

CENTERPIECE

INSIDE

J-Play to become a free program for all JCC Members starting July 13.

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Improvements and New Classes Coming to JCC Health and Wellness Department

by Niki King
PR Specialist

From updated locker rooms and fitness equipment, to expanded onsite childcare and pools hours, to new group fitness classes and climbing area for children, there's a lot to look forward to at the JCC.

Tom Wissinger, Director of Membership and Wellness, recently announced a host of facility upgrades and member benefits planned for the fall.

He said the changes are in response to member requests and staff evaluations of how the JCC can maintain its competitive edge in the local market.

For example, new cardio fitness equipment will be installed throughout the fitness facility. Each unit will be connected to the internet and feature a touch screen monitor and other savvy features. While the building is older, and

there are certain aspects about it that cannot be changed, "we can upgrade the equipment inside the facility to make sure we have the highest quality of cardio equipment in the area," he said.

Existing and potential members who take tours have said they would prefer updated locker rooms, so plans are underway now to complete those renovations this fall, he said.

J-Play will now be offered to members for free and J-Play Plus, a new childcare drop-off pilot program for kids entering 1st through 5th grade, is being offered in the lower gym on Saturday and Sunday mornings for five weeks starting July 13 (see story CenterPiece page 2).

"It's another way to give a service without adding on a fee," he said.

New group fitness classes will also be introduced. Innovative program offerings in small group training will include Group Reformer Pilates, Barbells and Bourbon, BoxFit and Teen Power.

"Research shows that when you work out with others, you are more likely to keep up with it," he said. "So we're increasing our efforts to add a social component to our group fitness classes."

For the Barbells and Bourbon class, a planned class that will start in the Fall, there will be an outing to a bourbon-tasting with the other class participants and the instructor.

For the last two years, the pool has remained open past Labor Day as a "thank you to our members for their commitment to us and we would like to continue that," Wissinger said.

Membership Dues will increase to help pay for the improvements. It will be \$1 per month -- \$12 per year -- for an individual membership and \$3 per month -- \$39 per year -- for a family and single parent membership.

"These are all things we are trying to do to make it the best place for members and the rate increase will offset some of those costs," Wissinger said.

PLANNED UPDATES IN THE FALL AT THE JCC

- Pool hours extended through September.
- Both the Men's and Women's locker rooms will undergo extensive renovations.
- New cardio fitness equipment will be installed throughout the fitness facility. Each unit will be connected to the internet and feature a touch screen monitor and other features.
- New group fitness classes will be introduced. Additional innovative program offerings in small group training will include Group Reformer Pilates, Barbells and Bourbon, BoxFit and Teen Power.
- Starting July 1, J-Play child care service will be free for members. A kid's climbing room will be re-located.
- Members will receive a \$4 discount on tickets for all CenterStage opening night performances during the 2014/2015 season.



Lower Gym Gets New Basketball Hoops and HVAC System

Facility upgrades are not waiting until the fall to get underway. All new HVAC and basketball goals were upgraded in the Lower Gym the week of June 23.

The new hoops were updated to a ceiling mounted system which will make it easier to raise or lower the goals to fit the needs of the players or remove them

if the gym is being used for something other than basketball.

The new HVAC system will help control temperatures in the gym. The old system had surpassed its life expectancy and was having issues keeping up with demand.

4th of July Party at the JCC Returns

by Niki King
PR Specialist

Last year, a JCC Fourth of July tradition was born, or more accurately, reborn.

Former membership Director Suzy Hillebrand was inspired by the July 4th parties the JCC threw when she was growing up here and wanted to bring the fun holiday tradition back.

She envisioned raft races, a splash contest and poolside dancing.

"Growing up it was always a highlight of the summer and I can't wait to introduce it to a whole new generation of JCC families," she said at the time.

Unfortunately, the weather proved uncooperative and the party was moved to the gym where families had fun playing games and eating popcorn and sno cones.

Alicia Springer, current Membership Director, said the July 4th Party is planned again this year, and weather permitting, it will be the promised poolside celebration.

"It'll be an old-fashioned, family-friendly Fourth of July," she said.

Pools are open from 9:30 a.m.-6:30 p.m. with raft races for different age groups every hour in the family pool starting at 11:25 a.m. The Big Splash Diving Contest is at 3:25 p.m. There will be free fitness demonstrations poolside as well. Families are invited to bring their own food and have a picnic in the family park or enjoy the food options offered by the JCC including free sno-cones and popcorn.

Springer reiterated that if weather doesn't permit pool time again this year, the party will move into the upper gym, where families will still find plenty of fun for the day.

J-Play to Become Free for All JCC Members

The JCC is now making it easier for parents to get fit, even with their little ones in tow.

Starting July 13 the JCC will offer on-site childcare for free while parents work out. J-Play, which is for children 6 weeks to kindergarten, previously cost \$4 an hour. Its hours have been expanded to Saturday as well, from 10 a.m.-noon.

Also, a new program will be introduced for older children. J-Play Plus, a new childcare drop-off pilot program for kids entering 1st-5th grades, is being offered in the lower gym Saturday and Sunday mornings, starting July 13. It's free as well.

"Our big goal is to offer new, family-friendly options," said Angie Hiland, Early Childhood Assistant Director. "The thinking was, what can we do at the JCC to be more family-friendly?"

Children in J-Play will have access to a host of activities, such as Wii video games, ping pong and basketball.

"We wanted to give kids a safe, age-appropriate place where they can be engaged and have something to do while you work out," Hiland said.

J-Play Plus is a pilot to determine if and when the parents might want the program.

"If you want J-Play Plus, utilize it so we'll know there is a need," Hiland said.

Both J-Play and J-Play Plus will have a 90-minute limit and a 15-child capacity.

Parents are invited to call ahead to check the number of children and how much time until a space opens up.

Hiland said that if they find the program is filling up often, they'll increase the capacity for more children.

"We'll make adjustments to meet member needs," she said.

There'll be two staff persons at both J-Play and J-Play Plus and they'll be familiar faces, typically staff from camp, family gym class or other JCC programs.

JCC Summer Camp Off to a Great Start!

The JCC Summer Camp will be home for more children than ever before.

Campers are loving dress up days every Wednesday, arts and crafts, science, sports and of course swimming in the pool.

They are being introduced to Israel through the JCC's shlichah, Dafna Chen (see story, CenterPiece page 4) and gardening in the JCC Community Garden.

All campers are working on improving their swimming in the JCC pools through the Lenny Krayzelburg Swim Academy and pool time is always one of the most popular activities.

On July 29, the Israel Scouts will visit camp for a performance at 2 p.m. The community is invited to join this free celebration.

Summer Camp runs through August 8. There are still a few spots available for last minute sign ups. To register or for more information, visit www.jccloisvillecamp.org or call 502-459-0660.



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JULY 23
6:30-8:30 P.M.

MACCABIA-COLOR WAR
RSVP by **July 16** online at www.jewishlouisville.org/parentnight
Be sure to wear your child's "color war" team colors!
Camper must be in Trek or Keff week of July 21-25.

CenterStage Celebrates its 100th Season with a Birthday Celebration

CenterStage is officially a centenarian, which of course, calls for a party.

CenterStage, the oldest continuously operating theatre in Kentucky, is planning a grand fete to kick off its 100th Season July 30 at 7 p.m.

There will be an open bar sponsored by Heaven Hill, birthday cake, special performances with your favorite CenterStage performers highlighting the upcoming season and attendees will mingle with Louisville dignitaries.

The event is free, but an RSVP is required as there is limited seating and seats are already going fast.

"It's going to be tremendous centennial year, truly worthy of CenterStage's history and legacy for top-notch community theatre," said John Leffert, CenterStage artistic director.

CenterStage, which originated as the Young Men's Hebrew Association Players, presented its first production April 27, 1913, at the old YMHA at Second and Jacob Streets in downtown Louisville.

To help mark the history of the occasion, staff is requesting CenterStage performers and other participants from years past, contact them to share memories and memorabilia.

2014/15 CENTERSTAGE SEASON:

100th Birthday Celebration: July 30
Spring Awakening: Aug. 7-17
Chicago: Sept. 4-20
Sweeney Todd: Oct. 23-Nov. 9
The Wizard of Oz: Jan. 8-25, 2015
Once on This Island: Feb. 12-23, 2015
Fiddler on the Roof: March 12-29, 2015

The 2014/15 Season officially kicks off with *Spring Awakening*, a rock musical adaptation of an 1891 expressionist play about the trials and exhilaration of teen years that won eight Tony Awards, including Best Musical. It runs Aug. 7-17 and CenterStage is planning an event called #Teen Awakening Aug. 17 to explore what it's really like to be a teen in 2014. Attendees will enjoy a special performance of *Spring Awakening* and then join in a discussion with other teens and parents, plus a live twitter feed, about what's really going on.

Season tickets are still available, but selling briskly. Visit www.CenterStage-JCC.org or call 502-459-0660 to get yours today.



The CenterStage float at the 2014 Louisville Pride Festival

Women's Only Workout and Teen Power Begin at JCC Health and Wellness



Libby Blondin works out with Denise Joseph during a W.O.W. session.

Libby Blondin has attended the JCC's small group personal training class for women since 1996. While she's tried a host of other fitness opportunities at the JCC, the class remains her favorite.

"I've been very thankful for it. It gives me the opportunity to work out with other women who share the same interest in staying healthy," she said.

The class recently has been refreshed with new workouts and a new name, "Women's Only Workout," but the goals are still the same, to offer a full body workout, while building relationships among participants. It's purposefully kept small – with no more than five class members – so bonds can form easily.

Instructor Denise Joseph said it's great for women who might be nervous about working out in the gym, or may not have anyone to work out with. During the class, attendees usually become friends, she said. They often help keep each other accountable and meet up for other workouts outside of the designated class time.

Joseph said the work out is a challenging full 30-minutes, working everything from the calves to the shoulders. She also tailors it to fit participants' fitness

goals.

"I gear it toward what everyone's looking for," she said.

Joseph also instructs the JCC's four-week fitness class for youth ages 11-18. That class, recently renamed "Teen Power," teaches youth how to use a variety of cardio machines, weight machines and free weights safely. The class is for 45 minutes, one day a week.

She gives them a fitness knowledge framework too, explaining the importance of strength and cardio training, among other topics.

"We get them on track so they learn the correct way to do things and build a lifetime interest," she said.

Women's Only Workout is a six week class, the next one starting on July 1. Teen Power is a four week class, the next class begins July 7. Call the Health and Wellness Desk at 502-238-2727 to sign up for either class.

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SENIOR CALENDAR

JULY 1
Movie & Popcorn—"The King & I",
10:45 a.m.

Rescheduled from an earlier date! Join us for this enjoyable musical starring Yul Brynner & Deborah Kerr. Refreshments will be served!

JULY 8
Bingo, 12:45 p.m.

JULY 15
Senior Retirees Meeting, 12:45
p.m.

Matt Goldberg, JCRC Director will be our guest speaker. He will discuss the present Middle East situation and how it affects Israel. Matt will also tell us what JCRC's role is in the Louisville community.

Refreshments will be served!

JULY 21
Gourmet Dining Club, 5:30 p.m.

Join us at Café Mimosa on Bardstown Road for dinner.

Cost of Transportation: \$6/M, \$8/NM.

JULY 22
Sing- Along with Mary Adams, 12:45
p.m.

JULY 27
Adult Social Club Free Paid Up
Membership Luncheon, Noon

This event is for Club Members only.

Bob Holt & Prime Time Band will entertain after lunch. Volunteers will also be honored.

JULY 29
Bingo, 12:45 p.m.

Shlichah Brings Israel to JCC Summer Camp

by Shiela Steinman Wallace

JCC Summer Camp can be a transformative experience for children as they learn to swim, make new friends and learn how they can be superheroes by making a difference for others. This summer, they are also getting a taste of Israel from Shlichah Dafna Chen.



Dafna Chen plays games with Israeli themes with JCC Summer Campers.

Chen, who likes to go by the nickname Dafna, wants to give the campers something good to think about when they hear the word, Israel.

"I teach them a lot of songs and games," she said, "things that are fun, but also give a taste of what it's like to be a child in Israel. Many of the games are games they know with a twist that makes them Israeli."

For example, Chen likes to play color tag with the children. "It's like regular tag," Chen explained, "but the tagger calls out a color and everyone has to find something of that color to tag or they are tagged." Other games are variations of duck, duck, goose and red light green light.

"I just want the kids to understand what it means to be a child in Israel," Chen said. "It's a lot like in the U.S. – the same games, songs, dances and stickers." She recently played some songs from the movie Frozen in Hebrew and the children loved it.

Chen is from Kibbutz Tel Katzir near the Sea of Galilee. She describes it as "a very small and Zionist community." Her grandparents helped build the Kibbutz, and her grandmother, Barbara, who will turn 80 early next month, still lives there.

She comes from a single-parent family. Her mother, Tamar, raised her and her 15-year-old sister, Inbal, by herself. Inbal is autistic and was recently moved

to a facility, "where she can be more independent."

During the year, Chen works at the kibbutz' children's house. It's like being a camp counselor all year long. Every afternoon, she leads activities and helps with homework.

She also likes to read, cook and bake.

She served as an Armor Corps instructor in the IDF. "I taught people how to use tanks," she explained, "and later I was an instruction developer, teaching officers how to teach others." Service in the Armor Corps runs in her family, she added. "My uncle was an officer in the Armor Corps and my mother was in communications."

Louisville is not like what she expected to find. "In Israel, when we talk about the States," she said, "places like New York City or Las Vegas come to mind – big cities. Louisville is all green and beautiful and welcoming."

In addition to working with the children at camp, Chen looks forward to meeting many other community members. This week, she attended a YAD event and was excited to meet people her own age who grew up with a different culture and have a different way of life.

She is appreciative of the families who are hosting her during her two-month stay in Louisville, Dafna Schurr and Eddie Cohen, and Greg, Laura, Joel and Josh Gitter; and for the hospitality of the Jewish Community of Louisville.



"Sacred Familiar" The Work of Wendi Smith at JCC Patio Gallery
Local Artist Frank Weisberg, who attended the opening on June 8 said, "You seldom see such high quality works of art at such reasonable prices- - they won't last long! This exhibit offers a great opportunity to add to your collection or start collecting original works of art." The exhibit runs until July 15.



The summer season started at the JCC on May 24 with a Memorial Day Picnic. Families also had the chance to watch *Rio* at the JCC Family Park on June 8. Summer memberships run until September 1.

FAMILY AND WADING POOL HOURS

Until Sept. 1

Mon.-Thurs. 9:30 a.m.-8:45 p.m.
Friday 9:30 a.m.-6:45 p.m.
Saturday 10:30 a.m.-6:45 p.m.
Sunday 9:30 a.m.-6:45 p.m.

OUTDOOR LAP POOL HOURS

Until Sept. 1

Lanes 5-7 will always be available for Lap Swimming. Other lanes will be available as programming allows.

Mon.-Thurs..... 6 a.m.-8:45 p.m.
Friday..... 6 a.m.-6:45 p.m.
Saturday 10:30 a.m.-6:45 p.m.
Sunday 7 a.m.-6:45 p.m.

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