

2016 WINTER & SPRING PROGRAM GUIDE



2016 is your year to LIVE UP![®]



Hi, I'm Susan Levy,

JCC Executive Director of the Levin JCC. There's something about this place... you'll see that message throughout this program guide. For me, it's absolutely true. From the first days of construction, stepping onto the cold concrete slab, imagining the windows soaring above and dreaming of the beautiful blue of the pools, this place has been special – because I've had the privilege of seeing so many dreams become a reality. The dreams are not fulfilled by the beautiful light-filled spaces we call the JCC. The fulfillment is everyone who comes here to live their dream – through friendships made and nurtured, through dedication to a healthier life, through a commitment to serve others through volunteerism, and through learning and sharing what we know in discussions both formal and informal. Our mission at the Levin JCC has always been to provide a place where people from all areas of our community can come together. We're excited for the events

and activities offered in 2016, and we can't wait to live this dream with you.

Some things I'm dreaming about in 2016...

- A Friday morning story time that connects more and more parents of young children.
- Our youngest chickens starting to produce eggs. Adding fresh eggs to the food pantry is already a dream fulfilled.
- The smile on your face when you meet Milos, our Krav Maga instructor.
- Watching our Water Dragons swim team develop into strong swimmers and stronger team players.
- More members enjoying the challenges and accomplishments gained through Pilates training.
- The smell of chocolate babka.
- The sharing of dreams and plans on the Levin JCC Facebook page.
- Our Zumba songs – hey, everybody on the second floor knows the current playlists.
- The Circus Camp performance (after the two week training camp.)
- JCC Conversations are back in 2016 and focused on sustainability and food recovery.

What are you dreaming about?

Susan Levy

Executive Director, JCC

Winter & Spring Session Dates

SESSION 1: January 1–March 18

SESSION 2: April 4–May 6



Registering is Easy

There are several ways to register for a new program, and all of them are easy.



CALL

Call the Welcome Desk at (919) 354-4936.



SCHEDULES

Visit LevinJCC.org for fitness, programs and events schedules.

CLICK

Register online at LevinJCC.org/register.



FLIP

The registration form is on the back of flyers.



Don't Miss a Minute!

BUILDING HOURS

Dec 15–May 1
Mon–Thurs 5:30am–9:00pm
Fri 5:30am–8:00pm
Sat–Sun 9:00am–6:00pm

Fitness center opens 15 minutes after and closes 15 minutes prior the JCC.

HOLIDAY HOURS

Mitzvah*/Christmas Day
Dec 24, closes at 3:00pm
Dec 25, 9:00am–3:00pm

New Years

Dec 31, Closes at 3:00pm
Jan 1, 9:00am–3:00pm

Passover*

April 21, Closes at 3:00pm

*Jewish Holidays

CHILDCARE HOURS

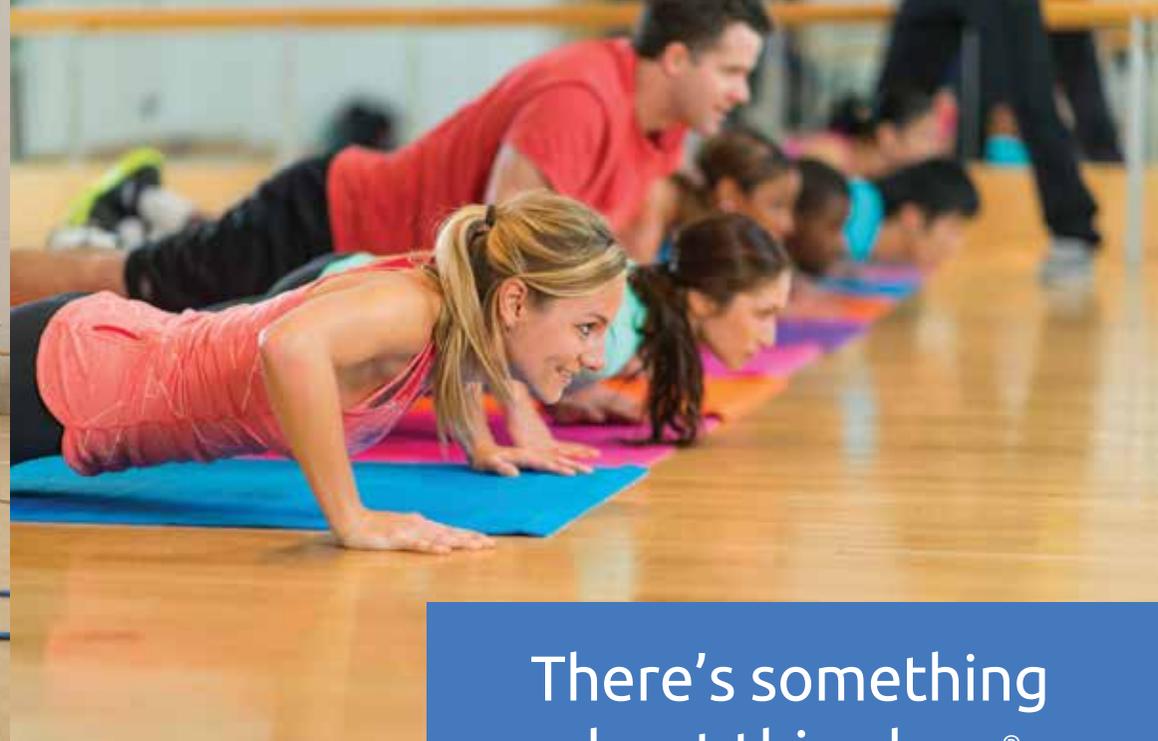
Children ages 3 mo–5 yrs
Mon–Thurs 9:00am–12:30pm,
 4:00pm–7:30pm
Fri–Sat 9:00am–12:30pm
Sun 9:00am–12:30pm,
 3:15pm–5:30pm

KIDS' CLUB HOURS

Children ages 5–10 yrs
Mon, Wed 4:00pm–7:30pm
Sat 9:00am–12:30pm
Sun 9:00am–12:30pm,
 3:15pm–5:30pm

Please sign up for child care at LevinJCC.org/childcaresignup. Hours are subject to change with program schedules and demand.

Visit LevinJCC.org for information about our hours during inclement weather.



There's something about this place.®

Children

SCHOOL'S OUT & INTERSESSION CAMPS

Bring summer fun into the school year.

Fun times don't have to stop just because school is in session! *The JCC offers fun activities for children ages 3-10 years during scheduled breaks from school, such as holidays, teacher workdays, winter and spring breaks.*

JUJITSU

Fun, safe martial arts for your family.

Multiple class times. Studied for over a hundred years all over the world, Jujitsu teaches participants dedication by emphasizing consistent use of proper technique. *Classes are offered on Wednesdays and Fridays.*

TUMBLING FOR KIDS & TEENS

Fun exercise for many ages.

Multiple class times. Perfect for children of a variety of ages and skill levels, tumbling is a great activity to build foundations for a positive movement experience for your child. From teaching toddlers new ways to move, to helping teens fine-tune more challenging progressions, tumbling provides fun ways for children to exercise. *A variety of sessions are offered for children 18 months-16 years old.*

AERIAL CLASSES

Learn to Fly.

New classes for 6-8 years old. You don't have to run away to join the circus! At the Levin JCC, our aerial students learn to "fly" on fabric drapes. We have classes for beginners and beyond. Students work close to the ground in a safe, supportive environment.

Adults

TUMBLEFIT FOR ADULTS

Great workout for anyone ages 16 and up.

Learn to tumble like a kid! Whether you have no experience or a lot of experience tumbling, this class is for you. We will warm-up, learn basic techniques, set up drills for practicing various skills, and increase strength through fitness conditioning.

KRAV MAGA

Mondays. If you're looking for a tough self-defense workout that will boost your confidence, look no further than Krav Maga.

This form of hand-to-hand combat is the official self-defense system of the Israeli Defense Forces. It's been taught to hundreds of law enforcement agencies and thousands of civilians. From punches to blocks and kicks and more, it promises to give you one heck of a workout!

SMALL GROUP PERSONAL TRAINING

If you're looking for a personalized workout, but you still like the energy of a group setting, the small group personal training is just the ticket! You can take advantage of personalized feedback and input from a trainer and the support of a small, like-minded group. It's the perfect combo! *Watch our emails and Facebook page for small group dates and times.*

COUCH TO 5K

9 week training program. Training packets will be provided for you to go from "never been running" to running your first 5K race in 9 weeks! The group will meet once a week, but you are required to walk/run on your own time at least twice more a week. *Discounts for returning Couch to 5k participants.*

Visit www.LevinJCC.org for more information about class schedules.

Seniors

MEN'S AND WOMEN'S GROUPS

1st and 3rd Fridays, 10:00–11:30am.

Our bi-weekly men's and women's groups offer our senior members the opportunity to connect with other members of their community, while learning from guest speakers and discussions. *Free for all of our members and only \$3 for guests.*

MAH JONGG

Mondays, 1:30–3:30pm. This fun, weekly Mah Jongg game is a perfect opportunity to meet other members of the JCC. Mah Jongg is an easy-to-learn tile-based game, similar to Rummy, that's sure to become your new favorite weekly activity. *Free for members and \$3 for guests.*

MEMORY CAFÉ

First Thursdays, 10:00am–12:00pm.

Fun, friendly and stimulating activity for anyone experiencing memory issues, along with their friends and family. *Free and open to everyone.*

SICHA

Belonging to the people of the book.

Belonging, not believing, is the bedrock of Jewish existence. Are we a "people of the book" regardless of belief, adherence, familiarity, or mastery? Does the book belong to us? Do we belong to the book? *Four part Sicha series from January–May. Rabbi Steve Sager, SichaConversation.org.*

CHAVERIM

Monthly. Chaverim ("friends" in Hebrew) is a lunch and learn program that provides an opportunity for older adults to learn, socialize and preserve their connection to the Jewish community. *Chaverim meets monthly at the JCC. Transportation is available upon request.*

WOMEN'S BOOK GROUP

Monthly, Fridays 10:30–11:30am. Books are chosen by participants through a nomination process. Book Club organizers ask that members nominate books that have been in print for a while, so they are likely to be available at a reasonable price. Books can be fiction or non-fiction, Jewish-focused or not.



Community

JCAFÉ

Fridays, Sundays and Holidays.

The JCAFé makes fresh challah every Friday, serves bagels and coffee on Sunday mornings, and features daily specials for healthy meals and snacks to share.

This year, we're introducing a new specialty – Chocolate Babka! If you like our original Cinnamon Babka, you'll love this new delectable flavor.



IGNITE TALKS
Local Leaders as
Social Innovators

Wednesday, January 20, 7:30–9am

Dr. Henry Friedman and
Dr. Joanne Kurtzberg

Ignite is a networking and educational forum targeted to members of the local professional community. The talks and interviews promote corporate social responsibility, community building and continuing education.

STORY TIME

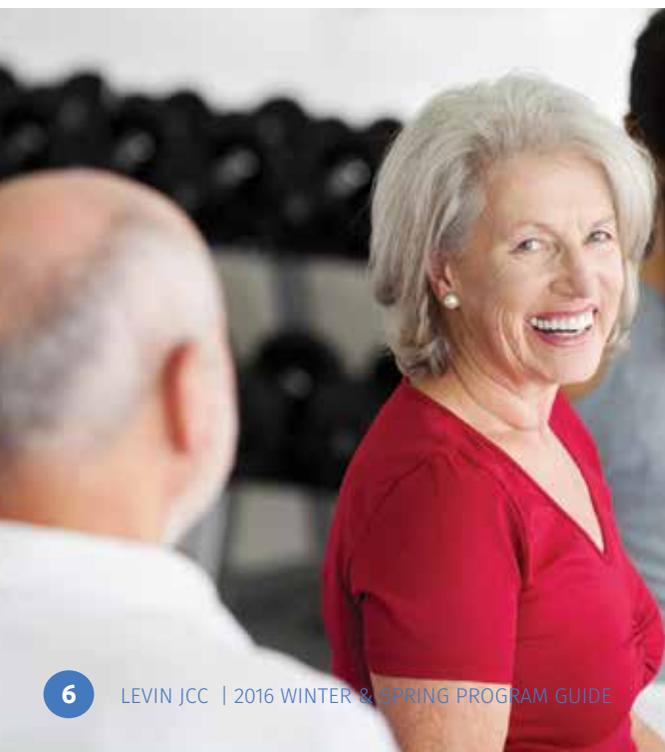
Fuel their imagination!

Fridays, 9:45–10:15am. Amy Godfrey, children's librarian and story teller extraordinaire, leads the fun with stories, rhymes and music. *Story time is FREE on Fridays 9:45–10:15am and open to the public.*

KIDS' NIGHT OUT

Monthly. Wondering where and when you're going to find some much needed adult time? Members of the Levin JCC get it once a month! Enjoy a Saturday evening out, while your children are safe, happy and having fun at the JCC with Camp Shelanu Staff.

live up[®]





SUMMERTIME

AQUATICS

The Levin JCC boasts an outdoor lap pool, zero entry splash pool and the largest outdoor waterslide in the region. Plus, we are open from May to mid-September!

The five-lane 25-yard lap pool has a diving board and handicap-accessible entrance ramp, and is used throughout the week for lessons, swim team, water aerobics and family swim.

Our fun pool has a range of water feature is perfect for kids of all ages. There is plenty of room for play, as well as classes and activities for the whole family.

Swim Team: Joining the Water Dragons is a great way for young kids to learn to swim in a fun and exciting setting.



WHAT CAN OUR PILATES TRAINING DO FOR YOU?

When it comes to Pilates, most people are either die-hard enthusiasts or they've never tried it. If you're in the latter group, make 2016 your year to reap all the benefits that Pilates has to offer. Here are a few reasons to try it out:

- 1) It's great for your abs.** Pilates hits your core unlike any other workout.
- 2) It can ease back pain.** A stronger core equals a better back.
- 3) It's easy on your joints.** Pilates' slow and controlled movements put minimal impact on your joints. And, the Reformer is great at taking pressure off your back and knees.

4) It hones your focus. Pilates urges you to focus on your breath, your body and how they move together.

5) It improves your sports performance. When you have a stronger core, you can run faster, ski longer or improve your tennis game.

6) It improves flexibility. Improving your flexibility increases your range of motion and can help prevent injury from poor body mechanics.

PERSONAL TRAINING

By appointment. Are you looking to take your fitness to the next level? Personal training is a great way to ensure you get the most from every workout. Our certified personal trainers evaluate your fitness level and prepare a customized plan designed to help you meet any goal, including weight loss, muscle gain or event training for races, triathlons and more. *Training is offered during normal operating hours by scheduled appointment.*



Levin JCC

CAMP SHELANU

For fun. for friends. forever

June 13–August 26

9 amazing weeks of our ever-popular traditional camp and 2 action-packed weeks of Last Blast.

New Specialty Camps: DSI Comedy, Secret Agent Lab and Tumbling!

Returning camps: LEGO®, Circus, Arts & Crafts and Sports & Games

Staff applications open in January for ages 16 and up.



"We are so grateful for the wonderful camp you run. We sampled several camps last summer, and you were the clear winner in our book!"

"I was extremely impressed by the quality of your staff and the high degree of organization. My 7-year-old had never been to Camp Shelanu, and she felt welcomed and included from the very beginning. We will definitely be back next summer!"





There's something about this place.®

YOU LOVE IT — BRING A FRIEND

February 21-27

Share your favorite classes with your friends FOR FREE!

For the full schedule of available classes, visit our website, LevinJCC.org.



PURIM CARNIVAL

March 20

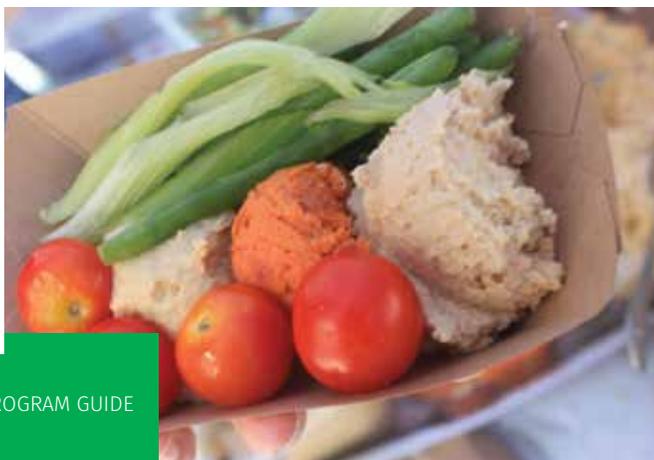
Chag Sameach Purim!

Purim is celebrated by giving reciprocal gifts of food and drink, giving charity to the poor, sharing a celebratory meal and reciting the Scroll of Esther, in addition to the prayers and the grace after meals. Other customs include drinking wine, wearing of masks and costumes, and public celebration. Come join the merriment at the annual Purim party and Purim carnival!

FOOD FESTIVAL

June 19

Join us for our 4th annual Jewish Food Festival. You can explore new flavors or feast on favorites. The festival features Eastern European, Mediterranean and New York specialties.



SHARE & SAVE

REMINDER: As a member, you can **always** get a free month when you refer a friend and they join the JCC!

Ask us how at the front desk.



Durham-Chapel Hill Jewish Federation
1937 West Cornwallis Road
Durham, NC 27705

919-354-4936 | LevinJCC.org

Now's a better time than ever
to be a part of the JCC.

See what's new!

