



sabes jcc

[sabesjcc.org/register](https://sabesjcc.org/register)

# fall program guide

Welcome to FALL at the Sabes JCC!  
We have programs and classes for all ages  
and interests—something for everyone!



Try this link...



PLUS, INTRODUCING  
**KIDSFiT CLUB**  
at the jcc  
PAGE 11





Photo by Yuliya Nazarova



Alejandro Ziegler Tango Quartet



Esther Ouray

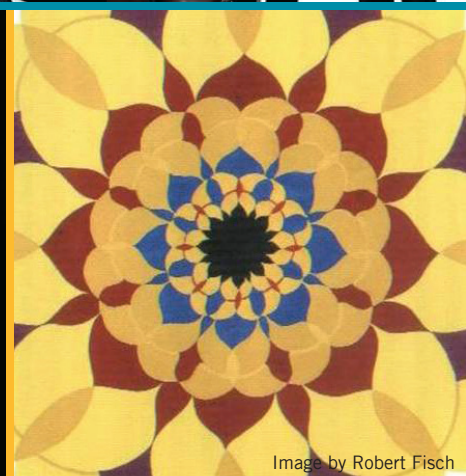
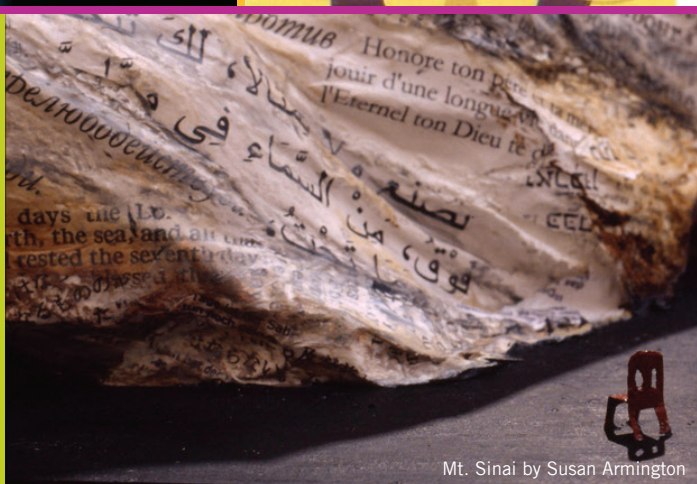


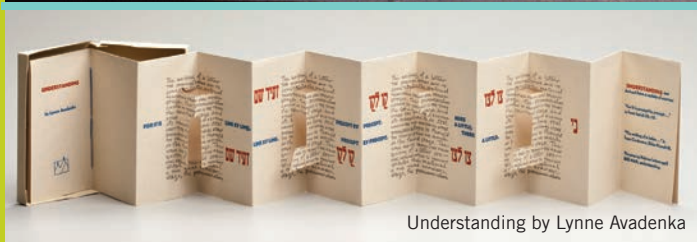
Image by Robert Fisch



Kathy Kosins



Mt. Sinai by Susan Arrington



Understanding by Lynne Avadenka

## 2012 Fall Season Jewish Arts & Humanities

We are dedicated to featuring unique and diverse opportunities to explore and celebrate Jewish identity and culture through **FILM**, **PERFORMANCE**, **VISUAL ARTS** and **JEWISH JOURNEYS**.

This is the season to attend a concert, a lecture or a one-woman show! Visit our gallery and meet the artists. It's all right here at the Sabes JCC.

Visit [www.sabesjcc.org](http://www.sabesjcc.org) for program and event updates.

# Welcome to the Fall at the Sabes JCC!

This season promises to bring you more exciting and innovative educational, social, cultural, recreational, fitness and communal programs!

We strive to nurture life balance in an inclusive environment where everyone is welcome. Inspired by Jewish values, we acknowledge and respect peoples' differences no matter what their beliefs or abilities might be. As we proudly celebrate Jewish holidays and heritage, we also embrace our neighbors and provide events, programs and classes for everyone to enjoy.

Everyday thousands of people of every age, background, race, religion, gender and sexual orientation come through our doors with the expectation and promise that they will be welcomed and embraced. We invite all of our neighbors to join us to learn, laugh, grow and share!

---

## august

**23-Oct 18** *Parchment to Pages* art exhibit opens

---

## september

SHANAH TOVA!  
WISHING YOU A  
HAPPY NEW YEAR

שנה טובה

- 4** Early Childhood Center Open House and Ribbon Cutting
- 6-Oct 25** *Flights of Fancy* art exhibit opens
- 7** Playground Dedication
- 6 & 9** *The Hebrew Lesson* written and performed by Esther Ouray
- 17** First Day Rosh Hashanah
- 26** Yom Kippur
- 31-Oct 7** Sukkot

---

## october

- 2** Live from NY's 92<sup>nd</sup> St. Y: Thomas Friedman
- 8** Shemini Atzeret
- 9** Simchat Torah
- 14** Film: *Noodle*
- 21** Alejandro Zigler Tango Quartet Concert
- 25** *Flights Of Fancy* closing reception

---

## november

- 1-Dec 27** *Metamorphosis to Freedom* art exhibit opens
  - 1** *To The Ladies of Cool* performance by Kathy Kosins
  - 4** Sleepless in America: Parent Conference
  - 4** Film: *Jellyfish*
  - 4** Live from NY's 92<sup>nd</sup> St Y: Eric Kandel & Elie Wiesel w/Dr. Gail Saltz
- 8-Dec 21** *Reflections & Refractions* art exhibits open
- 8-Dec 21** *Finding Home* art exhibit opens
  - 11** Yiddish Vinkl's 20<sup>th</sup> Anniversary Concert
  - 14** Israel Author Speakers Series: Etgar Keret
  - 21** Schools Out Program

---

## december

- 2** How Do You Spell Chanukah??
- 6** Israeli Speaker Series: Ronit Matalon
- 8** First night of Chanukah
- 9** Live from NY's 92<sup>nd</sup> St Y: Jon Meacham on Jefferson
- 15** Film: *The Band's Visit*
- 24-31** Schools Out Program

# FIND YOUR MEMBERSHIP SYMBOL, FIND YOUR DISCOUNT!

- Ⓟ premium membership**
- Ⓒ community membership**
- Ⓕ fitness membership**

These symbols will help you identify your membership type and your associated discounts. For example, Fitness Memberships receive discounts on select fitness classes, but not on art classes. We will list the class fee first and then the membership discount in parentheses. If your membership type symbol is listed after that class description, then you pay the member discount rate.

## IF YOU ARE NOT ALREADY A JCC MEMBER, NOW'S THE TIME TO JOIN! WE HAVE SEVERAL MEMBERSHIP TYPES TO FIT YOUR NEEDS:

### Ⓟ PREMIUM MEMBERSHIP

Perfect for the frequent user of all things JCC, fitness and programs. This membership includes access to all Health & Wellness facilities; 2 free guest passes per month; membership discounts on ECC, HaBonim and Camp; 2 free tickets for a Live from New York's 92nd Street Y™ Live Broadcast; 2 free JCC Theater Or tickets; discounts on all JCC programs.

### Ⓒ COMMUNITY MEMBERSHIP

Perfect if you participate in JCC programs, but do not use the Health & Wellness facilities. This membership includes discounts on JCC programs, classes and services; special rates on ECC, Camp and HaBonim; use of the outdoor pool; 6 guest passes a year for use of the Health & Wellness facilities.

### Ⓕ FITNESS MEMBERSHIP

Perfect for those who are primarily interested in participating in our Health & Wellness offerings, we have our traditional Fitness Membership, which gives you wide access to our fitness areas, including the gym, fitness center, pools, locker rooms and group exercise classes.

**TO SIGN UP FOR ANY OF THE ABOVE MEMBERSHIPS TODAY,  
CONTACT MEMBERSHIP AT 952.381.3414.**

## SUSTAINING MEMBERSHIP

Can be added onto our other membership categories or be a stand-alone membership. The Sustaining Membership is for those who want to provide a tax deductible donation to support the widest breadth of programming offered by the JCC. Premium, Fitness and Community membership fees do not cover the entire cost of providing the many services and programs that we offer to the community. With a Sustaining Membership donation you receive a membership card enabling you easy access to JCC programs, JCC publications, periodic special promotions, a receipt for tax deduction, and our deepest gratitude for your support. The Sustaining Membership program is one of the Sabes JCC's prime fundraising opportunities. Please consider being a Sustaining Member and helping the JCC serve our community and provide the much needed programs, services and financial assistance to those in need.

**PLEASE CONTACT TAMAR AT 952.381.3405 FOR MORE INFORMATION OR  
TO BECOME A SUSTAINING MEMBER.**

*Note: periodically the Sabes JCC will take pictures or videotapes of participants in various programs, classes or events. Please note that these photos may appear in our materials that are used internally as well as released to the public. If you do not wish to have you or your child's picture taken, please let us know upon registration.*



HOW THIS GUIDE IS ORGANIZED

We have designed the guide to help you find the information you need more quickly and easily. The example below shows the typical components of a class description and their meaning.

KIDS, GET MOVING  
PRE-K

This class encourages positive skill development, like balance and coordination through sporting activities such as throwing, catching and kicking. Participants will be active and energized for the entire class.

day	time	class fee	discounted member rate	member symbols
W	12:45-1:30 pm	\$65 (\$50 @ @)		
8x	1/12-3/2 (no class _____)			5416
times class meets	dates	weeks with no class		class id

in this guide

early childhood 4-5

youth 6-13

teens 13-14

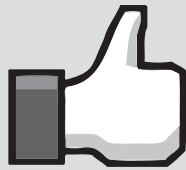
family 14

adults 15-19

active older adults 20-23

inclusion 24-25

aquatics 26-31



like us!

facebook.com/sabesjccmn  
THE OFFICIAL SABES JCC FACEBOOK PAGE



Get discounts and special promotions only available through Facebook

# 4 early childhood

## early childhood family education



We bring families together by offering a variety of classes and resources for parents and children ranging from birth through kindergarten age. Early Childhood Family Education (ECFC) at the Sabes JCC meets once a month. Families can sign-up for one or all of the sessions based on their individual interests and needs. Sessions will be one hour in length and combine education with fun hands on activities appropriate for young children. Whether your child is enrolled at the Sabes JCC or you are simply looking for a welcoming place to play and learn, we have a program for you.

### EARLY CHILDHOOD CENTER OPEN HOUSE AND RIBBON CUTTING CEREMONY

September 4 at 6 pm

Come and celebrate The Early Childhood Center's expansion!

### PAPER MACHE AGES 3–5

Join us as we explore the art of Paper Mache! This hands-on sensory experience is a wonderful opportunity for families to create something together using a balloon, water, flower, and newspaper! These projects will then be sent home giving you a second activity to do in your home to add those finishing touches to your project. (Please note, families enrolled at the Sabes JCC Early Childhood Center please register directly with Jill Madsen, [jmadsen@sabesjcc.org](mailto:jmadsen@sabesjcc.org), as these classes are of no cost for your family.)

Su	10–11 am	\$10 per family (\$5 ☹☹)
1x	9/9	7655

### SCIENCE EXPLORATION: WHAT IS GAS? AGES 3–5

What's gas? Gas is all around you, even if you can't see it. The air you breathe in and blow out is gas. A gas has no shape of its own. Gases spread out to fill whatever container they are in—a bubble, a balloon or even a room. Gases can be difficult for children to visualize. We will show them they can feel gas (moving air) when the wind blows on their hand and how it can fill a balloon without blowing air into it. (Please note, families enrolled at the Sabes JCC Early Childhood Center please register directly with Jill Madsen, [jmadsen@sabesjcc.org](mailto:jmadsen@sabesjcc.org), as these classes are of no extra cost for your family.)

Su	10–11 am	\$10 per family (\$5 ☹☹)
1x	10/21	7656

### INFANT / TODDLER SIGN LANGUAGE AGES 0–2

Join us as we explore everyday signs you can use with your infant and toddler. Adding sign language to your young child's life helps with communication during their pre-verbal stage by bridging the gap between when they are ready to communicate and when they can communicate verbally. Research has also found that utilizing sign language during the early years assists with one's cognitive development and vocabulary development. (Please note, families enrolled at the Sabes JCC Early Childhood Center please register directly with Jill Madsen, [jmadsen@sabesjcc.org](mailto:jmadsen@sabesjcc.org), as these classes are of no cost for your family.)

Su	10–11 am	\$10 per family (\$5 ☹☹)
1x	11/11	7657

## FINGER PLAYS, SONGS AND PRAYER FOR THE YOUNG AND YOUNG AT HEART AGES 3–5

You know that singing the "Itsy Bitsy Spider" with your young child is fun, but did you know that it is providing important educational value too? How young should you begin to sing the Shema with your child? Join Julie Ziessman, Amos and Celia Heilicher Minneapolis Jewish Day School Kindergarten Teacher and Preschool Outreach Specialist, for a sing-a-long. We will review songs from your childhood and learn some new ones. The hour will end with a special project your whole family can enjoy! (Please note, families enrolled at the Sabes JCC Early Childhood Center please register directly with Jill Madsen, [jmadsen@sabesjcc.org](mailto:jmadsen@sabesjcc.org), as these classes are of no cost for your family.)

Su	10–11am	\$10 per family (\$5 ☹☹)
1x	12/9	7658

## SPECIAL EVENT! 1ST ANNUAL PARENT EDUCATION CONFERENCE

### Sleepless in America: Is Your Child Misbehaving or Missing Sleep?

Do you wonder why some children refuse to cooperate in the morning? Do you dread the constant bickering and fights between siblings? Is it a battle when you ask them to do something? Are they “losing it” over seemingly insignificant issues? The Sabes JCC Early Childhood Center is excited to welcome Dr. Mary Sheedy Kurcinka, author of Sleepless in America and Raising a Spirited Child, to help us look at ways sleep maybe affecting our children’s behaviors. Breakfast will be provided.

Su	9:00am -noon	\$40 per person (\$30 ☹☹)
1x	11/4	7749

**Parent Education Conference: CHILDCARE**  
Childcare will be available for children ages 16 mos to 5 yrs during the conference. The cost for childcare is \$20 per child. Please register each child separately.

Su	8:30 am–12:30 pm	\$20 per child
1x	11/4	7750

enrichment



We believe children benefit though participating in a range of hands-on enrichment opportunities. Our enrichment classes are engaging and developmentally appropriate and are taught by trained specialists who are part of the Early Childhood Center team.

If you have questions regarding any of these classes please contact Jill Madsen, Sabes JCC Early Childhood Center Director at 952.381.3430 or [jmadsen@sabesjcc.org](mailto:jmadsen@sabesjcc.org).

## DANCE, DANCE, DANCE, AND SING AGES 4–5

Does your child love to dance? This class is a blend of creative movement and the fundamentals of beginning dance. Join us for this wonderful class where children will get the opportunity to use movement and music to dance, dance, dance, and sing their hearts away! A performance will be held on the last day of class.

M	12:45–1:30pm	\$100 (\$85 ☹☹)
8x	10/15–12/10 (no class 11/19)	7659

## WET AND WILD MINNESOTA AGES 3–5

Join the JCC and Science Explorers as we learn about lakes, rivers, fish, trees and eagles and that all are a part of our wonderful state of Minnesota. Join us as we follow the Mississippi River from Lake Itasca through the wetlands, lakes and bluffs of Minnesota. We will explore the planets and animals of these ecosystems and how they survive the summer heat and the long winters of Minnesota.

M	12:45–1:30pm	\$115 (\$100 ☹☹)
8x	10/15–12/10 (no class 11/19)	7660

# 6 early childhood

## PARENT/CAREGIVER AND ME CLASS AGES 14–33 MONTHS

This special parent/caregiver and child class is the perfect opportunity for toddler age children to begin exploring in group situations. Weekly sessions will vary from process art experiences, exploring with blocks, or shaking our wiggles out in the tumble room.

Tu	9:30–10:15am	\$100 (\$85 ☹☹)
8x	10/16–12/11 (no class 11/20)	7661

## TUMBLING TOTS AGES 3–5 YEARS OLD

This class, made possible through the JCC’s partnership with Kenwood Gymnastics, will focus on developing your child’s balance, strength, body awareness, flexibility, and coordination skills. These skills will help prepare your child for further higher level gymnastics classes and will also transfer to other sports they choose to participate in. This is a great introductory class to welcome your little one into the world of sport activity and motor stimulation!

Tu	12:45–1:30pm	\$100 (\$85 ☹☹)
8x	10/16–12/11 (no class 11/20)	7662

## LITTLE REMBRANDTS EXPLORE THE MASTERS AGES 3–5

Why does Monet paint in dots? Why was Picasso so famous if all he did was funny faces? Students learn about the Masters Lois Erlert and Andrew Goldworthy and explore the techniques they used to create their masterpieces. Students will use a variety of materials to explore art making. All supplies needed for this class are included in the cost.

Tu	3:45–4:30pm	\$100 (\$85 ☹☹)
8x	10/16–12/11 (no class 11/20)	7663

## AMAZING ATHLETES AGES 3–5

Join the JCC and Amazing Athletes with this wonderful opportunity for your young child to engage in a developmental sports and fitness program that teaches the basic fundamentals and mechanics of various sports. These sports include: baseball, volleyball, lacrosse, football, basketball, soccer, golf, hockey and tennis. In addition to learning the foundation of these sports children will also build self-confidence, practice teamwork and improve their fine motor and large motor skills.

W	12:45–1:30pm	\$115 (\$100 ☹☹)
8x	10/17–12/12 (no class 11/21)	7664

## KIDS GET MOVING AGES 3.5–5 YEARS OLD

Kids Get Moving is Kidsercize JCC style! Students will be active and energized while participating in exercises, running and games to build balance, muscle and coordination. This is the perfect class for young children to enhance their large motor skills in developmentally appropriate ways.

Th	12:45–1:30pm	\$100 per family (\$85 ☹☹)
8x	10/18–12/13 (no class 11/21)	7665



## youth programs

## visual art


**DRAWING, PAINTING & PRINTMAKING  
WITH JEANNE AARON  
GRADES K-3, 4-6, & 2-6**

Experiment with drawing, painting and printing techniques while learning about the elements of art; line, color and texture. We will draw with pencils and oil pastel, paint with tempera at easels and make prints of our drawings using printing blocks and ink. Fee includes materials; taught by Jeanne Aaron.

**Grades K-3**

W	3:30-4:15 pm	\$115 (\$105 @@@)
8x	10/17-12/2 (No class 11/21)	7666

**Grades 4-6**

Th	3:30-4:15 pm	\$115 (\$105 @@@)
8x	10/18-12/13 (No class Thanksgiving)	7667

**Grades 2-6**

Th	4:30-5:15 pm	\$115 (\$105 @@@)
8x	10/18-12/13 (No class Thanksgiving)	7668

**PAINTED SHOES  
GRADES K-3**

Come and experience an imaginative way to collage, paint and use found objects...on a shoe! Explore representations of artists such as Picasso, Van Gogh and Monet through texture and color, turning an old shoe into an artistic masterpiece to display! Don't forget to bring a shoe to paint!

Su	1-2 pm	\$24 (\$19 @@@)
1x	9/9	7669

Tu	3:30-4:30 pm	\$24 (\$19 @@@)
1x	9/11	7670

**CARTOON CREATIONS:  
BECOME YOUR FAVORITE SUPERHERO  
GRADES 3-6**

If you could fly, where would you go first? What color is the world with x-ray vision? Imagine you are your favorite superhero or create your very own villain! Learn about different styles of cartooning, develop your own stories and bring to life your own cartoons. At the end of class you will have a POW-TASTIC cartoon to share with your friends. Fee includes supplies.

W	3:30-4:15pm	\$115 (\$100 @@@)
8x	10/17-12/12 (No class 11/21)	7671

**MONO PRINTING  
GRADES K-3 & 3-6**

Create a painting on glass and make an original print. Mono printing is a form of printmaking that has images or lines that can only be made once. Mono prints are known as the most painterly method among the printmaking techniques; it is essentially a printed painting. The characteristic of this method is that no two prints are alike. The beauty of this medium is also in its spontaneity and its combination of printmaking, painting and drawing media. Instructor: Jeanne Aaron.

**Grades K-3**

M	3:30-4:15 pm	\$25 (\$20 @@@)
1x	9/10	7672

**Grades 3-6**

Th	3:30-4:15 pm	\$25 (\$20 @@@)
1x	9/13	7673



**TAKING STAGE I –  
IMPROVISATION + ACTING  
GRADES K–2 & 3–5**

This fun class will be full of theatre games and exercises, as well as short scenes and plays to perform for each other throughout the class, and then for friends and family on the last day! Work with each other and the teacher to make characters more believable, develop better stage stories, improve your improvisation instinct, and appear more honest on stage!

**Grades K–2**

M	3:30–4:15pm	\$95 (\$79 ⓘⓈ)
8x	10/15–12/10 (No class 11/19)	7674

**Grades 3–5**

Su	4:30–5:15	\$95 (\$79 ⓘⓈ)
8x	10/14–12/9 (No class 12/9)	7675

**CREATE A PLAY WORKSHOP  
GRADES 1–4**

This one-time workshop is perfect for natural storytellers and young performers. Students will create a play from scratch using a theme that the group decides on together, and will learn the basics of story structure, character building and working as an ensemble. By the end of the workshop, students will have a short play to share with friends and family! No theatre experience necessary! Short performance at 3pm. Chose the time that is best for you.

Su	12–3 pm	\$40 (\$35 ⓘⓈ)
1x	9/9	7676

Su	12–3 pm	\$40 (\$35 ⓘⓈ)
1x	11/25	7677



**DANCE, DANCE, DANCE!  
AGES 6–8 & AGES 9+**

This class goes full throttle into the dance world, combining different dance styles and techniques to develop choreographed routines. Dancers will venture into jazz, hip hop, and even a little salsa. Individual skills and talents will be incorporated into routines, and a synchronized group act will be taught giving everyone a time to shine! Comfortable dance wear or workout gear and jazz shoes or sneakers are required.

**Ages 6–8**

Th	3:30–4:30 pm	\$105 (\$95 ⓘⓈ)
8x	10/18–12/13 (No class Thanksgiving)	7678

**Ages 9+**

Th	4:45–5:45 pm	\$105 (\$95 ⓘⓈ)
8x	10/18–12/13 (No class Thanksgiving)	7679

**CLASSICAL BALLET  
GRADES K–2 & 2–4**

For the serious young dancer, we invite you to come learn the fundamentals of ballet by using the world around you in an exploration of movement and rhythm. You will be exposed to early techniques and dance vocabulary while making connections between your imagination and your body. New and returning students are welcome!

**Grades K–2**

W	3:30–4:15pm	\$99 (\$85 ⓘⓈ)
8x	10/17–12/12 (No class 11/21)	7680

**Grades 2–4**

W	4:30–5:15pm	\$99 (\$85 ⓘⓈ)
8x	10/17–12/12 (No class 11/21)	7681

## music



### PRIVATE PIANO INSTRUCTION AGES 5+

We offer top-notch private piano instruction for children and adults. Our instructors have performed and taught throughout the country and the world, and are prepared to offer a curriculum tailored to the needs of each student, whether just beginning to play, or having played for years. Continuing students have first-priority for time-slots. To inquire about scheduling piano lessons, please call Matt Levitt at 952.381.3463 or email at [mlevitt@sabesjcc.org](mailto:mlevitt@sabesjcc.org). Instructors: Dr. Megan Wallace and Margarita Dorfmann. (Note: lessons may be pro-rated based on the scheduling needs of the student, instructor, and working with JCC holiday closings.)

10 LESSONS BETWEEN 9/2 AND 12/20

**30-minute lesson**  
\$365 (\$299 @@@)

**45-minute lesson**  
\$560 (\$479 @@@)

### PRIVATE GUITAR LESSONS WITH SANDI MILLAR AGES 6-ADULT

Whether you are a new guitar player just starting out or an experienced musician looking for improvement, Sandi will work with you to identify a plan to improve all areas of your playing. Lessons are scheduled for 30 minutes. Students must provide their own guitars.

M	3:30–7:30 pm scheduled in 30-minute time slots	\$349 (\$319 @@@)
8x	10/15–12/10	7683

### BOOM, SSSSSS..., CHA-KA! GROOVE, ROCK AND JAM RHYTHM GRADES 2–5

In this one-session hands-on class, Beth Varela, a former student at Berklee College of Music and a current instructor at the School of Rock, will help you explore and learn about the magic of rhythm and percussion! This workshop will consist of an overview of Samba rhythms, traditional cadences and clave rhythms. Students will be provided with a variety of percussion instruments to experiment with as they learn. After choosing their favorite percussion instrument and learning some basic playing techniques, students will play in a group setting and perform for each other. Choose the date that is best for you.

Su	1–2 pm	\$24 (\$19 @@@)
1x	9/9	7684

Tu	3:30–4:30 pm	\$24 (\$19 @@@)
1x	9/11	7685

Su	1–2 pm	\$24 (\$19 @@@)
1x	10/21	7686

## SATURDAY NIGHT OUT

Enjoy a night out with  
the comfort of knowing  
your children are in  
trustworthy hands and  
are having a blast!

**See page 14 for details**

# 10 youth



## sports, recreation & fitness

### FALL YOUTH BASKETBALL LEAGUE GRADES K-4

The Sabes JCC youth co-ed basketball league provides a nurturing learning environment that fosters skill development, friendship and sportsmanship. Your child will learn basketball fundamentals like dribbling, passing, shooting, defense and rule interpretation in our structured skill practices prior to each game. Every league participant receives a t-shirt, the opportunity to have photos taken by All Sport Photography and an end of the season celebration. We will try to accommodate friend requests, but cannot guarantee that they will be honored.

Volunteers who are looking to coach are needed! If you would like to volunteer, please contact Donna Cohen Heck at [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org). Time slots are tentative and subject to change based on registration numbers.

- Kindergarten plays from 1-2 pm
- Grades 1-2 play from 2-3 pm
- Grades 3-4 play from 3-4 pm

Su	1-4 pm	\$129 (\$109 ☹☹)
8X	10/7-11/25	7751

### KARATE KLUB AGES 6+

Learn the ancient martial art of Tae Kwon Do style karate. We will teach basics, self-defense and self-discipline, in a kid friendly and fun environment. This program has been offered for thirteen years, and several students starting at white belt have achieved black belt status! All ability levels welcome. This program meets continuously and students can register at any time. \*One month written notice is required if you choose to stop. Instructor: Judy Weinberger.

#### Beginners

M	4:30-5:15pm	\$55 per month (\$35 ☹☹)
---	-------------	--------------------------

#### Advanced

M	5:15-6 pm	\$55 per month (\$35 ☹☹)
---	-----------	--------------------------

### FLAG FOOTBALL GRADES 2-5

Come and learn the skills and fundamental training necessary for football! Experienced and enthusiastic coaches will teach your child the basics of flag football in a positive learning environment. Each participant will receive a T-shirt, the opportunity to have photos taken by All Sport Photography and an end of the year celebration.

Su	5:00-7:00 pm	\$69 (\$59 ☹☹)
5X	9/23-10/28 (no class 9/30)	7752

### NEW! TENNIS AGES 5-10

Tennis is causing a huge “racquet” this year and is being offered for the first time all throughout the JCC! The experienced pros at Kids’ Team Tennis are excited to introduce the sport of tennis using the USTA’s 10 and Under QuickStart format of size appropriate courts and racquets. Ages 5 and 6 enjoy learning the basics through fun games in order to advance to match play and ages 7-10 learn basics along with an emphasis on teamwork and sportsmanship while playing fun intra-team matches. Appropriate work-out clothing and tennis shoes or sneakers are required. Racquets will be provided and are also available to purchase for \$23 through Kids Team Tennis. For more information on the program visit [www.KidsTeamTennis.net](http://www.KidsTeamTennis.net)

#### 5-6 years old

W	4-4:30 pm	\$69 (\$59 ☹☹)
5X	9/19-10/31 (no class 9/26 and 10/24)	7753

#### 7-10 years old

W	4:30-5:30 pm	\$79 (69 ☹☹)
5X	9/19-10/31 (no class 9/26 and 10/24)	7754

### MUSKETEER FENCING AGES 6-11

Children will learn real fencing skills while having fun in our special musketeers fencing class! Our children’s classes are performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline and fun. Fencing can help children improve concentration and develop self-control through fun and organized activities that are developmentally correct.

W	3:30-4:30pm	\$79 (\$69 ☹☹)
5X	10/3-11/14 (no class 10/24)	7755

## KidsFit Club at the JCC



We are excited to announce the opening of KidsFit Club at the JCC. In addition to our wide range of classes, we now offer state-of-the-art, kid-friendly equipment with fun and innovative programs for kids between the ages of 6 and 12. Our goal is to build self-esteem, stronger bodies and to empower you and your kids to be fit and happy!

Our staff is highly educated, experienced, and enthusiastic! They are motivating and fun-loving, professional trainers who will work with your kids to be their best.

KidsFit Club is open to members with children ages 6 to 12 and has a circuit-training approach that combines cardio, strength building, and interactive xergaming equipment. Climb our Treadwall. Dodge and weave as you Powerbox with Jackie Chan. Test your speed and agility like an NBA player with the Makoto. Experience smooth action with our Waterwheel Rowing Machine. Or pedal and play games at the same time on the Brain Bike, plus much more!

For more information contact Donna Cohen Heck at [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org).

**KIDSFIT BOOT CAMP CLASS****AGES 7–12**

Improve your strength and stamina for any sport! This fun workout consists of sports drills, light weights, jump rope, circuits, fun games and interval training. This is a freestyle class based on the needs of the class. Team activities may be included in this class. The benefits include increase in overall fitness, improved strength and stamina, a great calorie burn and an increase in heart and lung capacity. No equipment necessary! Come dressed in loose fitting, functional clothing, proper gym shoes, bring water and a towel, and be ready to move your body! Instructor: Derek Griffin

Additional days and times may be available by request if groups are interested. Contact Donna Heck at 952.381.3418

**Session 1 Mondays**

M	3:30–4:15pm	\$89 (\$68 ⓘ ⓘ)
6x	10/15–11/26 (no class 11/19)	7756

**Session 1 Wednesdays**

W	3:30–4:15pm	\$89 (\$68 ⓘ ⓘ)
6x	10/17–11/28 (no class 11/21)	7757

**Session 2 Mondays**

M	3:30–4:15pm	\$59 (\$45 ⓘ ⓘ)
4x	12/3–1/7 (no class 12/24, 12/31)	7758

**Session 2 Wednesdays**

W	3:30–4:15pm	\$59 (\$45 ⓘ ⓘ)
4x	12/5–1/9 (no class 12/26, 1/2)	7759

**KIDSFIT YOGA****AGES 7–12**

KidsFit Yoga is just as it sounds—Yoga for Kids! This class is designed to make learning relaxing and fun. Kids will find comfort and confidence within themselves through the use of Yoga breathwork and an introduction to themes such as balance, creating strength and building self-awareness. Instructor: Mary Clapp

**Session 1**

Tu	3:30–4:15pm	\$89 (\$68 ⓘ ⓘ)
6x	10/16–11/27 (no class 11/20)	7760

**Session 2**

Tu	3:30–4:15pm	\$59 (\$45 ⓘ ⓘ)
4x	12/4–1/8 (no class 12/25, 1/1)	7761



# 12 youth

## KIDSFIT ABC'S OF FITNESS AGES 7–12

Kids just want to have fun and it is possible to show them how to enjoy exercise while improving their health and fitness. A “Fitness ABC’S” class will include the fundamentals as well as: Agility, Balance, Coordination and Strength, introduction to the basic components of fitness (cardiovascular endurance and strength), motor skill development and enhancement, sports skills and drills, and fitness games!

### Session 1

Th	3:30–4:15pm	\$89 (\$68 ☹☹)
6x	10/18–11/29 (no class 11/22)	7762

### Session 2

Th	3:30–4:15pm	\$59 (\$45 ☹☹)
4x	12/6–1/10 (no class 12/27 or 1/3)	7763

## ZUMBATOMIC AGES 7–12

The enormously popular and fun Zumba fitness class is now tailor-made for your child to participate. Learn a dance routine, play movement-based games and learn specific dances moves to high energy tunes. The final five minutes of each class will be dedicated to a “show case” of the dance routine learned during that day’s class. If you are looking for a fun, creative, music based activity for your child (male or female) this is it!

W	3:30–4:30pm	\$89 (\$68 ☹☹)
6X	10/17–11/28 (no class 11/21)	7764

W	3:30–4:30pm	\$59 (\$45 ☹☹)
4X	12/5–1/9 (no class 12/26 or 1/2)	7765

## KIDSFIT PERSONAL TRAINING

Kids are motivated by fun, not routine exercises, but every child’s needs are different. One-on-One Personal Training gives the trainer and the child the opportunity to focus on specific skills and physical education needs that help develop and enhance the skills that they have. One-on-One training also provides an opportunity to combine health education and fitness training in a fun, safe, effective way.

For more information contact Donna Cohen Heck at [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org)



## enrichment SCIENCE AT WORK GRADES 3–6

Join Mad Science® for after school fun with interactive, hands-on activities that get you revved up about science. Experience Science at Work in the Mad Science crime lab and the Mad Science movie effects studio. Use science to figure out how toys work. Discover science working in nature through earthquakes and storms! Make science work for you as you manipulate magnetic and electrical forces. Learn about science working in your mouth and put it to the test – the Taste Test! Take home your Cartoon Creator, Personal Profile Kit, Yo-Yo, Sedimentary Stacker, Taste Test Kit, Magnet Lab, Firefly Circuit, and UV Sensitive Keychain.

Th	4:30–5:30 pm	\$120 (\$104 ☹☹)
8X	9/20–11/8	7687

## JEWELRY AND BEADS GALORE! GRADES 3–6

Create beautiful bead and jewelry projects in this creative class. You will be able to take all of your wonderful projects home to wear or to give as gifts! Instructor: Laura Wolovitch

Tu	4–4:45 pm	\$135 (\$120 ☹☹)
8X	10/16–12/11 (No class 11/20)	7688

## CRAZY LEGO CONTRAPTIONS GRADES K–2

If you love playing with LEGO products, making things move, building and experimenting–this class is for you! Learn about engineering and the physical science principles behind different action machines. Working in teams, students will build high-performance contraptions that spin, stretch, speed or spring into action. Have fun while you learn the principles of mechanical engineering and simple machines.

Th	4:30–5:30	\$97 (\$88 ☹☹)
8X	9/13–11/1	7689

## STAR WARS JEDI MOVIE MAKING GRADES 1–4

From a galaxy far, far away, Star Wars comes to life! Work on a stop motion animated LEGO Star Wars Movie. Pick your characters to star in your own mini-movie ...the possibilities are endless. Star Wars action figures, LEGO materials and backdrops will be available for filming in class. Handle all of the technical details including using a digital movie camera, filming scenes, stop-motion animation, downloading footage to the computer, digital editing and adding finishing special effects and transitions to the movie. In this exciting hands-on learning class, our instructors will take your student through the entire digital film making steps from start to finish using Frames Software. Student groups' final projects will be available online for all to see, or students may bring a USB jump drive the last day to take home their films immediately. Student photography release must be signed for class.

M	4:30–6:30 pm	\$88 (\$76 ��)
6X	11/5-12/17 (No Class 11/19)	7690

## BABYSITTING TRAINING COURSE AGES 10–15

What you need to know and what every parent wants in a safe and responsible babysitter! Designed for 10–15 year olds, the Babysitter's Training Course teaches how to care for children and infants, be a good leader and role model, make good decisions and solve problems. You will also learn how to keep the children you babysit and yourself safe, handle emergencies such as injuries, illnesses and household accidents, write resumes and interview for jobs. Choose one day/time. Students should bring a bag lunch.

Sa	9 am–4 pm	\$75 (\$68 ��)
1X	10/13	7766

Su	9 am–4 pm	\$75 (\$68 ��)
1X	11/11	7767



Our society demands a lot of youth these days, and BBYO is here to help you raise confident, engaged and well prepared teenagers. We provide innovative opportunities and a stress free environment that not only allows teens to customize their own experience but that also grows with them to accommodate their changing needs. How does BBYO provide such a unique experience?

- By providing safe and enriching programs that the teens design themselves, fostering independent thinking and leadership abilities. By bringing together thousands of Jewish teens from all over the world to share experiences that build character and friendships for life.
- By exposing teens to Jewish culture, history and practice, and introducing new ways to apply Jewish principles to contemporary life.

**Our chapters meet EVERY MONDAY night (except when otherwise noted) at the Sabes JCC from 7–8:30 pm.** For more information, please visit [www.b-linked.org](http://www.b-linked.org) or email North Star BBYO Regional Director Todd Sandler at [tsandler@sabesjcc.org](mailto:tsandler@sabesjcc.org).

## BBYO UPCOMING EVENTS

### September 9th, 2012 North Star BBYO's Kick-Off

**What:** Join North Star BBYO as we kick-off our first program of the 2012–2013 programming year!

**Where:** Brunswick Zone  
12200 Singletree Lane  
Eden Prairie, MN 55344  
952.941.0445

**Who:** All Jewish 8th–12th graders are welcome, regardless of whether you've attended a BBYO program in the past

**Cost:** \$15

Please RSVP to Regional Director, Todd Sandler, at [tsandler@sabesjcc.org](mailto:tsandler@sabesjcc.org) by **September 3rd, 2012.**

# 14 teens / family

**September 10th, 2012**

## **North Star BBYO's Teen & Parent Meet & Greet**

**What:** North Star BBYO invites all Jewish teens (8th–12th grade) and their parents to attend our first Monday night program of the year. Come meet your child's advisor, learn more about BBYO in Minneapolis and have a chance to schmooze with your child's friends and their parents.

**Where:** Sabes JCC  
4330 S. Cedar Lake Road  
St. Louis Park, MN 55416

**Who:** All Jewish 8th–12th grade teens + their parents. Both returning members' and completely new program participants are encouraged to attend. If you are someone who has never attended a North Star BBYO program in the past, this is a great opportunity for you to learn what all the fuss is about.

**Cost:** Free

Please RSVP to Regional Director, Todd Sandler, at [tsandler@sabesjcc.org](mailto:tsandler@sabesjcc.org) by **September 5th, 2012.**

**October 11th, 2012**

## **North Star BBYO Chapter Visitations**

Come join North Star's two BBG (girls) chapters, Resnick and Shedlov, and its two AZA (boys) chapters, Brandeis and Lippman, for a night of fun chapter programming. If you have never attended a BBYO program in Minneapolis, this is a great opportunity for you! You will get a chance to attend two different programs with each chapter of your gender, which will in turn help you select which chapter you feel best suits you!

**Where:** Sabes JCC  
4330 S. Cedar Lake Road  
St. Louis Park, MN 55416

**Who:** Any and all Jewish teens in 8th–12th grade.

**Cost:** Free

**No RSVP necessary**

**TEENS: CHECK OUT OUR  
OUTDOOR BIKING GROUP**  
geared for participants ages 15+!  
See page16 for details.

family



## **SATURDAY NIGHT OUT**

Enjoy a night out with the comfort of knowing your children are in trustworthy hands and having a blast! Kids will have the chance to go to the Sabes JCC gym and pool, watch a movie, play board games and puzzles, and hang out with their friends. For kids Grade K–6.

### **Upcoming Saturday Night Out dates:**

9/8, 10/13, 10/27, 11/10

Hours are 6–10pm.

### **Payment Options–PER DATE**

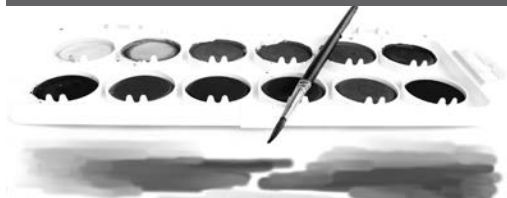
\$28 (\$23 ☺☺)

Sibling Discount: 1st child pays full price, every child after is half off

ALL SATURDAY NIGHT OUT EVENTS WILL TAKE PLACE AT THE SABES JCC, 4330 S. CEDAR LAKE ROAD, MINNEAPOLIS, MN 55416.

Sign up today! For more information contact Danya Kornblum at 952.381.3344 or [dkornblum@sabesjcc.org](mailto:dkornblum@sabesjcc.org)

## visual art

**LET'S PAINT, DRAW AND HAVE FUN!**

BACK BY POPULAR DEMAND!

This class is geared for those who have not had previous art experience or those who have experience and wish to perfect their techniques. This introduction to painting and drawing will provide a way to see art with an artist's eye. Attention will be given to the fundamentals of light, color, and perspective and will offer an opportunity to develop a style in the medium in which the participant chooses to work. Participants may bring their own subject matter or use a still life that will be provided. No oil based paints allowed. Instructor will offer guidance and advice per participants' request. Please bring your own supplies. Space is limited.

Lou Kotlarz is an artist with extensive training in various schools of classical realism. Kotlarz specializes in figurative, portrait, landscape and still life.

M	10 am–1 pm	\$10 per class (\$8 ☹☹)
12x	10/15–12/31	7691

## SEE PAGE 22–23 FOR OTHER CLASSES OF INTEREST:

- **Caring For Someone With Memory Loss**
- **Dealing With Stuff**
- **To Shred Or Not To Shred**
- **And more!**

## jewish journeys



Jewish Journeys delivers thought provoking lectures, speakers, live satellite broadcasts and enrichment programs that cover a wide variety of topics permeating our Jewish community and society as a whole.

**CONVERSATIONS ABOUT ISRAEL**

Join us for three Mondays of conversations about Israel as it is today. Topics will include Israel as a Jewish State, the Role of the Israeli Chief Rabbinate, Conservative and Reform Judaism in Israel, Marriage, Civil Unions and Same Sex Unions in Israel and more. Learn more about these contemporary issues facing Israel today and contribute your ideas to the conversation.

M	6:30–8 pm	\$20 (\$15 ☹☹) \$8 for single session
3x	10/15, 10/22, 10/29	7768

## CULTURE BOULEVARD II ISRAELI AUTHOR SPEAKER SERIES

Presented in partnership with the Israel Center of the Minneapolis Jewish Federation

**Etgar Keret**

**Wednesday, November 14th at 7:00pm**

Etgar Keret, considered the most popular writer among Israel's young generation, is known for his short stories, graphic novels, and scriptwriting for film and television.

**Ronit Matalon**

**Thursday, December 6th at 7:00pm**

Matalon was born in Ganei Tikva, Israel, the daughter of Egyptian-Jewish immigrants. Matalon studied literature and philosophy at Tel Aviv University and worked as a journalist for Haaretz newspaper, where she covered Gaza and the West Bank between 1987 and 1993. She is a resident of Tel Aviv and teaches literature at the University of Haifa.

**Tickets \$12.** For more information contact Eilat Harel (Director, Israel Center) at 952-417-2321 or eharel@mplsfed.org, or Matt Levitt, Sabes JCC Jewish Journeys Program Manager, at 952-381-3401 or mlevitt@sabesjcc.org.

# 16 adults



## GROUP TRAINING

Group Training is a great way to improve your fitness in a social environment. Specialized classes support your training needs through a variety of different activities like Circuit Training and Boot Camp. Group Training is a competition free, enjoyable environment to exercise and achieve personal results. Our Group Training programs cater to all ages and incorporate a range of exercise-based tasks. A great way to stay motivated and focused through the support of others and by providing support as you are surrounded by friends!

To set up your group training class, contact Donna Cohen Heck at [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org) or 952.381.3418.

## 6FT & UNDER BASKETBALL LEAGUE AGES 18+

This league runs 8 weeks plus playoffs. Games are played 4 vs. 4 on short courts. Teams can have up to 7 players. All players are required to register prior to the league start date. All players are required to have the 2011 or 2012 Sabes JCC jersey.

W	6–10pm	\$89 (\$59 ☹️)	
11X	10/12–11/28 (no class 10/26)	7770	

## NEW! ADULT VOLLEYBALL LEAGUE AGES 18+

Interested in playing in an all new adult volleyball league?

Contact Donna Heck at [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org) so we can keep you up to date with the latest planning in adult volleyball!

## BEGINNER OUTDOOR BIKING GROUP AGES 15+

Welcome to this beginner instructional riding workshop. The distance and pace for the ride will be determined by the group. This is perfect for those that are new to cycling and first time group riders. You'll get insight into group dynamics, basic bike handling, descending and climbing, and other safety tips. The first day of class will be instructional. The second class will include a ride. The ride will begin on trails and progress to the road if riders are ready. Bike and helmet required. Instructor: Jennifer Wetteland

Tu	6–7pm	\$20 (\$15 ☹️)	
2x	9/4, 9/11	7771	

## TOTAL BODY CONDITIONING AGES 17+

Get a complete body workout with our popular Total Body Conditioning class. This work out will push you to work harder than you would on your own to reach beyond your own limits. We will incorporate body weight exercises, medicine balls, resistance bands and a variety of fitness tools to perform exercises. Instructor: Jennifer Wetteland

### Session 1 Thursdays

Th	5:30-6:30 pm	\$59 (\$45 ☹️)	
4x	9/13-10/4	7774	

### Session 2 Mondays

M	5:30-6:30 pm	\$89 (\$68 ☹️)	
6x	10/15-11/26 (no class 11/19)	7772	

### Session 2 Thursdays

Th	5:30-6:30 pm	\$89 (\$68 ☹️)	
6x	10/18-11/29 (no class 11/22)	7775	

### Session 3 Mondays

M	5:30-6:30 pm	\$59 (\$45 ☹️)	
4x	12/3–1/7 (no class 12/24, 12/31)	7773	

### Session 3 Thursdays

M	5:30-6:30 pm	\$59 (\$45 ☹️)	
4x	12/6-1/10 (no class 12/27, 1/3)	7776	



**KETTLEBELL TRAINING****AGES 18+**

A 'kettlebell' is a traditional Russian cast iron weight that looks like a cannonball with a handle. Using kettlebells, class participants are taken through a variety of movements all designed to develop strength, mobility, internal energy, work capacity and vitality. This is the ultimate class for extreme all around fitness. Instructor: Kevin Heck

**Session 1 Sundays**

Su	11:30 am–noon	\$89 (\$68 ②③)	
6x	9/16-10/28 (no class 10/7)		7780

**Session 1 Mondays**

M	8:30–9 am	\$89 (\$68 ②③)	
6x	10/15-11/26 (no class 11/19)		7777

**Session 1 Wednesdays**

W	8:30–9 am	\$89 (\$68 ②③)	
6x	10/17-11/28 (no class 11/21)		7779

**Session 2 Sundays**

Su	11:30 am–noon	\$89 (\$68 ②③)	
6x	11/4-1/6 (no class 11/18, 11/25)		7782

**Session 2 Mondays**

M	8:30–9 am	\$59 (\$45 ②③)	
4x	12/3-1/7 (no class 12/24, 12/31)		7778

**Session 2 Wednesdays**

W	8:30–9 am	\$59 (\$45 ②③)	
4x	12/5-1/9 (no class 12/26, 1/2)		7781

**PARTNER YOGA****AGES 18+**

Yoga has many advantages. Some people utilize yoga for its calming and therapeutic nature. Some choose to do yoga because it is a great way to stay limber and in shape. In this introductory partner yoga class, you will experience poses, positions, techniques and postures adapted for you and a partner. You will enjoy the benefit of instruction as well a partner to encourage you—what a wonderful way to get fit! Instructor: Deborah Boudewyns

These are individual classes. Choose the time that is best for you. Register for one or register for all!

**Session 1 Sunday**

Su	Noon-1 pm	\$32 (\$25 ②③)	
1x	10/14		7788

**Session 1 Thursday**

Th	7:45 – 8:45 pm	\$32 (\$25 ②③)	
1x	10/4		7785

**Session 2 Sunday**

Su	Noon-1 pm	\$32 (\$25 ②③)	
1x	10/21		7789

**Session 2 Thursday**

Th	7:45 – 8:45 pm	\$32 (\$25 ②③)	
1x	11/8		7786

**Session 3 Sunday**

Su	Noon-1 pm	\$32 (\$25 ②③)	
1x	12/2		7790

**Session 3 Thursday**

Th	7:45 – 8:45 pm	\$32 (\$25 ②③)	
1x	12/13		7787

# 18 adults

## BOSU

BOSU stands for “Both Sides Up.” The semi-spherical BOSU trainer is an inflated bubble on one side and a hard, plastic surface on the other and is used in this class on both sides. Through dynamic, choreographed exercises and drills using the BOSU half ball platform, you’ll develop functional core strength, flexibility and balance, cardio endurance and agility. Benefits of BOSU classwork include: improved balance, improved strength, improved flexibility, improved cardio endurance, improved proprioception (awareness of where you are in space), plus a fabulous challenge!

### Session 1 Tuesdays

Tu	10:30-11:30 am	\$110 (\$84 ☹☹)
6x	10/16-11/27 (no class 11/20)	7803

### Session 1 Fridays

F	10:45-11:45 am	\$145 (\$112 ☹☹)
8x	9/7-10/26	7805

### Session 2 Tuesdays

Tu	10:30-11:30 am	\$73 (\$56 ☹☹)
4x	12/4-1/8 (no class 12/25, 1/1)	7804

### Session 2 Fridays

F	10:45-11:45 am	\$145 (\$112 ☹☹)
8x	11/2-1/4 (no class 11/23, 12/28)	7806

## STRENGTH AND STABILITY TRAINING (SPHERE I)

### AGE17+

Sphere 1 is a new concept that fuses several different styles of strengthening and sculpting exercises which revolve around unstable platforms such as Swiss Ball, medicine balls, BOSU balls even basketballs. Because each individual human structure has musculoskeletal imbalances which ultimately leads to aging, injuries and weaknesses over time. Spherical platforms find these imbalances and reverses the process of the muscle, joints and core. This class will also build strength, sculpt your muscles and flatten your abs. Instructor: Corey Robertson

### Session 1

M	7-8 pm	\$110 (\$84 ☹☹)
6x	10/15-11/26 (no class 11/19)	7783

### Session 2

M	7-8 pm	\$73 (\$56 ☹☹)
4x	12/3-1/7 (no class 12/24,12/31)	7784

## RUNNING COMPLETE

### AGES 16+

A comprehensive running class that covers everything from how to run more efficiently without injury to how to best train for running using metabolic specific data. Special attention will be given to the best methods for preparing and maintaining your body for running through flexibility and strength training, good nutrition and sleep habits. This class will enlighten you as to how your body is designed to run so that running becomes less drudgery and more of an enjoyable pastime. Instructor: Tom Alcivar

### Participants will receive:

- A New Leaf Exercise Metabolic Assessment and Retest,
- 8-week metabolic specific running plan with online scheduling and logging capabilities,
- A pre and post program running video analysis
- Ten (10) group sessions with a Personal Trainer/Running and Triathlon Coach

### Class A

Th	5:45-6:45 pm	\$585 (\$450 ☹☹)
12x	10/4-1/3 (no class 11/22, 12/27)	7795

### Class B

Th	6:45-7:45 pm	\$585 (\$450 ☹☹)
12x	10/4-1/3 (no class 11/22, 12/27)	7796

**BODY BY DESIGN****AGES 17+**

This class uses revolutionary leading edge fitness technology. You've been told "no pain, no gain" but are you seeing the results you want? How would you like to learn how to exercise using a system that teaches you to work within your limits to expand them and to get the fastest fat loss and muscle gain results you will ever get using the least amount of effort? Diligence is required but grunting, groaning and dripping with sweat is not. Clients who have been using the protocols for two-three times/week lose 4 inches in the first two weeks and many more over the next few months. Instructor: Megan Kruger

**Session 1 Tuesdays**

Tu	7–8 am	\$195 (\$150 ②③)
6x	10/16-11/27 (no class 11/20)	7797

**Session 1 Tuesdays**

Tu	9–10 am	\$195 (\$150 ②③)
6x	10/16-11/27 (no class 11/20)	7799

**Session 1 Fridays**

F	2–3 pm	\$260 (\$200 ②③)
8x	9/7-10/26	7801

**Session 2 Tuesdays**

Tu	7–8 am	\$130 (\$100 ②③)
4x	12/4-1/8 (no class 12/25,1/1)	7798

**Session 2 Tuesdays**

Tu	9–10 am	\$130 (\$100 ②③)
4x	12/4-1/8 (no class 12/25,1/1)	7800

**Session 2 Fridays**

F	2–3 pm	\$260 (\$200 ②③)
8x	11/2-1/4 (no class 11/23, 12/28)	7802

**TRX TRAINING****AGES 18+**

The TRX Suspension Trainer is the original bodyweight-based training tool that builds strength, balance, flexibility and core stability. Because every body movement is powered by the torso—the abs and back working together to support the spine during everyday activities—Suspension Training works to build that needed core strength. All our exercises create an element of instability that calls on your core to provide balance and coordination. Benefits of TRX training are improved balance, coordination, muscular strength, improved power, burns calories, improved body composition, increased energy levels and improves sleep patterns. Instructor: Kevin Heck

**Session 1 Sundays**

Su	11– 11:30 am	\$89 (\$68 ②③)
6x	9/16-10/28 (no class 10/7)	7791

**Session 1 Thursdays**

Th	5:30 – 6pm	\$89 (\$68 ②③)
6x	10/18-11/29 (no class 11/22)	7793

**Session 2 Sundays**

Su	11– 11:30 am	\$89 (\$68 ②③)
6x	11/4-1/6 (no class 11/18, 11/25)	7792

**Session 2 Thursdays**

Th	5:30 – 6pm	\$59 (\$45 ②③)
4x	12/6-1/10 (no class 12/27, 1/3)	7794

# 20 active older adults



## NEW! QUICK START TENNIS CLINIC- FREE! AGES 50+

Program run by USPTA certified and experienced staff. Using the USTA's Quick Start format of short courts, it is an easy way to learn a lifetime sport while having fun playing. You will learn the basics of the game, including stroke technique, footwork and scoring. No experience necessary. Bring your own racquet or equipment will be available for use. Gym shoes required.

M	6-7 pm	Free
1x	10/15	7807

## NEW! QUICK START TENNIS AGES 50+

Program run by USPTA certified and experienced staff. Using the USTA's Quick Start format of short courts, it is an easy way to learn a lifetime sport while having fun playing. You will learn the basics of the game, including stroke technique, footwork and scoring. No experience necessary. Bring your own racquet or equipment will be available for use. Gym shoes required.

M	6-7 pm	\$40
4x	10/22-11/12	7808

## HEARTWORKS

The Sabes JCC offers a stage 4 post-rehab strengthening and flexibility group called Heartworks. Individuals will have their blood pressure checked by our Personal Trainer leading the group prior to the workout. Heartworks meets Mondays, Wednesdays, and Fridays throughout the year at 8:40 am and is approximately 45 minutes workout and 15 minutes of blood pressure checks. There is a monthly fee of \$60 to be a part of this group in addition to membership (30-day written cancellation notice applies).

## PICKLEBALL AGES 50+

Pickleball is for people of all ages and athletic abilities, described as a combination of ping-pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. It's also a great way to spend time with friends and family. Pickleball uses a plastic ball and a paddle and is played on a court roughly half the size of a tennis court. This is not a league....come when you can, with no advanced registration. Equipment is provided for you to try the game. Volunteers will teach you the rules and how to play Pickleball! Gym shoes are required.

Tu, W, Th	10 am-12 pm	\$2.00 drop in (Free for members)
Th	7-9 pm	
	9/4-12/27 No program 9/18, 9/25, 9/27,10/2,12/25	

## enrichment



Programming for active older adults occurs every week (unless JCC is closed or otherwise noted). We are fortunate to provide engaging classes and programs. A warm, nutritious lunch is provided for \$3.25 every Wednesday, Thursday and Friday and is served in our senior dining room. Lunch reservations must be made in advance. Please contact Peggy Mandel by Mondays at noon to make a reservation for lunch.

All of our programs are located in the senior lounge and have a suggested donation of \$2.00 unless otherwise noted.

**For questions/reservations: contact Peggy Mandel at 952.381.3466 or pmandel@sabesjcc.org.**

Mahjong: Monday, Wednesday, Friday from 12:15 PM-3:30 PM

Bridge: last Wednesday of the month from 12:15-3:30 PM

# active older adults 21

## OLLI CLASSES

We are so thrilled to be continuing with OLLI! The Osher Lifelong Learning Institute (OLLI), an affiliated program of the University Of Minnesota College Of Continuing Education, is run entirely by volunteers. The membership is comprised of intellectually curious people who are vitally interested in the world around them. OLLI programs focus on active learning in dynamic and respectful environments. No tests, no prerequisites—this is learning just for the joy of it.

### NEW! Thinking About Capitalism II: Economic Growth, Individualism and Society

This is the second of a three-part lecture/discussion series based on the lectures given by Professor Jerry Muller of the Catholic University of America. In Part Two we hear Professor Muller describe and discuss the ideas of G.W.F. Hegel, Karl Marx, Max Weber, V.I. Lenin and Joseph Schumpeter on the relationships among economic growth, individual values and society during the 19th century, and the beginning of the 20th century. The goal of the course, as it was in the first series, is to promote expansion of individual knowledge and reflective thinking. Limit: 50

F	10-11:30am	FREE
8X	9/21-11/9	7809

### NEW! Unlock the Potential of Your Family Photo

Work smarter, not harder, to have fun with your family history projects. One photo supports many projects. Participants examine easy to use, but often overlooked features of today's hardware and software to restore, capture, enhance, organize and incorporate their photos in varied projects. Many determine they already have easy to use, undiscovered resources. Others are planning new purchases--digital cameras, scanners, printers, or software but are not clear whether or not added features, which contribute to added costs, are features they will need or use. Leader: Nancy Martin, experienced user of Digital Photography, Photoshop Elements, and Desktop Publishing Software. Limit: 30

Th	10-11:30 am	\$12 payable to instructor
7X	9/27-11/8	7810

### NEW! Bookend: A Space Odyssey

"2001: A Space Odyssey"--Arthur C. Clarke's science fiction, or Stanley Kubrick's celebration of Man and the moment? The film released just months before the Moon Landing is a scientific and technological tour-de-force that some criticized as glitz over substance. Clarke's book has become dated, but remains an inspirational metaphor for humanity's emergence into the Cosmos. First meeting October 3 will focus on the background of the film and story. Instructor Louie Lavoie is a retired physicist, writer and researcher.

W	10:00-11:30am (NOTE: 10/10 class is 10:00am-12:00pm to show the film)	FREE
3X	10/3-10/17	7811

### NEW! Presidential Couples

This course will be about eight U.S. presidents, their backgrounds, education, wives and families. We will also examine key issues during their administrations which defined their presidencies, as well as insights into their private lives and home-life.

W	12:30-2:00pm	FREE
8X	10/3-11/21	7812

## ROUNDTABLE DISCUSSION WITH BILL ABERMAN

Join us for lively roundtable discussion. A current topic will be chosen on the day of the program.

Th	12 pm	FREE
3x	9/13, 10/11 and 11/15	



# 22 active older adults

## NEW! ART OF THE TIMES!

Artists wanted! You are invited to participate!

This exhibit will showcase the artwork of JCC members who are part of the older adult programs at the Center. Some people have been creating art all their lives while others have discovered their connection to art more recently. The exhibit will include an array of media, subject matter and sources of inspiration. The exhibit will be on display April & May 2013 in the Shared Walls exhibition space to offer the maximum amount of exposure for the artists to the community. More information to follow!

If you would like to participate in this exhibit, please contact Robyn Awend at rawend@sabesjcc.org or 952.381.3416.

## AARP DRIVER SAFETY COURSE 55+

This is a four hour driver refresher course for persons age 55+ and participants may receive a discount on their car insurance. To reserve your place please call Sherm Garon at 952.525.1375. Because this class is in November AARP is having a special promotion which allows: all Veterans or Members of the Armed Forces to attend class for free! It is necessary to have a card or other proof of being or having been in the Armed Forces. The instructor, Sherm Garon is a Veteran of WWII.

**Thursday, November 8**

9 am–1 pm

Cost: \$12 AARP member/\$14 non-AARP member. Please plan to pay the day of class.

## HOME INSTEAD SPEAKER SERIES

With a network of locations across Minnesota and worldwide, Home Instead Senior Care is all about taking care of older family members long-term in the homes they've enjoyed and treasured. They provide a range of services including companionship, meal preparation, light housekeeping, medication reminders, shopping, and errands.

## NEW! Caring for Someone with Memory Loss

A Caregiver/Community educator will present an overview of coping skills and techniques used when caring for a loved one who has memory loss. These span from how to capture their life's journey and how that information is used in daily interactions to 5 techniques helpful in managing behaviors. Caring for a loved one with memory loss can be tiring, stressful, and all-encompassing. You will learn just a small sample of the information offered to the greater community.

W	12:15–1 pm	Free
1x	9/12	7813

## NEW! Dealing with STUFF!

### Where to Begin and What to Do with the Stuff!

How do I sleep at night worrying about all this stuff? What do I keep? How do I sort & downsize? Where do I begin? What can I do with the stuff I don't want? How can I get rid of things? What about Estate Sales & Consignment Stores?

If the “stuff” in your home is overwhelming and stressful, come hear a lighthearted approach about what you can do about it that will offer you real, practical answers to your questions. Rose's Daughters has assisted hundreds of seniors in the Twin Cities deal with their stuff. They know how to make it easier. Presented by Rose's Daughters, Inc., a specialty moving service for seniors.

W	12:15–1 pm	Free
1x	10/10	7814

# active older adults 23

## NEW! To Shred or Not to Shred!

Our speaker will define what valuable papers you have that you should keep, and what you're able to shred. Your questions will be answered and you will learn some great information! We will set a date for the Shred It truck to come to the JCC to accept your papers for their professional shredding. This service will only be available to those who attend and pay for this program.

Register by calling Peggy Mandel at 952.381.3466 or [pmandel@sabesjcc.org](mailto:pmandel@sabesjcc.org)

(Deadline- November 7- Minimum 20 registrations required)

W	12:15–1 pm	\$5 (includes cost of future Shredding service)
1x	11/14	7815

## NEW! PERSONAL TECHNOLOGY FOR OLDER ADULTS

Get an overview of the various technology products that you may consider owning..... computer, cell phone, iPad, iPhone. Bring your questions and ask the expert!

W	12:15–1 pm	Free
1x	12/12	7816

## NEW! CELL PHONE WORKSHOP AGES 50+

In the cell phone workshop we'll be discussing what a cell phone is, what they cost, how to get through the confusing plans and some of their useful features. Cell phones are bewildering to most of us, because they are computers. It is our first encounter with a small device that is yes, a telephone but much more.

W	12:30–2 pm	\$20 (\$15 ☹☹)
1x	10/24	7817

## NEW! iPad WORKSHOP AGES 50+

In this workshop we'll discuss the latest thing in portable computing—an iPad, or a tablet. Either device is designed for getting your email, listening to music and watching videos, playing games, running your business or entertaining children. These versatile devices are almost anything you would want in a computer. "It is the apps that make the difference." Bring your questions to be answered by our speaker.

W	7–8:30pm	\$20 (\$15 ☹☹)
1x	11/7	7818

## SENIOR COMPUTER CLASS

Join us for a senior "Beginner" Computer Class.

Learn how to use a web browser such as Internet Explorer (or Safari or Firefox) to explore the internet. Learn how to use search engines such as Google and Yahoo to find information on any topic. Also learn how to communicate with others by sending and receiving email messages.

Please call Heidi Gilbert at 763-544-3854, if you have any questions or are interested in taking this class. Space is limited!

Tu	11:30 a.m. -12:30 p.m.	\$30.00
1x	10/16–12/11	7818

## HAPPY BIRTHDAY!

Please join us the last Friday of every month in the senior lounge for cake following lunch at 12:30.

# 24 inclusion

## inclusion



As part of the mission to bring people together in an inclusive environment, we provide opportunities and welcome people of all ages and all abilities in all JCC programs.

From early childhood education to senior adult programming, we provide training, advocacy, support, and fun to ensure meaningful experiences for everyone. For parents, caregivers and loved ones of people with special needs, we offer support, information and education. For youth and adults with disabilities, we create social, educational, recreational and volunteer opportunities. At the Sabes JCC, we work to build a community where everyone acknowledges and respects peoples' differences and celebrates their unique gifts.

### FRIENDSHIP SEMINARS AGES 18+

All of us want friendship and need it to be happy, but figuring out how it works can be very difficult. We all want to expand our friendship circles, and create stronger bonds with our current friends. Come to these seminars to learn how to make friends, keep them, and handle conflict without damaging a friendship.

This seminar will be very hands-on, so come prepared to create, role-play, discuss and interact. You will laugh, learn and grow, and you'll be a better friend!

M	7-8 pm	\$5 per class
	9/4, 10/22, 11/20, 12/18	

**IF NOT NOTED, PLEASE  
CONTACT ANITA LEWIS AT  
ALEWIS@SABESJCC.ORG FOR  
INFORMATION OR RESERVATIONS**

### TIKUN OLAM ADULTS 18 +

Tikun Olam will focus on the act of community service and social action. The last Tuesday of each month, young adult participants will have the opportunity to learn, understand, make a difference and give back to their community. Projects are both at the Sabes JCC as well as off-site.

Tu	7-8:15 pm	\$5 per class
2x	10/30, 11/27	

### YOUTH DARKAYNU GRADES K-12

Youth Darkaynu will reach out to Jewish students with autism, or any other diagnosed challenges, who are unable to attend mainstream Jewish educational programming after all possible interventions have been attempted. Students will spend one hour in Judaic Studies and one hour engaging in social and recreational activities. A multisensory approach will be used to help all students learn and gain a feeling of connection to each other and to being Jewish.

### Sundays 10 am-12 pm

**Fee: \$425 for one year**, scholarships are available.

### 2012-2013 School Calendar: Youth Darkaynu

- Sept - 9,23,30
- Nov - 4,11,18
- Oct - 14,28
- Dec - 2,9,16

For more information or to register, please call the Sha'arim office at 952.303.5276.

### SABES JCC SPECIAL OLYMPICS TEAM THE JCC FIREFLIES AGES 8-ADULT

The JCC FireFlies compete in swimming, track and bowling. Please call if you are interested in fall bowling and winter swimming.  
Bowling: 9/5-11/11

### Thursdays, 7-8 pm \$35

Please contact: Hannah Carney at  
catin004@umn.edu or 763.226.0139

---

## ADULT DARKAYNU: JEWISH EDUCATION OUR WAY AGES 18 +

Sha'arim and the Inclusion Program at the Sabes JCC are excited to present Adult Darkaynu. The Hebrew word Darkaynu means "Our Way". This program is designed to give Jewish young adults with disabilities the opportunity to get together and study the weekly Torah portion, Jewish holidays, Mitzvot and Jewish rituals and customs in a fun and relaxing atmosphere that fits their way of learning. The curriculum is designed to be hands on and adapted to meet the needs of the participants. Through meaningful conversations, question and answer sessions, fun games and hands-on projects, Adult Darkaynu will encourage young adults with disabilities to explore their Jewish Identity while deepening their connection to the Jewish Community. Class will take place at the Sabes JCC.

**Wednesdays**  
**7– 8 pm**  
**Fee: \$35 per session (scholarships available)**

**Session 1**  
Sept. 12,19  
Oct. 3,10,17,24,31

**Session 2**  
Nov. 7,14,21,28  
Dec. 5,12,19

For more information or to register, please contact the Sha'arim office at 952.303.5276 or email [shaarim@shaarim.org](mailto:shaarim@shaarim.org).

---

## DARKAYNU CAFÉ & KESHER AGES 18+

You are invited to the Darkaynu Café Featuring: Live music, Sing-a-long, Refreshments and fun, all in a cafe setting.

**Tuesdays**  
**7–8 pm**  
**\$5 per cafe**  
Sept. 11, Oct. 16 (second Tuesday is Simchat Torah), Nov. 13, Dec. 11  
RSVP 952.303.5276 or [shaarim@shaarim.org](mailto:shaarim@shaarim.org).

**Immediately following Darkaynu Café: KESHER 8–9 pm**  
Animal Ambassadors of the Golden Valley Humane Society will come and bring their favorite furry friends for you to enjoy!  
**Free**

---

## UPSTREAM ARTS AND SOCIAL SKILLS ADULTS 18+

Create with your peers in an environment where you can rehearse real life scenarios and push your creative boundaries. We will use the arts to explore how we can express ourselves socially and how we can communicate through movement, dance, poetry, theater and the visual arts.

Minimum of 8 students required.

M	7–8 pm	\$155
8x	10/22–12/10	7825

---

## SUPPORT GROUP

Parents and caregivers of children from infancy to young adults with special needs are invited to join us for an educational and supportive group to share resources and voice their concerns in a non-threatening, supportive environment. Your child does not have to have a formal diagnosis. Facilitated by Hennepin County Children's Mental Health Collaborative.

**Second Monday of the month**  
**6:30–8:30 pm**  
**Free**  
September 10, November 12, December 10

Contact information: Andrea Bejarano-Robinson and Suzanne Renfro, Parents' Catalysts Leadership Group, [hcpcldg@yahoo.com](mailto:hcpcldg@yahoo.com)

---

## PARENT EDUCATION SERIES

As your child with disabilities ages, you may be concerned about the availability of resources. Experts and service providers will cover a variety of topics in this parent education series.

**October 10:** Lifetime Assistance Plans presented by ARC Greater Twin Cities

**November 14:** Navigating the Funding Maze for Family Members with Disabilities by Jerry Mellum of Hennepin County

**Second Wednesday of the month**  
**7-8:30 pm**  
**Free**

Provided by Jewish Family & Children's Service and Jewish Housing & Programming. For more information contact Shelly Christensen 952.542.4838 or [schristensen@jfcsmpls.org](mailto:schristensen@jfcsmpls.org)

# 26 aquatics

## swimming lessons



Our goal is to challenge each swimmer to work up to his/her potential, celebrating each new achievement as they grow stronger and feel more secure in the water environment.

We offer swim lessons for all ages and abilities with an emphasis on confidence personal safety, swimming skills, endurance and social skills.

### SESSION A

- Session A swimming lessons will run from Wednesday, September 5–Thursday, October 18 (no class September 26, and 27; **THERE WILL NO CLASSES ON TUESDAYS DUE TO HOLIDAYS**)
- All classes will be 6 lessons long with a rate of \$102 (\$78 P,C)

### SESSION B

- Session B swimming lessons will run from Tuesday, October 30–Sunday, December 16 (no class Tuesday, November 20 through Sunday, November 25).
- All classes will be 6 lessons long with a rate of \$102 (\$78 P,C)

Choose the level that is appropriate based on swimming experience. If you need a swimming assessment to determine the appropriate level, please contact aquatics at 952.381.3422.

Need more personalized attention? Private and semi-private swim lessons are available year-round. Contact the aquatics department at the number above for details.

## WATER BABIES AGES 6–36 MONTHS

This interactive class is designed for babies to become comfortable swimming independently in and under the water by working together with their parents in the pool.

SATURDAY	SUNDAY
10–10:30 am	10:30–11 am
10:30–11 am	11–11:30 am

## WATER WIGGLERS AGES 2–3

For children who are graduates of the Water Babies class. Children will work independently from their parents and master pop-up breathing, do “big arms,” and learn how to be comfortable kicking on their backs and completing an unassisted turnaround swim.

WEDNESDAY	THURSDAY	SATURDAY
9:30–10 am	9:30–10 am	10–10:30 am
10:30–11 am	10:30–11 am	SUNDAY
		11:30 am–12 pm

## FROGS AGES 3–5

This introductory class is designed for the nervous swimmer or very beginner. We will work on submersions and back floats, and help them increase their comfort level in the water.

TUESDAY (B ONLY)	WEDNESDAY	SATURDAY
3:30–4 pm	10–10:30 am	11–11:30 am
4–4:30 pm	11–11:30 am	11:30 am–12 pm
5–5:30 pm	2:45–3:15 pm	12–12:30 pm
5:30–6 pm	THURSDAY	SUNDAY
6–6:30 pm	10–10:30 am	10:30–11 am
	11–11:30 am	11–11:30 am
	FRIDAY	11:30 am–12 pm
	3:15–3:45 pm	12–12:30 pm
		12:30–1 pm



## GOBIES AGES 3–5

For children who have completed Frogs, this level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle and backstroke and streamlining.

TUESDAY (B ONLY)	SATURDAY	SUNDAY
3:30–4 pm	11–11:30 am	11–11:30 am
4–4:30 pm	11:30 am–12 pm	11:30 am–12 pm
5–5:30 pm	12–12:30 pm	12–12:30 pm
5:30–6 pm	12:30–1 pm	12:30–1 pm
6–6:30 pm		

## TIGER BARBS AGES 3–5

For children who have completed Gobies, this class is for swimmers who are able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing).

TUESDAY (B ONLY)	FRIDAY	SUNDAY
3:30–4 pm	3:45–4:15 pm	11–11:30 am
4–4:30 pm	SATURDAY	11:30 am–12 pm
4:30–5 pm	11–11:30 am	12–12:30 pm
5–5:30 pm	11:30 am–12 pm	12:30–1 pm
5:30–6 pm	12–12:30 pm	
6–6:30 pm	12:30–1 pm	

## PUFFERS AGES 6–12

This introductory class is designed for the nervous swimmer or very beginner. We will work on submersions and back floats, and help them increase their comfort level in the water.

TUESDAY (B ONLY)	SATURDAY	SUNDAY
3:30–4 pm	11–11:30 am	11–11:30 am
4–4:30 pm	11:30 am–12 pm	11:30 am–12 pm
5–5:30 pm	12–12:30 pm	12–12:30 pm
5:30–6 pm	12:30–1 pm	12:30–1 pm
6–6:30 pm		

## STINGRAYS AGES 6–12

This level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle and backstroke and streamlining.

TUESDAY (B ONLY)	SATURDAY	SUNDAY
3:30–4 pm	11–11:30 am	11–11:30 am
4–4:30 pm	11:30 am–12 pm	11:30 am–12 pm
5–5:30 pm	12–12:30 pm	12–12:30 pm
5:30–6 pm	12:30–1 pm	12:30–1 pm
6–6:30 pm		

## SEALS AGES 6–12

For swimmers who are able to swim freestyle and backstrokes over a short distance and are now ready to learn freestyle side breathing (preferred side breathing).

TUESDAY (B ONLY)	SATURDAY	SUNDAY
3:30–4 pm	11–11:30 am	11–11:30 am
4:30–5 pm	11:30 am–12 pm	11:30 am–12 pm
5–5:30 pm	12–12:30 pm	12–12:30 pm
5:30–6 pm	12:30–1 pm	12:30–1 pm
6–6:30 pm		

## DOLPHINS AGES 3–12

In this class, swimmers will work on freestyle progression learning side breathing to the nonpreferred side, beginning somersault for flip turns and butterfly and breaststroke progression. Prerequisite: Tiger Barbs or Seals

TUESDAY (B ONLY)	SATURDAY	SUNDAY
3:30–4 pm	11–11:30 am	11–11:30 am
4–4:30 pm	11:30 am–12 pm	11:30 am–12:30 pm
4:30–5 pm	12–12:30 pm	12–12:30 pm
5:30–6 pm		12–12:30 pm
6–6:30 pm		12:30–1 pm

# 28 aquatics

## SHARKS AGES 3–12

This level introduces bilateral breathing. Swimmers also work on flip turns and learn to put arms/legs/breathing together for the breaststroke and butterfly. Great class if interested in the Sabes Rays Swim Club.

TUESDAY (B ONLY)	SATURDAY	SUNDAY
3:30–4 pm	11:30 am–12 pm	12–12:30 pm
4–4:30 pm		
4:30–5 pm		
5–5:30 pm		
5:30–6 pm		

## LOG ROLLING AGES 7+

This class is a great way to improve balance, concentration and agility while having a great time practicing a sport that so few have the opportunity in which to participate.

TUESDAY (SESSION B ONLY)
4:30–5 pm



## MASTERS SWIMMING PROGRAM

The Sabes JCC Masters Swimming Program caters to participants from a broad spectrum of abilities and interests. Whether you are a recreational swimmer, an experienced competitive veteran, or a triathlete, you will find that our Masters practices have something for everyone. You will receive swimming instruction in all 4 strokes, open water swimming techniques, water polo skills, interval work and pacing insight. Practices are 1 hour in length. JCC Members and non-members can purchase practices one at a time, a ten (10) practice punch card or monthly. Individuals looking for more personalized instruction should look into our private and semi-private stroke clinics.

**Drop In:**  
\$8 (Fitness Members, General Public)  
\$6 (Premium, Community Member)

**Punch Cards for Ten Practices:**  
\$70 (Fitness Members, General Public)  
\$50 (Premium, Community Member)

## SWIM STROKE CLINIC

Whether you are new to swimming, worried about the swim leg of your triathlon or are a competitive swimmer looking to improve your times through technique refinement, you will benefit from the expert level of coaching received during stroke clinic. Participants will not only improve their form and comfort in the water, but will learn how to continue to do so through the use of specialized drilling and filming.

---

## OPEN WATER SCUBA AGES 10+

Get your PADI certification. If you've always wanted to learn how to scuba dive and see the wondrous world beneath the waves, this is where it starts. The PADI Open Water Diver course is the world's most popular scuba course and has introduced millions of people to the adventurous diving lifestyle. During the course, you'll make at least five pool dives and four dives at local dive sites under the supervision of your PADI instructor.

*Dates and times are flexible. Contact Becky Birnell, Aquatics Director, at [bbirnell@sabesjcc.org](mailto:bbirnell@sabesjcc.org) or 952.381.3422 for information.*

---

## RED CROSS LIFEGUARD TRAINING AGES 15+

This Red Cross certification program includes Lifeguard, First Aid for the Professional Rescuer and AED (Automated External Defibrillator) training. Upon successful completion participants will receive a Lifeguard Training Pools and First Aid certification valid for three years and a CPR/AED for the Professional Rescuer certificate valid for two year. Attendance is mandatory to all class sessions. Be prepared to be both in and out of the water each day of class.

**Pre-requisite swim skills:** Continuous 300 yard swim using front crawl & breaststroke, tread water for 2 minutes using legs only and 10 lb. submerged object recovery. Swim skill evaluation will be done the first day of class, before the class starts and participants that are not able to complete the swimming requirement will be eligible for a partial refund. Participants must be 15 years of age by the last day of class.

For specific dates, times and fees go to [sabesjcc.org/register](http://sabesjcc.org/register) or contact Becky Birnell at [bbirnell@sabesjcc.org](mailto:bbirnell@sabesjcc.org) or 952.381.3422.

---

## LIFEGUARD TRAINING (REVIEW)

This is an abbreviated Lifeguard training course. The course is intended to renew certifications by having review or practice of the skills and then completing scenarios and written exams. The course includes all written exams, on land and in water scenarios. Upon successful completion participants will receive a Lifeguard Training Pools and First Aid certification valid for three years and a CPR/AED for the Professional Rescuer certificate valid for two years. Be prepared to be both in and out of the water during each day of the course. **Pre-requisite:** Participants must hold current certifications (Lifeguard, First Aid, CPR/AED for the Professional Rescuer)

Pre-requisite swim skills: Continuous 300 yard swim using front crawl & breaststroke, tread water for 2 minutes using legs only and 10 lb. submerged object recovery. Swim skill evaluation will be done the first day of class, before the class starts. Participants that are not able to complete the swimming requirement will be eligible for a partial refund.

For specific dates, times and fees go to [sabesjcc.org/register](http://sabesjcc.org/register) or contact Becky Birnell at [bbirnell@sabesjcc.org](mailto:bbirnell@sabesjcc.org) or 952.381.3422.

# 30 aquatics

## sabes rays swim club



The Sabes JCC is the home of the Sabes Rays Swim Club, aka Rays Swimming, a competitive swim program and a member of USA Swimming and Minnesota Swimming. Participation in meets is not required but is strongly encouraged. Membership in USA swimming is required to participate in meets. See coach for further details. Swimmers interested in swimming with the RAYS need to arrange a trial practice to determine the appropriate training group. Currently we coach 8 different levels of swimming.

### Registration is ongoing.

- Participants **MUST** contact the Aquatics Director for assessment before registering at [bbirnell@sabesjcc.org](mailto:bbirnell@sabesjcc.org) or 952.381.3422.
- This program meets continually, and you may enroll at any time! One month written notice will be required if you choose to stop enrollment.
- Registration is not available online.

### Fees (Rays I, II, III, IV, V & Rays Plus)

- USA Membership must be purchased to participate in swim meets
- Entry fees per meet/event will apply

---

## SWIM CLUB STUDY HOUR

During the school year, the Sabes Rays have a Special Study Hour for children attending HMJDS and is facilitated by JCC staff. The students are required to do homework or read a book.

Monthly Fees (Registration is ongoing)

Contact Becky Birnell at 952.381.3422 or [bbirnell@sabesjcc.org](mailto:bbirnell@sabesjcc.org) to register.

---

## RAYS PREP

Rays Prep is an introduction to the amazing world of competitive swimming! This preparatory program is designed to give swimmers the benefit of being part of the Rays Swim Club while learning the basic skills of competitive swimming. Swimmers will work on the 4 competitive strokes, starts and turns, racing techniques and learning about the competitive environment while having a lot of fun! Swimmers interested in competing can choose to participate in swim meets but are not required to do so.

Su 4:30–5:30 pm & Tu 6–7 pm

---

## RAYS I STINGRAYS AGES 6+

This program teaches swimmers 6 years and up the fundamental skills of competitive swimming. Participants spend time learning all 4 competitive strokes with the goal of preparing them for participation in meets. The focus is 90% skill acquisition and 10% physical training.

**M, W, Th**  
3:30–4:30 pm

---

## **RAYS I MANTAS** **AGES 6–12**

At this level we concentrate on refinement of the four competitive strokes, flip turns, dives, intervals, clock reading and meet preparedness. This program is 75% skill focused and 25% physical training. Swimming Ability Requirement for the two Rays I Groups : Must be able to swim 25 yards front crawl and 25 yards backstroke.

**M, W & Th**  
3:30–4:30 pm

---

## **RAYS II** **AGES 8–12**

In this class we continue to work on stroke refinement but we add a dose of endurance training. A typical practice is between 1500 and 2000 yards. We work on all aspects of swimming, incorporating into our practices distance work, sprints, starts, turns, skill drills and much more. 60% skill work and 40% endurance and physical training.

Swimming ability requirement: Must be able to legally swim a 200 free, 100 IM, 100 back, 50 Fly and 50 breast stroke. Minimum Time standards: 50 free - :50, 100 free-1:50 Swimmers interested in Rays II must be promoted through the program or may go directly to RAYS II with coaching staff's approval.

**M, W & Th**  
3:30–4:30 pm

---

## **RAYS III/IV/V** **AGES 9–18**

Swimmers range in age from 9–18 and are taught higher level skills. A typical practice is between 3500 and 4800 yards with an emphasis of 30% on skill and 70% on physical conditioning. These swimmers perform dry land on a regular basis with an emphasis on core body strengthening. The majority of these swimmers are swimming at a B, A or State level within their age group.

Prerequisite: Swimmers must be legal in all 4 strokes and all 4 competitive turns and starts. Must meet 4 of the 5 standards:

**RAYS III**  
50 free :40 100 free- 1:23.00  
200 free 3:15 100 IM 1:50  
10 x 100 free on 2:00

**RAYS IV**  
50 free :32 100 free- 1:14  
200 free 2:45 100 IM 1:35  
10 x 100 free on 1:30

**RAYS V**  
50 free :29 100 free- 1:07  
200 free 2:30 100 IM 1:27  
10 x 100 free: 1:25

**M, W, Th**  
4:15–4:30 pm dryland, 4:30–6 pm practice

---

## **RAYS PLUS**

This group offers an additional day of practice for those looking for additional practice time.

**M, W & Th**  
4:15–4:30 pm dryland, 4:30–6 pm practice

**Su**  
5:30–6 pm dryland, 6–7 pm practice

# registration policies + procedures

## REGISTRATION DEADLINE IS TWO WEEKS PRIOR TO CLASS START DATE.

\*Registrations might not be accepted after this time. Form must be filled out COMPLETELY for registration to be accepted. Please use a separate form for each participant.

### HOW TO REGISTER

**Online:** You may register for most classes and make credit card payments online at [www.sabesjcc.org/register](http://www.sabesjcc.org/register).

**In person:** Registration for classes may be made in person at the Sabes JCC during normal business hours. All registration forms should be placed in a registration form box at the front desk, the health and fitness desk or inside of the ECC. The registration boxes are checked each weekday.

**By mail:** Complete the registration form and return it to the Sabes JCC—attention Robyn Plotsker—with credit card information or a check payable to the Sabes JCC. Mail to: Sabes JCC, 4330 S. Cedar Lake Road, Minneapolis, MN 55416.

**By phone:** Phone registration may be made during regular business hours by calling Robyn Plotsker at 952.381.3432.

### CLASS SIZE

Many classes are subject to minimum and maximum registration limits. Class size may be limited to provide maximum benefit to participants. In the event of insufficient enrollment, the Sabes JCC reserves the right to cancel a class.

Classes with low enrollment will be cancelled after the registration deadline two weeks prior to class start date. Children enrolled in cancelled classes will be given the option to transfer with no administrative fee. If transferring into a higher priced class, the difference will be expected at the start of the first class. The Sabes JCC hopes to continue to increase the classes we offer you and your family throughout the year. Unfortunately, classes may be cancelled due to low enrollment or tardy registrations. We have established this system in the hopes that we can encourage early registration to ensure our classes are held as scheduled. So, if you find a class for you or your child that sounds like fun...why not get a friend involved!

### FINANCIAL ASSISTANCE

We currently offer need-based assistance for classes at the JCC. Please check the appropriate box on the registration form and we will provide you with an application.

### PARENT PICK UP

PLEASE NOTE: Children in the 6th grade or younger may not be unattended in the JCC. Unless a child is enrolled in the ECC or HaBonim, it is expected that the child will be picked up at the end of class. Unsupervised children dropped off more than 5 minutes early or picked up more than 5 minutes late will be charged \$1 per minute for extended care. You may not be allowed to enroll in future programming until this fee is paid in full.

### CANCELLATIONS/REFUNDS

If the Sabes JCC cancels a class prior to the first class meeting, all enrollees will receive a refund. In most cases, if the Sabes JCC cancels one or more classes after the session has begun, a make-up class will be scheduled or members will be issued a voucher. If the Sabes JCC is forced to cancel classes or close due to forces beyond our control, such as power outage or severe weather, classes will NOT be rescheduled or reimbursed. If there is a question as to whether a class will be refunded or made-up, please contact Robyn Plotsker at 952.381.3432 or [rplotsker@sabesjcc.org](mailto:rplotsker@sabesjcc.org).

You may voluntarily withdraw from a class up to three weeks before the first meeting. Your withdrawal must be submitted in writing. If you have further questions contact Robyn Plotsker at 952.381.3432. Refunds will be mailed within four weeks of request. There will be no refunds as of three weeks before the first class meeting.

If, in the sole opinion of the Sabes JCC staff, the registrant's conduct, influence, or behavior prevents his/her and/or other participants' safe and/or successful participation in the program, we reserve the right to cancel the registrant's attendance, with no refund of fees.

### WHO QUALIFIES FOR MEMBER RATES?

In order to qualify for the member rate or for member-only classes, you must maintain a valid Community or Premium membership at the Sabes JCC for the duration of your participation in a class or program. For Fitness classes, you must have a valid Premium or Fitness membership.

If your membership expires during the course of a program or class, you must renew your membership in order to qualify for the member rate. If you choose not to continue your membership, you must pay the difference between the member rate and the general public rate in order to register for the program or class.



# registration form

REGISTRATION DEADLINE IS  
TWO WEEKS PRIOR TO CLASS START DATE

Name Birthdate

Parent/Guardian Name (if registering for a child)

Address

City, State, Zip

Home Phone Alternate Number

E-mail Address

Emergency Contact Relationship Phone

Child's School District

- > Child will arrive by:  
> ☐ Bus (indicate time): \_\_\_\_\_ ☐ Parent drop-off ☐ ECC/HaBonim ☐ HMJDS ☐ Other \_\_\_\_\_
- > How did you hear about our classes?  
> ☐ Program Guide ☐ Website ☐ Ad ☐ Word of Mouth ☐ E-mail
- > Are you a member of the Sabes JCC?  
> ☐ Yes, Premium ☐ Yes, Community ☐ Yes, Fitness [Member Number: \_\_\_\_\_] ☐ No
- > Would you like us to send you an application for need-based scholarship for classes? ☐ Yes ☐ No

**Please list each class on separate lines.**

Course Name	Class ID (none for ongoing classes or swimming)	Day(s)	Time	Fee (class charges are per section)
				\$
				\$
				\$
				\$
				\$
Total Amount Due				\$

- > Payment Options:  
> ☐ Check enclosed (Make checks payable to Sabes JCC) ☐ Visa ☐ MasterCard
- Credit Card Number Exp. Date

Signature

- > ☐ Unless this box is checked, I hereby grant permission to use the names, pictures and quotations of myself and/or my >  
> child for Sabes JCC publicity purposes.

I hereby agree to allow myself or my child to participate in the above named activity. I waive any and all rights and claims for damages I may have, for myself and/or my child, against the Sabes JCC and its employees and representatives, for any and all injuries from whatever cause occurring during participation in any activities or use of recreational facilities at or conducted by the Sabes JCC. I have also read, understand, and agree to all policies and procedures listed on previous page.

Signature Date

**FOR OFFICE USE ONLY**

Date Received: \_\_\_\_\_ Total Class Fee \$ \_\_\_\_\_  
Date Registered: \_\_\_\_\_ Total Amount Received \$ \_\_\_\_\_



Sabes JCC  
Jay and Rose Phillips Building  
Barry Family Campus  
4330 S. Cedar Lake Road  
Minneapolis, MN 55416

**sabes jcc**

**www.sabesjcc.org**

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
TWIN CITIES, MN  
PERMIT 90125



## club hours

(by appt. only)

### Monday – Thursday

8:45 am – 12:15 pm  
3:30 pm – 7:30 pm

### Friday

8:45 am – 12:15 pm  
3:30 pm – 5:30 pm

### Saturday & Sunday

10:00 am – 7:00 pm

*Please check on our new fall  
hours starting August 27 at*

***www.sabesjcc.org***

# KiDSFiT CLUB

at the jcc

**where fitness meets fun!**

**a fun, safe and positive place  
for kids and families to  
work out and play together!**

*for kids ages 6 to 12*

for information call Donna Cohen Heck at 952.381.3418 or [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org)