

PROGRAM GUIDE

JUNE - AUGUST 2019



Meet **ARI KLEIN AND ANNE DYROFF**
INSIDE >>



522 N. Howard Avenue
Tampa, FL 33606
813.575.5900
Membership@BGFJCC.com
www.BryanGlazerFamilyJCC.com



13009 Community Campus Drive
Tampa, FL 33625
813.264.9000
Membership@JCCCohnCampus.com
www.JCCCohnCampus.com

ON THE COVER

MEET ARI KLEIN AND ANNIE DYROFF:

Pleased to meet everyone. I'm Ari and the lovely lady in the photo goes by Annie. A little background on us: I'm a microscope salesman and Annie works as a liability adjuster.

We've been going to the BGFJCC for less than a year, but we've found it to be a second home. We moved down to Tampa after living in Philadelphia, and oh boy it gets hot here! The amenities at the J were so inviting, we took full advantage of the pool immediately and swim at least twice a week since we've joined.

The community the J is creating has a large impact on why it's such a great place to be. We've tried cooking classes, attended swimming clinics, found a great trainer and met people who are passionate about their work.

If you've never had a smoothie from the J Café, you're missing out! Beyond the athletics that the BGFJCC offers, the cultural art connections have been great. We've participated in sushi making classes and painting nights. If you haven't tried any of the events or classes you need to sign up today!

Being so new it's hard to feel welcomed in a new place, however, the J provides a social network where we can make new friends and try things we've never done before. The J isn't about being Jewish, it's about creating a place where you feel you belong. That's why we like it so much!

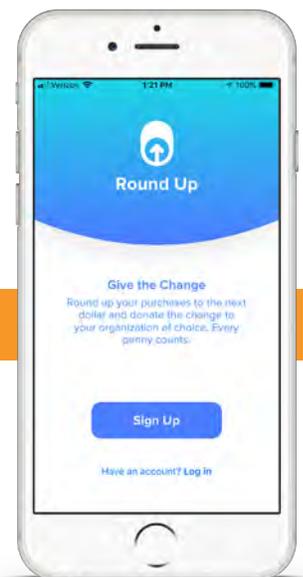


SMALL CHANGE. **BIG IMPACT.**

Donate with a swipe from your everyday purchases.

HERE'S HOW IT WORKS:

1. Sign up at <https://tampajccs.harnessapp.com/roundup> and link your primary debit or credit card.
2. Set your spare change donation limit. (Minimum of \$10 monthly)
3. Purchases on that card will round-up to the nearest dollar amount as change.
4. Your accumulated spare change is donated at the end of every month to the Tampa JCCs!



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

Splash Pad*

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

*Subject to change

Pool area closes 1 hour prior to closing.

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.

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

Monday - Thursday | 6:00 AM - 9:00 AM
9:00 AM - 8:30 PM (1 lane open)
Friday | 6:00 AM - 9:00 AM
9:00 AM - 4:30 PM (1 lane open)
Saturday & Sunday | 9:00 AM - 3:30 PM

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 3 months - 6 years. You must be 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.

HOLIDAY HOURS & CLOSING INFORMATION FOR BOTH JCC LOCATIONS

Th July 4 - Independence Day

 7:00 AM - 5:00 PM

 7:00 AM - 5:00 PM

GroupEx Classes: Classes will take place until a 4:00 PM start time.

Holiday Pool Hours - Independence Day

 7:00 AM - 4:00 PM

 7:00 AM - 4:00 PM

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.

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 www.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 31 of this program guide.

WELCOME



Dear Members and Friends,

As we embark on the summer, the activity at our JCCs makes a swing into the energetic feeling of summer camp! The pools, hallways and outdoors will be filled with dozens of campers, counselors and counselors-in-training having fun and learning new skills. Our staff have worked diligently over the past several months to plan memorable experiences for the hundreds of campers who will call the JCC home this summer. Please bear with us as certain spaces may be used by campers only and normal programs might be relocated during these 8 weeks from June 11th – August 2nd.

We strive to reply to the needs and requests of our members and truly appreciate the feedback provided through our Kvell & Kvetch boxes located in the lobbies. Many of the most recent changes and additions to the Group Ex schedules are a direct reflection of ideas and suggestions provided by our members. We encourage you to visit both of our JCC locations – from the community pool parties at the Bryan Glazer Family JCC to the outdoor exercise classes offered at the JCC on the Cohn Campus – they highlight what makes each location unique.

You, our members, are our best influencers – so invite your friends to join you as a guest when we host community events. Bring them along with you to a book discussion, a #Gather event, or just to enjoy a snack in the J Café. We'd like the opportunity to meet your friends and invite them into our community.

See you at the JCCs!

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 and the Bryan Glazer Family JCC. TJCCF also operates three preschools, one located at the JCC on the Cohn Campus, one at the Irving Cohen Center at Congregation Rodeph Shalom, as well as a preschool classroom at Hillel Academy. The organization also owns the Harry and Jeanette Weinberg Village Assisted Living Residences and the Florida-Israel Business Accelerator (FIBA). 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 www.jewishtampa.com or contact Alissa Fischel at **813.769.4726**.





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 JCC 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 (4 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 WEEKEND

June 22 - 23
August 17 - 18

Come and enjoy our Weekend Open House with Family and Friends. Relax poolside with our Sunday Funday activities, participate in a group fitness class, and see what the JCC is all about.

OPEN HOUSE WEEK

July 1 - July 7

September 1 - September 7

Summer is in full swing! Don't miss out an opportunity to bring a guest to our complimentary week long open house. Relax at the Mezrah Family Aquatic Center, take one of our multiple fitness classes and experience the JCC community.

4TH OF JULY POOL PARTY

Th 11:00 AM - 3:00 PM | July 4

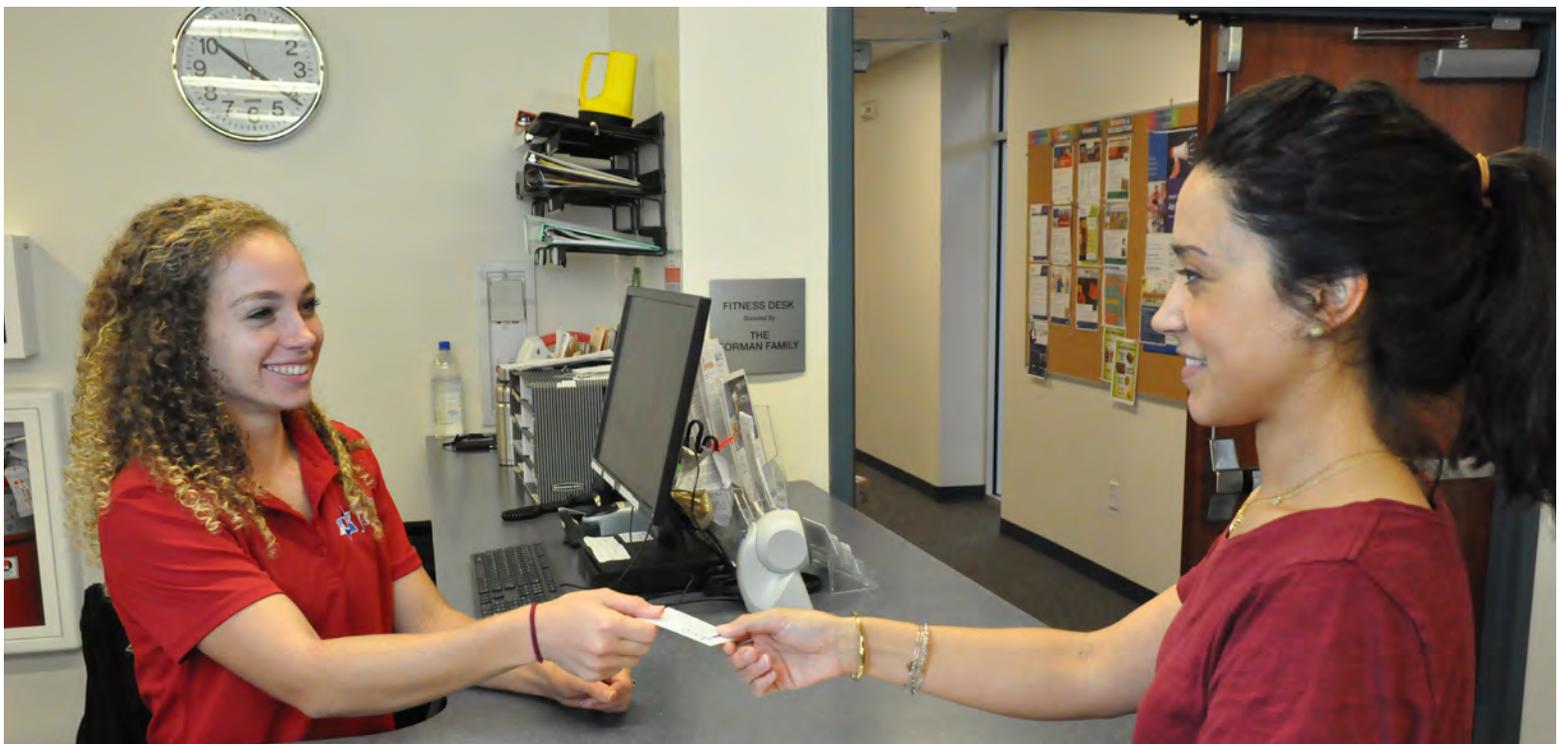
Celebrate our Nation's birthday this 4th of July with a big pool party at the Mezrah Family Aquatic Center. Wear your best red, white, and blue for a family fun day. Activities

will include a bounce house, water balloon fight, pool & field games and more! Special menu items are available for purchase in the J Café. This event is free to members and their pre-registered guests.

LABOR DAY POOL PARTY

M 11:00 AM - 4:00 PM | September 2

Relax poolside and celebrate the last summer holiday at the Mezrah Family Aquatic Center on Labor Day! Enjoy various poolside activities, jump in the bounce house and/or play pickleball or table tennis in the gymnasium. Special menu items available for purchase in the J Café. This event is free to members and their pre-registered guests.





RAYS™ 2019

Jewish Community Day

with the **RAYS**™



SUN, JUNE 2

VS. MIN

START TIME: 1:10 P.M.

GATES OPEN: 11:40 A.M.



Tampa

JEWISH COMMUNITY CENTERS
& FEDERATION

Press Level Tickets are \$29 (\$45 Value)
Choice of Rays Kippah or Rays Hat.

Show your ticket at table by section 221 to pick up item.

Don't Miss...

- Free parking for cars with 4 or more people
- Arm sleeve giveaway presented by FOX Sports Sun for fans 14 and under, while supplies last
- Postgame kids run the bases

HOW TO ORDER

Groups of 10+ will receive preferred seating, save on fees,
and scrolling scoreboard welcome.

To purchase your group, contact Skylar Whitman
at (727) 825-3323 or swhitman@raysbaseball.com

All other orders can be placed through the following link:
<https://groupmatics.events/event/JewishCommunity2019>

RAYSBASEBALL.COM **888-FAN-RAYS**

Offer not available through Tropicana Field box offices.
Tickets subject to availability. No refunds or exchanges. Prices subject to change.
Any returned checks subject to \$40.00 charge.

AQUATICS AT BRYAN GLAZER FAMILY JCC

Group Swim Lesson Options

LEVEL	M/W	TU/TH	SAT	WEEKDAY SESSION DATES	SATURDAY SESSION DATES
PARENT & TOT LEVEL 1		4:30 PM	8:30 AM	June 3 - June 27	June 8 - June 29
PARENT & TOT LEVEL 2		5:00 PM	9:00 AM	July 8 - August 1	July 13 - August 3
PRESCHOOL LEVEL 1	5:00 PM	5:00 PM	9:00 AM	August 5 - August 29	August 10 - August 31
PRESCHOOL LEVEL 2	5:00 PM	5:30 PM	9:30 AM		
PRESCHOOL LEVEL 3	5:30 PM	5:30 PM	9:30 AM		
GRADE SCHOOL LEVEL 1	5:30 PM	6:00 PM	10:00 AM		
GRADE SCHOOL LEVEL 2	6:00 PM	6:00 PM	10:00 AM		

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 Weekday Session starting and by the Thursday prior to the Saturday session.

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? You can win from \$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 (6 MONTHS - 3 YEARS)

Parent/Tot to teacher ratio is 8:1
 Class time is 25 minutes
 Parent & Tot classes are designed for an adult and a child under 3 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.

LEVEL 1 (6 MONTHS - 18 MONTHS)

Tu/Th 4:30 PM | Sa 8:30 AM
 For each level of Parent & Tot, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. It is

important to understand that Parent & Tot is not designed to teach children to become good swimmers or to survive in the water on their own. In Level 1, great experiences and fun activities are provided to teach infants and young children to enter and exit the water safely, feel comfortable in the water, submerge and explore breath control, explore floating on the back and front, change body position in the water and play safely in the water.

LEVEL 2 (18 MONTHS - 3 YEARS)

Tu/Th 5:00 PM | Sa 9:00 AM
 Parent & Tot Level 2 builds upon the skills learned in Level 1. In the Parent & Tot Level 2 course, great experiences and fun activities will be provided to allow your child to learn more ways to enter and exit the water safely, submerge in a rhythmic pattern, glide on the front and back with assistance, perform combined stroke on front and back with assistance and change body position in the water.

PRESCHOOL SWIM LESSONS (AGES 3 - 5)

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

LEVEL 1 - TADPOLE

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

This introductory class is for children who are new to swimming or nervous in the water. Our goal is to develop confidence, breath control and proper body position. Positive reinforcement is critical to help the child build trust and confidence. Graduates will be able to do 10 relaxed bobs, front float for five seconds, get in the ready position, jump to the teacher from the wall and relax in an assisted back float.

LEVEL 2 - TURTLE

M/W 5:00 PM
 Tu/Th 5:30 PM | Sa 9:30 AM
 The Turtle class is for children who are comfortable in the pool and will go underwater without the assistance of an instructor. This level focuses on learning basic stroke technique, improving floating skills, kicking strength and survival skills. Graduates will be able to back float for 10 seconds, do proper kicking technique on their front and back, swim five yards front stroke unassisted to the wall and dive down to pick up a toy or object from the bottom of the pool.

LEVEL 3 - SEAL

M/W 5:30 PM
 Tu/Th 5:30 PM | Sa 9:30 AM
 The Seal class is for children who are able to swim independently and are ready to learn basics of all four competitive strokes. In this advanced

AQUATICS AT BRYAN GLAZER FAMILY JCC

level, graduates will be able to swim freestyle with rollovers for 15 yards, swim backstroke 15 yards, perform elementary backstroke, dolphin kick and breaststroke kick.

GRADE SCHOOL SWIM LESSONS (AGES 6 - 12)

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

LEVEL 1 - STINGRAY

M/W 5:30 PM

Tu/Th 6:00 PM | Sa 10:00 AM

The Stingray class is the first level in the grade school swim lesson program. It is for children to build confidence and learn basic water safety skills through fun and games. Graduates will be able to kick 25 yards on their front and back, jump in the water and recover safely, perform elementary backstroke, front crawl for 25 yards, tread water and swim underwater for 10 seconds of more.

LEVEL 2 - OTTER

M/W 6:00 PM

Tu/Th 6:00 PM | Sa 10:00 AM

The Otter class introduces all four competitive strokes. Graduates will be able to swim 15 yards of freestyle with side breathing, backstroke, breaststroke kick and dolphin kick.

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

TODDLER SWIM TIME

M/W 11:00 AM - 12:00 PM

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, that there is no air filled flotation allowed.

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.

BGFJCC COMPETITIVE SWIM TEAM

Come join us for the 2019 Summer swim season! Registration is monthly. Why choose us? We care about every individual participant whether they are new to swimming or ranked on a national level. Coach Tyler Donges will provide individual attention to each participant as well each parent/guardian. No one on this team will just



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).

become some number on a piece of paper. They will become a part of a family! Please see website for details or contact tyler.donges@jewishtampa.com.

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 Aquatics@bgfjcc.com for more information and to register.

\$50/Month

NEW! MASTERS SWIM SERIES

Su 9:00 - 10:00 AM | July 14, 21, 28

Calling all adult swimmers! If you are looking for a fun and exciting series to test your swimming abilities look no further. We are hosting a 3 part series for swimmers 18+. Head Coach Tyler Donges will be leading this event with a goal of assessing and correcting strokes in a fun team building environment. Interested?

Contact the aquatics department at aquatics@bgfjcc.com to register and secure your spot!

Member: \$30/Guest: \$50

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 Aquatics@BGFJCC.com.

Member Only: \$110 per month

Swim Only: \$50 per month

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.

Although our classes provide challenges to even the most fit individuals, the program was designed for universal scalability, making it the perfect fitness program for all levels, regardless of experience. Since each board provides a dynamic base, the harder you work, the more difficult and intense the workout becomes.



AQUATICS AT BRYAN GLAZER FAMILY JCC

RATES FOR ALL SUP CLASSES

Drop-in Rate – Member: \$15/Guest: \$23

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 FIT

Amplify your fitness to the next level and leave your comfort zone behind. Challenge your foundation, balance, power and endurance with the instability of the SUP board and the unpredictability of the water in this unique class. This all-inclusive, high intensity interval training (HIIT) session will combine cardio, strength, flexibility, and balance into a fun total body workout. We blend isometric and plyometric exercises like planks, push ups, burpees, lunges, squats, water-climbers and on-board sprints to get the blood pumping. A SUP Yoga cool down will stretch it out and bring you into a state of total bliss.

SUP CORE FUSION

Blending the benefits of High Intensity Interval Training (HIIT), Yoga and Pilates into one 60 minute total body workout that will focus on elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! You will leave empowered and feeling strong. The water creates a peaceful atmosphere yet challenges your balance in an entirely different way. This class accessible to everyBODY!

SUP YOGA

Not all yoga classes are created equal. Not all yoga classes have beautiful solid floors and incense. The floating studio provides the perfect setting to let go of the monkey mind and be fully present in the moment. After a short meditation and gentle stretching we will heat things up with sun salutations and a progressive practice where you can challenge yourself and redefine body awareness on an unstable foundation. This practice is meant to be joyful and fun, with options available for all levels and ages. Our classes are designed for all levels. First time? Attend a complimentary session by contacting the Aquatics Department.

AQUATIC EVENTS: NEW! WORLD'S LARGEST SWIMMING LESSON

Th 9:00 - 10:00 AM | June 20

Are you looking for a fun and memorable way for your kid(s) to learn about being SAFE in and around the water? Then come join us for the World's Largest Swim Lesson on June 20. This global event will take place at approximately 600 host locations in 25 countries. The goal is to share the Swimming Lessons Save Lives™ message with millions so that every man, woman or child learns to swim. Interested? Contact the Aquatics Department at aquatics@bgfjcc.com to RSVP.

FOURTH OF JULY POOL PARTY

Th 11:00 AM - 3:00 PM | July 4

Join us at the Mezrah Family Aquatic Center for a family pool party featuring a bounce house, waterslide, 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.



AQUATICS AT JCC ON THE COHN CAMPUS

GROUP LESSONS (30 MIN EACH)

Member: \$80
Twice a week (8 lessons)
Guest: \$95
Twice a week (8 lessons)

PRIVATE SWIM LESSONS

Member: \$225
Twice a week (8 lessons/month)
Guest: \$275
Twice a week (8 lessons/month)

2019 SWIM LESSON SESSION DATES

Session 1: June 4 - June 29
Session 2: July 1 - July 27

Any child not potty trained must have a swim diaper on under their swim suit.



PRE-SCHOOL SWIM LESSONS (AGES 18 MONTHS - 3 YEARS)

LEVEL 1

M/W 3:30 - 4:00 PM | 4:00 - 4:30 PM

This introductory class is for children who are new to swimming. We introduce the following skills: floating, breath control, gentle submersions and survival skills. Our goal is to develop confidence, breath control, and proper body position with instructor assistance. Positive reinforcement is critical to help the child build trust and confidence.

PRE-SCHOOL SWIM LESSONS (AGES 3 - 5)

LEVEL 2

M/W 4:30 - 5:00 PM | 5:00 - 5:30 PM

This level is for children who are comfortable in the pool and will go underwater without the assistance of an instructor. This level focuses on learning basic stroke technique, improving floating skills, kicking strength and survival skills.

Graduates will be able to back float for 10 seconds, use proper kicking techniques on their front and back, swim 5 yards front stroke unassisted to the wall.

PRE-SCHOOL SWIM LESSONS (AGES 3 - 5)

LEVEL 3

Tu/Th 4:00 - 5:00 PM

This level is for children who can swim independently and are ready to learn the basics of all four competitive strokes. In this advanced level, graduates will be able to swim freestyle with rollovers for 10 yards, swim elementary backstroke for 10 yards.

PRIVATE SWIM LESSONS (AGE 2 - ADULT)

Tu/Th or M/W

Please call to schedule.

One-on-one training with instructor.



SEMI-PRIVATE SWIM LESSON (AGE 2 - ADULT)

Please call to schedule.

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.

Please contact:

Pam.Cotner@jewishtampa.com with any questions.



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 nearly 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.

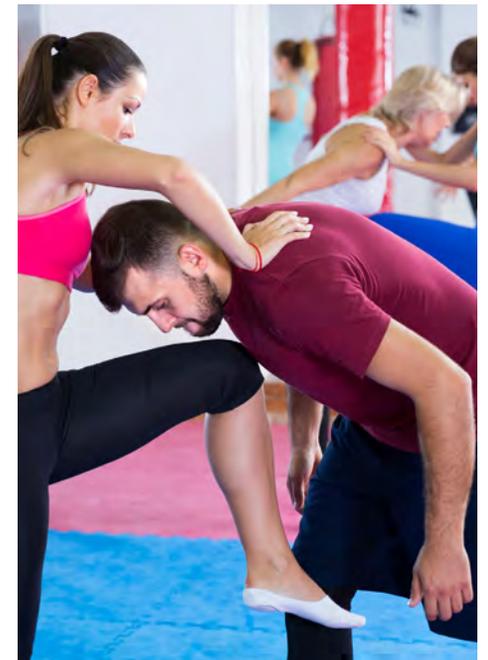
KRAV MAGA

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



FITNESS

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

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.

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.

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

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.

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

June 3 - 26 | August 19 - 28

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 per month/Guest: \$60 per month | 4 sessions per month



YOUTH BASKETBALL WITH A1 HOOPS

M 4:00 - 6:00 PM | Sa 4:00 - 6:00 PM
June 1 - August 31 | Ages 6 - 18

Looking for a fun, developmental basketball program for your kids?

Look no further! Introducing our first youth basketball program at the BGFJCC hosted by A1 Hoops.

The focus is on developing discipline, work ethic and sports drills and skills. You can expect your young athlete to leave this program with an improved athleticism and refreshed mindset.

Your child will be grouped according to his/her skill level.

Member: \$80/month

Guest: \$120/month

A1 HOOPS PRIVATE ONE-ON-ONE COACHING

These sessions focus on developing the basic fundamentals of speed, agility, ball handling, shooting, defense and teamwork to progress your young athlete to achieve their potential. We encourage all levels.

\$60/drop in

\$171 for a 3 pack

\$337 for a 6 pack

\$486 for a 9 pack

\$630 for a 12 pack



YOUTH FUTSAL

Futebol de Salão with Coach Rodrigo

F 6:30 - 8:00 PM | Su 10:00 - 11:30 AM
June 2 - August 30

Ages 9 - 14

Futsal - similar to soccer - is back!

Coach Rodrigo incorporates instructional playtime, footwork skills, passing and dribbling, ball mastery, team communication, athletic movements, shooting and most of all, fun!

Member: \$40/month

Guest: \$60/month

ADULT SUMMER BASKETBALL LEAGUE (18+)

Tu/Th 6:00 - 9:30 PM

June 4 - August 22

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 June 4. This season will be eight games long followed by a playoff tournament to crown our Summer League Champion. Register as an individual or as a team. All skill levels are welcome. Register online or in person.

Early Bird Registration:

May 1 - May 20

Member: \$75/Guest: \$100

(includes jersey)

Regular Registration:

May 21 - May 27

Member: \$85/Guest: \$110

(includes jersey)

40+ BASKETBALL LEAGUE

M 7:00 – 9:45 PM
May 13 - July 15

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:

April 1 - April 29

Member: \$75/Guest: \$100 (includes jersey)

Regular Registration:

April 30 - May 6

Member: \$85/Guest: \$110 (includes jersey)

ADULT PICK UP TABLE TENNIS (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

TABLE TENNIS LESSONS WITH COACH GARY FRAIMAN

We are proud to host Coach Gary Fraiman at the Bryan Glazer Family JCC. Coach Fraiman has been teaching table tennis for 40+ years and is certified as an International Table Tennis Federal Level 1 (ITTF) and Safe Sport Certified Coach, and is also registered as a United States Association of Table Tennis (USATT) Regional Coach. Private and group lessons for all ages available upon request.

TABLE TENNIS TOURNAMENT

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

Attention all table tennis fans! You are invited to enter the Summer table tennis tournament. The event offers social and competitive table tennis so it is a great way to test out those skills you've acquired through practice and have some fun. Grab your friends and join us. All skill levels welcome.

Member: \$10/Guest: \$20

ADULT PICK UP PICKLEBALL

Sa 3:00 - 4:00 PM | Su 8:00 - 10:00 AM

Pickleball is an exciting sport that combines parts of tennis, badminton and table tennis together to create a fun, fast-paced game. All ability levels welcome.

Member: Free/Guest: \$5

PICKLEBALL TOURNAMENT

Su 9:00 AM - 1:00 PM | July 21

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

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





MASSAGE

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.



YOGA UNDER THE STARS

Fourth Friday of each month
7:00 – 9:00 PM
June 28 | July 26 | August 30
Join us out on the pool deck for a unique hour of yoga (7:00 - 8:00 PM), followed by a member social (8:00 - 9:00 PM). Wind down after the work-week and invite a friend to join you or this event for special guest pricing. Please register in advance on our website.

Member: Free/Guest: \$5

WELLNESS WEDNESDAYS

W 6:30 – 8:00 PM
June 19 | July 17 | August 21
Join us to connect with real people and real stories to learn about their journeys to personal and professional success, happiness and joy. This empowerment series is monthly, held on the third Wednesday of every month. We will enjoy guest speakers and experts sharing on subjects to help you live a full and well life. Stop by the welcome desk to find out more about this month's speakers.

Free for Members and their pre-registered guests

WEDNESDAY MEDITATION

W 12:15 – 1:15 PM
June 5 | July 3 | August 7
Join us on the 1st Wednesday of the month to learn new meditation techniques to apply to your day-to-day. If you experience stress or an active mind that's easily distracted, 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 8 participants.

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

NO K TO 5K TRAINING

Tu/Th 6:00 AM | June 11 – August 16
Whether you are a seasoned runner or starting at ground zero, this 10-week training will provide you knowledge and enjoyment while you prepare to set personal records. At the culmination of the training, we will all race together at the St. Pete Beach 5K Series #3 on August 16.

Member: \$100*/Guest: \$135*

***Does not include additional race entry fee.**



PILATES BARRE CRAWL

Su 12:00 – 2:00 PM | August 18
Join us as we transverse across five different spaces in the J! Each group of six will have 20 minutes segments of TRX, Reformer, Mat Pilates, Barre, and the J Cafe. At the end of your Crawl, we will mingle poolside or in the J Café. The event includes two drinks from the J Café.

Member: \$10/Guest: \$25

ARTS + CULTURE



The Tampa JCCs & Federation, Jewish Federation of Pinellas & Pasco Counties and Suncoast Credit Union Gasparilla International Film Festival are thrilled to announce the inaugural season of TBJFF Summer Series! The series will showcase feature films and documentaries from around the world on themes of Jewish culture and identity. *The series is hosted at the Carrollwood Villaggio Cinemas | 11778 N Dale Mabry Highway Tampa.* Please visit our website at www.tbjff.org to purchase tickets. Box Office opens one hour prior to each showing.

Tickets \$8 at TBJFF.org or \$10 at the door.

LEONA

W 11:00 AM | June 19

W 7:00 PM | June 19

Running Time - 95 minutes

Genre - Drama | Country - Mexico

Year - 2018 | Language - Spanish with subtitles

LEONA is an intimate, insightful, and moving film that tells the story of a young Jewish woman from Mexico City who finds herself torn between her family and her forbidden love.



REMEMBER BAGHDAD

W 11:00 AM | July 17

W 7:00 PM | July 17

Running Time - 69 minutes

Genre - Doc | Country - Iraq, Israel, United Kingdom | Year - 2017

Language - Arabic, English, Hebrew with subtitles

REMEMBER BAGHDAD reveals the forgotten story of Iraq's once flourishing Jewish population, and the country's disintegration from a thriving, multi-ethnic melting pot to a ravaged, war-torn danger zone.



WINTER HUNT

W 11:00 AM | August 21

W 7:00 PM | August 21

Running Time - 75 minutes

Genre - Narrative | Country - Germany

Year - 2017 | Language - German with subtitles

On a mission of vigilante justice, a young woman goes to extremes to seek reprisal against a suspected ex-Nazi, in the psychological thriller *WINTER HUNT*.



Opening in October 2019

SUMMER SIGNATURE AUTHOR EVENT: SHERI ROSEDALE; SYMPHONY OF HER HEART

Su 4:00 PM | July 14

Carrollwood Barnes & Noble

Talk / book signing / coffee & cookies

Author in attendance

Free community event

ADULT ACTING/IMPROV

Tu 7:00 - 8:00 PM

June 25 | July 30 | August 27

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 16+ please. No

experience is necessary to have fun.

Adult beverages will be provided.

Walk-ups welcome!

Member: \$3/Guest: \$5

Includes adult beverage.

CULINARY EXPERIENCE WITH CHEF KENNY

M 7:00 PM | July 29

Sizzling summer skillet! Experience

it all with Chef Kenny at the Bryan

Glazer Family JCC.

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 Rodeph Sholom offers full-time and part-time for one-year old through five-years old; at Hillel Academy offers a mixed-age classroom for three & four year olds. Problem-solving and inquiry are the cornerstone 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

MIXED-AGE JCC PRESCHOOL CLASSROOM AT HILLEL ACADEMY

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

BABY GROOVE

M 11:00 - 11:45 AM
Preschool South Branch
Th 11:00 - 11:45 AM



June 17 - August 1*
*No classes June 27, July 4, July 15 and July 18

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!

**Bryan Glazer Family JCC: \$20
(4 Classes)**

**Preschool South Branch: \$30
(6 Classes)**



ZUMBINI®

Su 10:00 - 10:45 AM | June 9 - August 18*
Ages 0-4 years
*No class June 23, June 30 and July 28
Created by Zumba and BabyFirst, Zumbini® is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skills, and emotional development, all while creating the ultimate bonding experience for families.

Member: \$120/Guest: \$135

J PARENT PLAYGROUP

Tu 9:30 - 10:30 AM
Beginning June 4
Looking to connect with other parents? Then this group is for you! Join us each week in a casual environment to chat with fellow parents and let your tot have some free play in our kid-friendly space.
Free

PARENT AND ME TUMBLING

W 2:30 - 3:00 PM | June 19 - August 7
Ages 18+ months
Join Coach Dean from Tumblekids in a fun and exciting new class for your mini gymnast to enjoy in a safe, fun, age-appropriate environment. A gymnastic expert with 30+ years of coaching and judging experience, Dean has trained students at all levels, from pre-school to elite competitors, and has a professional and safety certification from USA Gymnastics.
Member: \$120/Guest \$135

CHILDREN + FAMILIES (YOUTH)

BRYAN GLAZER FAMILY JCC BIRTHDAY PARTIES

Planning a birthday party? Let the BGFJCC plan and simplify the perfect party for your child. Relax knowing that we will make sure your child's day is fun and memorable! Parties are available on Saturdays and Sundays during the following times:

10:00 AM - 12:00 PM* | 1:00 - 3:00 PM | 4:00 - 6:00 PM (pool closes at 6:00 PM)

*Sports and Bounce Bash parties are not available at this time on Sundays

PARTY PACKAGES:

POOL PARTY: Make a splash on your big day and celebrate at the Mezrah Family Aquatic Center. Party package includes up to 20 people (children and adults).

Member: \$350/Guest: \$500

SPORTS PARTY: 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

J LOFT PARTY: Celebrate your upcoming party in our designed for kids, J Loft. You and your friends can enjoy arts and crafts, have a dance party, play games and much more. Party package includes up to 15 children.

Member: \$350/Guest: \$500

BOUNCE BASH PARTY: 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**.

TOT SHABBAT & STORYTIME

WITH  AND 

F 3:30 - 4:00 PM | June 14 - August 2

Get ready for Shabbat with music, stories, challah and fun! Children, parents, grandparents and nannies 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.

Free

NEW! KIDS DAY OUT

Su 11:00 AM - 3:00 PM

June 23 | July 21 | August 4

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.

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

Registration for the 2019-2020 school year has begun. Reserve your spot 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 Dance, Swim, Theater, Art, Sports 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 (licensing in process): Gorrie and Mitchell. For more information about Club J at the Bryan Glazer Family JCC please call Laura Roberts at **813.769.4797**.

JCC on the Cohn Campus (License #SHC 110461): Hammond, Westchase, Lowry, Carrollwood, Essrig, McKittrick, Mary Bryant and Citrus Park. For more information about Club J at the JCC on the Cohn Campus please call Pam Cotner at **813.769.4748**.

SUMMER CAMP 2019

Tu June 11 - F August 2

Entering grades K - 8

Drop off is at 8:45 AM, pick up at 4:00 PM, with extended hours available from 7:30 AM - 6:00 PM.

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 diversity and welcomes campers of all backgrounds despite race, faith or national origin.

Important Dates

June 6 | 6:30 PM: Open house for both camps will be held at their respective JCC locations.

For more information regarding camp at the BGFJCC campus please contact Laura Roberts at laura.roberts@jewishtampa.com or **813.769.4797**.

For more information regarding camp at the Cohn campus please contact Pam Cotner at pam.cotner@jewishtampa.com or **813.769.4748**.



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 Laura Roberts at laura.roberts@jewishtampa.com.



AT BRYAN GLAZER FAMILY JCC AND JCC ON THE COHN CAMPUS



Club J is an after school program that is currently offered at JCC on the Cohn Campus and will be offered at the Bryan Glazer Family JCC starting Fall 2019.

Our program will provide children from kindergarten through 5th grades an opportunity to have fun, learn new skills and to grow and develop in positive ways in a safe and nurturing environment.

Club J will be led by professional and experienced staff who respect and value the diversity of each child.

For more information, contact:



Laura Roberts
Director of Programs
813.769.4797
laura.roberts@jewishtampa.com
www.BryanGlazerFamilyJCC.com/Club J



Pam Cotner, Executive Director
of Youth Programs and Leisure Sports
813.769.4748
pam.cotner@jewishtampa.com
www.JCCCohnCampus.com/Club J



PJ LIBRARY & PJ OUR WAY

Sponsored by  PNC BANK

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 PJ Library events, please email marissa.rosenthal@jewishtampa.com.

PJ Library - Splash Bash & Popsicle Party

Su 10:00 AM | June 2
Bryan Glazer Family JCC

Splash, swim and enjoy cool treats all morning long! Story time and games will be enjoyed by all. This Splash Bash is geared toward PJ Library families with children 8 years and under.

Please RSVP by Friday, May 31.
FREE

PJ Our Way - Introducing the PJ Our Way Jr. Ambassador Program

Su 12:00 - 1:00 PM | June 2
Bryan Glazer Family JCC - J Café

This volunteer initiative is perfect for our PJ Our Way participants ages 9-11 years. Come 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. Parents please feel free to attend.

Please RSVP by Friday, May 31.
FREE

PJ Library - Little Ball of Clay

Su 10:00 AM | July 14
JCC on the Cohn Campus

PJ friends will create and demonstrate their very own clay art. Story time and ball games will enhance the morning play date. Snacks and fun for all. This PJ Library event is geared toward PJ Library families with children 8 years and under.

Please RSVP by Friday, July 12.
FREE

PJ Library - Bubble and Magic Mania

Su 11:00 AM | August 11
Bryan Glazer Family JCC

Be amazed by the Bubble Maker and Magician Blaise Ryndes. Children will be fully engaged in this interactive show. Snacks and story time will enhance this PJ Library fan favorite!

Please RSVP by Friday, August 9.
FREE



FAMILY SUNDAY SERIES - KICKOFF POOL PARTY

Su 10:00 AM | July 28

Join us for a fun celebration at the pool! Did you know that Jewish tradition obligates parents to teach their children to swim? We will learn about swim safety and Jewish traditions, read books, participate in activities, eat snacks and, of course, swim! This event kicks-off the 2019-2020 Family Sunday Series. Families with young children of all faiths & backgrounds come together to learn about Jewish values and traditions. Everything you wanted to know, but were afraid to ask! All families with young children are welcome at this free event. For more information, contact Jen Goldberg:

jennifer.goldberg@jewishtampa.com.
FREE

CHAI MITZVAH

Interested in joining a group of people on a journey as you learn and grow? Chai Mitzvah is an engagement experience that's more than a program and more than a typical adult education class. Like a book club, Chai Mitzvah participants come together monthly in groups for meaningful discussions, centered on a self-led booklet, that incorporate Jewish texts and guiding questions. Socialize while deepening your own engagement with Jewish life. Join a JCC group or start your own group! People of all backgrounds are welcome. For more information about the program and class days/times, contact Jen Goldberg:

jennifer.goldberg@jewishtampa.com.
Annual fee per participant: \$36



#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.robbs@jewishtampa.com or
813.769.4723.

MINUTE TO WIN IT GAMES

W 6:30 - 9:30 PM | June 12
6:30 PM - Pizza & beer
7:30 PM - Games
Bryan Glazer Family JCC (basketball gym)
Come 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! Join us for pizza and
beer to kick off the evening.
Free to attend. \$5 for pizza and beer.

BEACH CHILL

Su 5:00-8:00 PM | June 23
10400 Gulf Blvd, Treasure Island, FL
(Address for the Treasure Island Gulf
Front Park parking lot)
Enjoy a Florida sunset and potluck
on the beach! Bring your own chairs,
games and food and drink to share.
Free to attend.

SUNDAY AT THE TAMPA THEATRE

Su 11:15 AM - 5:00 PM | July 28
711 North Franklin Street, Tampa
There's no place like the Tampa
Theatre! Enjoy a special behind-the-
scenes tour of this local historic gem
and a classic movie, *The Wizard of Oz*.
We'll meet for lunch before the tour at
a local downtown eatery.
Member: \$15/Guest: \$20
Price includes tour and the movie.
Lunch at your own cost.

SHUFFLEBOARD SHOWDOWN

M 7:00 - 9:00 PM | August 12
Shuffle | 2612 North Tampa Street,
Tampa (just north of Columbus Ave.)
Join us for a relaxing evening
at Tampa Height's only indoor
shuffleboard venue. We'll eat, drink
and play shuffleboard (first-come,
first-served)!
**Free to attend | Walk-in Play: \$10 per
person/hour**

WINE ENTHUSIASTS NIGHT OUT

Tu 7:00 - 8:30 PM | August 27
South Tampa Society Wine Bar
3219 W Bay to Bay Blvd, Tampa
Take your wine knowledge to a
new level with a fun and interactive
wine class. You'll learn about wine,
expand your knowledge and build
a new network of friends and fellow
wine lovers. Food and wine tastings
included.
Member: \$20/Guest: \$25

PLAY A TEAM SPORT WITH #GATHER

Join a #Gather JCC sports team!
Want to play on a softball, kickball
or bowling team through Tampa Bay
Club Sports? Please contact Lisa for
more information: 813.769.4723 or
lisa.robbs@jewishtampa.com.



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.

James Museum: Docent led tour with lunch at the Canyon Café (transportation available)

W 11:00 AM - 3:00 PM | June 12
Experience St. Petersburg's newest museum destination. Take in the stunning vistas and fascinating stories of the America West through the James Museum's collection of paintings, sculptures and one-of-a-kind jewelry. The James Museum has its roots in the deeply felt passion for art and culture shared by co-founders Tom and Mary James.

Please RSVP by Friday, June 7 to Pnina Levermore, Active Adults Program Manager at [813.291.2253](tel:813.291.2253) or pnina.levermore@jewishtampa.com.
Member: \$10/Guest: \$12

Supreme Insight - Learning Express at BGF

Th 12:00 PM | June 13
As the Supreme Court term comes to an end, Stetson University Tampa Law Center Professor Ciara Torres-Spelliscy looks at how the Court operates, its rulemaking power, how it chooses which cases to hear and more.
No charge, lunch included.

Electoral College (Or Not) - Learning Express at BGF

Th 5:00 - 6:00 PM | July 11
Led by the League of Women Voters, a look at the past, present and future of the electoral college.
No charge

Florida Holocaust Museum: Lights in the Darkness (transportation provided)

W 12:00 - 4:00 PM | August 21
Join us for a day of comradery, Includes a private presentation by Professor Emeritus, Howard Kerner: "Heroes of the Holocaust - Noble Tales Emerging from the Darkness."
Member: \$10/Guest: \$12

JCC PLUGGED-IN WORKSHOPS

Su 11:00 AM - 12:00 PM
June 16 | July 21 | August 18
From using smartphones to getting directions, to managing photos and web security, JCC Plugged-In is a venue where active adults can bring questions about their tech devices and applications from tech-savvy professionals who generously volunteer their time and expertise.

Plugged-In is a space where younger and less-young community members connect in a way that is gratifying to both sides of the experience.

ACTIVE ADULTS MEN'S CLUB

Meets the second & fourth Tuesday
5:00 - 6:30 PM
June 11 - August 27
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

M 12:00 - 1:30 PM | July 15
Enjoy music, lunch, entertainment and laughter with Ruth Weston and her faithful group of Yiddish enthusiasts. Have a nosh, chat and share favorite expressions and reminisce.

SCRABBLE ANYONE? SCRABBLE COACHING & PLAY

Su 11:00 AM - 12:30 PM
June 30 - August 18

Kick your Scrabble game up a notch. Watch your score climb and have more enjoyable Scrabble games by learning tips and methods shared by the large community of fierce players nationwide. Crazy words, common words - your word repertoire will grow! Learn strategies for using the board to your advantage. Make friends with other people who love word games. There are many free sources for tools to learn and ways to practice and we will share them at these coaching sessions.

Free

SCRABBLE TOURNAMENT

Su 1:00 - 4:00 PM | August 25

Time to brush up on your double-letter words, anagrams and bingos. We're playing Scrabble! Games, snacks, prizes and more. Open to JCC members and guests of all ages and skill levels. There is no fee to participate in this program. Bring your own Scrabble set and dictionary if you have them. Registration is required to participate in the tournament. Please note: this is not an official NASPA Scrabble tournament.

Free

MAH JONGG LESSONS

Su 10:30 AM - 12:00 PM
June 23 - July 21 (excluding July 7)

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

 Tu/Th 1:00 - 3:00 PM

 Tu/Th 1:30 - 3:30 PM

Beginning June 4

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

BRIDGE LESSONS (ANY LEVEL)

F 1:00 - 2:30 PM | June 7 - July 19

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)**

CHESS LESSONS (ANY LEVEL)

M 1:30 - 3 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 | June 4 - August 23
Friendly weekly get together to share ideas and suggestions of interesting new activities, excursions and events for active adults.

JCC WORLD OF BOOKS CLUB

 Tu 5:00 - 6:30 PM
June 18 | July 16 | August 20

 W 3:00 - 4:30 PM
June 12 | July 10 | August 14

Our new World of Books Club is up and running. Join us for an hour and a half of lively discussion, refreshments and comradery.

NEWS TALK

 Tu 6:30 - 8:00 PM
Beginning June 4

 Second and fourth Friday
10:30 AM - 12:00 PM
June 14 - August 23

Don't shout at the television - join us instead for a respectful exchange of ideas. If you are looking for a place to discuss current international, national, state and local news, then you will enjoy this group. All views are welcomed. This discussion group is 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. It features an entertaining program followed by a delicious lunch.

Free; Suggested donation of \$5 to cover the cost of lunch.

MYSTICAL JEWISH CONCEPTS: DISCUSSION WITH RABBI LAZER RIVKIN

M 9:30 AM - 10:30 AM
Beginning June 3

This group focuses on events past and present throughout Jewish history and the Jewish exile. Many have wondered what the secret of our survival is. That secret has its roots in Jewish mysticism. Rabbi Rivkin leads a discussion of past, present and future events revealed in the prophets and in Kabbalah.

ACTIVE ADULTS

PARKINSON'S WELLNESS INITIATIVE

From exercise, to support, to education, to social events, the JCCs provide an inclusive and welcoming environment for Parkinson's patients and their families.

The Tampa Bay Parkinson's Disease Wellness Initiative 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 

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

ANNUAL EVENT - LIVING WITH PARKINSON'S: MIND, MOOD & MOTION

Su 8:30 AM - 12:00 PM | June 2
Changes in thinking and memory can affect people with Parkinson's disease and their loved ones. The Mind, Mood and Motion program will teach participants about these changes and the steps they can take in their daily lives to manage symptoms. Register at www.parkinson.org/MindMoodMotionTampa

FITNESS CLASSES

Tai Chi

 Th 1:30 - 2:30 PM
 F 1:30 - 2:30 PM

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

 M 1:00 - 2:00 PM
 T 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.

Water & Movement

 W 1:00 - 2:00 PM

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

 Th 11:30 AM - 12:30 PM

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 muscular endurance.



Cycling

 W 2:30 - 3:30 PM

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

Facilitated by Licensed Clinical Social Worker, Mindy Bursten.

Care Partner Support Group - exclusively for caregivers

F 1:30 - 2:30 PM bi-weekly

Patient Support Group - exclusively for patients only

F 12:00 - 1:00 PM bi-weekly

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.

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

TREMBLE CLEFTS™

Every other Thursday
1:15 - 2:15 PM

Tremble Clefts™ is a nationwide program for people with Parkinson's and their care partners where individuals share in a joyful activity with therapeutic results. No singing experience is needed to participate. Join us as we "fight Parkinson's one song at a time."

NORTH TAMPA 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.

Altruism versus Evil led by Professor Emeritus Howard Kerner

M 1:00 - 3:00 PM | August 5 - 26

ROBERTA M. GOLDING VISUAL ARTS CENTER



OPERATED BY THE CITY OF TAMPA PARKS AND RECREATION DEPARTMENT

Session A: May 6 – July 6
Session B: July 8 – August 31
Youth classes on hold for June due to summer camp programming.
Studio Dark Days – All classes:
May 27 | June 3 - 8 | July 4
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
May 24 - Henry Matisse
July 26 - Alphonse Mucha
August 23 - Diego Velazquez
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

ECO PRINTING FABRIC ARTS, AGES 18+

On summer hiatus. Coming back in the fall!

GLASS BEADMaking, AGES 18+

Sa 10:00 AM - 1:00 PM
\$10 weekly + materials

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

JEWELRY & METAL SCULPTURE, AGES 18+

M 12:00 - 3:00 PM
Summer A: May 6 - 20 | June 24 - July 1 (5 weeks)
M 12:00 - 3:00 PM
Summer B: July 8 - August 26 (8 weeks)
\$16 weekly + materials

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

F 4:00 - 6:00 PM
Summer A: May 10 - 31 (4 weeks)
Summer B: July 12 - August 30 (8 weeks)
\$7.50 weekly + materials

KIDDO'S CLAY PLAY! AGES 5 - 11

W 4:00 - 5:15 PM
Summer A: May 8 - 29 (4 weeks)
Summer B: July 10 - August 28 (8 weeks)
\$5 weekly + materials

NEW! JEWELRY STUDIO CLASSES, AGES 18+

W 12:00 - 3:00 PM
May 8 & 15 or May 22 & 29 (2 weeks) - Electroforming & Enamels
July 10 & 17 or July 24 & 31 (2 weeks) - Resin with image and objects
August 7 & 14 or August 21 & 28 (2 weeks) - Bezel and Prong stone settings
\$20 weekly, inc. some materials

ROBERTA M. GOLDING VISUAL ARTS CENTER

NEW! MULTI MEDIA STUDIO CLASSES, AGES 18+

W 4:00 - 7:00 PM

May 8 - 29 (4 weeks) - Watercolor Still Life Painting

July 10 - 31 (4 weeks) - Linoleum Cuts

August 7 - 28 (4 weeks) - Plein Air

Outdoor Color Theory

\$10 weekly + materials

OIL PAINTING WITH THE MASTERS, AGES 18+

Tu 12:00 - 3:00 PM

Summer A: May 7 - 28 (4 weeks)

Summer B: July 9 - August 27

(8 weeks)

\$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

Summer A: May 8 - 29 (4 weeks)

Summer B: July 10 - August 28

(8 weeks)

\$10 weekly + materials

TEEN DIGITAL ART & ANIMATION, AGES 13 - 19

Tu 6:00 - 8:30 PM

Summer A: May 7 - 28 (4 weeks)

Summer B: July 9 - August 30

(8 weeks)

\$7.50 weekly + materials

TEEN GLASS FUSION, AGES 11 - 17

F 4:30 - 6:00 PM

Summer A: May 10 - 31 (4 weeks)

Summer B: July 12 - August 30

(8 weeks)

\$7.50 weekly + materials

TOONY FOR CARTOONING! AGES 10+

F 4:45 - 5:45 PM

Summer A: May 10 - 31 (4 weeks)

Summer B: July 12 - July 26 (3 weeks)

Summer C: August 2 - August 30

(5 weeks)

\$5 weekly + materials

WET FELTING, AGES 18+

On summer hiatus.

Coming back in the fall!

WHEEL & HANDBUILDING, AGES 18+

M 9:00 AM - 12:00 PM | 1:00 - 4:00 PM

6:00 - 9:00 PM

T 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:

CHAMLEVE

Sa 1:30 - 4:30 PM

June 15 - June 29

Member: \$75/Guest: \$85

DIGITAL PHOTOGRAPHY

Sa 10:00 AM - 1:00 PM

July 6 - August 17

Member: \$120/Guest: \$140

DRAWING THE HUMAN FIGURE

Sa 10:00 AM - 1:00 PM

May 4 - June 15 (No class June 8)

Member: \$120/Guest: \$140

"I MAKE MONDAYS" - ONE DAY WORKSHOPS / ALTERNATING MAKE & TAKE PROJECTS

M 6:00 - 9:00 PM

April 29 - August 12 (be sure to check studio dark days)

Call **813.259.1687** or visit

www.tampamuseum.org/learn

for info on themes.

Member: \$30/Guest: \$35

INTRO TO METALWORK & TORCH-FIRED ENAMELS

Sa 1:30 - 4:30 PM

May 4 - June 22 (No class June 8)

Member: \$140/Guest: \$160

RESIN & ACRYLIC POUR PAINTING

Sa 1:30 - 4:30 PM

July 6 - July 27

Member: \$100/Guest: \$110

Class Registration online at www.TampaMuseum.org/Events

Bryan Glazer Family JCC BIRTHDAY PARTIES



BRYAN GLAZER FAMILY JCC BIRTHDAY PARTIES

Planning a birthday party? Let the BGFJCC plan and simplify the perfect party for your child. Relax knowing that we will make sure your child's day is fun and memorable! Parties are available on Saturdays and Sundays during the following times:

10:00 AM – 12:00 PM* | 1:00 – 3:00 PM | 4:00 – 6:00 PM (pool closes at 6:00 PM)

**Excluding Sports and Bounce Bash parties at this time on Sundays*

PARTY PACKAGES:

POOL PARTY: Make a splash on your big day and celebrate at the Mezrah Family Aquatic Center. Party package includes up to 20 people (children and adults).

Member: \$350 / Guest: \$500

SPORTS PARTY: 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

J LOFT PARTY: Celebrate your upcoming party in our designed for kids, J Loft. You and your friends can enjoy electronic media area for gaming, dance floor, arts and crafts area and much more. Party package includes up to 15 children.

Member: \$350 / Guest: \$500

BOUNCE BASH PARTY: 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.



**GET READY
TO PARTY!**

Amy Gross  
Preschool, North Branch
jccpreschoolnorth@jewishtampa.com

Andrea Banovic  
Event Center
andrea@bgfjcc.com

Ashley Klein  
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Brandy Gold  
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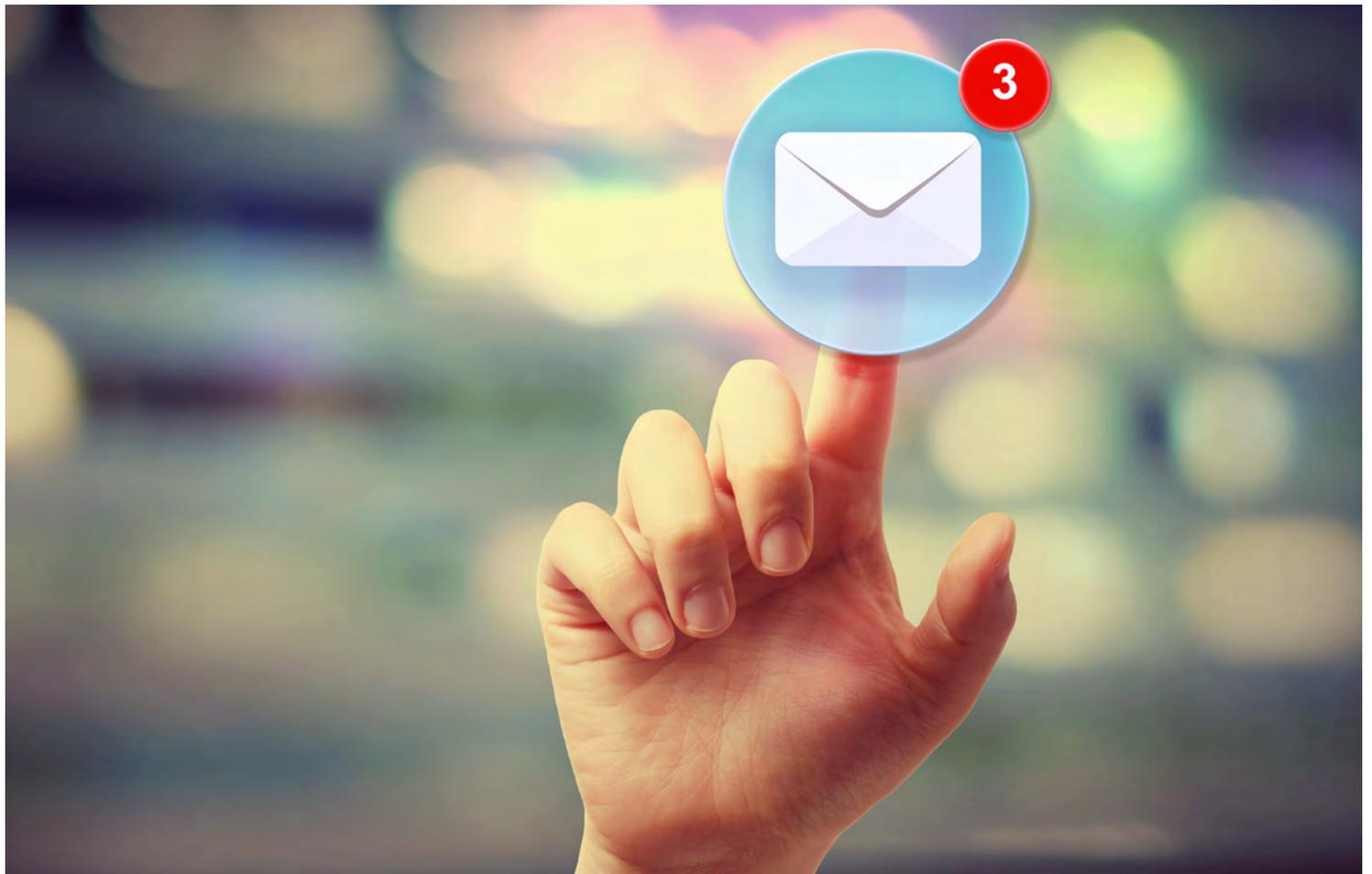
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ALISSA.FISCHER@JEWISHTAMPA.COM OR CALL 813.769.4726

SEE COMPLETE ITINERARY AT
WWW.JEWISHTAMPA.COM/ISRAEL

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MISSION

TO EXPERIENCE & EXPLORE ISRAEL

OCTOBER 27 –
NOVEMBER 3
2019

PRESENTED BY THE



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