

## JCC Offers Summer Camps For Everyone from Toddler to Teens

Camp Rishon will offer old favorites like Circus Camp with the National Circus Project, Fishing with Bill Wade, sports camps taught by Lemoyne College, and of course Nitzanim, our full spectrum day camp experience.

New camps this year feature Flag Football, Culinary Camp, Glitter and Glam Camp, and specialty art camps taught by artist and sculptor Anne Cofer. Teens and pre-teens will have more to do this summer with the SyraCruisin' Travel Camp for Teens. For more information, visit [www.jccsy.org](http://www.jccsy.org) or call the JCC today!



**Don't forget to hand in your camp forms early to reserve a spot for your child.**

## The SUNY College of Environmental Science and Forestry Teams up with the JCC!

The JCC Children's Department and ECDP worked with the SUNY College of Environmental Science and Forestry to provide hands-on environmental science programming to our kids! The program included approximately three visits per week where ESF Students came in to teach the kids about several environmental topics throughout the month of April with the kids participating in related age appropriate activities. The program also included a special Earth Day Celebration. Topics for the kids included Planting and Growing Food, Recycling, Ecosystems, Amphibians,

Food Webs and more. ECDP preschool kids learned about Ecosystems from the ESF Students. The kids were easily kept engaged throughout the session which included teaching the children about various ecosystems and the animals that live in them. Following they each decorated their own leaf which was then used while they were singing and dancing to a song that was performed by the ESF Students. Later that same day kids in the JCC After School Program learned about Planting and Growing Food from another group of students from the College of Environmental Science and Forestry. After learning about seeds and soil, the kids in the After School Program each got a cup, some soil, seed and a little water and planted their own tomato plants. All in all, the program taught kids at a very young age about their environment and ways that they can be eco friendly in their daily lives.



## Summer Pool Guide Inside



## JCC Highlights

**Summer Camp Registration**  
Ongoing

**ECDP Fall Registration**  
Ongoing

**Senior Special Holiday Lunches**  
Mother's Day Lunch – May 8, 2009  
Father's Day Lunch – June 19, 2009  
Fourth of July Picnic – July 2, 2009

**Summer Fitness Schedule**

**Swim Lessons Begin**  
June 7

**Bring on the Summer Vacation Camp**  
Thursday & Friday, June 25 & 26

**Camp Begins**  
June 29

## Scouts Coming in August

The Central New York Chapter of Friends of Israel Scouts, Inc. is pleased to be returning to the Jewish Community Center to showcase the Tzofim Friendship Caravan on Monday, August 10 at 7 PM.

Two summer programs have been developed for North America. One program is a delegation of senior Israel Boy and Girl Scouts who serve as counselors in camps throughout the United States. The Jewish Community Center has a delegation scout as a Camp Rishon counselor. This summer's delegation scout is Noa Hirsh.

Two adult leaders, five teenage boys and five teenage girls make up The Tzofim Friendship Caravan. Their performance will convey Israeli culture, music and tradition bringing with them a message of peace and friendship. They perform professionally choreographed song and dance routines that are charged with natural enthusiasm and energy.

"There is no better time to support Israel and celebrate our shared heritage. See the best Israel has to offer," noted Bud Greenman, chair of the local chapter and treasurer of the JCC board of directors. The goal of the Tzofim Friendship Caravan is to strengthen the relationship between Israel and American Jews. "We hope to have the JCC full to let Israel's finest young people know that we care," continued Greenman.

"Audiences just don't watch the Caravan. You are encouraged to dance, sing and enjoy the spirit of Israel!"

A unique aspect of the Tzofim Friendship Caravan is the bond formed with the community. The local chapter is recruiting families with teenagers who would consider hosting an Israel Boy or Girl Scout in their home during the Caravan's visit this August. Local families find that hosting a Caravan Scout, who are all 17 and going into their senior year of high school, creates memories that can last a lifetime.

The hosting relationship goes beyond simply providing food and a bed.

The host families become surrogate families during the scouts' stay.

Combined with the opportunity for the Israeli teens to teach one-on-one about Israel, this personal contact is considered invaluable.

Members of the Central New York Chapter of Friends of Israel Scouts, Inc. would like to thank the New York State Council on the Arts Decentralized Grant Program, administered locally by the Cultural Resources Council, for providing funding to the organization. The Syracuse Jewish Federation and the Sam Pomeranz Trust Fund also provides some funding.

To become a host family, sponsor a performance, make a donation or for more information, contact chairs Melinda and Bud Greenman at 457-7201.

## Jewish Storytelling Jamboree Culminates at the JCC

The Jewish Storytelling Jamboree made its way through several Jewish Congregations and Institutions with the final day's events being held at the Jewish Community Center. The weekend, which was a celebration of the art of Jewish Storytelling was also a celebration for local newly ordained Maggid Jim Brule. Brule was joined by Maggid Yitzhak Buxbaum and his wife Carole Forman at the JCC, for a program entitled "Jam it up at the J" Stories for the whole Mishpocha". The "Kids Kommunity" was held in the Anne and Hy Miller Family Auditorium and featured Carole Forman. She was joined by children from the religious schools of Congregation Beth Shalom-Chevre Shas and Temple Concord along with families with children that were in attendance. Carole Forman kept the kids engaged as she told and acted out age appropriate tales and stories to help prepare and set the stage for the upcoming Passover holiday. Meanwhile in a Parallel



program Maggid's Buxbaum and Brule in the JCC Lounge where parents, adults and teens gathered for an equally inspirational presentation that was geared specifically for that audience. Both the children and adults listened, learned and were delighted by the uplifting program. The morning concluded with children and adults coming together in the Auditorium.

Following the morning session, Jewish educators and clergy took part in a special closed session just for them, over lunch where they discussed the challenges they face and learned about the process of elevating and inspiring through story, preaching and interpretation as a way to help meet those challenges. This gift to the community, with the support and participation of all Jewish Congregations and major Jewish Institution, was the perfect way for all to come together as we enter the Passover season.



## JCC Executive Director Marci Erlebacher Receives WTVH-5's Women in Leadership Award

Marci Erlebacher, Executive Director of the Jewish Community Center in DeWitt was recently honored at the WTVH-5 Women in Leadership Award Luncheon. This prestigious award is designed to recognize outstanding women's achievements and women who have demonstrated an unwavering dedication to better themselves, their family, their profession, and our community.

Joining an elite group of over 60 previously cited Central New York leaders; Marci Erlebacher recently accepted this impressive award at the Genesee Grande Hotel while being supported by family, friends and staff. Mrs. Erlebacher has been with the JCC for 24 years, first as a volunteer and then for the past 8 years as Executive Director. Under her leadership the Jewish Community Center has continued to grow and thrive and what was once a small community center now features an outdoor pool, fitness center, collegiate sized gymnasium as well as high quality programming which serves all members of our community from toddlers through to

seniors that are 80 plus years of age. "Last Tuesday's event was a very humbling experience for me" commented Mrs. Erlebacher. "I am very honored to be recognized for the work that I feel blessed to be able to do in this community. Running the JCC is a very rewarding experience and I would not be able to succeed at this job without the wonderful staff I get to work alongside of, my loving family and a very supportive Board of Directors" she concluded.



*Alec, Marci and Mark Erlebacher*

## POLICIES

### Billing

Bills will be issued for membership, ECDP/ After School Program and Camp on or about the 1st of every month. Payment can be made by mail, fax or in person. Mastercard and Visa payments may be made by phone.

### ECDP/After School Special Withdrawal/Change Policy

Changes or withdrawals must be made in writing to the department by the 15th (or next business day) of the month prior to the change. If written notification is not received, you are responsible for the original billed amount. Increases in days and times are possible only when space and time are available. This policy is made to insure proper staffing ratios.

### 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 through program staff members.

## REGISTRATION INFORMATION

### How to Register

To enroll in classes, use the Class/Event Registration Form at the back of this book. Complete one form for each individual registration. Return form by mail to:

JCC of Syracuse  
5655 Thompson Road  
Dewitt, NY 13214

or fax to: 315-449-4539

Full payment must be received with the enrollment form. Register early as some programs have limited enrollment and classes fill up fast. JCC members receive enrollment priority through September 2 for classes listed in this guide.

### Automatic Registration

Auto Registration can be made for the same on-going class next semester. Please indicate this on the registration form and your credit card will be billed at that time.

### Cancellations, Refunds and Changes

No registration confirmations are sent. Notification is made 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 the Department Head's approval.

# JCC CALENDAR OF EVENTS

## MAY

May 4 .....Burnet Park Zoo Field Trip – Pre-K  
May 5 & 6.....Seniors - AARP Defensive Driving Class  
May 6 & 7.....ECDP Classroom Group Pictures WMF  
May 7 .....Bereavement Group  
May 8 .....Senior Special Holiday Lunches – Mother's Day Lunch  
May 11 – 15 ....ECDP Parent Teacher Conferences  
May 12 .....After School Program Car Wash  
May 14 .....ECDP Pre-K, Seussical the Musical at the Landmark Field Trip  
May 18 – 22 ....ECDP Sneak Preview to Camp Week  
May 19 .....ECDP Zoo to You Field Trip for 3 year-olds  
May 21 .....Israeli Dancing  
May 21 .....Bereavement Group  
May 21 .....After School Program Ice Cream Social and Raffle  
May 24 .....Pool Opens at 9:00 AM  
May 25 .....JCC Closed for Memorial Day  
May 29 .....JCC Offices Closed for Shavout

## JUNE

June 1 – 11.....ECDP Basket Raffle Showcase  
June 4.....Bereavement Group  
June 7.....Swim Lessons Begin  
June 10.....ECDP Moving-Up Night for 3-Year-Old Classrooms  
June 11 .....ECDP Year End Performances Pre-K  
June 12 .....ECDP Drawing for Basket Raffle  
June 18 .....Israeli Dancing  
June 16 .....ECDP Teacher Appreciation Luncheon  
June 17 .....ECDP Songs & Sundaes, Rm. 4, Parents are Invited to Join Us  
June 18 .....ECDP Songs and Sundaes Todder Classrooms 3/5, Parents are Invited to Join Us

## JUNE (continued)

June 18.....Dance Recital  
June 18.....Bereavement Group  
June 18.....After School Program Farewell BBQ  
June 23.....Water Aerobics Begins  
June 19.....Senior Special Holiday Lunches – Father's Day Lunch  
June 24.....ECDP Last Day of School  
June 25 & 26 ..Bring on the Summer Vacation Camp  
June 29.....Camp Begins

## JULY

July 2 .....Senior Special Holiday Lunches – 4th of July Picnic  
July 10 .....ECDP Summer Camp Cookout - Lunch  
July 24 .....ECDP Summer Camp Ice Cream Social – Lunch

## ONGOING

Camp .....Summer Camp Registration  
ECDP .....Fall Registration  
Fitness .....Basketball Leagues - Thursdays, Sundays (see page 10 for info)  
Fitness .....Group Exercise Classes (see page 14 for schedule)  
Fitness .....Massage Available by Appointment  
Fitness .....Nutritional Counseling by Appointment  
Fitness .....Personal Training Available by Appointment  
Fitness .....Rock Climbing (see page 12 & 13 for info)  
Seniors .....Yiddish Group - Fridays, May 1 – July 31  
Seniors .....Bobbi Epstein Lewis JCC Senior Adult Dining Program

## Jewish Community Center Sponsors Cub Scout Pack

The JCC sponsors Pack 40, a Cub Scout pack for boys in first through fifth grades. JCC Cub Scout Pack 40 is committed to inclusiveness and plurality. The Cub Scouting Program, utilized by Pack 40, fosters self-confidence, resourcefulness, good sportsmanship, fitness, safety skills, outdoor fun, adventure and an appreciation of nature and conservation.

Cub Scouting activities include: camping, archery, hiking, orienteering, competition in regattas and derbies, field trips, cooking, service projects, sports, field-games, and other age-appropriate family-friendly interaction.

Outside of the traditional educational context, Cub Scout Pack 40 strives to promote Jewish values such as respect for one's parents, individual responsibility, good citizenship, community empathy, leadership and other life-skills. The Scouts learn by seeing, doing, and teaching themselves.

Cub Scouting is a family oriented program of encouraging the enduring experiences of parent-

child joint activities. Distinguished from most other youth activities, Cub Scouting parents are not on the sidelines; they are participating directly with their children.

Cub Scout Pack 40 welcomes all boys and fosters interaction, respect, and friendship among those of different faiths. Jewish Cub Scouts are encouraged to earn their religious emblems through interaction with the Jewish Committee on Scouting and their own spiritual advisor. Jewish Scouting is endorsed by the Rabbinical Council of America, Union of Orthodox Jewish Congregations of America and the United Synagogue of Conservative Judaism. Along with an inclusive and pluralistic view of the community, Pack 40 programming is structured so that families of any Jewish denomination can comfortably participate.

For more information on joining the Cub Scouts contact Marc Beckman at 471-8111 or e-mail him at mbeck108@gmail.com

# PURIM CARNIVAL

## Purim Carnival at the JCC an Overwhelming Success!

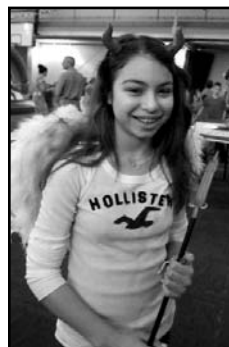
*Hundreds of families enjoyed an afternoon of fun-filled activities at the 2009 Purim Carnival*

The Jewish Community Center recently held its annual Purim Carnival where hundreds of families stopped by to take advantage of an afternoon of fun-filled activities. The event ran from Noon to 4pm and took place throughout the entire JCC facility.

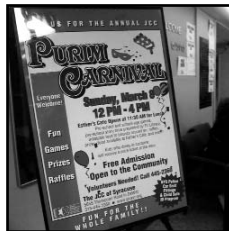
The gymnasium was the main hub of the event which housed large inflatables for the kids to enjoy as well as several carnival games and activities for kids of all ages. Younger children enjoyed age appropriate games and activities in the dance studio including face painting, a large inflatable jump house, games, arts and crafts, and more! Returning from last year's event were NY State Troopers and the Town of DeWitt Police and Fire Departments who helped with the Child ID and fingerprinting and car seat safety checks.

New to this year's event was Magician Mike Carter who delighted the children with balloon animals, a magic show and caricatures throughout the afternoon. Another hit this year was the used book sale which included books for everyone from babies to adults.

For those that worked up an appetite Esther's Café was open for business serving sandwiches, hamburgers, hotdogs, and a Purim favorite hamentashen. Popcorn and cotton candy were available in the hallways helping to keep the Carnival theme alive throughout the entire building. Lori Innella-Venne, Director of the Children's Department offered her thanks to those that helped make the event possible. "Thank you to all of our volunteers who helped run the games, serve the food, make popcorn and cotton candy, paint faces, and hand out prizes along with NY State Troopers and the Town of DeWitt Police and Fire Departments. The event would not be possible without all the help that the volunteer corps provides and for that I am extremely thankful," she commented. The event was one of the most well attended and with more surprises and fun in store, next year is sure to be just as successful! Many thanks to all the volunteers.



# PURIM CARNIVAL



# EARLY CHILDHOOD DEVELOPMENT PROGRAM

## ECDP Registration

The Early Childhood Development Program is currently accepting registrations for our 2009-2010 school year. Enrollment has been moving very quickly and space is limited. If you are interested in finding out more about our program, please contact Jo David, to discuss your needs and schedule a tour at 445-2040 x 120.

## Summer Camp Registration

The Early Childhood Development Program is accepting registrations for our Summer Camp Program. Our pre-school camps encompass the high standards of our school year program. We believe camp should be the place for making new friends and having fun-filled days. Our goal is to provide a summer of developmentally appropriate, interactive, outdoor activities that are sure to create special memories for even our youngest campers.



## Sneak Preview

The children at ECDP will get to experience the fun and excitement of summer camp during the school year! Our sneak preview to camp week will be held May 18 – 22 during regular morning pre-school hours. Children will get to enjoy a variety of summer camp related arts and crafts projects, games, outdoor activities and special treats.

**2009-10  
ECDP Registration  
is filling quickly.**

**Register now to  
reserve your spot!**

## End of Year Celebrations

The children in the Early Childhood Development Program will celebrate the end of 2008-2009 school year with special performances. Parents of children in rooms 3, 4 and 5 will be invited to join us June 17 & 18 for "Song and Sundaes". During this very special circle time, parents can join their children in singing some of the favorite songs learned throughout this year, and enjoy an ice cream treat together. On Wednesday, June 10, the children in rooms 6, 7 and 8 will participate in their "Moving Up Night" celebration as they perform some special songs for the entire family. The children in rooms A, B and 2 will take center stage on the evening of Wednesday, June 11. The evening will have a special theme, as the children entertain family and friends with some special songs and poems.



## Purchase Delta Sonic Car Wash Tickets and Support JCC's Early Childhood Development Program

Going to the Car Wash today? If so stop, purchase a Delta Sonic Super Kiss or Super Kiss Supreme Car Wash Ticket Today from the JCC. Clean off that winter grunge and make your car look and feel new. The Super Kiss Wash is \$12 and the 5 day wash guarantee includes revitalize, clearcoat polish, underspray, rust inhibitor, brake dust remover, and a gas discount. Or for that if your car is really grimy you can purchase the Super Kiss Supreme and for only \$19 you get everything you get with the Super Kiss PLUS tires hand dressed, vacuum, glass polished, door jambs, dash cream, floor mats with Super Foam and fragrance. Either way, your car gets freshened up and you support a great cause while doing it. Buy a bunch and keep your car clean all summer. If you are interested in purchasing car wash tickets, stop by the ECDP or JCC front desk today. Proceed benefit the Jewish Community Center's Early Childhood Development Program.

If you need more information, call Jo David at 445-2360 ext. 120.



# ECDP CALENDAR

*(Subject to Change)*

<b>May</b>	6 & 7	Classroom Group Pictures
	14	Field Trip to the Landmark Theater - Suessical
	18 – 22	Camp Week
	25	Memorial Day – ECDP Closed
	29	Shavuot – JCC Offices Closed
<b>June</b>	10 (7:00 PM)	Moving-Up Night: Three Year-Old Classrooms
	11 (7:00 PM)	Year-End Performance: Pre-K Classrooms
	17 & 18	Songs and Sundaes: Toddler Classrooms
	16	Teacher Appreciation Luncheon
	19	Field Trip to Mill Run Park
	24	2008-09 School Year Program Ends at 6:00 PM

# CHILDREN'S/TEEN DEPARTMENT

## VACATION CAMPS

### Bring on the Summer Vacation Camp

**Dates:** Thursday and Friday, June 25 and 26

**Registration Deadline:** Friday, June 19  
Late Fee \$15 after this date

Pre-summer fun with swimming, pre-camp pep rally, and more!

### So-Long Summer Vacation Camp

**Dates:** Monday, August 24 – Tuesday, September 8

**Registration Deadline:** Monday, August 17  
Late Fee \$15 after this date

Includes field trips, swimming, and so-long summer fun!

## FUNDRAISERS

### Car Wash

**Date:** Thursday, May 12  
**Time:** 2:00 PM – 6:00 PM  
**Place:** Lower parking lot at JCC  
**Cost:** \$5 per car  
\$7 per SUV/Truck

Join the kids from the After School Program who will make your car squeaky clean! Bring all of your cars and help us earn money for our department!

### Ice Cream Social and Raffle

**Date:** Thursday, May 12  
**Time:** 4:00 – 6:30 PM  
**Cost:** \$3 per person.  
Raffle tickets are \$1 each or \$5 for 6

Eat some ice cream, make new friends, and try your chance at winning raffle prizes.

### After School Program Farewell BBQ

**Date:** Thursday, June 18  
**Time:** 5:00 PM – 7:00 PM

Join us for an evening with family and friends, as we say goodbye to another school year and welcome the summer! Families must pre-register and pre-pay. Enjoy a cookout poolside and some swimming with the kids. Say goodbye to the staff and friends, find out what everyone's summer plans are, and collect those phone numbers for summer play dates. This is the perfect chance to meet up with other JCC families and relax before the school year is up! See Lori Innella-Venne or call the JCC at 445-2360 to sign up!

## VACATION CAMP PRICING

**Full Day:** 9 AM – 4 PM  
**Half Day :** 9 AM – 12 PM or 1 PM – 4 PM  
*(Where Applicable)*  
**Extended Day:** 7:30 AM – 6:00 PM  
*(Early/Late Care)*  
**Full Day:** \$35 Members  
\$45 Non-members  
**Half Day:** \$20 Members  
\$25 Non-members  
**Early/Late Care:** No Charge for  
After-School Program Participants  
\$2 Members  
\$3 Non-Members



## IMPORTANT DATES 2009

Tuesday, May 12 .....Car Wash  
Thursday, May 21 .....Ice Cream Social  
Monday, May 25 .....JCC Closed Memorial Day  
Friday, May 29 .....JCC Main Offices Closed  
Program Open  
Thursday, June 18 .....After School Program  
.....Farewell BBQ  
Wednesday, June 24 .....Last Day of School  
(except JD)  
Thursday, June 25 .....Last Day of School JD  
Thursday & Friday,  
June 25 & 26 .....Bring On Summer Vacation Camp  
Monday, June 29 .....Camp Rishon Begins!  
Monday, August 24 –  
Tuesday, September 8 ..So-Long Vacation Camp  
Monday, September 7 .....JCC Closed Labor Day

# TRAVEL CAMP FOR TEENS

Designed for Anyone Entering Grades 7-10



*Hit the Road with Us  
for a Summer  
You'll Never Forget!*



Each day will feature  
a new adventure.

No two weeks  
are ever the same!

### Each Week will Feature:

- **3 Field Trips:**  
Local and/or Regional  
No field trip will occur twice!
- **1 Day at the "J"**  
Themed days, swimming,  
sports & more!
- **1 Community Service Day**  
On and off site. Volunteer at  
Camp Rishon and local non-  
profits and earn certificates for  
these hours of service.
- **Overnights**  
Every other week at various  
destinations within  
New York State.  
(price included  
in camp fee)

**Sign up for  
all 8 weeks of  
Syracruisin'  
and receive  
\$10 off  
per week!**

**Camp Space is Limited...Register Early!  
You can sign up week to week or for all eight weeks.**

# ADULT DEPARTMENT

## Israeli Dancing

Beginners as well as those with some familiarity with Israeli dancing will enjoy learning from instructor Carl Hanig. Group dancing, with simple steps, takes the pressure off people who think they have "two left feet." Fun and enjoyable!

**Dates:** April 23, May 21, June 18, July 16, August 20

**Time:** 7:00 – 8:30 PM

**Cost:** \$3.00 per person  
\$5.00 for two

**Instructor:** Carl Hanig

**Water Aerobics begin June 23 on Tuesday and Thursday mornings at the JCC Outdoor Pool.**



## Bereavement Group

*A Free Series of Support Programs for Jewish Individuals and Families Who are Struggling with Issues of Grief and Loss*

Thursday from 2:00 – 3:30 PM

May 7, 21

June 4, 18

July 2, 16, 30

August 13, 27

Held at the JCC of Syracuse

Coordinated by:



**The JCC Has It All!**

**Fitness**

**Exercise Classes**

**Weight Loss Programs**

**Personal Training**

**Massage**

**Teen Programs**

**Childrens Exercise Programs**

**Child Care**

**Preschool**

**Summer Day Camps**

**Senior Fitness Programs**

**Private Pilates**

# OPEN HOUSE

*At the JCC*

**The JCC Opens Its Doors For All to See Its Excellent Fitness and Outdoor Pool Facilities**

**Sunday, May 31  
11:00 AM – 3:00 PM**

Members bringing a Guest get a free T-Shirt. If your friend joins you both get 10% off membership.



### Schedule of Events:

Master Zumba Class in the Main Gym ..11:30 AM – 12:30 PM  
X-Biking Class.....11:30 AM – 12:15 PM  
.....and 12:30 PM – 1:15 PM  
Rock Climbing.....11:30 AM – 2:30 PM  
Open Swim in the Outdoor Pool .....2:00 PM – 3:00 PM  
Tours and Body Assessments .....11:00 AM – 3:00 PM

### What We Offer:

- Outdoor Heated Pool
- Shallow Children's Pool
- Family Changing Rooms
- Group and Private Swim Lessons
- Indoor Rock Climbing Wall
- Collegiate Sized Indoor Basketball Court
- Indoor Running Track
- Group Fitness including X-Biking, Zumba, Pilates and Yoga

**All new visitors will be entered into a drawing for a 3 month free single membership.**

The JCC Neulander Family

**Sports & Fitness Center**  
at the **JCC of Syracuse**

**We Offer Everything Under the Sun..... and in the Shade Too!**

The JCC of Syracuse ■ 5655 Thompson Road in DeWitt  
315-445-2360 ■ [www.jccsy.org](http://www.jccsy.org)

**ASK AT THE FITNESS DESK FOR MORE INFORMATION OR CALL 234-4522**

# SENIOR DEPARTMENT

## Mah Jongg League

Membership once again, we have sent in our order for the National Mah Jongg League, as a fundraiser for the JCC Senior Adult Department. Membership in the League includes either a standard or large print card. We have ordered extra cards to be sent to the JCC, so you can call Julie Fleck at 445-2360 to buy a card.

## Bridge

We have a bridge group on Mondays from 1:00 PM – 3:30 PM. Come join the fun. Call Julie Fleck @ ext. 104.

## Yiddish Group

**Day:** Fridays  
**Time:** 10:00 – 11:00 AM  
**Dates:** May 1 – July 31  
**Facilitator:** Rose Fox  
**Fee:** Members – Free  
Non-members – \$1/week or \$5/semester

Experience the flavor of the Yiddish language in speech and print. Knowledge of Yiddish is helpful, but not necessary.

## Bingo

Enjoy this fun and exciting game. There is no charge to play and prizes will be given to the winners.

## JCC Movie Matinee

Come join us for a movie at the JCC. Check your monthly newsletter for actual dates and times. Suggestions for movies are always welcome!

## Lounge Activities

**Day:** Weekdays  
**Time:** 10:00 AM – 4:00 PM

The Jewish War Veterans Lounge is open for your use with a television, entertainment center, the daily Post Standard and the Forward (in English). The lounge is a great place to spend time; members are always welcome to play cards, board games, mah jongg, bridge, or just to visit with each other.

## Senior Fitness Classes

Refer to the Fitness Schedule

## Bereavement Group

Meeting every other Thursday from 2:00 – 3:30 PM

May 7, 21

June 4, 18

July 2, 16, 30

August 13, 27

## AARP Defensive Driving Class

**Dates:** May 5 & 6  
**Times:** 8:30 AM – 12:00 PM  
**Place:** At the JCC

Call Julie Fleck at 445-2360 to reserve your spot.

## Seniors Passover Seder Fills the JCC Auditorium

The Senior Adult Department at the JCC recently played host to its annual Pre-Passover Seder which was enjoyed by several seniors that filled the Anne & Hy Miller Family Auditorium. Jewish Community Center Executive Director Marci Erlebacher welcomed everyone then turned over the microphone to Rabbi Shore who performed the Seder. He touched on many aspects of Passover and spent quite a bit of time discussing the seder plate.

Seniors were entertained by Syracuse Hebrew Day School Third Graders Jacob Snell, Jordan Goldman, Sadie Tenenbaum and Lauren Koss who sang the Four Questions, traditionally the role of the "youngest child in the family. The staff of the JCC helped to serve the traditional meal which included matzo ball soup, baked chicken, farfel stuffing, broccoli and lemon cake. It was delicious and enjoyed by all.

The seniors love having a seder at the JCC because for some of them it is the only seder they get to participate in, and for others that have a seder with their families they love coming to the one at the JCC so they can celebrate Passover with their "JCC family".



## The Bobbi Epstein Lewis JCC Senior Adult Dining Program

**Day:** Weekdays  
**Time:** Begins at Noon  
**Cost:** \$2.75 Suggestion Contribution  
\$3.25 Special Holiday Meal Contribution

There is no better place to go for a delicious, well-balanced, kosher meal in the company of friends. Meals are prepared fresh in our kosher kitchen. Some accommodations can be made for people with medical conditions that require diet restrictions. Please call ahead for reservations and to let us know if you have special needs. We request that reservations be made by noon on the day prior to the meal.

The nutrition program is funded by a grant from the Onondaga County Department of Aging and Youth and the New York State Office for Aging, with additional funding provided by the JCC.



## Special Holiday Meals:

**Mother's Day Lunch** – May 8, 2009

**Father's Day Lunch** – June 19, 2009

**4th of July Picnic** – July 2, 2009

## Birthday Celebrations

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

## Meal Site Gift Certificates

Meal Site Gift certificate booklets make a great gift! Each certificate entitles you to enjoy a delicious lunch at the JCC. See Julie Fleck about obtaining these.

## NEIGHBORHOOD ADVISOR SERVICE

**Linda Stone 445-2040 ext. 128**

**FREE and CONFIDENTIAL  
Help in Any Area to Adults 60 Years or Older**

Offers FREE & CONFIDENTIAL SERVICES –in any area to adults 60 years or older or to their friends or relatives to help this individual or couple. The person does not need to be Jewish or a member of the JCC to receive this assistance. This help can be done by mail, the phone, in person or a combination of them. She can research your concerns or problems, obtain and complete applications or other forms, stretch your household income with programs, or locate needed services. Examples: health care, transportation, socialization, health aides, legal advice, housing, nutrition & exercise, medicare savings program Food Stamps, Medicare or Medicaid questions and forms, telephone numbers and the list goes on and on.

The Neighborhood Advisor has been trained each month for the last 18 years to know all about all agencies in the county, state and federal government to assist you. Her knowledge covers from A to Z in all kinds of assistance. She represents Onondaga County Dept. of Aging & Youth here at the JCC. This program is funded by the Onondaga County Dept. of Aging & Youth, the New York State Office for the Aging and the Jewish Community Center of Syracuse.



**Linda Stone**  
*Neighborhood  
Advisor Service*

# NEULANDER FAMILY SPORTS & FITNESS CENTER

## HOURS OF OPERATION

Monday through Thursday .....5:30 AM – 9:00 PM  
 Friday .....5:30 AM – 6:00 PM  
 Saturday .....8:00 AM – 4:00 PM  
 Sunday .....7:00 AM – 6:00 PM

## BABYSITTING

Need a babysitter at a time other than our regularly scheduled child care (see schedule below)? Call to set up a time 234-4522. Service depends on availability of sitter, so make workout plans in advance. Once a time is booked, we require 24 hours notification of a cancellation, or you will be charged as scheduled.

This service is extended to members and guest of the JCC. You must remain on the premises while your child /children is /are under the supervision of the JCC babysitter. JCC staff are not permitted to change diapers, administer medications, or feed your child(ren). You must inform the sitter which area of the club you will be in case you are needed for an emergency.

## Childcare

**Day and Time:** Monday – Friday  
 from 8:00 AM – 11:00 AM  
 Sundays from 8:30 AM – 11:45 AM

**Cost:** Free to Members  
 \$4 per day for  
 Guests and Non-members

## BABYSITTING PRICES

Price Based on 1 Hour Increments Only

1 hour, 1 child ..... \$7.00  
 1 hour, 2 children .....\$10.00  
 1 hour, 3 or more .....\$15.00

## Open Gym

Please see monthly schedule, located at our reception desk.



## BASKETBALL

Competitive Basketball League starts Wednesday, May 13. This 12-week league, with playoffs, will be on Monday nights, with games starting at 6, 7, and 8 PM. Fees are \$350.00 per team; \$74.00 forfeit fee is refundable, \$37 per night for refs and scorekeeper. Call for more details.

## Member's Pickup Basketball – 18 & Older

**Days & Times:** Every Thursday night  
 from 7:00 – 9:00 PM  
 Every Sunday morning  
 from 9:00 – 11:00 AM

**Cost:** Free to Full-Fitness Members  
 \$5 Daily Drop-in Rate  
 Non-fitness members  
 \$75 one day per week  
 \$110 two day per week



## GROUP EXERCISE CLASSES

Our group exercise schedule is available in the Fitness Center Lobby. We offer numerous classes that fulfill fitness needs for people of all ages. Check often for updates!

### Basic (free) vs Mind Body Classes (fee based)

Our group exercise classes fall into two categories: Basic and Mind/Body. Mind/Body classes are denoted with an asterisk on the group exercise schedule. All other classes are considered Basic.

**Basic Classes** are free for full-fitness members, and have a fee associated with them for non-fitness members and /or non-members.

**Mind/Body Classes** are fee-based. They are more specialized and require an additional level of certification for our instructors, who teach classes focusing on the "Mind and Body" experience.

## CLASSES

### X-Biking

**Course Level: Basic**

This cutting-edge cycling program was designed by an Olympic mountain biking coach. The X-Bike uniquely and safely delivers a full-body workout to group cycling enthusiasts, by bringing the mountain biking experience indoors. Unlike other traditional cycling classes, which just work the legs, this class works the whole body. All fitness levels are welcome.

### Boot Camp

**Course Level: Basic**

This class is a high-energy, calorie-blasting workout combining stability and cardiovascular conditioning. The first 45 minutes focus on core and full body conditioning, with the use of stability, medicine and bosu balls. The second 45 minutes includes step plus a few surprises! Don't miss out.

### Pilates, All Levels

**Course Level: Mind Body**

Once you feel comfortable in Essential Pilates, challenge yourself in a faster-paced course that incorporates the Pilates circle and bands. We will also use large therapy balls to tone abdominals, upper body, hips and thighs, while improving coordination and balance.

### Cardio Training

**Course Level: Basic**

Get all the cardio and conditioning you need in one class. Powerful cardio segments, followed by high intensity conditioning intervals, challenge your cardiovascular and muscular strength. It is the best of both workouts in one class.

### NIA

**Course Level: Mind Body**

### (Neuromuscular Integrative Action)

You asked for it, so we got it! We welcome this exciting new addition to the group fitness schedule. 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. All fitness levels welcome.

### Muscle Sculpting

**Course Level: Basic**

Instructors will use barbells, free weights, bands, and balls to create the ultimate total body-shaping class. All levels are welcome.

### Body Blitz

**Course Level: Basic**

An exciting muscle conditioning class performed to motivating music! Have fun while you sculpt your muscles, with light to moderate weights and high repetitions. Come early to set up your STEP as a bench and gather your various props, including free weights, tubing and physio balls. Get results fast!

### Sports Drills

**Course Level: Basic**

This is an intermediate to advanced cardio workout, using moderate to intense floor and step aerobics, and kickboxing drills. A fun and stimulating fat-burning class.

# NEULANDER FAMILY SPORTS & FITNESS CENTER



## **Belly Dancing** Course Level: Mind Body

Try out one of the newest fitness rages here at the JCC! Belly dancing is a great exercise to strengthen your shoulders, back and abdominal region.

## **Yoga** Course Level: Mind Body

This class features a hybrid style of yoga that brings physical benefits by integrating body and mind performance. This class draws from Vinyasa, Lyengar and Viniyoga. Bring towel, water, and we recommend you bring your own Yoga mat. All fitness levels welcome.

## **Step** Course Level: Basic

A solid 50-minutes of step aerobics with some low impact aerobics mixed in. Easy-to- follow patterns and continuous movement for a great cardio workout. All fitness levels are welcome.

## **GeoMats** Course Level: Basic

A new fitness activity designed for teens and pre-teens. Mats are used with brightly textured numerical and directional symbols, adding a new challenge to a workout that is similar to, but newer than step aerobics.



## SENIOR CLASSES

Designed for the mature adult, these classes are low-impact and focus primarily on cardiovascular fitness for overall health and well-being. At times, we receive grants from the Onondaga Department of Aging and Youth, which make Wednesday and Friday classes free for seniors. When these grants run out, there will be a fee for non-fitness members to attend these classes. Please check with the fitness center front desk for times.

### **Neurological Movement Therapy**

**Day:** Mondays, Wednesdays and Fridays

**Time:** 12:30 PM – 1:30 PM

**Fee:** \$50 per month/6 sessions

The JCC's certified Strength and Conditioning Specialist developed this 60-minute program to help enhance the quality of life for individuals coping with the after-effects of neurological disorders including strokes, Parkinson's Disease, Multiple Sclerosis and Muscular Dystrophy. Participants work with the instructor to execute various strength, balance and resistance exercises.



### **Senior Fit**

**Day:** Mondays

**Fee:** Free

The Onondaga Department of Aging and Youth supports this class. It provides a low-impact workout that will help improve strength and balance. The course is open to all senior citizens in the community.

### **Senior Fit** Course Level: Basic

**Fee:** Full Fitness Members – Free  
Non-fitness Members – \$5  
Non-members – \$10

This class is designed to get senior adults moving. Set to big band and oldies music, participants will dance and execute chair exercises that are less strenuous on the body.

### **Senior Fit** Course Level: Basic

**Day:** Fridays

**Fee:** Full Fitness Members – Free  
Non-fitness Members – \$5  
Non-members – \$10

This class focuses on daily living skills for seniors including developing functional strength, balance and flexibility. These skills provide for a more rewarding lifestyle.

**Relax and Escape at the JCC  
Book Massage Today with our  
Licensed Massage Therapist  
Jasmine Osborne**

## MASSAGE

Jasmine Osborne, LMT (licensed massage therapist) offers a unique blend of massage modalities to fit every client's needs:

Swedish Massage Deep Tissue Massage

Medical Massage

Sports Massage

Connective Tissue Massage

Trigger Point Therapy Massage

Pediatric Massage

Prenatal Massage

## NUTRITIONAL COUNSELING

### **Registered Dietitian Alicia Frisbie**

Nutritional Counseling Registered Dietitian Alicia Frisbie received an AAS degree in Culinary Arts from Johnson & Wales University, followed by a BS degree in Nutrition and Hospitality/Food Service Management from Syracuse University. She has been a Registered Dietitian for the last two and a half years working in acute, sub-acute, and long-term care settings. For people who would like nutritional counseling, Alicia will be available by appointment. Call the Sports and Fitness Center front desk at 234-4JCC.

## NUTRITIONAL COUNSELING

One-on-One	50 Minutes	30 Minutes
1 session	.....\$45	.....\$25
5 session	.....\$215	.....\$120
10 sessions	.....\$400	.....\$230
20 sessions	.....\$775	.....\$775
50 sessions	.....\$1850	.....\$1850

### **Small Group 2 Persons - 50 Minutes Only**

1 session	.....\$65
5 sessions	.....\$300
10 sessions	.....\$550
20 sessions	.....\$1000

# NEULANDER FAMILY SPORTS & FITNESS CENTER

## PERSONAL TRAINING

Please look for some new and exciting workout specials and programs at the Fitness Center Front Desk. The programs promise to energize you, and help you feel good about working out when the weather is not on your side!

### One-on-One Personal Training

One-on-One training is as low as \$30 per half-hour. Stop by the Sports and Fitness desk to set up a time and to get a list of specials.

### Two-on-One Personal Training

Share the workout and share the cost!

### Fitness Assessments

Are you meeting your fitness goals? Find out by having a Fitness Assessment.

Fitness Assessments include:

- 1) Height measurement
- 2) Weight check
- 3) Heart rate recording (resting, warm-up and training)
- 4) Blood pressure reading
- 5) Body fat percentage calculation
- 6) Body mass index calculation
- 7) Cardio respiratory fitness evaluation
- 8) Flexibility check
- 9) Muscle strength and endurance analysis (upper body and core)
- 10) Girth measurements

Cost: \$55 for 45 minutes

## Boys' Teen Training

**Ages:** Teens  
**Days:** Tuesdays and Thursdays  
**Time:** 3:00 PM – 3:50 PM  
**Cost:** Free for JCC Members  
 \$5 for Non-members

Working with the JCC's Head Personal Trainer, Joe Yager, teens will focus on strength and conditioning techniques designed specifically for young people and their bodies. Each session will focus on stretching, plyometrics, feet drills, core conditioning and age-appropriate weight training.



## Girls' Teen Training

**Ages:** Teens  
**Days:** Tuesday and Thursday  
**Time:** 3:00 PM-3:50 PM  
**Cost:** Free for JCC Members  
 \$5 for Non-members

Working with a JCC Personal Trainer, teens will focus on strength and conditioning techniques designed specifically for their bodies. Sessions will focus on stretching and flexibility as well.



# TEEN TRANSFORMATION CHALLENGE

SUMMER - LONG FITNESS PROGRAM FOR YOUNG ADULTS AT THE JCC OF SYRACUSE

- Fitness Assessments
- Group Fitness Class
- Meet with a Fitness Professional
- Lunch and Pool Time
- Organized Sports
- Weight Training and Cardio
- Specialized Instruction
- Journaling

**Program Begins July 6**



**Dates & Times:** July 6 – August 14  
 Daily from 9:30 AM – 3:30 PM  
**Location:** JCC of Syracuse  
 5655 Thompson Rd., DeWitt  
**For:** Young adults  
 Entering grades 7 through 10  
**Cost:** Members: \$600  
 Non-members \$750  
 for the six week program

## ONE-ON-ONE PERSONAL TRAINING

<b>50 minutes</b>	
1 session .....	\$55
5 session .....	\$260
10 sessions .....	\$495
20 sessions .....	\$935
50 sessions .....	\$2200
<b>30 minutes</b>	
1 session .....	\$30
5 sessions .....	\$140
10 sessions .....	\$270 (\$23per)
20 sessions .....	\$510 (\$22per)
50 sessions .....	\$1200 (\$21per)

## TWO-ON-ONE PERSONAL TRAINING

1 Session .....	\$70
5 Sessions .....	\$340
10 Sessions .....	\$595
20 Sessions .....	\$1120

The JCC Neulander Family  
**Sports & Fitness Center**  
 at the JCC of Syracuse

**CALL LORI INNELLA-VENNE FOR MORE INFORMATION AT 315-445-2360**

# NEULANDER FAMILY SPORTS & FITNESS CENTER

## ROCK CLIMBING

### Indoor Rock Wall - Open Climb

**Days:** Mondays, Wednesdays and Thursdays  
**Times:** 5:30 PM – 8:00 PM  
**Cost:** Free to Full Fitness Members  
 Non-fitness Members - \$8 per day Drop-In Rate  
 Adult Unlimited Climb - \$30 per Month for Non-members or Non-fitness members  
 Dependent Student (13 and up) Unlimited Climb - \$25 per Month for Non-Members or Non-Fitness-Members

The JCC's indoor rock wall measures 20 feet wide by 19 feet high, creating a 358-square foot wall that contains five different routes, a bouldering section and 186 different rock shapes. A mostly individual sport, rock climbing is a highly technical and challenging activity that requires unique strength, endurance, flexibility and mental focus.

### Climbing 101

Climbing 101 is designed for climber's ages 6-13 with little or no rock climbing experience. Climbers will learn the fundamentals of the rock wall and equipment safety, as well as climbing and belay techniques. Participants will earn their Climbing Basic Certification with the completion of this course.

**Ages:** 6 – 13  
**Days:** Tuesday & Thursday (6 Sessions) May 5 – May 21  
**Time:** 3:15 PM – 4:00 PM  
**Cost:** \$65 JCC Full-fitness Members  
 \$75 JCC Non-fitness Members  
 \$90 Non-members

### Climbing 201

Climbing 201 is designed for experienced climbers, who have received their Basic Climbing Certifications. Participants will learn and refine hand and foot techniques, balance and movement skills, and personal climbing dexterity. Take your climbing performance to the next level!

**Ages:** 6 and up  
**Days:** Tuesday & Thursday (6 Sessions) May 5 – May 21  
**Time:** 4:15 PM – 5:00 PM  
**Cost:** \$65 JCC Full-facility Members  
 \$75 JCC Non-fitness Members  
 \$90 Non-members

## SAFETY BELAY CERTIFICATION

This one-hour mandatory session is designed for veteran climbers to become familiar with the JCC's rock wall, equipment and procedure. Climbers who have completed the Climbing Basic Certification class do not need to complete this course. Call the Fitness Desk to set up a one-on-one appointment to become certified!

Call the Fitness Desk to set up a one-on-one appointment to become certified!

**Cost:** \$20 Full Fitness Members  
 \$35 Non-fitness Members

**After School Lock Ins:** The JCC's After School Rock Climbing Lock-Ins are designed to let climbers enjoy the wall through various rock climbing games and challenges. Once climbing begins, the doors are locked and no climbers may leave or enter the room as they participate in an intense workout. Climbers will encounter different climbing routes, individual contests, and team competitions. Registration forms are available at the Fitness Center front desk.

**Ages:** 6 – 13  
**Days:** Monday, Wednesday, Friday

**May**  
**Session 1:** 4, 6, 8  
**Session 2:** 11, 13, 15  
**Session 3:** 18, 20, 22

**Times:** 3:15 – 4:00 PM  
 4:00 – 4:45 PM  
 4:45 – 5:30 PM

*Climbers can only join one time period per day.*

**Cost:** Free to all Full Fitness Members  
 Participants in the JCC's After School Programs:  
 \$45 for 4 sessions  
 \$12 per session  
 \$6 Drop-In Rate  
 Non-members and Non-fitness Members  
 \$53 for 4 Sessions  
 \$14 per session  
 \$7 Drop-In

NOW ACCEPTING REGISTRATION

# Summer Rock-Climbing Special

**All-You-Can-Climb**  
 Just \$25 for one month  
*(a \$65 value)*  
 Includes 30-45 Minute Safety Belay Certification with Our Experienced Rock Climbing Camp Instructor Aaron Gross

Rock Wall hours:  
 5:30 PM – 8:00 PM  
 Monday, Wednesday, Thursday  
 Ages 6 and Up

The Family **Sports & Fitness Center**  
 at the **JCC of Syracuse**

The JCC of Syracuse ■ 5655 Thompson Road in DeWitt  
 315-445-2360 ■ www.jccsyr.org



CALL TO SIGN UP 234-4522

# JCC NEULANDER FAMILY SPORTS & FITNESS CENTER 2009 GROUP EXERCISE SCHEDULE / SUMMER

# EXERCISE

	SUN	MON	TUE	WED	THUR	FRI	SAT
6AM		6:00 – 6:55 AM <b>Muscle Sculpting</b> Kristie	6:00 – 6:45 AM <b>X-Biking</b> Team		6:00 – 6:45 AM <b>X-Biking</b> Patti		
7AM							
8AM			8:00 – 8:55 AM <b>Water Aerobics</b>		8:00 – 8:55 AM <b>Water Aerobics</b>		
9AM		8:30 – 9:30 AM <b>Muscle Sculpting</b> Joanne	8:00 – 8:55 AM <b>Yoga*</b> Christine		8:45 – 9:30 AM <b>X-Biking</b> Joanne	8:30 – 9:30 AM <b>Muscle Sculpting</b> Tammy	
9:00 – 9:40 AM	9:00 – 9:40 AM <b>X-Biking</b> Joanne		9:00 – 10:00 AM <b>X-Biking</b> Joanne	9:00 – 10:15 AM <b>Boot Camp</b> Joanne			9:00 – 10:30 AM <b>Boot Camp</b> Linda
9:50 – 10:45 AM	9:50 – 10:45 AM <b>Muscle Sculpting</b> Joanne	9:35 – 10:30 AM <b>Step</b> Vanessa		10:15 – 11:00 AM <b>Zumba</b> Tammy	9:30 – 10:30 AM <b>Yoga*</b> Kay	9:35 – 10:30 AM <b>Sports Drills</b> Vanessa	
10AM			10:00 – 11:00 AM <b>Pilates*</b> Joanne		10:30 – 11:30 AM <b>Pilates*</b> Karen		10:30 – 11:30 AM <b>NIA*</b> Marianne/Marci
11AM		11:00 – 11:50 AM** <b>Senior Strength Training</b> Donna	11:00 – 12:00 PM <b>NIA*</b> Marianne	11:00 – 12:00 PM** <b>Senior Keeping Your Balance</b> Tami		11:00 – 11:50 AM** <b>Senior Strength &amp; Balance Combo</b> Elsa	
12PM					11:35 AM – 12:35 PM <b>NIA*</b> Marianne		
1PM							

## JCC Neulander Family Sports & Fitness Center Hours

Mon – Thurs 5:30 AM – 9:00 PM, Fri 5:30 AM – 6:00 PM, Sat 8:00 AM – 4:00 PM, Sun 7:00 AM – 6:00 PM  
Child Care Hours: Monday – Friday: 8:00 – 11:00 AM Sunday: 8:30 – 11:45 AM or by appointment.

3PM							
4PM							
5PM		4:30 – 5:30 PM <b>Pilates*</b> Joanne					
6PM			5:45 – 6:30 PM <b>Zumba</b> Linda	6:00 – 6:55 PM <b>Muscle Sculpting</b> Team	6:00 – 6:50 PM <b>Zumba</b> Linda		
7PM		6:30 – 7:25 PM <b>Body Blitz</b> Alicia					
8PM		7:40 – 8:40 PM <b>Belly Dancing*</b> Chelle	8:00 – 9:00 PM <b>Adult Tap*</b> Barry Shulman \$5 per class <b>Beginner - 7 PM</b> <b>Intermediate - 8 PM</b> <b>Advanced - 9 PM</b>				

Basic fitness classes are included in Full Fitness Memberships. Non-Fitness members and Non-Members pay the guest pass fee of \$10 per class.

\*Mind/Body classes (NIA, Yoga, Pilates & Belly Dancing) are offered at an additional charge to participants. These classes run in ongoing 6 week sessions. Members: \$36/session or \$8 drop-in fee; Non-Members: \$60/session or \$12 drop-in fee.

\*\* The Senior Class on Mondays at 11:00 AM is free to all seniors. Senior Classes Wednesday at 10:35 AM & Friday at 11:00 AM carry a fee for Non-Members and Non-Fitness Members unless they are being sponsored by a grant from the Onondaga Department of Aging and Youth. Please check-in at the Fitness Center desk for more details.

Schedule is subject to change at management's discretion. Classes can be cancelled when enrollment levels don't meet minimum requirements.

The JCC Neulander  
Family

**Sports & Fitness Center**  
at the JCC of Syracuse

(315) 234-4522 Fitness Desk



# JEWISH COMMUNITY CENTER 2009 POOL GUIDE



## Welcome JCC Members

The 2009 swimming season is upon us and we would like to invite all of our members to make the most of their membership by using the pool this summer. The JCC pool is a gathering place for our members and a great place to be when the weather gets hot. Maximize your membership by enjoying the pool in the evenings after work, on the weekends with your family and friends, and complete your early morning workout by swimming some laps.

Incorporating the pool into your personal training will add a new dimension to your fitness program. Utilize this great aerobic opportunity during our lap swimming hours and make the most of this wonderful time of year.

Whatever needs the pool may satisfy, we know it will provide many hours of rewarding recreation to you and your family. Several aquatics programs will be run throughout the course of the swimming season and are detailed on the following pages. At a glance, they include:

- Learn to Swim Lessons
- Private and Semi-Private Lessons
- Swim Team
- Adult Lap Swim
- Children's Pool Parties

Please take a moment to fill out the Emergency Authorization Form included in this guide. The form should be completed and returned to the JCC, attn: David Willard, prior to your child's initial swim in the JCC pool. Children ages 13 to 17 swimming unsupervised must have the lower half of the form filled out by a parent or guardian.

Please remember to bring your membership card with you to the pool as it will be used by the aquatics staff to ensure member only use. Pool patrons are not permitted to park on the hill and walk down to the pool. Please use one of the main parking lots and JCC entrances. We appreciate all comments and concerns regarding this and all other programs here at the JCC and hope to see you poolside.

Thank you,

**David Willard**  
Aquatics Director

## CALENDAR & POOL HOURS

<b>Sunday, May 24</b> .....	Pool Opens at 9:00 AM
<b>Sunday, June 7</b> .....	Learn to Swim Lessons Begin
<b>Monday, June 29</b> .....	Camp Rishon & Swim Team Begin
<b>Friday, July 4</b> .....	Holiday, Pool Open 9:00 AM - 7:00 PM
<b>Monday, September 7</b> .....	Labor Day, Last Day of Pool Operation

### Pool Hours Before and After Camp Rishon Season

<b>Sunday, May 24 — Sunday, June 28 &amp; Saturday, August 22 — Monday, September 7</b>	
Sunday - Friday .....	9:00 AM - 7:00 PM
Saturday .....	11:00 AM - 7:00 PM
Lap Swim (Monday - Friday only) ends at noon	

### Camp Rishon Season

<b>Monday, June 29 — Friday, August 21</b>	
Monday - Friday .....	3:30 PM - 7:00 PM
Saturday .....	11:00 AM - 7:00 PM
Sunday .....	9:00 AM - 7:00 PM
<b>Lap Swim only</b> .....	8:00 AM - 9:00 AM (Monday - Friday)

*(15 minutes each hour may be designated for Adult Swim and can be scheduled by making a request with the lifeguards on duty.)*

# JCC POOL INFORMATION

## Children & Guests

### Children in the Pool

1. All children under 13 years old must be supervised at the pool by an adult or a sibling over the age of 13.
2. Children who are not tall enough to stand with their chest at mid level in the shallow end of the pool must be accompanied in the water by a supervising adult, or sibling at least 13 years old, unless they pass a test with the lifeguards. The test consists of swimming two widths of the pool and treading water for thirty seconds.
3. No child is allowed in the small pool unless accompanied by an adult or sibling at least 13 years old.
4. Swimming accessories like kickboards and water noodles are not permitted in either pool without lifeguard permission. There are times when the pools are too crowded to allow these items to be used. Keep in mind the small pool is intended for non-swimmers and is not to be used by those with swimming ability as a play area.
5. At the discretion of the lifeguards, older children may be asked to leave the small pool.
6. Children who are not yet toilet trained must wear disposable diapers and plastic pants or special swimming diapers when they go into the pool.
7. Lifeguards have the final authority regarding safety issues in the pool and pool area.

## Children's Pool Parties

The JCC will host a pool party for your child, which includes two hours of swim time. To ensure the safety of all bathers, **unscheduled parties will not be allowed at any time.** Please call David Willard at 234-4522 ext. 144 to find out more information or to setup your party.

**Fee:** 10 children or fewer: \$70 Members  
\$150 Non Members  
(\$3.00 extra for each additional child)

## Guest Passes

Guest passes can only be purchased by JCC members. Passes are \$5 each or a book of 5 for \$20. Guest Passes can be purchased at the main office front desk and the fitness desk. Please remember, passes for Saturday must be purchased in advance. Guests will not be permitted at anytime without a guest pass. Guests must also be accompanied by a JCC member.



## POOL RULES

1. No swimming without a lifeguard on duty.
2. No glass containers of any kind (including suntan lotion bottles, etc.) are allowed in the pool area.
3. No food or gum is allowed in the pool area at any time. Beverages are allowed but must be in a can, plastic bottle, or paper cup. Please help keep the pool area neat and free of ants and bees by putting all garbage in the trash receptacles.
4. Persons with rashes, open sores, inflamed eyes and/or communicable diseases are not allowed in the pool. All bandages must be removed before entering the pool area.
5. Inflatable toys, kickboards, etc. may be used in the pool only with permission of the lifeguard on duty. Permission will be denied if the pool is crowded or if the toys are deemed a possible safety hazard.
6. No running, pushing, or boisterous play in the pool area.
7. Shower before and after using the pool.
8. Diving is permitted only in the designated area at the deep end of the large pool.
9. No urination, defecation, spitting, or nose blowing in the pool.
10. The decision of the lifeguards on duty in all matters concerning the pool and the enforcement of these rules is final.



## WATER AEROBICS IN THE JCC OUTDOOR HEATED POOL

Starts June 23 and Runs Through the Summer  
Tuesday and Thursday Mornings  
8:00 – 8:55 AM



# JCC SWIM LESSONS

## Swim Lessons Program

The JCC is offering private, semi-private and group swim instruction for children of all ages in our outdoor heated pool. You can sign up for one of our scheduled classes or coordinate your own private lesson or semi private class.

Classes are offered on weekends and weekdays.

Private lessons are scheduled at your convenience with the instructor of your choice. Semi private lessons, 2 students, can be scheduled as well.

You do not need to be a member of the JCC to sign up for these lessons, however a discount is offered to members.

## Swim Level Guidelines

### Level 0 – Water Babies

Help your baby learn to swim! This special class is for parent(s) and babies age 6 months to 36 months.

### Level 1 – Water Exploration

In this class, swimmers will put faces in water for three seconds, practice supported front and back floats, and blow bubbles.

### Level 2 – Primary Skills

In this class, swimmers will learn to float unsupported on their front and back, flutter kick, and begin preliminary arm strokes.

### Level 3 – Stroke Readiness

The swimmers in this class will jump into deep water and do the front crawl with breathing. They'll also learn the back crawl, breaststroke, and elementary backstroke.

### Level 4 – Stroke Development

This class will learn and/or improve the elementary backstroke, front and back crawl, breaststroke, and sidestroke.

## LEARN TO SWIM LESSONS

Session 1 – Levels 0, 1, 2*	Session 1 – Levels 3 & 4*
Day: Sundays Time: 11:00 AM – 11:30 AM Dates: June 7, 14, 21, 28 Fee: \$16 Member, \$32 Non-member	Day: Sundays Time: 11:30 AM – 12 Noon Dates: June 7, 14, 21, 28 Fee: \$16 Member, \$32 Non-member
Session 2 – Levels 0, 1, 2*	Session 2 – Levels 3 & 4*
Day: Monday – Friday Time: 3:30 PM – 4:00 PM Dates: June 8 – 12 Fee: \$20 Member, \$40 Non-member	Day: Monday – Friday Time: 4:00 PM – 4:45 PM Dates: June 8 – 12 Fee: \$25 Member, \$50 Non-member
Session 3 – Levels 0, 1, 2*	Session 3 – Levels 3 & 4*
Day: Monday – Friday Time: 3:30 PM – 4:00 PM Dates: June 15 – 19 Fee: \$20 Member, \$40 Non-member	Day: Monday – Friday Time: 4:00 PM – 4:45 PM Dates: June 15 – 19 Fee: \$25 Member, \$50 Non-member
Session 4 – Levels 0, 1, 2*	Session 4 – Levels 3 & 4*
Day: Tuesdays & Thursdays Time: 5:30 PM – 6:00 PM Dates: June 23 – July 2 Fee: \$16 Member, \$32 Non-member	Day: Tuesdays & Thursdays Time: 6:00 PM – 6:45 PM Dates: June 23 – July 2 Fee: \$16 Member, \$32 Non-member
Session 5 – Levels 0, 1, 2*	Session 5 – Levels 3 & 4*
Day: Tuesdays & Thursdays Time: 5:30 PM – 6:00 PM Dates: July 7 – July 23 Fee: \$24 Member, \$48 Non-member	Day: Tuesdays & Thursdays Time: 6:00 PM – 6:45 PM Dates: July 7 – July 23 Fee: \$30 Member, \$60 Non-member
Session 6 – Levels 0, 1, 2*	Session 6 – Levels 3 & 4*
Day: Tuesdays & Thursdays Time: 5:30 PM – 6:00 PM Dates: August 4 – 20 Fee: \$24 Member, \$48 Non-member	Day: Tuesdays & Thursdays Time: 5:30 PM – 6:00 PM Dates: August 4 – 20 Fee: \$24 Member, \$48 Non-member

\* (Minimum of 3 to keep class open)

## Private Lessons

Ages: All  
Time: ½ hour  
Fee: Members – \$18, \$62 for 4  
Non-members – \$28, \$105 for 4

\*\*One week prior notice scheduling needed

## Semi-Private Lessons (2 People)

Ages: All  
Time: ½ hour  
Fee: Members – \$25, \$90 for 4  
Non-members – \$35, \$130 for 4

## Swim Team (Must Have Passed Level 4)

Grades: 2nd & Up  
Day: Mon. – Fri.  
Time: 8:00 AM – 9:00 AM  
Dates: June 22 – August 14  
Fee: \$60 Members, \$85 Non-members



# JEWISH COMMUNITY CENTER - AQUATICS DEPARTMENT

## Class Registration & Emergency Authorization

### MAIN INFORMATION

Parent/Guardian Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Work Phone: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

### CLASS REGISTRATION

Name	Class	Day(s)	Time	Fee
1.				
2.				
3.				
4.				

Visa/MC #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_ JCC Member?  YES  NO

**IMPORTANT: PLEASE READ AND SIGN WHERE APPROPRIATE.**

The JCC must have a current Authorization for Medical Treatment of Minors on file for each participant in its programs.

### EMERGENCY AUTHORIZATION

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 May 28, 2009 through September 4th, 2009 in the event of my unavailability.

Name	Date of Birth	Allergies/Special Conditions
1.		
2.		
3.		
4.		

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Witness: \_\_\_\_\_ Date: \_\_\_\_\_

**Medical/Dental/Hospitalization Coverage for Named Minor(s)**

Insurance Company/Government Program: \_\_\_\_\_

ID/Contact/Group #: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone #: \_\_\_\_\_

### RELEASE FOR ADULT PARTICIPATION IN ATHLETIC/RECREATION PROGRAM

I recognize that participating in an athletic event has 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 damage I may seek against the JCC or places used by the JCC in conjunction with this athletic/recreation event, for any and all injuries suffered by me in connection with participation in this athletic/recreation event.

I also recognize that medical expenses I may incur in connection with participation in this athletic/recreation event are my own responsibility. I hereby appoint the appropriate JCC staff member to act in my behalf in authorizing unexpected medical, dental, surgical care and or hospitalization should I be unable to do so. I have read the proceeding paragraphs as acknowledged by my signature below.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# TRIBUTES FROM 2-3-09 TO 3-16-09

**TO** **FROM**

**SENIOR ADULT DEPARTMENT**  
Dr. Hadley Falk In memory of your mother  
Selma Radin

**GENERAL OPERATING FUND**  
Dr. Hadley Falk In memory of your mother  
Sandra S. Wiley  
Ilene & Herb Mendel  
Sandra & William Holtzman

**BERT & LAURA ERLEBACHER CULTURAL & EDUCATION FUND**  
Marci Erlebacher Congratulations on receiving  
Women in Leadership Award  
Helen & Stan Marcum

**BEN MELTZER ENDOWMENT FUND**  
Jo Brown I memory of Goldye Meltzer  
Jaimie Blackman

## JEFFREY SUSSMAN ATHLETIC SCHOLARSHIP FUND

Karen Kruth Happy Special Birthday  
Jackie & Neil Kassel

### TRIBUTE INFORMATION

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. Some of our funds are listed below. For further information, please contact Nancy Kasow at 445-2360.

Morris & Dorothy Cohen Endowment Fund	Sydelle Rothman ECDP Scholarship Fund
Bert & Laura Erlebacher Cultural & Education Fund	Ida Rubin Senior Adult Nutrition Endowment Fund
Ben Meltzer Endowment Fund	Leadership Development Fund
Ava & Irving Raphael Maccabi Endowment Fund	Jeffrey Sussman Athletic Scholarship Fund
	General Operating Fund

## The Perfect Summer Weekend:



**WORK OUT**



**CLIMB OUR WALLS!**



**SHOOT HOOPS**



**HANG AT THE POOL**

*You can do it all at the JCC.*

- **Outdoor Heated Pool**
- We offer group and private swim lessons
- Plenty of sunshine and fresh air!
- Our shallow child pool is just the right depth for beginners
- Family changing rooms make it easy for parents

The JCC Neulander  
Family

**Sports & Fitness Center**  
at the **JCC of Syracuse**

Join now and receive  
**10% off Membership.**

Join with a friend  
and you both  
receive  
**15% off!**

**OFFER  
GOOD UNTIL  
6/30/09**

## SHABBAT CANDLE LIGHTING

### May

May 1 ..... 7:48 PM  
May 8 ..... 7:56 PM  
May 15 ..... 8:04 PM  
May 22 ..... 8:11 PM  
May 29 ..... 8:17 PM

### June

June 5 ..... 8:23 PM  
June 12 ..... 8:27 PM  
June 19 ..... 8:29 PM  
June 26 ..... 8:30 PM

### July

July 3 ..... 8:29 PM  
July 10 ..... 8:27 PM  
July 17 ..... 8:22 PM  
July 24 ..... 8:16 PM  
July 31 ..... 8:09 PM

### August

August 7 ..... 8:00 PM  
August 14 ..... 7:50 PM  
August 21 ..... 7:40 PM  
August 28 ..... 7:28 PM

**Call to Schedule a Tour 234-4522**



**JEWISH  
COMMUNITY  
CENTER OF  
SYRACUSE**

**5655 Thompson Road  
DeWitt, NY 13214**

Non-profit Org.  
US Postage  
**PAID**  
Syracuse, NY  
Permit No. 2392

# SUMMER CAMP

at the JCC

## Pre-School Camps

- Red Cross Swim Lessons
- Crafts, Pre-Sports
- 18mo-Pre-K
- Ice Cream Socials & Cook Outs
- Fun Weekly Themes

## School-Aged Camps

34 Camps to Choose From!

- Circus
- Sports w/ LeMoyne College
- Kitchen Science
- Rock Climbing
- Gymnastics
- Secret Agent
- Fishing
- Dance
- Rocketry
- Art w/ Anne Cofer
- Flag Football

## Teen Programs

- SyraCruisin' Travel Camp
- 6-week Teen Fitness Program

**JUNE 29 - AUGUST 21**

**Call Now to Reserve A Spot!**



**The JCC of Syracuse ▪ 5655 Thompson Road ▪ DeWitt  
315-445-2360 ▪ www.jccsyr.org**



# PRIVATE AND SEMI-PRIVATE SWIM LESSONS IN THE JCC OUTDOOR HEATED POOL

**Ages 6 months to adult**

**Lessons Begin in June and  
Are Available Throughout  
the Summer**

The JCC Neulander  
Family  
**Sports & Fitness Center**  
at the JCC of Syracuse



**5655 Thompson Road, DeWitt  
315-445-2360**