Support the not-for-profit you call home.

A place where memories are created and traditions are carried on. If you are like most of our members, you feel at home at the JCC. As you consider your philanthropic giving, please consider supporting your second home.

Make a gift today at jccrochester.org/give

Every gift ensures that we can continue to impact our community.

1,800 Members Scan into the JCC each Day
9,000 People Participate in Group X Classes each Month
38,000 Children’s Naps each Year
$500,000+ of Financial Aid Provided to Members
10,000 Patrons Watch CenterStage Plays each Year
52 Weeks of Shabbat Sing
53,560 Pounds of Clothing Donated each Year
270,000 Kosher Camp Meals Served at CSL
800 Participants in Jewish Book & Film Festivals
M&T BANK SPLASH POOL
Opens Monday, May 27!
See page 14 for details.

TABLE OF CONTENTS

Cultural Arts 4
Adult Enrichment 6
TechAge 8
Fitness 10
Health & Wellness 13
Aquatics 14
Youth & Families 15
Community 19
CULTURAL ARTS

SUMMER WITH CENTERSTAGE

**Ed Asner in A Man and His Prostate**
Written by Ed Weinberger
Saturday & Sunday, June 29–30
Presented by UR Medicine Urology
Legendary actor and 8-Time Emmy Award-Winner Ed Asner (Mary Tyler Moore Show, Lou Grant, Elf, Up!) comes to CenterStage Theatre in the comedy/drama A Man and His Prostate. A near tragedy is masterfully transformed into a one-man comedy.

Additional Support by Progressive Implantology and Periodontics
Member: $45    Non-Member: $49.50
Student: $30

**Newsies, The Musical**
Music by Alan Menken, Lyrics by Jack Feldman
Book by Harvey Fierstein
Based on the Disney film written by Bob Tzudiker and Noni White
July 20–28
Set in turn-of-the-century New York City, Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a band of teenaged “newsies.”

Member: $29    Non-Member: $33
Student: $20

**Musical Theatre Boot Camp:**
A Five-Day Musical Theatre Intensive
August 5–9, 9am–4pm
Teens 14+ and adults
Learn how to prepare for and nail your audition in a supportive, inspiring and fun environment.

Member: $325    Non-Member: $375

**Jewish Film Festival**
Celebrating 19 years of bringing award-winning Jewish films from all around the world to Rochester. Featuring new Festival preview event, parties, visiting filmmakers, Havdalah at the Mansion, post-film discussions, and more.

All Festival Passes on sale now!
Complete Film Festival schedule available June 1 at rjff.org.

For more information, contact the Cultural Arts Department, mcataldi@jccrochester.org, ext. 235.
2019–2020 CENTERSTAGE SEASON

Worlds collide for both humorous and dramatic effect in the CenterStage Theatre 2019–2020 Season, including plays and musicals that thematically explore the ways ethnic, cultural, religious, political and economic differences can unite and divide families, couples and co-workers.

Season Sponsor

**Division Street**
World Premiere Comedy-Drama by Jason Odell Williams
**November 2–17, 2019**
A Hollywood couple’s interracial marriage is put to the test when one of them is nominated for a Golden Globe for playing a racist cop. A fresh and insightful look at stereotypes and cultural appropriation from the author of *Church & State*. Starring David Andreatta, Esther Winter and D. Scott Adams.

**Raging Skillet–The True Life Adventures of a Punk Rock Caterer**
Area Premiere Comedy by Jacques Lamarre
Based on the book by Chef Rossi
**December 7–22, 2019**
Once Chef Rossi’s mother discovered the microwave, home-cooked meals became a thing of the past. What starts as Rossi’s rebellion against her Orthodox Jewish mom ends with her becoming NYC’s #1 punk rock caterer in this hilarious and irreverent comedy... complete with on-stage cooking and samples for the audience.

**Hit Makers...Origins of Classic Rock**
Written by Jack Garner
Musical Arrangements and Direction by Casey Filiaci
**February 1–16, 2020**
The fusion of British rock-n-roll from The Beatles, The Rolling Stones and The Who with American bands like The Doors, CCR and Bob Segar launched a new era of rock stars that dominated the charts in the late 60s and early 70s. An all-new show.

**Sweat**
Area Premiere–2017 Pulitzer Prize-Winner by Lynn Nottage
**March 21–April 5, 2020**
A group of factory workers share laughs, drinks and dreams of a better life until layoffs and picket lines threaten their ability to stay afloat. Based on interviews with residents of Reading, PA, Sweat is a raw, humorous and powerful look at the human fallout of a global economy.

**Mamma Mia!, the Musical**
The Smash Musical Hit Based on the Songs of ABBA
Music and Lyrics by Benny Andersson & Björn Ulvaeus
Book by Catherine Johnson
**May 2–17, 2020**
Over 60 million people worldwide have fallen in love with the characters, the story and the ABBA songs that make *Mamma Mia!* the ultimate feel-good show. A hilarious and tune-filled story of a romance, love and a young bride in search of her birth father to walk her down the aisle.

Tickets and Subscription information available at the Main Desk or jcccenterstage.org

**Regular Ticket Prices**
Member: $29  Non-Member: $33  Student: $20
Subscribe and save on every ticket!

**COMING THIS FALL AT TYKES...**

**Pete the Cat**
September 26–28

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ADULT ENRICHMENT

ART

The Art of Painting
Mondays, July 1–August 26, 10am–2pm
Art Studio*
An open studio for painters of all levels and all medium, with instructor support available for questions and guidance.
Instructor: Allison Roberts
Member: $63  Non-Member: $90
Drop-in Rate: $9  Non-Member: $12

Marquetry
Wednesdays, 9am–1pm; Art Studio*
An art form made from wood veneer glued together to form a picture or pattern. Drop-in to learn this craft and create your own masterpiece.
Facilitator: Nadia Sanow
Free

Open Craft Studio
Thursdays, 9am–2pm; Art Studio*
An open craft studio for crafters of all medium. Please bring your own supplies.
Facilitator: Norma Gingold
Free

Coloring and Conversation
Mondays, July 8–29, 10–11am
Yiddish Culture Center
Join the adult coloring craze. Relax and unwind with themed coloring sheets and conversation with new friends. Supplies provided.
Member: Free  Non-Member: $20

*Classes that meet in the Art Studio will move to Aud A for July & August.

LEARNING & DISCUSSIONS

AARP Safe Drivers Class
Monday & Wednesday, 9am–12pm; Conference Room
• June 17 & 19
• July 22 & 24
• August 19 & 21
Earn discounts on your auto insurance with the NYS-approved driver safety course. Payment must be made by check to AARP on the first day of class.
Instructor: Patrick Fox
AARP Member: $20  AARP Non-Member: $25

Current Events
Wednesdays, 11am–1pm; Conference Room
Weekly opportunity to discuss and analyze important issues of the day. All opinions welcome, but please note this is not a forum for debates.
Facilitator: Bob Schoenfeld
Supported by the Ory Pranger Fund.
Free

MIT: Men in Transition
Tuesdays, 8:30–10am; Aud A
An informal group of retired and almost-retired men who get together for good conversation, engaging presentations, bagels, and coffee.
Free

MIT Special Interest Groups
• Financial Group
  First Tuesday of the month, 10:15am
• Computer Group
  Second Tuesday of the month, 10:15am
Free

Book Club
First Monday of the month, 1pm
Yiddish Culture Center
Books selected by the group. Contact Jen Fox to learn about next month’s selection.
Facilitator: Michael Miller
Free

See page 13 for Health & Wellness Programs
DANCE

Learn to Salsa
Tuesdays, June 4–25, 7–8pm; Aud C
Salsa is a Latin dance style that can be enjoyed by all. This is a beginner class taught in an easy-to-understand manner with fun as the goal. No experience or partner required!
Instructor: Heidi Kraft
Member: $40    Non-Member: $48

International Folk Dancing
Mondays, 7:45–9:45pm; Auds
A great way to exercise, socialize, hear some great music, and learn a bit about the cultures of other countries.
Instructors: Alene Boyar and Sarada George
JCC or Group Member: $7/Week
Non-Member: $8/Week

Israeli Folk Dancing
Sundays, Dance Studio
Beginner, 6:30–7pm
Open dancing and instruction, 7–9pm
Explore and celebrate Israeli music and culture through dance.
Instructor: Max Steiner
Member: Free    Non-Member: $6

Special Event!: 22nd Annual Rikud Rochester Israeli Dance Workshop
Saturday, August 3, 7pm–2am
Sunday, August 4, 1–5pm
The party continues with regular Sunday night open dancing, 7–9pm.
An annual Israeli Dance Workshop and Marathon with guest programmer/teacher Ken Avner! Dance your favorites and learn the latest hits in our relaxed, friendly atmosphere.
$50 Entire Weekend
$30 Single Day Saturday
$25 Single Day Sunday

For more information about Adult Enrichment, contact Jen Fox at jfox@jccrochester.org or ext. 214.

TRAVEL

Travel to South Africa!
January 27–February 3, 2020
We are pleased to be partnering with JCC Metro West (West Orange, NJ) to expand our travel offerings. Enjoy the week exploring the beauty and history of South Africa. Spend time in Johannesburg; Kruger National Park, South Africa’s premier game sanctuary; and Cape Town and the surrounding Township, including sites featuring its local Jewish community. Price includes round trip airfare from JFK. Learn more at https://jccmetrowest.org/programs/adult-enrichment/trips/south-africa-trip/#overview
Member: $3,950    Non-Member: $4,100
For more information, contact Joy Getnick at jgetnick@jccrochester.org, ext. 239.
TechAge is an all-volunteer program that offers technology classes for adults, taught by adults. To learn more or for help with class placement, contact TechAge at techage@jccrochester.org or ext. 463.

WINDOWS CLASSES

Get to Know Windows 10: The Basics
Sec. 111, Thursdays, July 11–August 1
9:30–11:30am
New to Windows 10 or need a refresher? You’ll learn the essential skills you need to get the most from your PC: how to use and customize the Start menu, use free word processing tools, search using Cortana voice search, manage your files, use the Internet, download and use apps from the App Store, and more.
Prerequisite: Windows PC running Windows 10.
4-Lessons. Fee: $55. Includes purchased text.

Get to Know Windows 10: The Applications
Sec. 412, Thursdays, May 30–June 20
9:30–11:30am
Sec. 112, Thursdays, August 8–29
9:30–11:30am
This class builds on the skills taught in “Get to Know Windows 10: The Basics.” You will learn to safely use your PC with popular apps to access news, information and entertainment; use the internet and email; work with photos and backup your computer and files.
Prerequisite: “Get to Know Windows 10: The Basics” or equivalent.
4-Lessons. Fee $45. Optional purchased text $15.

Using Microsoft Excel
Sec. 422, Mondays, June 3–24, 2:30–4:30pm
Learn the basics of creating simple spreadsheets to organize, calculate and display data. These spreadsheets can be used to create and analyze household budgets, financial portfolios, address lists and endless other practical applications. Skills learned apply to all recent versions of Microsoft Excel. Course taught on a Windows computer, but applicable to any computer.
Prerequisite: Basic computer skills. A USB flash drive is required for this class.
4-Lessons. Fee $45.

Using Gmail & Google Apps
Sec. 431, Thursdays, June 6 & 13, 2:30–4:30pm
Sec. 130, Tuesdays, July 9 & 16, 2:30–4:30pm
Sec. 131, Tuesdays, August 6 & 13, 9:30–11:30am
Experts say that Gmail is the best free email service. In this class you will find out why Gmail is for you and how to switch to it, setup your account and use it. Already using Gmail? You’ll learn how to take advantage of its many useful features. You will also learn to use many of the free Google Apps that come along with your Gmail account. Course taught on a Windows computer, but applicable to any computer.
Prerequisite: Basic computer skills.
2-Lessons. Fee $25.

Computer & Internet Safety
Sec. 433, Tuesday, June 18, 9:30–11:30am
Sec. 132, Thursday, July 25, 2:30–4:30pm
Hackers want to steal your money and your personal information. In this class, you will learn about the threats on the internet and in email and learn how to protect yourself. Course taught on a Windows computer, but applicable to any computer.
Prerequisite: Basic computer skills.
1-Lesson. Fee $15.
Backup Your Computer
Sec. 434, Thursday, May 30, 2:30–4:30 pm
Sec. 435, Tuesday, June 25, 9:30–11:30 am
Sec. 133, Thursday, August 1, 2:30–4:30 pm
Hard drives fail, computers get hacked. We now store our family photos and other irreplaceable documents on our PCs. This class will show you how to protect your important files with simple backup techniques. Course taught on a Windows computer, but applicable to any computer.
Prerequisite: Basic computer skills.
1-Lesson. Fee $15.

TABLET & SMART PHONE CLASSES

Get to Know Your Android Phone or Tablet: Beyond the Basics
Sec. 441, Wednesdays, June 5–26, 2–4pm
Get more proficient using your Android tablet or phone. Learn more advanced skills including texting techniques, use of various maps apps, use of widgets, maintenance and file management, and more.
Prerequisite: “Get to Know your Android Phone or Tablet: The Basics.”
4-Lessons. Fee $45. Optional purchased text $15.

Get to Know Your iPad or iPhone: Intro
Sec. 140, Wednesdays, August 14 & 21, 2–4pm
Get comfortable using your iPad or iPhone. You will learn iPad and iPhone basics, including how to join a wireless network, use the onscreen keyboard, and much more. Access the App Store and learn how to find, install, and manage apps on your device.
Prerequisite: iPad tablet or iPhone.
2-Lessons. Fee $35.

Get to Know Your iPad or iPhone: Daily Life Basics
Sec. 451, Fridays, May 31–June 14, 2–4pm
Integrate your iPad or iPhone into your daily life. “Get Organized” by learning how to manage your contacts and calendar. “Stay in Touch” with family and friends by using both basic and some advanced email techniques and by making video calls.
Prerequisite: “Get to Know Your iPad or iPhone: Intro.”
3-Lessons. Fee $35.

Get to Know Your iPad or iPhone: Using Safari
Sec. 452, Fridays, June 21 & 28, 2–4pm
This course introduces you to many of the features included in Safari, Apple’s standard web browser. Learn how to search for and navigate to websites, manage multiple tabs, bookmarks, and more.
Prerequisite: “Using your iPad or iPhone: Intro.”
2-Lessons. Fee $25.

Get to Know Your iPad or iPhone: Messages
Sec. 141, Wednesdays, July 10 & 17, 2–4pm
This course introduces you to many of the features included in Messages, Apple’s standard texting tool. Learn how to text with special effects, photos, emojis, images and much more.
Prerequisite: “Get to Know Your iPad or iPhone: Intro.”
2-Lessons. Fee $25.

Get to Know Your iPad or iPhone: Tips & Tricks
Sec. 142, Wednesday, July 24, 2–4pm.
This course presents useful “tips & tricks” to make your device easier to use and more useful to you. Learn about several cool features and shortcuts you didn’t know existed.
Prerequisite: “Get to Know Your iPad or iPhone: Intro.”
1-Lesson. Fee $15.
PERSONAL & GROUP TRAINING

Personal Training Packages
Let us help you on your fitness journey. New Personal Training sessions available for purchase in one-month, six-month continuous, student, and partner packages. Register for single month and partner packages on-line. For six-month continuous and student packages, please register at the Main Desk. For more information, contact Rachel Maxon at rmaxon@jccrochester.org, ext. 265.

One Month Packages (60 minute Sessions)
1 Session/Week: $208 ($52 each)
2 Sessions/Week: $384 ($48 each)
3 Sessions/Week: $552 ($46 each)

One Month Packages (30 minute Sessions)
1 Session/Week: $108 ($27 each)
2 Sessions/Week: $200 ($25 each)
3 Sessions/Week: $288 ($24 each)

Continuous Packages (60 minute Sessions)
1 Session/Week: $180 ($45 each)
2 Sessions/Week: $336 ($42 each)
3 Sessions/Week: $456 ($38 each)

Continuous Packages (30 minute Sessions)
1 Session/Week: $96 ($24 each)
2 Sessions/Week: $176 ($22 each)
3 Sessions/Week: $240 ($20 each)

Please note: Packages are available to JCC members only. Six-month minimum commitment is required for continuous packages. For details visit jccrochester.org/personaltraining.

Level Up!
Ongoing Small Group Personal Training
Kickboxing, Bootcamp, Heavy Lifting, and more. Download the Mindbody app for a full schedule. For more information, contact Rachel Maxon, at rmaxon@jccrochester.org, ext. 265.

Member: $80/Month
Non-Member: $120/Month

Take the CHOICE Challenge
June 2–29
Earn point for doing fitness activities of interest. Compete against other members for great prizes. Price includes the competition, unlimited small group training, and a t-shirt.
Member: $125  Non-Member: $150

Mixed Levels Pilates Group Reformer
Offering all the benefits of Pilates to help you work on flexibility, balance and strength, all while creating a long, lean physique. We offer small group classes with a maximum of four participants. For more information, contact Niki Costantino, ncostantino@jccrochester.org, ext. 271.
Member: $150/Session
Non-Member: $180/Session

Session 1
• Mondays, June 24–July 29, 9:15–10:15am
  Instructor: Carrie Emerson Block
• Tuesdays, June 25–July 30, 6:30–7:30pm
  Instructor: Bev Hillabrandt
• Wednesdays, June 26–July 31, 9:15–10:15am
  Instructor: Carrie Emerson Block
• Thursdays, June 27–August 1, 6:30–7:30pm
  (Please note there will be no class July 4)
  Instructor: Carrie Emerson Block
• Fridays, June 28–August 2, 9:15–10:15am
  Instructor: Carrie Emerson Block

Session 2
• Mondays, August 5–September 9, 9:15–10:15am
  Instructor: Carrie Emerson Block
• Tuesdays, August 6–September 10, 6:30–7:30pm
  Instructor: Bev Hillabrandt
• Wednesdays, August 7–September 11
  9:15–10:15am
  Instructor: Carrie Emerson Block
• Thursdays, August 8–September 12, 6:30–7:30pm
  Instructor: Carrie Emerson Block
• Fridays, August 9–September 13, 9:15–10:15am
  Instructor: Carrie Emerson Block
SUMMER 2019 PROGRAMS

25th Annual Summer Solstice Walk
Sunday, June 23, 12:30–2pm
Meet at the front desk for the Annual JCC Summer Solstice Walk to Pittsford Dairy in Schoen Place. Wear weather-appropriate clothing. Bring water and spending money for Pittsford Dairy.
Instructor: Bev Hillabrandt
Free. Open to All.

Kundalini Yoga with Gong Bath Meditation
Sundays, July 14–August 18, 2:15–3:45pm
Yoga Studio
This powerful method of releasing resistance and opening new pathways to our physical, mental and spiritual energy flow is available to all of us. We will combine the technology of Kundalini Yoga with the awesome transformative experience of a Gong Bath to take us on a journey of healing awareness.
Instructor: Sat Dharm Singh Khalsa
Member: $48 Non-Member: $72
Drop-in: $15 Non-Member: $10

Stretching the Limits for Parkinson’s
A group exercise class for individuals with varying stages of Parkinson’s disease. Improve flexibility, increase body awareness, and build strength.
Functional exercises included. Modifications shown to meet individual needs. Medical clearance is required to participate. Contact Danielle Phillips at ext. 225 to schedule an evaluation prior to class registration.
Member: $100/Session
Non-Member: $124/Session

Rosh Chodesh Yoga
Thursday, August 1, 5:45–6:45pm; Yoga Studio
Celebrate Rosh Chodesh, the beginning of the new Jewish month, with an evening of yoga, relaxation, meditation, and stretching. Reconnect with your inner self, reset, and look positively to the future as we welcome the New Moon and all the possibilities of the month to come. Open to all levels and faiths.
Instructor: Liza Savage-Katz
Member: Free Non-Member: $10

Level 2
Tuesdays & Thursdays, 2:30–3:30pm
Session 1: June 20–August 15
Session 2: August 20–October 15
(Please note there will be no class October 1)
Instructor: Christy Shaffer

Level 3
Tuesdays & Thursdays, 3:30–4:30pm
Session 1: June 20–August 15
Session 2: August 20–October 15
(Please note there will be no class October 1)
Instructor: Christy Shaffer

For more information, contact Niki Costantino at ncostantino@jccrochester.org or ext. 271.

Music, Mindfulness & Motion
Tuesdays & Thursdays, July 9–August 15, 1–2pm
Provides people with early to mid-stages of dementia an opportunity to exercise with others in a safe and nurturing environment. Classes focus on aerobic exercise, strength conditioning, and balance. Caregivers welcome.
Instructors: Carm Heidt & Kathy Mulvehill
Free

SPECIALTY FITNESS

Specialized support for individuals diagnosed with Parkinson’s or dementia. See page 14 for aquatics based arthritis program, Joints in Motion.

Boxing for Parkinson’s
Fridays, 12–1pm
• Session 1: June 14–July 19
• Session 2: July 26–August 30
A non-contact boxing class improving agility, speed, muscular endurance, accuracy, balance, hand-eye coordination, footwork and strength to defend against and overcome PD.
Instructor: Michael Carson
Member: $72/Session
Non-Member: $102/Session

Generously funded by the Konar Family Foundation
18 and Over Basketball
Wednesdays, June 5–August 7, 6:30–9:30pm
Gymnasium
This league will run full court, 5v5, with 6–7 person rosters. Register your entire team or as a free agent and be placed on a team.
For more information contact, Rachel Maxon at rmaxon@jccrochester.org or ext. 265.
Member: $90 Non-Member: $110

Pickleball 101-Core Skills Class
Session 1: Tuesdays, June 4–25, 12–1pm
Session 2: Tuesdays, July 2–23, 12–1pm
Session 3: Tuesdays, August 6–27, 12–1pm
Gymnasium
Ages 18+
Focusing on safety, ready position, etiquette, continental grip, player positioning, split and cross stepping, serving, dinking, and game play with point-to-point analysis for all skill levels.
Instructor: Jenn Murphy
Member: $40 Non-Member: $65

Pickleball 201-Strokes & Strategies Class
Session 1: Tuesdays, June 4–25, 12–1pm
Session 2: Tuesdays, July 2–23, 12–1pm
Session 3: Tuesdays, August 6–27, 12–1pm
Gymnasium
Ages 18+
Pickleball clinic focusing on strokes-ground, volley, overhead, lob, drive, 3rd shot, dinking, drop shot selection. Lateral moving and partner shadowing.
Game play with point-to-point analysis for all skill levels.
Instructor: Jenn Murphy
Member: $40 Non-Member: $65

For more information about pickleball, contact Brian Dengler at bdengler@jccrochester.org or ext. 248.

Family Cook-Out & Lawn Games
Tuesday, July 23, 5–7pm
Best for children aged 4+
Join us on the lawn for an evening of classic lawn games and summer fun.
Kosher cook-out with vegetarian option.
Gluten-free and other food sensitive options available by advanced request.
Registration required by Sunday, July 21.
$7/Person
Guests: $9/Child, $12/Adult

Register online or at the Main Desk.
For more information, contact Joy Getnick at jgetnick@jccrochester.org or ext. 239.
SUMMER 2019 PROGRAMS

Healthy Nails & Feet
Thursday, June 13, 1pm; Room 2
Learn the importance of proper foot care related to quality of life. Karen Boss, RN will address foot problem risk factors, normal aging changes, fall prevention and appropriate footwear.
Instructor: Karen Boss, RN, NYS Licensed Nail Technician and Member, American Foot Care Nurses Association.
Member: Free    Non-Member: $10

Moving Right Along: The Importance of Bowel Health
Tuesdays, 1–2:30pm
• Session 1: June 18
• Session 2: July 30
Our gut is the entryway for essential nutrition to fuel every cell in our body. When these systems don’t work properly our health can be affected in myriad ways, including IBS-like symptoms, fatigue, nutrient deficiencies and much more. Develop an understanding of why these issues occur and how to prevent them.
Instructor: Adrienne Markus, MS, CHHC, AADP
For more information, contact Niki Costantino at ncostantino@jccrochester.org or ext. 271.
Member: $16/Session    Non-Member: $20/Session

Ask the Audiologist
Wednesday, June 19, 1pm; Aud C
Let Rochester Hearing & Speech Center help demystify hearing health as we age. Learn about hearing tests, find out why hearing aids are not scary, and learn what you can do to prevent hearing loss for yourself, your children, and your grandchildren.
Instructor: Debbie Sanderson, Qualified Audiologist Specialist
Member: Free    Non-Member: $10
For more information, contact Jen Fox at jfox@jccrochester.org or ext. 214.

GVPT Lectures & Screenings
Tuesdays, Conference Room
• June 4: Plantar Fasciitis Lecture, 12–1pm
• June 11: Plantar Fasciitis Screening, 12–2pm
• July 2: Urinary Incontinence Lecture, 12–1pm
• August 6: Shoulder Lecture, 12–1pm
• August 13: Shoulder Screening, 12–2pm
Physical Therapist: Sarah Lipinski, MS, PT
Free, no need to sign up for lectures.
For the screenings, sign up for a 20 minute time slot at the Main Desk.

ADULT WELLNESS SERVICES

Spas
JCC members who take advantage of our on-site Men’s and Women’s Spa can leave their gym bag at home and still arrive for their workout with everything they need—already here! For an additional fee, Spa Members are given their own personal locker, which includes a bag for our on-site laundry service. Leave your workout clothes in the provided bag in your locker, and we’ll wash and dry them and have everything ready for you when you return for your next visit. You can also enjoy our private exercise area, steam room, whirlpool, dry sauna, bath towels, and more.
For more information, visit jccrochester.org/adult/spas or contact Brian Dengler at bdengler@jccrochester.org, ext. 248.

Massage, Reiki, & Health Coaching
The JCC offers on-site Massage Therapy (Swedish and Deep Tissue/Sports), Craniosacral Therapy, Reiki, and Health Coaching. Appointments are booked directly with our trained providers. For more information, visit jccrochester.org/adult/massage.

Physical Therapy
Genesee Valley Physical Therapy & Sports Rehab (GVPT) is a privately owned outpatient orthopedic physical therapy practice, now conveniently available right here within the JCC. To learn more or schedule an appointment, contact Sarah Lipinski, MSPT, at ext. 315.
AQUATICS

SUMMER 2019 PROGRAMS

American Red Cross Lifeguarding
Thursday, June 6, 4:30–9:30pm and Saturday/Sunday, June 8–9, 8am–6pm
Ages 15+
Students must be at least 15 years old by the last day of class, and pass a swimming skills test of 300 yards and extract a brick in deep water. Once students are enrolled, they’ll receive the latest science-based training on how to create a safe swimming environment and, if necessary, help save a life.
Member: $200    Non-Member: $250

Accelerated Group Swim Lessons
Monday–Friday, Classes at 4, 4:30, 5, and 5:30pm
Ages 4–14
Just in time to prepare for summer! Students will rapidly improve their swimming abilities after being enrolled in five consecutive-day 30-minute classes. We offer six levels for children to explore, learn and achieve aquatic safety and swim efficiency in skill-appropriate groups.
Member: $70    Non-Member: $100

• Session 1: June 10–14
• Session 2: June 17–21
• Session 3: July 8–12
• Session 4: July 15–19
• Session 5: July 29–August 2
• Session 6: August 5–9

Adult Learn-to-Swim Clinic
Mondays, 6–7pm
Weekly Stand-Alone Classes, May 20–June 24
(No Class May 27)
Ages 18+
Clinics will incorporate the psychology and physiology of swimming, and conquering your fears/anxieties around water. All beginning levels welcome.
Member: $22/Week    Non-Member: $28/Week

For more information about Aquatics, contact Renee Rosenkranz, rrosenkranz@jccrochester.org or ext. 289.

Adult Stroke Technique Clinics
Thursdays, 6–7pm
Weekly Stand-Alone Classes, May 23–June 27
Ages 18+
The series of clinics for intermediate, proficient and triathlete adult swimmers looking to improve their swimming stroke technique. Top level collegiate swim coaches in the area will analyze and prescribe individualized technique drills to improve efficiency in the water. Most levels welcome; must be able to swim 100 yards (4 laps).
Member: $22/Week    Non-Member: $28/Week

Private & Semi-Private Swim Lessons
We offer private one-on-one as well as semi-private (2–3 participants) swim lessons for all abilities and ages with our trained aquatic swim instructors.

30-Minute Private Lessons
• 1 Lesson Member: $30    Non-Member: $40
• 5 Lessons Member: $140   Non-Member: $185
• 10 Lessons Member: $260   Non-Member: $350

30-Minute Semi-Private Lessons
(Price is per participant)
• 1 Lesson Member: $20    Non-Member: $30
• 5 Lessons Member: $160   Non-Member: $140
• 10 Lessons Member: $160   Non-Member: $260

Joints in Motion
Tuesdays, 11:15am–12pm
• Session 1: June 4–25
• Session 2: July 2–30
• Session 3: August 6–27
Taught by a certified arthritis instructor, this water-based class is ideal for anyone suffering from joint pain, range of motion or flexibility problems.
Member: $30    Non-Member: $50

M&T Bank Splash Pool Opening Day
Monday, May 27, 10am
Perfect for the little ones, the outdoor splash pool has a maximum depth of 18” and includes spray fountains and water toys. Visit jccrochester.org for hours of operation.
YOUTH & FAMILIES

PARENTING

Parenting Village Drop-In Support Group
Sundays, June 23, July 21, & August 18, 9:30am Conference Room
For parents of children 4–10 years old.
Facilitator: Parenting Village, a program of Jewish Family Service.
Free

PJ LIBRARY

The JCC is a proud partner of Sunday Splash, part of the year-round Sunday Mornings with PJ Library series. Join us at the pool this July/August, or participate in PJ Library’s other great summer programs this June!

Sunday Splash with PJ Library
Sundays July 14 & August 18, 10–11am M&T Bank Splash Pool
Best for children aged 18 months–5 years.
Join us for open swim and summer fun.
JCC Member: Free  Guest Family: $5

PJ Library Helps Out at the Farm
Sunday, June 2, 10am–12pm; Springdale Farm 700 Colby St., Spencerport, NY 14559
Join other PJ Library families and help with spring cleanup of Springdale Farm. Dress appropriately to clean the flower beds and trails. Crafts, snacks, and a visit to see the farm animals will also be provided.
Free

PJ Library Goes to the Zoo
Thursday, June 13, 6–8pm; Seneca Park Zoo 2222 St. Paul St., Rochester, NY 14621
Celebrate the end of the school year with an evening at the Zoo with PJ Library. Enjoy viewing the animals after the park has closed. Small entrance fee per family (TBD). Kosher-style vegetarian dinner included.

Register for PJ Library programs with Biffy Borg at bborg@jewishrochester.org.

Member Family Cook-Out & Lawn Games
Tuesday, July 23, 5–7pm
Best for children aged 4+
Join us on the lawn for an evening of classic lawn games and summer fun. Kosher cook-out with vegetarian option. Gluten-free and other food sensitive options available by advanced request.
Registration required by Sunday, July 21.
$7/Person
Guests: $9/Child, $12/Adult
For more information, contact Joy Getnick at jgetnick@jccrochester.org or ext. 239.

DAY CAMP SPECIAL EVENTS

Calling all families! Celebrate the first season of the NEW JCC Day Camp with these special events.

Playground Party!
Sunday, June 2, 10am–12pm
Best suited for families with children aged 4–12.
All are welcome to join us on our brand new playground for a morning of fun and play. Feel free to bring a picnic lunch for your family.
Free

JCC Day Camp Open House
Sunday, June 23, 1–3pm
JCC Day Camp Open House for campers registered for summer 2019. Come meet Day Camp leadership and counselors and take a walk around Camp.
Free. Registration requested.

JCC Day Camp Family Shabbat
Friday, July 19, 5–6:30pm; Pavilion
Join us for a drum circle camp-style Shabbat service. Bring a picnic dinner to enjoy after services.
Free. Registration requested.

For more information please contact Hanna Berga, Camp Registrar, hberga@jccrochester.org, ext. 273, or Lori Field, JCC Day Camp Director, lfield@jccrochester.org, ext. 291.
PIPS for kids

PlayGym, In Zone, PiT, & SitterService
Drop children off to play, stay active, and make new friends.

Family membership is required. Participants must be signed in/out by an adult remaining in the building. Two-hour time limit observed.
For hours of operation, please visit jccrochester.org.

The PiT
Evening and weekend destination exclusively for JCC members grades 5–8. Have fun, socialize and refuel. Youth under the age of 13 must be signed in/out.

In Zone
Our In Zone youth fitness center is an interactive area designed for kids ages 6–11 where our youth members have access to kid-size cardio circuit equipment, Wii, XBOX Kinect, and more.

PlayGym
An entire room dedicated just for children ages 2–10. Children under age 4 must be accompanied by a parent, guardian, or sibling (grade 7+) who will remain with the child in the PlayGym area. Children must be potty trained. Socks must be worn.

SitterService
Our friendly staff cares for children ranging from six weeks to four years of age. You can spend time working out, visiting the café, taking a class, or enjoying the theatre. No reservation is required.
LOUIS S. WOLK JCC OF GREATER ROCHESTER

DAY CAMP
Boundless Adventure + Forever Friendships

Be the first to experience the ALL-NEW JCC Day Camp!

GRADES K–6
CAMP BEGINS JULY 1

Swimming Music Nature Drama Arts & Crafts Sports
Jewish Culture Friendship Adventure

REGISTER ONLINE AT JCCROCHESTER.ORG/DAYCAMP

CAMP SCHEDULE
Before Camp Care: 7–9am
Camp Day: 9am–4pm
After Camp Care: 4–6pm

Camp Day
$300/Week    Member: $250/Week

CONTACT US AT (585) 461-2000
JCC Day Camp Director
Lori Field, lfield@jccrochester.org or ext. 291.

TYKes KidStage Theatre Director
Freyda Schneider, fschneider@jccrochester.org or ext. 269.

JCC Camp Registrar
Hanna Berga, hberga@jccrochester.org or ext. 273.

GRANDS K–6 TRADITIONAL CAMP
• July 1–August 23 (8 Weeks)
  No camp July 4; week 1 is prorated.

GRANDS 3–6 TYKes KIDSTAGE
• July 8–12 Move Over QVC!
• July 15–26* Seussical
• July 29–August 2
  The Amazing Technicolor Workshop
• August 5–August 16* DeepEnd Update
• August 19–August 23
  Once Upon a Bedtime: A Very Original Fractured Fairy Tale

*Two week program, M–F

Swimming Music Nature Drama Arts & Crafts Sports
Jewish Culture Friendship Adventure

Join us for the Summer!

Family Camp
Friday, August 23–Sunday, August 25
Anything you can do at summer camp you can do at Family Camp, but together.

Learn more at campsenecalake.com
For more information, contact Staci Hiller at shiller@jccrochester.org or ext. 464.

jccrochester.org (585) 461-2000  |  17
CHILDCARE

Wolk Children’s Center
8 Weeks–Pre K
Now enrolling
The JCC provides high-quality early childhood education for all children with passionate teachers, small class sizes, and balanced curriculum. Limited spots are still available for the 2019–20 school year. For more information about programming or to schedule your tour contact Denise Johnson, djohnson@jccrochester.org or ext. 505.

Gesher Before & After School Care
Grades K–6
Open enrollment begins May 13 for current participants, June 3 for new families.
Keep your child thinking, playing, learning, and creating when they’re not in the classroom. Gesher is here to pick up where school leaves off. We provide a structured framework and safe, nurturing environment with a range of engaging activities.
For more information about programming or to schedule your tour contact Susan Zambito, szambito@jccrochester.org or ext. 263.

FACILITY RENTALS

Celebrate at the JCC
Plan your birthday party, conference, or meeting at the JCC. We also host weddings and b’nei mitzvah. Reserve your date today! For more information, contact us at events@jccrochester.org or ext. 268.

Photo Credit: John Schlia
Jewish Bereavement and Support Group
Mondays, 12:30–2pm; Lipson Lounge
Find hope and healing after loss.
Free. All are welcome.
Sponsored by Jewish Family Service

NYS Health Marketplace
The JCC is a sign-up location for health insurance through the NYS Marketplace! Call CCSI at 613-7662 to make an appointment.

Give Back with the J!
The JCC is proud to be a drop-off site for gently used clothing, diapers, food, school supplies, and more. We aim to connect those who seek to give with those who seek to receive, and are grateful to our many community partners—St. Pauly Textile, Hadassah, Jewish Family Service, Pencils & Paper, Brighton Food Cupboard, Junior League, and more—who help us achieve that goal. Please see drop-off sites located throughout the building, and look for our clothing shed in the parking lot! For more information about a specific collection, please contact Joy Getnick, jgetnick@jccrochester.org, ext. 239.

Rochester Jewish Sports Hall of Fame Annual Event
Sunday, June 2, 2–4pm; JCC Auds
2019 Honoree Jeremy Glick, a National Collegiate Judo Champion and national hero due to his brave actions to thwart the terrorists aboard United Airlines Flight 93 on 9/11. For more information and to purchase tickets, visit rjs-hof.com.

American Red Cross Blood Drive
Wednesday, July 2, 2–7pm; Aud A
Come help save a life! Advance registration preferred via 1-800-RED-CROS (1-800-733-2767). Walk-ins welcome!
how will you assure
JEWISH TOMORROWS?

LOUIS S.
WOLK JCC
OF GREATER
ROCHESTER

is proudly committed to
creating the fabric of
our Jewish future.

Create with us. Leave your
legacy today for our shared
Jewish tomorrows.

For more information, contact
Debra Walker at
dwalker@jccrochester.org
or ext. 258.

SEE OUR PARTNER AGENCIES AND LEARN MORE AT
WWW.JEWISHROCHESTER.ORG/LIFEANDLEGACY