

# CENTERPIECE

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Gators snatch first  
place in LSA  
Championship Meet  
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## The J Swim School to replace Lenny Krayzelberg Swim Academy in August

by Lee Chottiner  
Interim Editor

Johnny Kimberlin knows a thing or two about swimming.

The self-described “pool rat” has been attracted to the water since he was a kid. He swam for championship teams at St. Xavier High School and he’s coached middle and high school swimmers off and on for the past 10 years.

No surprise, then, that Kimberlin, 31, aquatics director at The J, has been pegged to reconstitute the center’s swimming academy. The J Swim School will slice the water for the first time on August 6. Letters have already gone out to parents of prospective pupils.

The new program replaces the Lenny Krayzelberg Swim Academy, which has been in place here for six years.

“I’ve been a coach for 10 years,” Kimberlin said. “We’ve got very experienced, veteran instructors, and we’re ready to take this dive.”

There are some significant changes afloat.

For one, Kimberlin plans to divide the year-round program into three groupings: water safety, pre-stroke, stroke. Each group will have multiple levels of proficiency. Each kid must be tested before moving to the next group.

For another, he plans to blur the lines between J Swim School and The J’s swim team, the Gators.

“The idea is to make the JCC the place to be for swimming,” he said.

Currently, 175 kids are taking swim lessons at The J.

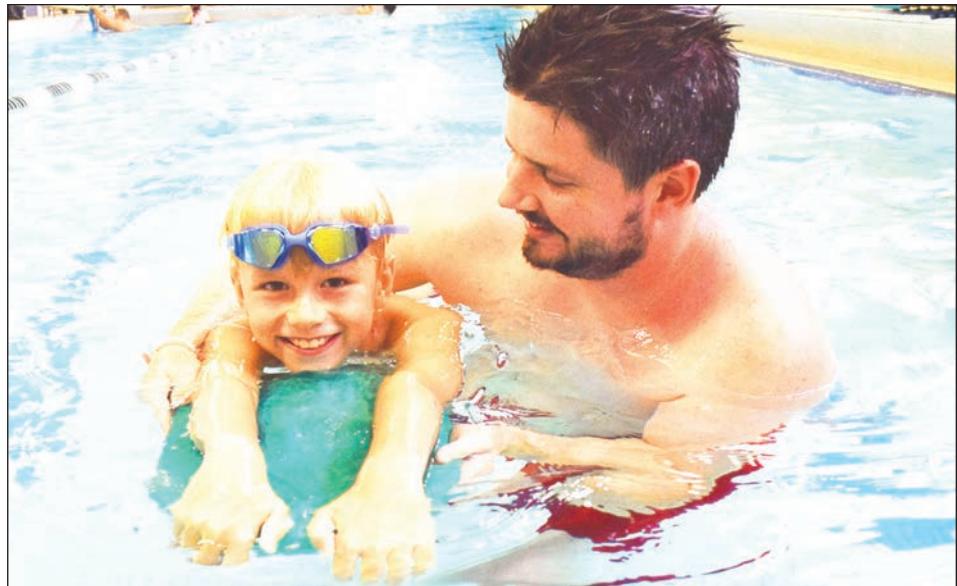
In the new water safety group, kids will get comfortable in pool. They learn to put their faces beneath the water, float on their backs and get used to jump in unaided, or, as Kimberlin says, “become independent.”

In the pre-stroke group, kids will learn to be “streamlined in the water.” They will work on getting their head, hips and feet into “correct body positioning” without taking a stroke Kimberlin said. They also will learn to “sidekick” – rolling their bodies to the side to breathe in the water.

Finally, the stroke group will first teach young swimmers to freestyle and do the backstroke – both of which have much in common – before they move on to the breaststroke and butterfly – two harder strokes that require breathing without rolling to their sides.

Kimberlin said the instructors also will teach the kids to do flips in the water (pushing off from each end of the pool to complete a lap) as well as finishes, dives and back dives – all necessary to swim competitively.

Kimberlin hopes J Swim School will become a feeder program for the Gators. A



logo for the school, much like the one the team uses, is being designed, and he hopes to see the team’s coaches take part in the new program.

“We’re going to try to make the swim team and the school talk to each other,” Kimberlin said.

J Swim School will hardly be a rigid program. It will conform to the pupil, not the other way around.

“Every kid is different,” Kimberlin said. “There could be a 10-year-old who is at level one versus a 3-year-old who learns all the levels in three months. It’s hard to put a time limit on it.”

Length of classes and prices will stay the same, he added. The school will offer private lesson to children as young as 24 months and will have an adult class as well.

## The Punchline: The Ibn Ali Boxing Program kicks off

by Syd Bishop  
Special for CenterPiece

July marks the kick off of the Ibn Ali boxing program, a four course boxing series designed for both kids age 5-14, and adults 15 and above, alike. The nephew of Muhammad Ali, cousin to Laila Ali, and son of Rahmen Ali, his pedigree is far beyond his namesake, including almost two decades of professional experience and a United States Boxing Council cruiser weight title which he secured with a sixth-round knockout of Jeff Fox on April 15, 2006. The program is designed to teach the fundamentals of boxing, which includes a strong dedication to cardiovascular exercise, and hand-eye coordination, designed in a way that all entry levels are welcome.

### Kid’s Corner

The evening started with making sure that the kids are safe. Coach Doug Meyers sat patiently with everyone present and made sure that they were taken care of, in a way that put the burgeoning boxers at ease. The crew was small, but encouraged to listen and participate, all eager to move. Ages running from elementary to lower high school, the boys in the class all have an apparent hunger to learn. Ibn Ali made it clear from the get go that the emphasis is on fun, first and foremost.

They started with jab exercise, going through the proper motions to stick to form while moving, with a focus on balance. No one was left behind. Every student in the class was given attention no matter their

skill level or dedication, as Ali and Doug shouted words of encouragement.

“You guys looking like champs already.”

And they did. Every move was telegraphed in a linear progression that starts with form, and moves to different punching styles. The kids were pivoting and stringing left and right hand jabs, weaving in and out. Despite different strides, the students moved in unison to each command.

As the students filtered out they were equally excited and exhausted from their work, visibly pleased with their experiences. Carson Blumenthal, the youngest in the group, was all smiles leaving the gym. He says, “It was awesome, I loved it. I love boxing. I learned a lot of jabbing, one two. I loved punching that bag.”

Friends Owen Sexton and Chase Pearson, both middle schoolers, were happy to have an opportunity to work together on something they find fulfilling. Sexton says that his instructors made it fun.

Pearson adds, “It was pretty fun. My dad had worked with me on some of this stuff, but then my friend Owen -his mom had found out about this- we decided to do it.”

The journey for the students is a measured course, plotted by Ali to play to their strengths and attention spans. The fact that everyone walked away happy –no small feat for a group of young boys forced to exercise- is a testament to Ali’s skill and Coach Doug’s dedication and drive to build better fighters, but not at the cost of a good time.

see **ALI BOXING** page 4



Participants in the children’s class practice their jabs while Coach Doug Meyers instructs.

## New exercise bikes coming

by Zoe Sapin  
Marketing Intern

The J is excited to have new, state-of-the-art exercise bikes! On Friday, August 18, a new set of exercise bikes will be installed in the Cycle Studio. The current exercise bikes have served our members well for the past six years, but Susan Kwasny, the Health and Wellness Director, says “It’s time to get new ones that are technologically equipped to take our members on a more effective bike ride.” These new bikes will have a built-in computer screen that will provide relevant statistics for the rider, such as RPM (ro-

tations per minute), resistance and distance traveled during the workout.

Indoor cycling is perfect for those who want a more engaging and group-oriented exercise. The group cycling classes offered by The J are led by an instructor and are a great way to work up a good sweat. During the class, the instructor plays carefully selected music to energize and direct the speed of the workout. The music swells when it’s time to turn up the intensity, and lulls when it’s time to cool down.

The group dynamic of the cycling classes are a great motivator to get the most out of every workout. Working out in a group is a

fun activity for friends, and also an opportunity to meet new ones!

Cycling workouts are also great for those who have arthritis or other joint problems, as the exercise is very low impact. If you enjoy low impact workouts on the elliptical or swimming, you should consider adding cycling to your exercise routine.

Kwasny says she’s very excited “that our members will get a more effective ride on these new bikes, and they’ll feel the quality of their workout improve on them.”

Keep on the lookout for specialty cycling classes and demos starting August 19 at The J!

# New schlichot bring Israeli culture to The J Summer Camp

by Lee Chottiner  
Interim Editor

When they least expect it, Tomi Levinson and Lior Sulami, are captivated by what they teach their kids at the J's Summer Camp.

"I read the little kids a book. It's called *The Lion That Loved Strawberries*," Levinson said. "I told them that every time I say strawberries in the book, they should say 'toot,' which is strawberries in Hebrew, and so they would just walk through the corridors screaming, 'toot!'"

Likewise, when Sulami taught her group an Israeli song, "after one class they came back again to my class and just started singing along," she said. "It was in Hebrew and I was very surprised."

But that's exactly what Levinson and Sulami, the Israeli JAFI schlichot (emissaries) at this year's summer camp, are here to do – bring their knowledge and love for the Jewish state the campers.

Fresh from their military service, Levinson, 21, of Tel El in the Galilee, and Sulami, 20, of Ganey Tikun, near Tel Aviv, were selected to be schlichot because of the talents they could bring to the program.

In Sulami's case, she was actually recruited out of the blue.

"I just got a phone call from the Jewish Agency," she said. "They said they had all the information about me from the army, so they knew I had good English, I can play the piano, sing and dance. They thought I'd be good for this program."

Small wonder she's teaching song and dance units at camp.

"I love working with people," said Sulami, who plans to study nursing in college. "That's what I did in my military service, working with people helping them. I was

kind of a social worker. We have soldiers from all over the world, soldiers with financial problems, so I helped them."

Levinson, who will be traveling through South America after this summer, was a social worker for at-risk youth when she was in the army. She brings the skills she learned in that job to camp, teaching children about Israeli culture.

"Israeli culture is pretty much anything what I want to be," she said. One week, "I did Israeli inventions, kind of showing the kids things that come from Israel that they didn't know of and they were kind of surprised about that – the USB, cherry tomato – things they kind of use every day and see every day that are Israeli."

She's also taught about places in Israel and Jewish holidays and, of course, food.

"I made them shakshuka, tahini, Israeli salad, chocolate balls. We cooked together, with the kids."

Away from camp, Levinson and Sulami have visited Lexington and Chicago, and have enjoyed home hospitality with Louisville families, including some Israeli ones, which has smoothed the transition.

"It's an experience, not like living at home with my family, Sulami said, "But after a few days you definitely get attached to the family, to the parents, the kids. "After a while, I felt like it was my family. I have two families – one in Israel, one here."

For Levinson, who will backpack through Asia and New Zealand when she's done here, the size of America takes her aback, something that became apparent during their Chicago trip.

"Everything is really big, which is weird because everything is very close to us in Israel," she said. "The furthest [place in Israel] is six hours and seven hours. We traveled to Chicago in seven hours."



## SPEED OF STRENGTH

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6-7 p.m.

Instructor:  
Mat Shalenko

Fee:  
\$92, \$70 The J Members

[jewishlouisville.org/SpeedOfStrength](http://jewishlouisville.org/SpeedOfStrength)



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## J sends teens of many faiths to U.S. Holocaust Museum

by Zoe Sapin  
Marketing Intern

People who go to Washington D.C. to see the sites have plenty to choose from. But when The J sent 13 Jewish, Muslim, and Catholic teens to the capital on June 28, it was only to see just one.

The group, accompanied by Teen Director Kari Semel and Fred Whitaker, who teaches the Holocaust at Saint Francis of Assisi Catholic School, spent the day at the United States Holocaust Memorial Museum (USHMM), the self-described "living memorial" to the victims of the Nazi genocide.

The J has been sending teens to the USHMM for several years. This year was different, though, in that the trip addressed faith in connection to the Holocaust.

In years prior, religion was "something we had to avoid," said Whitaker. "We were focused more on history and making sure the students had an awareness of the unique connection that Jewish people have to the Holocaust, as opposed to meeting within

the context of prayer and faith."

Before the trip, the teens met with Semel and Whitaker to emotionally prepare for the journey and discuss what they would see at the USHMM. The preparation for this year included how faith can affect one's experience at the museum.

Having prepared many groups for this journey, Whitaker has it down to science.

"We help the students to understand," he said, "that although they're going to a place characterized by great darkness, that it's not a place that we want them to be. We want them to be properly in awe of the horrors that define this genocide, but we don't want them to be overwhelmed."

"We don't take them to the Holocaust memorial so that the only thing they will think about is darkness, shadows, and the absence of God," he continued. "We specifically address the idea that we want them to understand the exact opposite, and see the presence of God."

The group went into the minute details of the museum, discussing the architecture and the thought process behind the exhibits

and their presentation.

"Sometimes we would spend almost an hour at just one exhibit," Semel said. "Fred really went into all the details of each exhibit."

Unlike previous years, the interfaith group ended its tour in the museum's Hall of Remembrance, where the participants read the prayers emblazoned on the walls.

"We really ask and challenge them not to [dwell] on the darkness that is the Holocaust," Whitaker said, "but to be inspired to be taught by and to become the light that prevents incidents like this from happening."

The trip was meant to lift the teens up and educate them in a non-traditional way, he added. "Anytime we take teens to the memorial in the name of The J, we're taking them there to empower and strengthen and to help them learn how to flex the muscles of spirit and heart that allow them to become a better people."

He called the Holocaust "something that can transcend faith."



## THE SHADOWY BACKGROUND

BY JOEL TOSTE

JULY 16-AUGUST 16, 2017  
IN THE J PATIO GALLERY

# Gators growl, win third LSA swim title at Oldham County

by Lee Chottiner  
Interim Editor

The J swim team continued its dominance at the Louisville Swim Association (LSA) Championship on July 17 at the Oldham County Aquatics Center, winning the Division 3 title for the third time in six years.

The Gators finished first with a combined score of 2056.5, outdistancing second place Tom Sawyer (1,911).

The other finishers were Oldham County (1,762), Brownsboro Farm (1,491), Wildwood Country Club (1,080), Locust Creek (926), Shelbyville Country Club (412.5), Bridgepointe (324), and U of L Golf Club (121).

In addition to their three championship years in the past six, The J also has finished second twice.

But Aquatics Director Johnny Kimberlin said winning is secondary in the LSA.

"We had a great time. Everyone gets along; that's what we focus on," Kimberlin said. "Winning is a bonus."



Photo by Artem Koronkevitch

While 115 kids are on the Gators, approximately 60 swam in the championship, competing in freestyle and medley relays as well as individual events.

Austin Clark and Kiley Handley coached this year's champion team.

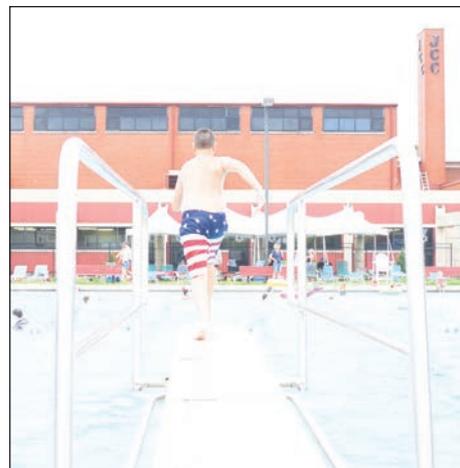
The LSA is a recreational swim and diving league that serves Louisville Metro and

neighboring counties.

The J competes in the Division 3 of the LSA, the smallest in the league, but Kimberlin said the Gators are ready to move up.

"It's just a matter of time before we get to Division 2," he said.

## PICTURE THIS: FOURTH OF JULY BASH AT THE J



The J members had tons of fun during the Fourth of July Bash. Activities included a big splash contest, raft races and a DJ.

### JOFEE TORAH STUDY

### The New Year for the Animals: Judaism's Animal Welfare Holiday

Join us for a recurring series of Torah studies delving into topics related to Jewish outdoor, food, and environmental education.

**Tuesday, August 8**  
**6 p.m.**  
**The J Library**



## AQUA YOGA

**Tuesdays**  
**August 1-22**  
**7:30-8:30 a.m.**

Instructor: Mimi Hahn  
Fee: \$90, \$72 The J Members

[jewishlouisville.org/aquayoga](http://jewishlouisville.org/aquayoga)

**new roots**  
fresh food is a basic human right.

**fresh stop market**

**The Gendler Grapevine Fresh Stop Market**  
August 16 | 4:30-6:30 p.m.  
at The J Pavilion.

Fresh vegetables at The J!  
Purchase your shares by Friday, August 11 at [www.newroots.org](http://www.newroots.org) or 502-475-8979.

**VOLUNTEERS NEEDED** - help set up or break down the market, or become a veggie cheerleader.



## ALI BOXING

Continued from page 1

### Lightweights

Kicking off the adult class went a little quicker, with a co-ed cross section of ages ranging from late-teens to early-40s. As soon as everyone was prepared, Ali lined everyone up and got the group stretching. After that, Ali and Coach Doug split the group in half, with some working the same lunge lessons as the kids group, and the other practicing on the heavy bags. A timer was set and off they went, punching, jabbing, and lunging across the gym floor or at the gym bags, finding their feet and their rhythm along the way.

It was a quick succession from there, with the groups moving on to different activities immediately thereafter. Now one group was at the bags and the other jumping rope, a demonstration of the cardio workout that boxing offers, short bursts of intense and varied activity. Skills were uneven, but the Ali and Coach Doug made it work, never straying from their training objectives. So, it went, with students varying their exercises from one activity to the next in short order.

"Imagine how good you guys are going to feel after three sessions. Amazing!"

Ali and Coach Doug never miss an opportunity to shout words of encouragement, which keeps the energy high and the motivation strong. You could see it palpably on the students faces, straining under the pressure of their work, but determined to follow through with their expectations. Sweat was dripping and breathing was short, satisfied by brief interval cooldowns in between each session, all the while Ali is following suit and

showing the class the proper technique.

The room is hypnotic with the sounds of barked commands. Jab. One Two. One Two Hook. One Two. Jab. A dizzying dance designed to build fighters. There is a ballet quality to the work, positions designated by numbers of short commands, punctuated by a brief pivot and the promise that staying loose is the best way to remain flexible. Ali smiles, encouraging the brief rests, and promising that they'll need it. Judging by red faces and short breath, it's apparent that they do.

"One more time and I'm going to give you something special to do"

Coach's promises are golden and you know it, so much that Ali joined the line up to jab and pivot across the floor, poetry in motion. The command goes out to put the gloves out and an attentive group jumps at the opportunity to go berserk, the last in their course of exercises: speed punches. Through a grin Ali admits, "I hated this when I started training."

A blur of hands set to the heavy bags, left, right, left, right as fast as absolutely possible, set to a two-minute timer, a cacophony of brutal noises as blows rain throughout the gym. Coach Doug yells encouraging comments, Ali getting in their faces firing up the students to give it their all, as they whale on a bag, arms like spaghetti. The peak of their work out, you can see real strain visibly. The exercise ended with a smattering of clapping, just prior to Coach's admission that they have just one more mile to hike, one more thirty second speed bag session.

An hour or so after it started it ended, a flurry of short exercises with a tangible outcome. Everyone was feeling it, breathing

## SENIOR CALENDAR

### AUGUST 1

**Elderserve Presents: Protein: The Body's Own Superman, 12:45 p.m.**

Learn about the role of protein in the body and the importance of lean protein in your diet. You will enjoy a healthy snack and experience low-impact exercises to increase physical activity, an important component of weight management and health.

### AUGUST 15

**"Two of Diamonds"-Musical Entertainment, 12:45 p.m.**

"Two of Diamonds", popular vocal & keyboard artists, performs Songs of Summer, including standards, jazz & Broadway favorites. Ann Waterman will be on keyboard and Beth Olliges is the vocalist. Refreshments will be served.

### AUGUST 20

**Adult Social Club Paid-Up Membership Luncheon, noon-2:30 p.m.**

Join us for this annual free event for all current members of the Adult Social Club. All Senior Adult Volunteers will be honored. Jennifer Diamond & Daniel Worley will perform a vocal-acoustic guitar duo, featuring a mixture of genres from blues to folk to jazz, including some original music.

Free for all Club Members! Transportation will be provided upon request.

Reservation Deadline: Wednesday, August 16

### AUGUST 22

**Nada, Classical Pianist Performs, 12:45 p.m.**

Nada will play short selections from Mozart, Bach, Chopin, Faure and Brahms. You will also have the opportunity to purchase CDs to take home. Refreshments will be served.

### AUGUST 31

**Day Trip to Abraham Lincoln Museum & Birthplace, 10 a.m.**

We will first have lunch at Golden Corral in Elizabethtown, KY followed by a guided tour of the Abraham Lincoln Museum in Hodgenville, KY. We will also visit Lincoln's Birthplace.

Cost of transportation, admission & lunch: \$18/M, \$23/NM



iPad 101 Training

heavy and drenched, awakening the champion, according to Ali.

A sweat soaked Seth Johnson, one of the participants in the course, said that it was fun, but worth it. He says, "It was a tough work out, but I liked it. It was exactly what I wanted it to be."

For Jennifer Jacobson, who is taking the class with her son Carson Blumenthal, it was just what the doctor ordered.

"I liked that they had us out there right away doing stuff. They threw us right into it.

I got a lot out of it. The energy of it, doing something new. We were all working on our own, but we were all working together. We were strangely a group. I've been meaning to do this for years. They always say that boxing is more cardio than you think it is, and that's true. It feels a little awkward, but I'll get there," says Jacobson.

## CenterStage 2017/18 SEASON



SEP. 7-17, 2017



OCT. 19-NOV. 5, 2017



JAN. 11-21, 2018



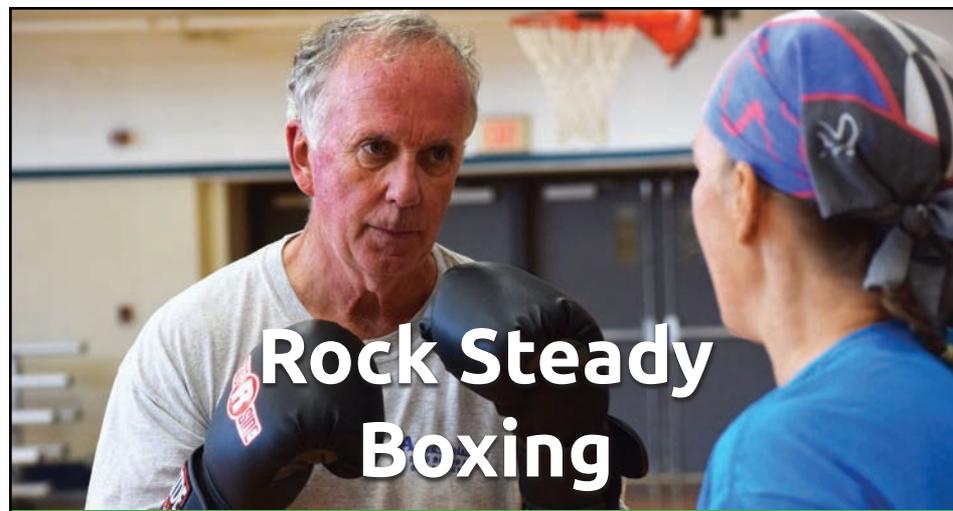
FEB. 15-MAR. 3, 2018



APR. 12-29, 2018

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