

We're Looking  
Forward to...

The Great JCC SleepUnder  
Jacqui's Jewish Table  
Tai Chi–Yang 24 Form  
Biddy Tee-Ball  
SummerStage

REGISTER  
NOW  
FOR SUMMER  
CAMP!

# JEWISH HOLIDAYS

## Passover

**Sundown, April 22–Sundown, April 30**

Passover is the holiday that celebrates the Jewish people's freedom from slavery. Every year the Jewish people retell the Exodus story, going from slavery to freedom, through participation in a Seder, a ritualized festive meal that is filled with symbolism, songs and interactive participation. The central Passover practice is a set of intense dietary changes, mainly the absence of hametz, or foods with leaven.



## **Yom HaShoah – Holocaust Remembrance Day** **Sundown, May 5–Sundown, May 6**

Yom HaShoah is a memorial day for those who died in the Shoah or Holocaust. Shoah, which means "catastrophe" or "utter destruction" in Hebrew, refers to the atrocities that were committed against the Jewish people during World War II, the largest manifestation of antisemitism in recent history. Yom HaShoah reminds us of the horrors that Jews and other persecuted groups faced: forced labor, starvation, humiliation, and torture, which often resulted in death. It was a systematic effort to wipe out an entire population from the face of the earth. **Yom HaShoah Ceremony: Sunday, May 5, 7pm; Auds**

## **Yom HaZikaron – Israel's Memorial Day** **Commemorating Israel's Fallen Soldiers and Victims of Terror**

**Sundown, May 12–Sundown, May 13**

Yom HaZikaron memorializes those who gave their lives in defense of the State of Israel, as well as civilian victims of terrorism. In Israel it is a solemn day during which all places of entertainment are closed, and two-minute sirens are sounded, one in the evening to mark the beginning of the holiday and one in the morning, prior to the nation's public memorial ceremony.

**Yom HaZikaron Ceremony: Sunday, May 12, 7pm; Auds**

## **Yom Ha'atzmaut – Israel's Independence Day** **Sundown, May 13–Sundown, May 14**

Yom Ha'atzmaut marks the anniversary of the establishment of the modern state of Israel in 1948. It is preceded by Yom HaZikaron (Israel's Memorial Day). Scheduling Yom HaZikaron right before Yom Ha'atzmaut is intended to remind people of the sacrifice soldiers and their families and friends have paid for Israel's independence and security. The transition demonstrates the importance of this day among Israelis, most of whom have served in the armed forces or have a connection with people who were killed during military service.

**Yom Ha'atzmaut Celebration: Tuesday, May 14 5:30–7pm; Auds. Music, food and fun.**

## **Shavuot**

**Sundown, June 11–Sundown, June 13**

Shavuot, the "Feast of Weeks," is celebrated seven weeks after Passover. Since the counting of this period begins on the second evening of Passover, Shavuot takes place exactly 50 days after the (first) seder. Although its origins are to be found in an ancient grain harvest festival, Shavuot has long been identified with the giving of the Torah on Mount Sinai. It is traditional to eat foods made from dairy on Shavuot.

Community  
Food Drive

APRIL 1–19

*from the Passover Haggadah*

## LET ALL WHO ARE HUNGRY COME + EAT

Passover is a holiday about remembering and rejoicing! Every year the Jewish people retell the Exodus story—going from slavery to freedom. Recalling the path to freedom is what allows us to feel joy.

One of the important *mitzvot* (commandments) of Passover is to abstain from eating *hametz* (food products with leavening). In fact, a pre-Passover ritual is to rid one's home of *hametz*. In that vein, let's use this spring-cleaning ritual to remember that there is still tremendous suffering in the world and demonstrate *kavod* (honor and respect) by taking time to help those in need.

**Donate your hametz and more  
to the Brighton Food Cupboard!** Donation bins  
located by Member Services.



# FAMILY

## Israeli Games + Culture with the ShinShinim



**Mondays, 4–5pm, April 1, 15; May 6, 20; June 3, 10; Aud B**

Ages 5–12

Learn about Israel – the culture and its people – through interactive play and activities. Sessions will be facilitated by our local ShinShinim.

**Member: \$45 Non-member: \$65**

REGISTER

## The Great JCC SleepUnder

NEW!

**Thursday, April 4, 5:30–8pm**

All ages with a caretaker

Join us for a fun night full of swimming, games, crafts, a family movie and more. Enjoy a Kosher Pizza dinner and plenty of snacks. Pajamas and a sleeping bag are recommended for our movie time! Registration is required. If you have any questions, please contact Biffy Borg at [bborg@jccrochester.org](mailto:bborg@jccrochester.org).

**Member: \$15/Family Non-member: \$18/Family**

REGISTER

## One Day Choir

**Saturday, April 6, 1–3pm; Erdle Lounge**

All ages

Join us for our next One Day Choir session: *Let It Go* from *Frozen* – fun for adults and kids! Practice at home, come ready to sing! No experience required, all are welcome! No auditions. No judgement. No registration. A link to practice is [here](#). We'll rehearse, then record our dazzling performance to post online. For extra-fun, we'll serve some frozen-themed snacks.

**Free**

## Singing with Morah Silvana



**Sundays, 9–10am, April 7, May 5, June 2**

**Classroom #6 (before/after care area)**

Ages 0–5

Join us at 9am for schmoozing, bagels, coffee and fun. Silvana Bacman will lead a 30-minute Jewish focused, engaging and interactive session which will include music, singing and dance.

**Free**

Send Me  
the Family  
Newsletter!





## Join us for the Eclipse

**April 8, 12–4pm**

Bring your lawn chair for safe viewing of this once-in-a-lifetime total eclipse event — in the J's backyard! Limited supply of free glasses available.

**Free**

- Moon Dance Party in the Auds
- Eclipse-themed crafts including a straw rocket ship
- Storytime: *Goodnight Moon*
- Oreo-cookie, phases of the moon treats
- Grab a half-moon cookie from Fox's Deli (regular hours)
- Stickers and activities with Camp Seneca Lake
- Temple Emanu-El will have a Telescope set up with solar filter and cosmic Judaism craft activities

**GUEST PASS INFO**

## Model Matzah Bakery

**Sunday, April 7, 1pm, 2pm or 3pm; Auds**

Don't miss out on this engaging, fun and free opportunity. Ensure your spot and schedule your family's visit to the Matzah Factory today. Email Rachel Kest at [rkest@jccrochester.org](mailto:rkest@jccrochester.org) to make a reservation.



## Mitzvahs, Mensches + Maccabi

**Thursdays, 4–5pm, April 11 and 18, May 9–23; Aud B**

**Ages 8–12**

Explore multiple elements of the upcoming Jewish spring holidays through interactive and hands-on learning.

**Member: \$45 Non-member: \$65**



**NEW!**

**REGISTER**

## Jacqui's Jewish Table: A Monthly Series for Parents Raising Jewish Children

**Sundays, 10–11am; Classroom 6**

**April 14: Passover Prep for a Kid-Friendly Seder**

**May 19: What's in a Name?**

**June 9: All about Shavuot**

Build community and learn tips and tricks for bringing Judaism into your everyday life in this monthly class with Jacqui Lipschitz. Bagels and coffee provided.

Bring your child with you and a qualified adult will engage them while parents learn with Jacqui.

**Free**



**NEW!**



**REGISTER APRIL 14**

**REGISTER MAY 19**

**REGISTER JUNE 9**

## Color Me Mine Pottery Painting–Elijah's Cup

**Sunday, April 14, 1–3pm; Aud A**

**All ages**

Color Me Mine returns by popular demand, this time with a beautiful stem-less goblet that makes a perfect Elijah's cup, or even just a fun new way to drink chocolate milk — your choice! Cups will be fired and ready for pick up at the J the following week. Registration required.

**\$25**

**REGISTER**

## Earth Day Beautification at the J

**Saturday, April 20, 1pm; Meet under the portico**

All ages

Amateur gardeners welcome! Wear your old clothes and help us do some Springtime beautification outdoors (weather permitting)!

## Guess the Plagues



**Sunday, April 21, all day**

All ages

Stop by our Passover table to enter our "guess the plagues" contest to win a fun prize!

## Babyccino



**Wednesdays, 9:30–10:30am, May 8–June 5; Family Room**

Ages 0–5 with a caretaker

Babyccino is a chic meet-up for parents / caregivers and tots in a warm Jewish environment. Come spend a cozy hour with music, creativity, exploration, friends, smiles, bubbles and coffee for adults. **To register** or if you have any questions, contact Biffy Borg at [bborg@jccrochester.org](mailto:bborg@jccrochester.org).

**Free**

## Flower Power

**Saturday, 1–2pm, May 11; Erdle Lounge**

All Ages

Come decorate a flowerpot and plant a beautiful "Tickle Me" gift for your mother or other in your life.

**Free**

## Mother's Day Tea Party

**Sunday, 1–3pm, May 12; Erdle Lounge**

All Ages

Stop by for a Mother's Day Tea Party. Grab a kosher treat and sip some tea and coffee as we celebrate all mothers and others. Don't forget to wear your fanciest tea party outfits and hats (optional).

**Free**



## Zumbaby: Family Dance Party

**Sunday, 9:30–10am, May 18; Aud C**

Ages 0–5 with a caretaker

Get your wiggles and giggles out as we spend a half hour dancing and having fun! Don't forget your Baby Carrier (Baby Bjorn/etc.). Coffee and kosher snacks provided.

**Free**

## Walking No Bake Cheesecakes



**Sunday, 1–2pm, June 9; Erdle Lounge**

All Ages

Celebrate the Jewish Holiday of Shavuot with this tasty dairy treat! Swing by and create a walking no bake cheesecake. All ingredients will be kosher and delicious. Learn all about the holiday of Shavuot when you stop by.

**Free**

## Fathers + Friends Creation Station

**Saturday, June 15, 10–12pm; Erdle Lounge**

All Ages

Make a card and create a unique gift for the fathers and friends in your life.

**Free**

## Father's Day Indoor Mini Golf

**Sunday, June 16, 1–3pm; Aud C**

All Ages

Have fun this Father's Day at our indoor Mini Golf course. Show off your golf skills and be sure to get a hole in one!

**Free**



# FAMILY AREAS

## FAMILY POOL

The Bobry Family Pool is warm (83-85°), well stocked with pool toys, and features zero-depth entry and large windows for natural sunlight.

## PLAYGYM

Ages 3–10

Run, climb and play! This space offers multiple climbing towers, slides and even a rock climbing wall. The combination of equipment allows for the development of gross motor skills, balance and coordination for your child. DROP-OFF and crafts are a free weekend benefit for members.

## FAMILY ROOM

Ages 0–5

A family-friendly space, enjoy a cup of coffee, relax with your little ones and connect with others. There are plenty of toys, books, and room to play – big windows offer lots of natural light. DROP-OFF is a free member benefit; online registration is required.

## INZONE

Ages 3–10

A cozy and inviting space with plenty of natural light, where children can enjoy reading from our collection of age-appropriate books, solving puzzles, engaging in crafts, and playing hands-on games.

## FAMILY GYM TIME

Ages 3+

Drop-in for self-led and parent-supervised play.

## SHABBAT SING

Ages 0–5

Welcome Shabbat every Friday in the Shalom Café with singing, prayers and ruach (spirit). Plus challah + grape juice! All are welcome.

Parents are welcome to stay during drop-off times.  
[Click here for more information and schedules.](#)



**Climbing and crafts  
every weekend  
in the PlayGym**

# YOUTH RECREATION

## Bo's Preschool Gym Extravaganza

**Wednesdays, 12:30–1:10pm, April 10–May 15; Gymnasium**

**Ages 3-5**

A fun version of PE class. Each week brings new fun to explore! Scooters, basketball, soccer, and games!

**Member: \$44 Non-member: \$55**

**REGISTER**

## Biddy Basketball

**Sundays, 10–10:45am; Gymnasium**

**Session 1: April 14–May 19**

**Session 2: June 2–June 30**

**Ages 3-5**

Biddy basketball is about having fun and learning the game in a creative way. All the skills and drills are taught through various games and movements.

**Session 1: Member: \$66 Non-member: \$83**

**Session 2: Member: \$77 Non-member: \$99**

**S1: REGISTER**

**S2: REGISTER**

## Biddy Tee-Ball

**Sundays, 12–12:45pm; Gymnasium**

**Session 1: April 14–May 19**

**Session 2: June 2–June 30**

**Ages 4-7**

Learn the basics of tee-ball. It's designed to introduce kids to team sports in a fun learning environment helping with motor skills and developing the prerequisite skills for baseball.

**Session 1: Member: \$66 Non-member: \$83**

**Session 2: Member: \$77 Non-member: \$99**

**S1: REGISTER**

**S2: REGISTER**

**NEW!**



## Girls Who Lift

Tuesdays, 5–6:15pm; Champion Fitness Center

Session 1: April 9–May 14

Session 2: May 21–June 25

Ages 11–16

This program will focus on helping tween and teenage young women become physically stronger, improve their endurance, and feel comfortable working out in a gym setting using strength training and cardio equipment.

There will also be dedicated time to discuss stress reduction, nutrition that supports wellness, good sleep practices, mood regulation, self-esteem, and social connections that lift others.

*Instructor: Grace D.*

**Session 1: Member: \$80 Non-member: \$105**

**Session 2: Member: \$95 Non-member: \$125**

**S1: REGISTER**

**S2: REGISTER**



## Group Basketball Training

**NEW!**

Sundays, Gymnasium

Session 1: April 14–May 19

Session 2: May 26–June 30

Ages 6–9 and 10+

Come to the J and get the tools you need to be a better basketball player. We'll work on every facet of the game—dribbling, shooting, defense, passing, and finishing at the basket.

**Session 1: Member: \$100 Non-member: \$125**

**Session 2: Member: \$120 Non-member: \$150**

### Ages 6–9

Sundays, 10–11am

**S1: REGISTER**

**S2: REGISTER**

Sundays, 11am–12pm

**S1: REGISTER**

**S2: REGISTER**

### Ages 10+



# YOUTH DANCE ACADEMY

**Session 1: April 14–May 19**

**Session 2: June 2–30**

This creative movement class will strengthen your dancer's imagination and develop their spatial awareness, all while incorporating the beginning teachings of ballet and jazz! Your dancer will also be working on developing teamwork, visual and kinesthetic senses, and individualism in dance. A uniform curriculum will be implemented to ensure dancers are getting proper technique training from a young age. This is a child drop-off program.

*Instructor: Sabrina S.*

**Member: \$102   Non-member: \$132**

**Member: \$85   Non-member: \$110**

*Final dance class placement is up to teacher discretion, based on enrollment and groupings that are developmentally appropriate.*



## Teeny Dancers A

**Sundays, 9–9:45am**

Ages 2–3

This class is designed for students who have not taken a dance class before, or would fit well in this age range.

**S1: REGISTER**

**S2: REGISTER**

## Teeny Dancers B

**Sundays, 10–10:45am**

Age 3

Students with or without dance experience.

**S1: REGISTER**

**S2: REGISTER**

## Mini Dancers

**Sundays, 11–11:45am**

Age 4

Students preferably have dance class experience and tap shoes.

**S1: REGISTER**

**S2: REGISTER**

## Junior Dancers

**Sundays, 12–12:45pm**

Ages 5–6

Students preferably have dance class experience and tap shoes.

**S1: REGISTER**

**S2: REGISTER**

# SWIM LESSONS



## Group Swim Lessons

Designed to teach a variety of formal swimming skills in a fun and safe environment. Class curriculum was developed by the American Red Cross. Classes are organized by both age groups and skill levels. Session lengths are typically 5–8 weeks long. The listed price is based on an 8-week session. Sessions fewer than 8 weeks will be prorated.

**Member: \$104 Non-member: \$128**

[VIEW TIME OFFERINGS + REGISTER](#)

### Session 1

Registration Opens at 7am  
March 22  
(Non-member: March 25)

Tuesdays, April 9 – May 14  
Thursdays, April 11 – May 16  
Sundays, April 14 – May 19

### Session 2

Registration Opens at 7am  
May 3  
(Non-member: May 6)

Tuesdays, May 21 – June 25  
Thursdays, May 23 – June 27  
Sundays, June 2 – 30

## Private Swim Lessons

### 30-minute Classes

Ages 3+

One-on-one classes with an experienced instructor. Classes are typically held once per week. Lessons are typically scheduled weekday afternoons and weekends.

**Member: \$38/Class**

**Non-Member: \$49/Class**

[LEARN MORE](#)



## Intro to Swim Team

**Tuesdays or Thursdays, 6:15–7:15pm**

Ages 6–15

*Prerequisite Skills: (1) Ability to swim 50 yards (2 pool lengths) continuously, (2) Basic ability to perform all 4 competitive strokes: Front Crawl, Backstroke, Breaststroke, and Butterfly.*

This non-competitive swim team is designed to build swimming endurance, stroke technique, promote sportsmanship, and teach general knowledge of swim team practices.

**Member: \$78 Non-member: \$96**

**S1: REGISTER TUESDAYS**

**S1: REGISTER THURSDAYS**

**S2: REGISTER TUESDAYS**

**S2: REGISTER THURSDAYS**

## Parent/Child Swim Lesson

**Sundays, 10:30–11:10am**

Ages 6 months–3 years

*Prerequisite Skills: None*

Adult participants will learn various techniques to promote their child's comfort in and around the water with a focus on safety, fun, and socialization. Each child participant must have an adult accompany them into the pool. Families may have up to two adults per child in the water.

*Please note: The JCC recognizes that families come in many forms. The term "parent" includes any caregiver or guardian.*

**Member: \$65 Non-member: \$80**

**S1: REGISTER**

**S2: REGISTER**

## Adult, Beginner Swim Lessons

**Mondays, 6–6:45pm, Ages 13+**

*Prerequisite Skills: None*

Students with little to no swim experience will join this small group to learn the foundational skills and start to become more comfortable in the water. Students will learn and use foundational swim skills to learn how to swim on their front and back, and tread water.

**Member: \$65 Non-member: \$80**

**S1: REGISTER**

**S2: REGISTER**



**Outdoor  
Splash Pool  
Opens  
May 25!**

**WOLK**  
**CHILDREN'S CENTER**  
LOUIS S. WOLK JCC OF GREATER ROCHESTER

# Wonder, Play, Create, Learn

A thriving community of families and educators building upon children's natural love of learning

Infant

Toddler

Preschool

Pre-K

Bridge  
to K

## Our Program includes

- Curriculum aligned with state standards
- Jewish values-based programming
- Qualified enrichment instructors
- Swim lessons for 4–5 year olds

## Our Educators are supported with

- Ongoing professional development
- Collaborative 3-teacher model
- Red Cross First Aid + CPR certification
- Food allergy awareness safety training

LIMITED SPACES  
**Enroll Today!**

Contact [wolkadmin@jccrochester.org](mailto:wolkadmin@jccrochester.org)  
585.461.2000 ext.272





It's not just a great day camp, it's a summer home base to build new friendships, explore hobbies and have fun outdoors!

GRADES K-6

## EXPLORERS *HAKIRIM*

**One-week sessions: July 1–Aug 23**

This summer, explore hidden talents and unlock new skills by diving deep into a single hobby of your choice each afternoon.

All enrolled campers will swim daily in the family pool and participate in enrichment activities such as: music, drama games, arts + crafts, athletics, nature, adventure, and Judaics.

Fridays we'll continue the tradition of welcoming Shabbat with songs, blessings, challah and juice. This year we'll expand the richness of Shabbat with a full day of Jewish-themed programming.

### HOBBY EXAMPLES

- Wilderness Survival
- Creepy Crawly Creatures
- Baking and Boondoggle
- Pokemon – Learn the Game
- Fine Arts – Mixed Media
- Camp Chorus
- American Sign Language
- Learn to Speak Hebrew
- Legos and the-like
- Fairy Houses
- Puzzles, Board Games, and Cards
- Athletics

Hobbies  
*Chugim*

GRADES 4-6

## BRIDGE TO CAMP SENECA LAKE

**Two-week session: July 22–August 4**

A camp experience designed to comfortably bridge the leap from day camp to overnight camp.



One week of activities and preparation at the JCC together, followed by a week overnight at Camp Seneca Lake. This is the ultimate combination of summer camp, bringing the best experience you can imagine! Learn about CSL at [campsenecalake.com](http://campsenecalake.com)

GRADES 7-8

## LEADERSHIP IN TRAINING (LIT)

**Two-week sessions: July 1–12, July 15–2  
July 29–August 9, August 12–23**

Our LIT unit offers a summer-long development track facilitated by a qualified youth engagement professional. LITs will explore individual strengths and goals, develop skills in leadership, job shadowing, working with young campers, creativity and program planning and have a great time working together on special projects throughout the summer sessions.



REGISTER ONLINE  
[jccrochester.org/camp](http://jccrochester.org/camp)



## Prospective Family Open House at Camp Seneca Lake

**Sunday June 9, 12–4pm at camp in Penn Yan, NY**

Future campers age 7+ and their families

Future campers are welcome to join us before camp starts to see our beautiful property and meet with the Director team! Come see inside a cabin, tour our dining hall, explore our waterfront, and get a taste of what it's like to be a camper at Camp Seneca Lake. Lunch will be provided.

**Free, requires registration**

**REGISTER**

## New Family Open House at Camp Seneca Lake

**Sunday June 16, 2–4pm at camp in Penn Yan, NY**

Families with first-time campers registered for a session in 2024 New campers (registered for a session in 2024) and their families are welcome to join us before camp starts to tour our property, meet with their Unit Head, and get to know other new campers. Come get a preview of what it's like to be a camper at Camp Seneca Lake before you come to camp for your session!

**Free, requires registration**

**REGISTER**



## Family Camp

**Thursday, August 22–Sunday, August 25, 2024**

Families with children age 2+

Bring the entire family for a weekend at Camp Seneca Lake! Enjoy delicious, kid-friendly meals, time at our beautiful waterfront, activities around camp, and fun programming for kids and adults. Perfect for younger children to try out camp with their parents! Spots are filling quickly so register today!

**\$150/person plus cabin fees, requires registration**

**REGISTER**



# ADULT RECREATION + WELLNESS

## Women Who Lift

**Tuesdays, 6:30–7:45pm, April 9–May 14; Gymnasium**

**Session 1: April 9–May 14**

**Session 2: May 21–June 25**

Ages 18+

The goal of this program is to create a welcoming and inclusive atmosphere where all women feel comfortable and empowered to pursue their fitness goals. With a focus on weight lifting, this group will adapt with participant input to ensure ongoing success.

*Instructor: Grace D.*

**Session 1: Member: \$80 Non-member: \$105**

**Session 2: Member: \$95 Non-member: \$125**

**S1: REGISTER**

**S2: REGISTER**

## Tai Chi–Yang 24 Form

**Wednesdays, 6:45–7:45pm**

**April 10–May 29; UGX**

Ages 18+

Participants will be guided through 24 connecting Forms of Tai Chi. Use low-impact movements, focused breathing, and thoughtful meditation during class to promote your physical well-being and emotional harmony.

*Instructor: Jean S.*

**Member: \$96 Non-member: \$128**

**REGISTER**

**NEW!**

## Shabbat Yoga



**Saturdays, 2–3:15 pm; UGX**

**April 20, May 11, and June 15**

Take a pause from your hectic life to rest, breathe and re-center yourself. This class seeks to align your physical, mental, emotional, and spiritual selves with Jewish wisdom and universal themes, allowing you to slow down and experience your body, mind and soul as one. The class is open to ALL, regardless of your religion, religious practice, or experience with yoga. Modifications are provided, as needed.

*Instructor: Beth H.*

**Free**

**REGISTER APRIL 20**

**REGISTER MAY 11**

**REGISTER JUNE 15**



# PICKLEBALL LEAGUES

## Gymnasium

Ages 18+

12 player leagues. Players are guaranteed 6 games a night for each week and all matches will be first to 11. Every player will be assigned a court based on an initial estimate of ability. In each session, the highest-scoring player moves up the ladder, and the lowest-scoring moves down. EVERY PLAYER is to register as an individual, not as a team.

**Session1: Member: \$51 Non-member: \$64**

**Session2: Member: \$77 Non-member: \$99**

## Intermediate/Advanced

Players with a 3.0+ skill rating.

**Mondays, 7:30–9:30pm**

**Session 1: April 8–May 13**

**Session 2: May 20–June 24**

**S1: REGISTER**

**S2: REGISTER**

**Tuesdays, 7:30–9:30pm**

**Session 1: April 9–May 14**

**Session 2: May 21–March 25**

**S1: REGISTER**

**S2: REGISTER**

## Intermediate

Players up to 2.5–3.5 rating

**Wednesdays, 5:30–7:30pm**

**Session 1: Wednesdays, April 10–May 15**

**Session 2: Wednesday, May 22–June 26**

**S1: REGISTER**

**S2: REGISTER**

**Thursdays, 7:30–9:30pm**

**Session 1: Thursdays, April 11–May 16**

**Session 2: Thursday, May 23–June 27**

**S1: REGISTER**

**S2: REGISTER**

## Beginner/Intermediate

Players up to 1.0–2.5 rating.

**Tuesdays, 5:30–7:30pm**

**Session 1: April 9–May 14**

**Session 2: May 21–June 25**

**S1: REGISTER**

**S2: REGISTER**

## Beginner

Players up to 1.0–2.5 rating.

**Wednesdays, 7:30–9:30pm**

**Session 1: April 10–May 15**

**Session 2: May 22–June 26**

**S1: REGISTER**

**S2: REGISTER**



## Rikud Rochester Dance Marathon

June 29–30; Auditoriums

Saturday, June 29, 7pm–2am

Sunday, June 30, 12pm–6pm

Ken Avner returns to Rochester for our 25<sup>th</sup> Annual Israeli Dance Workshop. Join us for two days of old favorites and the latest hits in a casual, relaxed environment.

All are welcome. Snacks included!

**Weekend Rate: \$60   Single Day: \$35**

**REGISTER**

## International Folk Dance

Mondays, Ongoing, 7:30–9:30pm; Aud C

A great way to exercise, socialize, hear some great music, and learn about the cultures of other countries.

*Instructor: Alene Boyer*

**Single Class: Member: \$5   Non-member: \$7**

**10 Class Card: Member: \$45   Non-member: \$63**

**REGISTER**

## Israeli Dance

Tuesdays, Ongoing, 7–9pm; UGX

Explore and celebrate Israeli music and culture through dance.

*Instructor: Max Steiner*

**Single Class: Member: \$5   Non-member: \$7**

**10 Class Card: Member: \$45   Non-member: \$63**

**REGISTER**

## Adult Ballet: Back to Basics

Thursdays, Ongoing, 5:30–7pm; Dance Studio

This ballet basics class is geared toward adults looking to build strength, stretch and improve balance through dance. Class will include a traditional ballet barre, stretching and center combinations. This will be a low-impact class with little or no jumping. Enjoy ballet in a low-stress, friendly and welcoming environment. Prior dance experience suggested.

*Instructor: Kathy K.*

**Member: \$16/Class**

**\$70 for 5-Class Card   \$130 for 10-Class Card**

**Non-member: \$18/Class**

**\$75 for 5-Class Card   \$140 for 10-Class Card**

**REGISTER**



# Train Smarter

Working with an expert just makes sense when you are trying to achieve your goals.

One-on-one training, help with accountability, challenging yourself and learning **what's best for YOU** is the smart way.

**We have certified Personal Trainers to help you achieve your goals.**

LEARN MORE

Contact Members Services to schedule a **FREE** consultation!

Working with Adam has been transformative. His knowledge, skills and abilities as a personable teacher are remarkable. He intuitively finds the appropriate exercises to address any physical challenge or difficulty. **The motivation and self-worth I've gained are well worth any investment made. I've had to learn and work hard, but I've gained life skills for a brighter future.** Great experience.

– James F.

# ADULT JEWISH LEARNING

## The Solar Eclipse: What's Judaism Got To Do With It?

**Tuesday, April 2, 11am–12pm; Erdle Lounge**

What does Jewish tradition have to teach us about the significance of astral events? Join us for a discussion of Jewish beliefs about the cosmos and its impact on human experience.

*Instructor: Rabbi Setel*

**Free**

**REGISTER**

## Experience the Model Matzah Bakery through an Adult Lens

**Thursday, April 4, 11am–12pm; Aud A**

Join Rabbi Vogel to learn more about matzah. This presentation will delve into the laws of Chametz and Matzah and will also feature some philosophical insights into the Mitzvah of eating Matzah.

*Instructor: Rabbi Vogel*

**Free**

**REGISTER**

## Matzah + Mysticism

**Thursday, April 4, 7:30pm; Aud A**

A fascinating hands-on and in-depth matzah experience and wine tasting.

*Instructor: Rabbi Vogel*

**Free** – RSVP required: [nvogel@chabadrochester.com](mailto:nvogel@chabadrochester.com)

## Symbols + Significance of the Seder

**Tuesday, April 16, 11am–12:30pm; Erdle Lounge**

Join us as we experience and discuss the foods and rituals of the Passover Seder. How might they help us to observe the instruction that we must consider that we, ourselves, are being redeemed from enslavement?

*Instructor: Rabbi Setel*

**Free**

**REGISTER**



## Vampires + Werewolves, Oh My!

**Thursday, May 9, 16, 11am–12pm; Erdle Lounge**

We don't often realize there is a great deal of Jewish sources associated with these ancient and mysterious creatures. Join us as we dig our teeth into the Jewish perspectives on these bloodsucking creatures.

*Instructor: Rabbi Dov Winston*

**Free**

**REGISTER**

## Constructive Controversy: How Jewish Tradition Teaches Us Respectful Disagreement

**Tuesday, May 7, 14, 21, 11am–12pm; Erdle Lounge**

In this series, we will learn about the Jewish concept of "argument for the sake of heaven," an approach to disagreement that encourages greater learning rather than polarization. We'll study ancient and modern texts and practice some methods for constructive controversy.

*Instructor: Rabbi Setel*

**Free**

**REGISTER**

## Shavuot Traditions

**Tuesday, June 4, 11am–12pm; Erdle Lounge**

Dive into rabbinic stories about what happened when the Torah was given at Sinai, learn why Jews eat dairy foods on the festival as well as how to make "rosielekh" - floral paper decorations for the holiday.

*Instructor: Rabbi Setel*

**Free**

**REGISTER**

## JEWISH LIFE NEWSLETTER

Stay connected to your community and learn about upcoming events and programs.

- Family activities
- Holiday celebrations
- Jewish arts + culture events
- Hebrew learning
- Adult Learning

**Send Me  
the Jewish Life  
Newsletter!**

## Beginner Hebrew

**Wednesdays, Ongoing, 12–1pm**

**JCC Yiddish Center**

Learn the fundamentals of Hebrew reading and then move onto conversation. This is an ongoing course, and each session builds on the previous one.

**REGISTER**

## Modern Hebrew Level 2

**Wednesdays, Ongoing, 11am–12pm**

**REGISTER**

*Instructor: Tzippy Kleinberg*

**Free**

Please contact Rachel Kest at [rkest@jccrochester.org](mailto:rkest@jccrochester.org) if you are interested in participating.

### UPCOMING PROGRAMS



**Hanukkah Celebration with  
Rick Recht!**

**Monday, December 11, 5:30–8pm**

Enjoy a festive meal, and stay for the Rick Recht concert! Rick Recht

# IN THIS PLACE EVERY CHILD IS DESTINED TO BE A SOLDIER

# KNOCK KNOCK

by Niv Petel



**Tuesday, May 21, 7pm**

*Knock Knock* describes what it's like to be a parent in the shadow of armed conflict. The play follows the journey of Ilana, a single mother whose job as an Israeli Officer of Casualty Notifications is to knock on the door of families whose children have been lost in war. Her conflict between motherhood and duty as citizen reaches a deafening climax when her only son chooses to serve on the front line of battle. This heartfelt story, played entirely by Niv Petel, evokes an emotionally rich narrative describing the internal conflict among families when they are faced with the call for war.

This program is proudly supported by the Israel Engagement Fund: A JCC Association of North America Program Accelerator and the Ministry of Diaspora Affairs.



**Alfred & Ida Hart Theater**

Louis S. Wolk JCC of Greater Rochester  
1200 Edgewood Avenue, Rochester, NY 14618  
585.461.2000 x235 | centerstage@jccrochester.org

**FREE**

**Tickets are required.  
Seating is general admission.**

Tickets at  
[jccrochester.org/jewish-life](http://jccrochester.org/jewish-life)





# Your donations help cover community care

**MAKE A GIFT!**

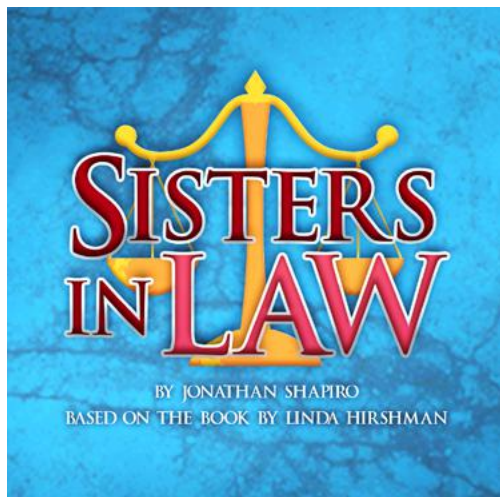
Please consider a meaningful gift today.  
The JCC is a 501 (3) (c) nonprofit.



# ARTS + CULTURE



CenterStage's 2023-24 Season is presented  
in Memory of Min and Maynard Weinstein



## Sisters in Law

April 6-21, 2024; Hart Theater

While **Ruth Bader Ginsburg** and **Sandra Day O'Connor** had a lot in common as the first two women on the **U.S. Supreme Court**, their methodologies and political leanings couldn't have been more opposite. This new play by **Emmy** and **Peabody** award-winner **Jonathan Shapiro**, based on the award-winning 2015 book, brings to life a friendship of two iconic figures that transcended political party, religion, and culture.

Member: \$30 Non-member: \$35 Student: \$20

BUY TICKETS

Show  
Sponsors:

Judge  
Karen Morris



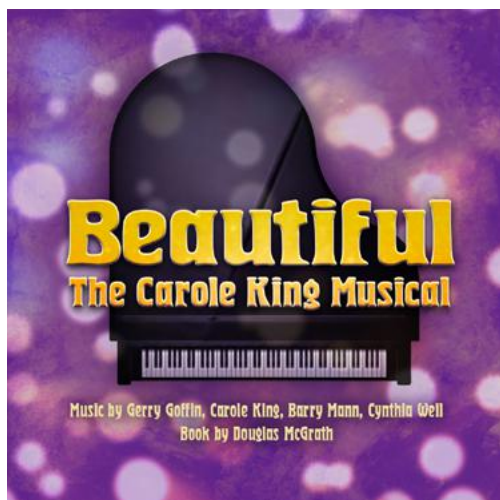
WOODS OVIATT GILMAN <sup>LLP</sup>  
The art of representing people®

Community  
Partners:

NCJW  
National Council of Jewish Women

NATIONAL  
WOMEN'S  
HALL OF FAME

GRANA  
Greater Rochester Association



## Beautiful, the Carole King Musical

May 4-19, 2024; Hart Theater

Long before she became the iconic singer songwriter we know today, a young **Carol Klein** was turning out hits for some of the biggest acts in music from her cubicle in Manhattan's **Brill Building**. Packed with over two dozen chart-topping hits, **Beautiful** is both the story of the American dream and the underbelly of the music industry.

Member: \$35 Non-member: \$40 Student: \$20

BUY TICKETS

Show  
Sponsors:

Dawn  
Lipson



## A Chorus Line

July 13-21, 2024

On the eve of the 50<sup>th</sup> Anniversary of this ground-breaking musical, JCC SummerStage presents an innovative look at this iconic musical inspired by the real-life stories of a group of Broadway dancers.



## Ames Amzalak Rochester Jewish Film Festival

July 14-21, 2024

For 24 years we have gathered in theaters to watch our lives, our history, our humanity, unfold on-screen. This year will be no different. With challenges, come determination, hope, and resilience. We are stronger together, and we hope we can depend on you to join us in the theaters this summer.

SAVE THE DATES!

# SUMMER ARTS CAMPS



at the **JCC**  
ROCHESTER

## MUSICAL THEATRE

# MAYHEM

Broadway veterans Nikki Snelson, Ben Cameron, and Eric Stretch bring their nationally recognized Musical Theatre Mayhem to Rochester.

MTM is a full triple-threat experience featuring classes in vocal technique, scene study, improvisation, audition technique, dance styles, iconic Broadway choreography, acting on screen, storytelling through movement and so much more!

📌 Register at [musicaltheatremayhem.com/rochestersummer](https://musicaltheatremayhem.com/rochestersummer)

**July 15–28**

A 2-week intensive  
for ages 8+



# KidStage

Join us for a one-of-a-kind theatre experience and a hefty dose of fun in the sun! No prior acting experience needed.

Our flexible program allows campers to be with us for any portion of the month for a seamless fit into your summer plans! Plus...daily swimming in our indoor heated pool, rain or shine!

📌 Register at [jccrochester.org/kidstage](https://jccrochester.org/kidstage)

**July 29–August 23**

A fabulous month of theatre  
for kids entering grades 3–6

**CSN: Back by popular demand!**

**July 29–August 2**

KidStage campers invent their own quirky, wacky summer toys and foods, then film TV commercial spoofs extolling their clever benefits on CSN (our Camp Shopping Network). The sky's the limit to our campers' creativity!

**Starring...YOU!**

**August 5–16** (two-week session)

We'll rehearse and perform a fabulous play for friends and family on August 15 and an encore show for the whole camp on August 16.

**Once Upon a Punchline**

**August 19–23**

One of our most popular KidStage programs returns for another summer! Campers work together to brainstorm crazy, fun ideas as they create their own originally comical fractured fairy tale.





Our JCC program guide contains programming that reflects the J in our name – opportunities to enrich understanding of our Jewish culture and values, build community and more. This programming is denoted by a J and is open to all!

### **Cancellation Policy for JCC Fitness, Wellness, Aquatic, and Recreation Programs**

Contact the front desk or program director.

Notice of Cancellation:

- 15+ days prior to program start: full refund
- 8–14 days prior to program start: 75% credit
- 4–7 days prior to program start: 50% credit
- 1–3 days prior to program start: 25% credit
- No refunds offered on or after start of program

For CenterStage or Concert Series ticket cancellations, contact [centerstage@jccrochester.org](mailto:centerstage@jccrochester.org).

The JCC is a 501(c)(3) nonprofit organization.

#### **JCC POLICIES**

#### Member Services

585.461.2000

[membership@jccrochester.org](mailto:membership@jccrochester.org)

The William & Mildred Levine Bldg  
1200 Edgewood Avenue  
Rochester, NY 14618

Adult enrichment from our partners, **Rochester Regional Health and Lifespan**, can be found on our website.

# HAVE YOU MET OUR PARTNERS?

**LEARN MORE**