

# Centerpiece

A publication of the Jewish Community Center of Omaha | JANUARY - MARCH 2020

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](http://www.jewishomaha.org)



John Glazer  
President

Mark Martin  
Executive Director



**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

Front Desk: (402) 334-8200  
Member Services: (402) 334-6426

**Mark Martin**  
EXECUTIVE DIRECTOR  
(402) 334-6417 / mmartin@jccomaha.org

**Meg Bearman**, MEMBERSHIP ACCOUNT COORDINATOR  
(402) 334-6452 / mbearman@jccomaha.org

**Johanna Berkey**, PROGRAM ACCOUNT COORDINATOR  
(402) 334-6419 / jberkey@jccomaha.org

**Allison Burger**  
DIRECTOR OF YOUTH PROGRAMMING  
(402) 334-6409 / aburger@jccomaha.org

**Lynette Brannen**  
DIRECTOR OF ATHLETIC PROGRAMMING  
(402) 590-2144 / lbrannen@jccomaha.org

**Jacob Geltzer**  
BBYO / TEEN DIRECTOR  
(402) 334-6404 / jgeltzer@jccomaha.org

**Jeanine Huntoon**  
DIRECTOR OF PENNIE Z. DAVIS CHILD DEVELOPMENT CENTER  
(402) 334-6415 / jhuntoon@jccomaha.org

**Steven Holcombe**  
JCC BUSINESS MANAGER  
(402) 590-2148 / sholcombe@jccomaha.org

**Esther Katz**  
DIRECTOR OF PERFORMING ARTS  
(402) 334-6406 / ekatz@jccomaha.org

**Tracy Modra**  
DIRECTOR OF MEMBERSHIP SERVICES  
(402) 334-6427 / tmodra@jccomaha.org

**Ben Novak**  
AQUATICS DIRECTOR  
(402) 334-6473 / bnovak@jccomaha.org

**Maggie Thomas**  
FITNESS CENTER DIRECTOR  
(402) 334-6580 / mthomas@jccomaha.org

**Laura Wine**  
DIRECTOR OF PROGRAMMING  
(402) 334-6470 / lwine@jccomaha.org

## Sign Up for Weekly E-news!

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

[www.jccomaha.org](http://www.jccomaha.org)

FIND US...



# REMARKS ~~MARK'S REVIEW~~



## EXCITING NEWS!

The indoor lap pool is now open.  
The family leisure pool will open late spring of 2020.

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:

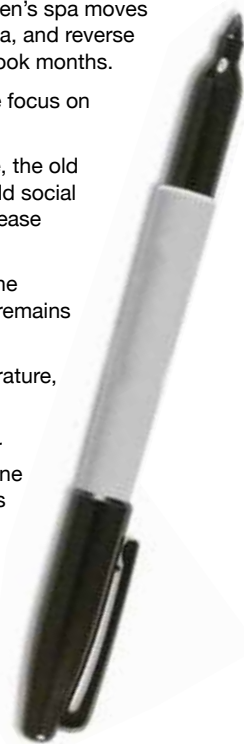
- Saw, sand, paint – a familiar theme the last few months. I sense our next musical theater production.
- Glass cleaner, paper towels, moving a stepladder – name three things our housekeepers will be frequently doing in the hallway between the gym and racquetball courts.
- Locker room transition . . . 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](http://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](http://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'Shvat 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](mailto:mbearman@jccomaha.org)



### Johanna Berkey

*Program Account Coordinator*

(402) 334-6419

[jberkey@jccomaha.org](mailto:jberkey@jccomaha.org)



### Steven Holcombe

*JCC Business Manager*

(402) 590-2148

[sholcombe@jccomaha.org](mailto:sholcombe@jccomaha.org)



### Tracy Modra

*Membership Director*

(402) 334-6427

[tmodra@jccomaha.org](mailto: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.

## 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. 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

### 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.

# 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](http://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

*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

# Community Events

Visit [www.jewishomaha.org](http://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](mailto: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](http://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](mailto: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](http://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](http://www.jewishomaha.org) or by contacting Diane at (402) 334-6407 / [dwalker@jewishomaha.org](mailto: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](mailto:skohen@fjaomaha.com).

## JEWISH 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/>

*Something Beautiful Happens....  
When Community Comes Together*

Please join us for a luncheon and moderated discussion with author, Yvette Manassis Corporon, and entrepreneur Mindy Corporon.  
Hear the story of how these remarkable women, although not Jewish themselves, have had their lives forever altered by anti-Semitism.

**Tuesday  
3/3/20**

**Champions Club**  
13800 Eagle Run Dr, Omaha, NE 68164  
11:00 AM Patron Reception  
11:30 AM Doors Open  
12:00 AM Program Begins



**Chairs:**  
Kelly Kirk  
Stephanie Patsalis

**REGISTER BEFORE 2/25/20**  
[www.tinyurl.com/sbhbook](http://www.tinyurl.com/sbhbook)

**Luncheon:** \$50 per person  
**Patron:** \$100 per person  
\$500 table \$1000 table

\*All proceeds benefit the IHE/ADL

**Committee:**  
Stacey Atlas, Betsy Baker, Ellie Batt, Carrie Fingold, Nancy Jacobson, Jamie Meyerson, Kendall Panas, Jill Sideris, Nancy Wolf



*Jewish*  
Family Service



## PARENTING WORKSHOP

Parenting the Love & Logic Way™

March 30 & April 16, 23, 30

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

Jewish Family Service and Woodhaven Counseling Associates, Inc. present "Parenting the Love & Logic Way" a four-part parenting workshop. The workshop helps strengthen parenting skills and teaches how to raise happy, self-sufficient kids. Workshop is open to ALL parents. Participants must attend all four classes. Cost is \$70 per family. Scholarship information available upon request. Childcare for ages 3 through 12 years will be available on-site for \$5 per child per session. The deadline to sign up for childcare is March 14, 2019. To register contact JFS at (402) 330-2024. **To register, or for more info, contact Jewish Family Service at (402) 330-2024 or on-line at [jfsomaha.com](http://jfsomaha.com)**

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

## 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. 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](mailto:alanpotash@jewishomaha.org) or Mark Martin at [mmartin@jccomaha.org](mailto: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](mailto: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  
Lauren & Mosah Goodman  
The Linda & Nelson Gordman Family  
Cookie & Jerry Hoberman  
Sheri & Steve Idelman  
Joanie & Richard Jacobson  
Jewish Federation of Omaha  
Foundation Special Donor  
Advised Fund  
Sheryn & Arnold Joffe  
Fran & Richard Juro  
Myron Kaplan  
Gloria & Howard Kaslow  
Larry Kelberg  
Maxine & Joe Kirshenbaum  
Gail & Jarold Kohll  
Abby & Adam Kutler  
Joanie Lehr  
Sandy & John Lehr  
Bobette & Jay Lerner

Alan J. Levine  
Bonnie & Steve Levinger  
Lisa & Chuck Lucoff  
Trenton Magid  
Jody & Buzz Malashock  
Julie & Mark Martin  
Denise & Jon Meyers  
Jennifer & Scott Meyerson  
Linda & Alan Muskin  
Amy Nachman & Alan Potash  
The Noddle Family  
Patty & Steve Nogg  
Susie & Mike Norton  
Fefe Passer & Al Bloch  
Marcia & Steve Pitlor  
The Platt Family  
Gail Goldstein Raznick  
RBC Foundation  
Iris & Marty Ricks  
Kimberly & Andrew Robinson  
Nancy & Joel Schlessinger  
Beth & Harley Schrager

Sarah & Ted Seldin  
Anne & Bruce Shackman  
Melissa & Matt Shapiro  
Suzy & Norm Sheldon  
The Siegel Family  
Steve Silver  
The Simon Family  
Judith & Gerald Simons  
Singer / Kulter / Kugler Families  
Janet & Jerry Slusky  
Tom Vann & Gina Gottsch  
Gail & Irving Veitzer  
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



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.

## 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



### In Progress

- Theater
- Front Entrance, Learning Commons, Gallery & Center for Positive Change
- Main Entrance Restrooms
- Women's Health Spa\*
- Women's Locker Room\*
- Physical Therapy Studio
- Party / Multipurpose Room

## FALL 2020



### Opening

- Front Entrance, Learning Commons, Gallery & Center for Positive Change
- Theater
- Main Entrance Restrooms



### In Progress

- Women's Health Spa\*
- Women's Locker Room\*
- Physical Therapy Studio
- Party / Multipurpose Room

## LATE FALL / WINTER 2020



### Opening

- Mens & Womens Health Spa\*\*
- Men's Locker Room\*\*
- Women's Locker Room\*\*
- Party / Multipurpose Room
- Physical Therapy Studio



### ! Finished !

*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.*



Alan J. Levine Theater



Front Entrance, Learning Commons & Center for Positive Change



Locker Rooms



Health Spas



Indoor Family Leisure Pool



Singer / Kutler / Kugler Families Family Changing Area

## 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



Refurbished Lap Pool

## 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.



Mind-Body Studio

## 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.*



Shirley & Leonard Goldstein Community Engagement Venue

## Dance Studios

Start Date: June 2019

Completed: December 2019

These three new dance studios include fully sprung dance floors, updated lighting and sound systems.



Dance Studios

## 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.



Noshery

# 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.

**Contact Member Services at (402) 334-6426 to reserve your spot.**



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

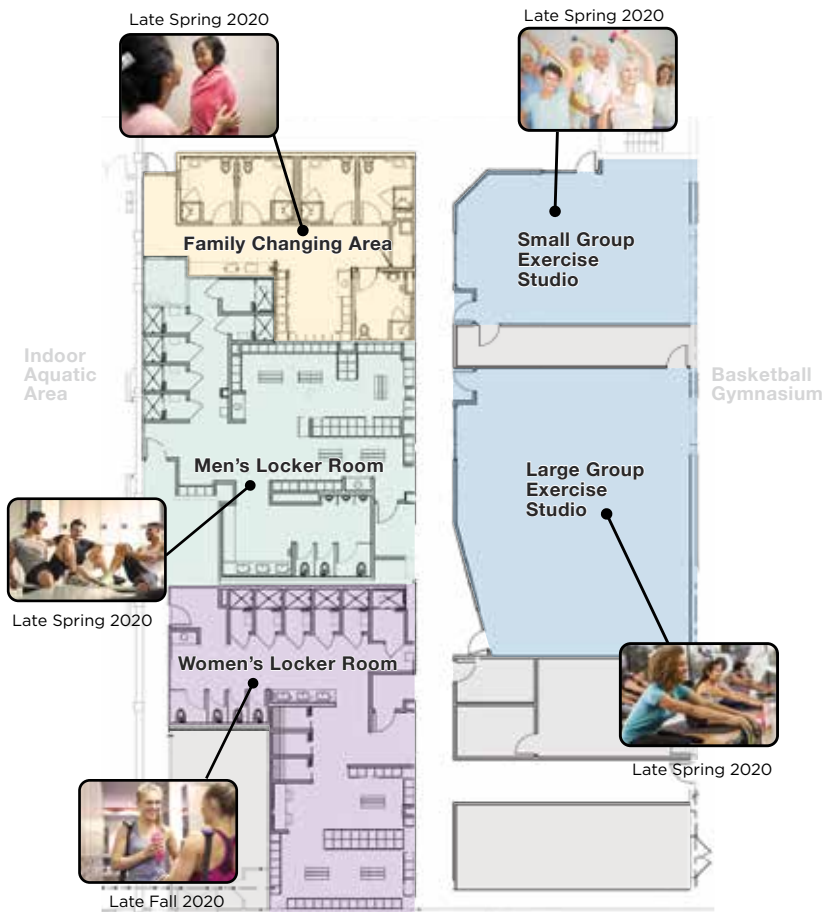
**Men's Locker Room Users**  
move to new men's health spa\*

**Women's Locker Room Users**  
move to new men's locker room

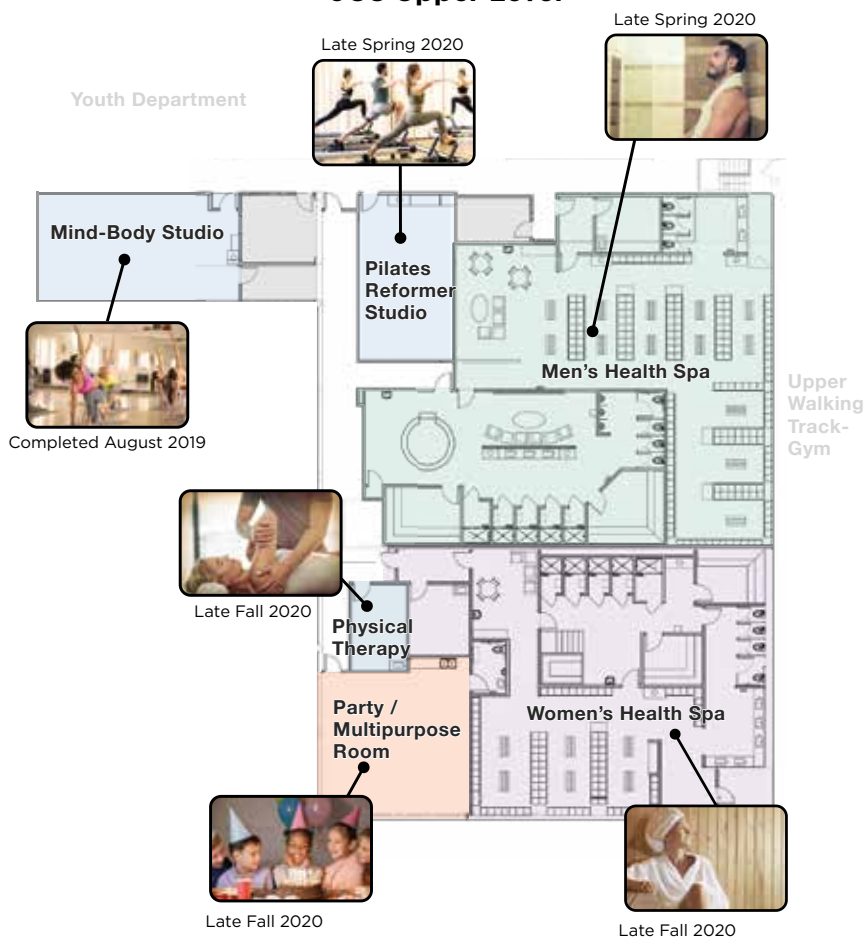
*All Health Spa & Locker Room use will return to normal upon the completion of Phase II.*

*\*Amenities in the men's & women's Health Spas will not be available during the renovation process. Amenity use will return upon the completion of Phase II.*

## JCC Lower Level



## JCC Upper Level



# 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 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 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.

# AQUATICS

## 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 Members, All Ages

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: \$150 | code: 14-0106A

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: \$170 | code: 14-0309B

Expert Sharks: Ages 8 & Over

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

Member: \$170 | code: 14-0309C

## 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 swimmer.

## 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 4:00-4:30 p.m. 14-103B

Level 4 3:00-3:30 p.m. 14-104A

Level 4 4:30-5:00 p.m. 14-104B

#### Session II: March 14 - May 9

Member: \$108 | Non: \$135 (No class 4/11)

#### Saturday Afternoon Group Lessons

Level 1 3:30-4:00 p.m. 14-201A

Level 1 4:00-4:30 p.m. 14-201B

Level 2 3:00-3:30 p.m. 14-202A

Level 2 4:30-5:00 p.m. 14-202B

Level 3 3:30-4:00 p.m. 14-203A

Level 3 4:00-4:30 p.m. 14-203B

Level 4 3:00-3:30 p.m. 14-204A

Level 4 4:30-5:00 p.m. 14-204B

### 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 1 5:30-6:00 p.m. 14-201D

Level 2 3:30-4:00 p.m. 14-202C

Level 2 4:30-5:00 p.m. 14-202D

Level 2 5:00 - 5:30 p.m. 14-202E

Level 3 4:00-4:30 p.m. 14-203C

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 Goal: Full underwater head submersion. Skills taught include: Going Under Water, Floating, Basic Arm and Leg Movements, Water Safety.

### 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 Goal: Swimming 25 yards unassisted without stopping. Skills taught: Front Stroke, Back Stroke, Treading, Introduction to the Breast Stroke.

### LEVEL 4: Hammerhead Shark | Ages 6-12

Level Goal: Swimming 50 yards of multiple strokes. Skills taught: Front Stroke, Back Stroke, Breast Stroke, Sidestroke, Introduction to Butterfly, Kneeling Dives.

### LEVEL 5: Great White Shark | Ages 6-12

Level Goal: Swimming 100 yards of almost every stroke. Skills taught: All 6 Swim Strokes, Standing Dives, Flip Turns, Surface Dives.

### 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- 2 ½ 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



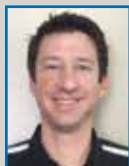
### Questions? Contact:

**Kurt Harte**

Physical Therapist

(402) 990-8458

jccpharte@cox.net



**Kevin Almquist**

PT, DPT, CSCS

(402) 426-3488

nhpt.kevinalmquist@yahoo.com

# American Red Cross Classes

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.

### 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

## 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



### 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





Pennie Z. Davis  
**CHILD**  
Development Center

Don't miss the Love & Logic Parenting  
Classes this spring! See pg. 5 for details.

## 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: 02-0203SA

**March 2-30** *Fairytales & Art*

Member: \$90 | code: 02-0302SA

**April 6-27** *Me, My Selfie & I*

Member: \$72 | code: 02-0406SA

### 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

**January:** *Art of the Book*

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

**February:** *Cozy Time*

Rest and relax while viewing and making our own "cozy" art. Prepare to get comfy!

**March:** *Fairytales & Art*

Once upon a time... there was fanciful art!

**April:** *Me, My Selfie & I*

We'll explore various types of self-expression.

### 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** *Playful Patterns*

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

**February 5-26** *Colorful Creations*

Member: \$72 | code: 02-0205MM

**March 4 - April 1** *Fanciful Foods*

Member: \$90 | code: 02-0304MM

**April 8-29** *Come on, Spring*

Member: \$72 | code: 02-0408MM

### 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** *Gleefully Gross!*

Gross and surprising science!

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

**February 5-26** *Whether the Weather*

Extreme weather science.

Member: \$72 | code: 02-0205ST

**March 4 - April 1** *Look for Helpers*

Learn about our community helpers.

Member: \$90 | code: 02-0304ST

**April 8-29** *Totally Teeny Tiny*

Microscopic science.

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** *Brilliant Bento Boxes*

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

**February 7-28** *Quick Breads & Spreads*

Member: \$72 | code: 02-0207CA

**March 6 - April 3** *Going Global*

Member: \$90 | code: 02-0306CA

**April 17 - May 1** *Food Science*

Member: \$54 | code: 02-0417CA (No class 4/10)

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

**January 10-31** *Brilliant Bento Boxes*

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

**February 7-28** *Quick Breads & Spreads*

Member: \$72 | code: 02-0207CB

**March 6 - April 3** *Going Global*

Member: \$90 | code: 02-0306CB

**April 17 - May 1** *Food Science*

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 1/2 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!** 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!

# 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.

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

## 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, age 6 weeks - 12 yrs. Morning & evening hours offered. Space limited. **24 hour advanced RSVP is required.** Call (402) 334-6426 to reserve your spot.

**Group Ex**

**TEXT ALERTS**

To sign up send a text message saying “@jccgro” to the number 81010



## 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	30 Min	60 Min
1 session	\$38	\$62
5 sessions	\$180	\$300
10 sessions	\$340	\$560
20 sessions	\$660	\$1,080
<i>Start Up Special*</i>		
3 session	\$99	\$162

Semi-Private	30 Min	60 Min
<i>Semi-Private Training is for 2 people.</i>		
1 session	\$28	\$50
5 sessions	\$135	\$235
10 sessions	\$260	\$450
20 sessions	\$500	\$860
<i>Start Up Special*</i>		
3 session	\$75	\$129

\* *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! 30 DAYS FIT Members, Ages 13+

You'll be amazed at what you accomplish in 30 days. Participants of 30 Days Fit 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 a week for four weeks. Trainers will guide you through a workout program, provide nutrition tips and tricks, and give step by step guidance. For more information contact the Fitness Center staff at (402) 334-6423.

**4 Week Program** Members: \$200 | code: 06-1000 | *Limit one per member*

### NEW! SWEETHEART SPECIAL Members, Ages 13+

Buy two of our five session, semi-private personal training packages during the month of February and save \$40! You'll use one package and give the other to your significant other, best friend or anyone who you want to show some love. Find a time that works for both of you and schedule your semi-private personal training together! Don't delay. This limited time offer is only available for purchase February 1-29.

**2 Packages - Each package composed of five, 30 minute training sessions**

\$230 for both packages | *That's only \$115 per person! - Limit one per member*

### 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. 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](mailto:jdolph@jccomaha.org), call (402)-334-6423, or walk up to the trainers desk.

**Ongoing Program** Four sessions: \$68 / person | Twelve sessions: \$184 / person

### NEW MONTHLY FITNESS CHALLENGES Members, Ages 16+

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 tbs Tabasco sauce
- 2 tbs 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.

#### Private

30 Min 60 Min

1 session	\$40	\$65
5 sessions	\$190	\$300
10 sessions	\$360	\$580
20 sessions	\$680	\$1,080

#### Start Up Special\*

3 session	\$100	\$150
-----------	-------	-------

#### 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
-----------	------	-------

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

60 Min

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

# 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.

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

## 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





# DANCE & Performing Arts

## MUSICAL THEATER AUDITION REGISTRATION Age: 8 - Adult

### Registration Opens December 16

9:00 a.m. Member Registration Opens

12:00 p.m. Non Member Registration Opens

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](http://www.jccomaha.org) to register.

**Registration is required to audition** Members: \$153 | Non: \$199

## 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.

## TRAINING COMPANY CONCERT Members & Non, Age: 2- Adult

### Sunday, March 8

Save the date for the annual JCC Dance Training Company concert. Location and time will be announced soon.

## Dance Studios Open. Theater Renovation Begins

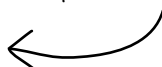
Beginning spring semester our JCC dancers will be dancing in three brand new fully equipped dance studios. All studios will have fully sprung dance floors. These studios were made possible by an extremely generous gift from Michael Staenberg.

On December 16th demolition of our 46 year old theater began. The theater will be completely redone to include rigging, sound/lighting, acoustics, curtains, etc. Handicap accessibility will be dramatically improved, as well. 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 8 for a theater rendering.

We thank all of our donors for seeing our visions 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!



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



## 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](mailto:ekatz@jccomaha.org)



#### Jessica Westerlin

Performing Arts Assistant Director  
(402) 334-6402  
[jwesterlin@jccomaha.org](mailto:jwesterlin@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!

# 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

## 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](http://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!

### Monday, December 23 | Bricks & Blocks

Legos, Jenga, Duplo and more. We'll come up with wild creations using bricks and blocks.

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

### Tuesday, December 24 | Mad Scientists

Pack your goggles and your lab coats. We're 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 gelt to celebrate Hanukkah.

School: All Schools  
code: 09-1226, B/A: 09-1226BA

### Friday, December 27 | Zombie Apocalypse

Will you be ready if zombies takeover the J? Spend the day preparing for a zombie apocalypse. We will have \$5 Pizza Friday too.

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

### Monday, December 30 | Creepy Crawlers

Lady bugs, caterpillars and beetles. Today we'll dabble 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! Join us for a special 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: 09-0102BA

### 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! Join us as we use our best CSI skills to solve the mystery.

Schools: OPS, SvDP  
code: 09-0106, B/A: 09-0106BA

### Monday, January 20 | Wizarding World

Hop aboard Platform 9 ¾ as we head off to a wizarding world. We'll cast spells, create potions and maybe even play quidditch!

Schools: All Schools  
code: 09-0120, B/A 09-0120BA

### Thursday, February 13 | Going Green

We'll celebrate Tu B'Shevat by learning how we can help the environment and be a little greener.

Schools: Millard, SvDP (Early Dismissal)  
code: 09-0213, B/A 09-0213BA

### Friday, February 14 | Superheroes

What will your superpower be...flight... invisibility...teleporting? We will explore the world of superheroes. It's \$5 Pizza Friday!

Schools: Millard, Ctk, SvDP, Friedel  
code: 09-0214, B/A 09-0214BA, Pizza 09-0214P

### Monday, February 17 | Great J Bake Off

We'll split into groups and have a baking contest. Who will make the most delicious and appealing treats? Join us to find out.

Schools: All Schools  
code: 09-0217, B/A 09-0217BA

### Thursday, March 5 | Cinco de Marcho

It's time for a Fiesta. We'll enjoy chips and salsa, pin the tail on the donkey and smash a piñata.

Schools: OPS, Friedel  
code: 09-0305, B/A 09-0305BA

### Friday, March 6 | March Madness

Join in the March madness with basketball crafts, snacks, and a game of basketball. This day will be a slam dunk. Don't forget it's \$5 pizza Friday.

Schools: OPS, Friedel  
code: 09-0306, B/A 09-0306BA, Pizza 09-0306P

### Monday, March 9 | Mystery Monday

What will Monday, have in store for us? Who knows it's a mystery! It's sure to be a good time!

Schools: OPS, Ctk  
code: 09-0309, B/A 09-0309BA

### Tuesday, March 10 | Purim Party

Join in the Purim Party! We will make masks and enjoy treats as we learn about Purim.

Schools: OPS, Ctk  
code: 09-0310, B/A 09-0310BA

### Wednesday, March 11 | Let's Roll

We'll take a field trip to the local bowling alley for strikes and spares. There will be bowling themed fun at the J too.

Schools: OPS, Ctk  
code: 09-0311, B/A 09-0311BA

### Thurs., March 12 | Greatest Showman

We'll create our own circus and carnival at the J! What tricks and talents will you bring to the show?

Schools: OPS, Ctk  
code: 09-0312, B/A 09-0312BA



## Fit & Sit Fitness Center Child Care



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

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

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

## Fit & Sit

### MORNING HOURS

**8:00 a.m. - Noon**

Sundays - Saturdays

Open to ages 6 weeks - 8 years

### EVENING HOURS

**5:30 - 7:30 p.m.**

Mondays - Thursdays

Open to ages 6 weeks - 12 years

### Reservations are required

Please call Member Services at (402) 334-6426 to reserve your spot. **Reservations must be made 24 hours in advance.** Parents must stay on the property while their children are in Fit & Sit. A maximum of 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.

### 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-dyeing items. Don't forget it's \$5 Pizza Friday!

Schools: Millard  
code: 09-0320, B/A 09-0320BA  
Pizza 09-0320P

### Wednesday, April 8 | Passover Party

We'll celebrate the beginning of Passover with Passover crafts, games and snacks.

Schools: Friedel, D66  
code: 09-0408, B/A 09-0408BA

### Friday, April 10 | Theater Mania

We will take a trip to the Rose Theater to see the play "Naked Mole Rat Gets Dressed". We'll spend the afternoon with some gym and swim time at the J. It's \$5 Pizza Friday. (Matzah pizza will be available for those observing Passover).

Schools: Friedel, D66  
code: 09-0410, B/A 09-0410BA,  
Pizza 09-0410P

### 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

## 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!*



### 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



# SPORTS & Recreation

## PICKLEBALL-PALOOZA *Members, Ages 16+*

Join the pickleball craze with these fun events at the J. 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. We have limited equipment available.

### Learn to Play Pickleball

**Sunday, January 12** 11:30 a.m. - 1:30 p.m.

Join the JCC athletic department and other local players to learn about the fastest growing sport! We'll review the basics and show you how to play pickleball. No experience is required to participate. All play is drop-in only, advanced registration is NOT needed. All players must be 12 years or older. This class is free to all JCC Members.

### Pickleball Tournament

**Sunday, March 29** 12:30 - 6:00 p.m.

Join other JCC members in a day full of friendly pickleball competition. A round robin style tournament, with a four game guarantee, will be played. The first games will start at 12:30 p.m. in the basketball gymnasium. Two divisions will be available: age 50+ and age 16-49. At least one person on the team must be a JCC member. Teams will consist of doubles only. Equipment will be shared amongst participants. All games will be done by 6:00 p.m.

#### Division I: Age 50 +

Member: \$35 / team | code: 17-0329

#### Division II: Age 16-49

Member: \$35 /team | code: 17-0329

## 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. All leagues are ongoing.

### Men's Basketball *Men, Age: 30+*

All games will be in 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.

### Co-Ed Volleyball *Age: 16+*

Friendly, drop-in, co-ed matches. All levels welcome.

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

### 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.

Thursdays, 6:00-8:00 a.m.

## 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

## 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](http://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

#### Weds, 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: 17-0121KH

### March 10-31

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

### 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 & REFEREES 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

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

**January 9-30**

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

**February 6-20**

Member: \$60 | code: 17-0206TS

**March 5-26**

Member: \$60 | code: 17-0305TS

**April 2-30** (no class 4/9)

Member: \$60 | code: 17-0402TS

**May 7-28**

Member: \$60 | code: 17-0507TS

## 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

**Youth 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

## 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

**Wednesdays, 12:45-1:30 p.m.**

**February 5-26**

Member: \$60 | code: 17-0205P

**March 4-25**

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

**February 6-27** code: 17-0206HS

**March 5-26** code: 17-0305HS

**April 2-30** code: 17-0402HS (no class 4/9)

**May 6-20** code: 17-0506HS

## 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

**March 5-26**

Member: \$60 | code: 17-0305S

**April 2-30** (no class 4/9)

Member: \$60 | code: 17-0402S

**May 7-28**

Member: \$60 | code: 17-0507S

## 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, team work, 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

jcrosley@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



**Staenberg Kooper Fellman Campus**

333 South 132nd Street  
Omaha, NE 68154

Address Service Requested

Nonprofit Organization  
U.S. POSTAGE  
**PAID**  
PERMIT No. 984  
Omaha, Neb.



Go Green! The Centerpiece is online at [www.jccomaha.org](http://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.

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 Murov

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 Riekas

Steve & Margo Riekas

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)*

# THANK YOU THANK YOU