addition of a new Pilates Reformer Studio, Multi-Purpose / Party Room, and Physical Therapy Studio. Renovation of the health spas will correspond with the renovation of the same gender’s lower level locker room. This work will require temporary relocation as outlined in the chart below. Decisions on relocation space were determined by the logistical ability to rehouse the given volume of members in available space. Because the Men’s Health Spa has the highest level of members, they require the largest amount of space. Full details outlining the plan will be sent to existing health spa members soon. We apologize for the inconvenience, but are certain that the end result will be worth it!



Mind-Body Studio



Health Spas

Mind-Body Studio

✔ Completed: August 2019

The new Mind-Body studio is located upstairs, opposite the Youth Lounge. All morning Mind-Body Group Exercise classes are now held in this space. The studio is currently acting as a shared space while the dance studios are under construction. When the new dance studios are completed, most remaining Mind-Body classes will be relocated to the Mind-Body studio.

Men’s & Women’s Health Spa

Target Start Date: Late Fall 2019

Target Completion Date: Fall 2020

The renovation of the Men’s and Women’s Health Spas will be broken up into two phases. Phase one will be the men’s facilities and phase two will be the women’s. This renovation will include a complete overhaul of the space with all new fixtures and furnishings. Amenities in both spaces will include:

- Whirlpool
- Dry Sauna
- Steam Room
- Massage Therapy Studio
- Lounge Area with TV
- Personal Lockers
- Towel Service

Barring any unforeseen circumstances, we are estimating that each phase will take about six months. There will be some temporary displacement during the renovation of this space. Relocation information for current members is listed at left. Additional information on the relocation process will be sent to current health spa members soon.

Renovation Relocation Information

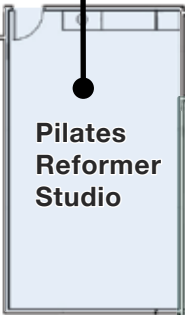
PHASE I: Men’s Health Spa & Locker Room	
Estimated Time-line: Late Fall 2019 - Late Spring 2020	
Men’s Health Spa Members	Move upstairs: Women’s Health Spa
Men’s Locker Room Users	Move upstairs: Women’s Health Spa
Women’s Health Spa Members	Move downstairs: Women’s Locker Room
Women’s Locker Room Users	Remain in Women’s Locker Room
PHASE II: Women’s Health Spa & Locker Room	
Estimated Time-line: Late Spring 2020 - Late Fall 2020	
Men’s Health Spa Members	Move into completed Men’s Health Spa
Men’s Locker Room Users	Move into completed Men’s Health Spa
Women’s Health Spa Members	Move into completed Men’s Locker Room
Women’s Locker Room User	Move into completed Men’s Locker Room

JCC Upper Level

Estimated for Late Spring 2020

Estimated for Late Spring 2020

Youth Department



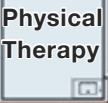
Men's Health Spa



Completed August 2019



Estimated for Late Fall 2020



Party / Multipurpose Room



Estimated for Late Fall 2020

Women's Health Spa



Estimated for Late Fall 2020

Upper Walking Track-Gym

Lower Level Renovations

Renovations to the lower level are underway. New windows have been cut into the north wall of the basketball gymnasium. The squash courts are being transformed into additional personal training space and the refurbishment of the indoor lap pool is on track. The next phase of construction, beginning this fall, will include the renovation of the Men's and Women's Locker Rooms and addition of new Family Changing Area. Plans also include a refresh of the large Group Exercise studio, the addition of a second Group Exercise studio, relocation of Athletic Offices, and Member Services refresh. The locker room renovation will require temporary relocation for members who use this space. (See chart on page 8.) Additional temporary restroom facilities will be available during this time. Group Ex classes will also see a temporary relocation. More details will be coming soon.



Refurbished Lap Pool



Indoor Recreational Pool



Locker Rooms



Family Changing Area

Indoor Lap Pool Refurbishment

Start Date: April 2019

Target Completion Date: Late Fall 2019

The refurbishment of indoor lap pool will include:

- 6 Full Lap Lanes
- New Filter & Gutter System
- Easy Access Stair Entry

Indoor Recreational Pool

Start Date: April 2019

Target Completion Date: Spring 2020

A new, family-friendly, recreational pool with:

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

This new space will be an extension added on to the south end of the indoor aquatics area.

Men's & Women's Locker Room

Target Start Date: Late Fall 2019

Target Completion Date: Late Fall 2020

The renovation of the Men's and Women's Locker Rooms will be broken up into two phases. Phase one will be the men's facilities and phase two will be the women's. Renovation will include a complete overhaul with all new fixtures and furnishings.

Family Changing Area

Target Start Date: Late Fall 2019

Target Completion Date: Late Spring 2020

The new family changing area will be located in the space currently occupied by the downstairs Pilates reformer studio and Aquatics office. Area will include private changing rooms with toilets and showers.

JCC Lower Level

Estimated for Late Spring 2020



Family Changing Areas

Indoor Aquatic Area

Men's Locker Room



Estimated for Late Spring 2020

Women's Locker Room



Estimated for Late Fall 2020

Estimated for Late Spring 2020



Small Group Exercise Studio

Basketball Gymnasium

Large Group Exercise Studio



Estimated for Late Spring 2020



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.

Group Swim Lessons and Year Round Swim Team will resume in January!

AQUATICS

Outdoor Competition Pool Open Through October

We are making every effort to always have a body of water available to our Members during the refurbishment of the indoor pool. With this in mind, we are extending the season of the outdoor competition pool only. Our goal is to keep the outdoor competition pool open until the end of October, weather permitting. As we move further into fall, the outdoor pool hours will follow what the air temperature feels like.

OUTDOOR COMPETITION POOL HOURS

Monday - Thursday 5:00 a.m. - 7:50 p.m.

Friday 5:00 a.m. - 6:30 p.m.

Saturday - Sunday 7:30 a.m. - 6:30 p.m.

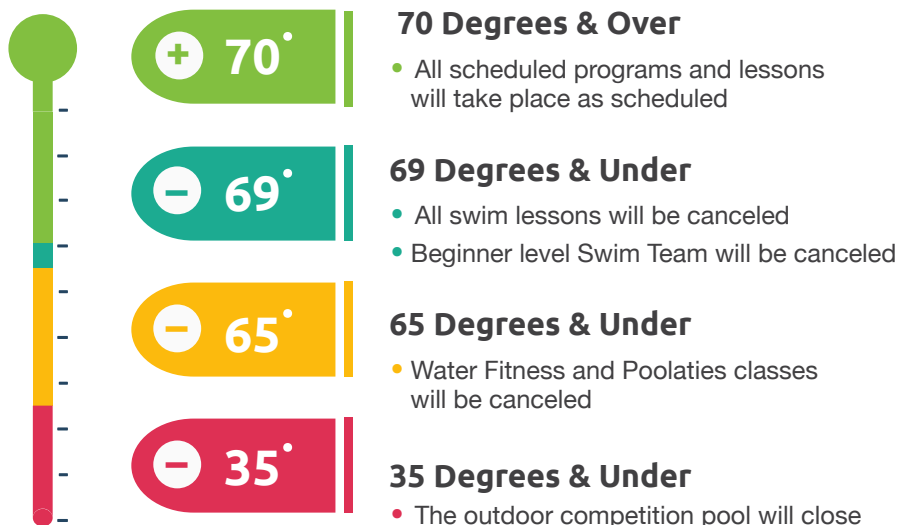
All hours are subject to change based on temperature / weather. The outdoor competition pool ONLY will remain open through October. Use of the water features in the competition pool will NOT be allowed unless otherwise posted.

Air Temperature Guidelines for Pool Availability

The health and safety of our Members is always our number one priority. When the air temperature feels below the following levels, we will cancel the corresponding programs. We follow the official National Weather Service / National Oceanic and Atmospheric Administration's weather postings. Decisions will be based solely on their data for what the air temperature feels like. The guidelines below are what will be followed.



Program status when air temperature FEELS like...



Thank you for your understanding and cooperation as we follow these policies to ensure your well-being. If you have questions please call the Aquatics Department at (402) 334-6473 or Member Services at (402) 334-6426.

American Red Cross Classes at the J

Full payment is due at the time of registration for all American Red Cross classes. An administrative fee of \$35 will be retained for cancellations and/or if participant is unable to complete training. If you have questions on any of the class prerequisites, please call the Aquatics office at (402) 334-6473.

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.

October 11 & 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

November 15 & 23-24

Pre-Course: Friday, Nov. 15, 4:30-5:30 p.m.

Saturday, Nov. 23, 8:00 - 5:00 p.m.

Sunday, Nov. 24, 8:00 - 5:00 p.m.

Member: \$150 | Non: \$200 | code: 14-1115

December 13 & 21-22

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

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

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

Member: \$150 | Non: \$200 | code: 14-1213

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.

Saturday, October 12

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

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

Saturday, November 2

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

Member: \$65 | Non: \$80 | code: 14-1102

Saturday, December 28

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

Member: \$65 | Non: \$80 | code: 14-1228

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, October 27

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

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

Sunday, November 10

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

Member: \$65 | Non: \$80 | code: 14-1110

Sunday, December 15

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

Member: \$65 | Non: \$80 | code: 14-1215

NEW! LIFEGUARD INSTRUCTOR COURSE

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

Provides Lifeguards an opportunity to become Lifeguard Instructors. This course will train participants to teach the basic-level American Red Cross Lifeguarding courses.

Prerequisites

Candidates must:

- Be at least 17 years old on or before the final scheduled session of the course.
- Possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED.
- Successfully complete the online Introduction to the Lifeguarding Instructor Course (a link will be emailed to you after you register) prior to the pre-course skills session.
- Obtain all instructor and participant materials before entering the first session of the instructor course. Materials consist of 1) the American Red Cross Lifeguarding Instructor's Manual and 2) American Red Cross Lifeguarding Manual. Both manuals must be printed in color.

November 18 - 21

12:00 p.m.- 6:00 p.m. (Includes lunch break)

Member: \$300 | Non: \$300 | code: 14-1118



Questions? Contact:

Ben Novak

Aquatics Director

(402) 334-6473

bnovak@jccomaha.org



Renee Schomburg

Assistant Aquatics Director

(402) 334-6473

rschomburg@jccomaha.org



Sarah Waszgis

Swim Lesson/Red Cross Program Coordinator

(402) 334-6410

swaszgis@jccomaha.org

Did you know we can bring Red Cross training to you?



If you own or work for a local business interested in holding CPR classes we can travel to your location to hold a class. Call (402) 334-6410 for inquiries.

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



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

SWIM AROUND ISRAEL FITNESS CHALLENGE

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 (402) 334-6473 for details.

2019 Challenge: Now -December 31

Swim Around Israel 2019 will be completed by the end of December. Don't worry if you do not think you will be able to reach your goal. An extension will be given through March for those who need extra time due to the construction on the indoor pool.

Member: \$10 | code: 14-000

2020 Challenge: January 1 -December 31

Swim Around Israel 2020 starts January 1st, 2020. Registration opens in December.

Member: \$10 | code: 14-0100



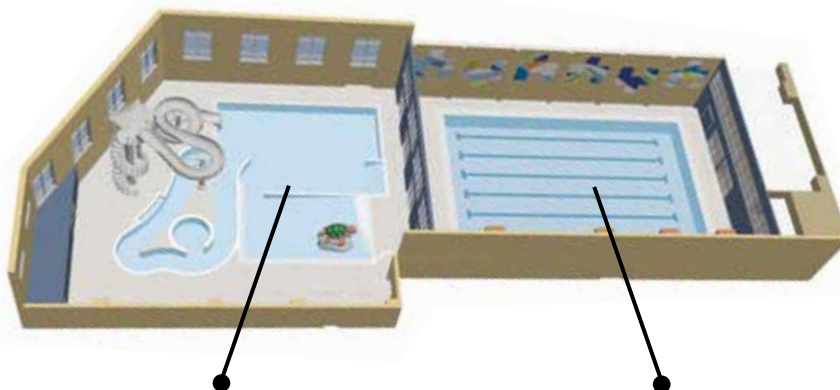
SCHEDULE NOTIFICATIONS ON YOUR PHONE

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 change occurs, 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!

Exciting Aquatic Renovations in Progress!



Addition of Indoor Family Recreational Pool

New indoor recreational pool will feature a water slide, lazy river, water therapy vortex, aqua play features and zero-depth entry.

Targeted Completion Date
Spring 2020

Refurbishment of Indoor Lap Pool

Refurbishment of the existing indoor lap pool will include 6 full lanes, a new filter / gutter system, and easy access stair entry.

Targeted Completion Date
Late Fall 2019




Free Group Exercise Classes

Fall 2019

NEW! Stay in the know. Receive Group Exercise schedule updates and cancellation notifications on your phone via text message. To receive these notifications simply send a text with the message "@jccgro" to the number 81010.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-10:30 AM Men's Pick Up Basketball	5:30-6:30 AM Boot Camp (Stephanie K.)	5:30-6:30 AM Thai Boxing (Ryan J.)	5:45-6:45 AM KEISER Spin (Nancy L.)	5:30-6:30 AM Thai Boxing (Ryan J.)	5:45-6:45 AM KEISER Spin (Nancy L.)	7:45-8:30 AM KEISER Spin (Daron)
9:00-9:45 AM KEISER Spin (Christi C.)	5:45-6:45 AM KEISER Spin (Nancy L.)	5:45-7:30 AM Men's Pick Up Basketball	5:45-6:45 AM Vinyasa Flow Yoga (Kallen G.)	9:00-10:00 AM H.I.I.T. (Kathy B.)	5:45-7:30 AM Men's Pick Up Basketball	8:00-8:45 AM KEISER Spin (Lindsay H.)
9:30-10:30 AM Gentle Vinyasa Yoga (Kallen G.)	5:45-6:45 AM Vinyasa Flow Yoga (Kallen G.)	8:30-10:30 AM Drop-In Pickleball	9:00-9:45 AM Step & Strength (Kim M.)	9:15-10:15 AM Total Barre (Kim L.)	9:00-9:45 AM Infusion (Lindsay H.)	9:00-9:45 AM KEISER Spin (Daron)
9:30-10:30 AM Boot Camp (Alyssa S.)	9:00-9:45 AM Infusion (Shelby)	9:00-9:45 AM Go Time (Heather B.)	9:15-10:15 AM KEISER Core & Spin (Kim L.)	10:00-11:00 AM Water Fitness (Nancy L.)	9:30-11:30 AM Drop-In Pickleball	9:15-10:00 AM Go Time (Stephanie K.)
9:30-11:30 AM Drop-in Volleyball	9:15-10:15 AM totalbarre (Kim L.)	10:00-11:00 AM Water Fitness (Nancy L.)	9:15-10:15 AM Mindful Vinyasa Yoga (Katie T.)	10:30-11:15 AM Mat Pilates (Claire S.)	10:00-10:45 AM Buns, Core & Thighs (Heather B.)	9:15-10:00 AM Kid's Boot Camp* (Josh D.)
10:00-11:00 AM Water Fitness (Jennifer B.)	10:00-10:45 AM Buns, Core & Thighs (Heather B.)	10:05-10:50 AM PiYO (Maggie T.)	10:00-11:00 AM Water Fitness (Nancy L.)	11:00-11:45 AM Master Fitness Circuit (Mary Lou W.)	10:00-11:00 AM Water Fitness (Katie P.)	10:15-11:00 AM Buns, Core & Thighs (Heather B.)
10:45-11:45 AM Vinyasa Flow Yoga (Kallen G.)	10:00-11:00 AM Water Fitness (Nancy L.)	11:00-11:45 AM Master Fitness Circuit (Mary Lou W.)	10:30-11:15 AM Mat Pilates (Claire S.)	11:00-11:45 AM Poolaties (Nancy)	11:00-11:45 AM Master Fitness (Heather B.)	
	11:00-11:45 AM Master Fitness Cardio (Heather B.)	12:00-1:00 PM KEISER Core & Spin (Kim L.)	11:30 AM-12:15 PM Tai Chi (Nicole L.)	12:00-1:00 PM KEISER Core & Spin (Kim L.)	12:00-1:00 PM Boot Camp (Maggie T.)	
	11:00-11:45 AM Poolaties (Nancy L.)	4:45-5:30 PM Boot Camp (Shelby H.)	12:00-1:00 PM Barbell Strength (Josh D.)	6:00-7:00 PM Water Fitness (Mary M.)	11:00 AM-12:00 PM Poolaties (Nancy L.)	
	12:00-1:00 PM Boot Camp (Andrea M.)	5:45-6:30 PM Mat Pilates (Allison W.)	4:45-5:30 PM MetCon (Shelby H.)	6:00-7:00 PM Power Vinyasa Yoga (Brooke J.)		
	4:00-4:45 PM Tai Chi (Beth S.)	6:00-7:00 PM Water Fitness (Gretchen T.)	5:35-6:20 PM Mat Pilates (Christina B.)	6:30-7:30 PM STRONG ZUMBA (Andrea M.)		
	5:30-6:15 PM totalbarre (Maggie T.)	6:00-7:00 PM Mindful Vinyasa Yoga (Katherine F.)	6:00-7:00 PM Restorative Hatha Yoga (Katherine F.)			
	6:00-7:00 PM Water Fitness (Gretchen T.)	6:45-7:30 PM Step & Strength (Kim M.)	6:00-7:00 PM Water Fitness (Nancy L.)			
	6:00-6:45 PM KEISER Spin (Angela J.)		6:00-6:45 PM KEISER Spin (Angela J.)			
	6:30-7:30 PM ZUMBA (Andrea M.)		6:30-7:15 PM Dance Fitness (Christina B.)			

CLASS LOCATIONS

-  **Mind-Body Studio**
-  **Library** Through December
-  **Outdoor Pool***
Air temp. must feel like 65°+
-  **Group Ex. Studio**
-  **Spin Studio**
-  **Gymnasium**

Fit & Sit

Fitness Center Childcare

RSVP 24 hours in advance.
Call (402) 334-6426.

Group Exercise classes are "drop-in" and FREE for members, ages 16+. Members, ages 6+, are allowed in "kid" classes. Parents do not have to attend class with their child, but they must remain on campus. *Water Fitness classes will be held in the outdoor competition pool through the end of October, temperature permitting. See www.jccomaha.org for details. Those Yoga classes held in the library will move to the Mind-Body studio upon completion of the new dance studios. If you have any questions, contact Member Services at (402) 334-6426.



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!

Health & FITNESS

NEW! GOAT YOGA BY JAMS Members, Ages 10+

One day only! Goats and yoga unite on the JCC soccer fields. Members are invited for a fun afternoon yoga class, done along side friendly goats. Goat Yoga by JAMS is a special event will be held on Sunday, October 27th. Class will be held outdoors. Participants are asked to bring their own yoga mat, wear clothes that can get dirty, and be ready for a fun encounter! Advanced registration is required.

Sunday, October 27 2:00 - 3:00 p.m.

Members: \$25 | code: 06-1027

NEW! GIRLS GOT POWER EVENT Members & Non, Ages 10-16

Learn about the importance of being strong young women. Girls will experience a fun workout and body positive presentation followed by healthy snacks. This program will be held in the Mind/Body Studio. Registration is required. Thank you to Athleta for sponsoring this event!

Monday, November 11 6:45 - 8:00 p.m.

Members: \$10 | Non: \$15 | code: 06-1111

NEW MONTHLY FITNESS CHALLENGES Members, Ages 16+

Did you know you can use the Omaha JCC app to log workouts and participate in group challenges? Simply download and install the app on your phone to get started. 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.) Contact a member of the Fitness Center staff if you need help setting up your account.

October: Mile-a-day (app challenge)

Time to turn it up a notch. Two lucky participants who walk or run one mile-a-day, every day, during the month of October will earn a prize pack! Activity must be logged in app to count.

November: Flow into Yoga (non-app challenge)

Add variety to your workout while reducing your stress levels. Complete 10 yoga classes during the month of November and earn \$10 in J bucks. Pick up a tracking sheet from member services. Yoga classes are free for members as part of our Group Exercise program.

December: Winter Jump Start (app challenge)

Jump start your winter fitness regimen. One lucky participant who logs 30 workouts in the month of December will receive one free 60-minute Personal Training Session and nutritional consultation with a certified personal trainer. Workouts must be tracked through the app.



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



Questions? Contact:

Maggie Thomas

Fitness Center Director

(402) 334-6580
mthomas@jccomaha.org



Shelby Hohnholt

Assistant Fitness Center Director

(402) 334-6472
shohnholt@jccomaha.org

Mind-Body Programs

PRE/POST NATAL FITNESS Members, 18+

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 18 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 an existing groups, or gather friends and make your own time. Classes are customized to your interests. Small Group Training options include:

Classic Pilates Small Group Training

Classic Reformer, mat, chair, or tower exercises will give you a total body workout. All levels are welcome. Workouts can be customized to your interest.

Cardio Pilates Small Group Reformer 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.

NEW! Restorative Small Group Reformer Training

Restorative Pilates Reformer has a special focus on posture, joint health, maintaining strength and maintaining motion.

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

All morning Mind-Body Group Exercise classes are now held in the new studio. Please note, the Mind-Body Studio is currently acting as a shared space while the dance studios are under construction. When the new dance studios are completed, the remaining Mind-Body classes will be relocated to the Mind-Body studio. *Some classes may remain in the Group Exercise studio if they have an overlapping time with an additional mind-body class. Use the Omaha JCC App or new text message service for schedule updates! More details on our campus renovations can be found on pages 6-11.

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

*Start Up Special**

3 session	\$100	\$150
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Semi-Private 30 Min 60 Min

1 session	\$32	\$50
5 sessions	\$150	\$230
10 sessions	\$280	\$440
20 sessions	\$520	\$840

*Start Up Special**

3 session	\$75	\$100
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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

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

Start Up Special*

3 session	\$84	\$129
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Semi-Private

30 Min 60 Min

1 session	\$28	\$45
5 sessions	\$135	\$215
10 sessions	\$260	\$410
20 sessions	\$500	\$800

Start Up Special*

3 session	\$57	\$89
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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

Personal Training Options

NEW! FALL INTO FITNESS *Members, Ages 13+*

Struggling to find a routine? Need accountability or just a fresh jump start? Then this program is for you. Participants will have scheduled, private appointments and weekly check-ins with a certified personal trainer. Participants will meet with a trainer for 60 minutes (45 minutes of training, and 15 minutes of weekly planning and nutritional guidance) once/week for four weeks. Participants will be guided through a workout program, be provided nutrition tips and tricks, and receive step by step guidance to reach their goals. Questions? Or to register, contact Shelby Hohnholt at (402) 646.0104 or email at shohnholt@jccomaha.org.

4 Week Program Members: \$200 | code: 06-1000

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. Prices are listed per person.

Ongoing Program Four sessions: \$68 | Twelve sessions: \$184

NEW! Kettlebell Class Small Group Training

Use kettlebells to benefit your exercise journey regardless of your goals. They strengthen muscles, increase cardiovascular endurance, develop power for athletic performance, and improve balance. Grab a couple of friends, or join another group, and learn the proper technique to take advantage of this universal exercise tool. Minimum of 3 people needed.

NEW! J FIT Small Group Training

Grab a couple of friends and join a new 45 minute, high-intensity workout called JFIT. JFIT incorporates aspects of CrossFit and athletic workouts into a boot camp that pushes you physically and mentally to drive results. Led by Samuel Anderson, JFIT has 2 timed rounds of exercises using athletic equipment, followed by a gut-busting core routine geared towards strengthening and toning. Questions? Call Samuel Anderson at (402) 334-6423 or email samanderson@jccomaha.org.

Athletic Enhancement Small Group Training

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 Small Group Training

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.

Functional Strength Small Group Training

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 be covered. Questions? Contact Josh Dolph (402) 334-6423 or jdolph@jccomaha.org.

The Benefits of Olympic Lifting By: Josh Dolph

The Olympic lifts can be taught to people of all ages and fitness levels. These lifts include the clean, clean & jerk, and snatch. Olympic lifts are a great way to increase power, explosiveness, speed, coordination and mobility.

For youth athletes the Olympic lifts, and their complimentary lifts (squats, deadlifts, and presses), are used for functional strength. If taught correctly, these lifts can take young athletes to the next level in their respective sports. Contrary to popular belief lifting weights is not harmful to children. Research shows that lifting weights can actually stimulate growth and enhance intermuscular coordination. Learning how to properly execute the Olympic lifts at a young age can be extremely beneficial in the development of motor patterns, coordination, speed, strength, and overall mindset of young kids. Focusing a youths training on technique and enjoyment of the training, rather than on the weight being moved, helps lead to successful and safe participation in sports.

For adults, the Olympic lifts are something outside the norm of regular training. As we age our mobility and power output decrease, which leads to a decrease in speed in our everyday movement patterns. The Olympic lifts help people looking for general fitness to increase their power output and speed of movement, while also regaining lost flexibility. Olympic weightlifting also provides a new challenge for those looking for something new.

Olympic lifting is different from powerlifting and general strength training in a few ways. Contrary to its name, powerlifting actually has little to do with generating power. Rather, it focuses on how much force is produced to move an object, usually with little velocity. Olympic lifts focus on how rapidly that force can be generated to move the object with as much velocity as possible.

General strength training for general fitness is often done with the objective of reaching a desired training affect such as weight loss, muscle definition, and increased endurance. Although general strength training does improve motor pattern efficiency and coordination within the nervous and muscular systems, Olympic weightlifting challenges both systems even more due to the explosive nature of the lifts being performed.

Regardless of your fitness level or age, it is very important to work with a personal trainer to ensure the lifts are being executed safely, with proper form. Each phase of the lift will be broken and taught individually using proven progression methods to ensure proper technique is being used throughout the entirety of the movement. Each lift will start from the top down and will not be progressed until the current progression can be correctly executed consistently. Individuals will learn how to properly implement the Olympic lifts into their training programs, as well as be taught different loading principles. Want to try it for yourself? Contact Josh at (402) 334-6423 to schedule training!

Welcome Randi Peterson, Core Specialist



After her journey into motherhood, Randi started searching for solutions to core and pelvic floor issues. After working through a few programs, Randi found one that improved her health tremendously. She not only completed the program, but completed teacher and personal training certification as well. Randi has a passion to help women find hope in their journey through healing. Her specialty

includes exercises that retrain the core and pelvic floor muscles to be functional, reflexive, responsive, and supportive to the body. Randi helps her clients learn to move and exercise better, uncover movement compensation patterns and create new patterns of strength, mobility, length, and support. Call (402) 334-6423 to find out more about this new specialty training.

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

Fit & Sit

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.

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 20 children is permitted at any one time, with no more than 3 children under the age of 18 months allowed. The Fit & Sit Room is located upstairs in the Youth Department. Questions? Please call (402) 334-6409.

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.

Mushroom Burger

By: Heather Bucksner

"This is an excellent meat free option the whole family can enjoy. Play with the toppings, cheeses, and choice of bread to make it your own. You can also grill, skip the cheese and add to a salad!"

- 4 portobello mushroom caps
- 2 tbsp. balsamic vinegar
- 1 tbsp low sodium soy sauce
- 1 tablespoons olive oil
- 1 tbsp chopped rosemary
- 1½ tsp steak seasoning
- 4 thick slices red onion
- 4 oz thin sliced, reduced fat Swiss
- 4 thin slices tomato
- 1/2 avocado (sliced thin)
- baby spinach
- 4 whole wheat, low calorie buns

In a large bowl, whisk together vinegar, soy sauce, oil, rosemary, and steak seasoning. Place mushrooms in the bowl and toss to evenly coat. Let stand at room temperature for 20 to 30 minutes, turning a few times.

Heat the grill or grill pan over medium heat. When hot, brush the grill grate with oil or lightly spray the grill pan. Place the mushrooms on the grill. Reserve marinade for basting. Grill for 5 to 7 minutes on each side, or until tender. Frequently brush with marinade. Top mushrooms with cheese during the last minute of cooking. While mushrooms cook, grill onions for about 1 minute per side. Grill the buns until toasted.

To finish, place the spinach and grilled portobello mushrooms on buns. Top with grilled onions, sliced tomato and avocado.

Serving: 1 loaded burger / Calories: 295 cal, Carbs: 31g, Protein: 21g, Fat: 13g, Fiber: 11g, Sugar: 6g



No Bake Granola Bars

By: Maggie Thomas

"I always make a double batch and put some in the freezer. When my kids want granola bars, I feel better about giving them a snack where all the ingredients come from by cupboard!"

- ½ cup creamy peanut butter
- 1 ½ cup virgin coconut oil
- 3 tbsp honey
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 1/3 cup flaxseed meal
- 1 tbsp chia seeds
- ½ cup old fashioned oats
- 1/3 cup chopped roasted almonds
- ¼ cup unsweetened coconut shreds
- 2 tbsp dark chocolate chips
- ½ tsp coconut oil

Add peanut butter, honey, coconut oil, vanilla and cinnamon to saucepan on medium heat. Stir until melted. Remove from heat and stir in oats, flaxseed meal, chia, almonds and shredded coconut.

Once combined place in 8"x4" baking sheet lined with foil or parchment paper. Press firmly into pan.

In original saucepan melt ½ tsp coconut oil and dark chocolate chips. Once melted, drizzle chocolate over bars.

Cover pan with foil and place in refrigerator until hard, 30 to 60 minutes Remove from frig and cut bars.

Yield: Approximately 8 servings

Berry Smoothie

By: Josh Dolph

"Stay on top of your workout nutrition This smoothie is loaded with protein, fiber, healthy fats, and probiotics."

- 12 ounces of water or milk
- 2 cups mixed berries
- ½ cup plain, low fat yogurt
- 2 scoops vanilla protein powder

Combine all ingredients in blender. Add ice if desired. Blend to desired consistency.

Serving: 1 smoothie / Calories: 500, Carbs: 54g, Protein: 57g, Fiber: 14g, Fat: 11g



Pennie Z. Davis CHILD Development Center

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

The Pennie Z. Davis Child Development Center's Arts Educator, Shannon Liedel has been spending her summer thinking of fun new classes and activities for our youngest friends! Included are new classes for art, cooking, and STEAM (Science Technology Engineering Art and Math)! We're also offering our popular Spanish classes again this year. We can't wait to learn with you!

SMART ART Age: 3

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

October 7-28 Mini Masters

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

November 4-25 Under the Sea

Member: \$72 | code: 02-1104SA

December 2-16 Slime-o-rama

Member: \$54 | code: 02-1202SA

January 6-27 Art of the Book

Member: \$54 | code: 02-0106SA *(No class 1/20)*

ART CONNECTIONS Age: 4+

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

October 7-28 Mini Masters

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

November 4-25 Under the Sea

Member: \$72 | code: 02-1104AC

December 2-16 Slime-o-rama

Member: \$54 | code: 02-1202AC

January 6-27 Art of the Book

Member: \$54 | code: 02-0106AC *(No class 1/20)*

October: Mini Masters

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

November: Under the Sea

Is there art under the water? We'll explore the concept of art under the sea and make three-dimensional sea creatures.

December: Slime-o-rama

It's slippery and slimy and also a work of art! Artists will create their own slimy concoctions and see the beauty in the process.

January: Art of the Book

Children will explore and create art in the style of favorite children's book illustrators.

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.*

October 8-29

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

November 5-26

Member: \$72 | code: 02-1105BS

December 3-17

Member: \$72 | code: 02-1203BS

January 7-28

Member: \$72 | code: 02-0107BS

INTERMEDIATE SPANISH Age 3-4

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

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

October 8-29

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

November 5-26

Member: \$72 | code: 02-1105IS

December 3-17

Member: \$72 | code: 02-1203IS

January 7-28

Member: \$72 | code: 02-0107IS

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 9/1/19.*

October 2-30 *(No class 10/9)*

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

November 6-27

Member: \$72 | code: 02-1106MM

December 4-18

Member: \$54 | code: 02-1204MM

January 8-29

Member: \$72 | code: 02-0108MM

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!

October 2-30 *(No class 10/9)*

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

November 6-27

Member: \$72 | code: 02-1106ST

December 4-18

Member: \$54 | code: 02-1204ST

January 8-29

Member: \$72 | code: 02-0108ST

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.

October 4 - November 1

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

November 8-22

Member: \$54 | code: 02-1108CA

December 6-20

Member: \$54 | code: 02-1206CA

January 10-31

Member: \$72 | code: 02-0110CA

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

October 4 - November 1

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

November 8-22

Member: \$54 | code: 02-1108CB

December 6-20

Member: \$54 | code: 02-1206CB

January 10-31

Member: \$72 | code: 02-0110CB

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



Shannon Liedel

Arts Educator / Assistant Teacher

(402) 334-6413

sliedel@jccomaha.org



Pam Kutler

CDC Office Manager

(402) 334-6413

cdc@jccomaha.org





NEW! Registration Policies in Effect for Youth Programs

We've recently updated some of the terms of our registration policies for Youth programming. The following adjustments went into effect on October 1, 2019.

School Break Specials, Winter Break Specials, Spring Break Specials, and Kids Night Out programs are subject to the following terms.

- If a registration is received less than 1 week prior to the program a \$20 late registration fee will be assessed to each participant.
- If you cancel less than 1 week prior to the program you will receive a credit to be used for future programs at the JCC.
- If you do not show up for a program and have not notified staff no refund or credit will be given.
- If you cancel prior to 1 week before the program a full refund will be issued or credit for future program.

Registration Questions?



Contact:

Johanna Berkey

Program Account Coordinator

(402) 334-6419

jberkey@jccomaha.org

YOUTH Programming

K-6TH ART APPRENTICE CLASSES *Members, K-6, (Min:4 / Max: 12)*

Taught by JCC Arts Educator Shannon Liedel, the current slate of K-6th art classes will focus on fine art. We will be offering two times, Mondays or Thursdays for all children in grades K-6. Please enroll based on your preferred day of the week. Classes will be adjusted based on the ages of enrollees. Interested in something that isn't being offered? Just let us know! Shannon enjoys stopping by Kidz Inn to give the kids a sneak-peak at her art classes. Let us know! Call (402) 334-6413 or email Lisa Cooper at lcooper@jccomaha.org.

Mini Masters

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

Under the Sea

Is there art under the water? We'll explore the concept of art under the sea and make three-dimensional sea creatures.

November 4-25

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

Member: \$72 | code: 02-1104AA

November 7-21

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

Member: \$54 | code: 02-1107AA

Slime-o-rama

It's slippery and slimy and also a work of art! Artists will create their own slimy concoctions and see the beauty in the process.

December 2-16

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

Member: \$54 | code: 02-1202AA

December 5-19

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

Member: \$54 | code: 02-1205AA

Art of the Book

Children will explore and create art in the style of favorite children's book illustrators.

January 6-27 *(No class 1/20)*

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

Member: \$54 | code: 02-0106AA

January 9-30

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

Member: \$72 | code: 02-0109AA

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. If a registration is received less than 1 week prior to the program a \$20 late registration fee will be assessed to each participant

October 26: *Cinderella*

code: 09-1026

December 14: *Inside Out*

code: 09-1214

Member: First child: \$20 | Additional: \$10 each

November 9: *Wall-E*

code: 09-1109

January 11: *Ice Age*

code: 09-0111

Non: First child: \$25 | Additional: \$13 each

SNOW DAY AT THE J *Members & Non, K-7th Grade*

Did you know when school is called off due to inclement weather the JCC offers K-7th grade programming? Kids will enjoy gym time, swim time, a movie, art projects, and snacks! Pricing and hours are the same as School Break Specials (listed at right), with the exception that drop off begins at 7:30 a.m. Registration is required. Call the Youth Department at (402) 334-6409 for more information.

SCHOOL BREAK SPECIALS

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

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

School Break Specials offer daily registration options for Members and Non Members in K-7th grade! Kids will participate in crafts, sports, and swimming. School Break Specials are offered during the school year for kids that have the day off. Before & After Care is available if needed. We require a minimum of 5 children to be able to run our School Break Specials. If we do not reach 5 children three days prior, we reserve the right to cancel.

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 a slice of pizza, fruit, cookie, and juice. 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.

NEW! Registration Policy Change

Registrations for School Break Specials that are received less than one week prior to the date of the program will be subject to a \$20 late registration fee. Find a full listing of our 2019-2020 School Break Specials and the full new policy on-line.

Looking for more?

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, 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 contact us!

Weds, October 16 | Mythical Creatures
Unicorns, Dragons, fairies, centaurs and more!
Let's explore these mythical creatures and maybe even create some of our own.

School: Millard

code: 09-1016, B/A: 09-1016BA

Thursday, October 17 | Pumpkin Patch

Pumpkin crafts, pumpkin snacks, a pumpkin patch and all things pumpkins. Plus, we'll take a trip to Vala's Pumpkin Patch.

School: Millard

code: 09-1017, B/A: 09-1017BA

Friday, October 18 | Wonder Park

Buckle up because we are going to have some fun exploring and creating amusement park fun! We will watch the movie 'Wonder Park' to get some inspiration. Don't forget its Pizza Friday.

School: Millard, Westside

code: 09-1018, B/A: 09-1018BA, Pizza: 09-1018P

Thursday, October 24 | Grand Slam

Let's celebrate the World Series with baseball fun. Will your team make it to the World Series, either way we are sure to have a grand slam!

School: OPS

code: 09-1024, B/A: 09-1024BA

Friday, October 25 | GO BIG RED!

Time to get our game faces on and get ready for Saturday's football game. We will make some team crafts and tailgate snacks, and if you're not a Husker's fan you can get ready for your teams game. It's also Pizza Friday!

School: OPS, Svdp

code: 09-1025, B/A: 09-1025BA, Pizza: 09-1025P

Wednesday, November 27 | Turkey Day

Gobble, Gobble it's Turkey Day! Let's be thankful and celebrate by seeing how many things we can make turkey themed!

School: OPS, Westside, Millard, Svdp, CTK

code: 09-1127, B/A: 09-1127BA

Monday, December 23 | Bricks & Blocks

Legos, Jenga, Duplo and more. We will come up with wild creations using different types of blocks.

Schools: All Schools

code: 09-1223, B/A: 09-1223BA

Tuesday, December 24 | Mad Scientists

Pack your goggles and your lab coats because we are going to be mad scientists for the day!

School: All Schools

code: 09-1224, B/A: 09-1224BA

Thursday, December 26 | Happy Hanukkah

Let's light the menorah, spin the dreidel, bake some rugelach and eat some gelt while we celebrate Hanukkah.

School: All Schools

code: 09-1226, B/A: 09-1226BA

Find a full list of
School Break Specials
at www.jccomaha.org!

Friday, December 27 | Zombie Apocalypse

Will you be ready if zombies takeover the J? We will spend the day preparing for a zombie apocalypse. Will you survive? Of course we will have \$5 Pizza Friday to keep up our energy.

School: All Schools

code: 09-1227, B/A: 09-1227BA, Pizza: 09-1227P

Monday, December 30 | Creepy Crawlers

Lady bugs, caterpillars and beetles are just the beginning of our day. We will dapple in all things creepy and crawly.

School: All Schools

code: 09-1230, B/A: 09-1230BA

Tuesday, December 31 | New Years Party!

Three, two, one, HAPPY NEW YEAR! We will spend the day having our own New Years Eve party as we count down to 2020!

Schools: All Schools

code: 09-1231, B/A: 09-1231BA

Thursday, January 2 | Pirates & Mermaids

What's better a pirate or a mermaid? We will dive in to a day of sea adventures full of both and an outing to Pirate Putt mini-golf!

Schools: All Schools

code: 09-0102, B/A: 09-0103BA

Friday, January 3 | Camp JCC

Who says you can't go camping in the winter? We will have a day filled with camping activities. It will feel like summer. It's also pizza Friday!

Schools: All Schools

code: 09-0103, B/A: 09-0103BA, Pizza: 09-0103P

Monday, January 6 | CSI Mystery

Oh no! There's been a crime! Will we be able to use our best CSI skills to solve the crime?

Schools: OPS, Svdp

code: 09-0106, B/A: 09-1106BA

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



Celebrate Your Birthday at the JCC!



Celebrate your big day at the "J!" We make birthdays fun and easy! Simply choose one of our awesome party

themes and we take care of the rest! All parties are held at the JCC.

Party Includes:

- 1½ hour party for up to 15 guests
- Professional and friendly staff
- Choice of activities and supplies
- Invitations for you to mail
- Cookies and juice
- Plates & napkins
- Decorated party room
- Small party favor for each guest
- Clean up

Party Themes:

- Wet n' Wild Swimming
- Silly Sports
- Create-a-Craft

Additional Details:

- Cost for a birthday party is \$215. This cost covers up to 15 guests.
- Additional guests are \$10 each.
- Birthday family must be Members. Guests can be non-members.
- A \$50 non-refundable deposit due at time of your party reservation.
- Two weeks advance notice is required when booking.
- Birthday child must be turning 4 years old or older.

For details or to schedule contact
Amanda Welsh at (402) 590-2152.



"Like" us on Facebook!

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



BBYO is a pluralistic, teen lead organization for **Jewish teens in 8th-12th grade**.

BBYO has weekly meetings every Monday night from 6-7pm at the JCC in the Kripke Library. To become a member of BBYO, go to www.bbyo.org/join today, or email BBYO/Teen program Director, Jacob Geltzer at jgeltzer@jccomaha.org. Programs and events are offered throughout the year including:

October 18-20 | Fall Regional Convention, St Louis, MO

The first regional convention of the year will be in St. Louis. Teens from Omaha, St. Louis, Kansas City, and Minneapolis will reunite for a weekend. The theme is "Live, Love, MAR," focused on finding our identities as individuals, chapters, councils and unified region.

November 7 | BBYO Summer Program Registration Opens

Registration for summer programs opens this November. Experience the best of BBYO through leadership opportunities, fun with friends, discovering new interests, community building, meaningful Jewish connections and more! Summer experiences take place in the US, Israel, Europe, Central and South America, Africa, and Asia. We have options for teens of all ages and experiences that range from 12 days to 6 weeks. A BBYO summer is an experience that you'll never forget. To register or learn more go to www.bbyo.org/summer.

December 13 | Global Shabbat

Global Shabbat offers a united platform to honor and celebrate Shabbat, all together and on the same day while engaging local thought leaders to inspire this generation of Jewish teens. More info on this program to come.

January 17-19 | 2020 Winter Regional Convention, Omaha, NE

Spend MLK weekend with over 100 of your friends from Omaha, Kansas City, St. Louis, and Minneapolis right here in Omaha! Registration for this convention will go live in November, so stay tuned for more information.

Join Our Team For the JCC Maccabi Games

The JCC Maccabi Games® are an Olympic-style sporting competition held each summer in North America. It is the second largest organized sports program for Jewish teens in the world. The JCC Maccabi Games® and ArtsFest is available to any Jewish teen between the ages of 13-16, no synagogue affiliation or JCC membership required. Our athletes always come back to Omaha with friendships and memories that will last a lifetime. In 2020, Team Omaha will be competing in the JCC Maccabi Games® and JCC Maccabi ArtsFest® in San Diego, CA, the week of August 2-7, 2020. Available sports for the 2020 JCC Maccabi Games® include:

Baseball	E-sports	Soccer	Track & Field
Basketball	Flag Football	Swimming	Volleyball
Bowling	Golf	Table Tennis	
Dance	Ice Hockey	Tennis	

JCC Maccabi ArtsFest® is a for Jewish teens ages 13-17, featuring workshops in a variety of specialties with leading artists in each field. Specialties include:

Acting / Improv	Film	Social Media	Vocal Music
Culinary	Musical Theater	Squad	
Dance	Rock Band	Visual Arts	

More information on how your teen(s) can compete/participate in the 2020 JCC Maccabi Games® and JCC Maccabi ArtsFest® will come out later this year. Contact Team Omaha's Delegation Head, Jacob Geltzer.



Questions? Contact: Jacob Geltzer

BBYO / Teen Director
(402) 334-6404
jgeltzer@jccomaha.org



DANCE & Performing Arts

ADDAMS FAMILY THE MUSICAL Members & Non, All Ages

Saturday, December 14 at 7:00 p.m. Sunday, December 15 at 2:00 p.m.

Bid the old Theater farewell before the renovation work begins! The entire community is invited to come see *Addams Family the Musical* this December 14th and 15th. **Tickets will go on sale November 18th at 9:00 a.m.** Call (402) 334-6419 to purchase. Advanced ticket purchase is recommended. Remaining tickets will be sold at the door until sold out. Tickets are \$5 for students and \$10 for adults. Patron tickets are also available. Contact Esther at ekatz@jccomaha.org for details.

MUSICAL THEATER AUDITION REGISTRATION Age: 8 - Adult

Registration Opens December 16

9:00 a.m.....Member Registration Opens **Members: \$153**
12:00 p.m....Non Member Registration Opens **Non: \$199**

Registration for our spring musical theater production will open Monday, December 16th. Musical Theater is open to Members and Non Members, ages 8 through adult. 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. Space fills quickly. Call (402) 334-6419 or visit www.jccomaha.org to register.

SPRING SEMESTER DANCE CLASSES Members & Non, Age: 2- Adult

Classes Begin Sunday, January 5

The spring semester of dance classes will begin January 5th. 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.

Dance Studios To Open Soon

Beginning spring semester our JCC dancers will be dancing in three brand new fully equipped dance studios. All studios will have fully sprung dance floors! These studios were made possible by an extremely generous gift from Michael Staenberg.

Theater Renovation to Begin in December

Addam's Family the Musical will perform December 14th and 15th and on December 16th demolition of our 46 year old theater will begin! The theater will be COMPLETELY redone...down to the bones! This will include rigging, sound/lighting, acoustics, curtains, etc. And everything that you see as an audience will be brand new as well, new seating with a new rake so that sightlines from any seat in the house will be impeccable. Handicap accessibility will be dramatically improved, as well. You will hardly recognize the space when you see it! Not only does this renovation turn our theater into a state of the art facility, we are also adding 2 new piano/vocal studios, redoing the dressing rooms and cultural arts office, as well as a much needed update to our bathrooms. (See page 7 for a theater rendering.)

We thank all of our donors for seeing our vision and helping us achieve it. These spaces are going to be incredible and have a HUGE impact on what we can do. We feel so incredibly lucky to be able to take on these incredible projects!

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



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 info.

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

JCC LIONS BASKETBALL *Members & Non, Grade: 3rd-8th*

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 us and improve your game! Both boys and girls are welcome! Contact Jonathan Crossley, JCC Basketball Coordinator, for more information!

LITTLE LIONS BASKETBALL *Members & Non, Grade: K-2nd*

Both Individual and Team registrations are available for boys and girls. Games will be played on-site, against other basketball clubs through our JCC Little Lions League. Uniforms are an additional cost. **Winter registration is due December 15th!**

Team Registration

Have your own team? The JCC is offering a 7 game, multiple division league for K-2nd grade teams. All games will be played at the JCC on Saturdays or Sundays. No admission FEES for games! Cost is listed per team.

January 13 - March 3

Tier 1: League + Practice Time cost: \$570
Tier 2: League ONLY cost: \$488

Individual Registration

Looking for a team? Join the JCC Little Lions! Teams for K-2nd graders will be available according to age.

January 13 - March 3

Member: \$139* | Non: \$180*

**Uniforms not included in registration fee.*

YOUTH BASKETBALL *Members, Age: 4yrs - 3rd grade*

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 and is open to boys and girls.

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

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

October 15 - November 19

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

November 26 - December 17

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

January 21 - February 25

Member: \$96 | code: 17-0121KH

March 10-31

Member: \$64 | code: 17-0310KH

Future Stars: K-3rd

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

October 15 - November 19

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

November 26 - December 17

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

January 21 - February 25

Member: \$96 | code: 17-0121FS

March 10-31

Member: \$64 | code: 17-0310FS

SAVE THE DATE: BASKETBALL TOURNAMENTS

Mark your calendars for the upcoming basketball tournament dates!

November 8-10	JCC Jamboree Boys Basketball Tournament	3rd-8th Boys
January 3-5	J Hoops Boys Basketball Tournament	3rd-8th Boys
February 21-23	JCC Girls Spring Showcase Basketball	3rd-8th Girls
March 13-15	Little Lions March Mania Basketball Tournament	K-2nd Girls & Boys
Sunday, April 5	Eddie Belgrade 3 on 3 Basketball Tournament	Men, Women & Kids

PRESCHOOL SPORTS

Members, Age: 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.

October 3-31 (5 classes)

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

November 7-21

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

January 9-30

Member: \$60 | code: 17-0109P

HOME SCHOOL GYM CLASS

Members & Non, Age: 5yrs-10th grade

Home schooled students will engage in physical activity to build coordination, teamwork, and confidence. 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

October 3-31 (5 classes) code: 17-1003HS

November 7-21 code: 17-1107HS

December 5-19 code: 17-1205HS

January 9-30 code: 17-0109HS

TUMBLE-TASTIC

Members, Age: 3-5

Classes will focus on 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.

October 8-29

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

November 5-26

Member: \$60 | code: 17-1105A

January 7-28

Member: \$60 | code: 17-0107A

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

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

October 8-29

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

November 5-26

Member: \$60 | code: 17-1105B

January 7-28

Member: \$60 | code: 17-0107B

TAEKWONDO

Age: 6yrs - Adult

Learn Taekwondo with Omaha ATA Martial Arts Black Belt Academy. The ENTIRE FAMILY is encouraged to enroll and participate together. Classes meet 2 times a week. Instructor is Bret Salomon, 3rd degree black belt.

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

TODDLER SOCIAL SPORTS

Members, Age: 2 (maximum: 5)

Class will introduce athletics, sportsmanship and teamwork at a fundamental level. Fun and stimulating exercises will focus on motor skills.

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

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

Member: \$45 | code: 17-1007

November 4-25

Member: \$60 | code: 17-1104

December 2-16

Member: \$45 | code: 17-1202

January 6-27

Member: \$60 | code: 17-0106

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

October 3-31 (5 classes)

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

November 7-21

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

December 5-19

Member: \$45 | code: 17-1205TS

January 9-30

Member: \$60 | code: 17-0109TS

SUPERHERO TRAINING

Members, Age: 3-5

Superhero training is back this winter, but this time it's even more spectacular with all NEW obstacle courses and activities for our superheroes in training. Kids will receive a cape.

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

December 3-17

Member: \$45 | code: 17-1203SH

WINTER OLYMPIC GAMES

Members, Age: 3-5

Classes introduce boys and girls to different winter Olympic sports. Winter indoor sports will be introduced through fun games.

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

December 5-19

Member: \$45 | code: 17-1205

ADULT RECREATIONAL LEAGUES

Members Only

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

Ongoing, Drop-In

NEW! Pickleball Co-Ed, Age: 16+

Pickleball is now in the basketball gymnasium on a drop-in basis. Pickleball is a sport that combines elements of tennis, badminton, and table tennis. Four players use paddles to hit a perforated ball over a net. Come give it a try during these times:

Tuesdays, 8:30-10:30 a.m.

Fridays, 9:30-11:30 a.m.

Men's Basketball Men, Age: 30+

All games will be in the south half of the gym 5 on 5 when possible. Get here early - the first 10 are in!

Sundays, 8:30 a.m.

Tuesdays & Fridays, 5:45 a.m.

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

Friendly matches. All levels welcome.

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



Questions? Contact: Lynette Brannen

Director of Athletic Programs

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Assistant Director of Athletics
& Basketball Coordinator

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Mason Winkler

Sports Associate /
Basketball Coach

(402) 590-2142

mwinkler@jccomaha.org



Jaron Hall

Sports Associate /
Basketball Coach

(402) 590-2142

jhall@jccomaha.org

**Staenberg Kooper Fellman Campus**

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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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Judy Vann
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** New Patron Member
(list as of 09/06/19)*

THANK YOU THANK YOU