

Shaw JCC Akron

(330) 867-7850 shawjcc.org

Winter Camp JCC

School's Out

Youth Enrichment & Fitness

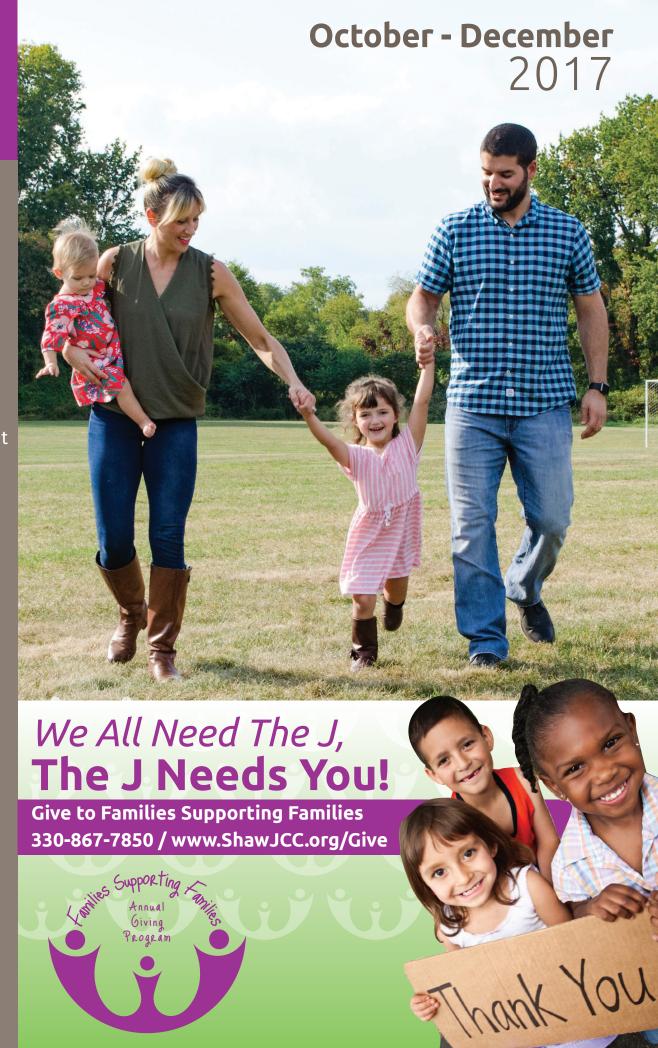
Jewish Teen Programs

Early Childhood Enrichment

Aquatics & Fitness

SilverSneakers®

Adults & Jewish Life



A message from our **Executive Director**



Dear Friends,

Welcome to The J! Whether you're already a member, or you're thinking about joining, this program guide is packed with even more reasons why #YouBelongAtTheJ. We offer more than just a fitness center. As a member, you are a part of an open, welcoming community that will inspire you to live a healthier life, become more active and pursue your interests. We offer a range of engaging, high-quality programs in a warm atmosphere with many opportunities to make new friends and lasting relationships – for you and your entire family!

We believe that everyone should have the opportunity to experience our programs and services – regardless of their ability to pay. Our annual Families Supporting Families Giving Program raises money throughout the year to support this important part of our mission. We need your financial support to continue to keep that promise. Visit our website at www.ShawJCC.org/Give or call 330-867-7850 to help those in our community who need it most.

Thank you, Michael





The Chiera Family

Lyndsey and her husband Vince, along with their daughters Lucia who is 3 ½ years old and 13-month old Priscilla, have been members of The J for a little more than two years. Both children attend the Mandel Early Childhood Education Center, and Lyndsey is a spinning instructor for The I.

What are your favorite things to do as a family at The J? We love to swim at the pool! My older daughter is obsessed with swimming. I loved the summer days we could all go as a family. We will definitely hit up the indoor pool this fall and winter.

What do you LOVE about our facility? The J and its staff go beyond expectations to make sure our family is happy. My children absolutely love going to school at the Mandel ECE. Lucia will even ask to go! I've seen how much they love their teachers, and it makes me feel secure knowing I can leave them and they are happy, safe and having fun! The J has become our extended family, and I'm so thankful we've found this gem of a place!

Photos courtesy of RubyRed Photography

All are welcome! At The J, we open our doors to everyone, including people of all backgrounds, religions, abilities and sexual orientations, and interfaith couples and families. If you're not already a member, we invite you to join us and find out why #YouBelongAtTheJ.

Youth

Winter Camp (Grades K-8)

Enjoy the "Cool" times at Winter Camp JCC!

Dec. 21, 22, 26, 27, 28 & 29 and Jan. 2, 3, 4 and 5. (No camp Dec. 25 & Jan. 1)

Specialty Camps TNBA Basketball, Force Sports Camp, Winter Camp Movie Night and Sleepover at The J will be offered!

- Make friends, enjoy winter themed parties and have a blast!
- Winter Camp JCC options for Grades K-2 and Grades 2-8
- Field Trips for Grades 2+
- · Daily themed programs
- · Indoor swim time
- · Specialists and guest presenters

Brochure with more information available in November. Discounts for members and multi-days. For more information, please call 330-835-0052 or email camp@ shawjcc.org.



school kids, The J is the place to be if you're a kid! School's Out (Grades K-8)

From a bustling early childhood

program to special events to afterschool and School's Out fun for grade

9 a.m.-3:30 p.m (extended care available)

A day off school means a day at The J!

The School's Out program offers fun and exciting experiences for children in grades K-8. Most days offer a field trip and/or special programming at The J. Many School's Out programs include special activities such as sports, art, swimming and more. Open to members & guests.



Cost: \$42 M/\$50 G

*Fee is based on minimum 24-hour reservation. Add extra \$10 without reservation

Extended care (7-9 a.m. & 4-6 p.m.) \$7 per day. (Extended care free if enrolled in KidSpace or Resnick aftercare services).

Subject to change/cancellation with minimum enrollment.

Akron Public Schools: Oct. 4 & 20; Nov. 7; Dec. 25-Jan. 5

Revere School District: Oct. 13 & 27; Nov. 13 & 27;

Dec. 21-Jan. 2

Copley-Fairlawn City: Oct. 13 & 16; Nov. 27;

Dec. 21-Jan. 2

The Lippman School: Oct. 5, 6, 12 & 13; Nov. 22;

Dec. 21-Jan. 2

Parents' Night Out

Parents, take a break on Saturday night and bring your kids ages 4-12 to The J! Offered once per month and supervised by our own KidSpace and Camp JCC staff. Children will enjoy fun crafts projects, cooking, sports and games. After a yummy pizza and veggie dinner, we will watch a great kids' movie on our big screen.

Saturdays, Oct. 21, Nov. 18 & Dec. 16 5:30-9:30 p.m. Ages: 4-12 Cost: \$21 M/\$25 G, all siblings \$18

*Fee is based on minimum 24-hour registration. Add extra \$5 without reservation (must be paid after sundown at pick-up time). Subject to change/cancellation with minimum enrollment.

To register, please email szorn@shawjcc.org or visit ShawJCC.org.



TNBA Tuesdays

TNBA Mini Dribblers (grades K-2)

Tuesdays 4:30-5:30 p.m. Nov. 14-Dec. 19

Mini Dribblers is an instructional program for kids in grades K-2 and is designed to introduce and teach the fundamentals of basketball in a unique, exciting and educational way. Setup is like the past summer minicamp. The hoops will be lowered to 8-ft. and there will be a combination of learning and games. This is the perfect program for kids just starting and learning to love the game and practice for Sunday league.

Cost: \$60 M/\$75 G 200.416

TNBA Junior Dribblers (grades 3-5)

Tuesdays 5:30-6:30 p.m. Nov. 14-Dec. 19

Junior Dribblers is the next level after Mini Dribblers. All levels are welcome. This instructional program will help increase your skill level and confidence in shooting, ball handling, footwork, rebounding, defense and offense moves. It is not a requirement to have been in the Mini Dribblers program.

Cost: \$60 M/\$75 G 200.503



Wednesdays 5-6 p.m.

Oct. 11-Dec. 20

Students will go over the basics of theatre including stage directions, terminology, how to move on stage, etc. Students will showcase some of the exercises they did over the course of the class and will be present to parents, family and friends with what they learned and how they learned it.

Cost: \$120 M/\$135 G

200.502

(\$10 discount for kids enrolled in KidSpace)



Samson Table Tennis / Ping Pong Class Thursdays (ages 5-16)

Thursdays 4:30-5:30 p.m.

Oct. 12-Nov. 16 200.516

Ping Pong is a growing sport and the best of the best is here at The J. The professionals from the Samson Dubina Academy will begin with a series of warmup exercises and training drill. Learn proper table tennis technique, footwork, service serve return and game strategy. Students may also participate at a discounted rate in the Samson Dubina Table Tennis league held Thursday evenings at The J.

Cost: \$50 M/\$60 G (\$5 discount for kids enrolled in KidSpace)

Sunday Youth Sports League (Boys and Girls grades K-6)

Junior Cavs Basketball League

Sundays, Oct. 1-Nov. 5 **Grades K-3: 1-2 p.m. Grades 4-6: 2-3 p.m.**

*some 3rd grade players may be moved to an older group

The J is partnering with TNBA and the NBA World Champion Cleveland Cavaliers' Junior Cavs program. Each Sunday during the first half hour, the TNBA staff will work with the players on basketball skills and knowledge. During the second half hour, players will be placed on teams and play a game. All players receive a Junior Cays jersey and ticket to a future Cavs game. Focus is on the fundamentals of basketball and healthy competition.

Cost: \$100 M/\$120 G

Register at www.TNBABasketball.com/TNBAOhio or register on day of the program! Shaw JCC members use promo code 2017FALLJRCAVSSJCC when registering online. For more information, email Scott at szorn@shawjcc.org.







Gymnastics Class (ages 6-15)

Fridays 4:30-5:30 p.m. Nov. 30-Dec. 21

Students will work to develop coordination, balance, fitness as well as self confidence in a safe and fun environment. Includes balance beam, bar and floor exercises. Learn from gymnastics instructor Jackie. Rossero.

Cost: \$55 M/\$65 G 200.121

Youth Fitness Classes (grades 4-12)

Youth Spinning

Mondays (ongoing)

4:30-5:30 p.m.

Kids in grades 4-12 will enjoy indoor cycling classes that stimulate the feel of cycling in the great outdoors! Youth participants experience the challenge of hills and flats using various sitting and standing positions. Ideal for everyone at any fitness level and any age if they can reach the pedals safely. Class taught by a professional Instructor. Meet in the Spinning Room near the Fitness Center.

Cost per session: \$3 M/\$6 G

(Free for kids enrolled in KidSpace)

Youth Circuit Training

Tuesdays (ongoing)

4:30-5:30 p.m.

Full-body interval training classes will include strength, mobility, stretch and core exercises. Classes will challenge the students to climb, jump, push, lift and move in a playful-like workout that will help them build strength and become more agile for fun, sport and fitness. Location: Workout Space/Room Fitness Center

Cost per session: \$3 M/\$6 G

(Free for kids enrolled in KidSpace)





BBYO for Jewish Teens

(grades 8-12)

Akron BBYO is growing! Come join the fun. Make new Jewish friends, help your community, embrace your Judaism and, most of all, have a great time! Visit www. ShawJCC.org or contact Jenna for a list of upcoming BBYO programs including JCC Lock-In/Overnight, Fall event, Laser Quest, as well as regional events with Cleveland and Youngstown BBYO. Contact BBYO City Director Jenna Baker at 330-603-8586 or JMBaker484@gmail.com for more information.

Meet **Jenna Baker**

BBYO Akron City Director



My name is Jenna Baker, and I am the new Akron City Director for BBYO. Rabbi Hillel said, "If not now, when?" I try to live my life by that quote.

I was born and raised in Akron and held many board positions in BBYO. I also taught Sunday School at Temple Israel while in high school. I earned my Marketing degree from Johnson

and Wales University in Miami. While living in Florida, I taught religious school at Temple Israel of Greater Miami and served as the TIFTY adviser.

Together, I believe we can build up BBYO to what it was when I was in Hillel BBG. I am looking forward to meeting all of you and getting to know you as the year progresses!

You can reach me at JMBaker484@gmail.com or 330-603-8586.

#YouBelongAtTheJ

JCC Maccabi & ArtsFest



Join the Akron/Youngstown JCC Maccabi teen delegation as we head to the **2018 JCC Maccabi Games and ArtsFest** in Orange County, California from August 5-10, 2018. JCC Maccabi is the largest annual Jewish youth event in the world. The **JCC Maccabi Games** is an Olympic-style sporting competition for Jewish teens ages 12-16; **JCC Maccabi ArtsFest** is an arts experience for creative Jewish teens ages 13-17, featuring workshops in a variety of specialties with some of the leading artists in each field. The Summer JCC Maccabi/ArtsFest in California expects 2,200 teens from all over the world. Show your Ohio pride and join our delegation.

Delegation Informational Meeting for Teens & Parents: Dec. 21 at 6:30 p.m. at The J. For more information, email szorn@shawjcc.org.

Jewish Holidays

Sukkot: Oct. 4-11

Commemorating the sheltering of the Israelites in the wilderness.

Shmini Atzeret: Oct. 12 Eighth [day of] Assembly

Simchat Torah: Oct. 13 Rejoicing of the Torah

Chanukah: Dec. 13-20

Rededicating of the Holy Temple

Birthday

Planning a birthday party? The Shaw JCC offers birthday party packages at a great value. Our experienced and professional staff will make planning any party a breeze. Birthday Party packages start at \$195 for Members and \$245 for Guests. Contact szorn@shawjcc.org for information and scheduling.



Family Holiday Programs:

All events are free and open to all. For more information, contact Scott at szorn@shawjcc.org or call 330-835-0052.

The Sukkah Shake

Thursday, Oct. 5

5 p.m.

Come shake the Lulav and Etrog, learn the blessings, sing-along holiday songs and enjoy a tasty Sukkah Shake drink.

Annual Kids' Mega Challah Bake

Sunday, Oct. 29

2-4 p.m.

Children ages 3-13 will enjoy an afternoon of challah baking, crafts, games and music. Cost: \$10 per child/\$25 max per family by Oct. 22 and \$15 and \$35 after Oct. 22.

Children's Chanukah Menorah Dreidel & SongFirst Night Lighting

Tuesday, Dec. 12

5 p.m.

Join Shabbat Scott and friends as we welcome in the first night of Chanukah with songs, dreidels, gelt and first night Menorah lighting.

Chanukah at Summit Mall

Thursday, Dec. 14

6:30 p.m.

Join all Jewish Akron for this annual event! The J will host a Chanukah craft table and sing-alongs.

Aquatics

Our experienced and dedicated instructors lead small classes that will teach your children aquatics skills in a fun, safe and nurturing environment. We want your kids to succeed and to love swimming as much as we do! For more information and to dive into swim lessons, contact Aquatics Coordinator Trent Myers at 330-835-0055 or tmyers@shawjcc.org.



American Red Cross

Learn to Swim™

Baby & Me

(ages <3) - American Red Cross

Learn how to handle your future swimmer and introduce your child to water fun. Learn how to hold your child, develop basic swimming skills, sing songs and implement water play to help build a positive parent-child relationship. We will work on kicking, floating, blowing bubbles, arm strokes and water safety.

Cost: \$43 M/\$65 G

Mondays & Wednesdays at 5-5:30 p.m.

Oct. 16-Nov. 8 603.565 Nov. 20-Dec. 13 603.566

Saturdays at 9-9:30 a.m.

Nov. 18- Jan. 6 (No class Dec. 31) 603.567

Preschool 1

(ages 3+) - American Red Cross

Build your toddler's confidence in the water through safe exploration. We will introduce your child to being comfortable in the water for the first time in a group setting without mom and dad. They will learn basic swimming skills, blowing bubbles, kicking, floating on front and back while assisted and most importantly having fun!

Cost: \$43 M/\$65 G

Mondays & Wednesdays

Oct. 16-Nov. 8 5:30-6 p.m. 603.040 Nov. 20-Dec. 13 5-5:30 p.m. 603.042

Saturdays at 9-9:30 a.m.

Nov. 18- Jan. 6 (No class Dec. 31) 603.041



Preschool 2

(ages 3+) - American Red Cross

Children will continue learning the foundations of safe exploration and basic swimming skills from bobbing in the water to working on basic arm and leg action on their front up to three body lengths in the water. They will continue developing confidence in the water.

Cost: \$43 M/\$65 G

Mondays & Wednesdays at 5:30-6 p.m.

Oct. 16-Nov. 8	603.070
Nov. 20-Dec. 13	603.072

Saturdays at 9:30-10 a.m.

Nov. 18-Jan. 6 (No class Dec. 31) 603.071

Level 1

(ages 5+) - American Red Cross

Your child will learn the foundation for basic swimming skills, become comfortable in water, learn how to front crawl while assisted and how to kick and float on his/her own.

Cost: \$43 M/\$65 G

Mondays & Wednesdays at 6-6:30 p.m.

Oct. 16-Nov. 8	603.134
Nov. 20-Dec. 13	603.137

Saturdays at 9:30-10 a.m.

Nov. 18-Jan. 6 (No class Dec. 31) 603.136

Level 2

(ages 5+) - American Red Cross

Expanding on their basic skills, your child will learn to paddle with their face in the water, float unassisted and tread water.

Cost: \$43 M/\$65 G

Mondays & Wednesdays at 6-6:30 p.m.

Oct. 16-Nov. 8 603.240

Nov. 20-Dec. 13 603.242

Saturdays at 10-10:30 a.m.

Nov. 18-Jan. 6 (No class Dec. 31) 603.243

Level 3

(ages 5+) - American Red Cross

Building on the foundation learned in previous levels, your child will develop the skills to do the elementary backstroke, front and back crawl and the butterfly kick.

Cost: \$43 M/\$65 G

Mondays & Wednesdays at 6:30-7:15 p.m.

Oct. 16-Nov. 8 603.348 Nov. 20-Dec. 13 603.350

Saturdays at 10:30-11:15 a.m.

Nov. 18-Jan. 6 (No class Dec. 31) 603.351

Level 4 & 5

(ages 5+) - American Red Cross

Your child will learn to refine their breaststroke, alternate breathing and sidestroke in addition to new skills.

Cost: \$43 M/\$65 G

Mondays & Wednesdays at 6:30-7:15 p.m.

Oct. 16-Nov. 8 603.455 Nov. 20-Dec. 13 603.457

Saturdays at 10:30-11:15 a.m.

Nov. 18-Jan. 6 (No class Dec. 31) 603.458

Adult Level

American Red Cross

Cost: \$43 M/\$65 G

Mondays & Wednesdays at 7:15-7:45 p.m.

Oct. 16-Nov. 8 603.997 Nov. 20-Dec. 13 603.998

Saturdays at 10:30-11:15 a.m.

Nov. 18-Jan. 6 (No class Dec. 31) 603.999

Meet Janice Epstein

Certified Swim Instructor



For more than 30 years, Janice has been teaching swimming and other physical activities at The J.

Why is it important for kids to know how to swim? Children need to learn how to be safe in the water.

Have you had a memorable success story? I have one little boy that I've been teaching swim lessons for a little more than a year now. When we first started, everything was "I can't" and he wouldn't put his face in the water. He is now swimming the length of the pool.

What do you love about your job? I enjoy being with children of all ages, occasionally teasing them, talking with them, challenging them to try one more skill before we finish the lesson or game.

#YouBelongAtTheJ



Private Lessons

(30 minute lessons for 1 participant - price is per participant)

5 lessons \$85 M/\$125 G 10 lessons \$160 M/\$240 G

Semi-Private Lessons

(30 minute lessons for 2 or more participants - price is per participant)

5 lessons \$50 M/\$75 G 10 lessons \$90 M/\$140 G

To schedule private or semi-private lessons, email Janice Epstein at janice_epstein@shawjcc.org or call 330-835-0053.

Stroke Clinics

Stroke Clinics are a terrific way to improve your swimming skills after Red Cross levels 4 & 5 or enhance your technique for the upcoming swim team season. One of our swim team coaches will work with videos during the first half of each of the sessions and actual drills during the second half. You're welcome to register for all clinics, or pick and choose.

Pricing per clinic is \$15 M/\$25 G

Freestyle

Tuesday, Oct. 3 5:30-7 p.m. 603.770

Backstroke

Thursday, Oct. 5 5:30-7 p.m. 603.771

Breaststroke

Tuesday, Oct. 10 5:30-7 p.m. 603.772

Butterfly

Thursday, Oct. 12 5:30-7 p.m. 603.773

Starts & Turns

Tuesday, Oct. 17 5:30-7 p.m. 603.775



J Splash Movie Nights

Thursdays, 6:45-8:30 p.m.

Cost: \$5/M; Registration deadline is Monday prior to the Movie Night.

Thursday, Oct. 19 Robots Code 603.991

Thursday, Nov. 16

Happy Feet

Code 603.992

Thursday, Dec. 21 Frozen

Code 603.993

During movie, we ask parents to be in swimming suits and with their children in the water.

Small kid's floats are welcome and fun noodles; no kickboards or hard toys.

No roughhousing allowed during the movie.

Stingrays Swim Team

Nov. 8-March 10

(No practice Nov. 16, 23 & 24; Dec. 21 & 25; Jan. 1 & 18; Feb. 22)

Mondays, Wednesdays & Fridays, 4-5:30 p.m. Tuesdays & Thursdays, 6-7 p.m. 603.881

Ages 6-18

Cost: \$190 M/\$230 G

Do your kids already have a solid swimming foundation from taking lessons? The next step is the Shaw JCC's year-round swim team! Stingrays coaches teach our swimmers how to become more efficient in the water and to compete at a competitive level. Children ages six to 18 who have mastered level 4 of the American Red Cross swim lessons or an equivalent are welcome to sign up and start the fun! Home and away meets to be announced. Home meets are held Tuesday evenings.

FREE Aquatics Classes

Mild Water Movement

Mondays, Tuesdays, Wednesdays & Thursdays 9-9:45 a.m.

Low to medium intensity level workout for people with arthritis, MS or joint/muscle pain. Increase range of motion and strengthen muscles while improving balance and coordination. (All levels)

Aqua Bootcamp

Wednesdays, 10:45-11:30 a.m. & Thursdays 5:30-6:30 p.m.

High intensity workout improves cardio conditioning alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land-based cardio workouts. (Intermediate to advanced)

Aqua Fit

Tuesdays, 6-7 p.m.

Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance. (All levels)

Sports & Recreation

Pickleball

Come play the game that is sweeping the nation! Pickleball is a racquet sport which combines elements of badminton, tennis and table tennis. Learn the game with Pickleball expert Andrea Minster! Wednesday, Nov. 1, 10:15-11:15 a.m. Free for Members & Guests!

Open Play Mondays & Fridays, 7-9 am., Wednesdays, 7-11 a.m. and Tuesdays & Thursdays, 9-11 a.m. Stop by the Sports Fitness Service Desk for Pickleball equipment! Cost: Free for Members & \$5 for Guests!

For more information, contact szorn@shawjcc.org or 330-835-0052.

Ping Pong Fall League (All ages)

Thursdays, Oct. 5, 12, 19 & 26 and Nov. 2, 9 & 16, 6-9 p.m. **FREE Nov. 30 League Finals** Cost: \$12/night per person or \$20/family per night

Contact Samson Dubina at tt@samsondubina.com or 330-949-9230. Register at www.OhioPingPong.com.

Men's Basketball League (Ages 18+)

Sundays, Oct. 8, 2017-Jan. 7, 2018, 8 a.m.-noon Cost: \$100 M/\$135 G

Call 330-867-7850 to register! Call Rick Davis at 330-835-0053 with questions.

Gym Policies -

- Check the monthly gym schedule for open gym times.
- Open gym is available to J members only; guests must pay the guest rate.
- No food or drinks allowed in the gym (including sports drinks & bottled water).
- Exercise equipment is not permitted in the gym unless being used in a group exercise class.
- Proper footwear must be worn.
- Children ages 12 and younger must be accompanied by a parent or caregiver when in the gym at all times.



Meet Samson Dubina

#1 Table Tennis Player in Ohio



Coach Samson Dubina is a U.S. National Team Coach and recently was named the USATT Technology Coach of the Year. He is ranked the #1 SamsonDubina Table Tennis player in Ohio for 15 consecutive years.



Did you know? The J is home to the largest table tennis club in Ohio. Be part of the excitement and join Thursday night's Ping Pong Fall League. Learn from Ohio's top player Samson Dubina and experience family fun at the same time!

*See page 4 for Youth Table Tennis classes.

#YouBelongAtTheJ

Fitness

Let's Get Personal! What's the right workout for you to help you reach your fitness goals? A personal trainer at The J may be your answer to achieving your goals and providing the needed motivation. Let us help you assess your fitness level and customize a program that's right for you!

Quick Start Package

Jumpstart your fitness program with three one-hour sessions. Cost: \$120 M

Personal Training

Single session - \$90 (hour); \$50 (1/2 hour) 5-sessions - \$420 (hour); \$220 (1/2 hour) 10-sessions - \$810 (hour); \$450 (1/2 hour) 20-sessions - \$1,500 (hour); \$900 (1/2 hour)

TRX Small Group Training

Change your body without lifting a single weight! Class instruction is in a small group setting with no more than 8 per class. Classes fill quickly! Visit www.ShawJCC.org for available dates/times. Call 330-867-7850 or stop by the desk to secure your spot! \$30 for four 45-minute sessions.

FREE Equipment Orientation

Recommended for all new members! We'll teach you how to use all fitness equipment to ensure you get a safe workout. Stop by the Fitness Center or call 330-867-7850 to reserve your time with one of our personal trainers.

Massage Packages

Single session – 30 minutes (\$25 M/\$40 G); 60 minutes (\$40 M/\$60 G); 90 minutes (\$60 M/\$80 G)

Stress Relief Workshop w/Kevin Karas

Sunday, Nov. 5 2-3:30 p.m. 604.100

The focus of the workshop will introduce the mindbody approach to pain and stress relief. The workshop
will involve mindful movement, breathing techniques,
reflection and dialogue around wellness from a holistic
health perspective. Please bring a notebook. Cost: \$15 per
person (limit 8 participants). Stop by the desk or call 330867-7850 to register! 604.100

Meet Jennifer Herman

Fitness Manager



Introducing Fitness Manager Jennifer Herman!

We are excited to welcome our new Fitness Manager Jennifer Herman to the Shaw JCC, and she is eager to meet you! Jennifer can help answer any questions you may have regarding our fitness programs including personal training, group exercise and massage therapy.

FREE Group Exercise for J Members!

Don't like to exercise alone? Need a new direction for your workout? Optimize your fitness with group exercise! A variety of class formats and times make group exercise classes a fun, valuable part of your membership. Visit ShawJCC.org for an up-to-date class listing.

Text @shawjcc to 81010 for class cancellations & updates!

NEW! Babysitting Hours

Let us watch the kids while you work out! \$3/hour for 1st child; \$1.50/hour for 2nd child. Call 330-835-0033 to reserve 24-hours in advance.

- Mondays, 8-11:30 a.m. & 4:30-7:30 p.m.
- Tuesdays, 8-11:30 a.m. & 4:30-7:30 p.m.
- Wednesdays, 8-11:30 a.m. & 4:30-7:30 p.m.
- Thursdays, 8-11:30 a.m. & 4:30-7:30 p.m.
- Fridays, 8-11:30 a.m.
- Saturdays, 8-11:30 a.m.
- Sundays, 8-11:30 a.m.

Changes effective Oct. 9, 2017:

Parents/guardians must prepay before bringing child/ children to the childcare room. Prepay cards are available with advantages: purchase a \$60 card, receive \$6 off or a \$30 card, receive \$3 off. Parents/guardians must bring the receipt of purchase or Prepay card and present to childcare staff upon arrival. Time limit is two hours.

ECE Enrichment

At the Lisa & Thom Mandel Early Child Education Center, we offer exciting early childhood enrichment classes for our students and all children in the area! For more information, contact Kim Garra, ECE Director, at 330-835-0044 or kgarra@jewishakron.org.

Paint Play

Tuesdays, Oct. 3-Nov. 7 1:15-2 p.m.

Our own resident art specialist Ms. Mellissa will meet with children weekly to learn creative painting techniques as well as color mixing and how to use basic shapes. Children will be painting with their fingers, objects, fruit and more!

Cost: \$55 M/\$65 G 401.657

Kids in the Kitchen with Ms. Kim

Wednesdays, Oct. 4-Nov. 8 1:15-2 p.m.

Children will join Ms. Kim to create kid-friendly, easy to replicate recipes using a variety of kitchen appliances and tools. Children will mix, blend, chop, grate and pour ingredients to create their own culinary masterpieces. A page for a take home recipe book will be created each week and sent home after the cooking session.

Cost: \$55 M/\$65 G 401.656

Espanol para puques (Spanish for Little Ones for ages 3-5)

Thursdays, Oct. 5-Nov. 9 4:15-4:45 p.m.

Children will join Senorita McDuffee for a weekly Spanish experience. Songs, stories, arts and crafts and more will be provided for children using basic Spanish words and phrases.

Cost: \$55 M/\$65 G 401.655

Fall Sports Fun

Fridays, Oct. 13-Nov. 171-1:45 p.m.

Children will learn skills for soccer, volleyball and tennis during this six-week session. A variety of lead-up skill games will be taught by Ms. Janice.

Cost: \$55 M/\$65 G 401.658

Holiday Games

Fridays, Dec. 1-22, 1-1:45 p.m.

Children will participate in a variety of special games that are related to the holidays we enjoy in the month of December. Your kids will love playing tag, relay races and obstacle courses with Ms. Janice.

Cost: \$35 M/\$45 G 402.013

*Classes must have a minimum of 4 participants for the class to take place.



Tiny Toes Ballet

Students will start to build the foundation of ballet technique through games, songs and movements that correlate with curriculum that they will have in the future.

Tiny Toes Ballet Class 1

Wednesdays Through April 25 3:15-3:45 p.m. Ages 2 ½ -4

Cost: \$55 monthly

Tiny Toes Ballet Class 2

Wednesdays Through April 25 4-4:30 p.m. Ages 4-5

Cost: \$55 monthly

Tiny Toes Jazz & Hip Hop

Tiny Toes Jazz & Hip Hop is about exploring artistic movements for even the youngest of dancers. Students will learn about self and body awareness through resourceful movements, creative games and song and dance.

Tiny Toes Jazz & Hip Hop 1

Mondays Through April 23 3:15-3:45 p.m. Ages 2 ½-4

Cost: \$55 monthly

Tiny Toes Jazz & Hip Hop 2

Mondays Through April 23 4-4:30 p.m. Ages 4-5

Cost: \$55 monthly

Upcoming ECE Events

Sukkot/Harvest Festival

Tuesday, Oct. 10 4-6 p.m.

Children and their families are welcome to join us as we celebrate Sukkot in the auditorium. Feel free to stop by to participate in this free event. Sukkah decorating, games, activities, a photo booth and a "light dinner" are just a few of the fun things planned for this enjoyable, family-friendly evening.



Tuesday, Nov. 7

6-6:30 p.m. Dinner 6:30 – 7:30 p.m. Mess Making

Children and parents are invited to join us for a family-style dinner and then head to 12 or more classrooms of maniacal, messy, magical fun! From painting the teacher to walking in Jello you are never sure what mess you might get in to. Come have a great time at the Mandel Early Childhood Center's annual Messy Night.

Cost: Members -\$25/family & Guests - \$35/family *Registration coming soon!*







Save the Date! Winter Bash
Saturday, January 27

The Benefits of Early Childhood Enrichment Classes



Mandel ECE Director Kim Garra shares with us why it's important for you to enroll your children in enrichment classes.

Enrolling your child in preschool programs and enriching extracurricular classes will promote healthy child development through social, physical, emotional and cognitive growth experiences.

The younger your child is exposed to learning and discovery, the more they're set up for success in later years.

If parents wait until the child goes to kindergarten to immerse them in learning environments, they've just lost the most important time to optimize their child's development.

Our preschool and enrichment classes provide a different environment than what kids see at home. These programs let them become explorers and discoverers of the world.

Adults & Jewish Life

The J offers a variety of programs, classes and services designed to interest, entertain, engage and inform adults at any stage of life! SilverSneakers members are welcome.

For adult programs, please RSVP to Rachel Williams, Senior Adult Program Coordinator, at 330-835-0027 or rwilliams@jewishakron.org.

Bridge

Mondays

11 a.m.-2 p.m.

No matter what level of play, join us for Bridge. No instruction is provided. Open to All. No RSVP needed. Coffee and desserts served. \$1.00 donation suggested. *Please note new time*

Retired Men's Group

2nd & 4th Tuesdays 9:30-11:30 a.m. Oct. 10 & 24; Nov. 14 & 28; Dec. 12 & 26

Join the Retired Men's Group for open discussion on the 2nd and 4th Tuesdays of the month. No RSVP needed. Coffee will be served. \$1.00 donation suggested.

Mah Jongg

Thursdays

1-4 p.m.

Join us for Mah Jongg! Young and old alike are enjoying the comeback of Mah Jongg. Whether you know how to play, or want to learn, there will be an opportunity! Open to all. No RSVP needed.

Lunch Bunch

2nd Tuesdays

11:30 a.m.

Once-a-month come and join us as we eat at different locally owned, Akron-area restaurants. PLEASE RSVP to Rachel Armin Williams at rwilliams@jewishakron. org or call 330-835-0027 at least one day in advance. Meet at the restaurant at 11:30 a.m. on your own.

Oct. 10 BJ's Brewhouse

3265 W. Market St. #85, Fairlawn

@ Summit Mall

Nov. 14 Burntwood Tavern

3750 W. Market St., Fairlawn

Dec. 12 Akron Family Restaurant

250 W. Market St., Akron



Learn Pickleball with expert Andrea Minster! Wednesday, Nov. 1, 10-11:15 a.m. Free for Members & Guests! Visit ShawJCC.org for more information.

Be'Tay Avon Café

3rd Tuesdays

11:30 a.m.

Join the fun, fellowship and conversation at the once-a-month luncheon. Anything could happen, from entertainment to education. Lite lunch served, pay-as-you-are-able, but a \$5.00 donation is encouraged. RSVP to Rachel Armin Williams at rwilliams@jewishakron.org or call 330-835-0027.

Oct. 17 - Join Rabbi Elyssa and Hazzan Matthew from Beth El for "Great Yiddish Songs and their Stories"; A 45-minute musical program featuring the stories behind some of the greatest yiddish songs of the 19th and 20th centuries.

Dec. 19 - Join our Shlichim once again as they discuss the cross cultural differences in children's stories! This is bound to be an interesting café!

Movie at the J

3rd Wednesdays

12:30 p.m.

Come one come ALL! Enjoy a movie in the quiet of the Shaw JCC, plus free popcorn! Closed captions provided. FREE.

Oct. 18 20th Century Woman

In 1979 Southern California, bohemian single mom Dorothea Fields looks to a pair of women from different generations to help teach her teenage son lessons about love and life. But he gets another perspective after Dorothea takes in a male boarder. Starring Annette Bening, Elle Fanning and more.

Nov. 15 La La Land

While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray. Starring Ryan Gosling, Emma Stone, John Legend.

Dec. 20 Jackie

Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy and to define her own. Starring Natalie Portman and Peter Saarsgaard.





Restaurant Review

4th Thursdays

5:30 p.m.

It's dinner time! Enjoy food and conversation with us. PLEASE RSVP to Rachel at LEAST one day prior to event to ensure seating. Meet on your own at 5:30 p.m.

Oct. 26 Mr. G's Pizzeria

2955 W. Market St., Akron

No Restaurant Review in November

Dec. 28 Waterloo Restaurant

423 E. Waterloo Rd., Akron

**Please RSVP to Rachel Armin Williams at 330-835-0027 or email rwilliams@jewishakron.org.

Intergenerational Reflections: Tell Your Love Story!

Sunday, Oct. 8 1-3 p.m.

This will be a relaxing and enjoyable Sunday afternoon as we listen to stories about love. Was it the love of your life? Or the one that made you grow up!? We are looking for some seniors to share their love story with a cross-generational group from Rubber City Jews and in partnership with Jewish Family Service. Light lunch served. Free!

Painting with a Twist

Thursday, Oct. 23 3:30-6 p.m.

Join us for an afternoon of painting with instruction, wine and light apps! You get to learn how to paint and take it home at the end of the day. You must register by Oct. 3 to ensure seating and, if needed, free transportation from The J. To register or to sign up for transportation, call Rachel at 330-835-0027. If you would like to meet us there, call for the address! Cost: \$10 - cash only at the door. This event is offered in partnership with the Jewish Family Service.

AARP Safe Driving Course

Tuesday, Oct. 24 9 a.m.

By taking this four-hour course, you will not only gain confidence in your driving, but you may earn a discount on your car insurance once you receive the certificate of completion. You will receive materials to keep, and learn some very helpful and insightful pointers to keep you and your loved ones safe on the road. You must call to register for this course by Oct. 16 by contacting Rachel at 330-835-0027. Cost: \$15 AARP members & \$20 non-members. *Please note, cost is for AARP member/non-member, not Shaw JCC members. Please make checks payable to AARP.



Memoir Writing Class

Friday, Oct. 27 2-3:30 p.m.

Writer Deanna Adams will help you glean the memories of your life and put them in chronological order to preserve personal history. She will share the key elements of storytelling, then have attendees write the first scene of their story using those elements. She'll also show you how to write dialogue that enhances your story, and how to utilize the five senses to bring your writing alive. If time, there will be several writing prompts to get you well on your way. Bring a pad of paper, and family photos to spark memories!

Art in the CVNP

Tuesday, Oct. 3 9:45 a.m.-1:45 p.m.

Join us as we take a bus ride through the Cuyahoga Valley National Park to the Conservancy. We'll stop at the John F. Sieberling Art Gallery to view a collection of artworks by Claire Marks (daughter of Wayne and Allison Marks). We will also go to the M.D. Garage which is a volunteer run art gallery in a 1940's garage! Lunch will be at Fishers Café & Pub in Peninsula. This is a free trip, lunch is on your own, Please RSVP ASAP to Rachel Williams at 330-835-0027.

Two Part Program with Brookdale Montrose (Chambrel)

Myths of Aging Friday, Oct. 13 2 p.m.

In this Health and Wellness

Presentation by Brookdale Montrose, we will discuss the Ten Myths and Realities of Aging, the concept of Ageism, and understand the Fifteen Benefits of Daily Activity. Program will take place at The J. Please RSVP to Rachel.

Social Wellness Tuesday, Nov. 14 2 p.m.

If you think that having good health is all about eating, exercise and medicine – think again! We all have a basic need to feel connected to other people. And it turns out social connections may be at least as important, if not more as these other commonly accepted health practices. In this Health and Wellness Presentation by Brookdale Montrose. we will help to understand the health implications of social contact and recognize the various ways to support others and to feel supported. FREE transportation available to Brookdale from The J. Bus will leave around 1:45 p.m. Please RSVP to Rachel at 330-835-0027 by Nov. 10 to ensure seating.

SilverSneakers®

If your Medicare health plan, Medicare Supplement carrier or group retiree plan includes SilverSneakers® as part of your benefits package, you get all of this at no additional cost:

- Senior adult membership including full access to indoor & outdoor pools, fitness center, full gymnasium, locker rooms, saunas & steam room & 50+ weekly, free group exercise classes
- SilverSneakers® classes led by certified instructors – Mondays & Wednesdays, 10-11 a.m. & Thursdays, 9:45-10:30 a.m.
- Health education seminars & fun social events!

Find out how you can take advantage of all that The J and SilverSneakers® have to offer!

- Check your eligibility at silversneakers.com.
- Call 330-867-7850 to see if you or family member may qualify.
- Questions? Contact Jaclyne Sesock at 330-835-0049 or jsesock@shawjcc.org.



SilverSneakers® classes led by certified instructors are held Mondays & Wednesdays, 10-11 a.m. & Thursdays, 9:45-10:30 a.m.



Meet Lila Marks

SilverSneakers® Member

Lila Marks is a young 93-year-old and has been a fixture at The J for more than 30 years. If you ask other members how to describe the adorable woman known for wearing bright colors, you'd receive generally the same response. "She's a legend!" says customer service and membership lead Henry Zuchegno.



Lila loves going to her workout classes four days a week. She spends time with others within her age group by participating in what she calls the *silver skates*. This is her nickname for her SilverSneakers® group. But if you go up to her and ask her what the makes The J special, she doesn't say the free workout classes or the new fancy exercise equipment in the fitness center, she says it's the people who make her feel at home.

"The J is my other family. Everyone is friendly and nice." Lila absolutely loves the community that is centered around The J. That is what feeling that you get if you're ever lucky to meet Lila - an overwhelming feeling of love emanating from her towards others.

#YouBelongAtTheJ

Shlichim Programs

Uri and Gili Hershkovitz are emissaries (Shlichim) from Israel serving the Canton and Akron communities. To learn more about their programs, email Shlichim@jewishakron.org or call 330-835-0024.



Wednesday, Oct. 11 7 p.m.

Join us to celebrate Sukkot at the Chestnut family residence, and eat your fill of delicious, homemade Sushi! Students in grades 9-12 are welcome. Let's roll! This free program includes dinner. Please RSVP to Shlichim@jewishakron.org.

Keep the Wheels Moving - Israeli Tech Improving the World

Tuesday, Oct. 17 7 p.m.

Join us for our first Shlichim program where we'll be discussing some of the amazing technological advances Israel has given the world, and how we are moving forward. This program includes hot drinks and dessert. Please RSVP to Shlichim@jewishakron. org. Free & open to the community.

Aniye Ircha Kodmim (The poor of your city first) - Welfare and Immigration in Israel

Tuesday, Nov. 2 7 p.m.

Join us as we discuss legal and illegal immigration to Israel and how the state deals with it. We'll also discuss poverty and the official and unofficial poverty line, and what that means for everyone. This program includes hot drinks and dessert. Please RSVP to Shlichim@jewishakron.org. Free & open to the community.

Cafe' Ivrit

Thursday Nov. 9 6 p.m.

Want to practice your Hebrew? Feel a little rusty on the R's and L's? Come over for a cup of coffee and some Hebrew with us! There will be five meetings for two levels – beginner and advanced, once every two months. This program includes hot drinks and dessert. Please RSVP to Shlichim@jewishakron.org. Free & open to the community.

Meet the New Shlichim! Uri & Gili Hershkovitz

"Uri is coming full-circle back to the US, as he lived here as a child in Cleveland. Gili, on the other hand, has never lived abroad, so receiving the phone call from JAFI [about our schlichut assignment] was very exciting for both of us. Knowing that we will be part of your community is heart-warming and something we really look forward to!"

Paint Date

Tuesday, Nov. 14 7 p.m.

Muchrachim Lehiot Sameach (We must be happy). Bring your friends to a colorful night of Israeli art. No talent required! Beer, soft drinks and snacks will be served. Must be 21+. Please RSVP to Shlichim@jewishakron.org. Cost: \$10 per person.

Reach Out & Touch Someone

Tuesday, Nov. 28 7 p.m.

We'll conclude the first Israeli sphere with a discussion of Israel and its relations with Jewish communities abroad. Do you think Jewish communities should play a role in Israeli politics? In the general elections? Where do donations go, and are we making good use of it? Come and voice your thoughts and hear others. This program includes hot drinks and dessert. Please RSVP to Shlichim@jewishakron.org. Free & open to the community.



Member & Guest Policies

Membership Cards

Please bring your membership card with you each time you come to The J. Members may be charged for a replacement card (\$15) if unable to present their card after two consecutive visits.

Be Our Guest!

Guests of all ages are welcome! All local guests must be accompanied by a J member at all times. Children ages 12 and younger must be supervised by an adult (16+). Local guests are welcome to the facility three times per calendar year. There are no limitations on out-of-town guest attendance. Guest passes must be purchased in advance for Saturday visits. Adults (18+) - \$10; Teens (13-17) - \$7; Children (5-12) - \$5; Children ages 4 and younger are free. Guest passes may be purchased at the member service desks and must be purchased in advance for Saturday visits. Guest passes must be presented on request and provide a photo ID at check-in. Guests must follow all J policies and procedures.

Lockers & Towel Service

Lockers are available for daily use at no charge. You may borrow a lock for day use at the Fitness Desk. Lockers and towels are also available to rent annually. The J is not responsible for valuables removed from lockers.

Attire

For our members and guests to feel comfortable at The J, please wear appropriate attire in our facility. Shirts and shoes are required in all areas except the locker room and the pools, and proper footwear must be worn in physical activity spaces. We cannot allow outdoor shoes in the gym.

Keeping it Kosher!

All food served at The J is Kosher. Food brought into the facility by our members must be respectful to the laws of Kashrut. We ask that only non-meat products (such as dairy, vegetables and grains) are brought into the building.

Shabbat (Saturday) Policy

Jewish law and tradition embrace the Sabbath—Saturday, a day of rest, when no work is done and no money changes hands. To respect that tradition, we do not sell goods or services at The J on Saturdays. Please remember to buy guest passes ahead of time. We cannot charge member accounts for guest passes or Shabbat cards.

For any questions regarding Member & Guest policies, please call 330-867-7850.

Get text alerts!

Be in the know.
Stay connected
to the Shaw JCC.
Sign up for text
alerts.

Text @shawjcc to 81010 to receive all the latest updates. Make sure you let your friends and family know too!





Shaw JCC Akron

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Steve Newman Lauren Osina Sam Pupino Jody Schweiger Stacev Simonton Ted Walter

Center Hours

Facility Hours

Monday-Thursday 5 a.m.-9 p.m. Friday 5 a.m.-6 p.m. Saturday & Sunday 7 a.m.-6 p.m.

Business Hours

Monday-Thursday 8 a.m.-7:30 p.m. Friday 8 a.m.-6 p.m.

Holiday Hours

Thanksgiving, Nov. 23 & 24 Facility open 8 a.m.- 1 p.m.

Chanukah, Dec. 12 Facility closes at 4 p.m.

Christmas Eve, Dec. 24 Facility closes at 3 p.m.

Christmas, Dec. 25 Facility open 8 a.m.-1 p.m.

New Year's Eve, Dec. 31 Facility closes at 3 p.m.

New Year's Day, Jan. 1 Facility open 8 a.m.-1 p.m.

Contact Us



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Senior Adult Program Coordinator Early Childhood Office Manager 330-835-0027 Rachel Williams



Program Director Children/Youth/Camp Director 330-835-0052 Scott Zorn

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