January-February 2017

A New Year, A New You!
See page 8 for more info

Family FUN Day! & Open House
Sunday, January 29 | 1-4 PM
Family FUN Day!
& Open House
Sunday, January 29 | 1-4 PM

Bounce Houses, Face Painting, Balloon Twisting & BIG Savings!

- Shaw JCC membership registration fee waived + spin the wheel for more savings!
- Camp JCC 15% registration discount
- Tour the Mandel Early Childhood Education Center
- The Lippman School $200 tuition credit with a tour for new students only
- Meet with The National Basketball Academy, Samson Dubina Table Tennis Academy & Weathervane Playhouse representatives
- Special appearances by Ariel & Princess Anna!
**You Painted with What??**

**Tuesdays**  
Jan. 10-Feb. 14  
1-1:45 p.m. 000117

Children ages 2 1/2 to 5 will join Ms. Kim to design a variety of crazy creations that are painted with items that are not commonly used to paint with. A fun, hands on class that will allow children to use their imaginations to paint and create with kitchen utensils, marbles, household items and more!

Cost: $45 M/$60 G

**Time to Tumble**

**Mondays**  
Jan. 23-Feb. 27  
1-1:45 p.m. 401.009

This beginner tumbling class will introduce your child ages 2 1/2 to 5 to the basics of gymnastics. He/she will develop coordination using the uneven low bar, balance beams, vaulting mats, and other equipment.

Cost: $45 M/$60 G

**Kids in the Kitchen with Ms. Kim**

**Wednesdays**  
Jan. 11-Feb. 15  
1-1:45 p.m. 000217

Children ages 2 1/2 to 5 enjoy a variety of cooking and baking experiences using an electric skillet, waffle maker, griddle, blender and some unconventional methods as well. Children will be sent home with recipes for each creation as well as a tasty sample to share with their families.

Cost: $45 M/$60 G

**Friday Fun Time**

**Fridays**  
Jan. 27-Feb. 24  
1-1:45 p.m. 401.026

Children ages 3 to 5 will play a variety of fun games of tag, relay races and an obstacle course—all related to a variety of sports, which team can run the bases the fastest, which child can throw a ball the farthest, and which child can do the obstacle course while holding onto a football. Class meets in the gym.

Cost: $45 M/$60 G

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**Is Your Child Ready for Kindergarten?**

**Wednesday, Jan. 11 | 6 p.m., FREE & open to the public**

Parents of children ages 3-6 are invited to participate in a discussion at The Lippman School on kindergarten readiness on Wednesday, Jan. 11, at 6 p.m. David Steinweg, Ph.D., will lead an educational panel discussion regarding emotional, behavioral and educational areas that parents take into consideration when deciding when their child will be ready for kindergarten. This panel will include educators and parents. Complimentary babysitting will be provided. RSVP at www.thelippmanschool.org, or call 330-836-0419.

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**The Mandel Early Childhood Education Center and The Lippman School are partnering to present**

**SECOND ANNUAL WINTER BASH**

**Saturday, Jan. 21 • 7:30-10 p.m.**

Event highlights include live entertainment with professional magician Drew Murray, strolling dinner, dessert and coffee bar, wine wall, teacher outings, student art projects, chance auction, silent auction and a Giving Tree. Proceeds will benefit the Mandel ECE and The Lippman School.

Register online at www.jewishakron.org/winterbash
Youth Programs

Mini Dribblers (grades K-3)  
**Tuesdays**  
Jan. 10-Feb. 14  
5:30-6:30 p.m.

Mini Dribblers is an instructional program for kids in grades K-3. It's designed to introduce and teach the fundamentals of basketball in a unique, exciting and educational way. Setup is like the past summer mini-camp. 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. Register online at tnbabasketball.com/tnbaohio.

**Cost:** $60 M/$80 G

Skills Training Camp (grades 5-8)  
**Sundays**  
Jan. 15-Feb. 19  
4-5 p.m.

This skills training camp will focus on helping the players increase their skill level and confidence when they step out on the court. We will focus on point moves and scoring moves from the perimeter. Shooting off the move and off screens will be covered as well as one-on-one moves. Register online at tnbabasketball.com/tnbaohio.

**Cost:** $65 M/$80 G

MLK Day Clinic (ages 8-13)  
**Monday**  
Jan. 16  
10 a.m.-1 p.m.

This one-day clinic will cover ball handling, shooting and passing skills through different games and contests. One-one-one and three-on-three will be played. Register online at tnbabasketball.com/tnbaohio.

**Cost:** $28 M/$40 G

Presidents’ Day Shooting Clinic  
(ages 8-13)  
**Monday**  
Feb. 20  
10 a.m.-1 p.m.

This clinic will start off with a video review of the players’ shots. Our staff will break it down so the players knows what is right and what they need to correct with their shot. We will also cover shooting footwork coming off screens and off the dribble. Register online at tnbabasketball.com/tnbaohio.

**Cost:** $28 M/$40 G

Weathervane Wednesdays  
(ages 5-11)  
**Wednesdays**  
Feb. 22-May 3  
5-6 p.m.

Back by popular demand and featuring a brand new curriculum! Join a professional teaching artist from Weathervane Playhouse as they help your child become a Star of the Stage. Students will develop theatre terminology and technique through this fun and hands-on class. There will be a final performance on the last day, and this class is meant to be repeated.

**Cost:** $120

405.101 & 405.102  
**Call 330-867-7850 to register!**

Basketball clinics are hosted by The National Basketball Academy, a professional basketball training and programming organization.

Weathervane Community Playhouse produces high-quality live theater with volunteer artists, designers and technicians under professional direction and provides education and training in theater arts and appreciation.
KidSpace: School Age Child Care

Openings currently available at Arrowhead, Herberich, Hillcrest, King and Miller South Schools.

If your family’s day starts early, your child can begin their morning with a tasty kosher breakfast and fun activities before they head off to school. In the afternoon, Shaw JCC transportation will bring your child to the Shaw JCC for a well-balanced and safe afternoon of recreational, social, cultural and educational activities. We aim for every child to have a meaningful experience while they are here, and our supportive and well-trained staff strives to meet the individualized needs of all children.

For more information about KidSpace or to schedule a visit, please call Diane Galizio at 330-835-0035 or email diane_galizio@shawjcc.org.

Before School Care 7-8:30 a.m.
After school Care 2:30-6 p.m.
Register at shawjcc.org/kidspace

School’s Out
(Grades K-8)

Is your child's school closed for in-service, holidays or bad weather? The J has the perfect solution for you! Come join our School’s Out or Snow Day program. Your child’s day will be filled with fun activities at the gym, pool and outdoors (weather permitting). The program runs 7 a.m.-6 p.m., and you will need to bring a vegetarian lunch, swimsuit and towel for your child. Advanced registration and payment is required for School’s Out days.

- Akron Public Schools: Jan. 9, 16 & 20, Feb. 20
- Copley District: Jan. 16 & 20, Feb. 20
- Revere District: Jan. 16 & Feb. 20
- The Lippman School: Jan. 16, Feb. 17 & 20

Cost: $40 M & Resnik/$50 G per day
Please note: There will be no School's Out programming Jan. 2.
Aquatics

Call 330-867-7850 to register or sign up at the fitness desk.

**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: $30 M/$50 G**

**Mondays & Wednesdays**
Jan. 9-Feb. 1
4:40-5:10 p.m.  603.558
5:15-5:45 p.m.  603.559

**Mondays & Wednesdays**
Feb. 13-March 8
4:40-5:10 p.m.  603.561
5:15-5:45 p.m.  603.562

**Saturdays**
Jan. 7-Feb. 25
9:50-10:20 a.m.  603.560

**Preschool (ages 3+) - American Red Cross**
(Formerly Aqua Toddlers) Build your toddler’s confidence in the water through safe exploration. Children must be at least 3 years old. 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: $35 M/$55 G**

**Mondays & Wednesdays**
Jan. 9-Feb. 1
5:15-5:45 p.m.  603.022

**Mondays & Wednesdays**
Feb. 13-March 8
5:15-5:45 p.m.  603.025

**Saturdays**
Jan. 7-Feb. 25
9:30-10:30 a.m.  603.023

**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 their own.

**Cost: $40 M/$60 G**

**Mondays & Wednesdays**
Jan. 9-Feb. 1
4:30-5 p.m.  603.121
6:30-7 p.m.  603.122

**Mondays & Wednesdays**
Feb. 13-March 8
4:30-5:30 p.m.  603.125
6:30-7 p.m.  603.126

**Saturdays**
Jan. 7-Feb. 25
9:30-10:30 a.m.  603.123

**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: $40 M/$60 G**

**Mondays & Wednesdays**
Jan. 9-Feb. 1
5:50-6:20 p.m.  603.230

**Mondays & Wednesdays**
Feb. 13-March 8
5:50-6:20 p.m.  603.233

**Saturdays**
Jan. 7-Feb. 25
9:30-10:05 a.m.  603.231

If schools are closed due to weather related emergencies, swim lessons will be cancelled for that day.
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.

**Level 3 (ages 5+) - American Red Cross**

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

**Cost: $40 M/$60 G**

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**Level 4 (ages 5+) - American Red Cross**

These levels are combined to focus on endurance training, competitive starts and turns.

**Cost: $40 M/$60 G**

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<td>Feb 13 – Mar 8, 2017</td>
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<td>Saturdays 10:25-11:10 a.m.</td>
<td>Jan. 7-Feb. 25</td>
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**Levels 5 & 6 (ages 5+) - American Red Cross**

private and semi-private swim lessons allow the convenience of scheduling around your busy day. To schedule private lessons, email janice_epstein@shawjcc.org or call 330-835-0053 and provide basic information about the participant(s), and include the days and times that are convenient for you. Include a phone number to ensure that our instructors can reach you. Please note that semi-private lessons are priced per participant. Participants do not have to be at the same ability level for semi-private lessons.

**Private Lessons (30 minute lessons with 1 participant)**

- 5 lessons: $85 M/$125 G
- 10 lessons: $160 M/$240 G

**Semi-Private Lessons (30 minute lessons with 2 or more participants - price is per participant)**

- 5 lessons: $50 M/$75 G
- 10 lessons: $90 M/$140 G

**Stingrays Swim Team (ages 4+)**

**Cost: $180 M ($155 per additional child) & $230 G ($205 per additional child); cost is prorated from the time you enroll your child(ren).**

**Private & Semi-Private Swim Lessons**

- Monday & Wednesday 5-6:30 p.m., Tuesday & Thursday 6:30-8 p.m., Friday 4-5:30 p.m.
- Season runs through March 11
- Cost: $180 M ($155 per additional child) & $230 G ($205 per additional child); cost is prorated from the time you enroll your child(ren).
It's a New Year and a New You! Whether your resolution is to lose weight, get in better shape, stay fit, develop good healthy habits or just feel great - the Shaw JCC is here to help you! And we know, the more you work out the better you will feel!

New 30 Day Abs Challenge in January
Take up this 30 Day Abs Challenge in January and tone up and boost your core muscles and body strength to the max. Pick up your challenge calendar at the fitness desk or fitness center and get started with us Jan. 1.

Exercise Bingo
Each time you visit the fitness center or group exercise class, you'll draw a number (up to four times in one week) to get to Bingo in the month of January. Receive a prize when you win!

FREE Group Exercise Classes for All Levels
Don't like to exercise alone? Need a new direction for your workout? Optimize your fitness with 55-plus FREE group exercise classes. A variety of class formats and times make group exercise classes a fun, valuable part of your Shaw JCC membership. Visit www.shawjcc.org for an up-to-date schedule.

Personal Training Packages
Are you tired of the same workout routine you've been doing for months or even years and not getting the results you desire? A personal trainer at the Shaw JCC may be your answer to getting the results you want! Try our Quick Start Personal Training Package which includes three one-hour sessions for $120 with your personal trainer. Other packages are available. Call 330-867-7850 to get started, or stop by the fitness desk!

Massage Therapy
Following your workout, treat yourself to a soothing massage! A 30-minute massage is $25 M/$40 G and one-hour massage is $40 M/$60 G. Packages are also available. Call 330-867-7850 to purchase, or stop by the fitness desk!

Want to earn a $25 Shaw JCC Gift Card?
Share the Shaw JCC with your friends and family, and for each new member you get to join, you'll earn a $25 gift card! New members who join in January pay no registration fee when they join. It's a win-win for everyone!
Saturday, Jan. 21 • 7-10 p.m.
2nd Annual Winter Bash
Please join us for the second annual Winter Bash. Highlights include private performance by professional magician Drew Murray (patron event only), strolling dinner, dessert and coffee bar, wine wall and Giving Tree. Proceeds benefit The Lippman School and the Mandel ECE. Register online at www.jewishakron.org/winterbash.

Friday, Jan. 27 • 5:30 p.m.
Community Shabbat Dinner
Join us for the annual Community Shabbat Dinner at Anshe Sfard. Tickets are $18 for adults, $12 for children ages 5-13 and FREE for children under 5. Sponsored by the Shaw JCC with Anshe Sfard, Beth El Congregation and Temple Israel. Register online at www.shawjcc.org/shabbat.

Sunday, Jan. 29 • 1-4 p.m.
Family FUN Day & Open House
Bounce Houses, Face Painting, Balloon Twisting & Big Savings! FREE & open to the community. Pay no registration fee when you join the J! (new members only); 15% off Camp JCC registration; and $200 tuition credit with a tour of The Lippman School (new students only). Take a tour of the Mandel Early Childhood Education Center, and meet with The National Basketball Academy, Samson Dubina Table Tennis Academy and Weathervane Playhouse representatives!

Plan a great summer at Camp JCC!
► Swim daily
► 20 specialty camps
► Save 15% when you register for Camp JCC, Jan. 29, at our Family Fun Day & Open House!

June 4 - Aug. 18 • shawjcc.org/camp • 330.867.7850
Adults & Jewish Life

Shlichim Program: Travel with Shay to Northern Israel
Thursday, Jan. 5, 6:30-8:30 p.m.
Let’s explore the Galilee! Take in the beautiful scenery through video and photos. Please RSVP to Shay at shlichim@jewishakron.org. Open and FREE to the public.

Shlichim Program: Israeli Movie Nights, 6:30-8:30 p.m.
Please RSVP to Shay at shlichim@jewishakron.org. FREE & open to the public.
Tuesday, Jan. 17 – Atomic Falafel
Tuesday, Feb. 28 – Sabena Hijacking
Thursday, March 23 – Kindergarten Teacher

Brain Health Talk with Memory Screening*
Tuesday, Jan. 31, 10:45 a.m.-12:15 p.m.
This presentation provides information on how the brain ages, what causes the brain to age and how to help reduce the aging process of the brain. This lecture discusses risks and threats to brain health, affects medication has on brain health and techniques for improving brain health. Co-sponsored by Menorah Park – Home Health Services now servicing the Akron Area. Please RSVP by Jan. 25 to Rachel Williams. Open and FREE to the public.

Shlichim Program: Travel with Shay to Central Israel
Tuesday, Feb. 7, 6:30-8:30 p.m.
Visit the Holy Land. From the spiritual center of Jerusalem to lively Tel Aviv, enjoy modern and ancient coverage through this multi-media presentation. Please RSVP to Shay at shlichim@jewishakron.org. Open and FREE to the public.

Health Screening Tune-up*
Tuesday, Feb. 14, 10:30 a.m.-11:30 a.m.
If you want to keep a car running at its optimal levels, then you should bring it in for an occasional tune-up. That’s true for our bodies, too. Just like a car, regular maintenance keeps us running at our best. Getting regular care is particularly important for seniors, who represent the “classic cars” of our population. With cars and people, early detection can head off potential problems before they get worse. Partnering with Menorah Park – Home Health Services, we want you to come in, get warm, see some friends and get a tune-up – on us! We will provide blood pressure checks, balance checks as well as respiratory health screens. Please RSVP by Feb. 10 to Rachel Williams. Open and FREE to the public.
**Bridge**

**Mondays** 11 a.m.–2 p.m.  
No RSVP needed - $1 donation suggested

No matter what level of play, join us for Bridge. No instruction is provided. Open to all.

**Retired Men’s Group**

**2nd & 4th Tuesdays** 9:30–11:30 a.m.  
No RSVP needed - $1 donation suggested

Join the Men’s Group for open discussion on the 2nd and 4th Tuesdays of the month. Open to all.

**Mah Jongg**

**Thursdays** 1–4 p.m.  
No RSVP needed - FREE

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.

**Lunch Bunch**

**2nd Tuesdays** 11:30 a.m.  
Meet on your own unless otherwise noted

Once a month join us as we eat at different locally owned, Akron-area restaurants.

- **Jan. 10**  
  Slyman’s Tavern (deli) - 6901 Rockside Rd., Independence. PLEASE NOTE: If we want to carpool, or use a JCC Van, you MUST RSVP as soon as possible so I can work out the logistics. (There will be a cost involved if we use the JCC van). Please RSVP by Jan. 5.*

- **Feb. 14**  
  Akron Family Restaurant – 250 W Market St., Akron

**Be’Tay Avon Café**

**3rd Tuesdays** 11:30 a.m.  
RSVP* - Pay as you can

Join the fun, fellowship, conversation and FOOD at the once-a-month Old-Style Jewish Deli. Who knows? You might just learn something! Light lunch served. Pay as you feel, but donations are encouraged.

- **Jan. 17**  
  Patient Rights: Be Your Own Advocate for Quality Care in association with Menorah Park with blood pressure and balance checks. As a patient in the hospital, doctor’s office, rehab facility or recipient of home health care everyone is entitled to certain rights which are often abused. This lecture will prepare individuals to be informed patients and/or advocate for their loved ones.

- **Feb. 21**  
  Tu B’Shevat Seder – Our own Shaliach Shay Goldenberg will lead us in a Tu B’Shevat seder and give a presentation about the holiday! RSVPs are strongly encouraged by Feb. 17.

**Movie at the J**

**3rd Wednesdays** 12:30 p.m.  
Free & Open to community

Enjoy a current, first run movie in the quiet of the Shaw JCC, plus free popcorn! Closed captions provided.

- **Jan. 18**  
  *Mother’s Day:* Offering an ensemble tribute to mothers everywhere, this star-studded comedy focuses on an assortment of moms and their intertwining lives as their annual day of recognition approaches.

- **Feb. 15**  
  *Begin Again:* Moving to New York City proves disastrous for a young singer after her boyfriend yields to the temptation of another woman. But opportunity comes knocking when she meets a recently axed music producer looking to launch her career – and save his own.

**Restaurant Review**

**4th Thursdays** 5:30 p.m.  
Meet on your own unless otherwise noted

It’s dinner time! Enjoy food and conversation. Please RSVP to Rachel at least 1 day in advance*

- **Jan. 26**  
  El Rincon – 1485 S. Arlington St. in Akron

- **Feb. 23**  
  Rizzi’s Ristorante & Pizzeria – 2809 Copley Rd. in Copley

*Please RSVP to Rachel, phone: 330-835-0027 or email: rwilliams@jewishakron.org
Contact Us

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Henry Zuchegno
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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.

NEW! Babysitting Hours - Call 330-835-0033
- Mondays 8 -11:30 a.m. & 4:30 -7:30 p.m.
- Tuesdays 8 a.m.-12:15 p.m. & 5-7:30 p.m.
- Wednesdays 8 -11:30 a.m. & 4:30 -7:30 p.m.
- Thursdays 8-11:30 a.m. & 5-7:30 p.m.
- Fridays 8 a.m.-12:15 p.m.
- Sundays 8 a.m.-12:30 p.m.

Holiday Hours

New Year’s Day, Jan. 1 & 2
Facility open 8 a.m.–1 p.m. both days

shawjcc.org • (330) 867-7850
Text @shawjcc to 81010 for the latest updates!