PROGRAM GUIDE

JANUARY – MAY 2020

Meet MANDY & GREG LEVY

INSIDE »

BRYAN GLAZER FAMILY JCC
522 N. Howard Avenue
Tampa, FL 33606
813.575.5900
membership@bgfjcc.com
BryanGlazerFamilyJCC.com

JCC on the Cohn Campus
13009 Community Campus Drive
Tampa, FL 33625
813.264.9000
membership@jcccohncampus.com
JCCCohnCampus.com

ON THE COVER

MEET MANDY & GREG LEVY:

The Jewish Community Center is so much more to the Levy family than the daily visits to the Maureen and Douglas Cohn Jewish Community Campus for our daughter, Ilana, to attend the preschool. It has been an institution that we have enjoyed since we joined the JCC in 2014 when our oldest, Dylan, started attending the preschool. The preschool was our gateway into the amazing community.

We continue to frequent both the Cohn Campus and the Bryan Glazer Family JCC, participating in several of the events the JCCs host. These include the PJ Library events, the Sunday Family series and the annual celebration of Israel.

Along with this excellent programing, the facilities provide our family with a place to exercise, jump on the wifi for some quick emails, and most importantly, connect with other members of the Jewish community. Through the JCC, we have made what will likely end up being life-long friendships.

Mandy & Greg Levy

Mandy & Greg Levy

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CONNECT

Welcoming You to Jewish Tampa

CONNECT welcomes you to the Tampa Jewish community! Whether you are new to Tampa or just new to the Jewish community, we are here to help you **CONNECT.**

CONNECT offers meaningful opportunities to:

- Enjoy Shabbat dinners and holiday meals in local homes
- Get to know Jewish community members
- Receive personal invitations to attend Tampa JCCs & Federation events

Visit **jewishtampa.com/welcome** to sign up. For more information, please contact Rachel at **813.769.4770** or **Rachel.Sperber@jewishtampa.com.**

Tampa
JEWISH COMMUNITY CENTERS
& FEDERATION

BRYAN GLAZER FAMILY JCC
813.575.5900

Monday – Friday | 5:30 AM - 10:00 PM
Saturday & Sunday | 7:00 AM - 7:00 PM

MEZRAH FAMILY AQUATIC CENTER
813.575.5900

Monday – Friday | 5:30 AM - 9:00 PM
Saturday & Sunday | 7:00 AM - 6:00 PM

J CAFÉ

Monday – Friday | 7:00 AM - 7:00 PM
Saturday & Sunday | 8:00 AM - 5:00 PM

J CARE

Monday – Thursday | 8:00 AM - 12:00 PM, 4:00 - 8:00 PM
Friday | 8:00 AM - 12:00 PM, 4:00 - 7:00 PM
Saturday & Sunday | 8:00 AM - 12:00 PM

J Care is a safe place to leave your children while you exercise. Members using the fitness center have priority, but J Care is open to all members. You must remain on campus while your child is in J Care.

J Care use at the Bryan Glazer Family JCC is limited to two hours per day.

For questions about J Care please contact our Welcome Desk.

JCC ON THE COHN CAMPUS
813.264.9000

Monday – Thursday | 6:00 AM - 9:00 PM
Friday | 6:00 AM - 6:00 PM
Saturday & Sunday | 9:00 AM - 4:00 PM

POOL HOURS*

November 15 – April 17
Monday – Friday | 11:00 AM - 4:00 PM
9:00 AM - 8:30 PM (one lane open)
Saturday & Sunday | Closed
*Normal hours resume April 20

To ensure a specific swim time, please call 813.264.9000 to reserve a lane.

Pool area closes 30 minutes prior to closing.

J CARE

Monday – Friday | 8:00 AM - 12:00 PM

J Care is available in our playroom to members who are working out in our fitness facility on campus. Babysitting is available to children ages three months – six years. You must remain on campus while your child is in J Care.

J Care use at the JCC on the Cohn Campus is limited to two hours per day.

For questions about J Care please contact our Welcome Desk.

HOW TO REGISTER FOR PROGRAMS

In order to register for activities/programs, you must have an account set up with us through Active. Please follow the directions listed below to register for programs:

1. Visit **JewishTampa.com** using Internet Explorer as your browser.
2. Click on *JCC Member Login* at the top of the page.
3. If it is your first time visiting this page, click on the *Create New Account* button and follow the steps.
4. If you already have a password for your online account, log in using the exact email you signed up with at our facility.
5. This will take you to the main menu page where you can search and register for any activity/program.

If you are not able to register online, you may contact the department head. The list of contacts can be found on page 35 of this program guide.

HOLIDAY HOURS & CLOSING INFORMATION FOR BOTH JCC LOCATIONS

W January 1 – New Year's Day
JCC | JCC on the Cohn Campus 7:00 AM – 5:00 PM

W April 8 – Passover
JCC 5:30 AM – 5:00 PM
JCC on the Cohn Campus 6:00 AM – 4:00 PM

M May 25 – Memorial Day
JCC 7:00 AM – 5:00 PM
JCC on the Cohn Campus 7:00 AM – 3:00 PM

GroupEx Classes: Classes will take place until one hour prior to closing.

Pool closes 1 hour prior to closing.

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Throughout the program guide, you will find our logos to indicate the location of the event or program unless otherwise noted.

WELCOME

Dear Members and Friends,

As we end 2019 and ring in 2020 along with the wonderful spring weather that makes us happy to call Tampa home, we hope you will make the JCCs the Center of your springtime activities.

If we are the Center of your fitness life, you will find many new opportunities in our Group Ex offerings with the addition of **Les Mills** at the Bryan Glazer Family JCC. We offer another season of **Girls on the Run** for middle school girls at the JCC on the Cohn Campus. The popularity of **Rock Steady Boxing** for our Parkinson's patients, also continues.

We are continuing our **Kids Day Out** on Sundays at Bryan Glazer Family JCC and have added it to our activities at the JCC on the Cohn Campus. Birthday parties at the J are a great way to celebrate with your children. Be sure and register for Summer Camp at the J as well as our Club J afterschool program the beginning of February. Seems early to be thinking about the 2020-2021 school year – but registration opens for Preschool the beginning of February – be sure and register early!!

We can be the Center of Arts & Culture for you beginning with the **Tampa Bay Jewish Film Festival** celebrating our 24th year at the end of March! Sip-n-Skype continues through the spring as well as our JCC World of Books Club. Interested on being on stage – keep an eye out for auditions in the spring for three shows we are doing in the summer!

These are just a few examples of how we can be **the Center** of your life!

See you at the JCCs!

Heidi

Heidi Shimberg
Executive Director, JCCs

The Tampa Jewish Community Centers and Federation Spotlight

The Tampa Jewish Community Centers and Federation (TJCCF) is the umbrella organization that includes the Tampa Jewish Federation, the JCC on the Cohn Campus, Bryan Glazer Family JCC and the Florida Israel Business Accelerator. TJCCF also operates three preschools, one located at the JCC on the Cohn Campus, one at the Irving Cohen Center at Congregation Rodeph Sholom, as well as a preschool classroom at Hillel Academy. The organization also owns the Harry and Jeanette Weinberg Village Assisted Living Residences and is part owner of the Tampa Orlando Pinellas (TOP) Foundation. Both of these entities operate as separate Limited Liability Corporations (LLC). We are the binding force that unites Jews and non-Jews alike across Tampa Bay.

Through collaborative relationships with our donors and corporate partners, the Tampa Jewish Federation shares the joy and promise of our work. We build communities, immersed in education and social action, inspired by the beauty of our tradition, and a commitment to our moral obligations to one another, the community we live in and across the globe.

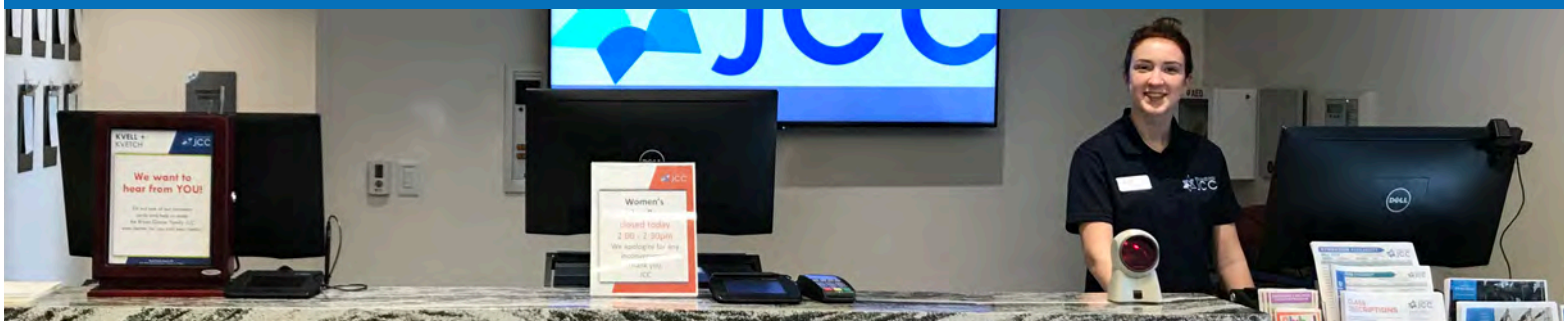
In addition, the Tampa Jewish Federation seeks the community's support to benefit the Tampa JCCs including raising funds for the Bryan Glazer Family JCC capital campaign and programs at both JCCs.

At the JCC on the Cohn Campus and Bryan Glazer Family JCC, you will find a wide range of programs and activities for people of all ages, faiths and backgrounds, which are highlighted in our program guide.

To learn more about the Tampa JCCs and Federation visit **JewishTampa.com** or contact Alissa Fischel at **813.769.4726.**

TAMPA JEWISH FEDERATION

MEMBERSHIP



MEMBERSHIP

You will find a vast array of activities, programs and events to meet all of your fitness, social, intellectual, artistic, social action and spiritual needs – regardless of your religious affiliation. Over the years, the Tampa Jewish Community Centers have proudly engaged the Tampa community through programming that excites, explores and challenges the mind, body and spirit. Visit us and experience the warmth, laughter and camaraderie. Whether you're a fitness fanatic or just starting a fitness routine, a toddler taking your first steps, a young professional, an avid theatergoer, an art enthusiast or an adult on-the-go, come to the JCCs and discover your story!

Bryan Glazer Family JCC Membership Team

JCC on the Cohn Campus Membership Team

MEMBERSHIP CATEGORIES

We offer a variety of membership categories and payment options to best suit your needs. Memberships range from individual to family, senior to young adult and youth. We have a place for you here at the JCCs.

CORPORATE MEMBERSHIP PARTNERSHIPS

Corporate membership partnerships are available if you would like to bring a health and wellness program to your workplace. Are you interested in a Lunch & Learn or an office fitness demo at your company, hosted by the JCC Fitness Staff? If you are looking for special events focused on health and wellness for your team, we have corporate wellness programs available at no cost to the employer. Multiple options are available. Contact the BGFJCC Membership Team at **membership@bgfjcc.com** or call **813.575.5900**, or the JCC on the Cohn Campus Membership Team at **membership@JCCCohnCampus.com** or call **813.264.9000**.

MEMBERSHIP RECIPROCITY

Members of the Bryan Glazer Family JCC enjoy full reciprocity to the JCC on the Cohn Campus, and Cohn Campus members enjoy partial reciprocity to the Bryan Glazer Family JCC (four visits per month). Individuals and families from either JCC can enjoy select programs, services and events that are open to members regardless of where you hold your membership.

PHOTO-ID MEMBERSHIP CARDS

At the J, the safety of our members and guests is our top priority. When joining, each member (ages 12+) is issued a photo-ID membership card that is required to be swiped in order to gain entry at both the security gate and welcome desk. Please be sure to scan your membership card at the scanning station upon entering the building. ID cards may be requested for individuals who are authorized to regularly pick-up children from the JCC Preschool, Camp J and Club J. Adjustments to the security process will be communicated via email and our monthly e-newsletters.

LOST OR DAMAGED MEMBERSHIP CARDS

Membership card replacement is handled at the welcome desk. A $10 replacement fee is charged for lost/misplaced and damaged cards. Individuals who temporarily misplace their card may enter the facility by presenting their ID to the staff at the welcome desk.

GUEST PASSES

Members are always encouraged to bring guests to enjoy the J at any time! Members receive three guest passes as a part of their membership annually.

Daily fees include:

- **Guest with a member (ages 12+): $10/person**
- **Guest without a member: $20/person**
- **Children (under 12 years old): $5/child**

Passes may be acquired through the

MEMBERSHIP

membership department. Contact the BGFJCC Membership Team at membership@bgfjcc.com or call 813.575.5900, or the JCC on the Cohn Campus Membership Team at membership@jcccohncampus.com or call 813.264.9000.

LOCKER RENTALS

If you prefer to reserve a locker for your personal use, we offer locker rentals at the Bryan Glazer Family JCC. Rent a locker for $30 per month. To sign-up, stop by our welcome desk or contact our Membership Team at membership@bgfjcc.com or call 813.575.5900.

MEMBERSHIP APPRECIATION EVENTS

We value our members! Please join us at our special appreciation events and help our members connect, catch up and meet friends, old and new. The following events are free for members and their pre-registered guests.

OPEN HOUSE WEEK

January 6 - January 12
Care for Yourself Month
February 3 - February 9
Heart Health Month
March 9 - March 15
National Nutrition Month
April 20 - April 26
Stress Awareness Month
May 11 - May 17
Women's Health Month

Jump into fun offerings and events during all Open House weeks. See your Membership Team or the Welcome Desk for additional details. Friends, family members and guests are invited to enjoy a complimentary week of membership during all Open House weeks!

BONFIRE PARTY

Th 5:00 - 7:00 PM | February 6

Enjoy the Florida winter with a cozy bonfire party at the JCC on the Cohn Campus. Bring your own s'more kits and blankets or purchase a Kosher s'more kit for only $5 each. This event is free to members and their pre-registered guests.

SPRING SOCIAL

Th 6:00 - 8:00 PM | April 23

Please join us for our annual Member Appreciation Spring Social, enjoy light bites and drink specials. This event is free to members and their pre-registered guests.

COFFEE & BAGELS

M 9:30 - 11:00 AM | January 6
W 9:30 - 11:00 AM | January 8

Meet your Membership Team and enjoy complimentary bagels and coffee in the lobby!

GRAB & GO SNACKS

M 9:30 - 11:00 AM | March 9
W 4:30 - 6:00 PM | March 11

Meet your Membership Team and enjoy complimentary fruits and veggies in the lobby!

MEMORIAL DAY POOL PARTY

M 11:00 AM - 3:00 PM | May 25

Join us at the Mezrah Family Aquatic Center for a family pool party featuring a bounce house with a slide, water balloon fight, pool & field games and more! Special menu items available for purchase in the J Cafe. This event is free to members and their pre-registered guests.

CAMPING & HIKING TRIP

Details to be provided in February

Join us on this outdoor adventure at Hillsborough River State Park. Sleep under the stars at the primitive campsite Saturday at sundown. Sunday embark on a 5.5 mile hike through natural Florida along the only river rapids in the state. Must bring own camping equipment, water and food. All hikers must carry 1 Liter of water with them. To put your name on the interested list or for more information contact Lindsey Myers at lindsey.myers@jewishtampa.com.

ISRAEL FEST

Save the Date | May 3 - 4

2020 ISRAEL FEST MAY 3 - 4

COMMUNITY BAND & TREMBLE CLEFS: AN EVENING OF OLDIES BUT GOODIES

W 7:30 – 8:30 PM | February 19

The Tampa Community Band (TCB) teams up with the Tremble Clefs choir for this special concert. The TCB is a grassroots project that provides an opportunity for musicians to play with a group and hone their musical skills. The Tremble Clefs is a therapeutic singing group and is a new addition to the JCC Philip Shayman Parkinson's Program.

TAMPA JCCs 14TH ANNUAL Softball TOURNAMENT

TAMPA JCCs 14TH ANNUAL SOFTBALL TOURNAMENT

Su 12:30 - 5:00 PM | March 1

Skyway Field | 3901 George Road, Tampa, FL 33634

Sign up a team through your synagogue, sisterhood, brotherhood, book club, family, company or any group of friends you'd like to spend the day with! The day includes snacks and a t-shirt. To register online, visit JewishTampa.com/Softball or call 813.769.4797. Registration and roster deadline: Friday, February 14, 2020. For sponsorship opportunities, please contact Michelle Gallagher at michelle.gallagher@jewishtampa.com.

Tampa JCCs NINTH ANNUAL GOLF TOURNAMENT

TAMPA JCCs 9TH ANNUAL GOLF TOURNAMENT

F 9:00 AM – 2:30 PM | May 15

Westchase Golf Club: 10217 Radcliffe Drive, Tampa

Join us to Tee Off at the Tampa JCCs Annual Golf Tournament benefiting the "Inaugural Special Needs Day at the J!"

Player registration deadline - Friday, May 8, 2020
Foursome names deadline - Monday, May 11, 2020

Entry fees include 18 holes of golf, a Bloody Mary bar, breakfast snacks, drinks on the course, lunch and a gift with a t-shirt! There will be an opportunity to win raffles, auctions items and contest prizes!
For sponsorship opportunities, email michelle.gallagher@jewishtampa.com.
To register, call 813.769.4797 or email laura.roberts@jewishtampa.com.
Cost: $125 per individual golfer | $400 per foursome

AQUATICS AT BRYAN GLAZER FAMILY JCC

Group Swim Lesson Options

LEVEL	M/W	TU/TH	SAT	WEEKDAY SESSION DATES	SATURDAY SESSION DATES
PARENT & TOT	4:30 PM	4:30 PM	8:30 AM	January 6 – January 30	April 4 – April 25
LEVEL 1 - TADPOLE	5:00 PM	5:00 PM	9:00 AM	February 3 – February 27	May 2 – May 23
LEVEL 2 - TURTLE	5:00 PM	5:00 PM	9:00 AM	March 2 – March 27	
LEVEL 3 - SEAL	5:30 PM	5:30 PM	9:30 AM	March 30 – April 23	
LEVEL 4 - STINGRAY	5:30 PM	5:30 PM	9:30 AM	April 27 – May 21	

M/W or Tu/Th Classes (8 Lessons) – Member: $80/Guest: $120
Saturday Classes (4 Lessons) – Member: $60/Guest: $100
Registration must be completed by the Saturday prior to the session starting.
All classes being cancelled due to holiday will be made up on the corresponding Friday.

SWIM LESSON REFERRAL PROGRAM

Did you know that if you refer a friend, and they sign their child up for group lessons at BGFJCC, that you come in, spin the Swim Lesson Wheel and WIN? Prizes include $5 - $25 swim bucks or one month of FREE lessons! If your referral signs up online, in person or by phone, they simply mention you or your family's name and you are qualified to spin the wheel. *Make sure they submit a referral form on our website!*

PARENT & TOT (AGES 6 MONTHS – 1.5 YEARS)

M/W, T/Th 4:30 PM | Sa 8:30 AM
Parent/Tot to teacher ratio is 6:1
Class time is 25 minutes

Parent & Tot classes are designed for an adult and a child under 1.5 years of age to participate together to learn and practice fundamental swimming and water safety skills. Students are acclimated to the water through a series of games, activities and skills led by an instructor.

New skills to be taught

1. Acclimation to pool
2. Going under water
3. Moving legs/kicking
4. Laying on back

Exit skills

1. Independent of trusted adult
2. Independent kicking
3. Willing/comfortable laying on back

GROUP SWIM LESSONS

Student teacher ratio is 6:1
Class time is 25 minutes

LEVEL 1 – TADPOLE (AGES 1.5 – 3 YEARS)

M/W, Tu/Th 5:00 PM | Sa 9:00 AM

This class will teach the basic skills of swimming to children who are ages 1.5 to 3 years old and either new to swim lessons or are coming from a Parent & Tot classes. Swimmers will be introduced to skills such as independent kicking, blowing bubbles and back floats.

Entry skills

1. Independent of trusted adult
2. Independent leg action
3. Willing to lay on back with assistance

New skills to be taught

1. Kicking legs while on stomach
2. Blowing bubbles
3. Intro to back floats

Exit skills

1. 5 yards kicking with bubbles
2. Comfortable on back with semi-assistance

LEVEL 2 – TURTLE (AGES 3 – 4 YEARS)

M/W, Tu/Th 5:00 PM | Sa 9:00 AM

This level is for children ages 3 - 4 years old and will strengthen the child's kicking, introduce breathing while kicking and kicking on their back. These skills are essential building blocks to properly learn freestyle and backstroke.

Entry skills

1. 5 yards kicking with bubbles
2. Comfortable on back with semi-assistance

New skills to be taught

1. Taking a breath while kicking
2. Kicking on back

Exit skills

1. 10 yards kicking
2. 10 yards kicking, taking a breath and going back to kicking
3. 5 yards kicking on back

LEVEL 3 – SEAL (AGES 4 – 5 YEARS)

M/W, Tu/Th 5:30 PM | Sa 9:30 AM

This class is for children ages 4 -5 years old. This level will teach the basics of freestyle and backstroke arm and leg combinations. Children will begin swimming strokes independently with focus on breathing techniques.

AQUATICS AT BRYAN GLAZER FAMILY JCC

Entry skills
1. 10 yards kicking with taking a breath
2. 5 yards kicking on back

New skills to be taught
1. Freestyle arms
2. Breathing while swimming freestyle
3. Introduce backstroke arms
4. Independent kicking on back

Exit skills
1. 5 yards freestyle swim with breath
2. 5 yards backstroke swim

GROUP SWIM LESSONS (AGES 6 – 12)

Student teacher ratio is 6:1
Class time is 25 minutes

LEVEL 4 – STINGRAY

M/W, Tu/Th 5:30 PM | Sa 9:30 AM

This level is for children ages 5 -7 years old. Children will be developing two main strokes during the session - freestyle and backstroke. This class has an added focus of aerobic endurance as well as advanced breathing techniques.

Entry skills
1. 5 yards freestyle with breath
2. 5 yards backstroke swim

New skills to be taught
1. Introduce side breathing for freestyle
2. Backstroke

Exit skills
1. 12.5 yards freestyle with side breath
2. 12.5 yards backstroke

NEW DEVELOPMENTAL SWIMMING

M/W 5:00 PM

This class is designed to build endurance and expand stroke technique. Children will be working on the skills required to complete the swim test - 25 yards non-stop using both freestyle and backstroke.

Member: $60/Guest: $80

PRIVATE SWIM LESSONS

One-on-one training with instructor.
Member: Single Lesson: $32
5-Pack: $150 | 10-Pack: $280
Guest: Single Lesson: $42
5-Pack: $200 | 10-Pack: $350

Semi-Private Swim Lessons

Semi-private lessons offer great flexibility and personal attention, plus it's more fun swimming with a friend. Swimmers are responsible for providing their own co-participant.
Member: Single Lesson: $22
5-Pack: $100 | 10-Pack: $180
Guest: Single Lesson: $30
5-Pack: $140 | 10-Pack: $250
Prices are per swimmer

POOL SAFETY MONTH

Make sure you are prepared for the beach, pool and sun this summer. All month long we will be giving out safety tips. Join us on May 15 for International Water Safety Day where we will be holding a safety demonstration, followed by World's Largest Swim Lesson on June 18.

BRYAN GLAZER FAMILY JCC
TRI CLUB

To view our current schedule or to register, contact aquatics@bgfjcc.com

AQUATICS AT BRYAN GLAZER FAMILY JCC

MEZRAH FAMILY AQUATIC CENTER POOL GUIDELINES

For your safety and the safety of other members, we ask that you abide by our pool guidelines:

- If more than two swimmers are sharing a lane, then circle swim is mandatory.
- Swimsuits are required.
- Children wearing built-in swim suit flotation devices must be accompanied by an adult in the water, regardless of age.
- Ages 11 and younger must be accompanied by an adult at all times.
- All children ages 10 and younger must be swim tested to use the lap pool. Swim test is a 25-yard swim.
- No inflatable flotation devices allowed.
- Swim diapers must be worn.
- No changing on pool deck.
- Rough play, running and throwing swimmers are prohibited.
- Ages 14 and under may not use the spa.

COOLERS AND ALCOHOL POLICY

No outside alcohol is allowed in the facility and glass is prohibited. All coolers will be checked for glass and alcohol at the welcome desk.

THUNDERSTORM POLICY

As a safety precaution, the pool will close when lightning breaches a 6-mile perimeter of the JCC. We will reopen 30 minutes after the last lightning strike within that range.

SWIM TEST POLICY

All children ages 10 and younger must be swim tested to use the competition pool. Our swim test is a 25-yard swim. If the child fails the swim test, they must remain in the family pool or the splash pad (with an adult).

TODDLER SWIM TIME

M/W 10:00 - 11:00 AM
Starting March 1

The zero-entry pool will be open for you and your child to wade and explore during this special free swim for children up to age five and their parents/guardians. Join us for a relaxing and calm atmosphere where your toddler can become more comfortable in the water with you by their side. Please note no air-filled flotation devices are permitted.

TEEN SWIM TIME

F | 6:30 - 8:30 PM
Beginning March 1

Join us at the pool for free swim just for teens! Select lanes will be open to teens only. Open to ages 12 - 17 years of age.

BGFJCC COMPETITIVE SWIM TEAM

When you are in Florida, swimming is all year round! Why choose us? We care about every individual participant whether they are new to swimming or ranked on a national level. Our coach will provide individual attention to each participant as well each parent/guardian. No one on this team will just become some number on a piece of paper. They will become part of a family! Registration is monthly.

Please see website for details or contact jake.morrison@jewishtampa.com.

NEW SWIM CAMP

9:00 AM - 1:00 PM | March 16 - 20

Come sign your swimmers up for this fun technical camp at the BGFJCC! This camp will get your children in the water and teach them practical skills in order to improve their stroke to prepare them for the competitive swim team. For more information contact aquatics@bgfjcc.com.
Member: $125/Guest: $175

BGFJCC MASTERS SWIM CLUB

M-F | 5:30 - 7:00 AM

Bryan Glazer Family JCC Masters is a USMS Masters Swim Team open to swimmers of all swim level abilities. We provide structured group workouts, motivation, stroke advice and camaraderie.

Contact jake.morrison@jewishtampa.com for more information and to register.
$50/Month

AQUATICS AT BRYAN GLAZER FAMILY JCC

BGFJCC TRIATHLON CLUB

Want to learn to swim, get faster on the bike or run longer? BGFJCC Triathlon Club has the tools, support and camaraderie to help you reach your triathlon goals. Whether you are a first timer or a veteran athlete, come work with our Triathlon coaches who provide education, workouts and a training plan that is safe, healthy and fun. To view our current schedule or to register, contact martin.wagner@jewishtampa.com.

Member Only: $110 per month
Swim Only: $50 per month

NEW MINI-TRI

Su 10:00 AM | February 9

Calling all Triathletes! Come and compete in the first Mini-Tri held at the BGFJCC! Participants will be timed in the 400 yd swim, 10 mile bike, and 3.1 mile run. Don't pass up the opportunity to post a facility record. For more information contact aquatics@bgfjcc.com.

Member: $20/Guest: $30

STROKE CLINIC: GREEN SWIM

Su 10:00 AM – 12:00 PM | March 15

Join our coaches for a stroke technique swim workout followed by some green beer to enjoy!

Member: $15/Guest: $30

STAND UP PADDLEBOARD (SUP)

It's unlike any other class you have participated in before! Our SUP classes are a unique blend of isometric and plyometric exercises that are designed to keep your core strong, while increasing flexibility and functional movement.

Try this fun, exciting, fat burning workout on a paddleboard! You will be lead through a 45 minute workout that will challenge your strength, balance, and endurance. SUP classes are made to suit all fitness and skill levels!

RATES FOR ALL SUP CLASSES

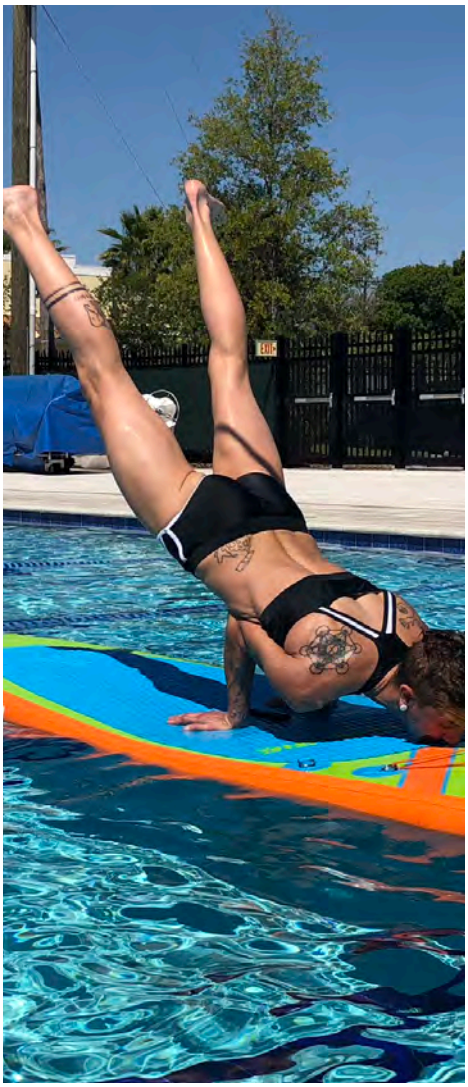
Drop-in Rate – Member: $15/Guest: $25
6 Classes per month – Member: $75/Guest: $115
Unlimited classes per month – Member: $120/Guest: $180

Please see monthly Group Exercise Schedule for class days/times.

SUP LAUNCH PARTY

Su 12:00 – 1:30 PM | March 1

Help us kick off our Stand Up Paddleboard fitness classes on March 1st! We will be offering multiple mini-classes for members to try for FREE! For more information please email aquatics@BGFJCC.com.



AMERICAN RED CROSS CERTIFICATIONS

American Red Cross

LIFEGUARD CERTIFICATION COURSE (AGES 15+)

March 20 - 22 | May 22 - 24
F 4:00 – 8:00 PM
Sa 10:00 AM - 6:00 PM
Su 10:00 AM - 6:00 PM

American Red Cross Lifeguard Training is a certification for all lifeguards. This course is designed to teach basic lifesaving and water safety skills recommended for pool supervision. At the end of this course, each participant who passes the written and practical exams, will be presented with a certificate in Lifeguarding/First Aid/CPR/AED.

100% attendance required for course completion.

Member: $200/Guest: $280

LIFEGUARD RECERTIFICATION COURSE

Su 10:00 AM - 5:00 PM | April 26

This is a fast-paced review course with the main focus on the hands-on skills of lifeguarding (CPR/AED/First Aid and Water Rescues). Participants must be currently certified or have a certification expired by no more than 30 days of the course review date for participation in the Lifeguard Review Course.

Member: $100/Guest: $150

NEW CPR/AED COURSE

Su 10:00 AM - 3:00 PM | February 16

American Red Cross Adult and Pediatric CPR/AED course incorporates the latest science and teaches students how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Participants who successfully complete this course will receive a certificate for Adult and Pediatric CPR/AED valid for two years.

Member: $80/Guest: $110

AQUATICS AT JCC ON THE COHN CAMPUS

For information about scheduling a lesson, email aquatics@jcccohncampus.com.

PRIVATE SWIM LESSONS

One-on-one training with instructor.
Member: Single Lesson: $32
5-Pack: $150 | 10-Pack: $280
Guest: Single Lesson: $42
5-Pack: $200 | 10-Pack: $350

SEMI-PRIVATE SWIM LESSONS

Semi-private lessons offer great flexibility and personal attention, plus it's more fun swimming with a friend. Swimmers are responsible for providing their own co-participant.
Member: Single Lesson: $22
5-Pack: $100 | 10-Pack: $180
Guest: Single Lesson: $30
5-Pack: $140 | 10-Pack: $250
Prices are per swimmer

WATER AEROBICS

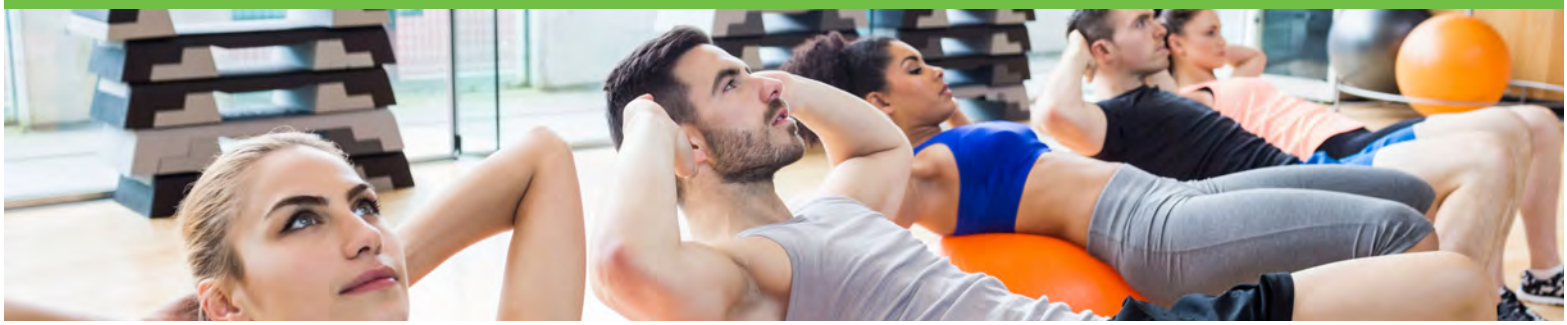
Tu/Th 11:30 AM – 12:30 PM | Ongoing
A water fitness program designed to enhance your quality of life and daily functioning. This program utilizes the physical properties of the water to enhance agility and cardiovascular conditioning. All ages welcome.
Free

SWIM TAMPA AQUATICS

Swim Tampa Aquatics is a year-round competitive swim team that is a member of USA Swimming. Our purpose is to further interest and educate in competitive aquatic sports under the direction of experienced coaching staff and with active parent participation. Swimmers are placed in groups based on experience level. Swimmers receive training in fitness, sport, aquatic safety skills, as well as social skills and great friendships. Call 813.546.4894 to set up a tryout.

Practice Times:
Depending on skill level
Tu/W/Th 4:00 – 5:00 PM
M-F 5:00 – 6:30 PM

FITNESS



MEMBER FITNESS ORIENTATION

Have you taken advantage of our free fitness orientation yet? As a new member you are entitled to a fitness orientation program free of charge. We strongly encourage you to take advantage of this unique program. During your appointment, you will meet with a trainer to discuss your priorities, history and do a few active assessments. Your trainer will introduce you to our fitness equipment and walk you through each exercise to properly explain form, technique, machine settings, etc. This appointment will leave you educated and equipped with a customized workout card.

BODYMETRIX™

The BodyMetrix™ System offers the same professional-grade ultrasound technology used by elite athletes and trainers. This high tech, cutting edge device allows you to quickly, easily and accurately make assessments. The BodyMetrix™ System does all this without embarrassing or painful pinching. Assessments take only minutes and are not affected by hydration, exercise level or caffeine intake. Your assessment will include a full report with your body fat percentage, localized fat/muscle layer thickness, waist-to-hip ratio, Body Mass Index and Basal Metabolic Rate. Please wear loose fitted clothing for measurements to be taken.

Complimentary for current personal training clients
$40 for non-clients

GROUP EXERCISE CLASSES

With over 100 group exercise classes between the two locations, our JCCs feature one of the most robust offerings in Tampa Bay! Enjoy a broad mix of programming at the Bryan Glazer Family JCC with 75+ classes on the schedule. Our Mind-Body focus at the JCC on the Cohn Campus will help you relax and refresh while getting stronger and healthier.

BARRE ON THE RIVERWALK

Th 6:00 PM | Ongoing

Join us every Thursday night for Barre on the Riverwalk. Members and the community come together for health while enjoying the beauty of our city. Visit our website for more details about this free event.

PERSONAL TRAINING

Let our trainers create a customized training plan, hold you accountable, provide ongoing assessments and show you how to train smart - not just hard. We will help you to stay motivated and focused on your goals while you build a relationship with a professional trainer who cares.

Personal Trainer Options:
One-on-One, Duo or Small Group. Some need one-on-one attention, some like to bring their friends! How do you get your workout in? Schedule your BGFJCC orientation via email at fitness@bgfjcc.com or schedule your JCC on the Cohn Campus orientation by emailing Mitchell Katz at mitchell.katz@jewishtampa.com.

KRAV MAGA

M/W/Th 6:30 – 7:45 PM
Sa 10:00 – 11:15 AM

Designed to benefit people of all shapes, sizes and physical abilities regardless of age, you will build your body, mind and soul with these classes.

Member: $99 per month unlimited classes | Drop in Session $17
Guest: $119 per month unlimited classes | Drop in Session $22

EXERCISE IS GOOD

Tu 9:30 – 10:30 AM

Join certified personal trainer, Jerry Simon, for an organized weekly fitness program. Sessions will include strength training, stretching and balance. This is also a great way to meet other members!

Free

PILATES REFORMER ORIENTATION

Let our certified instructors show you how Pilates Reformer can help you reach your fitness goals. As a Bryan Glazer Family JCC member, we offer

you a complimentary session to learn the techniques of reformer, setting you up for health and success. Your assessment will give you a workout and help design a plan for your future success. Our team will help you stay motivated while you revamp muscle tone, improve your flexibility while creating an overall healthier feeling. Call 813.575.5900 or email pilates@bgfjcc.com to reserve your spot.

PILATES REFORMER

Have you ever considered Pilates Reformer to supplement your training, get back into working out or to work through an injury? Reformer is known for its ability to strengthen your core, improve back stability and create a long, lean, supple feel to your body. Clients move through a system of classical exercises lying face down, face up and standing. The variation of exercises using the Pilates Reformer machines are endless, which will help you stay excited for your workouts. To schedule a session, email pilates@bgfjcc.com. See the Group Exercise Schedule for a full list of class times.

Group Reformer Rates:
Single Session: Member: $24/Guest: $30
4 Sessions: Member: $88/Guest: $112
8 Sessions: Member: $160/Guest: $192
Unlimited Sessions: $189/month
One-on-one and Duo sessions available.

SPORTS EQUIPMENT AVAILABLE

We have a variety of sports equipment that you can check out from our Welcome Desk. Inventory includes basketballs, court sports rackets, soccer balls, frisbees and more.

GIRLS YOUTH VOLLEYBALL

Beginner Girls Fundamental Skills Class

M 6:00 – 7:00 PM
W 5:30 – 6:30 PM
Begins January 13
Court 1: Elementary 3rd - 5th Grade (Ages 7 - 11)
Court 2: Middle School 6th - 8th Grade (Ages 11 - 14)

Legacy Volleyball coaches provide extensive experience in creating a positive learning environment and fostering a love of the sport. Legacy focuses on teaching volleyball skills necessary to create a foundation for future player development. Players will reinforce basic skills and strategies with a group of their peers and scenarios through a variety of team activities.

Member: $40/Guest: $60
4 sessions per month

3V3 HALF COURT CLASSIC (18+)

Su 10:00 AM - 6:00 PM | January 19

Join us for the inaugural 3v3 Half-Court Classic at the Bryan Glazer Family JCC! Teams of three (3) will battle it out in a double-elimination-style tournament to crown the half-court champions! Games will be played until a team scores 21 points or to whomever has the highest score at 25 minutes, whichever comes first. Register online or in-person. Three divisions: mens, womens and coed will be offered.

Free

ADULT SPRING BASKETBALL LEAGUE (18+)

Tu/Th 7:00 – 10:00 PM
January 28 - April 9*
*No games on March 17 & 19

Are you looking for a fun, exciting basketball league? If so, look no further than the Bryan Glazer Family JCC Adult Spring Basketball League beginning January 28. This season will be eight games long followed by a playoff tournament to crown our Spring League Champion. Register as an individual or as a team. All skill levels are welcome. Register online or in person.

Early Bird Registration:
December 23 - January 12
Member: $75/Guest: $100
(includes jersey)

Regular Registration:
January 13 - January 20
Member: $85/Guest: $110
(includes jersey)

40+ BASKETBALL LEAGUE

M 7:00 – 9:45 PM
January 27 - April 6*
*No game on March 16

Do you love the game of basketball and are looking for a great league to join? Good news, the 40+ adult basketball league is back at the Bryan Glazer Family JCC! This season will consist of seven regular season games followed by a playoff tournament. Please register either online or in person.

Early Bird Registration:
December 23 - January 12
Member: $75/Guest: $100
(includes jersey)

Regular Registration:
January 13 - January 20
Member: $85/Guest: $110
(includes jersey)

JCC TABLE TENNIS CLUB (18+)

M 6:30 - 8:30 PM

Regardless of your level, there will be a place for you to be challenged and have fun doing it. Pick Up table tennis is a great way to play against a wide variety of opponents and ease yourself into the table tennis community.

Member: Free/Guest: $5

JCC PICKLEBALL CLUB

Tu/Th 8:30 - 10:30 AM
Su 3:00 – 5:00 PM

Pickleball is an exciting sport that combines parts of tennis, badminton and table tennis together to create a fun, fast-paced game. Our goal is to provide all members an opportunity to learn and improve their play. All ability levels welcome.

Member: Free/Guest: $5

PICKLEBALL TOURNAMENT

Su 9:00 AM - 1:00 PM | February 9

Need some healthy competition in your life? Join us for a pickleball tournament at the Bryan Glazer Family JCC. Whether you're going for the gold or just looking for a fun and healthy activity, we'd love to see you there! All skill levels welcome.

Member: $10/Guest: $20

PICKLEBALL CLINIC

Su 10:00 AM - 12:00 PM | January 5 & 12

Professional pickleball certified instructor, Mirko Kremen, will conduct group clinics to familiarize participants with the game of pickleball, equipment, courts and scoring. Whether you have never played the game or are a new player, this clinic is for you. Players will be introduced to basic skills such as how to volley and serve as well as strategies and styles of play. There will be drills and simulated match play. Participants will meet for two 90-minute clinics each session followed by 30-minute open play. Register now, only 12 spots available.

Member: $20/Guest: $60

PICKLEBALL LESSONS WITH COACH MIRKO

Would you like more individual attention to help with specific Pickleball skills? Our semi-private clinics allow for up to 3 players to sign up individually and work for an hour with one of our pickleball instructors. In-game feedback on improving consistency, reducing unforced errors, shot mechanics/form, shot selection, court positioning and strategy. Have more fun and improve your game immediately. All JCC members are entitled to a complimentary orientation with Coach Mirko. For more information on times and availability, please contact Coach Mirko at **miroslav.kremen@jewishtampa.com.**

TENNIS LESSONS WITH COACH V

We are proud to host Coach Antony Valencia at the JCC on the Cohn Campus. Coach Valencia has been teaching tennis for 20+ years and is the current coach for Sickles High School tennis. This tennis program offers adult developmental clinics on Tuesday, Wednesday and Thursday evenings, with private and group lessons for children of all ages also available upon request. All JCC members are entitled to a complimentary orientation with Coach Valencia, and we strongly encourage you to try tennis if you haven't before.

For more information on times and availability, please contact Coach V at **tenniscoachvalencia@yahoo.com.**

Tennis Clinic with Coach V
Intermediate (Ages 12 - Adult)
W 7:30 PM

Tennis Junior Clinic with Coach
Advanced (Ages 8 - College prep)
Tu/Th 4:00 - 6:00 PM

Tennis Pee-Wee Clinic (Ages 5 - 8)
Th 6:00 PM

Tennis Junior Clinic (Ages 10 - 12)
M 7:00 PM

HEALTH + WELLNESS

MASSAGE JCC

Escape to a place where pain, stress and fatigue melt away under the skilled hands of our highly trained therapeutic massage team. We provide a wide-range of offerings, from Classic Relaxation and Reflexology to Deep Tissue and Sports Massage.

New members are entitled to a massage orientation free of charge. We strongly encourage all new members to take advantage of this unique opportunity. During your appointment, you will meet with a massage therapist to discuss your priorities, history, conduct an assessment and finish with a 30-minute massage.

When you take advantage of your free 30-minute orientation massage, upgrade to a full hour for only $30. Schedule today at the welcome desk or by emailing massage@bgfjcc.com.

HIP HOP PILATES BY THE POOL JCC

Fourth Friday of each month
6:30 – 8:30 PM

Looking for a casual Friday night out that includes fitness and friends? Come to the pool deck every fourth Friday of the month, for a core invigorating and upbeat Mat Pilates class that is flowed to your favorite Hip Hop beats. Then, continue the fun and hang out for a special social hour by the J Café. Bring friends and get ready for a good time. All levels are welcome!

Member: Free/Guest: $5

AMP WORKOUTS JCC

Daily

Are you looking for an upgrade to your fitness routine? Try our AMP Workouts to gain new exercises or fitness drills. Check the whiteboard on the fitness floor for the next upcoming AMP.

Free for Members

WEDNESDAY MEDITATION JCC

First Wednesday of each month
W 12:15 – 1:15 PM

Join us on the 1st Wednesday of the month to learn new meditation techniques to apply to your day-to-day life. If you experience stress or an active mind that's easily distracted, are looking to feel more at peace and centered, then this program is for you. Meditation is known to influence increased awareness, support physical healing, as well as internal peace and quiet. Minimum of eight participants.

Member: $5/Guest: $10
Must register in advance.

BARRELATES JCC

Su 11:30 AM – 1:00 PM | January 12

Jump start the new year with a fun and social barre/pilates combo class. First you will tone, sculpt, and burn off those extra holiday calories and then you will enjoy a coffee, tea, or mimosa with your friends by the J Café. Come celebrate the new year with fitness and a social. All ages and levels are welcome.

Member: $10/Guest: $25

WINE DOWN AT BARRE JCC

Su 11:00 AM – 1:00 PM | April 5

Barre and wine lovers this is for you! Meet with your friends by the pool for an energizing and body sculpting barre class. Afterwards, participate in a mini wine tasting experience. Tickets include barre class and a tasting of 5 different wines.
All levels welcome!

***Must be 21+ to attend.**
Member: $15/Guest: $30

MAY IS REFORMER MONTH JCC

Experience the challenge, variety and fun of the Pilates Reformer. During the month of May, we will have special **FREE** sessions for our members to try out. Keep on the lookout for our highlighted events in May.

ARTS + CULTURE

For more information please visit tbjff.org or contact Brandy Gold at brandy.gold@jewishtampa.com.

The Tampa Bay Jewish Film Festival invites the community to enjoy Monday Movie Nights at Bryan Glazer Family JCC! Every other Monday night the TBJFF will show award winning films which were featured in past festivals as an ENCORE presentation for your viewing pleasure!

Free to members and the community
Includes popcorn and a beverage

KEEP THE CHANGE

M 7:00 PM | January 13

When aspiring filmmaker David (Brandon Polansky) is mandated by a judge to attend a social program at the Jewish Community Center, he is sure of one thing: he doesn't belong there. But when he's assigned to visit the Brooklyn Bridge with the vivacious Sarah (Samantha Elisofon), sparks fly and his convictions are tested.

BYE BYE GERMANY

M 7:00 PM | January 27

A Holocaust survivor who is trying make it to America is deprived of his savings and overtaken by his shady past.

THE NAMES OF LOVE

M 7:00 PM | February 10

A young, extroverted left-wing activist who sleeps with her political opponents to convert them to her cause is successful until she meets her match.

THE CAKEMAKER

M 7:00 PM | February 24

A German pastry maker travels to Jerusalem in search of the wife and son of his dead lover.

THE JEWISH CARDINAL

M 7:00 PM | March 16

The true story of a Catholic cardinal of Jewish heritage who vehemently protested the construction of a convent on the grounds of Auschwitz.

LOST TOWN

M 7:00 PM | April 6

Tells the story of one man's obsessive search to get closer to his deceased father by uncovering the story of his family's town of Trochenbrod. First made famous by Jonathan Safron Foer's 'Everything Is Illuminated,' Trochenbrod was the only all-Jewish town to ever exist outside of Palestine.

50 CHILDREN: THE RESCUE MISSION OF MR & MRS. KRAUS

M 7:00 PM | April 20

Based on his acclaimed HBO documentary, Steven Pressman's *50 Children* tells the astonishing story of the improbable 1939 mission to rescue a group of Jewish children from Vienna and bring them into the safety of the United States.

SCANDAL IN IVANSK

M 7:00 PM | May 11

A photographer journeys to his grandfather's former Polish shtetl in search of memories and how they are formed...and forgotten.

ADULT ACTING/IMPROV

JCC Tu 7:00 – 8:00 PM
January 28 | February 25
March 31 | April 28 | May 26

JCC on the Cohn Campus Th 3:30 – 4:30 PM
January 16 | February 20 | March 19
April 23 | May 21

Interactive IMPROV/theater experience for adults taught by professional instructors from **THE BOX THEATER**. All participants will enjoy performing, improvisation exercises, storytelling and a ton of laughs! Ages 18+ please. No experience is necessary to have fun. Adult beverages will be provided. Walk-ups welcome!

Member: $3/Guest: $5
Includes adult beverage.

24TH ANNUAL FILM FESTIVAL

TBJFF.ORG

Tampa
JEWISH COMMUNITY CENTERS
& FEDERATION

The Jewish Federation
OF FLORIDA'S GULF COAST

ARTS + CULTURE

FESTIVAL OF JEWISH BOOKS & CONVERSATIONS
GENEROUSLY SUPPORTED BY THE GEMUNDER FAMILY FOUNDATION

IN PERSON AUTHOR EVENT: JCC MARCIA JO ZERIVITZ, *JEWS OF FLORIDA*

Su 2:00 PM | January 12

Free community event.
Coffee and dessert.

SIP & SKYPE BOOK DISCUSSION SERIES

A popular series of book discussions with the author via Skype. All tickets to individual talks are $5 and include amazing book discussions, drinks to sip and a nosh!

Su 1:00 - 2:00 PM | January 12 JCC
Sarah Blake, *The Guest Book*

Su 6:30 - 7:30 PM | February 9 JCC on the Cohn Campus
Mary Morris, *Gateway to the Moon*

Su 6:30 - 7:30 PM | March 8 JCC on the Cohn Campus
Julie Orringer, *The Flight Portfolio*

Su 6:30 - 7:30 PM | April 5 JCC
Melanie Benjamin, *Mistress of the Ritz*

Su 1:00 - 2:00 PM | May 3 JCC
Michael David Lukas,
The Last Watchman of Old Cairo

JSTAGE ON THE COHN CAMPUS

J STAGE AUDITION NOTICE

The Tampa JCCs and Federation along with Vivid Theatre Productions brings live community theater to J STAGE this summer! Auditions begin in the spring and are open to all for the professionally produced productions of *All My Sons*, *Bad Jews* and *Brighton Beach Memoirs*. Please visit JewishTampa.com/JStageTheater for audition information.

All My Sons JCC on the Cohn Campus
Su 5:00 - 8:00 PM | April 19
M 5:00 - 9:00 PM | April 20

Bad Jews JCC on the Cohn Campus
Su 5:00 - 8:00 PM | May 31
M 5:00 - 9:00 PM | June 1

Brighton Beach Memoirs JCC on the Cohn Campus
Su 5:00 - 8:00 PM | June 28
M 5:00 - 9:00 PM | June 29

CULINARY EXPERIENCE WITH CHEF KENNY JCC

Regardless of where they hail from or if they keep kosher, students from many different backgrounds will be able to come together to cook, eat, laugh and learn in our festive and informative cooking classes. Sign up now to learn new recipes, explore exotic ingredients and cook delicious dishes. And, of course, classes are followed with a great meal you had a part in preparing.

Mini Cake Creations and Dessert Decorating
M 6:30 PM | February 10
Join us for an evening of Mini Cake Creations and Dessert Decorating! Wow your guests with amazing desserts they cannot resist!
Member: $20/Guest: $25

The Art of Sushi Rolling
M 6:30 PM | April 20
Become a master of sushi rolling in this popular culinary experience!
Member: $20/Guest: $25

CHILDREN + FAMILIES (5 AND UNDER)

JCC PRESCHOOL

The Tampa Jewish Community Centers Preschool provides a strong academic foundation within a loving, nurturing environment. Three unique locations: in Citrus Park at the JCC on the Cohn Campus offers full-time and part-time programs for infants through five-years old, as well as swim curriculum for Pre-K; in South Tampa at Congregation Rodeph Sholom offers full-time and part-time for one-year old through five-years old; at Hillel Academy offers classrooms for three to five-year olds. Problem-solving and inquiry are the cornerstones of the Tampa JCC Preschool curriculum. There is a balance between individualized attention and learning cooperatively within a community. Children explore early literacy, math, social studies, science and fine arts in ways that are meaningful to them so that they can make connections to the world around them and form deeper understandings of concepts and relationships. Children learn values and character development through a Jewish lens, while embracing and welcoming the diversity of our community.

JCC PRESCHOOL, NORTH BRANCH

13013 Community Campus Drive
JCC on the Cohn Campus
813.962.2863
JCCPreschoolNorth@JewishTampa.com
License #C HC 110288

JCC PRESCHOOL, SOUTH BRANCH

2710 South Ysabella Avenue
Irving Cohen Center at Congregation Rodeph Sholom
813.835.6614
JCCSouth@JewishTampa.com
License #C PA 130310

JCC PRESCHOOL CLASSROOM AT HILLEL ACADEMY

2020 W. Fletcher Ave.
813.963.2242
Admissions@hillelacademy.com
License #N HC 430716

BABY GROOVE

January 22 - May 8*
M 11:00 – 11:45 AM Preschool South Branch
W 11:00 - 11:45 AM JCC
F 10:00 – 10:45 AM Preschool North Branch
*No classes February 7;
March 16, 18; April 10, 15; May 1

Babies, toddlers and their caregivers enjoy weekly theme-based classes. Have fun with your baby as you participate in developmentally appropriate activities designed to stimulate and enhance motor development. This program includes social and educational activities for parents or caregivers with young children. Activities will include circle time, exploration of play environments, welcoming activities, songs, nursery rhymes, movement, storytelling and more!

Preschool South Branch: $70 (14 Classes)
Bryan Glazer Family JCC: $70 (14 Classes)
Preschool North Branch: $65 (13 Classes)

TOT TUMBLING JCC

Tu 10:30 - 11:00 AM
January 21 – April 14
Ages 18+ months

With the assistance of caregivers, tots participate in a non-strenuous yet challenging class. The main focus of Tot Tumbling is kinesthetics with the goal of improving abilities such as balance, coordination, body awareness and listening skills. By the end of the session students will feel more confident, courageous and will have developed a good foundation for any individual sport or physical activity.

Member: $120/Guest: $140

LEARN & PLAY AT THE J JCC

Th 10:30 - 11:00 AM
January 23 – March 12
Ages 18+ months

Help your child foster their imagination and creativity while engaging in educational, yet fun activities. This play group will participate in sensory play, dramatic play, art exploration, and much more. Through these unique parallel play and group play opportunities, your child will improve upon their motor skills and experience socialization.

Member: $100/Guest: $120

CHILDREN + FAMILIES (YOUTH)

KIDS DAY OUT

Su 11:00 AM - 3:00 PM
JCC January 19 | February 16
March 29 | April 19 | May 17
JCC on the Cohn Campus January 5 | February 2
March 1 | April 26

Calling all children ages 4-12 years old for a fun-themed Sunday! We will be swimming, eating pizza, playing games and participating in various activities. For more information, please contact Lindsey Myers at **lindsey.myers@jewishtampa.com.**

Member: $25 for the first child, $10 per additional child

Guest: $35 for the first child, $15 per additional child

CLUB J AT THE JCCs

*No Club J: January 20;
April 8, 9, 10, 15, 16;
May 25, 29 (last day is May 28th)

Registration for the 2019-2020 school year is still open. Register now!

Club J is a licensed after school enrichment program. Our program provides students from Kindergarten through fifth grade an opportunity to have fun, gain new skills and grow and develop in positive ways. The afterschool program operates in parallel with the Hillsborough County School calendar Monday through Friday and on non-school days. Enrichment classes that are a part of the program may include Theater, Arts, Sports, Yoga, Boxing, Languages and more. All are led by dedicated staff who are experts in their field.

Club J currently picks up children from the following elementary schools (minimum of 4 registrations per school is required):

Bryan Glazer Family JCC (License# STA433534): Gorrie, Mitchell and Mabry. For more information about Club J at the Bryan Glazer Family JCC please call Emily Kantrowitz at **813.291.2252.**

JCC on the Cohn Campus (License #SHC110461): Hammond, Westchase, Lowry, Deer Park, Plato Academy, Essrig, McKitrick, Mary Bryant and Citrus Park. For more information about Club J at the JCC on the Cohn Campus please call Cydni Weiner at **813.769.4748.**

CAMP J 365

School's Out provides elementary school-age kids an opportunity to get the most out of school closings and vacations in a structured, safe and fun atmosphere. Bring your child to the J when school is out and they will have an incredible time playing indoor and outdoor sports, cooking, participating in aerobics, fitness activities, movement and much more all while meeting new friends!

Camp J 365: JCC JCC on the Cohn Campus
Spring Break
7:30 AM - 6:00 PM
March 16 - March 20
Session Fee:
Member: $250/Guest: $300
Daily Fee: Member: $55/Guest: $70

CAMP J: SUMMER 2020

M June 8 – F July 31
Entering grades K – 8
9:00 AM - 4:00 PM with extended hours available from 7:30 AM – 6:00 PM

It's a new day at Camp J! Camp J offers a multitude of incredible specialty camps as well as a phenomenal signature camp that will help your children develop a range of skills in a fun and supportive environment. Our goal is for every child to have a meaningful experience at Camp J. You can mix and match your camper's summer experiences between specialty and signature camps throughout the summer! Our supportive and well-trained staff will strive to ensure that your child feels at home regardless of camp or location. Camp J encourages inclusion and diversity, and welcomes campers of all backgrounds despite race, faith or national origin.

Important Dates

February 3, 2020:
Early bird registration **5% off**
General registration begins
February 4, 2020.

BRYAN GLAZER FAMILY JCC BIRTHDAY PARTIES

Planning a birthday party? Let us plan and simplify the perfect party for your child. Relax knowing that we will make sure your child's day is fun and memorable!

PARTY PACKAGES:

ADVENTURE PARTY JCC on the Cohn Campus

Climb to new heights and enjoy and outside obstacle course. Party package includes up to 10 children.
Member: $300/Guest: $450

POOL PARTY JCC JCC on the Cohn Campus

Make a splash on your big day and celebrate! Party package includes up to 20 people (children and adults).
Member: $350/Guest: $500

SPORTS PARTY JCC JCC on the Cohn Campus

Choose from a variety of sports such as basketball, flag football, floor hockey, soccer, volleyball and more! Party package includes up to 15 children.
Member: $350/Guest: $500

BOUNCE BASH PARTY JCC

Enjoy an inflatable obstacle course and supervised games in the BGFJCC gymnasium. Party package includes up to 15 children.
Member: $450/Guest: $600

BUILD-A-PARTY

Have an amazing party idea and need a place to make it happen? Have your party at the J! We would be thrilled to host and help make your birthday dreams a reality.
***Pricing varies**

For more information please contact us at **birthdayparties@jewishtampa.com** or call **813.575.5900.**

COLLEGE BOUND:
EVERYTHING YOU NEED TO KNOW

Tuesdays, February 25 – April 21, 2020 | 5:30 – 7:30 PM
Bryan Glazer Family JCC – Meeting Room 1
Member/Guest: $40

Sponsored by Florida Blue

Not sure what to expect in college? You're not alone! Each fall, approximately 20 million teens head off to college to begin the next chapter of their lives. Being prepared for college can be an overwhelming feat for both the college-bound teen and the parent.

College Bound: Everything You Need To Know goes beyond a typical college prep course to guide teens in all aspects of what college life might throw at them. We will review all aspects of college life (social, academic, financial, etc.) and go through real-life scenarios to give teens valuable, practical life skills. In these sessions, juniors can begin to gather their thoughts and prepare questions for both their college counselors and prospective college tours. Seniors will leave with the knowledge and confidence to meet their freshman year head on.

This program is in partnership with Frameworks of Tampa Bay, Inc. and Tampa Jewish Family Services.

To register, visit BryanGlazerFamilyJCC.com/College

For more information, contact Emily Kantrowitz, Youth & Teen Program Manager at 813.291.2252 or emily.kantrowitz@jewishtampa.com.

BRYAN GLAZER FAMILY JCC

522 North Howard Avenue | Tampa, FL 33606

TWEENS + TEENS

COLLEGE BOUND: EVERYTHING YOU NEED TO KNOW

Sponsored by Florida Blue

Tu 5:30 - 7:30 PM | February 25 - April 21
*No class on March 17

Not sure what to expect in college? You're not alone! Being prepared for college can be an overwhelming fear for both the college bound teen and the parent. At the Bryan Glazer Family JCC, we want to go beyond a typical college prep course and guide teens in all aspects of what college life might throw at them. We will review all aspects of college life and go through real-life scenarios to give teens valuable, practical life skills. In these sessions, Juniors can begin to gather their thoughts and prepare questions for both their college counselors and prospective college tours. Seniors will leave with the knowledge and confidence to meet their Freshman year head on. This program is in partnership with Frameworks of Tampa Bay, Inc.

Member/Guest: $40

BBYO

B'nai Brith Youth Organization is the leading pluralistic teen movement aspiring to involve more Jewish teens in more meaningful Jewish experiences. BBYO strongly values Jewish identity, active leadership, inclusion and tradition. The Tampa JCCs are home to the Tampa chapter of BBYO in the North Florida Region. Tampa teens gather to create programs, engage in Judaic activities and socialize with other Jewish teens across the Tampa Bay area. For more information, please contact Aviva Levine at aviva.levine@jewishtampa.com.

TEEN SWIM TIME

F 6:30 - 8:30 PM

Join us at the pool for free swim just for teens! Select lanes will be open to teens only. Open to ages 12 - 17 years of age.

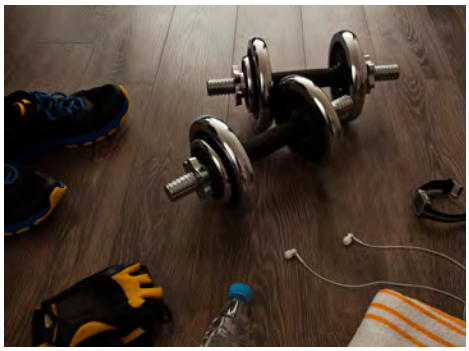
Free

TWEEN/TEEN FITNESS ORIENTATION

Tu/Th 5:30 PM

As a member, your child 12-17 years of age will receive a Youth Fitness Orientation to help them understand how to properly use and structure their exercise. During the appointment, our fitness specialists will introduce the youth to our fitness equipment and proper safety and etiquette. Upon completion the youth will receive a red lanyard to signify completion of the Orientation.

Free



JEWISH LIFE

PJ LIBRARY & PJ OUR WAY

Sponsored by TGH Tampa General Hospital

PJ Library sends Jewish children's books and music every month to families with children ages six months through eight years and then 9 years through 11 years. Each book, geared towards a specific age, helps you create your own family's connection to Jewish traditions, holidays and values. PJ Library reaches more than 375,000 children and their families around the world and is growing every month. Visit PJLibrary.org to register. **To RSVP for all PJ Library events, please email** marissa.rosenthal@jewishtampa.com.

PJ Library - Parachute & Pizza Play!

Su 10:00 – 11:30 AM | January 12
JCC on the Cohn Campus

PJ Library invites you to share in the word of the day... Mitzvah! We will parachute, make pizzas, and enjoy the PJ Library featured story *MITZVAH PIZZA*. Program is in partnership with Tampa Jewish Family Services (TJFS). Please bring a jar of pizza sauce,

tomato sauce, or another canned food item to donate to the TJFS Community Food Bank. Please RSVP by January 10.

PJ Library -
Happy Birthday Trees!
Su 12:00 – 1:30 PM | February 9
Hillel Academy
PJ Library invites you to a birthday party for our trees! We will plant, create, sing and parachute play in honor of Tu B'Shevat! PJ Library featured story *HAPPY BIRTHDAY, TREE*. Program is in partnership with Jewish National Fund (JNF). JNF will be in attendance to assist in tree purchases in Israel.*
*Tree purchases do have a charge associated with them. Please RSVP by February 7.

PJ Library -
My Animal Friends and Me!
Su 12:00 – 1:30 PM | March 8
Bryan Glazer Family JCC
PJ Library invites you for an afternoon with our animal friends! We will pet, play, craft and learn to care for our smallest animal friends. PJ Library featured story *I CAN HELP*. Program is in partnership with the JCC Preschool. Please RSVP by March 5.

PJ Library -
The Silliest Seder
Su 10:00 – 11:30 AM | April 5
JCC on the Cohn Campus
PJ Library invites you to the silliest Seder in town! A morning filled with laughs and learning all about our Passover Seder. We will begin Seder directly after our PJ Library featured story *IZZY THE WHIZ AND PASSOVER MCCLEAN*. Please RSVP by April 3.

PJ Library -
Goes To Israel
Su 12:30 – 2:00 PM | May 3
Bryan Glazer Family JCC
PJ Library invites you to join Avi the Ambulance at our community-wide Israel Independence Day celebration! A morning filled with laughs and learning all about our rescue vehicles in Tampa and in Israel. Story time, crafts, snacks and touring the rescue trucks will keep our PJ Library friends entertained! Please RSVP by May 1.

PJ Our Way Jr.
Ambassador Program
This volunteer initiative is perfect for our PJ Our Way participants ages 9-11 years. Contact us to learn how the program will earn you volunteer points, can be used as a Bar/Bat Mitzvah project subject or simply engage you with other young Jewish tweens on a social level! This program is limited to 18 tweens so take action soon!

TOT SHABBAT & STORYTIME WITH PJ Library AND JCC
F 3:30 - 4:00 PM
January 10 – May 22
*No Tot Shabbat on April 10
Get ready for Shabbat with music, stories, challah and fun! Children, parents, grandparents and caretakers are all a part of our Friday Shabbat family. Join us for this playful and soulful experience of singing, dancing, jumping and celebrating as a community! This free program is open to the community – all families with young children are welcome.
Please RSVP to familyprograms@jewishtampa.com.
Free

FAMILY SUNDAY SERIES
Su 10:00 - 11:00 AM
January 20* - Mitzvah Mania
February 16 - Caring for the Earth/Environment
March 15 - Kindness to Animals
April 19 - Health and Wellness
May 17 - Bedtime Pajama Party
*Special Monday event
Families with young children of all faiths and backgrounds come together to learn about Jewish values and traditions through meaningful, hands-on activities. All families with young children are welcome at this free program. For more information, contact Amy Gross: familyprograms@jewishtampa.com.
FREE

CHAI AT HOME
Interested in joining a group of people for good conversations and new perspectives? Chai At Home, formerly known as Chai Mitzvah, is a self-led experience of small group get-togethers. Like a book club, participants come together monthly in groups for meaningful discussions, centered on a booklet, which incorporates values and guiding questions. Each month features a different topic, including interpersonal relationships, gratitude, tzedakah and others.

Socialize while deepening your own engagement with Jewish life. Join a JCC group or start your own! People of all backgrounds are welcome. For more information about the program and class days/times, contact Jen Goldberg: jen.goldberg@jewishtampa.com.
Annual fee per participant: $36

TUESDAY TRADITIONS
Tu 10:30 - 11:30 AM
January 7 - May 12
*No meeting on March 10 and April 14
Join us for learning and laughter! We will explore topics such as

interpersonal relationships, teshuvah and repentance, death and loss, God and idolatry. People of all faiths and backgrounds are welcome! RSVP by emailing Jen Goldberg: jen.goldberg@jewishtampa.com.
Free

CONNECT
Welcoming You to Jewish Tampa

CONNECT welcomes you to the Tampa Jewish community! Whether you are new to Tampa or just new to the Jewish community, we are here to help you **CONNECT.**
CONNECT offers meaningful opportunities to:

- Enjoy Shabbat dinners and holiday meals in local homes
- Get to know Jewish community members
- Receive personal invitations to attend Tampa JCCs & Federation events

Visit JewishTampa.com/Welcome to sign up. For more information, please contact Rachel at 813.769.4770 or rachel.sperber@jewishtampa.com. If you would like to be placed in a community member's home for a Passover meal, please let us know at least two weeks in advance.

B'NAI TZEDEK PROGRAM JCC

Tu 6:30 - 8:30 PM
February 4, 18; March 3, 31
Give teens the opportunity to be philanthropists and make a difference in causes they care about through tzedakah. Introduce teens entering the 7th grade (ages 12-14) or higher to philanthropy, Jewish values, leadership skills and financial literacy. Participants will need to attend all four first year participant sessions in this ongoing program.

For more information, and to apply to participate, please visit JewishTampa.com/Tzedek or contact Rachel Sperber: rachel.sperber@jewishtampa.com.

HATE AND ANTI-SEMITISM: AWARENESS AND ACTION JCC

Tu | February 25
Teen group: 5:30 - 7:00 PM
Adult group: 7:00 - 8:30 PM
Two small groups, teens and adults, will meet to explore hate and anti-Semitism. How do we define anti-Semitism? When do we encounter it? How do we prevent and fight it? Information about anti-Semitism locally and globally will be discussed and then move into discussing ways that anti-Semitism can be prevented and elimintaed. The group will build on personal stories, educational materials on hate, and then brainstorming. What action can we take locally?
RSVP by emailing Jen Goldberg: jen.goldberg@jewishtampa.com.
Free

LEARNING EXPRESS JCC LUNCH TALK - REPAIR THE SEA: TIKKUN HAYAM WITH RABBI ED ROSENTHAL

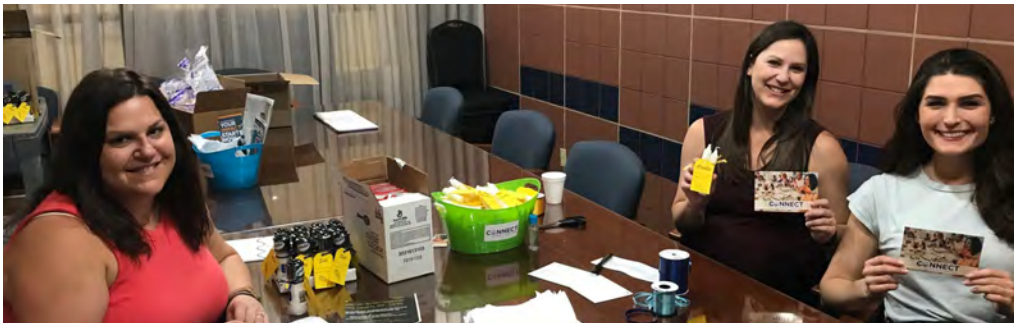
Th 12:00 - 1:00 PM | January 16
Rabbi Ed Rosenthal created Tikkun HaYam to raise awareness of the innumerable wonders of the sea and of the threats facing the marine environment. Rabbi Ed will share his knowledge and his passion about the profound spiritual nature of water and the urgent moral imperative to repair and protect the sea.
RSVP by emailing Pnina Levermore: pnina.levermore@jewishtampa.com.
Member: $5 / Guest: $7

LEARNING EXPRESS - JCC HOLOCAUST MUSEUMS: WHERE IN THE WORLD ARE THEY AND WHAT IS THEIR ROLE?

W 3:00 - 4:00 PM | April 22
What countries have established a Holocaust museum, what role do the museums play in society and culture and how do museums facilitate commemoration and remembrance on days like Yom HaShoah as well as every other day of the year?
RSVP by emailing Pnina Levermore: pnina.levermore@jewishtampa.com.
Free

LEARNING EXPRESS - JCC 20/20 FORESIGHT: COMMUNICATING IN THE AGE OF POLARIZATION, PRESENTED BY RABBI JOSH HEARSHEN

W 12:00 – 1:00 PM | May 13
As we move further to the left and right, our abilities to see the world through the eyes of others and to communicate in meaningful ways has been severely diminished. Our tradition offers us ways to come back from the brink and to find opportunities to improve ourselves and our society as a whole. Together we will learn and we will discuss different ways to do this as a community.
RSVP by emailing Pnina Levermore: pnina.levermore@jewishtampa.com.
Member: $5/Guest: $7
(includes lunch)



YOUNG ADULTS

#GATHER

#Gather experiences are a mix of social, interactive and hands-on activities designed to help you connect with friends, meet new people and make authentic connections. #Gather is an initiative of the JCCs and open to young adults ages 20s, 30s & 40s of all faiths and backgrounds.

How do you want to #Gather? Let us know! Contact Lisa Robbins, Director of Young Adult Engagement: lisa.robbins@jewishtampa.com or 813.769.4723.

MINUTE TO WIN IT GAMES

M 6:30-9:00 PM | January 13

Join us for pizza and beer to kick off the evening and have ridiculous fun at our ultimate game night. Complete tasks and challenges with household items in less than a minute. A fun evening with friends!

Member: Free/Guest: $5

BLIND WINE TASTING PARTY

Sa 6:30 PM | February 22
Private home - Register for details

Test your wine tasting skills by using only your senses! Taste through a flight of 10 mystery wines and try to guess their identities. Wine geeks and amateurs welcome! Feel free to bring your own wine and snacks to add to the mix. This event is limited to 24 people. Wine donated by party hosts Eric Kahrs and Vanessa Benchea.

Member/Guest: Free

SPRING TRAINING OUTING

Su 1:05 PM | March 8

#Gather heads to Steinbrenner Field for some Spring Training action. Come watch the New York Yankees take on the Atlanta Braves. Families with young children are welcome to join us. See you at the ballgame! Seat location: Right-field terrace.

Member: $20/Guest: $25

BREWERY TOUR AND TRIVIA NIGHT

Tu 6:30 PM | March 24
Bay Cannon Brewery
2106 W Main St, Tampa

Take a tour of West Tampa's newest neighborhood brewery, Bay Cannon Brewery and sample some craft beers in the tasting room. Enjoy a round of snacks provided by #Gather. Stick around for trivia night, beginning at 7:30 PM. Street parking available.

Member/Guest: Free

$12 flights of beer available for purchase.

BEHIND THE SCENES TOUR: TAMPA INTERNATIONAL AIRPORT & HAPPY HOUR

W 6:30 PM | April 22
Tampa International Airport
4100 George J Bean Pkwy, Tampa

#Gather heads to Tampa International Airport for an up-close look at what keeps the airport running smoothly. We'll tour Airport Operations Center, the Police Department, TSA, the baggage system and more! Enjoy happy hour together on the PF Changs outdoor patio following the tour. Meeting place: Lufthansa Ticket Counter, second level of the Main Terminal Building. Please arrive no later than 6:15pm. Please bring your photo ID. All bags and purses will be inspected prior to the tour - please follow TSA regulations. Parking options: short-term, long-term, and economy parking garages.

Member/Guest: Free

FLORIDA ORCHESTRA HAPPY HOUR CONCERT

W 5:30 - 8:30 PM | May 13
Armature Works
1910 N Ola Ave, Tampa

Enjoy a free casual one-hour classical music concert with the Florida Orchestra at Tampa's historic Armature Works building. Come early to meet the group for food and drinks before the concert in Armature Works' open-air courtyard. Concert begins at 6:30 PM.

Member/Guest: Free

MEMBER CAMPING & HIKING TRIP

SPRING 2020

HILLSBOROUGH STATE PARK

DETAILS TO BE PROVIDED IN FEBRUARY

Join us on this outdoor adventure at Hillsborough River State Park. Sleep under the stars in the primitive campsite Saturday at sundown. Sunday embark on a 5.5 mile hike through natural Florida along the only river rapids in the state.

Must bring:
food
water (must carry 1 liter of water)
own camping equipment

To put your name on the interested list or for more information, please contact Lindsey Myers at lindsey.myers@jewishtampa.com.

BRYAN GLAZER FAMILY JCC

JCC on the Cohn Campus

ACTIVE ADULTS

The JCC offers a wide variety of programs for active adults of all interests, from excursions and concerts, to movies and games, from discussion groups and clubs, to the World of Books group. Our goal is to provide programs that are fun, interesting and satisfying. We always welcome input from our members to keep us fresh and growing.

ARTS ABOUT TOWN EXCURSIONS & LEARNING EXPRESS LECTURE SERIES

Ignite new interests, engage your curiosity and meet new people with our excursions and pre-excursion lectures. Explore the area with fun trips, behind-the-scene tours, interesting exhibits and background insight from subject-matter experts.

Ringling Museum of Art, Gardens & Grounds with lunch (not included) at the Muse Café (transportation available)

M 10:00 AM – 3:00 PM | January 13

Enjoy the Ringling Museum's world class art. Take a tram ride through its lush gardens and grounds and relax over a Dutch lunch at the Muse Café.

Member: $10/Guest: $15

Tampa International Airport Tour (transportation available)

W 10:00 AM - 3:00 PM | February 19

We start with a minibus tour along the airfield service roads with an up-close look at airport facilities. Then we get a behind-the-scenes up-close look at what keeps the airport running smoothly, and finish it all off with a Dutch lunch at the Hard Rock Café.

Member: $10/Guest: $15

Discover Opera: *Pirates of Penzance* with a Dutch lunch at the Riverwalk Café at TMA (transportation available)

Su 12:00 – 3:00 PM | March 1

A free, interactive forum designed to enrich your grand opera experience. Managing Director and Choral Master Robin Stamper and production directors provide insights about *Pirates of Penzance* and share entertaining anecdotes. Principals from the opera and members of the stage and production staff join them. A short performance featuring favorite arias is followed by a champagne reception hosted by Opera Tampa General Director and Straz Center CEO Judy Lisi.

No charge. Registration required.

John's Pass Dolphin Boat Adventure Hubbard's Marina (transportation provided)

Th 11:30 AM - 4:30 PM | April 30

Join us for a day of comradery, lunch, a boat ride and shopping at Hubbard's Marina. Enjoy a Dolphin Boat Adventure and eco tour followed by lunch! After the Dolphin Adventure we will have time to browse some of the 100 merchants who inhabit the Village with unique retail shopping, and to select from a variety of restaurants for a late Dutch lunch.

Member: $20/Guest: $25

Straz Center: Next Generation Ballet's *Swan Lake* (transportation provided)

Su 1:00 - 4:00 PM | May 17

NGB's stunning productions of great ballets perform to sell-out crowds, and Artistic Director Philip Neal's staging of *Swan Lake* promises to be one of the most exciting yet.

Member: $27/Guest: $30

LEARNING EXPRESS JCC LUNCH TALKS

Member: $5/Guest: $7
(lunch is included for lunch talks)

Art, Mimosas and Hors D'Oeuvres at BGF: Docent Led Tour with Sara Scher

W 6:00 – 7:30 PM | February 12

Enjoy a stimulating tour with Sara Scher and raise a glass to the rich selection of artwork adorning the walls of the Bryan Glazer Family JCC.

20/20 Foresight - Climate Change and Florida with *Tampa Bay Times* Executive Editor Mark Katches

Th 12:00 – 1:00 PM | March 12

The *Tampa Bay Times* has built a unique collaboration to cover perhaps the most important issue of our lifetime – climate change. Executive Editor Mark Katches will explain how the newsroom is partnering with other news organizations to expand coverage of this topic.

20/20 Foresight - Poynter Institute Politifact: Sorting Out News from Noise

Th 12:00 – 1:00 PM | April 23

Anybody can be their own fact checker. As the 2020 elections approach, professional fact checkers from the Poynter Institute will provide tips on how to distinguish information from disinformation.

ACTIVE ADULTS

JCC PLUGGED-IN WORKSHOPS & ONE-ON-ONE SUPPORT JCC

Su 11:00 AM - 12:00 PM
January 19 | February 16
March 15 | April 19 | May 17

The first half of each workshop will focus on the topic of the day, and the other half will be dedicated to one-on-one help. JCC Plugged-In is where community members connect for answers about tech devices from tech-savvy professionals; where younger and less-young community members connect in a way that is gratifying to both sides of the experience.

Free

ACTIVE ADULTS MEN'S CLUB JCC

Meets the second & fourth Tuesday
5:00 – 6:30 PM
January 14 – May 26

The Active Adults Men's Club is geared toward men who are interested in spending an enjoyable time with others of similar interests in a relaxed and friendly surrounding. In addition to twice-monthly meetings that include stimulating guest speakers and refreshments, the Men's Club also schedules a variety of activities such as Rays baseball games, private tours, chartered fishing trips, brunch get-togethers and community volunteering.

Free

YIDDISH NOSTALGIA WITH A NOSH JCC

M 12:00 - 1:30 PM | January 20, March 16

Kvelling, Kvetching and Kibitzing. Enjoy lunch, entertainment and laughter with Ruth Weston and her faithful group of Yiddish enthusiasts. Have a nosh, chat and share favorite expressions and reminisce.

Free

NEW FROM BUBBE'S SEDER TABLE TO CLUB J

JCC Th 3:30 - 4:30 PM
March 26 and April 2
JCC on the Cohn Campus M 2:00 - 3:00 PM
March 30 and April 6

JCC Bubbies and the students of the Club J afterschool program will have fun recreating the story of Passover using technology and art. This new intergenerational, interactive adventure encourages tradition and enthusiasm and culminates in our own Mock Seder at the BGFJCC on April 2 and at the JCC on the Cohn Campus on April 6.

JCC WORLD OF BOOKS CLUB JCC

Meets the third Tuesday | 5:00 - 6:30 PM

- January 21 | *New York: The Novel* by Edward Rutherfurd
- February 18 | *Some Luck* by Jane Smiley
- April 21 | *London: The Novel* by Edward Rutherfurd
- May 19 | *Gulliver's Travels* by Jonathan Swift

Join us for an hour and a half of lively discussion and camaraderie.

Free

WORLD OF BOOKS CLUB

BRIDGE LESSONS (ANY LEVEL) JCC

F 1:00 – 2:30 PM
January 10 – February 14
February 28 - April 3

Have you ever wanted to learn to play bridge? Do you know the basics, but it's been a while? Come schmooze, play and learn in a friendly environment. Six one-hour sessions will cover the fundamentals of bridge, including bidding and the play of hand.

Member: $50/Guest: $60 for six classes (Pro-rating option available)

DUPLICATE BRIDGE JCC

Th 12:30 – 3:30 PM | Ongoing

If you play party bridge or just finished taking bridge lessons, come try out duplicate. We have a very relaxed, fun duplicate game. This program is run by the South Tampa Duplicate Bridge Association.

*To register contact Mark Smith at 813.416.7928 or shotgun68@hotmail.com.

Member: Free/Guest: $10

MAH JONGG LESSONS JCC

Su 10:30 AM - 12:00 PM
January 26 - February 16
April 19 - May 17

Mah Jongg is a game of skill and chance that is becoming increasingly popular in the U.S. This course will allow you to learn the rules, basic playing skills and the etiquette of the game. Join us for this 4-week session for fun and enjoyment. The National Mah Jongg League rule card will be provided. If you cannot meet at this time, please contact Pnina Levermore for further options.

Member: $65/Guest: $70

MAH JONGG OPEN PLAY

JCC Tu/Th 1:00 – 3:00 PM
Ongoing

If you're looking for a friendly place to

get together and play Mah Jongg, this is it. Novices and experienced players are welcome.
Free

CHESS LESSONS (ANY LEVEL)

M 1:30 - 3:00 PM | Ongoing
Have you ever wanted to learn to play chess? Do you know the basics, but it's been a while? Come schmooze, play and learn in a friendly environment.
Free

ACTIVE ADULT PROGRAM PLANNING GROUP

Every second and fourth Friday
9:30 – 10:30 AM
Beginning January 10
Friendly weekly get together to share ideas and suggestions of interesting new activities, excursions and events for active adults.
Free

NEWS TALK

JCC Second and fourth Tuesday
6:30 – 8:00 PM
Beginning January 14
JCC Second and fourth Friday
10:30 AM – 12:00 PM
Beginning January 10
Each week News Talk engages in a topical discussion designed to increase knowledge and understanding of world events. There is also a brief review of current news. The discussions are led by Pat Renfroe.
Free

THE PHYLLIS BORELL JETSETTERS PROGRAM

Fourth Thursday of every month
11:00 AM – 12:30 PM
This social group for adults of all ages features an entertaining program followed by a delicious lunch.
Free. Suggested donation of $5 to cover the cost of lunch.

WEDNESDAY MYSTERY MOVIE MATINEE

First Wednesday of every month
1:30 - 3:30 PM
From riveting dramas, to whodunit mysteries to artistically excellent classics. Join us monthly at the JCC on the Cohn Campus for a suspenseful series of Alfred Hitchcock directed films. Enjoy movies, popcorn, post-film discussion and a good time with friends at the JCC.

January 8: Rebecca
February 5: The Man Who Knew Too Much
March 4: Dial M for Murder
April 1: Marnie
May 6: Rear Window

Admission is FREE and includes popcorn and a beverage.

THE PHILIP SHAYMAN PARKINSON'S PROGRAM

From exercise, to support, to education, to social events, the JCCs provide an inclusive and welcoming environment for Parkinson's patients and their families. Our Philip Shayman Parkinson's Program includes a broad selection of fitness classes specifically tailored for Parkinson's patients and led by specially trained instructors. There are also support groups for caregivers and patients, led by a specially trained clinical social worker. The program also offers a variety of educational events that provide helpful information and resources, as well as social activities that encourage individuals, family and friends to feel active and connected.

The Philip Shayman Parkinson's Program is a partnership between the Tampa JCCs and the University of South Florida Health Parkinson's Disease and Movement Disorders Center of Excellence. It is designed to offer hope, build community and expand opportunities to improve the quality of life for individuals living with Parkinson's disease and their families.

The program is partially funded by Parkinson's Foundation

To participate in the Philip Shayman Parkinson's Program, please contact Pnina Levermore, Active Adults Program Manager, at **813.291.2253** or **pnina.levermore@jewishtampa.com.**

FITNESS CLASSES

Rock Steady Boxing*

M/W/Th 2:00 - 3:00 PM
Su 9:30 - 10:30 AM
Excluding January 1, 20; April 9, 15; May 25
Parkinson's causes a loss in many of the same elements that boxers condition to improve. Rock Steady Boxing focuses on building strength in the core. It aims to impact overall physical balance, flexibility, posture and gait.
*Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

Water & Movement

JCC W 1:00 - 2:00 PM
Excluding January 1; April 15
Water is a unique element that allows one to increase range of motion, reduce stiffness and pain and enhance posture and motor control. The element of water can reduce the fear of falling which leads to more confidence in one's physical abilities.

Stretch & Strengthen

JCC Th 11:30 AM - 12:30 PM
Excluding April 9, 16
This class addresses flexibility and neuromotor functions such as balance and gait, coordination and agility. The instructor leads the class by encouraging muscular strength and endurance.

ACTIVE ADULTS

Tai Chi
JCC Th 1:30 - 2:30 PM*
JCC on the Cohn Campus F 1:30 - 2:30 PM*
Excluding April 9, 10, 16; May 29
Tai Chi has been shown to be one of the most effective exercises for improving balance in patients with Parkinson's disease by using gentle, flowing movements with the breath to improve balance, strength, flexibility, coordination and motor control.

Nia
JCC Tu 11:00 AM - 12:00 PM
JCC on the Cohn Campus Tu 11:45 AM - 12:45 PM
Step in and discover a full body, mind and spirit fitness practice, leading to greater health and well-being. Nia is designed to unleash your personal power through movement and music, integrating dance arts, healing arts and martial arts.

Cycling
JCC F 1:00 - 2:00 PM
Excluding April 10; May 29
Researchers at the Cleveland Clinic are finding that cycling is helping patients reduce the symptoms of Parkinson's and can even do something that medicine cannot do. There is supporting research that indicates cycling improves strength, improves mobility, improves flexibility and can even improve cognitive function!

Support Groups JCC on the Cohn Campus
Facilitated by Licensed Clinical Social Worker Mindy Bursten.

Care Partner Support Group - exclusively for caregivers JCC on the Cohn Campus
F 1:30 - 2:30 PM bi-weekly

Patient Support Group - exclusively for patients JCC on the Cohn Campus
M 12:30 - 1:30 PM bi-weekly (excluding January 20)
F 12:00 - 1:00 PM bi-weekly (excluding April 10; May 29)
Support groups allow participants to develop peer support and exchange information with others struggling with similar challenges. In group meetings, participants confront difficulties, share thoughts and feelings, as well as resources. In our Parkinson's support groups, we aim to develop self-efficacy and provide the opportunities for emotional adaptation. We provide a safe space where peers may express themselves, their struggles and triumphs, and have the opportunity to help others by sharing their own experiences. Joining a support group is a great way to obtain further resources by hearing the experiences of others.

Tremble Clefs™
Second and fourth Tuesday of the month | 1:00 - 2:00 PM
Tremble Clefs™ is a nationwide program for people with Parkinson's and their care partners. Individuals share in a joyful activity with therapeutic results. Tremble Clefs is led by a speech pathologist. No singing experience is needed to participate. Join us as we "fight Parkinson's one song at a time."

SOCIAL MIXERS
As participants have come to feel increasingly at ease and at home in the program, they realized the added benefit of mutual support through social interaction and we are continually providing more opportunities to socialize.

EDUCATIONAL EVENTS
Quarterly Lunch & Learn, Annual Community Educational Forum. Opportunities to learn from specialists about a variety of topics of interest to the Parkinson's community.

OTHER PARKINSON'S RESOURCES AT THE JCC

NORTH TAMPA JCC on the Cohn Campus PARKINSON'S ACTION GROUP
Third Tuesday of the month
1:00 - 3:00 PM
Features guest speakers on topics of interest. The group embraces friendship, knowledge and sharing through laughter and fun.

USF OSHER LIFELONG LEARNING INSTITUTE (OLLI)
Participants must register for these classes through the USF OLLI program. For more information contact OLLI at **813-974-8036**, or call Pnina Levermore, Active Adults Program Manager, at **813.291.2253** or **pnina.levermore@jewishtampa.com.**

Meditative and Expressive Hand Drawing (Zentangle), taught by Miriam Zimms JCC on the Cohn Campus
W 1:15 – 3:15 PM
January 22 – February 19

Altruism vs. Evil: Noble Tales Emerging from the Holocaust JCC
Th 10:00 AM – 12:00 PM
January 23 – February 13

Zen Botanicals Workshop JCC on the Cohn Campus
Tu 12:30 – 3:30 PM | March 24

ROBERTA M. GOLDING VISUAL ARTS CENTER

Parks&Recreation CITY OF TAMPA

OPERATED BY THE CITY OF TAMPA PARKS AND RECREATION DEPARTMENT

Session A: January 6 – February 29
Session B: March 2 – May 2
Studio Dark Days – All classes: January 20 | March 16 - 21 | April 10

The Bryan Glazer Family JCC is thrilled that the City of Tampa Parks & Rec Dept Arts Program is housed within the Roberta M. Golding Visual Arts Center. At 7500 square feet, the center includes 9 indoor kilns, numerous pottery wheels, a glass fusion studio, jewelry studio and mixed media. Their talented staff of professional artists run a comprehensive program for members and non-members.

The program boasts a staff with a collective 45+ years of education and experience in the visual arts field. Their mission is to provide quality programming and promote lifelong community connections through the education of visual arts in a nurturing, supportive atmosphere. They offer a wide range of classes including ceramic sculpture, pottery, oil painting, watercolor, drawing, digital, mixed media, small scale metal sculpture, jewelry, glass fusion, stained glass, fiber arts and printmaking. There is something for everyone to explore!

For complete class listings and summer camps, visit **www.tampagov.net/ParksandRec** or call the studio at **813.259.1687.**

ARTISTS LECTURE SERIES, AGES 15+

F 6:00 - 7:00 PM
February 28 - Paul Gauguin
May 1 - Jean-Baptiste Simeon Chardin
Free & open to the public!
Please call and RSVP 813.259.1687

CLAY FINISHING STUDIO

M 4:00 - 6:00 PM
Tu 12:00- 2:00 PM
Th 1:00 - 3:00 PM
Sa 2:00 - 4:00 PM

CLAY STUDIO FAMILY FUN, AGES 5+

Sa 11:00 AM - 1:00 PM
$5 per person + materials

DIGITAL CARTOONING, AGES 13 - 19

Tu 6:00 - 8:30 PM
$7.50 weekly + materials

ECO DYE & PRINTING FELTED LANDSCAPES, AGES 18+

*Returning Spring Session B

GLASS FUSION, AGES 18+

M 9:00 - 11:30 AM
Tu 6:00 - 8:30 PM
W 9:00 - 11:30 AM
$10 weekly + materials

GLASS MOSAIC, AGES 18+

F 12:00 - 3:00 PM
January 10 - February 14
March 6 - April 24
$10.50 weekly + materials

JEWELRY & METAL SCULPTURE, AGES 18+

M 12:00 - 3:00 PM | 6:00 - 9:00 PM
$16 weekly + materials

KIDDO'S CLAY & MIXED MEDIA ART, AGES 7 - 16

F 4:00 - 5:45 PM
$7.50 weekly + materials

KIDDO'S CLAY PLAY! AGES 5 - 11

W 4:00 - 5:15 PM
$5 weekly + materials

JEWELRY STUDIO CLASSES, AGES 18+

W 12:00 - 3:00 PM
January 8 & 15 OR January 22 & 29 - Electroforming
February 5 & 12 OR February 19 & 29 - Electroforming & Enameling
March 4 & 11 OR March 25 & April 1 - Resin Jewelry
$20 weekly, inc. some materials

Sa 10:00 AM - 1:00 PM
January 11 - February 1 - Encaustics
February 8 - 29 - Wire Wripped Glass Bead Pendants
March 7 - April 4 - Chainmail Jewelry
April 11 - May 2 - Beaded Bracelets
$10 weekly, inc. some materials

ROBERTA M. GOLDING VISUAL ARTS CENTER

JEWELRY WITH DEBRA PEISNER, AGES 18+
Tu 10:00 AM - 1:00 PM
January 7, 21, 28 - Marriage of Metal-Mixing Metals for Effect
February 4 - 25 - Straw Casting & Custom Bezels
March 3 - 31 - Fold Forming Fun
April 7 - 28 - Box Bracelet Designs
$75 class + materials

JEWELRY WITH DEBRA PEISNER, AGES 5 - 10
Th 6:00 - 8:00 PM
January 9, 16, 30 - Unique Clasps, Closures & Findings
February 6 - 27 - Heart Jewelry Design
March 5 - April 2 - Pendants with leaf and vine motifs
April 9 & 23 - Etching & Patina
$75 class + materials

MULTI MEDIA STUDIO CLASSES, AGES 18+
W 4:00 - 7:00 PM
January 8 - 29 (4 weeks) - Drawing ABC's, Intro to Drawing
February 5 - 26 (4 weeks) - Picture Perfect Portraiture (with live model)
March 4 - April 1 (4 weeks) - The Great Outdoors, Plein Air Watercolor
April 8 - 29 (4 weeks) - Get Some Perspective! Drawing!
May 6 - 27 (4 weeks) - Oils - Old Masters Glazing Technique
$10 weekly + materials

OIL PAINTING WITH THE MASTERS, AGES 18+
Tu 12:00 - 3:00 PM
$10 weekly + materials

PAINTING FINISHING STUDIO
Tu 3:30 - 5:30 PM
(No instruction provided)
$2.50 drop-in;
$16 punch card (8 visits)

PICTURE IT IN PASTELS, AGES 18+
W 12:00 - 3:00 PM
$10 weekly + materials

TEEN GLASS FUSION, AGES 11 - 17
F 4:30 - 6:00 PM
$7.50 weekly + materials

TOONY FOR CARTOONING! AGES 10+
F 4:45 - 5:45 PM
$5 weekly + materials

WHEEL & HANDBUILDING, AGES 18+
M 9:00 AM - 12:00 PM | 1:00 - 4:00 PM 6:00 - 9:00 PM
Tu 9:00 AM - 12:00 PM | 6:00 - 9:00 PM
W 12:00 - 3:00 PM | 6:00 - 9:00 PM
Th 9:00 AM - 12:00 PM | 6:00 - 9:00 PM
$10.50 weekly + materials

TAMPA MUSEUM OF ART

Tampa Museum of Art

The Tampa Museum of Art in partnership with the City of Tampa Parks and Recreation Department will be offering the following classes:

ARTSCHOOLED, AGES 5 - 10
Th 1:00 - 2:00 PM
January 16 & 30
February 13 & 27
March 12 & 26
April 9 & 23
$5 weekly

"I MAKE MONDAYS" - ONE DAY WORKSHOPS / ALTERNATING MAKE & TAKE PROJECTS
M 6:00 - 9:00 PM
January 27 | February 24
March 23 | April 20
(be sure to check studio dark days)
Call **813.259.1687** or visit **www.tampamuseum.org/learn** for info on themes.
Member: $25/Guest: $30

SEQUINED FLAGS
Sa 1:30 - 4:30 PM
January 11 - 25
Member: $100/Guest: $120

Class Registration online at **www.TampaMuseum.org/Events**

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SUMMER 2020

CAMP J

SUMMER 2020

for youth entering Grades K - 8

Online registration opens February 3rd!

Adventures, Friendships and Memories

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