The Indoor Lap Pool is Open

Phase Three of Campus RENOVATIONS
GET THE DETAILS ON OUR LATEST PROJECTS - pg.6-11

Refurbished Indoor LAP POOL
NOW OPEN! FAMILY LEISURE POOL OPENING SPRING 2020 - pg.12-14

New! Total Body JFIT TRAINING
DYNAMIC NEW TRAINING CLASSES YOU WON’T WANT TO MISS - pg.16

Staenberg Kooper Fellman Campus
333 South 132nd Street • Omaha, NE • www.jewishomaha.org
Hello, again, to the thousands of readers of the JCC Centerpiece: 

When we last spoke, the outdoor pool was still open, the leaves were falling, and footballs were flying in the air. Now we are heading into the new year, looking forward to all of the amazing things 2020 will have in store.

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 plans. Our ongoing construction includes the addition of a new family-friendly leisure pool, renovated locker rooms, and family changing area. In addition, we’re completely refurbishing the theater and updating the main entrance.

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’s a recap of some of the changes happening around the J:  

- Saw, sand, paint – a familiar theme the last few months. I sense our next musical theater production.
- Glass cleaner, paper towels, moving a stepladder – name three things our housekeepers will be frequently doing in the hallway between the gym and racquetball courts.
- Locker room transition . . . women’s spa to women’s locker room, men’s spa moves to the women’s health spa, men’s locker room to women’s health spa, and reverse course in six months. It sounds easy now, but drafting it on paper took months.
- Mushroom burgers, no bake granola bars, and berry smoothies. The focus on health never changes for our Fitness Center staff!
- Second semester of dance is set to begin in January. Now, let’s see, the old studio B will now become music rooms, the new studio B was the old social hall, and our dance department now has offices no one can find. Please excuse our mess.
- Two squash courts are transformed into functional training space, one racquetball court now hosts squash, and one racquetball ball court remains the same. Say that fast three times.
- The extended outdoor pool season brought 80-degree water temperature, 40-degree air temperature, and down jackets for the lifeguards.

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.

DECEMBER 24 & 25
Tuesday, December 24.................CLOSING, 6:00 p.m.
Wednesday, December 25............. Fitness Center Open, 9 a.m. - 2 p.m.
Holiday Group Exercise schedules will be posted at www.jccomaha.org. There will be no evening Fit & Sit on 12/24. Fit & Sit, the Youth Department, and the CDC will be closed on 12/25.

NEW YEARS EVE & DAY
Tuesday, December 31.................CLOSING, 6:00 p.m.
Wednesday, January 1................. Fitness Center Open, 9 a.m. - 2 p.m.
Holiday Group Exercise schedules will be posted at www.jccomaha.org. There will be no evening Fit & Sit on 12/31. Fit & Sit, the Youth Department, and the CDC will be closed on 1/01.

TU B’SHEVAT 15th day of Shevat | The Feast of Lots
Monday, February 10..................... OPEN, Regular Hours
Tu B’Shevat is the day that marks the beginning of a “new year” for trees. This day marks the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. In contemporary Israel, the day is celebrated as an ecological awareness day, and trees are planted in celebration.

PURIM 14th day of Adar II | The Feast of Lots
Tuesday, March 10..................... OPEN, Regular Hours
Purim celebrates the story of Esther and Mordecai, and their courageous actions that saved the Jewish people in Persia from execution. During Purim, it is customary to dress in costume, eat hamentachen (pastries), send Mishloach Manot (gift baskets) and read the Megillah (story of Esther).

Membership Questions?
If you have questions regarding your membership, account status, or registration, contact the Member Services team at (402) 334-6426 or at the contact information below.

Meg Bearman
Membership Account Coordinator
(402) 334-6452
mbearman@jccomaha.org

Johanna Berkey
Program Account Coordinator
(402) 334-6419
jberkey@jccomaha.org

Steven Holcombe
JCC Business Manager
(402) 590-2148
sholcombe@jccomaha.org

Tracy Modra
Membership Director
(402) 334-6427
tmodra@jccomaha.org

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.
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.

Make a **DONATION**

Donation Information

Your Name: ____________________________

Address: ______________________________

Phone: ____________________________  Cell: ____________________________

E-mail Address: ____________________________

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

Recent Donations

**Dr. Jay Parsow Youth Basketball Scholarship**

_In Memory of Brother Stuart_

To: Mrs. & Mrs. Richard Slosburg

From: Margo Parsow

**Harvey & Marcia Lipsman JCC Youth Endowment Fund**

_In Honor of Marcia’s Birthday_

To: Marcia Lipsman

From: Roz & Paul Stein

**In Honor of Lou’s Birthday**

To: Lou Gelfand

From: Roz & Paul Stein

**Nogg, Ernie & Adalynn Memorial Endowment Fund**

_In Honor of Your 50th Wedding Anniversary_

To: Barbara & Richard Josephson

From: Patty & Steve Nogg

**Thank you!**

Upcoming Exhibits

_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.

Renovation Notice:

_Due to renovation work in the JCC Theater and front lobby area, the Gallery will be temporarily relocated for most of 2020. Please see the Front Desk Receptionist for details._

**JANUARY**

_Works from Deb Kubik_

Local artist, Deb Kubik, will present her beautiful fused glass work for the month of January.

**MARCH**

_The Jewish Press Centennial_

The Jewish Press will celebrate their centennial with an exhibit of historical images. See how, for one century, the Jewish Press has told the story of the Omaha Jewish community.

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 #: ________

- [ ] CHECK  Number: ____________________________

- [ ] CASH  Amount: ____________________________

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

From: (402) 334-6564.

From historical and educational exhibits to displays of local, national, and international art, the Jewish Community Center Gallery hosts a wide array of content. 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.
Community Events

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

**JCC MUSICAL THEATER AUDITIONS**

Sunday, January 19  |  Adults: 1 p.m.  |  Kids: 2:30 p.m.  |  JCC
Registration for the spring musical opened December 16th. 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.

**ISRAELI COOKING CLASS**

Sunday, January 26  |  4:30-6:30 p.m.  |  Beth Israel
The community is invited to join Ron Lugasy, Community Shlichah, to learn about Israeli cooking in this hands-on class. Participants will make and enjoy specially selected recipes. Participants must be 21 or older. Registration will open soon. Watch www.jewishomaha.org for details.

**FRIEDEL JEWISH ACADEMY OPEN HOUSE**

Thursday, January 30  |  Friedel Jewish Academy
Tours at 9:00 a.m., 10:30 a.m. & 1:30 p.m.
All adults in the community, not just parents, are invited to check out the amazing things going on at Friedel Jewish Academy. In addition to the scheduled tours, private tours can be made by appointment. To sign up or for questions, please contact Sara Kohen at skohen@fjaomaha.com.

**SUMMER CAMP REGISTRATION OPENS**

Members: Monday, February 3  |  9:00 a.m.
Non Members: Monday, March 2  |  9:00 a.m.
Members can register for the 2020 JCC Summer Camp starting Monday, February 3rd at 9:00 a.m. Non Members can begin to register on Monday, March 2nd. Early Bird pricing on select camps is valid through April 2, 2020. Call (402) 334-6419 or visit www.jccomaha.org to register. Financial assistance may be available through the Jewish Federation of Omaha. Recipients must be Jewish. Applications for financial aid can be found at www.jewishomaha.org or by contacting Diane at (402) 334-6407 / dwalker@jewishomaha.org. Financial aid applications are due, along with camp registration form by March 2, 2020.

**FRIEDEL KINDERGARTEN ROUND UP**

Wednesday, February 26  |  10:00 - 11:30 a.m.  |  Friedel
Children who will be entering kindergarten in fall 2020 are invited to visit Friedel Jewish Academy for a taste of the kindergarten experience. Parents may either drop off their child at Friedel or have our staff bring their CDC student to/from the CDC. To sign up, or for questions, contact Sara Kohen at skohen@fjaomaha.com.

**JEWS PRESS ROARING TWENTIES SOIREE**

March 15  |  4:00 - 7:00 p.m.  |  JCC
For one century, the Jewish Press has told the story of the Omaha Jewish community. To mark this monumental occasion, they are hosting a Roaring Twenties-themed soiree at the JCC. Invitations will be sent out in January. There will be appetizers, cocktails and live jazz. Watch the Jewish Press for details!

**CHILD ABUSE PREVENTION PINWHEEL PLANTING**

April 5  |  1:00 p.m.  |  JCC Front Lawn
Jewish Family Service will join Prevent Child Abuse Nebraska’s Pinwheels for Prevention® campaign to promote healthy child development and positive parenting. The community is invited to help plant the pinwheels in the JCC front lawn. Call (402) 330-2024 for details.

**CHALLAH TOTS**

Ongoing Program  |  Various Locations on JCC Campus
Once a month, Members & Non Members, ages 0-5 are invited to meet with other Jewish and Interfaith families for a morning of preschool-friendly challah making and story time. Children must be accompanied by an adult. Registration is required. Find more information and registration links can be found online at: https://www.jccomaha.org/child-development-center/programs-events/challah-tots/
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. Phase 2 renovation projects will be completed by the end of December. If you haven’t visited these facilities yet, we encourage you to do so. We are excited to make the most of these spaces and expand upon our programs and services. Phase 2 fitness renovations included the refurbishment of the indoor lap pool, Member Services refresh, and new functional training studios. Additional Phase 2 projects included The Staenberg Arts and Education Corridor, which encompasses the Shirley & Leonard Goldstein Community Engagement Venue, three new dance studios and the Noshery, a new staff commons area.

Phase 3 renovations began in December. These projects are located all across the building. Upper level renovations include the Alan J. Levine Theater, front entrance, Gallery, learning commons, Center for Positive Change and new multi-purpose / party room. Fitness related projects in Phase 3 include the indoor family leisure pool expansion, the new Singer / Kutler / Kugler Families Family Changing Area, remodel of the Men’s & Women’s health spas and locker rooms, new Pilates Reformer studio, remodel of the current Group Exercise studio, addition of a secondary Group Exercise studio, relocation of the Athletic offices, and new physical/massage therapy rooms.

A tentative time-line of estimated project completions is listed at right. 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. Questions? E-mail Alan Potash at alanpotash@jewishomaha.org or Mark Martin at mmartin@jccomaha.org.

**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 & Michael Staenberg
Sharon & Howard Kooper
Darlynn & Tom Fellman
Anonymous (3)
Phyllis Aronson
Betsy Baker & Richard Heyman
Jeanné & Dennis Beavers
The Blumkin Family
Cohn Family Foundation
Danny Cohn & Andrew Miller
The Epstein Family
Jill & Mike Erman
Joe Erman
Pam & Ron Feldman
Julie & Jim Fried
The Friedland Family
Pam & Bruce Friedlander
The Friedman Family
The Gilinsky Family
The Glazer Family
Cindy & Bruce Goldberg
Barbara & Gary Goldstein
The Donald Goldstein Family
Kathy Goldstein
Jan & Howard Goldstein
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The Linda & Nelson Gordan Family
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Jewish Federation of Omaha Foundation Special Donor Advised Fund
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Linda & Alan Muskin
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Suzy & Norm Sheldon
The Siegel Family
Steve Silver
The Simon Family
Judith & Gerald Simons
Singer / Kutler / Kugler Families
Janet & Jerry Slusky
Tom Vann & Gina Gottsch
Gail & Irving Veltzer
Natha & John Waldbaum
The Wiesman Family
Anne & Arnold Weitz
Sarah & Adam Yale
Kathy & Steve Zalkin
Debbi & Speedy Zweiback

(list as of 11/25/19)
### Transformation Time-line

**FALL/WINTER 2019-2020**
- **Opening**
  - Refurbished Indoor Lap Pool
  - Functional Training Space
  - Member Services Refresh
  - Restroom Near Youth Lounge
  - Dance Studios
  - Noshery
  - Community Engagement Venue

- **In Progress**
  - Indoor Family Leisure Pool
  - Family Changing Area
  - Men's Health Spa*
  - Men's Locker Rooms*
  - Group Exercise Studios
  - New Pilates Studio
  - Theater
  - Front Entrance, Learning Commons, Gallery & Center for Positive Change
  - Main Entrance Restrooms

**LATE SPRING 2020**
- **Opening**
  - Indoor Family Leisure Pool
  - Family Changing Area
  - Men's Health Spa*
  - Men's Locker Room*
  - Renovated Group Ex. Studio
  - New Group Ex. Studio
  - New Pilates Studio

**FALL 2020**
- **Opening**
  - Front Entrance, Learning Commons, Gallery & Center for Positive Change
  - Theater
  - Main Entrance Restrooms

**LATE FALL / WINTER 2020**
- **Opening**
  - Mens & Womens Health Spa**
  - Men's Locker Room**
  - Women's Locker Room**
  - Party / Multipurpose Room
  - Physical Therapy Studio

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*All dates are tentative and subject to change. *Amenities in the Men's Health Spa will not be available until the completion of both Health Spa renovations.** All Health Spa & Locker Room use will return to normal.

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We extend our sincerest thanks to our members for their patience during the course of this renovation and to all those who made this project possible. Thank you!
In Progress

Alan J. Levine Theater

Target Completion Date: Fall 2020

The theater will undergo a total renovation with both the back and front of house being redone. Audience members can look forward to new and improved seating, audio, sight lines and handicap accessibility.

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

Made possible by a generous gift from Alan J. Levine.

Front Entrance, Learning Commons & Center for Positive Change

Target Completion Date: Fall 2020

Renovation will include a secure and welcoming lobby and refresh of the Gallery. The new Learning Commons will include a contemporary and informal environment for people to meet, study, and work. This space will also incorporate significant historical representations of our Omaha Jewish Heritage. The Center for Positive Change will allow for an expansion of the community programs provided by the ADL, IHE and JFS.

Men’s & Women’s Health Spas & Locker Rooms

Target Completion Date: Late Fall / Winter 2020

The renovation will be broken up into two phases. Phase one will be the men’s facilities. Phase two will be the women’s. Renovation will include a complete overhaul with new fixtures and furnishings.

Indoor Family Leisure Pool

Target Completion Date: Late Spring 2020

This new space will be an extension added on to the south end of the indoor aquatics area. It will include a new, family-friendly, leisure pool with:
- Water Slide, Lazy River & Aqua Play Features
- Water Therapy Vortex
- Zero-depth Entry

Singer / Kutler / Kugler Families

Family Changing Area

Target Completion Date: Late Spring 2020

The family changing area will be located just off of the new indoor aquatics area. This space will include private changing rooms with toilets and showers.
Completed Projects

Indoor Lap Pool Refurbishment
Start Date: April 2019
Completed: December 2019
The indoor lap pool now includes
- 6 Full Lap Lanes
- New Filter & Gutter System
- Easy Access Stair Entry
- New HVAC Equipment & Sound Panels

Mind-Body Studio
Completed: August 2019
The Mind-Body studio is located upstairs, opposite the Youth Lounge. Most Mind-Body Group Exercise classes such as Yoga, Tai Chi, Barre, and Mat Pilates are held in this space.

Staenberg Arts & Education Corridor

Shirley & Leonard Goldstein Community Engagement Venue
Start Date: June 2019
Completed: December 2019
The new Shirley and Leonard Goldstein Community Engagement Venue is a fresh and functional space that can be used for events, meetings and rentals.

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

Dance Studios
Start Date: June 2019
Completed: December 2019
These three new dance studios include fully sprung dance floors, updated lighting and sound systems.

Noshery
Start Date: June 2019
Completed: December 2019
The Noshery will be used primarily as a staff commons area, but will be available for programming as needed.
Health Spa & Locker Room Renovations

As part of the ongoing Staenberg Kooper Fellman Campus Transformation Project, we are excited to continue with the complete renovation of the JCC health spas and locker rooms. Our goal with this renovation is to upgrade our facilities in order to provide our Members with the best experience possible.

When complete both men’s and women’s health spa amenities will include:

- All new whirlpools
- Dry saunas
- Wet saunas
- Personal lockers
- Lounge areas with TV, coffee service & towel service
- No minors under the age of 19

NEW! 2020 Charter Health Spa Membership

Interested in joining the Health Spa? Reserved spots for the renovated spas are filling fast. Secure your place by upgrading to Charter Health Spa Membership!

All JCC Members now have the option of upgrading their membership to become a Charter Member of the Health Spa. A one-time, non-refundable, payment of $250 will enroll you into our new charter health spa membership. Upon enrollment Charter members receive the following.

- A dedicated personal locker to use during the renovation
- Access to a temporary lounge area during the renovation
- Secured membership to the renovated health spa
- A special Charter Member Health Spa rate post-renovation

Please note, this promotion is only available during the health spa renovation process and as space allows. If you are interested in taking advantage of this opportunity, we recommend you act quickly.

The renovation of the Men’s and Women’s Health Spas will be broken up into two phases. Each phase is estimated to take a minimum of six months. 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. The Health Spa renovations will also coincide with the corresponding gender’s lower level locker room renovation.

Members who utilize the health spas and locker rooms have been temporarily relocated during this process. While we know this process is causing inconvenience, we are certain you will be absolutely amazed with the outcome.

Decisions on space relocation 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 relocation space. Relocation information is listed below.

**Phase I Relocation**

Late Fall 2019 - Late Spring 2020

- **Men’s Health Spa Members**
  - move to women’s health spa*
- **Women’s Health Spa Members**
  - move to women’s locker room
- **Men’s Locker Room Users**
  - move to women’s health spa*
- **Women’s Locker Room Users**
  - remain in women’s locker room

**Phase II Relocation**

Late Spring 2020 - Late Fall 2020

- **Men’s Health Spa Members**
  - move to new men’s health spa*
- **Women’s Health Spa Members**
  - move to new men’s locker room
- **Men’s Locker Room Users**
  - move to new men’s health spa*
- **Women’s Locker Room Users**
  - move to new men’s locker room

*All Health Spa & Locker Room use will return to normal upon the completion of Phase II.

Contact Member Services at (402) 334-6426 to reserve your spot.
New Functional Training Studios

We are excited to announce the addition of two new functional training spaces, located next to the racquetball courts. These new spaces will provide additional resources and programs for our members.

NEW! JFIT Training Studio

Our new JFIT Studio will be used for our new JFIT fitness class. For an additional monthly fee, members can access any or all of the weekly JFIT Training classes. Classes utilize Myzone technology (details on page 16) to provide fun and highly effective workouts. Members can try J-FIT classes for FREE during the JFIT Training demo week, coming soon.

Stay tuned for details!

New equipment in this area includes:
- Assault Air Bike
- Assault Air Runner
- Queenax W500
- Kettlebells
- Medicine balls

NEW! Personal Training Studio

The new Personal Training Studio will be used for personal training appointments only. Members will have a private space in which to work with their personal trainer in a distraction free zone. New equipment in this area includes:
- Multi Adjustable weight bench
- Olympic Squat Racks and Plates
- Dumbbells
- Kettlebells
- Slam Balls
- Plyo Boxes
- Functional Training System

Both Studios Include
- Rubberized Fitness Floor
- New Paint & Fitness Graphics
- Lighting & Electrical Updates
- New Windows & Doors
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. For more information, or to schedule your private lessons, please contact the Aquatics Department at (402) 334-6410.

Private

<table>
<thead>
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Semi-Private

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

Indoor Lap 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.

Open Swim is available during regular pool hours, unless noted otherwise. Please note that space is reduced when classes, lessons, or rentals are being held. During these times, there will be limited lap lanes available for "open swim" use.

Indoor Lap Pool Now Open

The newly refurbished indoor lap pool is now open! If you haven’t already, we encourage you to explore this new space. The refurbishment process began in May 2019 when the existing pool was drained and stripped down to the foundation. All new plumbing was installed, including a new filter and gutter system. New stair entry was added, making way for six full lap lanes. New concrete was poured for the deck. Acoustic panels were installed on the walls, designed to reduce the noise and echo in the space. New HVAC equipment, new offices and a laundry area were added to the space as well.

The new aquatic leisure area expansion remains under construction, as does the new family changing area. We anticipate these spaces to open in late spring 2020. We thank you for your patience during this time!

Reminder of Youth Policies for Indoor Pool

Due to the ongoing construction of the new indoor leisure area, there will be no baby pool available until the late spring. We are reminding all families who use the pool of the following policies. If you have any questions please contact the Aquatics Department.

• All youth age 5 and under, or children who use a flotation device, MUST have an adult in the water with them at ALL times.
• All youth under the age of 8 must be actively supervised by an adult who is within arm’s reach.
• All youth age 11 and under must be actively supervised by an adult.
• All youth age 11 and under (or those who appear to be struggling) will be swim tested and issued a wristband. Tests will be administered by a lifeguard. Children will be issued a wristband indicating their swim ability. Children must wear their wristband at all times.
• Swim diapers are required for children who are not potty-trained. Regular diapers or rubber pants are NOT permitted.

Swim Around Israel Fitness Challenge

How far can you swim in a year? Sign up and log all of your swim sessions from January through December. Those who 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.

2020 Challenge: January 1 - December 31
Member: $10 | code: 14-0100

2019 Challenge Extended! Swim Around Israel 2019 was scheduled to end December 31st, but we are granting an extension to those who need extra time due to the construction on the indoor pool. Participants will now have until the end of March 2020 to complete their 2019 miles.
SHARKS YEAR ROUND SWIM TEAM  Members, Ages: 5-18

Keep your swimming sharp and learn new skills, even over the winter months! Year Round Swim Team is open to Members, ages 5-18. Participation is based on skill level. Beginning level participants must have passed level 3 swim lessons.

Session I: January 6 - March 5
Newcomer Sharks: Ages 10 & Under
Monday & Thursday, 4:30-5:15 p.m.
Member: $145 | code: 14-0309A
Intermediate Sharks: Ages 12 & Under
Monday, Tuesday, Thursday, 5:15-6:00 p.m.
Member: $175 | code: 14-0106B
Expert Sharks: Ages 8 & Over
Monday, Tuesday, Thursday, 7:00-7:45 p.m.
Member: $175 | code: 14-0106C

Session II: March 9 - May 7  (No class 4/9)
Newcomer Sharks: Ages 10 & Under
Monday & Thursday, 4:30-5:15 p.m.
Member: $145 | code: 14-0309A
Intermediate Sharks: Ages 12 & Under
Monday, Tuesday, Thursday, 5:15-6:00 p.m.
Member: $175 | code: 14-0309B
Expert Sharks: Ages 8 & Over
Monday, Tuesday & Thursday, 7:00-7:45 p.m.
Member: $175 | code: 14-0106C

Swim Team Curriculum
NEWCOMER SHARK  |  Ages 10 & Under
Need to have passed Level 3 swim lessons. Newcomer sharks learn drills, dives and turns while building stroke technique and endurance.

INTERMEDIATE SHARK  |  Ages 12 & Under
Need to have passed Level 4 swim lessons, advance from Newcomer Sharks, or schedule a swim test. Intermediate sharks build form, speed and endurance to prepare them for competition swimming.

EXPERT SHARK  |  Ages 8 & Over
Those hoping to progress to Expert Shark level from Intermediate Shark need to schedule a swim test with Aquatic Management. Expert Sharks will perform advanced drills and swim greater distances to push them toward their greatest potential as swimmers.

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

Members will be placed in a level based upon their skills. Call (402) 334-6473 to determine placement. Participants will receive an evaluation card at end of the session. There will be no make-up days for missed lessons.

Saturday Group Lessons
Session I: January 11 - March 7
Member: $108  |  Non: $135  (9 weeks)
Saturday Afternoon Group Lessons
Level 1  3:30-4:00 p.m.  14-101A
Level 1  4:00-4:30 p.m.  14-101B
Level 2  3:00-3:30 p.m.  14-102A
Level 2  4:30-5:00 p.m.  14-102B
Level 3  3:30-4:00 p.m.  14-103A
Level 3  4:30-4:30 p.m.  14-103B
Level 4  3:00-3:30 p.m.  14-104A
Level 4  4:30-5:00 p.m.  14-104B

Sunday Group Lessons
Session I: January 12 - March 8
Member: $108  |  Non: $135  (9 weeks)
Sunday Afternoon Group Lessons
Level 1  4:00-4:30 p.m.  14-101C
Level 1  5:30-6:00 p.m.  14-101D
Level 2  3:30-4:00 p.m.  14-102C
Level 2  4:30-5:00 p.m.  14-102D
Level 2  5:00-5:30 p.m.  14-102E
Level 3  4:00-4:30 p.m.  14-103C
Level 3  5:00-5:30 p.m.  14-103D
Level 4  4:30-5:00 p.m.  14-104C
Level 5  5:30-6:00 p.m.  14-105

Baby & Me Swim Lessons
All  3:30 - 4:00 p.m.  14-100

Adult Swim Lessons
All  6:00-6:30 p.m.  14-106

Sunday Lessons (continued)
Session II: March 15 - May 10
Member: $108  |  Non: $135  (No class 4/12)

Sunday Afternoon Group Lessons
Level 1  4:00-4:30 p.m.  14-201C
Level 2  4:30-5:00 p.m.  14-202D
Level 3  5:00-5:30 p.m.  14-203D
Level 4  4:30-5:00 p.m.  14-204C
Level 5  5:30-6:00 p.m.  14-205

Baby & Me Swim Lessons
All  3:30 - 4:00 p.m.  14-200

Adult Swim Lessons
All  6:00-6:30 p.m.  14-206

Swim Lesson Curriculum
LEVEL 1: Whale Shark  |  Ages 3-6

LEVEL 2: Tiger Shark  |  Ages 4-9
Level Goal: Swimming 10 yards unassisted Skills taught: Glides, Basic Arm and Leg Movements, Swimming Unassisted on Front and Back, Introduction to Elementary Back Stroke.

LEVEL 3: Blue Shark  |  Ages 5-12

LEVEL 4: Hammerhead Shark  |  Ages 6-12

LEVEL 5: Great White Shark  |  Ages 6-12

ADULT SWIM LESSONS  |  Ages 16+
Open to adults of multiple skill levels, from beginner to intermediate. We welcome anyone striving to learn how to be comfortable and confident in the water.

BABY & ME  |  Ages 6 mo- 2½ years + adult
By encouraging play, class builds a foundation for future swimming skills and lessons in a comforting space. Parents must be in the water with their child.
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

NANNEN & HARTE
PHYSICAL THERAPY
SPORTS MEDICINE & AQUATIC THERAPY

ALL INSURANCE ACCEPTED

Questions? Contact:

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

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

American Red Cross Classes

Where to check for cancellations:
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.

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, January 18
8:00 a.m.- 2:00 p.m. (Includes lunch break)
Member: $65  |  Non: $80  |  code: 14-0118

Saturday, February 15
8:00 a.m.- 2:00 p.m. (Includes lunch break)
Member: $65  |  Non: $80  |  code: 14-0215

Saturday, March 14
8:00 a.m.- 2:00 p.m. (Includes lunch break)
Member: $65  |  Non: $80  |  code: 14-0314

ADULT & PEDIATRIC FIRST AID/CPR/AED
Member / Non-Member, Ages: 11+ (Min 4)
If you or your local business is interested in a Red Cross Adult & Pediatric First Aid class please contact the JCC Aquatics Department. If 5 or more people register we will set up a time that works best for you.

Group Classes by Appointment
Member: $65 / person  |  Non: $80 / person

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.

January 3 & 11-12
Pre-Course: Friday, Jan. 3, 4:30-5:30 p.m.
Saturday, Jan.11, 8:00 - 5:00 p.m.
Sunday, Jan.12, 8:00 - 5:00 p.m.
Member: $150  |  Non: $200  |  code: 14-0103

February 14 & 22-23
Pre-Course: Friday, Feb.14, 4:30-5:30 p.m.
Saturday, Feb. 22, 8:00 - 5:00 p.m.
Sunday, Feb.23, 8:00 - 5:00 p.m.
Member: $150  |  Non: $200  |  code: 14-0214

March 13 & 21-22
Pre-Course: Friday, March 13, 4:30-5:30 p.m.
Saturday, March 21, 8:00 - 5:00 p.m.
Sunday, March 22, 8:00 - 5:00 p.m.
Member: $150  |  Non: $200  |  code: 14-0313

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

Our Enrichment Academy classes can help keep kids busy during these long, cold winter months! Classes run during the day, so you don’t need to spend your nights shuttling children all over town. We offer Art, Spanish, Cooking and STEAM (Science, Technology, Engineering, Art, Math) classes for ages 2-12! Shannon Liedel, Arts Educator, has been researching both trends and traditional class subjects to offer our families a wide variety of options. Classes are held one day a week, for month-long sessions.

SMART ART  Age: 3
Mondays, 12:30 - 1:30 p.m.

January 6-27  Art of the Book
Member: $54  |  code: 02-0106SA  (No class 1/20)
February 3-24  Cozy Time
Member: $72  |  code: 02-0203AC
March 2-30  Fairytales & Art
Member: $90  |  code: 02-0302AC
April 6-27  Me, My Selfie & I
Member: $72  |  code: 02-0406AC

ART CONNECTIONS  Age: 4+
Mondays, 2:00 - 3:00 p.m.

January 6-27  Art of the Book
Member: $54  |  code: 02-0106AC  (No class 1/20)
February 3-24  Cozy Time
Member: $72  |  code: 02-0203AC
March 2-30  Fairytales & Art
Member: $90  |  code: 02-0302AC
April 6-27  Me, My Selfie & I
Member: $72  |  code: 02-0406AC

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.

January 7-28  Member: $72  |  code: 02-0107BS
February 4-25  Member: $72  |  code: 02-0204BS
March 3-31  Member: $90  |  code: 02-0303BS
April 7-28  Member: $72  |  code: 02-0407BS

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.

January 7-28  Member: $72  |  code: 02-0107IS
February 4-25  Member: $72  |  code: 02-0204IS
March 3-31  Member: $90  |  code: 02-0303IS
April 7-28  Member: $72  |  code: 02-0407IS

MAKING A MESSTERPIECE

Wednesdays, 11:00 - 11:45 a.m.
Explore messy materials and artwork of epic proportions! This class is best suited for children ages 18 months- 3 years old. Must be 2 by 11/1/19.

January 8-29  Member: $72  |  code: 02-0109MM
February 5-26  Member: $72  |  code: 02-0205MM
March 4 - April 1  Member: $90  |  code: 02-0304MM
April 8-29  Member: $72  |  code: 02-0409MM

STEAMTASTIC  Age 3-PreK
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!

January 8-29  Member: $72  |  code: 02-0108ST
February 5-26  Member: $72  |  code: 02-0205ST
March 4 - April 1  Member: $90  |  code: 02-0304ST
April 8-29  Member: $72  |  code: 02-0408ST

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.

January 10-31  Member: $72  |  code: 02-0110CA
February 7-28  Member: $72  |  code: 02-0207CA
March 6 - April 3  Member: $90  |  code: 02-0306CA
April 17 - May 1  Member: $54  |  code: 02-0417CA  (No class 4/10)

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

January 10-31  Member: $72  |  code: 02-0110CB
February 7-28  Member: $72  |  code: 02-0207CB
March 6 - April 3  Member: $90  |  code: 02-0306CB
April 17 - May 1  Member: $54  |  code: 02-0417CB  (No class 4/10)

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
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!

NEW! MYZONE FITNESS LAUNCH PARTY  Members, Ages 16+
Wednesday, January 1  |  9:00 a.m. - 2:00 p.m.
We are proud to bring Myzone technology to the Fitness Center and new JFit Functional Training Space. MyZone helps you track workouts, set goals and maximize your results. Come check it out during the My Zone Party from 9:00 a.m. - 2:00 p.m. in the Fitness Center on Wednesday, January 1st. No registration is needed.

What is Myzone?  Myzone is a wearable heart rate based system that uses wireless technology to accurately monitor physical activity. Myzone delivers an accurate, gamified and motivating experience with up to 99% accuracy.

How does it work?  Myzone participants use a small heart rate monitor worn on an elastic strap (MZ3 belt) around their upper torso. This device monitors the participant’s heart rate, calories and time exercising. This data is then converted into Myzone Effort Points (MEPs). MEPs focus on rewarding effort rather than fitness and can be displayed in real time on connected television monitors. Through this display, participants are able to compete with classmates in various data categories. Participants can track their data privately if they wish.

Special Offer!  Those who purchase a MZ3 belt on January 1st will receive 3 free JFIT Training classes and a free Myzone orientation with a personal trainer! It’s the best way to learn how to take advantage of all of the functionalities of this powerful training tool.

NEW! JFIT TRAINING  Members, Ages 16+  (Maximum 8 per class)
Our new JFIT Studio will be used exclusively for our new JFIT Training. For an additional monthly fee, members can access any or all of these new weekly JFIT classes. Each week will work on a new area of focus (listed below). There will be one pre-designed workout for each day that aligns with the weekly training focus. Instructors will lead workouts making adjustments for class size and member abilities. All workouts can be modified if needed. JFIT participants will also have the ability to utilize Myzone technology to provide their fitness metrics in real time.

Training Schedule
Week 1: Strength
Week 2: Endurance
Week 3: Power
Week 4: Mobility

CLASS TIMES
Mondays - Fridays
Mornings  5:30 a.m.  |  9:15 a.m.
Afternoons 12:15 p.m.  |  4:30 p.m.  |  5:30 p.m.
Sundays  8:00 a.m.  |  12:00 p.m.

Strength Week: Workouts designed to build muscle. Routine will consist of heavy strength training exercises and decreased reps.
Endurance Week: Workouts designed to improve cardiovascular and muscular stamina. Routines will increase reps while decreasing resistance and recovery time.
Power Week: Strength + Speed = Power. Workouts will improve the ability generate strength as quickly as possible.
Mobility Week: Workouts will improve range of motion in the major joints of the body. Workouts will use special exercises and tools that will still leave you sweaty!

FREE JFIT Demo Week - Coming Soon!
Members can try these classes out for FREE during our demo week, coming soon. Those who register for the first month of JFit Training during demo week will get a free MyZone belt - a $75 value! Stay tuned for more details coming soon!
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<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>8:30-10:30 AM Men's Pick Up Basketball Gymnasium</td>
<td>5:30-6:30 AM Boot Camp Stephanie K / Gymnasium</td>
<td>5:30-6:30 AM Thai Boxing Ryan J / Mind-Body Studio</td>
<td>5:45-6:45 AM KEISER Spin Nancy L / Spin Studio</td>
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<td>6:00-7:30 AM Drop-In Pickleball Gymnasium</td>
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<td>9:00-10:00 AM Water Fitness Nancy L / Indoor Lap Pool</td>
<td>8:30-10:30 AM Drop-In Pickleball Gymnasium</td>
<td>9:00-9:45 AM Step &amp; Strength Kim M / Mind-Body Studio</td>
<td>8:00-9:00 AM Pooiaties Nancy L / Indoor Lap Pool</td>
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<td>10:05-10:50 AM PiYO Maggie T / Mind-Body Studio</td>
<td>11:00-11:45 AM Master Fit. Circuit Mary Lou W / Mind-Body Studio</td>
<td>12:00-1:00 PM KEISER Core &amp; Spin Kim L / Spin Studio</td>
<td>10:30-11:15 AM Mat Pilates Claire S / Mind-Body Studio</td>
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<td>5:30-6:15 PM Totalbarre Maggie T / Mind-Body Studio</td>
<td>6:00-7:00 PM Water Fitness Gretchen T / Indoor Lap Pool</td>
<td>5:30-6:20 PM Mat Pilates Christina B / Mind-Body Studio</td>
<td>6:00-7:00 PM WATER Fitness Nancy L / Indoor Lap Pool</td>
<td>6:00-7:00 PM WATER Fitness Nancy L / Indoor Lap Pool</td>
<td>6:30-7:30 PM Strong Andrea M / Dance Studio B</td>
<td></td>
</tr>
<tr>
<td>6:00-7:00 PM Water Fitness Gretchen T / Indoor Lap Pool</td>
<td>6:00-7:00 PM Step &amp; Strength Kim M / Mind-Body Studio</td>
<td>6:00-7:00 PM Power Vinyasa Brielle J / Library</td>
<td>6:00-7:00 PM WATER Fitness Nancy L / Indoor Lap Pool</td>
<td>6:00-7:00 PM WATER Fitness Nancy L / Indoor Lap Pool</td>
<td>6:30-7:30 PM Strong Andrea M / Dance Studio B</td>
<td></td>
</tr>
<tr>
<td>6:00-6:45 PM KEISER Spin Angela J / Spin Studio</td>
<td>6:00-6:45 PM KEISER Spin Angela J / Spin Studio</td>
<td>6:00-6:45 PM KEISER Spin Angela J / Spin Studio</td>
<td>6:00-7:00 PM Power Vinyasa Brielle J / Library</td>
<td>5:30-6:15 PM Mat Pilates Kelsey B / Dance Studio B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30:7-30 PM Zumba Andrea M / Mind-Body Studio</td>
<td>6:30-7:15 PM Dance Fitness Christina B / Mind-Body Studio</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CLASS LOCATIONS**

- Mind-Body Studio
- Library
- Indoor Lap Pool
- Dance Studio B
- Spin Studio
- Gymnasium

**FIT & SIT, our free Fitness Center childcare is available for Members, ages 6 weeks - 12 yrs. Morning & evening hours offered. Space limited. 24 hour advanced RSVP is required. Call (402) 334-6426 to reserve your spot.**

**Free Group Exercise Classes**

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. See [www.jccomaha.org](http://www.jccomaha.org) for details. **IMPORTANT NOTE:** Many class locations have changed due to the renovation of the Group Exercise Studio. Receive location updates and cancellation notifications by text. To receive these messages, simply send a text with the message “@jccgro” to the number 81010. Questions? Stop by Member Services or call (402) 334-6423.
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.

All prices are listed per person.

**Private**

<table>
<thead>
<tr>
<th></th>
<th>30 Min</th>
<th>60 Min</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$38</td>
<td>$62</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$180</td>
<td>$300</td>
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<tr>
<td>10 sessions</td>
<td>$340</td>
<td>$560</td>
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<tr>
<td>20 sessions</td>
<td>$660</td>
<td>$1,080</td>
</tr>
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</table>

**Semi-Private**

<table>
<thead>
<tr>
<th></th>
<th>30 Min</th>
<th>60 Min</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 session</td>
<td>$99</td>
<td>$162</td>
</tr>
</tbody>
</table>

*Semi-Private Training is for 2 people.*

**Start Up Special**

<table>
<thead>
<tr>
<th></th>
<th>3 session</th>
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<tbody>
<tr>
<td>1 session</td>
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<tr>
<td>5 sessions</td>
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<td>10 sessions</td>
<td>$260</td>
</tr>
<tr>
<td>20 sessions</td>
<td>$500</td>
</tr>
</tbody>
</table>

**SWEETHEART SPECIAL**

*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 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. Groups can be made of 3-6 people. 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. Training must be purchased from Member Services prior to attending.

**NEW! Olympic Lifting Small Group Training**

JCC trainer, Josh Dolph, has recently completed a course on Olympic weightlifting and now holds a USAW Level 1 certification. He wants YOU to join his new Olympic Lifting Small Group program! Groups will learn proper technique in the execution of a clean, clean & jerk and snatch. Each phase of the lift will be broken down and taught individually using proven progression methods to ensure proper technique. If you are interested in Olympic lifting and would like to create a small group email Josh at jdolph@jccomaha.org, call (402)-334-6423, or walk up to the trainers desk.

**NEW MONTHLY FITNESS CHALLENGES**

Use the Omaha JCC app to log workouts and participate in 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. Contact a member of the Fitness Center staff if you need help setting up your account.

**January: Daily 30** *(app challenge)* Time to start the new year off right. Exercise 30 minutes a day, every day in January and earn a free J water bottle. Activity must be logged on the app to count.

**February: For the Love of Fitness** *(non-app challenge)* Every day brings a new fitness challenge. Pick up a tracking sheet and list of daily workout challenges from Member Services or the Trainers Desk. Those who complete each daily challenge will be entered into a drawing for a free personal training session!

**March: Step Into Spring** *(app challenge)* One lucky participant who logs 30 workouts in the month of March will receive one free 60-minute Personal Training Session and nutritional consultation. Workouts must be tracked through the app.

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

Vegan Jambalaya
By: Maggie Thomas

“This hearty recipe not only tastes great, but it warms you up and fills your kitchen with the best smells! Serves a crowd or freeze your leftovers for easy weeknight meals and lunches.”

- 1 tbsp oil
- 1 onion, diced
- 2 stalks of celery, chopped
- 4 gloves of garlic, minced
- 1 green pepper, diced
- 1 red pepper, diced
- 1 can crushed tomatoes (14 oz)
- 4 cups vegetable broth
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried thyme
- 1 tsp sweet paprika
- ½ tsp smoky paprika
- ½ dried cayenne pepper
- 2 bay leaves
- 2 tabs Tabasco sauce
- 2 tabs soy sauce
- Black pepper, to taste
- 2 cups uncooked brown rice
- 3 cups beans (use your favorite)

Heat the oil over medium high heat and sauté onion and garlic. Add celery and peppers and sauté lightly, keeping some of the crunch. Add the crushed tomatoes, vegetable broth, all herbs, spices, and sauces. Bring the mixture to a boil and add the rice. Cover and simmer for 30 – 40 minutes on a low heat. Stir occasionally to keep rice from sticking.

Once the rice is tender stir in the beans and cover for another 5 – 10 minutes to heat.

Snow Blizzard Smoothie
By: Josh Dolph

“This snow blizzard smoothie is appropriate for the season. It can be a nice change from all those kale or berry smoothies. Enjoy for breakfast or as an afternoon snack.”

- 2 cups plain yogurt, regular or Greek
- 2 cups milk, dairy, non-dairy, or almond
- 1 banana
- 1 apple
- 1/2 tsp vanilla
- 1 tsp cinnamon (optional)
- ice (optional)

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

Slow Cooker Spaghetti Squash & Meatballs
By: Heather Bucksner

“Even my kids enjoy this low carb, healthier version of the classic spaghetti and meatballs. Plus, it is a super easy recipe. It’s great for the winter months. I use vegan meatballs, but it would work with the meatball of your choice.”

- 1 medium to large spaghetti squash
- 1-2 jars of spaghetti sauce of choice
- 1 lb frozen meatballs

Wash the spaghetti squash. Carefully cut the squash in half, length wise. Use a spoon to remove the seeds and membranes. Toss the seeds in the trash. Place the squash, cut side down into a large crockpot (6 qt+).

Pour the sauce around the sides of the squash. Place meatballs around the sides in the sauce. Cover with crockpot lid.

Cook on low for 5-6 hours, or high for 3-4 hours. The squash is done when you can easily pierce it with a fork.

Use tongs, carefully remove the squash from the crockpot and place on a plate. Use a fork to pull out all the squash from the shell. Plate the desired servings of squash and discard the shell.

Using a large spoon, scoop the sauce and meatballs out of the crockpot and place on top of the squash. Enjoy!

Yield: Approximately 4 servings

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

Ed Heller
- ASFA CPT
- Active Older Adults

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

Heather Bucksner
- NASM CPT
- Women over 40
- Fitness Nutrition Specialist

Josh Dolph
- NCSA CSCS
- Olympic Lifting
- Sports Conditioning

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

Terry Bueltel
- ACSM CPT
- Golf Conditioning
- Active Older Adult

Ben Knauss
- ACE CPT
- Functional Movement
- Unloaded to Loaded Principle
Pilates Training
Reformer, Tower & Chair

Build core strength and posture with Pilates Personal Training.

<table>
<thead>
<tr>
<th></th>
<th>30 Min</th>
<th>60 Min</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Private</strong></td>
<td></td>
<td></td>
</tr>
<tr>
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<td>$65</td>
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<tr>
<td>5 sessions</td>
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<tr>
<td>20 sessions</td>
<td>$680</td>
<td>$1,080</td>
</tr>
<tr>
<td><strong>Start Up Special</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 session</td>
<td>$100</td>
<td>$150</td>
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<table>
<thead>
<tr>
<th></th>
<th>30 Min</th>
<th>60 Min</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Semi-Private</strong></td>
<td></td>
<td></td>
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<td>$50</td>
</tr>
<tr>
<td>5 sessions</td>
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<tr>
<td>3 session</td>
<td>$75</td>
<td>$100</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th></th>
<th>60 Min</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Small Group</strong></td>
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</tr>
<tr>
<td>4 sessions</td>
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</tr>
<tr>
<td>6 sessions</td>
<td>$168</td>
</tr>
<tr>
<td>12 sessions</td>
<td>$312</td>
</tr>
<tr>
<td>20 sessions</td>
<td>$500</td>
</tr>
</tbody>
</table>

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

Mind-Body Programs

**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 group, 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.

**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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Four sessions</td>
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<tr>
<td>Six sessions</td>
<td>$168</td>
</tr>
<tr>
<td>Twelve sessions</td>
<td>$312</td>
</tr>
<tr>
<td>Twenty sessions</td>
<td>$500</td>
</tr>
</tbody>
</table>

**PRE/POST NATAL FITNESS**  Members, 18+

Expecting moms and those who have returned from delivery now have the opportunity to train with Randi Peterson, our new Pre/Post Natal Corrective Exercise & Core Specialist. Women will gain the knowledge to have peace of mind and confidence in their bodies during and after pregnancy! Participants will learn techniques and exercises for:

- Staying active and preventing unnecessary weight gain during pregnancy
- Strengthening the muscles that are used in higher demand during pregnancy including the back, glutes and core.
- Preventing diastis, a weakened pelvic floor, and low back pain
- Retraining core and pelvic floor strength postpartum
- Safely returning 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.

Pre and Post Natal training is led by 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.

Questions? Contact:

**Maggie Thomas**
Fitness Center Director
(402) 334-6580
mthomas@jccomaha.org
Private Piano Lessons

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

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 min</td>
<td>$33</td>
<td>$41</td>
</tr>
<tr>
<td>1 hour</td>
<td>$42</td>
<td>$53</td>
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<tr>
<td>6 hours</td>
<td>$240</td>
<td>$300</td>
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</table>

• 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.

Private & Semi-Private Dance Lessons

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

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 min</td>
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<td>$199</td>
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<tr>
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<tr>
<td>6 hours</td>
<td>$990</td>
<td>$1170</td>
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</table>

• 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

Look for summer Dance Camp and Musical Theater info in the 2020 camp brochure, coming this January!
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.

YOUTH Programming

SNOW DAY AT THE J  Members & Non, K-7th Grade (Min:5 / Max:30)

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. Space is limited and reservations are on a first come first serve basis. Call the Member Services desk at (402) 334-6426 for more information.

K-6TH ART APPRENTICE CLASSES  Members, K-6, (Min:4 / Max:12)
The JCC Youth Department is excited to offer new opportunities for K-6 programming. Similar to the Pennie Z. Davis Child Development Center's popular Enrichment Academy, we will be offering classes for K-6 students. Taught by JCC Arts Educator Shannon Liedel, the current slate of classes will focus on fine art. We will be offering the same classes both Mondays and 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? Let us know! Shannon enjoys stopping by Kidz Inn to give a sneak-peek of her art classes. Questions? Contact Lisa Cooper at (402) 334-6414 or lcooper@jccomaha.org.

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

Cozy Time
Let’s rest and relax while viewing and making our own versions of “cozy” art. Prepare to get comfy!

February 3-24
Mondays, 4:30-5:30 p.m.
Member: $72 | code: 02-0203AA

February 6-27
Thursdays, 4:30-5:30 p.m.
Member: $72 | code: 02-0206AA

Fairytales & Art
Once upon a time…there was fanciful art!

March 2-30
Mondays, 4:30-5:30 p.m.
Member: $90 | code: 02-0302AA

March 5 - April 2
Thursdays, 4:30-5:30 p.m.
Member: $90 | code: 02-0305AA

Me, My Selfie & I
We’ll explore various types of self-expression.

April 6-27
Mondays, 4:30-5:30 p.m.
Member: $72 | code: 02-0406AA

April 16-30  (No class 4/9)
Thursdays, 4:30-5:30 p.m.
Member: $54 | code: 02-0416AA

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.

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

January 11  
**Ice Age**
code: 09-0111

February 8  
**Aladdin**
code: 09-0208

March 14  
**Tangled**
code: 09-0314

“Like” us on Facebook!
Stay up to date on programming changes and see photos of what the kids have been up to!

||
---|---

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

School Break Specials

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
<th>Cost</th>
<th>Code</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, December 23</td>
<td>Bricks &amp; Blocks</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-1223</td>
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<tr>
<td>Tuesday, December 24</td>
<td>Mad Scientists</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-1224</td>
<td></td>
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<tr>
<td>Thursday, December 26</td>
<td>Happy Hanukkah</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-1226</td>
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<tr>
<td>Friday, December 27</td>
<td>Zombie Apocalypse</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-1227</td>
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<tr>
<td>Monday, December 30</td>
<td>Creepy Crawlers</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-1230</td>
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<tr>
<td>Tuesday, December 31</td>
<td>New Years Party!</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-1231</td>
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<tr>
<td>Thursday, January 2</td>
<td>Pirates &amp; Mermaids</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0102</td>
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<tr>
<td>Friday, January 3</td>
<td>Camp JCC</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0103</td>
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<tr>
<td>Monday, January 6</td>
<td>CSI Mystery</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0106</td>
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<tr>
<td>Monday, January 20</td>
<td>Wizarding World</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0120</td>
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<tr>
<td>Thursday, February 13</td>
<td>Going Green</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0123</td>
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<tr>
<td>Friday, February 14</td>
<td>Superheroes</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0124</td>
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<tr>
<td>Monday, February 17</td>
<td>Great J Bake Off</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0125</td>
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<td>Thursday, March 5</td>
<td>Cinco de Marcho</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0126</td>
<td></td>
</tr>
<tr>
<td>Monday, March 9</td>
<td>Mystery Monday</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0127</td>
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<td>Tuesday, March 10</td>
<td>Purim Party</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0128</td>
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<tr>
<td>Wednesday, March 11</td>
<td>Let’s Roll</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0129</td>
<td></td>
</tr>
<tr>
<td>Thurs., March 12</td>
<td>Greatest Showman</td>
<td>9:00 a.m.</td>
<td>$35</td>
<td>09-0130</td>
<td></td>
</tr>
</tbody>
</table>

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!
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.

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**Friday, March 13 | Pie Day**
Who doesn’t love pie? Celebrate Pie Day a day early as we bake our own pie. Don’t forget, It’s also $5 Pizza Pie Friday!
Schools: OPS, CtK
code: 09-0313, B/A 09-0313BA, Pizza 09-0313P

**Monday, March 16 | Mystery Monday**
What will Monday, have in store? It’s a mystery that is sure to be a good time!
Schools: Millard
code: 09-0316, B/A 09-0316BA

**Tues., March 17 | Hometown Heroes**
It’s time to recognize the heroes in our community. We’ll learn about fire fighters, police officers and other hometown heroes.
Schools: Millard
code: 09-0317, B/A 09-0317BA

**Wednesday, March 18 | Let’s Roll**
We’ll take a field trip to the local bowling alley for some strikes and spares. We will have bowling themed fun at the J too.
Schools: Millard
code: 09-0318, B/A 09-0318BA

**Thurs., March 19 | Greatest Showman**
We’ll create our own circus and carnival at the J. What tricks can you bring to our show?
Schools: Millard
code: 09-0319, B/A 09-0319BA

**Friday, March 20 | Tie-Dye Friday**
Dressed in your best tie-dye. If you don’t have any, don’t fret - we’ll be tie-dying items. Don’t forget it’s $5 Pizza Friday!
Schools: Millard
code: 09-0320, B/A 09-0320BA, Pizza 09-0320P

**Monday, April 13 | Shipwrecked**
Our JCC ship has wrecked on a desert island. Will we be able to survive?
Schools: Friedel, SVdP, CtK
code: 09-0413, B/A 09-0413BA

**Tuesday, April 14 | Renaissance**
We’ll travel back in time to the Renaissance for juggling, sword fighting, and more.
Schools: Friedel, SVdP, CtK
code: 09-0414, B/A 09-0414BA

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**NEW REGISTRATION POLICIES FOR YOUTH PROGRAMS**

We’ve recently updated some of the terms of our registration policies for Youth programming. All 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 J.

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.

Look for K-6 summer programming in the 2020 camp brochure, coming this January!

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**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
Taekwondo

Taekwondo at the JCC is a great way for the entire family to spend time together. We are proud to partner with the Omaha ATA Martial Arts Black Belt Academy for these engaging classes. The more family members that sign up, the more you save! Classes are led by Bret Salomon, 3rd degree black belt and meet in the JCC aerobics studio.

Members, Ages: 6 - Adult

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

Ongoing Program, Registration Required

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

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

Please call the Johanna Berkey at (402) 334-6419 to register.

Bret Salomon
3rd Degree Black Belt
Taekwondo Instructor
omahaata@gmail.com
Sports & Recreation / Basketball

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

<table>
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<tr>
<th>Member</th>
<th>60 Min</th>
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<tbody>
<tr>
<td>1 lesson</td>
<td>$45</td>
</tr>
<tr>
<td>3 lessons</td>
<td>$120</td>
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<td>5 lessons</td>
<td>$175</td>
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<table>
<thead>
<tr>
<th>Non Member*</th>
<th>60 Min</th>
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<tbody>
<tr>
<td>1 lesson</td>
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</tr>
<tr>
<td>3 lessons</td>
<td>$165</td>
</tr>
<tr>
<td>5 lessons</td>
<td>$250</td>
</tr>
</tbody>
</table>

*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.

2020-2021 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!
Grade as of Fall 2019

Summer Tryouts 5th-11th grade boys
Monday, March 15
6:00-7:00 p.m. 5th-8th grade boys
7:30-8:30 p.m. 9th-11th grade boys

Summer Tryouts Make Up Date
Wed, March 17 5th-11th grade boys
6:00-7:00 p.m. 5th-8th grade boys
7:30-8:30 p.m. 9th-11th grade boys

Boys Fall / Winter Tryouts 3rd-8th grade
Monday, March 23
5:00-6:00 p.m. 3rd-4th grade boys
6:30-7:30 p.m. 5th-6th grade boys
8:00-9:00 p.m. 7th-8th grade boys

Girls Fall / Winter Tryouts 3rd-6th grade
Tuesday, March 24
5:00-6:00 p.m. 3rd-4th grade girls
6:30-7:30 p.m. 5th-6th grade girls

Fall / Winter Tryout Make Up Date
Weds, March 25 3rd-8th grade boys & girls
6:00-7:00 p.m. 3rd-5th grade boys, all girls
7:30-8:30 p.m. 6th-8th grade boys

SAVE THE DATE: TOURNAMENTS
Mark your calendars for the upcoming basketball tournament dates!

January 3-5
J Hoops Boys Basketball Tournament
Open to 3rd-8th grade boys

February 21-23
JCC Girls Spring Showcase Tournament
Open to 3rd-8th grade girls

March 13-15
Little Lions March Mania Tournament
Open to K-2nd grade girls & boys

Sunday, April 5
Eddie Belgrade 3 on 3 Tournament
Open to men, women & kids

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 be 4 by 1/1/20)
Tuesdays, 4:30-5:15 p.m.
January 21 - February 25
Member: $96 | code: 17-0301K
March 10-31
Member: $64 | code: 17-0310K

Future Stars: K-3rd
Tuesdays, 5:30-6:15 p.m.
January 21 - February 25
Member: $96 | code: 17-0121FS
March 10-31
Member: $64 | code: 17-0310FS

COACHES & REFEREE NEEDED
The JCC Athletic Department is looking for basketball coaches and referees. Interested? Please contact us at (402) 590-2144 for more information. “You must be 15 years or older”

Look for summer Sport Camps info in the 2020 camp brochure, coming this January!
**TODDLER SOCIAL SPORTS**

Members, Age: 2  *must be 2 by 1/1/20 (maximum: 5)
This stimulating class introduces balancing, tumbling, hanging and agility skills, which helps the children develop a love of physical activity and an early introduction to sports. Classes will also focus on fine and gross motor skills, include kicking a ball, throwing a ball, walking and running in a straight line.

Mondays, 11:15-11:45 a.m.
January 6-27  (no class 1/20)
Member: $45 | code: 17-0106TS

January 7-28
Member: $60 | code: 17-0107A

February 4-25
Member: $60 | code: 17-0204A

March 3-31  (5 classes)
Member: $75 | code: 17-0303A

**PRESCHOOL SPORTS**

Members, Age: 3-5  (Must be 3 by 9/1/19)
Kids will develop fine motor skills, learn about fitness, and see how fun an active lifestyle can be. Small class sizes ensure children get the individual attention important for his/her age.

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

**January 9-30**
- Member: $60 | code: 17-0109P
- Member: $60 | code: 17-0205P
- Member: $60 | code: 17-0304P
- April 1-29  (no class 4/8)
- Member: $60 | code: 17-0401P
- May 6-20
  - Member: $45 | code: 17-0506P

**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. Class is open to nonmembers. To register please call (402) 334-6419. Questions? Please call the athletic department at 402-590-2144.

Thursdays, 2:00-3:00 p.m.
Member: FREE | Non: $25 / family

**January 9-30**
- code: 17-0109HS
- code: 17-0206HS
- code: 17-0305HS
- code: 17-0402HS  (no class 4/9)
- code: 17-0506HS

**SPRING SOCCER**

Members
We are proud to partner up with Omaha FC. Our programs teach basic soccer fundamentals in a fun and engaging atmosphere. Kids will work on basic skills and footwork through fun drills and games. Omaha FC is a fellow non-profit organization that shares our belief in developing and instilling positive self-esteem, self-confidence, teamwork, and respect in all of youth athletes. Players must wear shin-guards and correctly sized soccer balls are strongly encouraged, but not required.

**Youth Soccer: K-3rd Grade**
Sundays, 12:15-1:00 p.m.
April 5 - May 17  (no class 4/12)
Member: $65 | code: 17-0405YS

**Micro Soccer: Age 3**
Sundays, 1:15-2:00 p.m.
April 5 - May 17  (no class 4/12)
Member: $65 | code: 17-0405MS3

**Micro Soccer: Age 4-PreK**
Sundays, 2:15-3:00 p.m.
April 5 - May 17  (no class 4/12)
Member: $65 | code: 17-0405MS

**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.
April 7-28
Member: $65 | code: 17-0407SH

**Questions? Contact:**
Lynette Brannen  
Director of Athletic Programs  
(402) 590-2144  
lbrannen@jccomaha.org

Jonathan Crossley  
Assistant Director of Athletics & Basketball Coordinator  
(402) 590-2141  
jcrossley@jccomaha.org

Mason Winkler  
Sports Associate / Basketball Coach  
(402) 590-2142  
mwinkler@jccomaha.org

Jaron Hall  
Sports Associate / Basketball Coach  
(402) 590-2142  
jhall@jccomaha.org

**LIL’ SOCCER**

Members, Age: 3-PreK
Join us for Lil’ Soccer. Kids will learn soccer fundamentals in a fun setting!

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

**February 6-27**
- Member: $60 | code: 17-0106S
- Member: $60 | code: 17-0204S
- Member: $60 | code: 17-0303S
- April 2-30  (no class 4/9)
  - Member: $60 | code: 17-0402S
- May 7-28
  - Member: $60 | code: 17-0507S

**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.

**January 7-28**
- Member: $60 | code: 17-0107A
- February 4-25
  - Member: $60 | code: 17-0204A
  - March 3-31  (5 classes)
    - Member: $75 | code: 17-0303A

**Micro Tumble: Age 4-5**  (Must 4 by 9/1/19)
Tuesdays, 2:00-2:45 p.m.

**January 7-28**
- Member: $60 | code: 17-0107B
- February 4-25
  - Member: $60 | code: 17-0204B
  - March 3-31  (5 classes)
    - Member: $75 | code: 17-0303B
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.

Rabbi Steven & Shira Abraham  
Phyllis Aronson  
Dennis & Jeanné Beavers  
Philip Bierman & Mary Wampler  
Rik Bonness  
* Dr Mark Carlson & Sarah Gloden Carlson  
Kevin & Kimara Clark  
Steve & Linda Cohn  
Meyer & Fran Coren  
Denis & Rosella Cuka  
Beth Eliason  
Gary & Lisa Epstein  
Joe Erman  
Mike & Jill Erman  
Tom & Darlynn Fellman  
Gerald & Nancy Ferenstein  
Donald Goldstein  
Jeff & Danielle Gordman  
* Ron & Jean Gordon  
Rosalie Greenspan  
Paige Hillman & Stephen Dolter  
Harold & Clara Hoover  
Richard & Joanie Jacobson  
Gary & Karen Javitch  
Richard & Fran Juro  
Howard & Gloria Kaslow  
Jeff & Sharon Kirshenbaum  
Joe & Maxine Kirshenbaum  
Kevee Kirshenbaum  
Janet & Harry Klein  
Jerry Klein  
Milt & Marsha Kleinberg  
David & Janet Kohl  
Jerry & Gail Kohl  
Howard & Sharon Kooper  
Alan Langnas  
Joan Lehr  
John & Sandra Lehr  
Jay & Bobette Lerner  
Steve & Bonnie Levinger  
Cliff & Barb Levitan  
Sao Cheng James Liu  
& Rebecca Huang  
Larry & Diane Malashock  
Neal & Jody Malashock  
Mark & Julie Martin  
Thomas & Margo Meehan  
Allan & Janie Murow  
Amy Nachman & Alan Potash  
Howard & Lee Needelman  
E. Robert & Phyllis Newman  
Steve & Patty Nogg  
Lindy & David Ottoson  
Alan & Carol Parsow  
Marcy & Joel Patton  
Dr. Bimbo Pietro  
Jeff & Ellen Platt  
Carl & Zoe Riekes  
Steve & Margo Riekes  
Andrew & Kimberly Robinson  
Fedja Rochling & Gale Etherton  
Anonymous  
Bruce & Anne Shackman  
Norm & Suzy Sheldon  
Debra Sherman  
Steve Silver  
Michael & Carol Staenberg  
John & Michele Terry  
Bill Vann  
Judy Vann  
Tom Vann  
Irv & Gail Veitzer  
Norm Veitzer  
* Steve & Joye Wees  
Philip & Nancy Wolf  
* New Patron Member  
(list as of 09/06/19)