JCC announces 2020 Annual Meeting and award recipients

Once again this year the Sam Pomeranz Jewish Community Center of Syracuse is gearing up to hold its own unique celebration of community and selfless giving. The JCC of Syracuse’s 157th Annual Meeting and Gala, presented by naming sponsor the Wladis family, will be held on Sunday, June 7 from 11 a.m. to 2 p.m. at Owera Vineyards in Cazenovia.

A total of five awards will be presented this year in recognition of outstanding service given to the JCC and to the local community. The theme—back by popular demand for the third year in a row—will be a "New York Kosher Deli Experience… ENCORE!” catered once again by Essen New York Deli of Brooklyn.

This is the JCC’s biggest and most important annual fundraiser. The distinctive celebration brings together many members of the Central New York Jewish community to benefit the JCC of Syracuse and to pay tribute to those who have acted so selflessly. A cocktail hour will get the event started and segue to an authentic Jewish deli brunch. A brief business meeting will follow, which will then lead to the community service awards ceremony. Again this year, the gala’s proceeds will provide significant funding for scholarships to individuals in the JCC’s early childhood, after school, summer camp and senior programs. The 2020 JCC honorees represent a wide range of dedication and support. The Kvod Award, which signifies honor and importance, will be presented to Judith Stander who recently retired from the

> See “Annual Meeting” on page 3

JCC Purim Carnival coming March 8

The JCC of Syracuse will once again put on a fun-filled day of games, activities, food and more during its upcoming Purim Carnival. This annual family-oriented event will be held on Sunday, March 8 from noon to 4 p.m. at the JCC.

Plenty of interactive and entertaining activities for preschool and school-age children and their families will be available, including many new and improved games, attractions and entertainment that debuted last year. Admission is free and open to the public.

“It’s a wonderful thing to open our doors to the community for an afternoon that’s all about families having fun,” said Marci Erlebacher, JCC of Syracuse executive director. “Purim is a lively, joy-filled holiday, and what better way to celebrate than with a carnival for our members, neighbors and the whole community.”

The JCC Purim Carnival is the center’s largest indoor community event held each year. It has been a JCC tradition to hold the celebration as a way of giving

> See “Purim” on page 2
Purim

back to the community so that families can come together for an afternoon of good quality time. Children are encouraged to dress in costumes, which is a Purim holiday custom. Kids dressed in costumes will receive a prize ticket at the door.

One of the carnival’s main attractions is Esther’s Café, which will open for lunch at 11:30 a.m. in the JCC’s Anne and Hy Miller Family Auditorium. A variety of home-cooked, Va’ad-supervised gourmet kosher food prepared by the JCC’s chef, Donna Carullo, will be available.

Esther’s Café opens at 11:30 a.m.

Menu items will include corned beef and turkey sandwiches, hamburgers, hotdogs, knishes and desserts featuring the ever popular hamantashen.

The JCC Neulander Family Sports & Fitness Center’s Schayes Family Gymnasium will be transformed into a mini-indoor midway of sorts and feature kid’s carnival games, large inflatable bounce toys and slides, caricature drawings, face painting, balloon animals and more. Other event attractions will include entertainment, a toddler/preschool bounce house, child safe ID fingerprinting and car seat safety checks, a PJ Library activity and a used book sale.

A special attraction this year will be comedian Marc Weiner who will help run a special craft with the children. Weiner’s credits include Saturday Night Live, his own show on Nickelodeon called Weinerville and he is currently the voices of the “Map” and “Swiper the Fox” in Dora the Explorer. The Jessica Shore Children’s Fund of Sha’arei Torah Orthodox Congregation of Syracuse is proud to bring Weiner to Syracuse.

The JCC of Syracuse is delighted to hold its Purim Carnival each year thanks to the support of a small “army” of volunteers. Some of the many crucial tasks volunteers perform include running games, serving food and helping in the prize room. For students seeking to fulfill community service requirements, volunteering is a great way to earn credit hours, help out the JCC and have some fun!

For more information about the JCC’s Purim Carnival, including volunteer opportunities and donating gently used books for the sale, contact the JCC of Syracuse at 315-445-2360 or visit www.jccsyr.org.

JCC summer camp registration is now open

Although the weather may still be cold, the JCC is looking forward to summer! Registration for the Sam Pomeranz Jewish Community Center’s 2020 Camp Joe & Lynne Romano is happening now. The JCC’s summer day camp for children and teens will run weekdays for eight weeks from June 29 through August 21. Camp Romano will once again offer a variety of adventurous and enriching programs so campers can establish lasting friendships, gain experience “by doing” and have loads of fun all summer long.

Last year, the JCC had another very successful summer camp season. Hundreds of campers ranging in age from infants to school-age children to teens had a blast making friends and memories to last a lifetime. Camp enrollment is broken out into three different age groups. The early childhood camp is for children 6-weeks old through entering kindergarten,
Jewish Federation of Central New York. She has been a long-time volunteer in the community, a former JCC employee and she has served on the board of trustees and various committees at her synagogue, Temple Concord.

The JCC’s Kovod Gadol Award, which in Hebrew translates to great honor, will be presented to the husband and wife team of Jeffrey and Abby Scheer. Both have been longtime and active supporters of the community. Jeffrey is a partner at Bond, Schoeneck and King, board member of the Jewish Community Foundation of Central New York and former board member of the Jewish Federation of Central New York. Abby is a Syracuse University librarian, former JCC board member and past board president of the Syracuse Hebrew Day School.

Two Hall of Fame Awards will be presented this year to two couples who have given so much to the community. They are Steven and Sondra Goldberg and Barry and Debrah Shulman. The Goldbergs are longtime generous community supporters whose roots at the JCC of Syracuse run deep. Both have served on the JCC board and Steven is a former treasurer and vice president of the board. Steven is currently executive vice president of the locally based company Schoeneck and King, personified throughout her many selfless volunteer pursuits.

“I am thrilled that we’ll be recognizing another terrific lineup of honorees this year,” said Marci Erlebacher, JCC of Syracuse executive director. “All have displayed such dedicated service to the JCC and to the local Jewish community through their selfless acts and generosity. This year’s gala is shaping up to be another fun and heartfelt celebration.”

For more information about the JCC of Syracuse’s upcoming gala, including event tickets and sponsorship opportunities, call 315-445-2360 or visit www.jccsyr.org.

Barry and Debra co-chaired the JCC’s original $2.8 million capital campaign. Barry has taught Tap Dance classes at the JCC of Syracuse for many years and donates all proceeds to the JCC. Debrah was instrumental in launching the Fay’s Drug Store Quiz Show.

This year’s Leslie Award, the fifth to be given since it was launched in 2016, will be presented to JCC board member Davia Moss. She is a lifelong Syracuse-area resident who literally grew up at the JCC—she attended the Early Childhood Development Program—and is a young up-and-coming professional within the local Jewish community. Moss serves on the JCC board’s gala committee and on the building committee, she co-chairs the Early Childhood Development Program committee and is an at-large member of the JCC board’s executive committee. “The Leslie” recognizes outstanding commitment and service to the JCC and to the local community—the qualities which the award’s namesake, Leslie London Neulander, personified throughout her many selfless volunteer pursuits.

“Tuition is due at time of enrollment. Register early as some programs have limited space and classes fill up fast. JCC members receive enrollment priority. Cancellations, refunds & changes We do not send registration confirmations. We will notify you only if a program is cancelled. The JCC reserves the right to cancel a program due to insufficient registration. In such cases, a full refund or credit will be issued. Transfers from one class to another can only be made with prior JCC approval.

**ADULT TAP DANCE CLASSES at the JCC**

*Spring session starts March 3*

For details stop by the Fitness desk, call 315-234-4522 or visit www.jccsyr.org.
Seniors: Does your health insurance plan include a gym membership?

Did you know that if you have a certain type of health insurance plan, you can workout at the JCC for little or no cost? The JCC’s Neulander Family Sports & Fitness Center is a participating gym in the following gym membership plans for seniors.

SilverSneakers is an insurance benefit included in more than 65 Medicare health plans. Many health plans from companies such as Humana, Aetna, MVP, UnitedHealthcare and others, as well as group retirement plans, provide SilverSneakers gym memberships to their insureds, at no additional cost. For further information, visit www.silversneakers.com.

Silver&Fit is another gym program for seniors that is similar to SilverSneakers. Silver&Fit is offered through various health insurers including Excellus BlueCross BlueShield and Aetna. For details, visit www.silverandfit.com.

RenewActive by UnitedHealthcare is available with select Medicare Advantage plans. It replaced the UnitedHealthcare Optum program. RenewActive supports fitness for body and mind. For more information, visit www.uhcrenewactive.com.

For more information about these programs and to confirm eligibility, contact the JCC’s Nick Finlayson, membership director, at 315-445-2040, ext. 140, or nfinlayson@jccsyr.org.

PJ LIBRARY IN CNY – A JEWISH COMMUNITY PARTNERSHIP

FREE

Jewish bedtime stories & songs
for families raising Jewish children

Sign-up online today!

PJ Library in CNY serves children from 6 months to 8 years old in Cortland, Madison, Onondaga and Oswego Counties. www.pjlibrary.org

Connect with us for the latest updates.

Facebook /PJLibraryCNY
Instagram /PJLibraryCNY

Carolyn Weinberg | pjcnyc@jccsyr.org

PJ Library in CNY is a program of the Sam Pomeranz Jewish Community Center.

FYI FOR YOUR INFORMATION

Fire drills

Licensing of our After School Program and Early Childhood Development Program with the New York State Office of Children and Family Services requires that the JCC of Syracuse conduct monthly fire drills at various times of the day to accommodate varying child schedules. The monthly scheduling of these drills is determined in September and submitted for approval. This means that regardless of weather conditions, all fire drills are conducted as required. Each and every person in the building must evacuate during a drill. We thank you in advance for your cooperation in helping to make the JCC a safer place for everyone.

JCC kashrut policy

The JCC kitchen is under the supervision of the Syracuse Va’ad Ha-ir. The kashrut policy requires strict adherence to the list of approved foods that may be brought into the kitchen. This list is available from program staff members.

JCC room rental

The JCC rents a variety of spaces at affordable rates. Our auditorium has computer presentation capabilities and we offer kosher catering. We also have various conference rooms that can be arranged to accommodate meetings, classes, parties and other events. For details, call Erin Hart at 315-445-2040, ext. 112.

Israel

Independence Day Celebration

YOM HA’ATZMAUT
April 29 • 5:45–8 pm

Temple Adath Yeshurun
450 Kimber Road, Syracuse

Music • Food • Children’s Activities...and more!

FREE AND OPEN TO THE COMMUNITY
Fall 2020 Registration
Open enrollment for the 2020-2021 school year starts March 2. To register your child for the upcoming school year, your completed enrollment paperwork along with the $25 registration fee must be submitted. In May you will receive some additional forms to complete.
For more information about fall enrollment and to schedule a tour, please call 315-445-2040, ext. 123.

Withdrawals, changes
Enrollment in ECDP is a commitment to our 10-month school year which consists of three sessions: September–November, December–February and March–June. Any program withdrawals or enrollment changes must be made 30 days before the start of a session.
ENRICHMENT OPPORTUNITIES

Once again this spring we will offer some popular enrichment classes for children ages three through five. Your child is sure to enjoy all of the hands-on fun that these classes have to offer! Classes are open to both JCC members and to the public. Look for flyers posted outside the classrooms.

ONGOING FUNDRAISER

We continue to participate in the following ongoing fundraiser which helps support our programming.

Wall of Hands

Your child can become a permanent part of our program’s history! ECDP families can preserve their child’s handprint on our Wall of Hands for years to come. An initial handprint is $36 and $18 for each successive year. Each colorful, 6”x6” tile is personalized, dated and mounted on the ECDP entrance wall.

2020 Summer Camp registration is now open!

Summer Camp dates:
June 29 – August 21

Early Childhood Camps
For ages 6 weeks – 5 years.
Full- and part-time sessions available.

Don’t delay, register today!
For further details call 315-445-2360 or visit www.jccsyr.org.
Providing quality care for your child

Our state-licensed program is all about putting your child first and meeting the hectic scheduling demands of your family. We're open to everyone—both JCC members and non-members. We offer a range of programs and services for grades K-6 children designed to keep them safe, secure, engaged and having fun!

- After School Care
- Before School Care (J-D Schools only)
- Snow-Day Care
- Summer Camp
- Vacation Camp

AFTER SCHOOL PROGRAM • GRADES K–6

How to register

The After School Program registration form is available from our main entrance reception desk and on our website. A $25 non-refundable registration fee and a $50 deposit applied to tuition must accompany the registration form. Billing is done on a monthly basis. Each child is automatically enrolled for each month unless advance notice to withdraw is given.

Withdrawals, changes

All schedule changes and withdrawals must be submitted in writing to the After School Program by the 15th of the month prior to the month when the change will occur. If written notification is not received, you are responsible for the original billed amount. Increases in days and times are based on availability. We do not prorate or issue credits for partial months.

For more information, please call us at 315-445-2360.

CALENDAR

April
6–8 . . . . . . . . . . . . Spring Break Vacation Camp
8 . . . . . . . . . . . . Close at 5 pm – Eve of Passover
9, 10 . . . . . . . . . . CLOSED – Passover

May
25 . . . . . . . . . . CLOSED – Memorial Day
27 . . . . . . . . . . Ice Cream Social/Raffle

June
29 . . . . . . . . . . Summer Camp begins!

SPRING BREAK VACATION CAMP • APRIL 6–8

Let your child celebrate spring at the JCC with field trips, outdoor fun (weather permitting), gardening, earth-friendly activities and more! We'll have lots of exciting things to do.

- Full Day 9 am – 4 pm
  $50 members, $60 non-members
- Half Day 9 am – noon or 1–4 pm
  (non-field trip days only)
  $32 members, $38 non-members
- Early/Late Care* 7 am – 6 pm
  $2 members, $3 non-members

*Free for current After School Program participants

Sign up today!

Open to both JCC members and non-members. Registration flyers will be sent home with all current After School Program participants. Or, download the form from www.jccsyr.org. Early registration pricing and sibling discount good through March 30.
**Camp Romano**

- Continued from page 2

School-age camp is open to children entering grades 1–6 and the SyraCruisin’ teen travel camp is for young teens entering grades 7–10. All camps are held at the JCC in DeWitt except for scheduled off-site field trips, overnights and certain off-site specialty camps. In all cases, though, the camp day will begin and end at the JCC. Early and late care options are available for all campers.

Once again this summer the JCC is looking forward to welcoming its two Israeli scout delegates who will bring Israeli culture and fun to the JCC’s school-age campers. The JCC is also looking to offer again its Yachad (meaning “all together” in Hebrew) inclusion program for school-age children with special needs. The program creates a sense of community among participants of all abilities by utilizing additional support staff and making necessary accommodations. There will be no additional cost to enroll qualified children in the Yachad program provided the JCC’s grant funding is approved again this year.

Current JCC membership or program enrollment is not necessary for a child to attend Camp Romano. Early registration is recommended as many sessions closeout quickly. A discount for siblings is available and a limited number of scholarships in the form of financial aid are also available. The scholarship application deadline is May 22.

For more information about the JCC’s Camp Romano summer day camp, and to request the camp program guide, call 315-445-2360 or visit www.jccsyr.org.

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**$11 each**

**DISCOUNTED MOVIE TICKETS**

For Regal Cinemas

- No expiration date
- No restrictions

Purchase tickets at the JCC’s front desk. Proceeds benefit the JCC’s Teen Programs.

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**Syracruisin’ Travel Camp for Teens**

**Calling All Teen Adventurers!**

Experience a new adventure each day this summer.

Registration is now open!

Questions? Contact Amy Bisnett at 315-445-2040, ext. 122, or abisnett@jccsyr.org.
SOCCER

Pre-K Soccer
Age: Pre-K
Day: Wednesday
Time: 10:30–11 am
Fee: $140 members, $160 non-members
This fun and fast-paced class is focused on boosting balance, coordination and fundamental soccer skills. Creative games help develop listening skills, cooperation and teamwork.

KARATE

Little Dragon Karate
Age: Pre-K
Day: Friday
Time: 1–1:30 pm
Dates: 3/27–6/19 (not 4/10, 5/29)
Fee: $155 members, $175 non-members
CNY Karate School at the JCC! Preschoolers get a fun introduction to this popular and healthy sport. Additional fees may be incurred for uniform and sparring equipment.

KIDS KARATE

Age: Grades K–6
Day: Friday
Time: 4:15–5 pm
Dates: 3/27–6/19 (not 4/10, 5/29)
Fee: $175 members, $195 non-members
Move through the beginning ranks of CNY Karate Gojoryu style! Karate enhances motor skills and self discipline. Additional fees may be incurred for uniform and sparring equipment.

Creative Tots
Age: 3 (must be three by 12/1/19)
Day: Thursday
Time: 1–1:30 pm
Dates: 3/26–6/18 (not 4/9, 4/16)
Attire: Girls – Leotard and tights
Boys – Shorts and T-shirt
Shoes: Ballet shoes
Fee: $165 members, $175 non-members
For the youngest dancers, this class is an introduction to music and movement while focusing on fun and creativity.

Pre-Ballet
Age: Pre-K
Day: Thursday
Time: 1:45–2:15 pm
Dates: 3/26–6/18 (not 4/9, 4/16)
Attire: Girls – Leotard and tights
Boys – Shorts and T-shirt
Shoes: Pink Ballet shoes (girls)
Fee: $165 members, $175 non-members
This pre-K class is an introduction to ballet techniques and terminology.

SCHOOL OF DANCE

Ballet, Tap and Jazz form the curriculum of the JCC Dance Program. Boys and girls are invited to participate in this program and gain flexibility, strength and coordination while having lots of fun. Dance classes are held in the dance aerobic studio with mirrors, dance bars and wood flooring. The program includes a recital in June with additional fees for costumes.

To sign up for these spring dance classes, you must have been registered in the winter session.

Dance Recital is June 18, 2020 at 6:30 p.m.

Fancy Feet
Age: Pre-K
Day: Thursday
Time: 2:30–3 pm
Dates: 3/26–6/18 (not 4/9, 4/16)
Attire: Girls – Leotard and tights
Boys – Shorts and T-shirt
Shoes: Black tap shoes and black jazz shoes or black ballet shoes
Fee: $165 members, $175 non-members
Tap and jazz class for boys and girls works on developing rhythm, strength and flexibility.

School-Age Tap and Jazz
Age: Grades K–4
Day: Friday
Time: 4:15–4:45 pm
Dates: 3/27–6/19 (not 4/10, 5/29)
Attire: Girls – Leotard and tights
Boys – Shorts and T-shirt
Shoes: Black jazz shoes and tap shoes
Fee: $165 members, $175 non-members

School-Age Ballet
Age: Grades K and up
Day: Friday
Time: 4:45–5:15 pm
Dates: 3/27–6/19 (not 4/10, 5/29)
Attire: Girls – Leotard and tights
Boys – Shorts and T-shirt
Shoes: Pink Ballet shoes (girls)
Fee: $165 members, $175 non-members

Creative Tots
Age: 3 (must be three by 12/1/19)
Day: Thursday
Time: 1–1:30 pm
Dates: 3/26–6/18 (not 4/9, 4/16)
Attire: Girls – Leotard and tights
Boys – Shorts and T-shirt
Shoes: Ballet shoes
Fee: $165 members, $175 non-members
For the youngest dancers, this class is an introduction to music and movement while focusing on fun and creativity.

Pre-Ballet
Age: Pre-K
Day: Thursday
Time: 1:45–2:15 pm
Dates: 3/26–6/18 (not 4/9, 4/16)
Attire: Girls – Leotard and tights
Boys – Shorts and T-shirt
Shoes: Pink Ballet shoes (girls)
Fee: $165 members, $175 non-members
This pre-K class is an introduction to ballet techniques and terminology.

Sports

Throwing, catching, kicking and running made fun through pre-sports skills training. Miniature equipment is used with an emphasis on fun and good sportsmanship.

Rookie Sports I
Age: 3 (must be three by 12/1/19)
Day: Friday
Time: 1–1:30 pm
Dates: 3/27–6/19 (not 4/10, 5/29)
Fee: $145 members, $165 non-members

Rookie Sports II
Age: Pre-K
Day: Monday
Time: 1–1:45 pm
Dates: 3/23–6/15 (not 4/6, 5/30)
Fee: $155 members, $175 non-members
**PRESCHOOL GYMNASTICS**

The JCC offers a wonderful program that introduces preschoolers to gymnastics at times designed to be convenient for parents.

**Tumbling Tots I (Preschool Gymnastics I)**

- **Age:** 3 (must be three by 12/1/19)
- **Day:** Tuesday
- **Time:** 1–1:45 pm
- **Dates:** 3/24–6/16 (not 4/7)
- **Fee:** $155 members, $170 non-members
- **Attire:** Leotard, shorts or sweatpants. No pants with snaps, buttons or strings.

Pre-gymnastics skills for 3-year olds! Emphasis on safely using the beam, bars and vault.

**Tumbling Tots II (Preschool Gymnastics II)**

- **Age:** Pre-K
- **Day:** Tuesday
- **Time:** 2–2:45 pm
- **Dates:** 3/24–6/16 (not 4/7)
- **Fee:** $155 members, $170 non-members
- **Attire:** Leotard, shorts or sweatpants. No pants with snaps, buttons or strings.

Pre-gymnastics movement skills will be taught in a safe and fun environment using floor, beam, bars and vault.

**Ninja Warriors**

- **Age:** Pre-K
- **Day:** Wednesday
- **Time:** 2–2:45 pm
- **Dates:** 3/25–6/17 (not 4/8, 4/15)
- **Fee:** $170 members, $195 non-members
- **Attire:** Shorts or sweatpants. No pants with snaps, buttons or strings.

Build strength and agility by jumping, swinging, climbing, hanging, balancing and leaping through our fun-filled, ninja-style obstacle course!

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**SCHOOL-AGE GYMNASTICS**

The JCC Gymnastics School offers a comprehensive regimen of gymnastics instruction. Students develop agility, flexibility and self-confidence. Classes are taught by Sherri Lamanna. Placement is based on skill, not age.

**Gymnastics – Level I, II, III**

- **Age:** Grades K and up
- **Day:** Monday
- **Time:** 3:30–4:30 pm
- **Dates:** 3/23–6/15 (not 4/6, 5/30)
- **Fee:** $165 members, $175 non-members

Beginning gymnastics foundations taught on floor, beam, bars and vault in a safe and encouraging environment.

**Gymnastics – Level I, II, III**

- **Age:** Grades K and up
- **Day:** Monday
- **Time:** 4:30–5:30 pm
- **Dates:** 3/23–6/15 (not 4/6, 5/30)
- **Fee:** $165 members, $175 non-members

This level progresses the student to an intermediate development in all events.

**Pre-Team Gymnastics**

- **Day:** Wednesday and Friday
- **Time:** 3:25–6/19 (not 4/8, 4/10, 4/15, 5/29)
- **Fee:** $340 members, $365 non-members

Participants will be accepted on the pre-team through tryouts or approval from coach. Gymnasts will work on skills and develop compulsory routines for introduction to competitions.

**Team Gymnastics**

- **Day:** Tuesday and Thursday
- **Time:** 3:45–5:30 pm
- **Dates:** 3/24–6/18 (not 4/7, 4/9, 4/16)
- **Fee:** $340 members, $365 non-members

Participants will be accepted on the team through tryouts or approval from coach. Gymnasts will compete against other gymnastics programs in the area. Some additional fees will be incurred.

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Use the registration form on page 14.
Join the JCC!
The JCC of Syracuse offers a variety of flexible membership options to anyone in the community. Members enjoy use of the center, the outdoor heated pool, access to the fitness facilities and program exclusives and discounts. Specific benefits vary depending on whether you join as a Full-Facility (Fitness) or Non-Fitness member. Please see the chart at right for details.

You do not have to be Jewish to become a member of the JCC of Syracuse. Your JCC membership is a one-year commitment and automatically renews each year unless cancellation notice is given in writing. Annual membership is non-refundable and payment is due in full upon joining. Or, for your convenience, monthly payment plans are available including automatic payments from your credit or debit card. Enroll today by completing pages 12–13.

Dedicated to serving our community
As a 501(c)(3) not-for-profit community center, our mission is to serve our community. We occasionally offer membership allowances on a case-by-case basis to accommodate those with special needs and financial circumstances. Contact our Membership Director for additional details.

Questions?
For more information about joining the JCC of Syracuse, please contact our Membership Director at 315-445-2040, ext. 140.

### JCC MEMBER BENEFITS

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<th>Full-Facility (FF)</th>
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● Included with membership ○ Additional fees or restrictions may apply

*Per class fee applies to Tap and Ballroom Dance.

Trial and discounted promotional memberships are not eligible for child care or other program discounts.
# Membership Options & Rates

Please complete and submit this form along with the Membership Application form on page 13.

## Membership Options

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<tr>
<th>CATEGORY</th>
<th>CODE</th>
<th>TYPE</th>
<th>DESCRIPTION</th>
<th>FULL-FACILITY (FITNESS)</th>
<th>NON-FITNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>A</td>
<td>2-Parent Family</td>
<td>2 adult caregivers, children and dependent students within a single household</td>
<td>$823 / $71</td>
<td>$441 / $40</td>
</tr>
<tr>
<td>Family</td>
<td>B</td>
<td>1-Parent Family</td>
<td>1 adult caregiver, children and dependent students</td>
<td>$598 / $54</td>
<td>$334 / $32</td>
</tr>
<tr>
<td>Couple</td>
<td>C</td>
<td>Adult Couple</td>
<td>1 adult couple with no dependants living at home</td>
<td>$711 / $63</td>
<td>$399 / $37</td>
</tr>
<tr>
<td>Individual</td>
<td>D</td>
<td>Individual Adult*</td>
<td>1 adult age 18+</td>
<td>$520 / $47</td>
<td>$299 / $27</td>
</tr>
<tr>
<td>Student</td>
<td>E</td>
<td>Individual Student*</td>
<td>Any student age 14+ with valid student ID</td>
<td>$329 / $30</td>
<td>N/A</td>
</tr>
<tr>
<td>Senior</td>
<td>F</td>
<td>Senior Adult</td>
<td>1 adult age 60+</td>
<td>$463 / $42</td>
<td>$129 / $14</td>
</tr>
<tr>
<td>Senior</td>
<td>G</td>
<td>Senior Special</td>
<td>1 adult age 60+, weekdays only</td>
<td>$261 / $25</td>
<td>N/A</td>
</tr>
<tr>
<td>Senior</td>
<td>H</td>
<td>Senior Couple</td>
<td>2 married adults, one is age 60+</td>
<td>$643 / $57</td>
<td>$199 / $19</td>
</tr>
</tbody>
</table>

*Individuals age 35 and younger may add a spouse to a Full-Facility (Fitness) membership for an additional $99/year.

## Additional Contribution

| I | Mitzvah | Monetary tax-deductible contribution in addition to any membership | Any amount |
| J | Silver | Monetary tax-deductible contribution in addition to any membership | $100 |
| K | Gold | Monetary tax-deductible contribution in addition to any membership | $200 |
| L | Platinum | Monetary tax-deductible contribution in addition to any membership | $300 |

## Locker Rental (Full-Facility memberships only; optional)

| M | Small | Annual cost for a small personal locker; limited availability | $95 |
| N | Large | Annual cost for a large personal locker; limited availability | $195 |

## One-Time Enrollment Fee (New and lapsed memberships only)

| Full-Facility (Fitness) members – A, B, C, D | $50 | Non-Fitness members – A, B, C, D | $30 |
| Full-Facility (Fitness) Student/Senior – E, F, G, H | $25 | Non-Fitness Senior – F, H | $15 |

## Please Fully Complete...

In the spirit of Tzedakah, please consider making a tax-deductible contribution along with your membership payment.

<table>
<thead>
<tr>
<th>Today’s Date:</th>
<th>Full Name:</th>
<th>Date of birth:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>REGISTRATION</th>
<th>CODE</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Type (A–H)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Additional Tax-Deductible Contribution (I–L)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Locker Rental (Full-Facility only; M–N)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enrollment Fee (if applicable)</td>
<td>–</td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Please complete the Membership Application on the next page.**

**Payment Method**
- [ ] Check (Payable to JCC of Syracuse)
- [ ] Cash (Do not send cash in the mail)
- [ ] Credit Card (MC, Visa, Discover, Amex)

<table>
<thead>
<tr>
<th>Acct. #:</th>
<th>Exp. Date:</th>
<th>Security Code:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardholder Name:</td>
<td>Signature:</td>
<td></td>
</tr>
</tbody>
</table>
# Membership Application

Please complete and submit this form along with the Membership Options & Rates form on page 12.

## PRIMARY MEMBER

<table>
<thead>
<tr>
<th>Title</th>
<th>Mr.</th>
<th>Mrs.</th>
<th>Dr.</th>
<th>Ms.</th>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Name</td>
<td>First Name</td>
<td>Date of Birth</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td>City</td>
<td>State</td>
<td>Zip</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Phone</td>
<td>Cell Phone</td>
<td>Email</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Occupation</td>
<td>Employer</td>
<td>Employer Phone</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Contact Name</td>
<td>Phone</td>
<td>Relationship</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Synagogue Affiliation (optional)</td>
<td>No Affiliation</td>
<td>Not Applicable</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

How did you hear about us?

## MEMBER #2

<table>
<thead>
<tr>
<th>Title</th>
<th>Mr.</th>
<th>Mrs.</th>
<th>Dr.</th>
<th>Ms.</th>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Name</td>
<td>First Name</td>
<td>Date of Birth</td>
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<tr>
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</tr>
<tr>
<td>Occupation</td>
<td>Employer</td>
<td>Employer Phone</td>
<td></td>
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</tr>
</tbody>
</table>

## CHILDREN/DEPENDENT STUDENTS

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Gender</th>
<th>Date of Birth</th>
<th>School Grade/Year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>M</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>M</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>M</td>
<td>F</td>
<td></td>
</tr>
</tbody>
</table>

Need to list additional children? Please use a separate sheet.

## AGREEMENT/SIGNATURE

I, the undersigned primary member, for myself and all persons listed above, hereby agree to the following:

I am applying for membership with the Jewish Community Center (JCC) of Syracuse. I agree to abide by its rules and bylaws. I understand that all members 18 years and older may participate in the JCC’s annual meeting.

I understand that membership dues are payable in full at the time of joining or renewal unless a payment plan has been approved in advance. A payment plan only specifies the manner in which payments will be made and does not reflect a month-to-month membership commitment. If paying by monthly automatic payments from a credit card, I authorize the JCC of Syracuse to automatically charge my credit card account for each consecutive month of the plan.

I understand that membership dues are automatically renewed each year unless I give notice in writing. Note that the JCC of Syracuse reserves the right to cancel a membership for any reason at any time with appropriate notice. I understand that membership is non-transferable and membership dues are non-refundable.

Trial and discounted promotional memberships are not eligible for child care or other program discounts. I have read and agree with these membership terms as acknowledged by my signature below.

<table>
<thead>
<tr>
<th>Primary Member’s Signature</th>
<th>Date</th>
</tr>
</thead>
</table>
### BILLING INFORMATION (parent/guardian if applicable)

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
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<tr>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<tr>
<th>Home Phone</th>
<th>Cell Phone</th>
<th>Email</th>
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</tbody>
</table>

### PARTICIPANT(S) AND CLASS SELECTION(S)

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Day(s)</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>1.</td>
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<tr>
<td>2.</td>
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<tr>
<td>3.</td>
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<tr>
<td>4.</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Payment: [ ] Cash [ ] Check [ ] Credit Card (Visa, MC, Discover, Amex) Total Amount Enclosed _____________

Card # __________________________ Exp. Date __________________________

Cardholder Signature __________________________ JCC Member? [ ] Yes [ ] No

### EMERGENCY AUTHORIZATION

PLEASE NOTE: The JCC must have a current Emergency Authorization for medical treatment of minors on file for each participant in its programs. I hereby appoint the appropriate JCC staff members to act on my behalf in authorizing unexpected medical, dental or surgical care and/or hospitalization for the below named minor(s) during the period of March 1, 2020 through August 31, 2020 in the event of my unavailability.

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
<th>Allergies/Special Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Medical/dental/hospitalization coverage for above named minor(s):

Insurance company/government program __________________________ ID/contact/group # __________________________

Family physician __________________________ Phone # __________________________

### PUBLICITY RELEASE

I hereby [ ] give [ ] do not give permission for my above named child(ren) to be used in any JCC of Syracuse photos, videos, publicity or promotional pieces.

### AGREEMENT/RELEASE SIGNATURE

I recognize that participating in athletic/recreation programs have certain inherent risks for which the Jewish Community Center of Syracuse, Inc., is not liable. I hereby, for myself, executors and administrators, waive and release any and all claims for damages I may seek against the JCC or places used by the JCC in conjunction with this athletic/recreation program. I also recognize that medical expenses I may incur in connection with participation in this athletic/recreation program are my own responsibility. I hereby appoint the appropriate JCC staff to act on my behalf in authorizing unexpected medical, dental, surgical or hospital care should I be unable to do so. I have read the preceding paragraphs as acknowledged by my signature below.

<table>
<thead>
<tr>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
</table>
BOBBI EPSTEIN LEWIS
SENIOR ADULT DINING PROGRAM

There’s no better place to go for a delicious, well-balanced, kosher meal in the company of friends. Meals are prepared fresh onsite in our kitchen.

Our Bobbi Epstein Lewis Senior Adult Dining Program is the only senior nutrition program available outside of New York City serving kosher meals five days a week. The program is funded in part by Onondaga County Adult & Long Term Care Services, New York State Office for the Aging and the Jewish Federation of Central New York.

Day: Weekdays
Time: Noon
Cost: $4.25 suggestion contribution
$5.00 special holiday luncheon suggested contribution

Menu: Posted in our senior newsletter and online at bit.ly/jccsrmenu.

Reservations: By noon the business day before. Call 315-445-2360 or visit the JCC main entrance reception desk. Please note our senior lunch program will be closed for Passover April 8–16, 2020.

2020 special holiday luncheons*
Passover Celebration ............. April 3
Mother’s Day Celebration ........ May 8
*See our newsletter for more dates

Meal Site gift certificates
Meal Site gift certificate booklets make a great gift! Each certificate is good for a delicious lunch at the JCC. For more information, contact Cindy Stein at 315-445-2040, ext. 104, or cstein@jccsyr.org.

Live entertainment
Once a month we are pleased to bring in live entertainment during lunch. Come and enjoy a home-cooked meal and the company of good friends while being entertained by great local singers, comedians, dancers and other performers.

Birthday celebrations
We have a birthday celebration for all the birthdays in each month. The dates are posted in the newsletter. Come help us celebrate!

Bridge
We welcome new bridge players of all ages and levels on Mondays from 1–3:30 p.m. Join us for lunch and then hit the tables! A new table will open up when we have enough extra players signed up. Please stop by the front desk to get on the list.

Driver safety courses
Would you like to lower your auto insurance costs and reduce points on your license? We typically host driver safety courses a few times each year. See page 16 for the latest information and regularly check our senior newsletter and website for future announcements.

Mah Jongg
Come play Mah Jongg at the JCC on Tuesdays, Wednesdays and Thursdays at 12:30 p.m. New players are always welcome. 2020 National Mah Jongg League card orders have been placed. We’ll have a limited number of extra cards available to purchase if you did not pre-order. For details, contact Cindy Stein at 315-445-2040, ext. 104, or cstein@jccsyr.org.

Neighborhood Advisor
The JCC’s Neighborhood Advisor program helps seniors age 60 and older in the eastern suburbs live independently in their homes by offering outreach, information and referral services. This free, confidential service is offered by appointment at the JCC and other locations on the third Friday of every month. The program is part of Onondaga County Adult & Long Term Care Services. For further details, and to schedule an appointment, call 315-478-8634.

Presentations
We regularly hold informational presentations by our Neighborhood Advisor and other speakers on topics of interest to seniors. Check our newsletter for upcoming topics and dates.

Staying connected
We offer a variety of ongoing and special activities throughout the year here at the JCC. Whether you want to broaden your horizons or simply have fun, this is the place to connect with new and established friends. Want to stay connected with us? Make sure you’re on our newsletter mailing list. Contact Cindy Stein at 315-445-2040, ext. 104, or cstein@jccsyr.org.
**May AARP Driver Safety Course**

The JCC will host the following AARP Driver Safety Course.

- **Tuesday, May 12 and Wednesday, May 13**
  9 am – noon

The class is $25 per person ($20 for AARP members) and open to licensed drivers of all ages, although it is geared toward older drivers. Attendees must come both days and bring their drivers license (and AARP card or ID number for the AARP discount). To register, call the JCC at 315-445-2360.

**Free nutrition counseling for seniors at the JCC**

Nutrition counseling appointments are available to seniors age 60 and older and to their caregivers on the third Monday of each month from 11 a.m. to noon and from 1–2 p.m. at the JCC. Registered Dietitian Laurie Zirilli, MA, RD, CDN, is an Onondaga County Office for Aging consulting dietitian and provides this service at no cost.

Whether you are newly diagnosed with an illness that requires you to alter your eating habits, or just need to discuss proper nutrition, Zirilli is available to help.

A nutrition counseling appointment is required to meet with Zirilli. To schedule an appointment, contact Cindy Stein at 315-445-2040, ext. 104, or email cstein@jccsyr.org.

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**JCC to hold Senior Safety program March 18**

The Sam Pomeranz Jewish Community Center will hold a “Senior Safety” Lunch and Learn program on Wednesday, March 18 from noon to 1:30 p.m. at the JCC of Syracuse on 5655 Thompson Rd. in DeWitt. A deputy from the Onondaga County Sheriff’s Office will give the presentation on safety issues facing seniors including preventing and reporting abuse.

The program will begin with a hot kosher lunch followed by the Senior Safety presentation. Registration is required by calling 315-445-2360 by noon on March 17. This Lunch and Learn program is funded by a grant from the Green Family Foundation.

The JCC’s Dr. Morton and Mrs. Libby Maloff Senior Lunch and Learn series offers useful and timely information on a range of issues affecting seniors. The free meetings feature local professionals covering topics on health, wellness, finances, legal matters, caregiving and more.

The Dr. Morton and Mrs. Libby Maloff Senior Lunch and Learns are an added once-a-month component to the JCC’s successful Bobbi Epstein Lewis Senior Adult Dining Program, which offers seniors, age 60 and over, a nutritious and well-balanced kosher meal weekdays at noon for a $4.25 suggested contribution. It’s the only senior nutrition program available outside of New York City serving kosher meals five days per week. The program is funded in part by Onondaga County Adult & Long Term Care Services, New York State Office for the Aging, and the Jewish Federation of Central New York. For more information, and to make a lunch reservation, call 315-445-2360.

**Neighborhood Advisor helps keep seniors independent**

The Sam Pomeranz Jewish Community Center’s Neighborhood Advisor Program offers free and confidential outreach, information and referral services to seniors and their caregivers in the eastern suburbs. The JCC’s Neighborhood Advisor Kathleen Boccio visits the JCC’s Senior Kosher Lunch Program on the third Friday of every month to give a brief introduction. She also holds in-person appointments on that day at locations that are flexible and convenient for clients. For information and to schedule an appointment, call 315-478-8634. Boccio assists seniors age 60 and older by providing information about programs available in the community and by helping to obtain necessary services so that seniors can remain independent in their home setting and community. There is no cost to consult with a Neighborhood Advisor, however donations are appreciated.

The JCC’s Neighborhood Advisor Program is part of Onondaga County Adult & Long Term Care Services.
**HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. – Thurs.</td>
<td>5:30 am – 9:00 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>5:30 am – 6:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00 am – 4:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>7:00 am – 6:00 pm</td>
</tr>
</tbody>
</table>

**LOCKER RENTALS**

- Large $195/year
- Small $95/year

**OPEN GYM**

Please see the schedule at the Fitness desk or view it online at [www.jccsyr.org/sf-gym-cal.html](http://www.jccsyr.org/sf-gym-cal.html).

**BASKETBALL**

**Member’s Pickup Basketball**

(18 and older)

- **Days & Times:** Sundays 9–11 am
- **Cost:**
  - Free for Fitness members
  - Non-Fitness members:
    - $5 drop-in (with Fitness member)
    - $75 one day/wk, $110 two days/wk

**GYM RENTALS**

We rent out our collegiate-size gymnasium at affordable rates to local groups who run volleyball and basketball leagues as well as other sporting events. For more information, please call 315-234-4522.

---

**We provide fitness and health education, training and programming to individuals of all ages in order to help promote permanent, healthy lifestyle patterns and enhance overall physical and emotional well-being.**

---

**Everything you need in one state-of-the-art facility**

We understand the importance of regular exercise in leading a healthy lifestyle. That’s why we’re dedicated to helping you attain your fitness goals. Our family-friendly facility offers something for every age group. From group exercise classes, free weights and fitness machines, to personal training and more, you can count on our experienced staff to help make your time at the gym productive and enjoyable.

If you’re not already a JCC Fitness member, come for a tour! Experience our friendly, casual atmosphere and what makes us different from other facilities. If you are a Fitness member, step out of your regular routine and add a fresh twist to your workouts with massage, nutritional counseling or TRX suspension training. Whatever exercise program you choose, you can count on the JCC to support you every step of the way.

**Check out all that the JCC Sports & Fitness Center has to offer:**

- Open 7 days per week.
- Over 25 cardio machines.
- Keiser M3 bikes.
- Banked indoor running/walking track.
- Comprehensive free-weight area and strength training machines.
- Clean showers and locker rooms with towel service provided.
- Over 50 group exercise classes offered weekly including free regular TRX classes.
- Collegiate-size gymnasium.
- Free orientation by our professional staff.
- Free fitness assessments.

**Not already a fitness member? Call 315-234-4522 today for a tour!**
Ready to break through this summer?

Have you ever walked through the front door of the Fitness center, looked around, and thought to yourself, “Well now what do I do?” Or do you have an idea of what you need to be doing, but are getting tired of the same old routine? A personal trainer might be just what you need to keep seeing the results you want.

Even if you have made some progress, but have plateaued recently, a personal trainer can help evaluate where you are now, where you want to go, and recommend the best plan to get you there. Whether your goals are as simple as improving balance and flexibility, or training for a bodybuilding show, a personal trainer can help you. All our trainers here at the JCC are nationally certified, and ready to help you get the results you have been working towards.

Meet the trainers:
- Patrick Scott, MS, CSCS
- Michael Knapp, ACSM, CPT
- Joe Yager, CPT, Certified Senior Adult/Teen Training
- Larry Baiz, CPT
- John Castle, Ph.D., FMS, LMT,
- Ben Rayland, CSCS

Ready to get started? Call 315-234-4522 or email pscott@jccsyr.org.

PERSONAL TRAINING

One-on-One Personal Training
As low as $27 per half-hour. Stop by the Fitness desk for details and to set up a time.

Rates

<table>
<thead>
<tr>
<th>Duration</th>
<th>Single Session</th>
<th>5 Sessions</th>
<th>10 Sessions</th>
<th>20 Sessions</th>
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<tr>
<td>60 minutes</td>
<td>$60</td>
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<tr>
<td>30 minutes</td>
<td>$35</td>
<td>$165</td>
<td>$320</td>
<td>$600</td>
<td>$1,350</td>
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</table>

Group Training
More fun for everyone!

Rates

<table>
<thead>
<tr>
<th>Session Count</th>
<th>Cost</th>
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<tbody>
<tr>
<td>1</td>
<td>$80</td>
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<td>5</td>
<td>$370</td>
</tr>
<tr>
<td>10</td>
<td>$700</td>
</tr>
</tbody>
</table>

FREE Fitness Assessments
Stop by the Fitness desk today to schedule your complimentary 30-minute fitness assessment.

Fitness Assessments Include:
- Overhead squat assessment
- Goal setting
- Nutrition counseling
- Machine help
- Exercise advice

Start developing your road to a healthier you!

Speed up your results!
Workout with one of our experienced trainers.
Call 315-234-4522 today for an appointment!

GROUP EXERCISE CLASSES

- All classes are free for Fitness members (except Tap and Ballroom Dance).
- $10 per class for non-Fitness members.
- TRX: $15/class for non-Fitness members.

Check out the schedule on page 19.

FAMILY GYM

Ages: 3 and up
Day: Sundays
Time: 11:30 am – 12:30 pm
Fee: Free for all JCC members
Non-members – $5 per child, $10 per family maximum

Parents and their children will get moving and enjoy a variety of structured and unstructured play with our obstacle courses, floor mats and inflatable tumbling run. Other activities include “kidnastics,” stretching, mini-soccer, mini-basketball and “circle” activities. Parents should be prepared to participate with their children.

NUTRITIONAL COUNSELING

Consult with JCC Sport & Fitness Director Patrick Scott to develop a healthy nutrition program. With a master’s degree in applied clinical nutrition, Patrick can help review and recommend specific foods to promote healthy living. Whatever your goals are, from losing weight to improving sleep, a proper nutrition program is a must. Call 315-234-4522 today to schedule your complementary 30-minute consultation!
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<tbody>
<tr>
<td>7 AM</td>
<td>8:15–9 AM Body Sculpting Dianne</td>
<td>8:15–8:55 AM Body Sculpting Dianne</td>
<td>9 AM Step &amp; Sculpt Vanessa</td>
<td>9 AM Yoga* Cynthia</td>
<td>9 AM Step &amp; Sculpt Vanessa</td>
<td>9 AM Yoga* Cynthia</td>
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<tr>
<td>11 AM</td>
<td>11–11:50 AM Senior Strength &amp; Balance** Paula</td>
<td>11–11:50 AM TaijiFit &amp; Bone Density – Paula</td>
<td>11–11:50 AM Chair Yoga Fusion Paula</td>
<td>11–11:50 AM Chair Yoga Fusion Paula</td>
<td>11–11:50 AM Chair Yoga Fusion Paula</td>
<td>11–11:50 AM Chair Yoga Fusion Paula</td>
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</tbody>
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*Class Meets Upstairs

**Free class open to all seniors (membership not required). Questions? Call or stop by the Fitness desk.

All classes are free for Fitness members except Tap Dance and Ballroom Dance. Fee for non-Fitness members is $10/drop-in.

TRX Classes
- Registration required.
- Call or stop by the Fitness desk.
- Fee: $15 for non-Fitness members.

Schedule is subject to change. Classes may be cancelled if minimum enrollment levels are not met.

For more information, contact the Fitness Center desk at 315-234-4522.
**Group Exercise Classes**

**MIND AND BODY**

**Barre**
A combination of ballet techniques with Pilates movements and principles offers an energizing workout that strengthens, stretches and tones the body.

**Cardio Yoga**
This barefoot (optional) class will challenge your strength, balance and flexibility with 30 minutes of cardio consisting of squats and lunges and 20 minutes of flexibility training.

**Chair Yoga Fusion**
Seated and standing gentle stretching. Includes light weights for bone density. Concludes with quiet, reflective meditation time and breathing exercises.

**NIA (Neuromuscular Integrative Action)**
NIA is a blend of concepts, cultures, theories and movement from the east and west. It is a barefoot technique offering a fusion of movement styles. Experience the expressiveness of dance, the power of martial arts and the wisdom of the healing arts.

**Pilates**
Based on the principles of Joseph Pilates, this class’ multiple levels of participation uses bands, magic circles, stability balls and BOSUs. Mostly done on a mat, but some standing work is incorporated as well.

**Tai Chi for Arthritis**
Tai Chi is an ancient practice proven to improve mental and physical well being. Tai Chi for Arthritis uses gentle Sun-style Tai Chi movements to help reduce stress, improve breathing and develop balance, mobility and body awareness. All ability levels are welcome and you don’t need to be diagnosed with arthritis to participate.

**TaijiFit**
TaijiFit is not just an exercise—it’s an experience! It's about making fitness more graceful and holistic through great music and great energy by combining the best elements of fitness, meditation and the ancient martial art of Taiji (Tai Chi). TaijiFit is mindfulness in motion.

**Yoga**
A hybrid style drawing from Vinyasa, Lyengar and Vinyoga that brings physical benefits by integrating body and mind performance. Bring a towel, water and we recommend that you bring your own Yoga mat. *Hatha Yoga* focuses your mind on relaxation through meditation, strengthening and stretching exercises. *Restorative Yoga* helps you to deeply relax your muscles and mind by slowing down and opening your body through passive stretching and long holds.

**Yogalates**
This class is a fusion of Yoga and Pilates.

**ALL FITNESS LEVELS**

**Balance & Bone Density**
An integrated balance training and bone density building class. Also helps address fall reduction and prevention as well as postural stability.

**Body Sculpting**
Use external weight, resistance or one’s own body weight to tone muscles; increase strength, stability and metabolism; and strengthen bones and joints.

**Cardio Dance**
A combination of various dance styles set to Latin and Pop music.

**Dancing Boomers**
This “flashback” to a bygone era features low-impact dancing to show tunes and pop music.

**Group Cycle**
Our Keiser M3 Plus bikes bring the mountain-biking experience indoors to safely deliver a full-body workout. Unlike other cycling classes which just work the legs, this cutting-edge class works the whole body.

**Line Dancing**
Get moving with line dancing—a fun way to exercise! Line dance to all varieties of music using a series of basic steps and patterns of all dance styles. Challenge yourself as the dances change direction and move around the room.

**Muscle Sculpting**
Instructors use barbells, free weights, bands and balls to create the ultimate total body shaping class.

**Step & Sculpt**
A dynamic blend of step and cardiovascular activities along with intervals of strength movements help increase muscle tone and the body’s metabolism.

**TRX Suspension Training**
Free: $15 for non-Fitness members
- *Registration required—call/stop by the Fitness desk*

**WERQ Dance Fitness**
This wildly addictive cardio dance workout is based on the hottest dance music and can be modified for all levels. WERQ (pronounced work) is a dance term that means “own it.”

**Zumba**
A blood-pumping cardio vascular workout for all ages set to a fusion of Latin and international music. A variety of fast and slow rhythms help tone and sculpt the body while you learn easy-to-follow dance steps. *Zumba Gold* is the low-impact version for all levels.

**FAMILY GYM**

**Seniors Class**
- **Senior Strength & Balance**
  - *Day:* Mondays
  - *Fee:* Free – open to all seniors in the community
  - *Fee:* Free for all JCC members
  - *Fee:* $5 non-Fitness members, $10 non-members

**Tap Dance**
Look for adult tap dance classes with Barry to return on Tuesday evenings starting March 3, 2020! Ages 12 and older are welcome and no prior dance experience is needed. The cost is $5 per evening. RSVP not required.

**Tai Chi for Arthritis**
No experience necessary. The class is held on Thursday evenings from 6:30-7:30 pm. It is mainly geared toward beginners and usually focuses on a particular type of ballroom dance each month. The cost is $5 per class. Check-in at the Fitness desk. Dance shoes or shoes with smooth soles are recommended.

**Basic**
- **Chair & Balance Class**
  - Exercises designed for a chair for those individuals who have difficulty getting down to the floor for mat work.
  - Also some standing work for balance training.

**BALLOON DANCE**
- **Exercise Chair**
  - Get a total-body workout while sitting in a chair with a built-in push-pull pulley system! Helps increase strength, flexibility, balance and endurance. The easy-to-use chair is great for those with very limited mobility and anyone looking to tone and strengthen their upper body.

**SISTERS CLASS**
- **Senior Strength & Balance**
  - *Day:* Mondays
  - *Fee:* Free – open to all seniors in the community
  - *Fee:* Free for all JCC members
  - *Fee:* $5 non-Fitness members, $10 non-members

Get moving and exercise both your mind and body with this low-impact workout geared toward improving strength, balance and cognitive performance. Set to big band and oldies music, participants will exercise their brains, dance and execute chair exercises that are less strenuous on the body.

**For the latest class schedule updates visit www.jccsyr.org. JCC membership is not required to take group exercise classes.**

**For more information, call the Fitness desk at 315-234-4522.**
Girls on the Run is for EVERY girl.

Spring 2020 Program Registration

Girls on the Run is a program like no other! Over the course of 10 weeks, girls of all abilities will have fun, make friends, increase physical activity levels and learn important life skills they can use at home, at school and with friends.

Girls on the Run Program at the JCC

- Days: Mondays and Wednesdays 4–5:30 pm
- Starts: Monday, March 16
- Program Fee: $150* (payment plans available at checkout)
- Grades: 3–5

Learn more and register at www.gotrupstateny.org

*Need based financial assistance application is available at www.gotrupstateny.org.

Join the JCC today!

We offer a variety of affordable fitness and non-fitness memberships for families, individuals and seniors. Members receive discounted rates on JCC of Syracuse programs and services. Check us out and see what being a part of our community is all about. You don’t have to be Jewish to become a member of the JCC.

For information on JCC membership options, see page 11. To schedule a tour, contact Nick Finlayson, membership director at 315-445-2040, ext. 140, or nfinlayson@jccsyr.org.

JCC ONLINE PORTAL

Check your balance, make payments and more!

Set up your JCC online portal account today! It’s quick and easy to access your account at your convenience.

For instructions on setting up your JCC online portal account, visit: www.jccsyr.org/daxko-portal.html

Questions? Contact Will Wallak at 315-445-2040, ext. 108, or wwallak@jccsyr.org.
Undefeated win the 2020 JCC Battle of the Bands

After having to skip the Battle of the Bands last year due to a snowstorm, this year’s show returned with a bang despite another snowy evening. Six high school bands rocked the Sam Pomeranz Jewish Community Center for three hours on Saturday night, Jan. 18. Because of the snow, the 2020 Battle of the Bands concert drew a lighter crowd than usual of just over 100 to the JCC Neulander Family Sports & Fitness Center’s Schayes Family Gymnasium. However, there was no loss of enthusiasm among the musicians and those in attendance. The bands rocked and grooved, and the fans ate it all up. In the end, rock band Undefeated from Lowville Academy and Central School walked away the winner.

Along with bragging rights, Undefeated received $200 cash, nine hours of studio time at More Sound Recording Studio in Syracuse and $200 to perform at Winter Fair 2020 on Feb. 9.

“It was so great to come back so strong this year,” said Amy Bisnett, JCC associate director of children’s programming. “All of the bands were excellent. They played really well and it was such a fun evening. Many thanks to all of the bands, judges and everyone who came and rocked out with us.”

This year’s lineup of bands was unique in that most were from outside the immediate Syracuse suburbs. Undefeated left Lowville super early because of the long drive and falling snow only to arrive at the JCC super early as the roads weren’t all that bad. The three-member winning band describe their musical style as their “own brand of rock mixed with metal, and a lil’ bit o’ glitter.” They were certainly shining as they got their groove on playing some very hard-hitting, melodic tunes. The trio opened with “Warrior” by Ledger and followed with three of their originals “Ghost,” “Where Are You” and “Shadows with Ending.”

“The JCC’s Battle of the Bands is an AWESOME event!” said Undefeated’s guitarist and lead vocalist Meredith Dunckel. “So much fun! Seeing other bands our age rockin’ out inspired us to keep moving forward. So much talent. Judges were so encouraging. Sound guys were top notch—and they were young too! One of the friendliest events we’ve been to. Winning the battle was exciting, especially because the competition was fierce. Each band was completely different from the next, and each unique in their brand of talent.”

The other members of Undefeated are Christian Dunckel (Meredith’s brother), drums, and Ian Birk, bass guitar. They’ve been playing together for just over two years. Their three-year “bandiversary” is coming up on Aug. 5.

“Syracuse has some great venues for young musicians,” added Meredith. “I’d love to see it travel to the outlying areas as well, through Central and Upstate New York. Our band has had the opportunity to travel a bit around the northeastern states. Meeting other bands is great, and we’d love to see more networking!”

The other bands that battled it out with Undefeated this year were MK Ultra from Syracuse Academy of Science and Paul V. Moore High School (Central Square); Hypothermia from Paul V. Moore High School; Rogue Sound from Cortland High School and Homer Central High School; Filled to the Brim from New Hartford Senior High School, Perry Junior High (New Hartford), Vernon Verona Sherrill Middle School and Whitesboro Middle School; and Decent from Lafayette Junior-Senior High School.

Judges for the 2020 JCC Battle of the Bands were Lorenzo Maldonado and Joe Morgan from More Sound Recording Studio and Karley Harmon from Family Times Magazine. This year’s Battle of the Bands was sponsored by More Sound Recording Studio. For every high school student admission, the JCC donated $1 to his or her school district’s music department.

For more information about the Battle of the Bands, contact Amy Bisnett at 315-445-2040, ext. 122, or abisnett@jccsyr.org.

Visit our website for more Battle of the Bands photos.
**Tributes**

The following tributes were received from October 31, 2019 to February 10, 2020

<table>
<thead>
<tr>
<th>TO INC.</th>
<th>FROM</th>
</tr>
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| **BEN MELTZER ENDOWMENT FUND** | Teddy & Barbara Aronson  
Congratulation & Mazel Tov to the new parents, Theo & Kristin Aronson and to the 1st time grandparents, Teddy & Barbara Aronson!  
Dr. Arthur E. Brown & Mrs. Jo Frances Brown | Theo & Kristin Aronson  
Congratulation & Mazel Tov to the new parents, Theo & Kristin Aronson and to the 1st time grandparents, Teddy & Barbara Aronson!  
Dr. Arthur E. Brown & Mrs. Jo Frances Brown |
| Shelley Hainer  
In memory of a dear friend, Mrs. Jeanette Hainer, my long-time social work colleague in New York City, whose friendship and counsel were valuable.  
Dr. Arthur E. Brown & Mrs. Jo Frances Brown | Mrs. Barbara Kaplan  
A contribution has been made for Michael Kaplan, son of Barbara Kaplan.  
Dr. Arthur E. Brown & Mrs. Jo Frances Brown |
| Norman Meltzer  
To honor the memory of Selma Meltzer, my aunt and a sister-in-law of my late parents, Goldye & Ben Meltzer.  
Mrs. Jo Frances Brown | Mr. Taddy Rowe  
In memory of a dear friend, Fay Rowe, whose life we honor with this memorial gift. She was a wonderful and loyal lady who we miss.  
Dr. Arthur E. Brown & Mrs. Jo Frances Brown |
| Mr. & Mrs. Steven Sisskind  
In honor of your installment as President of KAVOD.  
Dr. Arthur E. Brown & Mrs. Jo Frances Brown | BOBBI EPSTEIN LEWIS SENIOR ADULT DINING PROGRAM  
Arlene Charlamb  
In honor of the special birthday of Arlene Charlamb!  
Elaine Rubenstein |
| Mrs. Martie Hayman & family  
In memory of Herbie Hayman.  
Bob & Carole Millstein | Karen & Molly Montgomery  
My deepest sympathy on the loss of your husband & father.  
Hannah Groskin |
| Dr. & Mrs. Stephen Nash  
In memory of your father.  
Mark & Marci Erlebacher | Barry Shulman  
In honor of Barry Shulman’s milestone birthday!  
Marie Sarno |
| **GENERAL OPERATING FUND** | Arlene Charlamb  
In honor of your 90th birthday!  
Arnie & Libby Rubenstein |
| Dr. & Mrs. Stephen Nash  
In memory of a fine physician and parent, Dr. David Nash.  
Dr. Robert Phillips | IDA RUBIN SENIOR ADULT NUTRITION ENDOWMENT FUND  
The family of Jules Deutchman  
In memory of beloved father and grandfather, Jules Deutchman.  
Laurie and Steve Segal & Family |
| Mr. Barry Lipsy & family  
In memory of your wife & mother, Karen Lipsy.  
Marilyn Lipsy | Mr. Barry Lipsy & family  
In memory of your wife & mother, Karen Lipsy.  
Laurie & Steve Segal and Family |
| JEROME AND PHYLLIS CHARNEY EARLY CHILDHOOD DEVELOPMENT PROGRAM  
Dr. & Mrs. Stephen Nash  
In memory of your beloved father, Dr. David Nash.  
Neil & Robin Goldberg | Morris Torres & family  
In memory of Eva Torres, beloved mother and grandmother.  
Shelly & Karen Kruth |
| Mrs. Marsha Zimmerman & family  
In memory of beloved mother and grandmother, Rita Levinson.  
Shelly & Karen Kruth | NEULANDER FAMILY SPORTS & FITNESS CENTER  
Barry Shulman  
In honor of Barry Shulman.  
Ian Ludd |

**Celebrate, honor and remember**

To commemorate special occasions—births, birthdays, graduations, anniversaries, weddings, Bar or Bat Mitzvah, or to perpetuate the memory of a loved one—the JCC welcomes tax-deductible gifts to one of our many endowments and special funds. The JCC will send an acknowledgement card to the individual (or next of kin) in whose name the contribution was made. For further information, please contact Erin Hart at 315-445-2040, ext. 112.

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**SWIM LESSONS IN THE JCC’S OUTDOOR HEATED POOL**

- Ages 6 months to adult.
- Pool opens May 23.
- Everyone welcome!

Look for our Pool Guide coming out in May!

315.445.2360 | www.jccsyr.org

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**Got your JCC membership card?**

Please...

**Immediately report lost or stolen membership cards.**

Call 315-445-2360 or email info@jccsyr.org.
SAVE THE DATE
New York Kosher Deli Experience... ENCORE!

JCC Annual Meeting & Gala

THE WLADIS FAMILY ~ NAMING SPONSOR

Sunday, June 7, 2020 • 11:00 am
Owera Vineyards, Cazenovia • Va’ad supervised

2020 Honorees

HALL OF FAME AWARD
Steven & Sondra Goldberg
Barry & Debrah Shulman

THE LESLIE AWARD
Davia Moss

KOVOD GADOL AWARD
Jeffrey & Abby Scheer

KOVOD AWARD
Judith Stander

A place where everyone belongs.
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