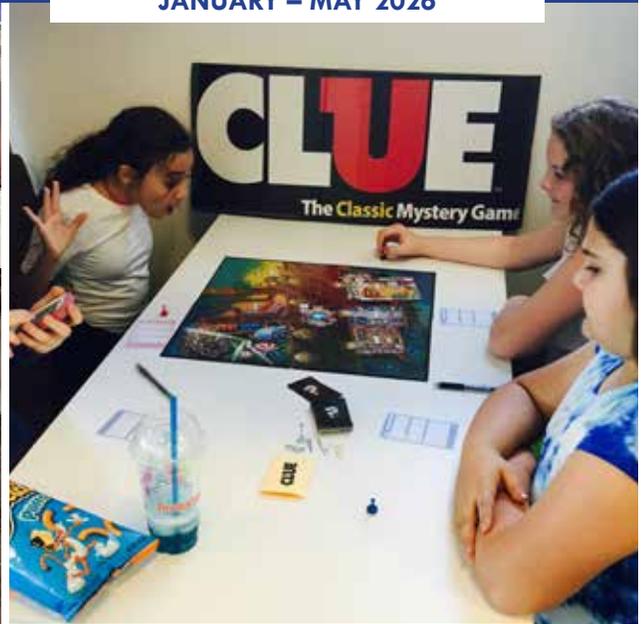


PROGRAM GUIDE

JANUARY – MAY 2026



ARTS + CULTURE



YOUTH PROGRAMMING

HAPPY NEW YEAR

NEW YEAR.
NEW OFFERINGS.

Way More
THAN A GYM!



COMMUNITY + VOLUNTEER EVENTS



ACTIVE ADULTS + PARKINSON'S PROGRAMMING



Meet THE MEOLI FAMILY

INSIDE»



SHANNA & BRYAN GLAZER
522 N. Howard Avenue
Tampa, FL 33606
813.575.5900
membership@sbgcc.com
ShannaandBryanGlazerJCC.com



13009 Community Campus Drive
Tampa, FL 33625
813.264.9000
membership@jcccohn-campus.com
JCCohnCampus.com



PROFESSIONAL SOCIETIES



OF THE TAMPA JCCs & FEDERATION
Connect professionally. Contribute meaningfully.

PLEASE JOIN US FOR OUR FIRST EVENT OF 2026

FROM HYPE TO IMPACT: HOW AI IS CHANGING THE WAY WE WORK, THINK AND LEAD*



PANELIST

DR. KARNI CHAGAL-FEFERKORN
*Lawyer, Assistant Professor
of Instruction*

USF Bellini College of AI,
Cybersecurity & Computing



PANELIST

ERIC WALK
Principal

Data & AI Strategy
Perficient



PANELIST

DAVID TEBBI
Co-Founder

Copilot (acquired by Vaas)
& Easy API



MODERATOR

DANA ZABA
*Director of Supplier Alliances
For IBM and Red Hat*

Arrow ECS North America

THURSDAY, JANUARY 22, 2026

Shanna & Bryan Glazer JCC | 522 North Howard Avenue, Tampa

Networking Cocktail Hour: 6:00 - 7:00 PM | Program following

To register, please visit JewishTampa.com/Societies.

*Please note: CPE and CLE applications are pending.

To register, please visit

JewishTampa.com/Societies

This FREE event is open exclusively to members of the Professional Societies.

To find out more about the event or our NEW Professional Societies, please contact
Sarah.Weiner@JewishTampa.com



*Please note: 1.5 credits CLE for lawyers (1 Technology and 1 Ethics) authorized.
1.5 credits CPE for accountants (.5 Behavior and 1 Technical Business) authorized.

*Annual Campaign donation required: \$1,000 (ages 36+) or \$365 (ages 35 and under)/Memberships can be gifted by friends, family or employers.

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SHANNA & BRYAN GLAZER JCC 813.575.5900

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

MEZRAH FAMILY AQUATIC CENTER | 813.575.5900

Monday – Friday | 5:30 AM - 8:00 PM
Saturday & Sunday | 7:00 AM - 6:00 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 available at the SBGJCC
and is limited to two hours per day.*

*Included in all family memberships-
For J Care questions please contact
elena.martinez@jewishtampa.com.

JCC ON THE COHN CAMPUS 813.264.9000

Monday – Friday | 7:00 AM* - 6:00 PM
Saturday & Sunday | Closed
*Membership Desk opens at 10:00 AM

POOL HOURS

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

If outside temperature is less than
50 degrees, the pool stays closed.



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 your preferred browser.
 2. Click on *JCC Member Login* at the top of the page.
 3. If it's 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 unable to register online, please contact the department head. The list of contacts can be found on page 31 of this program guide.



Throughout the program guide, you will find these logos to indicate whether an event or program occurs at a location (or locations), is virtual or both.

WELCOME



You're Welcome Here

It's always a wonderful time to look forward to all the possibilities for good health, wellness, and community connection at the J.

The new year presents an especially good opportunity to make renewed commitments to self-care, healthy living, and a regular workout routine. Whether it's doing laps in the pool, getting in shape with a personal trainer, playing a game of basketball or pickleball, or getting rejuvenated in our recovery room, hot tub or sauna - we're ready to support your personal goals to keep your mind, body, and spirit on track.

Now is also a good time for reflection and appreciation. Given the recent horrific attacks on Jews in Australia and dramatic rise of antisemitism in the U.S. and around the world, I am grateful that at our Tampa JCCs, we offer special programs that celebrate and affirm Jews and Jewish culture. As shining examples, we were excited to celebrate Chanukah by hosting a wonderfully successful Groove and Glow Chanukah Dance Party for people with neurodiversity or special needs, and in February we are delighted to be

celebrating the 30th anniversary of our Tampa Bay Jewish Film Festival.

I believe one of the most important things we can do at the J is offer a safe, welcoming environment where people from all faiths and backgrounds can come together and belong to a healthy and vibrant community. Whether you're working out next to someone from a different background, participating in a program with people of varied interests and perspectives, or enrolling in our preschools, Club J or Camp J filled with kids of all kinds - you are effectively breaking down stereotypes and building relationships that strengthen us all.

On behalf of our JCC staff, I wish you a new year filled with much light, laughter, and good health! We appreciate you being a member of the J, and please know that whatever background or religious belief you may have, if you're looking to be a positive member of a healthy community, you're welcome here.

Take good care,

Mark Gesner

The Maureen and Douglas Cohn Executive Director of the Tampa JCCs

ON THE COVER: MEET THE MEOLI FAMILY

Nick, a commercial realtor originally from St. Louis, Michigan, and Kelly, a stay-at-home mom from Los Angeles, love spending time together with their kids Mason (3) and Brielle (1) exploring new places, boating, playing golf, and visiting the Hyde Park Village playground.

The Meoli family joined the Shanna & Bryan Glazer JCC because of its convenient location, variety of offerings, and welcoming environment. They enjoy trying new things - Kelly discovered Pilates here, has taken pickleball lessons and art classes. Their favorite amenities include the fitness center, pool, Pilates with Deanne, the track (as they train for their first family race), and J Care for the kids!



The JCC has become part of their weekly routine, giving them opportunities to stay active, set healthy examples for their children, and connect with other families. They've made new friends and even planned playdates outside of the J.

When asked how they'd describe the J, they chose:

Fun, Versatile, and Welcoming. Their advice to anyone considering membership? "Do it! It's a great facility, family-friendly, and a wonderful value. We come for the workout but stay for the community!"

The Meoli family especially love the splash pad, J Care and Crembo Bakery.

They look forward to making more memories at the J!





The Tampa Jewish Community Centers and Federation Spotlight

Building Our Future, Together



As we embark on a new year, the **Tampa Jewish Community Centers & Federation (TJCCF)** is energized by the remarkable resilience, commitment and vibrancy of our

Jewish community. We are grateful for the dedication of our partners, staff, and generous donors whose support fuels our vital work: enriching Jewish life and ensuring the long-term strength and security of Jewish Tampa.

The TJCCF serves as the central pillar for Jewish life in Tampa, driven by a strategic vision to create a connected, vibrant, and sustainable future for all.

Through our **Annual Campaign**, we strategically invest in the programs and services that matter most to you, from supporting local Jewish agencies to providing essential social services.

This collective energy and investment are centered around a wide array of programs, services, and community events, offering:

- **Vibrant Jewish Education:** Nurturing the next generation through our Jewish day schools and preschools.

- **Health & Wellness:** Expanded access to state-of-the-art fitness, aquatics, and wellness programs for all ages, including specialized programs like our highly successful Parkinson's Program.
- **Social Services:** Continuing our essential support for individuals and families in need through our social service partners.
- **Professional Connection:** Growing our Professional Societies (Cardozo, Maimonides, etc.) to foster networking, leadership, and philanthropic engagement among Jewish professionals.

Save the Date: Community Events

This coming year is filled with exciting opportunities to connect, learn, and celebrate. We invite you to mark your calendars for these signature TJCCF events:

January 8

Bobbe Karpay Women of Distinction Program: Honoring exceptional women leaders in our community

January 22

Professional Societies Luncheon: "From Hype To Impact: How AI is Changing the Way We Work, Think and Lead"

March 5

Women's Philanthropy Event - Featuring a special showing of *My Name is Asher Lev*

March 29

Annual President's Dinner

Celebrating the achievements and vision of the Federation

June 11

Hakarat Hatov: Recognizing the Good

A celebration of gratitude, honoring partners and volunteers

Your Input Fuels Our Next Chapter

Your generous contributions to the TJCCF Annual Campaign empower us to embrace this new chapter with confidence and write the next great story of Jewish Tampa. Your support enables us to:

- **Educate:** Invest in Jewish education, ensuring a strong foundation for future generations.
- **Inspire:** Create vibrant programs and cultural events that foster Jewish identity and connection.
- **Empower:** Support social services that uplift and empower individuals and families throughout the Tampa Bay area.
- **Sustain:** Strategically position our community for long-term growth and vitality.

THANK YOU for your partnership and for standing with the Tampa JCCs & Federation as we build a stronger, more vibrant Jewish Tampa, together.

For more information, please contact Alissa Fischel at [813.769.4726](tel:813.769.4726) or Alissa.Fischel@JewishTampa.com.

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

JCCs & Federation has 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 an exercise 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!

MEMBERSHIP

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, youth and social. We have a place for you here at the JCCs.

Guest Passes

Members are always encouraged to bring guests to enjoy the J at any time! Members receive three complimentary guest passes as part of their membership. Once the three complimentary guest passes have been used, members and guests are invited to purchase guest passes at these daily rates:

- **Guest with a member (ages 12+): \$10/person**
- **Guest without a member (ages 18+): \$20/person**
- **Children (under 12 years old): \$5/child**

Please note that guests under the age of 16 must be accompanied by an adult. Passes may be acquired by contacting the Shanna & Bryan Glazer JCC Membership Team at membership@sbgjcc.com or the JCC on the Cohn Campus Membership Team at membership@jcccohn-campus.com.

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 fitness team? 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 SBGJCC membership team at membership@sbgjcc.com or call 813.575.5900, or the JCC on the Cohn Campus membership team at membership@JCCCohnCampus.com or call 813.264.9000.

Photo-ID Membership Cards

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. Adjustment to the security process will be communicated via email and our monthly e-newsletters.

Lost or Damaged Membership Cards

Membership card replacement is managed by 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.

Locker Rentals

If you prefer to reserve a locker for your personal use, we offer locker rentals at the Shanna & Bryan Glazer JCC. Rent a locker for \$30 per month. To sign-up, stop by our welcome desk or contact our membership team



at membership@sbgjcc.com or call 813.575.5900.

OPEN HOUSE

We're way more than a gym! Join us to experience what we have to offer!

Shanna & Bryan Glazer JCC

January 12-14 | May 23-25

Come and enjoy our Open House with family and friends. Relax poolside, participate in a group fitness class and see what the JCC is all about.

OUR MEMBERSHIP TEAM



SBGJCC Membership Team (Top Left, L-R)
Rachel Milhoan, *Senior Membership Manager*
Erica Fry, *Membership Manager*



JCC on the Cohn Campus Membership Team (Top Right)
Devin Pickett, *Membership Representative*

BREW & SCHMOOZE

W 8:00 - 10:00 AM | January 14
 Tu 5:30 - 7:00 PM | January 20
 W 8:00 - 10:00 AM | February 11
 Tu 5:30 - 7:00 PM | February 24
 W 8:00 - 10:00 AM | March 11
 Tu 5:30 - 7:00 PM | March 24
 W 8:00 - 10:00 AM | April 1
 Tu 5:30 - 7:00 PM | April 14
 W 8:00 - 10:00 AM | May 6
 Tu 5:30 - 7:00 PM | May 19

We are so happy that you have joined our JCC family! Join us at our new member socials to meet new people, have great conversations, or relax and refuel.. Coffee will be offered in the morning and happy hour in the evening. For more information contact kaliya.burton-akright@jewishtampa.com.
Free with membership

MOCKTAILS AT THE J!

Tu 6:00 - 7:30 PM | January 27
 Sip, play, and stay curious! Join us for a refreshing evening of curiosity and connection — no spirits required! Enjoy handcrafted mocktails served by our team and take home a recipe card so you can recreate your favorite flavors later. Challenge your friends to a round of cornhole or dive into some classic board games while you mingle and sip. Come for the drinks, stay for the fun! For more information contact kaliya.burton-akright@jewishtampa.com.

Free with membership

HEALTHY HEART CHALLENGE

February 1 - 28
 Your cardio counts! Pick up your **Healthy Heart Card** at the Welcome Desk and complete **7 activity squares** to earn a prize! Track your progress with our Welcome Desk team — and keep your heart (and motivation) pumping! Contact briana.oglesby@jewishtampa.com for more information.

Free with membership

POLAR PLUNGE

Su 10:00 AM - 1:00 PM | February 8
 Think you've got what it takes to withstand the cold? Take the plunge into our icy pool and prove it! After your chilly dip, warm up with hot chocolate and fresh hot towels on deck. Bring your friends, family and your bravest spirit.

For more information, email aquatics@sbgjcc.com.

Free with membership

MARCH MAYHEM BASKETBALL TOURNAMENT

W 5:00 - 7:30 PM | March 18
 You miss 100% of the shots you don't take! Bring your team out, shoot some hoops, enjoy refreshments and have a fun playing basketball. Contact briana.oglesby@jewishtampa.com for more information.

Free with membership

PICKLEBALL TOURNAMENT

Sa 9:00 AM - 2:00 PM | April 18
 Join us for a fun-filled day of pickleball. Grab your partner for some friendly competition. All skill levels are welcome. Contact briana.oglesby@jewishtampa.com for more information.

Free with membership

MEMORIAL DAY POOL PARTY

M 11:00 AM - 3:00 PM | May 25
 Celebrate the beginning of summer with sunshine, splashes, and good vibes! Join us for a fun-filled pool party with music, bounce house, and refreshments.

To register your guests contact membership@sbgjcc.com. Let's make the most of the long weekend!

Free



SUMMER CAMP J 2026 & PRESCHOOL 2026/2027



Registration Opens

February 5

(Exclusive Access To Those With Family Memberships)

February 6

Open Enrollment

SUMMER CAMP J



- Lightning hockey
- Mad Scientists
- Soccer
- Jr. Entrepreneurs
- Art
- Swimming
- Camp Songs
- Leadership programs for middle or high schoolers.



Before and after camp options available from
7:30 a.m. - 6:00 p.m.

PRESCHOOL



- A Small School Environment
- A Community Of Supportive Families And Meaningful Connections
- Playtime (Indoor/Outdoor)
- A Strong Academic Foundation With Social-Emotional Learning
- Part-Time & Full-Time options for Infants - Pre-K; (VPK offered)
- Nurturing Teachers



CLUB J AFTERSCHOOL 2026/2027



- Homework Help
- Cool Counselors
- Sports
- Art
- Community

Transportation available from select area schools. Weekly optional enrichments may include art, science club and tutoring.

**Registration Feb. 25 (for JCC Members Only)
Feb. 26 Open Enrollment**



- Low student-to-teacher ratios
- Excellent security
- Jewish values

Preschool

jccsouth@jewishtampa.com

Club J Afterschool or Summer Camp J

Alyssa.Cole@jewishtampa.com

For more information or to register, scan the QR code.



Shanna & Bryan Glazer JCC

AQUATICS AT SHANNA & BRYAN GLAZER JCC



SBGJCC COMPETITIVE SWIM TEAM (AGES 6 - 18)

Monday - Friday
3:30 - 4:15 Bronze
3:45 - 4:15 Silver Dryland
4:15 - 5:15 Silver
4:45 - 5:15 Gold Dryland
5:15 - 6:15 Gold
5:45 - 6:15 Pre-Senior/Senior Dryland
6:15 - 7:45 PM Pre-Senior/Senior Swim

When you are in Florida, swimming is all year round! Why choose us?

We care about every individual participant whether they are new to USA swimming or already ranked on a national level.

As a former USA Swimming/NCAA athlete himself, our coach will provide

individual attention and experience to each participant as well as 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! Contact aquatics@sbgjcc.com to get more details. Swim assessments are done every Monday - Friday at 4:00 PM.

Member Only: \$120/month
Registration is monthly; roster size is limited.

SBGJCC MASTERS SWIM CLUB (AGES 18+)

Shanna & Bryan Glazer 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@sbgjcc.com for more information and to register.

Member Only: \$50/month

MEZRAH FAMILY AQUATIC CENTER POOL GUIDELINES

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

- **No diving.**
- U.S. Coast Guard approved flotation devices only.
- Swimsuits are required.
- Children wearing built-in swimsuit flotation devices must be accompanied by an adult in the water, regardless of age.
- Children ages 11 and younger must be accompanied by an adult at all times.
- Swim diapers must be worn.
- No changing on the pool deck.
- Rough play, running and throwing swimmers is prohibited.
- Use of spa by children under 15 years of age is prohibited.

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.

OUTDOOR SAUNA

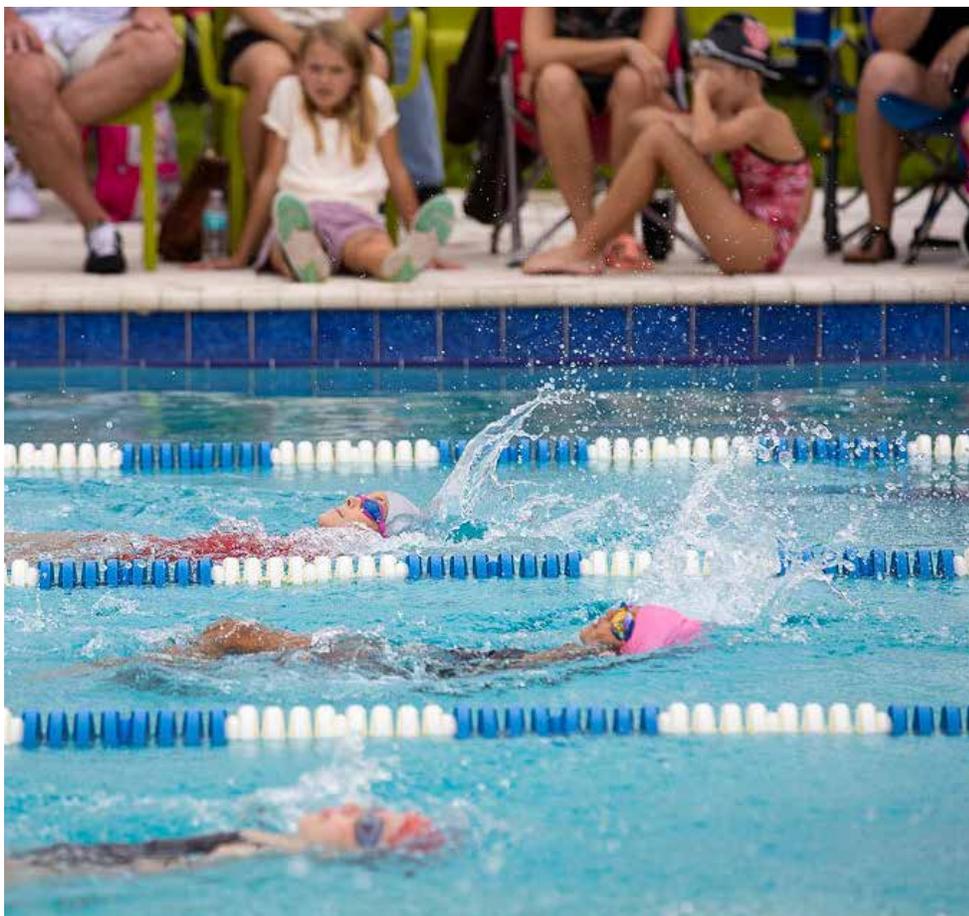
- Maximum use: 15 minutes.
- Maximum sauna load - 4 persons.
- Must be 18 years or older to use.
- If you are feeling dizzy, lightheaded, or uncomfortable, exit the sauna and seek help immediately.
- Pouring liquids onto rocks is strictly prohibited.
- No oils or lotions should be used in the sauna.

THUNDERSTORM POLICY

As a safety precaution, the pool and pool deck will close when lightning breaches an 8-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).



AQUATICS AT SHANNA & BRYAN GLAZER JCC

GROUP SWIM LESSONS

Student teacher ratio is 6:1
Class time is 30 minutes
For more information regarding group lessons please contact aquatics@sbgjcc.com.

Member: \$75/Guest: \$125

PRIVATE SWIM LESSONS

One-on-one training with instructor

Member: Single Lesson: \$32

5-Pack: \$150 | 10-Pack: \$280

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

Prices are per swimmer

YOUTH TRIATHLON TEAM

Tu/Th 6:00 - 7:30 PM

Introduce your kids, ages 7-12 years old, to this multisport and train with a world class triathlon competitor. Each child will learn to be comfortable on two wheels, and in the pool to alleviate any fears before a possible race. For more information, contact aquatics@sbgjcc.com.

\$50/month

ADULT TRIATHLON TEAM

Join our Adult Triathlon Team for a thrilling journey through swimming, cycling, and running. Train, compete, and bond with like-minded athletes. All levels are welcome! To view our current schedule or to register, contact aquatics@sbgjcc.com.

\$50/month



SMOOTHIES AND SWIM

Su 10:30 AM - 12:00 PM | March 22

Join us for Smoothies & Swim Lessons, a parent-and-child experience! Enjoy quality time in the pool learning swim skills together, followed by a tasty smoothie to refresh after the fun. Perfect for active family bonding! For more information, please contact

aquatics@sbgjcc.com.

Free with membership

PARENT AND TOT (AGES 6 MONTHS - 2 YEARS OLD)

Every Sunday 10:00 - 10:30 AM

April/May

Spark a love for swimming early! Our Parent & Tot classes are designed for parents and their little ones to enjoy the water together in a safe, engaging environment. With songs and hands-on support, these lessons are perfect for introducing your tot to the joys of swimming while creating unforgettable memories! For more information, please contact

aquatics@sbgjcc.com.

\$100/month

AMERICAN RED CROSS ADULT & PEDIATRIC CPR/AED AND FIRST AID TRAINING



M 9:00 AM - 12:00 PM | February 26

The American Red Cross Adult & Pediatric CPR/AED and First Aid Training teaches essential lifesaving skills for responding to emergencies. Participants learn to provide CPR, use an AED, and perform basic first aid for both adults and children. Participants will be required to complete mandatory asynchronous learning, followed by in-person skills sessions. Contact aquatics@sbgjcc.com for more information and how to register.

Member: \$75/Guest: \$125

NATIONAL WATER SAFETY MONTH SWIM CLINIC

Su 11:00 AM - 1:00 PM | May 17

Make sure you're prepared for the beach, pool and sun this summer. All month we will be giving safety tips and join us on May 17th for our Water Safety Day where we will be holding safety demonstrations along with offering discounts for swim lessons and other aquatics programming!

For more information contact aquatics@sbgjcc.com.



AMERICAN RED CROSS LIFEGUARD TRAINING



M-Th 8:00 AM - 3:00 PM | May 4-7

The American Red Cross Lifeguard Training is designed to give participants the essential skills and resources required to become certified lifeguards. This program covers water rescue techniques, first aid, CPR and other vital lifeguarding skills. Completion of both in-person and online instruction is required.

Member: \$250/Guest: \$300

AQUATICS AT JCC ON THE COHN CAMPUS

PRIVATE SWIM LESSONS

One-on-one 30 minute training with instructor.

5-Pack: \$250 | 10-Pack: \$350

Prices are per swimmer



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 Coach Scott at [813.546.4894](tel:813.546.4894) to set up an evaluation to determine which group is best for your swimmer.

Stroke Development Group

M/W/F 4:15 - 5:00 PM | Coach Sandy

Tu/W/Th 4:15 - 5:00 PM | Coach Myah

New swimmers learning the basic four strokes: Butterfly, Backstroke, Breaststroke and Freestyle.

Typically ages 4-9

Bronze Group

Tu/W/Th 3:30 - 4:15 PM | Coach Myah

New swimmers that know all four strokes are learning better technique, turns, starts off the blocks and intervals.

Typically ages 6-10

Silver Group

M/Tu/F 3:30 - 4:15 PM | Coach Scott

More advanced age group swimmers learning the basics of how to train, more advanced drills and higher focus on technique.

Elementary School ages 7-10

Gold Group

M-Th 6:30 - 8:00 PM | Coach Scott and Coach David

Newer middle school swimmers not quite ready for Pre-Senior but know all four strokes and working on higher level drills, interval training and technique work.

Typically ages 10-14

Pre-Senior Group

M-F 5:00 - 7:00 PM

Sa 9:00 - 10:30 AM | Coach Scott

M/W/F 6:00 - 7:30 AM | Coach Scott and Coach David

Second highest level of swimmers refining strokes still focused on technique while interval training at a higher level.

Typically Middle School ages 11-14

Senior Group

M-F 4:15 - 6:30 PM

Sa 8:00 - 10:30 AM | Coach Scott

M/W/F 6:00 - 7:00 AM | Coach Scott and Coach Abel

This is our highest level of swimmers.

Fine tuning their strokes, higher training regimen.

Typically High School ages 14-20

Homeschool Team

Tu/Th/F 8:45 - 9:30 AM | Coach Scott

Typically ages 6-15



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 familiarize you with 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 fitting clothing for measurements to be taken.

Complimentary for current personal training clients

\$40 for non-clients

GROUP EXERCISE CLASSES

We feature one of the most diverse offerings in Tampa Bay! Enjoy a broad mix of programming including both live and virtual classes on-site. A blend of strength, cardio, mindset and recovery classes will help build your perfect fitness experience!

Celebrate health and wellness with these events that combine fitness and fun! Follow us on social media for more updates and program reminders!

WEEKLY WELLNESS

Mind and Body Studio
Th 11:00 AM - 11:30 AM
January 8 | 15 | 22 | 29

Learn more about your holistic health by participating in weekly workshops on fitness, recovery, hydration, and nutrition. A different topic will be explored each week. Contact

briana.oglesby@jewishtampa.com.

Free with membership

NEW YEAR → NEW CHALLENGE

Intro to Cycle
Sa 10:00 - 10:45 AM | January 10
W 10:00 - 10:45 AM | January 14

Intro to BODYPUMP
Su 11:00 - 11:45 AM | January 11

Looking for a new challenge in the New Year? How about BODYPUMP to pump up your power or Cycle for better cardiovascular endurance? Join us for an Intro class or two. We'll break down the basics and set you up for success! For more information, please contact fitness@sbgjcc.com.

Free with membership

BODYPUMP LAUNCH

Sa 8:00 - 8:45 AM | January 24

New year, new BODYPUMP! Join us as we launch the latest BODYPUMP release of songs and movements. Stick around afterwards for hydration and high fives! Contact fitness@bgfjcc.com for more information.

Free with membership

BARRE HOP

Tu 5:15 - 7:00 PM | January 27
Join us for a super-sculpting Barre class that fires up your muscles and your motivation. Then stick around for a refreshing mocktail happy hour —because recovery tastes better with friends. Move with intention, toast with style!

PIRATE'S BOOTY

Sa 10:00 - 10:45 AM | January 31
Ahoy! Get your booty into the gym for a fitness adventure filled with booty-building moves! Contact fitness@bgfjcc.com for more information.

Free with membership

HIIT FOR HEART!

Tu 12:00 - 12:30 PM | February 17
Tu 6:30 - 7:00 PM | February 17

Celebrate your heart with every rep! HIIT for Heart delivers high-intensity intervals designed to boost cardiovascular endurance and heart health. For more information contact fitness@sbgjcc.com.

Free with membership

RIDE INTO SPRING

M 6:00 – 6:50 PM | March 2
Tu 7:00 – 7:50 AM | March 3

Take your ride outside! Join us on the patio for a fresh-air cycling session. Whether you choose to cycle into sunset or ride with the rising sun, you'll feel the energy of spring as you pedal toward stronger endurance and a revitalized spirit! For more information contact fitness@sbgjcc.com.

Free with membership

EQUINOX YIN YOGA

Th 6:30 – 7:20 PM | March 19

Celebrate the Spring Equinox with a revitalizing yoga flow that honors the sun's growing energy. We'll move through sun salutations and heat-building sequences to awaken the body, energize the spirit, and welcome the balance of light and renewal. Contact fitness@sbgjcc.com for more information.

Free with membership

MEDICINE BALL MADNESS

Tu 12:00 – 12:30 PM | March 31
Tu 6:30 – 7:00 PM | March 31

Break a sweat & have a ball! Combine strength & cardio for a hard-core 30-minute HIIT class using the Medicine Ball. Contact fitness@sbgjcc.com for more information.

Free with membership

APRIL MEDITATION

Be on the lookout for details on our bonus guided meditation! Meditation promotes a deep state of relaxation to support increased focus, inner peace, balance and wellness.

Contact fitness@sbgjcc.com for more information.

YOGA BY THE POOL

Tu 5:30 – 6:20 PM | April 21
Sa 9:00 – 9:50 AM | April 25

Join us poolside for a refreshing yoga session that blends movement, breath and sunshine. Stretch, strengthen and soak in the vibes as you flow beside the water. It's yoga with a view—and a breeze!



FAMILY YOGA

Su 10:00 – 10:25 AM | May 4
Su 10:30 – 10:55 AM | May 4

Breathe, stretch and move with your munchkin as we explore simple yoga poses. The 10:00 AM session is designed for families with babies, offering gentle movement and bonding time. At 10:30 AM, families with toddlers can enjoy a playful, active flow perfect for curious little movers. Contact fitness@sbgjcc.com for more information.

Free with membership

MAT PILATES & PROSECCO

F 5:30 – 6:20 PM | May 15

Elongate muscles, enhance core strength and improve posture with Mat Pilates. Afterwards, we'll raise a glass to celebrate movement!* Contact fitness@sbgjcc.com for more information.

Free with membership

***Must be 21 to receive complimentary wine.**

MAY IS PILATES MONTH

F 11:30 AM – 12:00 P M | May 16
Sa 11:00 – 11:30 AM | May 17

Celebrate Pilates month with us at our Reformer Open House! Grab your member friends and join us for a Pilates Reformer mini session where you'll enjoy a total body workout. You'll benefit from increased core strength, flexibility and more. We offer some additional treats including a raffle for a FREE session!

Spots will fill up so don't wait! Contact pilates@sbgjcc.com to sign up and/or more information. All sessions are 25 minutes.

Free with membership.



FITNESS

PERSONAL TRAINING

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 SBGJCC orientation via email at fitness@sbgjcc.com or schedule your JCC on the Cohn Campus orientation by emailing Devin Pickett at devin.pickett@jewishtampa.com.

PILATES REFORMER

Transform your body with the power of the Pilates reformer! In addition to the Pilates Reformer Open House, all members receive a complimentary

reformer session. Known for sculpting a strong core, improving back stability, and creating a long, lean silhouette, reformer workouts deliver results you can feel and see. Each session takes you through dynamic movements—face down, face up, and standing—designed to challenge and energize every muscle. With endless exercise variations, you'll never get bored. Stay motivated, stay inspired, and fall in love with your workouts!

To schedule your complimentary orientation or purchase a package, email pilates@sbgjcc.com. See the Group Exercise Schedule for a full list of class times.

Group Session Reformer Rates:

Single Session - Member: \$32
4 Sessions - Member: \$104
8 Sessions - Member: \$192
12 Sessions - Member: \$264
16 Sessions - Member: \$336
One-on-one and duo sessions available.



SPORTS + REC



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.

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.

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



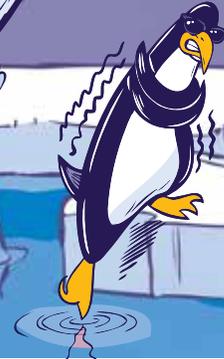
TAKE THE
POLAR PLUNGE
 WITH US!

Think you've got what it takes to withstand the cold?
 Take the cold plunge and prove it!

After your chilly dip, warm up with hot chocolate
 and fresh hot towels on deck.

Bring your friends, family and your bravest spirit.

For more information, email aquatics@sbjcc.com.



Sunday, February 8 | 10:00 AM - 1:00 PM | Ages 12+
 Shanna & Bryan Glazer JCC - Mezrah Family Aquatic Center



5v5 BASKETBALL TOURNAMENT

MARCH MAYHEM AT THE J!

**REGISTRATION DEADLINE:
 FRIDAY, MARCH 13TH!**

5v5 18+ MEMBER FULL COURT BASKETBALL TOURNAMENT
 Wednesday, March 18 | 5:30 - 7:30 PM Check-in begins at 5:15 PM
 Included with membership; Two (2) free guests per team

PROVE YOUR SQUAD IS THE BEST! 7 PLAYERS PER TEAM.

To register, or for more information,
 contact briana.oglesby@jewishtampa.com.





CELEBRATING **30** *Years* of **OUTSTANDING JEWISH FILMS**



February 12 - 22, 2026

Opening Night Red Carpet Event



Once Upon My Mother

Shanna and Bryan Glazer JCC | Tampa

2025 | 102 mins. | French w/English Subtitles | France/Canada | Drama

Starring:

Leïla Bekhti
Jonathan Cohen
Joséphine Japy

Thursday | Feb. 12 | 6:00 p.m. | \$36

6:00 p.m. RED CARPET COCKTAIL HOUR

Heavy Hors d'oeuvres, Open Bar and Live Music

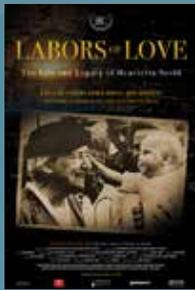
7:00 p.m. STARR AWARD | FEATURE FILM

Q & A WITH THE FILM DIRECTOR

Step Into the Spotlight and Celebrate Thirty Years of Jewish Cinema Excellence.



Special Guest
Director Ken Scott



Labors of Love:

The Life and Legacy of Henrietta Szold

2025 | 79 mins. | English | USA | Documentary



Friday | Feb. 13 | 11:00 a.m. | \$12
The James Museum | St. Petersburg

Friday | Feb. 20 | 1:30 p.m. | \$12
Tampa Theatre | Tampa

*A component of the TBJFF, the *Real to Reel Film Series* captures the true stories of real people brought to life on screen.



Matchmaking 2

2025 | 110 mins. | Hebrew | Israel Narrative

Friday | Feb. 13 | 2:00 p.m. | \$12
The James Museum | St. Petersburg

Saturday | Feb. 14 | 7:00 p.m. | \$12
AMC Veterans 24 | Tampa



Influenced

2025 | 102 mins. | English | US | Narrative

Saturday | Feb. 14 | 9:00 p.m. | \$12
AMC Veterans 24 | Tampa

COCKTAILS & CONVOS

Saturday | Feb. 21 | 7:00 p.m. | \$18
Green Light Cinema | St. Petersburg

Special guest **Jill Kargman** star of "Influenced"
7:45 p.m. Featured Film

Feb. 13 | Box Lunch available 12:30 - 1:30 p.m. | \$18



A \$258 Value
\$200



The Property

2025 | 108 mins. | Hebrew | Israel | Narrative

Sunday | Feb. 15 | 12:00 p.m. | \$12
Shanna and Bryan Glazer JCC | Tampa



The Last Twins

2025 | 80 mins. | English | Hungary | Documentary

Sunday | Feb. 15 | 2:00 p.m. | \$12
Shanna and Bryan Glazer JCC | Tampa

SHORT - FILM PROGRAMS



Real
To
Reel
Film Series

The Presidents' Tailor

2024 | 39 mins. | English | USA | Documentary

Program #1 (Life and Love)

Program #2 (Memoires & Stories)

The Presidents' Tailor opens short-film programs #1 & #2

Both programs are a curated collection of the seasons top rated short films.

Total Runtime 120 mins.

Sunday | Feb. 15 & 22 | 4:00 p.m. | \$12
Shanna and Bryan Glazer JCC | Tampa

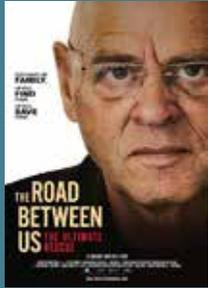


Jaffa Stories

2025 | 100 mins. | Hebrew | Israel | Narrative

The Hummus Truck will be on site 4:00 - 6:00 p.m. \$5

Sunday | Feb. 15 | 6:00 p.m. | \$12
Shanna and Bryan Glazer JCC | Tampa



The Road Between Us

2025 | 95 mins. | Hebrew | Israel | Documentary

Wednesday | Feb. 18 | 5:00 p.m. | \$12
AMC Veterans 24 | Tampa

Thursday | Feb. 19 | 5:00 p.m. | \$12
AMC Woodlands Square 20 | Oldsmar



Soda

2025 | 96 mins. | Hebrew | Israel | Drama

Wednesday | Feb. 18 | 7:00 p.m. | \$12
AMC Veterans 24 | Tampa



The Blond Boy from the Casbah

2025 | 128 mins. | French | France | Narrative

Thursday | Feb. 19 | 7:00 p.m. | \$12
AMC Woodlands Square 20 | Oldsmar



Mazel Tov

2025 | 97 mins. | Spanish | Argentina | Comedy

Friday | Feb. 20 | 11:30 a.m. | \$12
Tampa Theatre | Tampa

Friday | Feb. 20 | 4:15 p.m. | \$12
Tampa Theatre | Tampa



Swedishkayt: Yidl Life Crisis in Stockholm

2025 | 60 mins. | English/Yiddish | Sweden | Comedy

Friday | Feb. 20 | 3:00 p.m. | \$12
Tampa Theatre | Tampa

Saturday | Feb. 21 | 9:30 p.m. | \$12
Green Light Cinema | St. Petersburg



The Floaters

2025 | 95 mins. | English | United States | Drama

Sunday | Feb. 22 | 2:00 p.m. | \$12
Shanna and Bryan Glazer JCC | Tampa

Champagne Brunch & Concert



The Pianist's Choice

2024 | 96 mins. | French/German | France | Narrative

Sunday | Feb. 22 | 12:00 p.m. | \$36
Shanna and Bryan Glazer JCC | Tampa

11:00 a.m. IN CONCERT - THE FLORIDA WIND BAND
Tampa Bay's Premier Professional Wind Ensemble


FLORIDA WIND BAND
Lox and Bagel Brunch, Mimosas and Enhancements.

12:00 p.m. Feature film - The Pianist's Choice

Closing Night Celebrations



The Ring

2024 | 120 mins. | Hebrew | Comedy/Drama



Sunday | Feb. 22 | 6:15 p.m. | \$18
Shanna and Bryan Glazer JCC | Tampa

Followed by Champagne Toast and celebratory dessert reception



Tickets go on sale January 5 at TBJFF.org

For more information email Brandy.Gold@JewishTampa.com



JEWISH YOUTH PROGRAMS



Generously sponsored by



PJ Library sends free high-quality Jewish children's books to families every month. These stories spark conversations that inspire the whole family to explore and celebrate what they love about Jewish life.

Tampa PJ Library Registered Families are offered the opportunity to connect through monthly programs.

Go to PJLibrary.org to register.

One. Two. Three. Tu B'Shevat!

Hillel Academy,
2030 W. Fletcher Ave - Tampa
Sunday, January 25 | 10:00 - 11:00 AM

Plant seeds and celebrate Trees!

\$5 per child. Geared for PJ Library friends under 6.

Prep for Purim!

JCC Preschool South
2010 S. Ysabella Ave, Tampa

Friday, February 27 | 5:00-6:00 PM
\$10 per Family. Geared for PJ Library friends under 6.

All In the Same Boat!

North Tampa location Given upon registration
Sunday, Mar 22 | 1:00 - 2:30 PM

Create Mini Boats and Race them! +
Team Building Activities & Storytime.

\$10 per person includes Brown Bag Bagel Lunch. Geared for ages 4+.

The Colors of Israel partnered with Keshet! Shanna and Bryan Glazer JCC, Tampa
Sunday, April 19 | 10:00 - 11:30 AM

Scavenger Hunt. Craft. Storytime and Snack.

\$5 per Family. Geared for PJ Library friends under 6.

Pretend Play in May!

Little Play Place,
14425 N. Dale Mabry Hwy - Tampa
Sunday, May 17 | 9:00 am - 10:30am

While the little ones play, moms can create a floral bouquet!

\$10 per child. Geared for PJ Library friends under 6.



PJ Our Way is the next chapter for kids ages 9-12. It is a free service for families raising Jewish children. Tweens select their monthly book, submit video reviews and are invited to enjoy local programming. Sign up at PJOurWay.org

Movie Time!

PJ Our Way friends must Pre-Register at: Jewishtampa.com/PJLIBRARY \$5

Shanna and Bryan Glazer JCC, Tampa
Sunday, February 22 | 2:00 - 4:00 PM

Lunch - Movie Themed Games - Film

Drop off event ages 9-12

Opportunity for Parents!

While the kids are being entertained, you can enjoy the Tampa Bay Jewish Film Festival movie *The Floaters* (2025 | 95 mins. | English | USA | Drama)

\$12 at tbjff.org.

Build Jerusalem - Bricks 4 Kidz

Shanna and Bryan Glazer JCC, Tampa
Sunday, April 19 | 1:00 - 3:00 PM
\$10 per PJ Our Way member. This is a DROP OFF program for tweens ages 9 - 12.

Build the City, Pizza Lunch and Conversation!

Register for all programs at JewishTampa.com/PJLibrary.

For more information contact laura.kaufmann@jewishtampa.com.



BBYO 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 & Federation is 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 elliott.schnable@jewishtampa.com.

Any teen that registers to become a member of BBYO will receive a FREE 3 month membership to SBGJCC!



JCC PRESCHOOL

The preschool provides a strong academic foundation within a loving, nurturing environment. Offering a wide range of part-time and full-time options in two convenient locations: Citrus Park and South Tampa. Both locations start with our infant program (3 months minimum) and go through Pre-K. JCC Pre-K graduates consistently perform in the highest tiers of kindergarten readiness, as measured by VPK Composite Program Assessment scores across the State of Florida. Rolling admissions throughout the year are based on availability.

Problem-solving and inquiry are the cornerstone of the 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, helping them connect to the world around them and build a deeper understanding of concepts and relationships. Learning opportunities surround the children, from the intentional design of the classroom to the activities explored on the playground. Children learn values and character development through a Jewish lens, while embracing and welcoming the diversity of our community.

From the caring, dedicated teachers to the amazing, active parents, the JCC Preschool is a welcoming place for all families. The JCC Preschool is the place to be for a great early childhood education and long-lasting relationships!



JCC PRESCHOOL, NORTH BRANCH

13013 Community Campus Drive
JCC on the Cohn Campus
813.962.2863

JCCPreschoolNorth@JewishTampa.com
License #C13HI0001

JCC PRESCHOOL, SOUTH BRANCH

2710 South Ysabella Avenue

Irving Cohen Center at Congregation Rodeph Sholom

813.835.6614

JCCSouth@JewishTampa.com

License #C13HI0169

CLUB J AFTERSCHOOL

Club J, a high quality afterschool program offered at both Shanna & Bryan Glazer JCC and the JCC on the Cohn Campus, provides children from kindergarten through 5th grade the opportunity to have fun, build new skills and grow in a supportive and engaging environment.

We maintain excellent staff to child ratios, and every team member completes a thorough background check. Our professional and experienced staff members value the unique background and needs of each child.

Transportation is available from select area schools (pending minimum enrollment), and parent drop off is also an option. Each afternoon includes supervised homework time and enrichment activities such as arts, sports and games.

At the Shanna & Bryan Glazer JCC, children benefit from access to the state of the art gymnasium and aquatic center, offering unique opportunities for swimming, sports and active indoor fun.

At the JCC on the Cohn Campus, Club J takes advantage of the beautiful, expansive outdoor spaces, allowing children to enjoy fresh air and participate in camp style activities like nature play, group games, and creative outdoor exploration.

Additional enrichment programs are also available at the Shanna & Bryan Glazer JCC for children, whether or not they are enrolled in Club J.

Pricing starts at:

\$185/mo (JCC on the Cohn Campus)
\$385/mo (Shanna & Bryan Glazer JCC)

For more information:

Shanna & Bryan Glazer JCC
Alyssa Cole | 813.291.2254
alyssa.cole@jewishtampa.com

JCC on the Cohn Campus
Elliot Schnabl | 813.769.4748
elliott.schnabl@jewishtampa.com



YOUTH PROGRAMS



YOUTH ENRICHMENTS AND EVENTS



Academic Tutoring

Allow your child to have one-on-one homework help or academic coaching in a focused environment. Our tutors are experienced teachers who can help with a range of subject areas and grades building confidence and skills at the same time.

For more information contact alyssa.cole@jewishtampa.com.

Artists on a Roll After School

Artists on a Roll After School offers fun, hands-on art classes for elementary school students, where kids explore painting and creativity in a supportive, step-by-step environment. No experience needed and all materials are provided.

For more information contact alyssa.cole@jewishtampa.com or elliott.schnabl@jewishtampa.com.

Grown Up & Me: Art & Storytime

Grown Up & Me Art & Storytime with Erica is a playful parent-child experience where you'll create art together and enjoy a cozy storytime led by local artist and teacher Erica from Artists on a Roll.

For more information contact michele.montgomery@jewishtampa.com.

Science Club

Join Miss Amanda, Camp J favorite and certified engineering and technology teacher, for a hands-on science adventure! In Science Club, kids will dive into wacky experiments, build robots, create and crack codes and explore the exciting world of drones. This engaging enrichment program sparks curiosity and creativity through fun, interactive scientific activities every week.

For more information contact alyssa.cole@jewishtampa.com.

CLUB ADVENTURE



F 4:00 - 5:30 PM

Club Adventure will offer a variety of activities including zipline, rock climbing, obstacle course, fishing, archery, and/or organized sports soccer, flag football, pickleball, kickball, basketball and more. Children will experience exciting camp-like outdoor adventures and also learn the fundamentals of sports while developing their overall athletic ability, coordination and confidence.

If weather does not allow us to be outside we will continue our activities indoors.

For more information, please contact elliott.schnabl@jewishtampa.com.

Prices start at \$25 per class

CRAFTY CREATIONS



Sa 10:00 AM - 12:30 PM | February 7
March 28 | April 25 | May 2

Join us in Crafty Creations where creativity meets delicious fun! Make awesome crafts, then whip up and enjoy your own delicious creations. Perfect for kids who love to be creative in more ways than one!

For more information or to register, please contact Elena at

elena.martinez@jewishtampa.com.

Member: \$25 for the first child, \$15 per additional child

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

STEM SATURDAYS



Sa 10:00 AM - 12:00 PM | Dates TBD

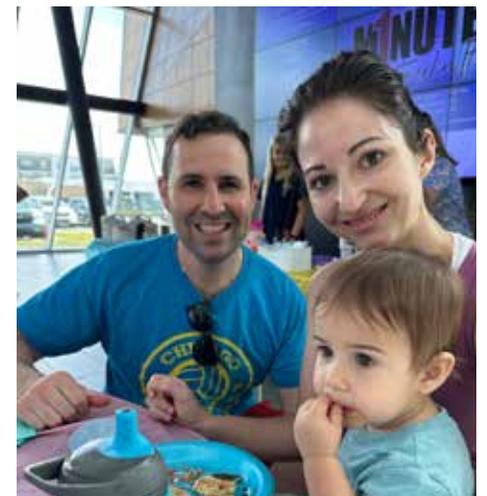
Join us for STEM Saturdays, where learning meets excitement! Children ages 4-12 will dive into the world of science, technology, engineering and math with hands-on experiments and engaging activities that are designed for young minds with a thirst for knowledge! STEM Saturdays offer a fun and interactive way to explore the wonders of STEM.

For more information or to register, please contact Elena at

elena.martinez@jewishtampa.com.

Member: \$20 for the first child, \$15 per additional child

Guest: \$30 for the first child, \$15 per additional child



BOTS AND BONDS!

Su 11:00 AM - 12:00 PM | January 25

Experience the ultimate family bonding activity with Bots & Bonds! This exciting event invites parents and kids to come together and explore the fascinating world of robotics. Families can build and program their own robots and tackle exciting and creative challenges together through fun activities! For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: \$15 for the first child, \$10 per additional child
Guest: \$20 for the first child, \$10 per additional child
Free for parents

FILM FRIDAYS

F 6:00 - 7:30 PM | January 9
 February 27 | March 27

Join us on the 4th Friday of every month for a cinematic adventure like no other! The movie will begin to play at 6:00 PM. Popcorn and refreshments will be provided. Max age 12 years old. Kids are encouraged to attend in pajamas and bring their own pillow/blankets.

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Free with family membership
Parents must remain on-site during the film

KIDS DAY OUT

Su 12:00 - 4:00 PM
 January 11 | February 8
 March 8, 29 | April 19 | May 3, 17

Give your child the perfect Kid's Day Out experience filled with laughter, learning and endless fun! Our program is designed to provide a safe and engaging environment for kids to explore, play and make new friends. From different monthly themes to fun activities, games, swimming, eating pizza and more! For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: \$30 for the first child, \$15 per additional child
Guest: \$40 for the first child, \$15 per additional child

PANCAKES AND PAJAMAS

Su 9:00 - 11:00 AM | April 12

Join us for a cozy fun-filled Sunday! Slip into your comfiest PJs and come join us while we decorate pancakes, do arts and crafts, and read books in our reading corner! Pajamas are encouraged. For more information, please contact Elena at elena.martinez@jewishtampa.com.

Free with membership

TEEN SWIM TIME

F 6:30 - 8:00 PM

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

Free with membership

TWEEN/TEEN FITNESS ORIENTATION

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.

To reserve a spot please contact fitness@sbgjcc.com.

Free with membership



Student Visual Art, Playwrights and Short-Film Contests

ILLUMINATE THE PAST.

Confront the Future!

**Using paintbrushes, cameras and scripts,
students take a stand against hate.**

Artists express themselves on themes of modern-day antisemitism
and the realities of the Holocaust.

RICHARD M. LEVINE

**SHINE
A LIGHT**
ARTS FOR IMPACT PROGRAM

Visit [JewishTampa.com/
ShineALight](http://JewishTampa.com/ShineALight)

for guidelines and digital
entry applications.

All contest entries must be received by
5:00 p.m. on Feb. 13, 2026.

All winning entries will be revealed at
the **Yom HaShoah
Commemorative/
Shine A Light
Awards Event on
Monday April 13, 2026.**



Sponsored by



Hillsborough
County Florida

ABELSON
WEALTH MANAGEMENT
at Morgan Stanley

Sisterhood
and
Brotherhood
of Congregation
Schaarai Zedek

Supported by



VISUAL ARTS CONTEST

Artists are invited to create 2D artwork on canvas or paper that combats modern-day antisemitism or commemorates the Holocaust. Accepted media include acrylic, oil, watercolor, charcoal, ink, and pastels. Additionally, digital photography and graphic design submissions are eligible for an honorable mention.



\$8,600 IN CASH PRIZES

4 Divisions:

grades 3-5, 6-8, 9-12, Collegiate.

1st Place	\$1,000
2nd Place	\$500
3rd Place	\$250
4 Honorable Mentions	\$100 each

The winning artwork will be showcased throughout the Tampa Bay area as part of the traveling Shine A Light on Antisemitism Art exhibition 2026-2027.

SHORT-FILM CONTEST

Filmmakers will produce a short film, 1 to 15 minutes in length, centered on the theme of modern-day antisemitism or the impact of the Holocaust. Films can be created using any digital device (such as an iPhone) and editing software (such as iMovie). To submit, please provide a link to your film on Vimeo or a similar video platform.



\$2,550 IN CASH PRIZES

3 Divisions:

grades 6-8, 9-12, Collegiate.

1st Place	\$500
2nd Place	\$250
3rd Place	\$100

One winning script will be selected to be performed during the Yom HaShoah Commemorative/Shine A Light Awards Event on April 13, 2026.

PLAYWRIGHTS CONTEST

Playwrights will write an original one-act script sample that explores a character's perspective on modern-day antisemitism or reflects on Holocaust remembrance. The script must not exceed 30 pages or a 10-minute performance time.



\$2,550 IN CASH PRIZES

3 Divisions:

grades 6-8, 9-12, Collegiate.

1st Place	\$500
2nd Place	\$250
3rd Place	\$100

The 1st Place winning films will be featured at the Community Wide Yom HaShoah Commemoration in April 2026.

For questions or submissions visit [JewishTampa.com/ShineALight](https://www.JewishTampa.com/ShineALight)

ACTIVE ADULTS



The Tampa JCCs & Federation is where active adults go to enjoy activities that are fun, interesting and satisfying. From games and workshops, to concerts and excursions, to discussion groups and lectures, you can find it here. We always welcome input from our members to enhance our offerings. For those who are not yet ready to attend in person, we are pleased to offer many of our programs virtually as well.

For more information about any of the Active Adults programming, email pnina.levermore@jewishtampa.com.

ACTIVE ADULTS MEN'S CLUB +

Meets the second & fourth Tuesday of the month
5:30 - 6:30 PM | January 13 - May 26

The Men's Club is a group for men to cultivate fellowship and camaraderie through social gatherings, interesting discussions and volunteer activities.

In addition to twice-monthly meetings that include stimulating guest speakers, 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.

JCC WOMEN'S CLUB

Meets the third Wednesday of the month
6:30 PM | January 21 - May 20

Our new JCC Women's Club is entering its second year after a wonderfully successful first year. We're excited by the group's energy, and we encourage you to check it out.

Great thanks to Robin Rothman for her outstanding leadership.

The Women's Club is a welcoming space for women to enjoy social events, stimulating conversations, new crafts and fun activities. In addition to getting together for a variety of fun events, the group meets on the third Wednesday of the month at 6:30 pm.

MAH JONGG OPEN PLAY

 Tu 1:00 - 2:30 PM
 Every other Friday 1:00 - 3:00 PM

If you're looking for a friendly place to get together and play Mah Jongg, this is it. Novices and experienced players welcome.

Free with membership

NEWS TALK

Second and fourth Friday of the month
4:00 PM | January 9 - May 22

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.

Zoom information available at ShannaandBryanGlazerJCC.com/ActiveAdults

Free with membership

ARTS ABOUT TOWN EXCURSIONS

Raymond James Stadium Tour
Thursday, March 26 at 10 AM

This 75 minute-long walking journey will give you backstage access to many different aspects and workings of the distinctive Raymond James Stadium. We invite you to enjoy a behind the scenes look at Raymond James Stadium. Your tour will take you

to a Stadium Club, a Luxury Suite, the Hall of Fame Club, the famous pirate ship, the visiting team locker room, the University of South Florida Home Team locker room, the field and more!

Member: \$10/Guest: \$15

BRIDGE LESSONS

Th 1:00 - 2:30 PM | Series of four lessons January 22 - February 12

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 1.5 hour sessions will cover the fundamentals of bridge, including bidding and the play of hand.

**Member: \$40/Guest: \$50
for four 90-minute sessions
(pro-rating option available)**

NEW YORK TIMES CROSSWORD: LET'S DO THE PUZZLE

Meets second Wednesday of the month
5:00 PM | January 14 - May 13

Let's do the Puzzle! *New York Times* puzzle wizard Steve Manin reveals the keys to filling in the blanks. Ever wish you could do the crossword puzzle? Now's your chance! You know most of the words. What you may not know are little tricks and the ability to train your brain to think like an expert crossword puzzle solver. Join in the fun, interactive show. Do you think you're already pretty good at solving crosswords? Test your skills with crossword guru Steve Manin.

Zoom information available at ShannaandBryanGlazerJCC.com/ActiveAdults

Free with membership

LEARNING EXPRESS SERIES

Jewish Nobel Laureates
Featuring Steven Specter, Professor Emeritus, Department of Molecular Medicine, Morsani College of Medicine, University of South Florida

Tu 12:00 – 1:00 PM | February 17
 Join us for an enlightening lunchtime talk celebrating the achievements of Jewish Nobel Laureates in the sciences. Discover the stories behind some of the world's greatest scientific breakthroughs and the remarkable individuals whose curiosity, perseverance, and vision have advanced human knowledge and shaped our modern world.

Member: \$15/Guest: \$20

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

Su 11:00 AM - 12:00 PM | January 18
 February 15 | 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 with membership

MAH JONGG BEGINNER CLASS

Series of four lessons
 Su 9:00 – 11:00 AM

January 18 – February 8
 (Sundays 9:00 – 11:00 AM)

February 4 – March 4
 (No class 2/18, Wednesdays 6:00 – 8:00 PM) ***New evening class option**

April 26 – May 17
 (Sundays 9:00 – 11:00 AM)

Led by 
 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 of American

Mah Jongg, 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 as well as other resources.

Member: \$90/Guest: \$110 per four lesson series

TAMPA MULTICULTURAL CAFÉ: A TASTE OF GAELIC CULTURE

In partnership with the USF Osher Lifelong Learning Institute

Time TBD | Date TBD
 The Taste of Gaelic Culture is part of the series of Multicultural Cafés that celebrates the variety of diverse communities of Tampa Bay. Step into the Tampa Multicultural Café where you can sample the tastes, sounds, art and history of the rich ethnic cultures of Tampa, along with cocktails and refreshments from the featured culture.

Member: \$25/Guest: \$35

THE TAMPA JCCs & FEDERATION PARKINSON'S PROGRAM

From exercise to education, support groups to social events, the Tampa JCCs & Federation Parkinson's Program provides opportunities to improve the quality of life for individuals living with Parkinson's disease and their families. The Tampa JCCs & Federation Parkinson's Program is a partnership between the Tampa JCCs & Federation, the University of South Florida Health Parkinson's Disease and Movement Disorders Center, and Tampa General Hospital. Currently, more than 400 Parkinson's disease patients, caregivers and families in the Tampa Bay area engage with the Program each year.

The Tampa JCCs & Federation Parkinson's Program offers a wide variety of programs for people with Parkinson's disease and their families, including:

- Exercise classes led by Parkinson's trained fitness instructors to

improve participants' physical condition through aerobic activity, strength training, balance and stretch.

- Support groups, led by a licensed clinical social worker, tailored individually to patients and care partners to enhance coping skills, reduce feelings of isolation and anxiety, and provide opportunities for participants to express themselves.
- Voice Therapy & Tremble Clefs, led by a speech pathologist, addresses voice projection, breathing and posture.
- Fine Motor Skills & Handwriting workshop to focus on brain, facial, eye and fine motor control.
- Lunch & Learn education events provide helpful practical information from subject-matter experts.
- Weekly Brain Games to flex memory, strategy, and attentiveness.
- Social events and holiday celebrations to build connection and community, relieving isolation that can lead to depression and anxiety.

For those who are not able to attend in person, we are pleased to offer most of our Tampa JCCs & Federation Parkinson's Program activities virtually as well as in person.

To learn more or register for the Tampa JCCs & Federation Parkinson's Program, please contact Pnina Levermore, Active Adults program manager, at **813.291.2253** or pnina.levermore@jewishtampa.com.

\$20/month or \$100/6 months



ACTIVE ADULTS

WINTER SYMPOSIUM – “NAVIGATING PARKINSON’S: EVERY STEP OF THE WAY”

This year’s symposium is international in scope, presented in partnership with Tel Aviv University, the Michael J. Fox Foundation, USF Health, Tampa General Hospital
Su 12:00 – 5:00 PM | January 11

Leading experts including Dr. Robert Hauser, Dr. Ray Dorsey, Dr. Anat Mirelman will share insights on the latest research, practical management strategies, and breakthroughs shaping the future of Parkinson’s treatment.

Attendees will also have the opportunity to take part in free balance assessments by Nova Southeastern University PT students and explore a dynamic exhibitor hall featuring local and national resources.

From the latest research to practical tools and supportive connections, the Symposium is about giving you and your loved ones resources you can use today and helping you navigate the journey ahead with insight and support. Attendance is free but **registration is required.**

Free



PARKINSON’S COMMUNITY BOWL

Cheerleaders welcome
10:00 AM – 12:00 PM | Date TBD

Bowlers enjoy friendly competition of North (Cohn) versus South (Glazer), mingle between frames and enjoy good company. The outing creates a warm atmosphere that fosters fun, positive energy and connection.

Free

PHILIP SHAYMAN LUNCH AND LEARN EDUCATIONAL EVENTS +

Monthly opportunities to learn from specialists about a variety of topics of interest to the Parkinson’s community.

FITNESS CLASSES

Let’s Move

 +  M 11:00 – 11:50 AM

Just the right amount of challenge with weights, bands and stretching.

Rock Steady Boxing*

 M 1:30 – 2:15 PM

 Tu 1:00 – 1:45 PM

 Tu 1:30 – 2:15 PM

 W 10:00 – 10:45 AM

 W 11:00 – 11:45 AM

 F 1:30 – 2:45 PM

A fun activity that focuses on building strength in the core. Rock Steady Boxing conditions for agility, speed, endurance, hand-eye coordination.

*Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

Power Hour - Evening Strength and Agility Class

 M 6:00 – 6:50 PM

A higher-intensity evening exercise class. This energetic, athletic workout combines strength training, cardiovascular exercises, and agility drills to improve mobility, endurance and overall fitness.

Mindful Breathing and Meditation

 Tu 2:30 – 3:15 PM

Introduction to breath awareness techniques and mindful meditation to reduce stress and encourage relaxation.

“Pop-Up” PD Ping Pong

 W 1:30 – 2:10 PM

Our Table Tennis Pro Daniel Gorak is ready to serve up the fun! PD Ping Pong includes light warm-up exercises followed by table tennis coordination exercises, instruction, and friendly matches. Table Tennis can help people with Parkinson’s improve fine motor skills, cognitive symptoms, and overall awareness.

NEW CLASS PD Wave: Parkinson’s Water Aerobics for Vitality and Energy

 W 2:30 – 3:15 PM

This gentle, aquatic fitness class is designed to support mobility, balance, and overall well-being in a safe, low-impact environment.

BIG for LIFE

 Th 12:00 – 12:50 PM

Open to Parkinson’s program participants deemed safe by the instructor to participate after a trial is completed.

Each class is taught by an LSVT BIG for LIFE certified physical or occupational therapist from Tampa General Hospital. LSVT BIG for LIFE is a group exercise class for people with Parkinson’s disease. The program includes 7 LSVT BIG Maximal Daily Exercises, practice of functional movements & activities, walking BIG! and other fun exercises with focus on amplitude of movements.

Parkinson’s Cycling

 Th 1:00 – 1:50 PM

 Th 1:00 – 1:50 PM

Riding an indoor, stationary bicycle has been shown to reduce Parkinson’s motor symptoms by as much as 35%. That’s a good reason to hop on a bike and go for a spin.

Sara Golding Scher and David Scher present

NAVIGATING PARKINSON'S WINTER SYMPOSIUM 2026

*An essential event for education, support, and
advancements in Parkinson's care.*

January 11, 2026

12 PM - 5 PM



522 N. Howard Avenue Tampa, FL 33606

For more information:

JewishTampa.com/Parkinsons



Virtual attendance on Zoom also available

OPEN AND FREE TO THE PUBLIC



Keynote Speakers



Robert Hauser, M.D.
Director, USF Health
Parkinson's Disease
and Movement
Disorders Center



Anat Mirelman, PhD
Director, APPD
Professor, Sackler
School of Medicine
and Sagol School of
Neuroscience at Tel
Aviv University



Ray Dorsey, M.D.
Director, the Center
for the Brain & the
Environment at the
Atria Health and
Research Institute,
Co-Author of The
Parkinson's Plan

SYMPOSIUM PARTNERS



Aufzien Family Center for
Prevention and Treatment
of Parkinson's Disease
Tel Aviv University



ACTIVE ADULTS

The Art of Movement: Tai Chi-Inspired Balance and Flexibility

 F 1:30 - 2:15 PM

Learn fluid movement forms to improve your balance, strength, and coordination. Rooted in the principles of Tai Chi, this class promotes mindfulness in motion, helping you cultivate inner calm while enhancing physical stability and body awareness.

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.

SUPPORT GROUPS

Facilitated by Licensed Clinical Social Worker Mindy Bursten.

Patient Support Group #1

Every other Monday 10:00 AM

Care Partner Support Group

Every other Monday 11:15 AM

Patient Support Group #2

Every other Monday 12:30 PM

Growth Group

Every other Friday 10:00 AM

Patient Support Group - Newly Diagnosed # 1

Every other Friday 11:30 AM

Patient Support Group - Newly Diagnosed # 2

Every other Friday 1:00 PM

Support groups are led by a licensed clinical social worker. They 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.

OTHER PARKINSON'S RESOURCES AT THE JCC

Art Viewing: The Cognitive Power of Art led by facilitators from the Tampa Museum of Art

First Tuesday of the month
12:00 - 1:00 PM

Art viewing can affect brain wave patterns and the nervous system, raise serotonin levels and enhance brain function. Tampa Museum of Art educators will lead participants through the exhibit and discuss the artwork. Docents will utilize guided looking techniques to inspire conversation and reflection amongst the participants. Participants will enjoy the therapeutic benefits of having conversations about art and learn from each other.

Brain Games: Jeopardy, Word Find, etc.

Th 10:15 - 11:15 AM

A fun morning of games and puzzles to engage the brain and sharpen the mind.

Free

Fine Motor Skills & Handwriting Workshop with Cathy Daumen

Tu 10:30 - 11:30 AM

Helps reinforce the brain signals to improve eye and hand coordination. This is a 3-step approach: exercising the large arm/hand muscles, working with the fine motor skills, and exercises to improve handwriting. All 3 areas need to work together for success.

Voice Therapy for Parkinson's (VTP) & Tremble Clefs™ Singing Group

 +  M/W 3:00 - 4:00 PM

Targets improving the strength of the vocal mechanism to allow for a strong, clear voice. VTP is based on vocal exercises that have proven to be effective for those experiencing voice/speech changes due to Parkinson's Tremble Clefs is voice therapy and mutual social support through singing, performance and the power of making music together.

Pre-registration required



To participate in any of the Active Adults programming, contact Pnina Levermore, Active Adults Program Manager, at 813.291.2253 or pnina.levermore@jewishtampa.com.

COMMUNITY + VOLUNTEER OPPORTUNITIES



CONNECT provides opportunities for the community to make meaningful connections to people, resources and Jewish experiences in the Tampa area. Open to people of all faiths and backgrounds.

For more information, or to RSVP for any CONNECT event, contact Noa Friedman at [813.291.2302](tel:813.291.2302), noa.friedman@jewishtampa.com or visit JewishTampa.com/Welcome.

CONNECT Coffee Hour

Su 10:30 AM - 12:30 PM | January 25

Address will be provided upon RSVP one week before the event

Come meet your Jewish community! Join us for a morning of coffee and conversation. All ages welcome. Food and beverage at your own cost.

Free to attend

GIVE BACK WITH *iVolunteer*

Enjoy monthly, inspiring hands-on volunteer experiences and social action opportunities to give back to your community, organized by the Tampa JCCs & Federation.

Visit JewishTampa.com/iVolunteer to learn about upcoming iVolunteer experiences this Winter and Spring. Experiences are open to people of all faiths and backgrounds.

For more information, please contact Noa Friedman at [813.291.2302](tel:813.291.2302) or noa.friedman@jewishtampa.com.

Martin Luther King, Jr. Nationwide Day of Service

M 1:00 - 3:30 PM | January 19
Feeding Tampa Bay
3624 Causeway Boulevard, Tampa

Join the Tampa JCCs and Federation's iVolunteer team as we honor the life and legacy of Dr. Martin Luther King, Jr. in our Day of Service. We'll be packing fresh produce for Feeding Tampa Bay, a nonprofit dedicated to providing food to nearly one million food-insecure families in the region.

This experience is open to people of all ages, faiths and backgrounds.

Free



Alyssa Cole 
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Andrea Banovic 
Event Center
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Angela Rhodes 
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Visit us on  ShannaandBryanGlazerJCC or  JCC on the Cohn Campus and  @ShannaandBryanGlazerJCC



JEWISH BOOK FESTIVAL TAMPA

Zoom-In Book Club

\$18 | Membership includes 5 Zoom conversations + custom gift

Register at [JewishTampa.com/Bookclub](https://www.jewishtampa.com/bookclub)



2026 ZOOM AUTHOR TALKS

-  January 11 | 7:00 PM
Meg Waite Clayton | *Typewriter Beach*
-  February 8 | 11:00 AM
Jennifer Coburn | *The Girls of the Glimmer Factory*

-  March 8 | 7:00 PM
Amy Blumenfeld | *Such Good People*
-  April 12 | 11:00 AM
Ayelet Tsabari | *Songs for the Brokenhearted*
-  May 17 | 7:00 PM
Mary Morris | *The Red House*

Generously sponsored by



22nd Annual President's Dinner



Douglas Murray

- Bestselling author of 8 books including “On Democracies and Death Cults: Israel and the Future of Civilization”
- Journalist and Associate Editor at *The Spectator*
- Founder of the Centre for Social Cohesion, the first think-tank in Britain to study extremism and terrorism
- Fearless advocate for Israel and the Jewish people

A New York Times best selling author, British journalist, and political commentator. He is Associate Editor at *The Spectator* and has written extensively on culture, identity, and politics.

Sunday, March 29, 2026

Hilton Tampa Downtown

211 North Tampa Street, Tampa, Florida

**PURCHASE TICKETS ONLINE AT: [JewishTampa.com/APD](https://www.jewishtampa.com/APD)
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