

children

uptown & metairie

POST-CAMP SUMMER MINI-CAMPS

AUGUST 2 - 18

Go to NOJCC.org to find out specific camps available.

SUMMER SWIM TIME

2009 Nickelodeon Parents' Pick Award for Best Swim Class

PRIVATE SWIM LESSONS

Children learn to swim at the JCC in a safe environment. JCC experienced water safety instructors understand the fears and feelings that come with learning to swim. Swim lessons are tailored to fit your child's experience level and schedule.

AGES: 3 AND UP

6 LESSONS: 30 MIN/LESSON, \$125/PERSON (MAY - JULY)

SEMI-PRIVATE SWIM LESSONS

A group of 2 - 3 swimmers at the same skill level are taught by an experienced water safety instructor. Lessons are available to fit your schedule.

AGES 3 AND UP

MAY - JULY: 6 LESSONS: 30 MIN/LESSON, \$70/2 - 3 SWIMMERS

Go to nojcc.org to fill out an inquiry form or stop by either Uptown or Metairie.

uptown

Be on the lookout for special summer weekend Game Room Hours.

metairie

KIDS WORKOUT

Leap like a frog and run like a gazelle at the Kids Workout filled with fun, energetic activities.

SUNDAYS, 2:00 PM

AGES: 5 - 10

FREE FOR GOLD MEMBERS

ART WITH CHRIS CLARK

Students will work with charcoal, water color, collage and will create hand painted t-shirts. This is a fine arts based program with the goal of introducing students to color and design theories.

PRE-K & K, MONDAYS, JUNE 14 - JULY 19

GRADES: 1 - 3, TUESDAYS, JUNE 15 - JULY 20

GRADES: 4 - 6, WEDNESDAYS, JUNE 16 - JULY 21

3:30 - 4:30 PM

INSTRUCTOR: CHRIS CLARK

\$90 MEMBER ONLY

teen

SOCK HOP

Photo ID with birthday required for entry.

AGES 11 - 13

SATURDAY, JUNE 12, 7:30 PM - 10:30 PM

\$8 MEMBER / \$11 NON MEMBER,

\$13 AT FOR DOOR FOR NON MEMBER

TEEN FIT

This 4-session program teaches teens how to properly exercise and use the equipment of the JCC fitness center setting. Sessions are conducted by trained fitness staff.

BY APPOINTMENT

AGE: 12 - 15

\$75 - GOLDRING-WOLDENBERG JCC - METAIRIE

\$100 - NEW ORLEANS JCC - UPTOWN

DRIVER'S ED - AUGUST

The Victor Manning Driving School comes to the JCC to hold drivers education classes for teenagers 15 years old and older. After completing the 30 hour portion of classroom training at the JCC, students must complete the state required 8 hours of driving (behind-the-wheel). Driving instructors will pick you up at your home or school for the behind-the-wheel portion. Once the 38 hour DE course is completed, the student will receive a "Certificate of Completion" to bring to the local Office of Motor Vehicles, where they may obtain a driving permit. Attendance for all four classes is mandatory.

AUGUST 2 - 5

MONDAY - THURSDAY, 9:00 AM - 5:00 PM

AGE: 15 TO 18

INSTRUCTOR: VICTOR MANNING

\$425 MEMBER / \$440 NON MEMBER

(INCLUDES 8 HOURS OF DRIVING TIME)

NEW ORLEANS JCC - UPTOWN AND

GOLDRING-WOLDENBERG JCC - METAIRIE

sports/wellness

ADULT CO-ED 4 V 4 SOCCER LEAGUE

THURSDAY NIGHTS, JUNE 3 - AUGUST 12

\$20 GOLD / \$40 SILVER MEMBER

Contact Josh Tolbert at Josh@nojcc.org for more information.

MOMMY, DADDY AND ME

Introduce your child to water in a fun, safe and educational environment. In your reassuring arms your child will gain skills such as floating, kicking and blowing bubbles.

JUNE 22 - JULY 8

TUESDAYS AND THURSDAYS, 6:00 - 6:25 PM

AGES: 6 MONTHS TO 36 MONTHS

AND THEIR PARENTS

INSTRUCTOR: NAN

\$78 MEMBER ONLY

JEWISH COMMUNITY CENTER - UPTOWN

STRENGTH AND CORE WITH THE FOUR B'S

Build strength and core stability in four different workouts with Bosu, Bands, Bar, and Ball (4 B's). Join all 4 classes for a discounted price!

SUNDAYS, JUNE 6, 13 AND 27, 8:00 - 9:00 AM

MONDAY, JUNE 21, 6:30 - 7:30 PM

AGES: 18 TO 65

INSTRUCTOR: TAMARA LINDSAY

ALL 4 CLASSES:

\$40 MEMBER / \$60 NON MEMBER

ONE CLASS: \$15 MEMBER / \$20 NON MEMBER

JEWISH COMMUNITY CENTER - UPTOWN

HIGH INTENSITY INTERVAL TRAINING

Interval style training using jump rope, jumping jacks, indoor cycling, weight training, and more. Must sign up before June 1, a minimum 5 people is required. Limited spots available.

JUNE 7

MONDAY, 4:30 PM - 5:30 PM

AGES: 18 AND UP

INSTRUCTOR: IVAN BLAZQUEZ

\$15 MEMBER / \$20 NON MEMBER

JEWISH COMMUNITY CENTER - UPTOWN

YABL - UPTOWN

Teams are selected through a draft at the start of each season. With a 10 game schedule and a playoff tournament culminating in a championship match, games are professionally officiated and statistics are provided.

AGES: 18 AND UP

INSTRUCTOR: JOSH TOLBERT

\$35 GOLD / \$75 SILVER MEMBER

JEWISH COMMUNITY CENTER - UPTOWN

MONDAY NIGHTS

MAY 31 - AUGUST 24

MONDAYS, 6:30 - 9:30 PM

TUESDAY NIGHTS

JUNE 1 - AUGUST 24

TUESDAYS, 6:30 - 9:30 PM

YABL - METAIRIE

Full-court, 5-on-5 league play. All games officiated. Individual and team statistics tracked and posted each week. Playoffs occur the final two weeks. 16 & 17 year old athletes allowed with Sports Director's approval.

JUNE 16 - AUGUST 11

WEDNESDAYS, 7:00 - 9:00 PM

AGES: 18 AND UP

INSTRUCTOR: JACK O'DELL

\$35 MEMBER ONLY

GOLDRING-WOLDENBERG JCC - METAIRIE

MELLOWBALL - SUMMER

Ages 35 and older, 4 on 4 half-court basketball league. Ten regular season games followed by a single elimination playoff.

JUNE 2 - AUGUST 24

WEDNESDAYS, 6:30 - 9:30 PM

AGES: 35 AND UP

INSTRUCTOR: JOSH TOLBERT

\$35 GOLD / \$75 SILVER MEMBER

JEWISH COMMUNITY CENTER - UPTOWN

WORKOUT BOOSTER

Metairie JCC Personal Training Special. Get your summer started off right! 3 personal training sessions for only \$90.

**New JCC Personal Training Clients Only.*

Must purchase package before June 30, 2010.

HOLIDAY HOURS

MEMORIAL DAY

MONDAY, MAY 31

POOL HOURS:

12:00 - 7:00 PM

INDEPENDENCE DAY

SUNDAY, JULY 4

POOL HOURS:

9:30 AM - 6:30 PM

MONDAY, JULY 5

POOL HOURS:

UPTOWN:

9:30 AM - 8:45 PM

METAIRIE:

9:30 AM - 8:00 PM

FITNESS CENTER: OPEN

REGULAR HOURS

NO CAMP JULY 5

TRISTA IS BACK!

TRISTA SCHOONOVER FRILLOUX IS BACK WITH 15 YEARS OF MASSAGE THERAPY EXPERIENCE, STARTING JUNE 1ST.

MAKE YOUR APPOINTMENT FOR MASSAGE, FACIAL, MANICURE, PEDICURE, WAXING AND MORE AT THE KOHLMANN HEALTH SPA TODAY.

CALL 504.897.0143 OR STOP BY THE FITNESS DESK.

adults

BEGINNING BELLY DANCING

New and continuing students will learn the basics. This class will cover shimmies, undulations, hip work, traveling steps, arms, finger cymbals and more. *Sign up before June 2 for \$10 off registration fees.*

JUNE 9 - JULY 28

WEDNESDAYS, 6:00 - 7:00 PM

AGES: 18 AND UP

INSTRUCTOR: BETTY KARAM

\$80 MEMBER / \$90 NON MEMBER

BOTH INTERMEDIATE AND BEGINNER CLASS:

\$135 MEMBER / \$155 NON MEMBER

JEWISH COMMUNITY CENTER - UPTOWN

INTERMEDIATE/ADVANCE BELLY DANCING

This class includes technique, combinations/choreography, zills and presentation. *Sign up by June 2 for \$10 off registration fees.*

JUNE 9 - JULY 28

WEDNESDAYS, 7:10 - 8:10 PM

AGE: 18 AND UP

INSTRUCTOR: BETTY KARAM

INTERMEDIATE/ADVANCED: \$80 MEMBER /

\$90 NON MEMBER

BOTH INTERMEDIATE AND BEGINNER CLASS:

\$135 MEMBER / \$155 NON MEMBER

JEWISH COMMUNITY CENTER - UPTOWN

SALSA - INTERMEDIATE

A six week session for continuing Salsa students, no class July 5.

JUNE 14 - JULY 26

MONDAYS, 6:30 - 7:30 PM

AGES: 18 AND UP

INSTRUCTOR: DANCE QUARTER LLC

INDIVIDUALS: \$70 MEMBER / \$90 NON MEMBER

COUPLES: \$120 MEMBERS / \$150 NON MEMBERS

BOTH SALSA AND BALLROOM: \$120 MEMBER /

\$150 NON MEMBER

JEWISH COMMUNITY CENTER - UPTOWN

BALLROOM DANCING

In this six week class you will learn the American Tango and the Rumba. No class July 5.

JUNE 14 - JULY 26

MONDAYS, 7:30 - 8:30 PM

AGES: 18 TO 99

INSTRUCTOR: DANCE QUARTER LLC

INDIVIDUALS: \$70 MEMBER / \$90 NON MEMBER

COUPLES: \$120 MEMBERS / \$150 NON MEMBERS

BOTH SALSA AND BALLROOM: \$120 MEMBER /

\$150 NON MEMBER

JEWISH COMMUNITY CENTER - UPTOWN

senior adults

LUNCH & LEARN WITH THE RABBI

Rabbi David Goldstein will join us again to lead an interesting discussion on a topic close to his heart. Join your friends for a light lunch and stimulating afternoon discussion.

THURSDAY, JUNE 3

12:00 - 1:30 PM

\$3 MEMBER / \$5 NON MEMBER

AARP SAFE DRIVER COURSE

For those of you who missed this class in April, we are offering it once again. If you are 55 or over, this is your opportunity to lower your car insurance by up to 10%. Members of the JCC and non-members welcome.

THURSDAY, JUNE 10, 10:30 - 2:30 PM

\$12 AARP MEMBER/\$14 NON-AARP MEMBER

NEW PERSONAL TRAINING STUDIO COMING SOON TO THE UPTOWN JCC

GRAND OPENING JUNE 7, 2010

FEATURING: TRX GROUP TRAINING, INNOVATIVE KINESIS SYSTEM, TOTAL BODY EXERCISER-JACOB'S LADDER.... THE FASTER YOU GO, THE FASTER IT GOES, TAILORED KETTLEBELL CORE WORKOUTS, FREE MOTION CABLE COLUMN FUNCTIONAL TRAINER AND MORE!

HAVING TROUBLE FIGURING OUT WHAT ALL OF THIS IS? VISIT THE NEW STUDIO DURING THE GRAND OPENING WEEK, JUNE 7 - 11, FOR AN ORIENTATION.

LOOK FOR AN ORIENTATION SCHEDULE IN THE FITNESS CENTER OR ON THE PERSONAL TRAINING PAGE OF NOJCC.ORG.

MOVIE DAY: "ANIMAL CRACKERS"

In the mood for a laugh? Join us for this classic Marx Brothers movie. Groucho Marx plays African explorer Capt. Spaulding, who's just returned to the States to inflict comic carnage on the highfalutin party of society matron Mrs. Rittenhouse (Margaret Dumont). Groucho regales the partygoers with tales of his adventures in the wild ("I shot an elephant in my pajamas; how he got there I'll never know" and so on). Meanwhile, Harpo chases blondes, and Chico connives.

THURSDAY JUNE 17, 12:00 - 2:00 PM

NO CHARGE

LUNCH AT KOSHER CAJUN

If you are craving a knish or Reuben, join us for lunch at our favorite local deli. You can catch up with your friends over a crunchy pickle. Lunch is on you, dessert is on the JCC.

THURSDAY, JUNE 24, 12:00 - 2:00 PM

NO CHARGE

FLOSSIE STRUG KERNER MEMORIAL LUNCH

To honor his sister's memory, Jerry Strug and his daughter Susan Kottwitz are once again sponsoring the annual Flossie Strug Kerner Luncheon. The event will be held at Zea's Restaurant, in the Lower Garden District. Seats are limited so make your reservations early. Parking is available in the rear of the restaurant.

THURSDAY, JULY 1

ZEAS RESTAURANT: 1525 ST. CHARLES AVE.

NO CHARGE - RSVP TO RACHEL RUTH BY

THURSDAY, JUNE 24. SEATING IS LIMITED.

Save the Date
JCC, JFS and HILLEL present

a fundraising event at the

National World War II Museum

Victory on the Bayou October 2, 2010

Featuring: Patron Party | Silent Auction | Live Auction | Food by The American Sector, a John Besh Restaurant | Open Bar | Raffle | Live Entertainment | and more.

www.VictoryOnTheBayou.org



6TH ANNUAL JCC CARDBOARD BOAT RACE

Participate or watch the JCC's 6th Annual Cardboard Boat Race and enjoy a pool party, food and fun at the Uptown JCC.

SUNDAY, JUNE 27, 4:00 - 6:00 PM

PLEASE REGISTER YOUR BOATS ONLINE AT NOJCC.ORG OR DOWNLOAD A REGISTRATION FORM AND DROP IT OFF AT THE JCC BEFORE 5:00 PM ON WEDNESDAY, JUNE 23.



FAMILY IN CAPTIVITY - A DOCUMENTARY AND DISCUSSION

THE STORY OF GILAD SHALIT'S FAMILY AND THEIR JOURNEY TO BRING THEIR SON BACK HOME.

SUNDAY, JUNE 27, 7:00 PM, UPTOWN JCC
FILM AND DISCUSSION / FREE ADMISSION

Sponsored by Rabbinic Council, Jewish Federation, French Consulate, American Zionist Movement and the JCC



jewish enrichment

CAMP MELTON

Try out Melton at former and current Melton School students' homes. Engage in discussion with experienced Melton Teachers in the Florence Melton Mini-School format.

GO TO NOJCC.ORG TO FIND OUT CLASS TIMES AND LOCATIONS OR CONTACT DEBBIE PESSES, 504.897.0143 OR DEBBIE@NOJCC.ORG



MAZEL TOV ARLENE BARRON

ARLENE BARRON ACCEPTED THE PRESTIGIOUS JCCA FLORENCE G. HELLER AWARD ON MONDAY, MAY 3 AT THE JCCA 2010 BIENNIAL IN ATLANTA, GA.

PICTURED ABOVE: ALLAN FINKELSTEIN, EXECUTIVE DIRECTOR OF THE JCC ASSOCIATION IN NEW YORK, PRESENTS ARLENE BARRON, NEW ORLEANS JCC EXECUTIVE DIRECTOR, WITH THE FLORENCE G. HELLER AWARD.

CONGRATULATIONS MELTON GRADUATES

GRADUATION CEREMONY

These Graduates have spent two years studying the unique Florence Melton curriculum developed at Hebrew University in Jerusalem and will receive a Certificate of Judaic Studies at Graduation. Yasher Koach to their teachers, Rabbi Uri Topolosky and Rabbi Ethan Linden. Graduation and dessert reception are open to the public.

TUESDAY, JUNE 1, 7:30 PM
GOLDRING-WOLDENBERG JCC - METAIRIE

2010 FLORENCE MELTON ADULT MINI-SCHOOL GRADUATES

ED AND JOYCE GOLDEN
JUDY AND DAVID STIEBEL
PHIL TAYLOR
MARILYN KULLMAN
SUSANA PALMER
LYNETTE FRIED
MARY LYNN ALLTMONT



CONGRATS!

NEW ORLEANS JCC WAS ALSO AWARDED RECOGNITION FOR THE JEWISH LIVING AND LEARNING AWARD AND KOL HAKAVOD IN BRAND IMPLEMENTATION STRATEGY BY THE JCCA AT THE 2010 JCCA BIENNIAL CONFERENCE IN ATLANTA, GA.

SPECIAL THANKS

The mitzvah of tzedakah is equal to all other mitzvot combined. - *The Talmud*

ALAN ROSENBLUM JCC ENDOWMENT FUND

In honor of Arlene Barron receiving the 2010 Florence G. Heller Professional Award

Mrs. Meryl Rosenbloom
In memory of Mrs. Helen Wainer
Mrs. Meryl Rosenbloom

JCC ENDOWMENT FUND

In memory of Mrs. Helen Wainer
Dr. and Mrs. Nathan Fischman
In memory of Mr. Ron Cameron
Dr. and Mrs. Nathan Fischman

In memory of Mr. Theo Heller
Dr. and Mrs. Nathan Fischman

In honor of the 50th wedding anniversary of Dan and Lazelle Alexander
Dr. and Mrs. Nathan Fischman

BBYO

In honor of Arlene Barron receiving the 2010 Florence G. Heller Professional Award

Amy Gainsburgh-Haspel
and John Haspel

JCC NURSERY SCHOOL FUND

In honor of Judy Steinberg's retirement
Mr. and Mrs. Louis Good

KOVOD FUND

In honor of Mrs. Judy Steinberg's retirement
Mr. and Mrs. Marc Yellin
In memory of Mr. Theo Heller
Mr. and Mrs. Marc Yellin

In honor of Arlene Barron receiving the 2010 Florence G. Heller Professional Award

Mr. and Mrs. Louis Good
Mrs. Harriet Kugler

In memory of Mrs. Helen Wainer
Mr. and Mrs. Paul Barron

KRIEGER SENIOR CITIZEN TRANSPORTATION FUND

In honor of Arlene Barron
Mrs. Mildred Krieger
In honor of Dr. Monty Krieger
Mrs. Mildred Krieger

In honor of Arlene Barron receiving the 2010 Florence G. Heller Professional Award;
Mr. and Mrs. Mort Rubin

JCC LEADERSHIP

jcc officers

NAOMI S. ORLANSKY - PRESIDENT
BRIAN D. KATZ - EXEC VICE-PRESIDENT
JANE STEINER - VICE-PRESIDENT
RICHARD BUCHSBAUM - TREASURER
PETER SPERLING - SECRETARY
TONI WEISS - EX-OFFICIO

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5342 St. Charles Ave.
New Orleans, LA 70115

non-profit org
U.S. Postage
PAID
New Orleans, LA
Permit No. 39

UPTOWN FITNESS CENTER
504.897.0143

hours of operation
MONDAY - THURSDAY, 6:00 AM - 10:00 PM
FRIDAY, 6:00 AM - 6:45 PM
SATURDAY, 1:00 - 6:45 PM
SUNDAY, 8:00 AM - 6:45 PM

METAIRIE FITNESS CENTER
504.887.5158

hours of operation
MONDAY - THURSDAY, 6:00 AM - 10:00 PM
FRIDAY, 6:00 AM - 6:00 PM
SATURDAY, 1:00 - 6:45 PM
SUNDAY, 8:00 AM - 6:45 PM

www.nojcc.org



FAMILY IN CAPTIVITY - A DOCUMENTARY AND DISCUSSION

THE STORY OF GILAD SHALIT'S FAMILY AND THEIR JOURNEY TO BRING THEIR SON BACK HOME.
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FILM AND DISCUSSION / FREE ADMISSION

Sponsored by Rabbith Council, Jewish Federation, French Consulate, American Zionist Movement and the JCC

COMMUNITY MITZVAH DAY

SUNDAY, JUNE 6

Re-new your sense of Tikkun Olam and re-fresh New Orleans with projects for every member of our Jewish community. Sign up for a time or find out more on www.jewishnola.com.

Sponsored by the New Orleans Jewish Federation.

summer 2010

FAMILY FUN NIGHTS

Take the night off, relax and come to the JCC pool. Music will be provided. Bring your favorite water toys and floats of any kind - toys and floats are allowed on these nights only.

MONDAY, JUNE 14 AND JULY 26
5:30 - 7:30 PM
UPTOWN AND METAIRIE JCC



6th ANNUAL JCC CARDBOARD BOAT RACE

SUNDAY, JUNE 27, 4:00 - 6:00 PM

UPTOWN JCC

CALENDAR OF EVENTS FOR THE
NEW ORLEANS JEWISH COMMUNITY CENTERS

life at the J

SUMMER 2010 - SIVAN, TAMMUZ, AV 5770