

Non-Profit Org.
U.S. Postage
PAID
Rockville, MD
Permit No. 91



Jewish
Community
Center of
Greater
Washington

Winter-Spring 2015

JCC OF GREATER WASHINGTON

PROGRAM GUIDE

REGISTRATION NOW OPEN!
REGISTER ONLINE AT JCCGW.ORG

6125 MONTROSE ROAD | ROCKVILLE, MD 20852 | 301.881.0100 • JCCGW.ORG

6125 Montrose Road
Rockville, Md 20852

Address Service Requested



Photo by Randy Sager



©Jonah Grant, Attribution - Share Alike 3.0 Unported License





Jewish
Community
Center of
Greater
Washington

Preschool at the JCC of Greater Washington

Quality Staff • Inspired Curriculum • Active Learning



Our Teachers Make the Difference

Our talented and dedicated staff is committed to ensuring each child's happiness, safety and growth.

- Preschool for children ages 24 months-5 years
- Half and full-day options, 7:30 a.m. until 6:00 p.m.
- Conveniently located in Rockville, Maryland
- Full day Transitional Kindergarten/Kindergarten (ages 5 to 6) includes weekly swim lessons
- Free membership with full year enrollment

Take a closer look at our Open Houses

Kindergarten/Transitional Kindergarten | Thursday, January 15 | 7:30 pm

Preschool | Thursday, January 22 | 10-11 am

Enrollment now open!
jccgw.org/preschool

301.348.3839 | jccgw.org | preschool@jccgw.org

“I get so much joy from seeing my daughter run into school each morning, excited to see her teachers and friends. Each day is filled with new experiences that engage and inspire my child.”

WELCOME

The JCCGW embraces and welcomes the diversity of our community and encourages everyone to seek meaning and fulfillment by participating in our rich programming inspired by our Jewish heritage. We open our doors to everyone, including people of all backgrounds, religions, abilities and sexual orientations, and interfaith couples and families.

Inclusion permeates our Center. Inclusion is belonging.

TABLE OF CONTENTS

Programs & Services Overview.....4-5

JCCGW General Information.....6

Programs and Classes

Adults: Art, Dance, Bridge & Mah Jongg, Hebrew, Special Needs, Yiddish.....7

Aquatics.....8

Art, Chess, Music & Science.....9

Dance & Theatre Arts.....10

Fitness.....11

Preschool.....12

Bender-Dosik Parenting Center.....13

Sports & Recreation.....14

Camp JCC.....15

Youth After-School Programs.....16

School Out Days, Birthday Parties & Teen Programs.....17

Special Events.....18

Index.....19

JOIN US **March 15, 2015**

The Sara & Samuel J. Lessans

Good Deeds Day

in Doing A World of Good

Join the Greater Washington community, along with hundreds of thousands of volunteers from around the world, in a day of service on **March 15**, and be the **GOOD** you want to see in the world.

Space is limited. Sign up online TODAY for access to early registration:

GoodDeedsDayGW.org



presented by
The Jewish Federation
OF GREATER WASHINGTON

ISRAEL FEST



SUNDAY, MAY 31

Celebrate Israel with the entire community at a fabulous festival featuring food, Israeli entertainment, dancing, Israeli products and loads of fun!

Contact Tracey Dorfmann at 301.348.3712.

JCCGW PROGRAMS & SERVICES: OVERVIEW

EARLY CHILDHOOD EDUCATION

JCCGW Preschool, Kindergarten and Transitional Kindergarten

Ora Cohen Rosenfeld

301.348.3830 • orosenfeld@jccgw.org

- Warm, dedicated and professional teaching staff committed to ensuring each child's happiness, safety and growth
- Flexible 10-month and 12-month programs for 2s, 3s, 4s, kindergarten and transitional kindergarten
- Reggio Emilia inspired curriculum infused with Jewish values
- Enrichment classes and summer programs
- Full family JCCGW membership with full-time enrollment.

Bender-Dosik Parenting Center

Lauren Dworkin

301.348.3837 • ldworkin@jccgw.org

Specialized programming for parents/caregivers and children in our resourceful parenting center. Prenatal up to 2 years.

Family Programs

Lauren Dworkin

301.348.3837 • ldworkin@jccgw.org

Family-friendly programming, including PJ Library, which provides families raising Jewish children from 6 months to 8 years old with a free treasury of Jewish books and music.

Recreation Station

Ora Cohen Rosenfeld

301.348.3830 • orosenfeld@jccgw.org

Indoor play gym for children age 2-7 years, with a parent.

WEINBERG HEALTH & FITNESS CENTER

Fitness Center & Personal Training

Dahhia Smith-Johnson • 301.348.3894

Featuring basketball, racquetball and squash courts, clean and cutting-edge equipment with

cardio theater, free weights, adult and family locker rooms, personal training for individuals or groups, and babysitting for age 3 months to 12 years.

Elie Ronen Scott Family Gym

Susan Fischer

301.348.3892 • sfischer@jccgw.org

Sunday morning fun in the gym for families with children age 18 months to 6 years.

Sports & Recreation

Susan Fischer

301.348.3892 • sfischer@jccgw.org

Sports of all varieties for athletes (and aspiring athletes) of all ages.

Group Exercise

Megan Riggs

301.348.3710 • mriggs@jccgw.org

More than 65 group and specialty exercise classes—including Kangoo, Yoga, Total Body Conditioning, Zumba, BODYPUMP™ by Les Mills and Boot Camp—offered weekly.

Aquatics

Caroline Cardullo

301.348.3890 • ccardullo@jccgw.org

Indoor, outdoor and toddler pools. Offering private and group swim lessons for all ages, youth and master swim clubs, and the Isadore and Bertha Gudelsky Exceptional Swim Program for individuals with orthopedic-related disabilities.

Wellness Services

301.348.3891 • fitness@jccgw.org

Offering services including massage, steam room, saunas and spas.

ProAction Physical Therapy

301.881.2273 • ProActionPT.com

Services include treating orthopedic injuries; treating those who had surgery, such as joint

replacement and rotator cuff repair; aquatic therapy; and treating runners and injury prevention.

YOUTH, TWEENS & TEENS

After-School Programs & School Out Days

Rebecca Boots

301.348.3767 • rboots@jccgw.org

A variety of flexible, safe and engaging programs for your kids after the school bell rings and when school is closed.

Enrichment Classes

Classes offered include art, aquatics, cooking, dance, fitness, music, science and theater.

Students enrolled in Jewish day schools receive member rates on enrichment classes. (Affiliate member rate does not apply to Walkover or Class Complement.)

Camp Inclusion

Heather Strauss

301.348.3884 • hstrauss@jccgw.org

Special Needs

Leah Schwartz

301.348.3735 • lschwartz@jccgw.org

JCC Maccabi Games

Susan Fischer

301.348.3892 • games@jccgw.org

For athletes age 13-16, the JCC Maccabi Games promote community service involvement, sportsmanship and Jewish pride.

Mid-Atlantic Junior Games

Susan Fischer

301.348.3892 • games@jccgw.org

For athletes age 10-12, the Junior Games are a one-day experience modeled after the JCC Maccabi Games. Participants come from Maryland, DC, Virginia, Pennsylvania, New Jersey, Delaware and New York.

Camp JCC

301.348.3883 • campjcc@jccgw.org

- General & specialty camps - age 4-15
- Seven weeks of exceptional programming including field trips, music, art, sports, Israel, nature and much more
- Instructional & recreational swim
- Caring, responsible, and fun-loving counselors and staff
- Pre- and post-camp care available

Birthday Parties

Sarah Weissman

301.348.3847 • birthday@jccgw.org

Celebrate your child's birthday with a party at the JCCGW! For age 3-10 years. See page 17 for details.

BBYO

301.984.6073 • dcc@bbyo.org

Providing exceptional identity enrichment and leadership development experiences for Jewish teens in grades 6-12.

Rockville Open House

RockvilleOpenHouse@gmail.com

A supervised, safe gathering space for lesbian, gay, bi-sexual, transgender, queer, questioning, or intersex Jewish teens, age 13 to 18, and their friends and allies.

Arts Alive

Jewish Enrichment through the Arts

Lisa Ginsburg Arber • larber@jccgw.org

For children in grade K-2, an interactive Jewish educational experience that fosters positive Jewish identity, nurtures a love for Jewish life and learning, and inspires a passion for the arts.

Shoresh Hebrew High School

ShoreshHebrewHigh.org

For full class descriptions and to register, visit jccgw.org today!

JCCGW PROGRAMS & SERVICES: OVERVIEW (CONTINUED)

ADULTS & LIFELONG LEARNING

Debbie Sokobin
301.348.3760 • dsokobin@jccgw.org

ACE (Adult Center for Education)
Offering a wide variety of stimulating and high-level lectures taught by a graduate level faculty. Held at Leisure World.

Coming of Age in Maryland (CoA)
Monthly activities, programs, excursions, social services and special events for individuals age 60+.

Mix & Mingle
A friendly atmosphere to meet with singles age 65+, share experiences, and discuss topics vital to our lives and times.

New Friends
A social group for widows and widowers.

Satellite Sites
Hosting programs and activities throughout Montgomery County and Prince George's County for kosher lunches, fitness and learning.

Seniors Organized for Change (SOC)
A nonpartisan political lecture series to educate seniors on local, national and international issues.

Primetimers
A group for mature adults to socialize and enjoy activities at the Center and around the Greater Washington area.

Internal Light
Low vision support group for older adults to gather and discuss ways to improve quality of life.

Men's Group and Women Connect
Weekly gatherings to discuss topics of interest.

Senior Chorus
Directed by Frieda Enoch, the senior adult chorus meets weekly at Ring House. Anyone who loves to sing is welcome to join.

Volunteers
Stacy Katz Olivera
301.348.3889 • solivera@jccgw.org
Support the JCCGW with your gift of time, talent and expertise. Visit jccgw.org/volunteer to view current volunteer opportunities for teens and adults, and to apply online.

GILDENHORN SPEISMAN CENTER FOR THE ARTS

Washington Jewish Film Festival
Jennifer Smith
301.348.3778 • jsmith@jccgw.org
A festival featuring award-winning inspirational, dramatic and thought-provoking films.

Kreeger Auditorium
Joe Musumeci
301.348.3774 • jmusumeci@jccgw.org
Concerts, films, special events, dance, dramatic productions, lectures and speaker panels year-round in our 290-seat theater. The Kreeger Auditorium is also available for rental to community organizations.

Goldman Art Gallery
Phyllis Altman
301.348.3770 • paltman@jccgw.org
Professional art exhibits throughout the year, special events and meeting space.

Polinger Artists of Excellence Concert Series
Janet Getz
301.348.3779 • jgetz@jccgw.org
In its 43rd year, this series has presented an outstanding array of renowned artists and rising stars. It is made possible in part by the Gerry and Howard Polinger Concert Endowment Fund.

The Lessans Family Annual Book Festival
Jennifer Smith
301-348-3778 • jsmith@jccgw.org
A ten-day literary extravaganza, one of the largest Jewish book festivals in the country, featuring the year's most sought-after authors and offering hundreds of new titles for sale.

Kass Judaic Library
Jennifer Smith
301-348-3778 • jsmith@jccgw.org
Fiction, history, reference books, videos, DVDs and audio books can all be found in our fully computerized library.

Book Clubs
Jennifer Smith
301-348-3778 • jsmith@jccgw.org
Hosting book clubs for all interests from fiction to history to biography and contemporary issues.

CENTER FOR ISRAEL CULTURE & EDUCATION

Israel Festival
Tracey Dorfmann
301.348.3712 • tdorfmann@jccgw.org
Honoring Israel's birthday with a community-wide celebration for the entire family.

Tzofim
Amit Levinson
301.348.3863 • alevinson@jccgw.org
The local troop of the Tzofim (Israeli Scouts), Shevet Gilad, meets at the JCCGW to engage in Israel-related activities, all in Hebrew.

Young Shlichut Program
Amit Levinson
301.348.3863 • alevinson@jccgw.org
An Israeli emissary on the professional staff infuses Israeli culture and education into Center programming.

Ulpan Hebrew Classes
Rivka Degani
301.348.3810 • rdegani@jccgw.org
Offering all levels of Hebrew classes from beginner to advanced.

CENTER FOR JEWISH LIFE

Holiday Celebrations
Rabbi Elyssa Joy Auster
301.348.3861 • eauster@jccgw.org
Celebrating Judaism through holiday festivals, gatherings, Shabbat activities and freshly-baked challah available for purchase every Friday!

Jewish Learning
Rabbi Elyssa Joy Auster
301.348.3861 • eauster@jccgw.org
Inspired Jewish learning through Jewish texts, Hebrew, meditation, mindfulness and Jewish yoga.

FACILITY RENTALS

Marni Darby
301.348.3840 • mdarby@jccgw.org

JCCGW GENERAL INFO

SESSION CALENDAR

WINTER-SPRING 2014

JANUARY	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					★ 1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

FEBRUARY	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28

MARCH	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

APRIL	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	★ 3	★ 4
	★ 5	6	7	8	9	★ 10	★ 11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30		

MAY	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24★	★ 25	26	27	28	29	30

JUNE	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

COLOR & SYMBOL KEY

- Session 3 (S3): February 1-April 18
- Session 4 (S4): April 19-June 13
- Skip Dates: Youth classes not held
- ★ Holidays: See next column for hours and closures.

HOLIDAY SCHEDULE



Friday, April 3

Erev Pesach

H&F open 5:30 am-3 pm
Preschool closes at 12:30 pm
All offices close at 1 pm

Saturday, April 4

Pesach

H&F open 7 am-3 pm

Sunday, April 5

Pesach

H&F open 7 am-8 pm

Friday, April 10

Pesach

H&F open 5:30 am-8 pm
All offices and Preschool closed

H&F = Health & Fitness

Saturday, April 11

Pesach

H&F open 7 am-8 pm

Sunday, May 24

Shavuot

H&F open 7 am-8 pm

Monday, May 25

Shavuot

Memorial Day
H&F open 7 am-6 pm
All offices and Preschool closed

BUILDING HOURS

HEALTH & FITNESS

Monday – Thursday	5:30 am-10 pm
Friday	5:30 am-8 pm
Saturday	7 am-8:30 pm*
Sunday	7 am-8 pm

The building closes 30 minutes after the Health & Fitness Department closes.

*Open until 8 pm March 14-October 31

INDOOR POOL HOURS

Monday – Thursday	6 am-10 pm
Friday	6 am-8 pm
Saturday	12:30-8:30 pm*
Sunday	7 am-8 pm

*Open until 8 pm March 14-October 31

OUTDOOR POOL HOURS

Memorial Day to Labor Day

Monday – Friday	
Lap Swim	6-9 am
Open Swim	1-8 pm
Saturday – Sunday	
Lap Swim	7-9 am
Open Swim	10 am-8 pm

MEMBERSHIP

Sales & Guest Services

Monday-Thursday	8:30 am-8 pm
Friday	8:30 am-5 pm
Sunday	10 am-5 pm

BUSINESS OFFICES

Monday – Friday	9 am-5 pm
-----------------	-----------

INCLEMENT WEATHER? Visit jccgw.org for schedule updates.

To sign up to receive text alerts, please visit jccgw.org/textalerts.

CLASSES FOR ADULTS: ART, BRIDGE, DANCE, HEBREW, MAH JONGG, SPECIAL NEEDS, YIDDISH

CONTACTS: **ART & DANCE** DEBBIE CLARK, 301.348.3777, DCLARK@JCCGW.ORG
HEBREW RIVKA DEGANI, 301.348.3810, RDEGANI@JCCGW.ORG
YIDDISH TRACEY DORFMANN, 301.348.3712, TDORFMANN@JCCGW.ORG

BRIDGE, MAH JONGG & YIDDISH MERYL TRACHTMAN, 301.348.3808, MTRACHTMAN@JCCGW.ORG
SPECIAL NEEDS/INCLUSION LEAH SCHWARTZ: 301.348.3735, LSCHWARTZ@JCCGW.ORG

DUPLICATE BRIDGE
Mondays at 7:15 pm
 \$6 | \$8

ACE SEMINARS

ACE (Adult Center for Education) programs offer a wide variety of stimulating lectures presented by an outstanding faculty of volunteers. Topics include economics, technology, Judaics, history, literature, creative writing, current events, biographies and more. For details, contact Debbie Sokobin at 301.348.3760 or dsokobin@jccgw.org.

SOCIAL GROUPS FOR INDIVIDUALS WITH SPECIAL NEEDS

The Special Needs Department offers year-round social groups for individuals who have minimal to severe disabilities. For details regarding Hevra and Tikva, social groups for individuals age 18+ years who have learning, intellectual and other developmental disabilities, contact Marcy Bennett at 240.283.6031 or mbennett@jfg.org. For information on other programs, contact Leah Schwartz at 301.348.3735 or lschwartz@jccgw.org.

MONDAY

Special Needs: Making Waves

7-8 pm
 Feb 23-Mar 30
 13871 \$90 | \$108

Apr 20-Jun 1
 13955 \$90 | \$108

Advanced Hebrew

7-9 pm
 Feb 2-Jun 12
 13690 \$400

Hebrew: Bet

7:30-9:30 pm
 Feb 2-Jun 12
 13706 \$400

Hebrew: Gimel 2

7:30-9:30 pm
 Feb 2-Jun 12
 13712 \$400

GATEWAYS ESOL CLASSES

ESOL (English for Speakers of Other Languages) classes, citizenship preparation, post-citizenship and conversational classes for adults age 60+ meet on Tuesday and Thursday mornings throughout the school year. Contact Stacy Katz Olivera at 301.348.3889 or solivera@jccgw.org.

TUESDAY

Hebrew: Aleph 1

9-11 am
 Feb 10-Jun 23
 13678 \$400

Beginner Bridge

1-3 pm
 Mar 17-Apr 21
 14016 \$135 | \$150

Apr 28-Jun 2
 13929 \$135 | \$150

Special Needs: Lets Cook!

7-8 pm
 Feb 24-Mar 31
 13800 \$115 | \$133

Apr 21-May 26
 13937 \$115 | \$133

Learn to Play Mah Jongg

7:15-9:15 pm
 Feb 3-24
 13840 \$60 | \$75

Mar 3-24
 13738 \$60 | \$75

Hebrew: Aleph

7:30-9:30 pm
 Feb 10-Jun 23
 13679 \$400

Hebrew: Bet

7:30-9:30 pm
 Feb 10-Jun 23
 13711 \$400

WEDNESDAY

Hebrew: Vav

11:30 am-1:30 pm
 Feb 11-Jun 24
 13697 \$400

7:30-9:30 pm

Feb 11-Jun 24
 13692 \$360

Hebrew: Gimel

9:30-11:30 am
 Feb 11-Jun 24
 13707 \$400

7:30-9:30 pm

Feb 11-Jun 24
 13709 \$400

Yiddish Language

7:30-9 pm
 Mar 4-Jun 17
 13685 \$200

JUST TRI IT!

Indoor Triathlon

Sunday, Feb 22 | Check-in starts at 7:30 am
 Become a triathlete in 60 minutes (swim for 10 minutes; bike for 30 minutes; run for 20 minutes)! Celebrate Jewish Disabilities Awareness Month in this fun challenge that appeals to everyone from first timers to seasoned triathletes. For details, contact Leah Schwartz at 301.348.3735 or lschwartz@jccgw.org.

THURSDAY

Alvin Mayes Modern Dance Workshop

9:30-10:45 am
 Apr 16-Jun 4
 13966 \$148 | \$165

Feb 5-Mar 26
 13777 \$148 | \$165

Beginner Bridge

1-3 pm
 Feb 5-Mar 12
 13822 \$135 | \$150

Creative Clay Modeling for Adults: 18+ yrs

7-9 pm
 S3: 13759 \$305 | \$332
 S4: 13886 \$275 | \$299

Hebrew: Dalet

7:15-9:15 pm
 Feb 12-Jun 25
 13675 \$380

Hebrew: Aleph 2

7:30-9:30 pm
 Feb 12-Jun 25
 13715 \$380

FRIDAY

Hebrew: Gimmel

9:30-11:30 am
 Feb 13-Jun 25
 13708 \$400

JEWISH LIFE PROGRAMS

For details on these programs, contact Rabbi Elyssa Auster at 301.348.3861 or eauster@jccgw.org.

Prenatal Prayer Yoga

Tuesdays, Jan 20-Feb 17 | 6-7 pm
 \$50

Pre-Passover Spirituality Retreat at Kentlands Mansion with Kirtan Rabbi Andrew Hahn, PhD

Sunday, March 29 | 10 am-3 pm | \$118
 Master teachers of meditation, yoga and spiritual practices will help us prepare for the holiday of freedom and redemption. The retreat will be held at Kentlands Mansion, 320 Kent Square Road in Gaithersburg.

Mindfulness Series

Connect more deeply with yourself through monthly opportunities for meditation, Jewish-themed yoga practice, and more. For details, visit jccgw.org or contact Rabbi Elyssa Auster at 301.348.3861 or eauster@jccgw.org.

MELTON FOUNDATIONS COURSE FOR PARENTS

Wednesdays, 6-7:30 pm beginning February 11
 Foundations of Jewish Family Living is a new curriculum for parents that provides a thought-provoking encounter with the core values of Judaism. The 10-week course brings to life the master stories from our tradition and the profound messages they convey. The fee is \$200, plus \$40 for a book or \$30 for an e-reader. Register by January 30.

AQUATICS

SESSION 3 (S3): FEBRUARY 1-APRIL 18 • SESSION 4 (S4): APRIL 19-JUNE 13

CONTACT: CAROLINE CARDULLO, 301.348.3890, CCARDULLO@JCCGW.ORG

SUNDAY

Swim Lessons Waterbabies: 6-18 mos

9-9:30 am
S3: 13839 \$113 | \$140
S4: 13954 \$79 | \$98

Swim Lessons Watertots: 18 mos-3 yrs

9:30-10 am
S3: 13789 \$113 | \$140
S4: 13956 \$79 | \$98

Swim Lessons Level 1: 3-5 yrs

10-10:30 am
S3: 13772 \$113 | \$140
S4: 13980 \$79 | \$98

Swim Lessons Level 1: 3-5 yrs

10:30-11 am
S3: 13814 \$113 | \$140
S4: 13981 \$79 | \$98

Swim Lessons Level 2: 4-6 yrs

10-10:30 am
S3: 13751 \$113 | \$140
S4: 13984 \$79 | \$98

Swim Lessons Level 2: 4-6 yrs

10:30-11 am
S3: 13752 \$113 | \$140
S4: 13985 \$79 | \$98

Swim Lessons Level 3: 4-7 yrs

11-11:30 am
S3: 13756 \$113 | \$140
S4: 13988 \$79 | \$98

Swim Lessons Level 4: 6+ yrs

11-11:30 am
S3: 13755 \$113 | \$140
S4: 13928 \$79 | \$98

MONDAY

Swim Lessons Level 1: 3-5 yrs

4-4:30 pm
S3: 13820 \$102 | \$126
S4: 13925 \$79 | \$98

Swim Lessons Level 2: 4-6 yrs

4-4:30 pm
S3: 13765 \$102 | \$126
S4: 13878 \$79 | \$98

Swim Lessons Level 3: 4-7 yrs

4:30-5 pm
S3: 13818 \$102 | \$126
S4: 13939 \$79 | \$98

AMERICAN RED CROSS LIFEGUARD TRAINING

15+ yrs
Sundays, Feb 8-Mar 29
3-6 pm
13992 \$300 | \$325

NATIONAL WATER SAFETY MONTH

In recognition of the popularity of swimming and other water-related recreational activities in the United States, and the resulting need for ongoing public education on safer water practices, the month of May is National Water Safety Month. JCCGW events will include FREE swim level evaluations, water safety demonstrations and tips, and more. For details, contact Caroline Cardullo at 301.348.3890 or ccardullo@jccgw.org.

TUESDAY

Swim Lessons Level 1: 3-5 yrs

4-4:30 pm
S3: 13813 \$113 | \$140
S4: 13982 \$91 | \$111

Swim Lessons Level 2: 4-6 yrs

4-4:30 pm
S3: 13753 \$113 | \$140
S4: 13986 \$91 | \$111

Swim Lessons Level 3: 4-7 yrs

4:30-5 pm
S3: 13770 \$113 | \$140
S4: 13889 \$91 | \$111

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Members only. Sessions are 30 minutes. To register, contact Caroline Cardullo at 301.348.3890 or ccardullo@jccgw.org.

PRIVATE (one student per instructor)
Three sessions \$140
Six sessions \$240
Ten sessions \$308

SEMI-PRIVATE (two students per instructor)
Three sessions \$183
Six sessions \$317
Ten sessions \$468

WEDNESDAY

Swim Lessons Level 1: 3-5 yrs

4-4:30 pm
S3: 13747 \$102 | \$126
S4: 13983 \$91 | \$111

Swim Lessons Level 2: 4-6 yrs

4-4:30 pm
S3: 13754 \$102 | \$126
S4: 13987 \$91 | \$111

Swim Lessons Level 3: 4-7 yrs

4:30-5 pm
S3: 13771 \$102 | \$126
S4: 13890 \$91 | \$111

GUDELSKY EXCEPTIONAL SWIM PROGRAM

For individuals with physical, orthopedic-related disabilities. For information and to apply, contact Melanie or Herb Dubin at 301.622.1780 or dubinm5@verizon.net.

INDOOR SWIM MEET

Sunday, January 25
5-8 pm
Age 8-14
\$30 | \$35
13615

THURSDAY

Swim Lessons Level 1: 3-5 yrs

4-4:30 pm
S3: 13736 \$102 | \$126
S4: 13970 \$91 | \$111

Swim Lessons Level 2: 3-5 yrs

4-4:30 pm
S3: 13773 \$102 | \$126
S4: 13979 \$91 | \$111

Swim Lessons Level 3: 4-7 yrs

4:30-5 pm
S3: 13782 \$102 | \$126
S4: 13978 \$91 | \$111

SATURDAY

Swim Lessons Waterbabies: 6-18 mos

9-9:30 am
S3: 13837 \$102 | \$126
S4: 13964 \$91 | \$111

Swim Lessons Watertots: 18 mos-3 yrs

9:30-10 am
S3: 13788 \$102 | \$126
S4: 13948 \$91 | \$111

Swim Lessons Level 1: 3-5 yrs

9-9:30 am
S3: 13803 \$102 | \$126
S4: 13950 \$91 | \$111

Swim Lessons Level 2: 4-6 yrs

9:30-10 am
S3: 13750 \$102 | \$126
S4: 13949 \$91 | \$111

SWIM CLUBS

PRE-TEAM: 6-12 yrs (Open to members and the general public)
4:15-5:15 pm
S3 & S4

Monday & Thursday
13684 \$282 | \$348

Monday only
13689 \$138 | \$170

Thursday only
13691 \$146 | \$180

SWIM CLUB: 7-14 yrs (Open to members and the general public)
5:15-6:30 pm
S3 & S4

Monday & Thursday
13705 \$322 | \$397

Monday only
13731 \$157 | \$193

MASTERS SWIM CLUB: 18+ yrs (Members only.)
12-1 pm
S3 & S4

Monday, Wednesday & Friday
13703 \$312

Punch Pass: 10 visits for \$75
Drop-in Pass: \$8
(Punch Pass and Drop-in Pass must be purchased at

ART, CHESS, MUSIC & SCIENCE

SESSION 3 (S3): FEBRUARY 1-APRIL 18 • SESSION 4 (S4): APRIL 19-JUNE 13

CONTACTS: **ART** DEBBIE CLARK, 301.348.3777, DCLARK@JCCGW.ORG
CHESS REBECCA BOOTS: 301.348.3767, RBOOTS@JCCGW.ORG

MUSIC JANET GETZ, 301.348.3779, JGETZ@JCCGW.ORG

PRIVATE MUSIC INSTRUCTION

Age 5+ yrs. Private instruction is offered Saturday through Thursday year-round in piano, guitar (acoustic, electric, bass), percussion and drums, voice, woodwinds (flute, clarinet, oboe, bassoon, saxophone), strings (violin, viola, cello) and brass (trumpet, trombone). Private music lessons are also offered in Hebrew for guitar in Korean for piano. For more information, contact Janet Getz at 301.348.3779 or jgetz@jccgw.org. Please note that online registration is not available for private music lessons.



MONDAY

Build Your Own Games and Toys: 6-9 yrs

4-5 pm
S3: 13763 \$183 | \$201
S4: 13885 \$148 | \$162

Chess: 5-12 yrs

4-5 pm
S3: 13786 \$150 | \$180
S4: 13952 \$150 | \$180

Paint and Draw – Budding Artists: 9-13 yrs

4-5 pm
S3: 13733 \$183 | \$201
S4: 13881 \$148 | \$162

TUESDAY

Fun with Clay: 5-8 yrs 4-5 pm

S3: 13761 \$210 | \$230
S4: 13879 \$175 | \$191

Super Crafters – Ready for Spring: 8-11 yrs

4-5 pm
S3: 13762 \$183 | \$201

Super Crafters – Take to Camp: 8-11 yrs

4-5 pm
S4: 13882 \$165 | \$181

WEDNESDAY THURSDAY

Jewelry Making: 6-8 yrs 4-5 pm

S3: 13760 \$183 | \$201
S4: 13883 \$165 | \$181

Scrapbooking – Real & Imaginary: 9-11 yrs

4-5 pm
S3: 13735 \$183 | \$201
S4: 13884 \$165 | \$181

Paint and Draw – Young Painters: 5-8 yrs

4-5 pm
S3: 13744 \$183 | \$201
S4: 14192 \$165 | \$181

Building with Clay: 9-11 yrs

4-5:30 pm
S3: 13758 \$224 | \$242
S4: 13880 \$203 | \$219

Kids in the Kitchen: 6-10 yrs

4:15-5:15 pm
S3: 13869 \$176 | \$216

Creative Clay Modeling for Adults: 18+ yrs

7-9 pm
S3: 13759 \$305 | \$332
S4: 13886 \$275 | \$299



JEWISH EDUCATION
for the
21ST CENTURY



ShalomLearning helps reignite the connection to Judaism for kids, families and communities.

DANCE & THEATRE ARTS

SESSION 3 (S3): FEBRUARY 1-APRIL 18 • SESSION 4 (S4): APRIL 19-JUNE 13

CONTACT: DEBBIE CLARK, 301.348.7777, DCLARK@JCCGW.ORG

PRIVATE DANCE LESSONS

Private classes are offered for ballet, tap and jazz. For more information or schedule lessons, contact Debbie Clark 301.348.3777 or dclark@jccgw.org.

WINTER DANCE CONCERT

Sunday, January 18 | 3:30 pm
Featuring performances by JCCGW Youth Dance Company, Kinor Dance Company, DC Dance Company and select JCCGW dance classes. Tickets can be purchased at jccgw.org.

DANCE RECITAL

Sunday, June 7 | 3 pm
Students from the Dance School will culminate the semester by performing in a variety of dance styles, including ballet, tap, jazz, modern and hip-hop. Tickets can be purchased at jccgw.org.



MONDAY

Ballet – Twist and Twirl: 3-5 yrs
3-3:45 pm
Feb 2-May 18
13698 \$263 | \$294

**Ballet – Intro to Ballet/
Creative Dance: 5-6 yrs**
4-5 pm
Feb 2-Jun 8
13713 \$350 | \$387

**Jazz – Mini Jazz/Hip-Hop:
Gr 1-3**
4-5 pm
Feb 2-Jun 8
13676 \$350 | \$387

**Jazz – Youth Dance
Company: 10-14 yrs**
5-6:30 pm
Feb 2-Jun 8
13682 \$413 | \$449

TUESDAY

Ballet and Creative Movement: 3-5 yrs
3-3:45 pm
Feb 3-Jun 9
13681 \$350 | \$392

Ballet: Gr 2-4
4-5 pm
Feb 3-Jun 9
13717 \$385 | \$427

Theatre – Arts and Improvisation: 6-8 yrs
4-5 pm
Feb 3-Apr 14
13831 \$175 | \$195

Apr 21-Jun 9
13935 \$140 | \$157

Tap – Beginning I: Gr K-2
4:15-5:15 pm
Feb 3-Jun 9
13680 \$385 | \$427

Ballet: Gr 5-7
5-6 pm
Feb 3-Jun 9
13693 \$385 | \$427

**Theatre – Poetry and Creative Writing:
9-11 yrs**
5-6 pm
Feb 3-Apr 14
13830 \$175 | \$195
Apr 21-Jun 9
13934 \$140 | \$157

Tap – Intermediate II: Gr 3-5
5:15-6:15 pm
Feb 3-Jun 9
13695 \$350 | \$392

Tap – Intermediate/Advanced: Gr 6-10
6:15-7:15 pm
Feb 3-Jun 9
13704 \$385 | \$427

WEDNESDAY

Hip Hop – Street Jazz: Gr 4-6
4-5 pm
Feb 4-Jun 10
13694 \$368 | \$407

Yoga Kids: 6-8 yrs
4-5 pm
Feb 4-Apr 15
13764 \$158 | \$176

Apr 22-Jun 10
13887 \$140 | \$157

**Hip Hop – Street Jazz:
Gr 7-10**
5-6 pm
Feb 4-Jun 10
13718 \$368 | \$407

Yoga Kids: 9-11 yrs
5-6 pm
Feb 4-Apr 15
13766 \$158 | \$176

Apr 22-Jun 10
13930 \$140 | \$157



The production fee for classes that participate in the year-end recital is included in the tuition.

THURSDAY

**Alvin Mayes Modern Dance
Workshop: 18+ yrs**
9:30-10:45 am
Feb 5-Mar 26
13777 \$148 | \$165
Apr 16-Jun 4
13966 \$148 | \$165

**Ballet – Creative Movement:
3-4 yrs**
3-3:45 pm
Feb 5-Apr 16
13795 \$140 | \$157
Apr 23-Jun 11
13888 \$140 | \$157

Tap – Beginning I: Gr 3-5
4-5 pm
Feb 5-Jun 11
13729 \$333 | \$368

Jazz – Contemporary: Gr 5-8
5-6 pm
Feb 5-Jun 11
13716 \$298 | \$333

***Jazz – Intermediate II:
Gr 4-6**
6-7:15 pm
Feb 5-Jun 4
13727 \$331 | \$365

***Jazz – Advanced: Gr 9+**
7:15-8:30 pm
Feb 5-Jun 4
13726 \$331 | \$365

**Additional costume fee*



©Polina Fridman, Attribution-ShareAlike 3.0 Unported License

For full class descriptions and to register, visit jccgw.org today!

WINTER-SPRING 2015 PROGRAM GUIDE

10

FITNESS

CONTACT: **GROUP EXERCISE** MEGAN RIGGS, 301.348.3710, MRIGGS@JCCGW.ORG
FITNESS MANAGER DAHHIA JOHNSON, 301.348.3894, DMITH-JOHNSON@JCCGW.ORG

TAI CHI

18+ yrs. The ancient art of Tai Chi uses gentle flowing movements to reduce stress and improve balance, agility and health.

Mondays
11:30 am-12:30 pm

Feb 9-Apr 13
13805 \$99 | \$149

Apr 20-Jun 1
13894 \$99 | \$149

MASSAGE

Enjoy the benefits of massage:

1. Relief from tension headaches
2. Pain relief from chronic illness
3. Improves physical rehabilitation
4. Improves circulation
5. Helps manage depression, anxiety and stress
6. Helps lower blood pressure
7. Increases circulation in over-used muscles
8. Improves lymphatic system circulation
9. Increases oxygen capacity to blood
10. Helps loosen and soften scar tissue
11. Helps increase joint flexibility and muscle range of motion

To schedule a massage, please contact the Member & Guest Services Department at 301.348.3800. Payment must be made in advance.

PRESCRIBED FITNESS

Age 8-12. Personal training is customized to meet the specific needs of our younger members. These workouts are a great way to introduce your son or daughter to fitness in a fun and safe way. For fees or to schedule an appointment, please call 301.348.3891.

J-CLUB: BABYSITTING

Age 3 months-5 years. Parents can work out or attend a JCCGW program while their children spend time in our supervised play room. Please pay in advance at the membership desk.

HOURS*
Monday-Thursday 8:30 am-2:30 pm & 4:30-7:30 pm
Friday 8:30 am-2:30 pm
Saturday & Sunday 9 am-1 pm

Fee per hour, per child
\$3 mem./\$6 gen. public

Fee for 10-hour card, per child
\$30 mem./\$60 gen. public

Unlimited Pass
\$20 per month (members only)

*Hours subject to change. Please call 301.348.3800 to confirm.

PERSONAL TRAINING

Age 13+. Customized fitness training programs designed to help you meet your fitness goals. For fees or to schedule an appointment, please contact Dahhia Johnson at 301.348.3894 or dsmith-johnson@jccgw.org.

JUST TRI IT!

Indoor Triathlon

Sunday, Feb 22 | Check-in starts at 7:30 am
Become a triathlete in 60 minutes (swim for 10 minutes; bike for 30 minutes; run for 20 minutes)! Celebrate Jewish Disabilities Awareness Month in this fun challenge that appeals to everyone from first timers to seasoned triathletes. For details, contact Leah Schwartz at 301.348.3735 or lschwartz@jccgw.org.

SMALL GROUP TRAINING

Contact Megan Riggs at 301.348.3710 or mriggs@jccgw.org.

Women On Weights: 16+ yrs

For women only, this program is designed to target multiple muscle groups at once. Participants will build lean muscle, lose body fat and burn calories in a short time.

Mondays & Fridays
9:30-10:30 am

Mar 2-Apr 17
13851 \$100 | \$150

Apr 20-Jun 1
13920 \$120 | \$150

One HIIT Wonder: 16+ yrs

High Intensity Interval Training (HIIT) is the fastest way to achieve your fitness goals. Functional strength training exercises are performed in high repetition intervals. This challenging course is for individuals with exercise experience who are interesting in taking their training to the next level.

Mondays & Wednesdays
6-6:30 am

Feb 20-Mar 25
13821 \$100 | \$150

Apr 13-May 20
13938 \$100 | \$150

GROUP EXERCISE CLASSES

We offer dozens of group exercise classes, taught by certified instructors, each week. Classes include Pilates, yoga, kickboxing, Zumba, core-balance strength and more. Contact Megan Riggs at 301.348.3710 or mriggs@jccgw.org.

TRX SPORT TRAINING

16+ yrs. TRX Sport Training leverages one's own body weight and gravity using the TRX to develop strength, balance, flexibility and core stability simultaneously. For registration details, including prices and codes, contact Dahhia Johnson at 301.348.3894 or dsmith-johnson@jccgw.org.

Mondays
12:30-1:15 pm
Jan 19-Feb 16

Tuesdays
8:30-9:15 am
Feb 24-Mar 24

Wednesdays
6:15-7 pm
Apr 22-May 20

Thursdays
8:30-9:15 am
Feb 26-Mar 26

HEALTH & FITNESS HOURS

Monday-Thursday 5:30 am-10 pm
Friday 5:30 am-8 pm
Saturday* 7 am-8:30 pm
Sunday 7 am-8 pm

The building closes 30 minutes after the Fitness Center closes.

*Open until 8 pm Mar 14-Oct 31

Love the ?
Let everyone know!

Go to , find the JCCGW and leave a review.
(You'll be doing a mitzvah!)

 Jewish Community Center of Greater Washington
Discover Your Center

Looking for Dates? Check out the Calendar on page 6!

jccgw.org • 301.881.0100

11

PRESCHOOL BENEFITS BEYOND THE CLASSROOM

CONTACT: ORA COHEN ROSENFELD, 301.348.3830, OROSENFELD@JCCGW.ORG

JCCGW PRESCHOOL, KINDERGARTEN & TRANSITIONAL KINDERGARTEN

The JCCGW Preschool is a place where children grow and learn in a nurturing and inclusive Jewish setting. We strive to foster a positive sense of self in each child.

We encourage children to express themselves through creative art and music activities and we make our holidays, customs, traditions and values come to life. Through our flexible 10-month and 12-month programs, the preschool builds the foundation to create childhood memories, both Judaic and secular. We challenge, enlighten and broaden children's horizons through a wide variety of experiences.

Our exceptional staff makes the difference. It is our priority to employ experienced and talented staff members who meet our high standards. We provide ongoing professional development to support our staff as lifelong learners. Our talented and dedicated staff is committed to ensuring each child's happiness, safety and growth.

FREE JCCGW FAMILY MEMBERSHIP WITH FULL-DAY ENROLLMENT!

For details, contact Ora Cohen Rosenfeld at 301.348.3830 or orosenfeld@jccgw.org.

KID COVERAGE FOR 10-MONTH STUDENTS

(when the 12-month program is in session)

Monday, Apr 6 9 am-5 pm 13942 \$75	Wednesday, Apr 8 9 am-5 pm 13941 \$75
Tuesday, Apr 7 9 am-5 pm 13944 \$75	Thursday, Apr 9 9 am-5 pm 13943 \$75

TUESDAY

Yoga for Kids: 3-4 yrs

Jan 6-Mar 10
12:30-2:30 pm
13730 \$220

WEDNESDAY THURSDAY

Kreative Kitchen: 3-4 yrs

Jan 7-Mar 11
12:30-2:30 pm
13722 \$220

Sensational Science:

3-4 yrs
Jan 8-Mar 12
12:30-2:30 pm
13725 \$220

SPECIAL EVENTS

Family Fun Day: Concert with The Grandsons Jr.

Monday, January 19
(Martin Luther King, Jr. Day)
Concert from 10:30-11:30 am; activities before and after.

Family Fun Day: Lego Day

Monday, February 16
(President's Day)
Lego building party from 10 am-12:30 pm, showing of "The Lego Movie," open gym and more

New to You Sale

Sunday, Mar 8 | 9 am-2 pm

ECE Gallery Exhibit: "Kehilla Revisited: Expanding the Concept of Community"

Apr 12-26
Opening: Tuesday, Apr 14 | 4-6:30 pm

Shabbat Dinner

Friday, May 8

PRESCHOOL ENROLLMENT NOW OPEN

For information, visit jccgw.org/preschool or contact Ora Cohen Rosenfeld at 301.348.3830 or orosenfeld@jccgw.org.



Photos by Randy Sager

HOLIDAYCARE

(for JCCGW Preschool students)
Friday, Apr 10
9 am-5 pm
\$75

OPEN HOUSES

Kindergarten & Transitional Kindergarten
Thursday, Jan 15 | 7:30 pm

Preschool
Thursday, Jan 22 | 10-11 am



For full class descriptions and to register, visit jccgw.org today!

BENDER-DOSIK PARENTING CENTER

CONTACT: LAUREN DWORKIN, 301.348.3837, LDWORKIN@JCCGW.ORG

SUNDAY

Music Together: 0-5 yrs

10-10:45 am

Jan 11-Mar 29
13776 \$220 | \$230

Mar 29-Jun 14
14034 \$188 | \$195

Music Together: 0-5 yrs

11-11:45 am

Jan 11-Mar 29
13838 \$220 | \$230

Mar 29-Jun 14
14033 \$188 | \$195

BENDER-DOSIK PARENTING CENTER

The Bender-Dosik Parenting Center provides activities, classes and educational opportunities for the whole family. Programs allow you to connect with new families and bond with your little one (0-5 years) in a nurturing and hands-on environment. Celebrate Jewish holidays, cultivate essential developmental skills and create play-filled memories together.

INFANT CPR & BABYPROOFING

Tuesday, Feb 10 | 6-9 pm
14018 \$45 | \$55

Every parent and caregiver should know how and when to administer CPR. In this class, you will become Red Cross certified in CPR for infants from birth to one year. You will also learn techniques for babyproofing your home. Recommended for expectant parents or parents with babies up to one year.

MOMMY MOVIE MONDAYS (DADDY/CAREGIVER, TOO!)

Mondays, Feb 9 and 23
10 am-12 pm

Movies will be shown in the JCCGW's Kreeger Auditorium, complete with popcorn, water, stroller parking and an audience who won't mind if your baby cries! This program is offered to parents or caregivers with children 12 months or younger. Older children may be dropped off at J-Club Babysitting (see page 11). \$5

TUESDAY

Music Together: 0-1 yr

Mar 31-Jun 9
9:30-10:15 am
14032 \$220 | \$230

Music Together: 0-5 yrs

10:30-11:15 am

Jan 6-Mar 10
13784 \$220 | \$230

Mar 31-Jun 9
14035 \$220 | \$230

Music Together: 0-1 yr

11:30 am-12:15 pm

Mar 31-Jun 9
14029 \$220 | \$230

WEDNESDAY

Music Together: 0-5 yrs

9:30-10:15 am

Jan 7-Mar 11
13836 \$220 | \$230

Apr 1-Jun 10
14031 \$220 | \$230

Story Time: 0-5 yrs

10-11 am

Feb 4-Apr 1
13749 \$25 | \$30

Apr 15-Jun 10
13946 \$25 | \$30

Music Together: 0-5 yrs

10:30-11:15 am

Jan 7-Mar 11
13775 \$220 | \$230

Apr 1-Jun 10
14030 \$220 | \$230

Mommy and Baby Yoga

Jan 14-Mar 4
11 am-12 pm
13877 \$80 | \$90

THURSDAY

Story Time: 0-5 yrs

10-11 am

Feb 5-Apr 2
13748 \$25 | \$30

Apr 16-Jun 11
13945 \$25 | \$30

FRIDAY

Shabbat Shalom

Playgroup*: 0-5 yrs
10-11 am

Feb 6-Apr 17
13826 Free

Apr 24-Jun 12
13951 Free

*One-time registration is required at jccgw.org/parenting



Looking for Dates? Check out the Calendar on page 6!

SPORTS & RECREATION

SESSION 3 (S3): FEBRUARY 1-APRIL 18 • SESSION 4 (S4): APRIL 19-JUNE 13

CONTACTS: SUSAN FISCHER, 301.348.3892, SFISCHER@JCCGW.ORG

ADULT SOFTBALL LEAGUE

Weeknight League

Apr 27-Aug 4
Games are played Mondays and Tuesdays between 6:30 and 10 pm.
14008 | \$1,300 per team

Sunday League

Apr 12-Jul 26
Games are played between 9 am and 12 pm.
14010 | \$1,500 per team

MID-ATLANTIC JUNIOR GAMES

Sunday, May 3 at the Kaiserman JCC in Philadelphia, Pennsylvania
The Mid-Atlantic Junior Games offer a one-day sports experience for Jewish athletes aged 10-12, modeled after the JCC Maccabi Games. The Junior Games draw participants from Maryland, DC, Virginia, Pennsylvania, New Jersey Delaware and New York for spirited competition in team and individual sports including boys' and girls' basketball, boys' and girls' soccer, coed swimming, coed tennis and baseball. Tryouts take place in January, February and March; all skill levels are welcome. Athletes must be Jewish and between the ages of 10 and 12 as of May 1, 2015.

MONDAY

Tumble Tots Gymnastics:

3-5 yrs
3-3:45 pm
S3: 13781 \$102 | \$121
S4: 13953 \$79 | \$94

Jump Around Gymnastics 1:

5-8 yrs
4-4:45 pm
S3: 13746 \$102 | \$121
S4: 13893 \$79 | \$94

Jump Around Gymnastics 2:

6-12 yrs
4:45-5:45 pm
S3: 13745 \$121 | \$139
S4: 13947 \$94 | \$108

ADULT SPORTS TOURNAMENTS

Come out to the JCCGW and participate in our adult sports tournaments all year long! Grab some friends, put a team together, and join us for a day full of fun in dodgeball, kickball, flag football, basketball and softball. Check out jccgw.org for more information, or contact Susan Fischer at 301.348.3892 or sfischer@jccgw.org.

TUESDAY

Preschool Sports & Sorts:

3-5 yrs
3-3:45 pm
S3: 13804 \$102 | \$113

Tennis and T-Ball: 3-5 yrs

3-3:45 pm
S4: 13974 \$74 | \$91

Floor Hockey & Soccer:

5-7 yrs
4-4:45 pm
S3: 13779 \$102 | \$113

Baseball and Kickball: 5-7 yrs

4-4:45 pm
S4: 13973 \$74 | \$91

FREE DROP-IN ADULT SPORTS

Age 18+. Members only.

Basketball
Tuesday & Thursday
6-10 pm

Volleyball
Monday | 7-9 pm

WEDNESDAY

Super Tots Gymnastics: 4-5 yrs

3-3:45 pm
S3: 13825 \$79 | \$94
S4: 13957 \$79 | \$94

Jump Around Gymnastics 1:

5-8 yrs
4-4:45 pm
S3: 13792 \$79 | \$94
S4: 13959 \$79 | \$94

Jump Around Gymnastics 2:

6-12 yrs
4:45-5:45 pm
S3: 13780 \$94 | \$108
S4: 13960 \$94 | \$108

SPORTS LESSONS

Private and semi-private lessons are offered in gymnastics, basketball, karate and more. For more information or to schedule a lesson, contact Susan Fischer at 301.348.3892 or sfischer@jccgw.org.

THURSDAY

Mini Soccer and Basketball:

3-5 yrs
3-3:45 pm
S3: 13834 \$83 | \$102

Basketball and Football: 3-5 yrs

3-3:45 pm
S4: 13977 \$74 | \$91

Ga Ga Sport: 5-11 yrs

4-4:45 pm
S3: 13855 \$83 | \$102
S4: 13923 \$74 | \$91

Basketball: 5-7 yrs

4-4:45 pm
S3: 13791 \$139 | \$158
S4: 13897 \$124 | \$140

Basketball: 8-12 yrs

4:45-5:45 pm
S3: 13793 \$158 | \$167
S4: 13898 \$132 | \$148

WINTER YOUTH BASKETBALL LEAGUE

Sundays, Jan 11-Mar 1
\$150 | \$170

AGE	TIME	CODE
5-6 yrs	12:15-1:15 pm	14014
7-8 yrs	1:25-2:40 pm	14015
9-10 yrs	2:50-4:05 pm	14013
11-13 yrs	4:15-5:30 pm	14012

KARATE

Taught by instructors from Kang's Black Belt Karate Academy. Uniform and belt testing fees are additional.

MONDAY

Feb 2-Jun 8

Lil Dragons Karate: 3-5 yrs
3-3:40 pm
13677 | \$338 | \$389

Kid Tiger Karate: 5-8 yrs
4-4:45 pm
13702 | \$338 | \$389

WEDNESDAY

Feb 4-Jun 10

Lil Dragons Karate: 3-5 yrs
3-3:40 pm
13683 | \$319 | \$368

Kid Tiger Karate: 5-8 yrs
4-4:45 pm
13701 | \$319 | \$368

MONDAY & WEDNESDAY

Feb 2-Jun 10

Kid Tiger Karate: 5-8 yrs
4-4:45 pm
13700 13719 \$620 | \$714

Beginner Karate: 9+ yrs
4:45-5:30 pm
13719 \$620 | \$714

Intermediate/Advanced Karate:
9+ yrs
5:30-6:15 pm
13720 \$620 | \$714

Advanced/Black Belts & Adults
Karate: 9+ yrs
Feb 2-Jun 10 | 6:15-7 pm
13699 \$620 | \$714

CAMP JCC



CAMP JCC

Every day at Camp JCC is packed full of activities, friendship, *ruach* (spirit) and adventure. While our campers rave that Camp JCC is “the best place ever” we know that spending a summer at Camp JCC provides opportunities to gain valuable skills. When campers earn their deep water bracelets, we know they are improving their swim skills while also increasing their self-esteem and confidence. When they try to cross the zip line for the first time, we know they are learning to take risks and make decisions for themselves. Camp JCC provides programs that bring out the best in every camper and grow their abilities that they will use for the rest of their lives.

PROGRAM OPTIONS

ADOM, LAVAN, KACHOL

These programs offer a variety of activities including daily instructional and recreational swim, sports, music, arts & crafts, Israel, *teva* (nature), drama, ropes course and dance, as well as field trips throughout the summer.

ADOM

- Adom 4's* | Age 4 by 9/1/15
 - Adom 5's | Age 5 by 9/1/15 and entering Kindergarten
- *Adom 4's do not participate in field trips*

LAVAN

Entering Grade 1

Lavan bridges the gap between early childhood and school age.

KACHOL

Entering Grade 2

Kachol provides a comfortable first experience in a “bigger kids” camp. Campers are encouraged to explore new areas and gain more independence. Weekly field trip adventures!

YAROK - ELECTIVES

Entering Grades 3 and 4

Yarok campers choose their own electives and customize their schedules. They participate in instructional and recreational swim and can choose from electives like digital photography, cake decorating, guitar, outdoor sports, drama, football, ceramics and running. Campers also participate in field trips and late stays. Weekly field trip adventures!

ZAHAV - DAY TRIP ADVENTURES

Entering Grades 5 and 6

Zahav's daily trips offer a busload of excitement, adventure and fun. Daily excursions may include theme parks, water parks, hiking, biking, canoeing, ziplining, tubing—the possibilities are endless. Each session includes overnights and late stays and Friday recreational swim at Camp JCC.

Overnight included in each session

OMANUT - CREATIVE ARTS

Entering Grades 1 through 7

Draw, paint, sculpt, design—be creative, express yourself and have oodles of fun in our enhanced art specialty camp program. Guided by working artists, campers enjoy the creative process and display their art at the end of each session. Daily optional instructional swim and daily recreational swim in our outdoor pool.

HABIMAH - THEATER ARTS

Entering Grades 2 through 7

Learn the craft and magic of acting and dancing from a faculty of experienced specialists. Activities may include yoga, improv, hiphop, play writing, and set design. Campers perform live on stage twice during the summer. Daily optional instructional swim and daily recreational swim in our outdoor pool. Program offered sessions 1 & 2 (4 weeks) OR session 3 (3 weeks).

MACCABIAH - SPORTS CAMP

Entering Grades 1 through 7

Maccabiah campers choose their own sports and customize their schedules. Activities are led by collegiate athletes and local coaches.

Weekly intensives develop skills in a chosen sport while daily sport activities allow for recreational play. Sports may include baseball/tball, basketball, soccer, field hockey, tennis, golf, volleyball, lacrosse, instructional and recreational swim and so many more!

MITZVAH CORPS

SERVICE LEARNING TRAVEL CAMP

Entering Grades 7 through 9

Mitzvah Corps offers a program based on service learning and advocacy. Campers earn 15 SSL hours each week with the perfect combination of volunteering, hands-on activities, adventure and fun, including local and overnight travel.

- June 22-July 2 (no camp July 3) includes 1 week overnight travel to Philadelphia and Lancaster County. Kosher style meals provided.
- July 6-July 17 includes 1 week overnight travel to Williamsburg and Virginia Beach. Kosher style meals provided.
- July 20-August 7 includes extended overnight travel to Atlanta, GA July 23-31. Kosher style meals provided.

Session 2 - added by popular demand!
Session 3 - 8 day extended trip to Atlanta

MADATZ - COUNSELOR IN TRAINING (CIT)

Entering Grade 10

So, you want to be a counselor? Start by developing leadership skills and learning what you need to know to work at Camp JCC. Earn 30 SSL hours per week. Contact campjcc@jccgw.org to schedule a required

interview before submitting a camper application.

KOCHAVIM - SENIOR STARS

Ages 12-21

Kochavim is a transitional program for teens and young adults with a wide range of disabilities. Socialization, recreation and independent living skills are enhanced in a fun environment. An interview is required for new participants. Please note: AM/PM extended day is not available for Kochavim. Contact kochavim@jccgw.org for more information and to schedule an interview.

SUMMER KIDS CLUB

Entering grades Pre K-6

Aleph Week June 15-19

Bet Week August 10-14

Gimmel Week August 17-21

Each fun-filled week at Summer Kids Club is designed to pack your child's days with an assortment of creative activities, including a daily recreational swim in our outdoor pool and a weekly field trip.

Children play sports, enjoy arts & crafts and engage in hands-on activities in an exciting, fun and supervised setting with quality staff. AM/PM Extended Day is available for an additional cost.

Camp JCC medical forms can be used for these weeks; however, there will not be a registered nurse on-site. For more information, contact abgcamp@jccgw.org.

SESSION DATES & HOURS

Session 1 (2 weeks)

June 22 – July 2 (no camp Friday July 3)

Session 2 (2 weeks)

July 6 – 17

Session 3 (3 weeks)

July 20 – August 7

Camp Hours

9 a.m.-4:00 p.m.

AM/PM Extended Day Options*

7:30-9 a.m. or 4:00-6 p.m.

**For an additional fee.*

CAMP FEES*

ADOM, LAVAN, KACHOL		
SESSION(S)	MEMBER	PUBLIC
1, 2 & 3	\$2,510	\$2,565
1 & 3 or 2 & 3	\$1,905	\$1,945
1 & 2	\$1,585	\$1,615
3	\$1,250	\$1,275
1 or 2	\$835	\$850
YAROK, OMANUT, MACCABIAH		
SESSION(S)	MEMBER	PUBLIC
1, 2 & 3	\$2,635	\$2,705
1 & 3 or 2 & 3	\$1,995	\$2,045
1 & 2	\$1,655	\$1,695
3	\$1,305	\$1,335
1 or 2	\$870	\$890
ZAHAV		
SESSION(S)	MEMBER	PUBLIC
1, 2 & 3	\$2,705	\$2,775
1 & 3 or 2 & 3	\$2,045	\$2,095
1 & 2	\$1,695	\$1,735
3	\$1,335	\$1,365
1 or 2	\$890	\$910
MITZVAH CORPS		
SESSION(S)	MEMBER	PUBLIC
1	\$1,270	\$1,300
2	\$1,270	\$1,300
3	\$2,060	\$2,100
HABIMAH		
SESSION(S)	MEMBER	PUBLIC
1, 2 & 3	\$2,635	\$2,705
1 & 2	\$1,655	\$1,695
3	\$1,305	\$1,335

KOCHAVIM		
SESSION(S)	MEMBER	PUBLIC
1, 2 & 3	\$3,265	\$3,405
1 & 3 or 2 & 3	\$2,445	\$2,545
1 & 2	\$2,015	\$2,095
3	\$1,575	\$1,635
1 or 2	\$1,050	\$1,090
MADATZ (COUNSELOR-IN-TRAINING)		
SESSION(S)	PRICE	
1, 2 & 3	\$700	
1 & 2	\$400	
3	\$300	
BUS TRANSPORTATION		
SESSION(S)	PRICE	
1 or 2	\$120	
3	\$180	
AM/PM EXTENDED DAY		
SESSION(S)	AM	PM
	7:30-9 AM	4:00-6 PM
1 or 2	\$165	\$235
3	\$245	\$355
Aleph, Bet, Gimmel (cost per week)	\$85	\$120
SUMMER KIDS CLUB		
SESSION(S)	MEMBER	PUBLIC
Aleph, Bet & Gimmel (cost per week)	\$385	\$400

For information about Camp staff, discounts, extended day and transportation, please visit jccgw.org/camp. If you have any questions, please contact the Camp Office at campjcc@jccgw.org or call 301.348.3883.

**Member fees require family level membership in good standing for 12 consecutive months, including summer 2015.*

Apply online today at jccgw.org/camp

YOUTH AFTER-SCHOOL PROGRAMS

SESSION 3 (S3): FEBRUARY 1-APRIL 18 • SESSION 4 (S4): APRIL 19-JUNE 13

CONTACT: REBECCA BOOTS, 301.348.3767, RBOOTS@JCCGW.ORG

FULL SCHOOL YEAR AFTER-SCHOOL PROGRAM KIDS AFTER SCHOOL

This program is licensed by the Maryland State Department of Education.

Offered 5, 3 or 2 days a week – you choose the days. In a safe and secure environment, this program features enthusiastic staff, a variety of activities, homework help, healthy snacks and credit toward JCCGW youth enrichment classes. Care on days when school is out – including winter and spring breaks – is also included.

Supervised walkover from CESJDS is provided for children in grades K-2. MCPS provides bus transportation to the JCCGW from Luxmanor and Farmland elementary schools, as well as Tilden Middle School.

To register for Kids After School, visit jccgw.org/afterschool.

Kids After School: Grade K-6

3:30-6 pm

Monthly Fees

5 days \$415 | \$445

3 days \$295 | \$325

2 days \$225 | \$245

AFTER-SCHOOL PROGRAMS BY SESSION

CLASS COMPLEMENT UP TO 30 MINUTES: GR K-6

Monday-Thursday, 2:45-6 pm. This program provides required supervision of children before and/or after JCCGW enrichment classes for up to a total of 30 minutes. Children must be enrolled in an enrichment class on the same day as Class Complement. They may bring homework or a book or quiet activity from home.

Monday

S3: 13787 Free | \$35

S4: 13968 Free | \$35

Tuesday

S3: 13816 Free | \$35

S4: 13969 Free | \$35

Wednesday

S3: 13817 Free | \$35

S4: 13901 Free | \$35

Thursday

S3: 13815 Free | \$35

S4: 13967 Free | \$35

CLASS COMPLEMENT 30 MINUTES PLUS: GR K-6

Monday-Thursday, 2:45-6 pm. This program provides required supervision of children before and/or after JCCGW enrichment classes for more than 30 minutes. Children must be enrolled in an enrichment class on the same day as Class Complement. A healthy snack will be provided. Children may bring homework or a book or quiet activity from home.

Monday

S3: 13833 \$100 | \$150

S4: 13902 \$100 | \$150

Tuesday

S3: 13801 \$100 | \$150

S4: 13904 \$100 | \$150

Wednesday

S3: 13802 \$100 | \$150

S4: 13905 \$100 | \$150

Thursday

S3: 13824 \$100 | \$150

S4: 13903 \$100 | \$150

CLASS COMPLEMENT DAILY DROP-IN

Monday through Thursday | 2:45-6 pm

This program provides supervision for your child on a drop-in basis. Children drop in to the Class Complement program. A healthy snack will be provided. Children can bring homework, a book or quiet activity from home. To register, contact Rebecca Boots at 301.348.3767 or rboots@jccgw.org at least 24 hours in advance to ensure space is available.

Fee per day	\$25 \$35
10 pack	\$200 \$250

WALKOVER: CESJDS GR K-2

This program provides supervised walkover from CESJDS to the JCCGW. Children can meet their parents or be escorted to an enrichment class.

Monday

S3: 13806 \$10 | \$20

S4: 13895 \$10 | \$20

Tuesday

S3: 13811 \$10 | \$20

S4: 13899 \$10 | \$20

Wednesday

S3: 13812 \$10 | \$20

S4: 13900 \$10 | \$20

Thursday

S3: 13807 \$10 | \$20

S4: 13896 \$10 | \$20

Please note that children in grades K-6 must be enrolled in a supervised program while in the Center. Thank you for your cooperation in helping to keep our children safe.

Looking for Dates? Check out the Calendar on page 6!

SCHOOL OUT DAYS, BIRTHDAY PARTIES & TEEN PROGRAMS

CONTACT: REBECCA BOOTS, 301.348.3767, RBOOTS@JCCGW.ORG

SCHOOL OUT DAYS

BY DAY: GR K-6

This program provides full-day or half-day coverage when school is out. Enthusiastic staff will provide a variety of programs, activities (including swimming) and occasional field trips.

Friday, Feb 13: JDS | 9 am-3:30 pm
13863 \$55 | \$70

Monday, Feb 16: JDS & MCPS | 9 am-5 pm
13866 \$75 | \$90

Friday, Feb 27: MCPS | 12:30-3:30 pm
13867 \$25 | \$35

Thursday, Mar 5: JDS | 12:30-3:30 pm
13865 \$25 | \$35

Friday, Mar 6: JDS | 9 am-3:30 pm
13868 \$55 | \$70

Friday, Mar 27: MCPS | 9 am-3:30 pm
13778 \$55 | \$70

Wednesday, Apr 1: JDS | 9 am-3:30 pm
13862 \$55 | \$70

Thursday, Apr 2: JDS | 9 am-3:30 pm
13864 \$55 | \$70

Wednesday, Jun 12: JDS & MCPS | 12:30-3:30 pm
13961 \$25 | \$35

SHORESH

Do you like to debate about the American – Israeli relationship? Are you interested in knowing more about the roots of the Jewish people? Are you passionate about Judaism? Check out Shoresh and meet other teens like you! Shoresh Hebrew High School meets at the JCCGW on Sundays at 6 pm. For more information, visit www.ShoreshHebrewHigh.org.



SPRING BREAK SCHOOL OUT DAYS:

GR K-6

Spend your break at the JCCGW for arts & crafts, sports, swimming and a field trip. Free for students in grade K-6 participating in Kids After School.

Spring Break School Out Days

Apr 3 9 am-12:30 pm

Apr 6-9 9 am-3:30 pm

13891 \$300 | \$465

Spring Break AM Care | 8-9 am

Apr 3, 6-9

13971 \$50 | \$60

Winter Break PM Care | 3:30-6 pm

Apr 6-9

13972 \$80 | \$120

COLLEGE COUNSELING WITH ELIOT APPLESTEIN, MA/MSW

Navigating College Admissions

Tuesday, Jan 20 | 7-9 pm
13606 \$5

Tuesday, Apr 21 | 7-9 pm
13850 \$5

Navigating College Admissions for Students with IEPs/504s

Wednesday, Jan 28 | 7-9 pm
14025 \$5

Wednesday, Apr 29 | 7-9 pm
13743 \$5

YOU SAY IT'S YOUR BIRTHDAY?

Celebrate with a party at the JCCGW! Themes include:

- Art
- Gymnastics
- Pirates
- Sports
- Super-hero
- Princess
- Many more!



For more information or to book a party, contact Sarah Weissman at 301.348.3847 or birthday@jccgw.org.

BBYO

BBYO is one of the world's leading Jewish movements for high school teens, convening and connecting teens of all backgrounds who will become inspired to live Jewish lives while making a difference in the world. BBYO offers a wide variety of programmatic opportunities including: educational, athletic, advocacy, and much more.

BBYO CONNECT

BBYO Connect offers teens a variety of experiences to help bridge the gap between immediate pre- and post-bar/bat mitzvah and high school programs. Focused on service, social and Judaic programming, BBYO Connect builds a network of teens across North America at a critical age when middle school students begin to strengthen their identities, form social circles and prepare for high school and beyond.

For more information, please call 301.984.6073 or email the BBYO office at dcc@bbyo.org.

TZOFIM

Join the Tzofim (Israel Scouts), Shevat Gilad, made up of more than 100 fluent Hebrew speakers in grades 3-12 who meet every Sunday at the JCCGW to engage in Israel-related activities, all in Hebrew. Contact Amit Levinson at 301.348.3863 or alevinson@jccgw.org.

SPECIAL EVENTS

GOLDMAN ART GALLERY EXHIBITS

Phyllis Altman
301.348.3770 or paltman@jccgw.org

FROM BEYOND THE ARCH

January 8-28
Open when the JCCGW is open
Reception: Sunday, January 11 | 2-4 p.m.



The exhibit will feature drawings, paintings, prints, ceramic, fused glass and many other mediums produced by the upper school and middle school students of the Helene Berman Seidenfeld Visual Art Center at the Berman Hebrew Academy.

ROUGH AROUND THE EDGES

INSPIRATIONS IN PAPER BY RONNI JOLLES
February 8-March 15
Open when the JCCGW is open
Reception: Sunday, March 8 | 2-4 pm
Ms. Jolles will present a talk about her artwork during the reception at 2:30 pm.

The JCCGW gratefully acknowledges The Kaplan Family Foundation for supporting this exhibit.

With a unique and innovative art form, Ronni Jolles uses hundreds of kinds of paper, gathered from around the world, to create highly textured and dimensional artwork. Whether it's the cyclical journey of trees, a clothesline hanging outside a window or a view of Jerusalem as the sun sets, the medium of paper delivers a sculptural quality that is truly inspiring.

EXPRESSIONS FINE ART ISRAELI ART EXHIBIT & SALE

March 22-29
Reception: Sunday, March 22 | 2-4 pm
Gallery hours for this exhibit
Sundays 10 am-5 pm
Monday–Thursday 9 am-8 pm
Friday 9 am-6 pm
Saturday Closed

The JCCGW gratefully acknowledges The Kaplan Family Foundation for supporting this exhibit.

Expressions Fine Art, a show sponsored by the Israeli government, features a variety of some of the best contemporary Israeli artists' works in sculpture, painting, photography and jewelry, on display and for sale. Proceeds will be divided between JCCGW and the artists.

Early Childhood Education Exhibit KEHILLAH REVISITED: EXPANDING THE CONCEPT OF COMMUNITY

April 12-26
Open when the JCCGW is open
This exhibit of work by the preschool and TK/K students will explore the meaning of our kehilla — community — through the lens of collaboration with peers, staff, parents and others in the greater community. For more information, contact Ora Cohen Rosenfeld at 301.348.3830 or orosenfeld@jccgw.org.

A LIFETIME OF PERSPECTIVE: ART BY OLDER ADULTS

16TH ANNUAL SENIOR ADULT ART SHOW
May 11-31
This exhibition of works by senior adults features paintings, prints, photography, sculpture, fabric art, crafts and jewelry. Amateur artists age 65+ who are interested in participating should contact Kandy Hutman at 301.348.3740 or

seniorartshow@jccgw.org for a January appointment. Work must have been done in the last five years. Space is limited.

A Lifetime of Perspective was created by Deena and Jerome Kaplan and their family in memory of Deena's parents, Eve and David Berliant. Chaired by Karen Kaplan, the show is generously funded by the Kaplan family, the Center's Deena and Jerome A. Kaplan Fund for Senior Adult Programming, and the Berliant/Kaplan Fund of the United Jewish Endowment Fund of The Jewish Federation of Greater Washington.

CONCERTS

Janet Getz
301.348.3779 or jgetz@jccgw.org
jccgw.org/concerts

DANIEL GETZ, VIOLA

Tuesday, February 3 | 7:30 pm

POLINGER ARTISTS OF EXCELLENCE CONCERT SERIES

Fine Arts String Quartet
Sunday, March 8 | 7:30 pm

Ran Dank & Soyeon Kate Lee Piano Solos and Duo

Sunday, April 12 | 7:30 pm

Augustin Hadelich & Joyce Yang Violin + Piano

Sunday, May 3 | 7:30 pm

FINE ARTS STRING QUARTET: MASTER CLASS WITH MARYLAND CLASSIC YOUTH ORCHESTRA STUDENTS

Monday, March 9 | 7 pm
FREE. RSVP to Janet Getz at 301.348.3779 or jgetz@jccgw.org.

UNITED STATES AIR FORCE BAND CHAMBER PLAYERS SERIES The United States Air Force String Quartet

Wednesday, March 11 | 8 pm

Airmen of Note Jazz Combo

Wednesday, March 18 | 8 pm

Chamber Wind Ensemble

Wednesday, March 25 | 8 pm

FILM

WASHINGTON JEWISH FILM FESTIVAL

February 22-March 1

The JCCGW has joined forces with the Washington Jewish Film Festival to offer 10 films in our Kreeger Auditorium, along with more than 50 films at other area venues. For details, contact Jennifer Smith at 301.348.3778 or jsmith@jccgw.org.

ANNUAL EVENTS

MC LIVE! A SPECIAL EVENING OF COMEDY

Thursday, February 12
6 pm Reception | 7:30 pm Show

Held during Jewish Disabilities Awareness Month, MC Live! is hosted by the JCCGW in collaboration with Friendship Circle, Jewish Foundation for Group Homes, Jewish Social Service Agency, Matan and Sulam, organizations with a passion for providing quality of life to individuals with disabilities. All proceeds from the event will benefit those organizations. Visit mclivecomedy.blogspot.com to donate, purchase tickets or become a sponsor. For more information, contact Tie Smith at 240.283.6053 or tsmith@jfgh.org.

HEALTH & WELLNESS EXPO

Thursday, May 7
Held at Leisure World Clubhouse I, the sixth annual Health & Wellness Expo features more than 50 vendors, health

screenings, workshops, prizes and entertainment. Free and open to the public. For details, call 301.348.3832.

SPRING FUNDRAISER

Wednesday, May 27
For details, contact Jodi Shulimson at 301.348.3769 or jshulimson@jccgw.org.

ANNUAL MEETING AND VOLUNTEER RECOGNITION

Tuesday, June 2
Hear about the JCCGW's achievements of the past year and plans for the future. New board members will be installed and awards will be presented to volunteers.

FAMILY PROGRAMS

PURIM CELEBRATION

Sunday, March 1
The entire community is invited to join us to celebrate Purim. Be sure to wear your costume! Contact Amit Levinson at 301.348.3863 or alevinson@jccgw.org.

GOOD DEEDS DAY

Sunday, March 15
Participate with the JCCGW in The Jewish Federation of Greater Washington's community day of service. Contact Stacy Katz Olivera at 301.348.3889 or solivera@jccgw.org.

PRE-PASSOVER SPIRITUALITY RETREAT

Sunday, March 29 | 10 am-3 pm
For details, contact Rabbi Elyssa Auster at 301.348.3861 or eauster@jccgw.org.

ISRAEL FEST

Sunday, May 31
Celebrate Israel with the entire community at a fabulous festival featuring food, Israeli entertainment, dancing, Israeli products and loads of fun! Contact Tracey Dorfmann at 301.348.3712 or tdorfmann@jccgw.org.

INDEX

A	Film Festival.....	5, 18	MC Live.....	18	Swim Lessons.....	8
ACE.....	Fitness.....	11	Melton.....	7	Swim Meet.....	8
Adult Center for Education.....	G		Membership Sales.....	7	T	
Adults.....	Gateways.....	7	Men's Group.....	5	Tai Chi.....	11
After-School.....	Goldman Art Gallery.....	5, 18	Mid-Atlantic Junior Games.....	4, 14	Tap.....	10
Annual Meeting.....	Good Deeds Day.....	3, 18	Mindfulness.....	7	Teens.....	17
Aquatics.....	Group Exercise.....	4, 11	Mix & Mingle.....	5	Theatre Arts.....	10
Art.....	Gudelsky Exceptional Swim.....	8	Mommy Movie Monday.....	13	Transitional Kindergarten.....	2, 4
Arts Alive.....	H		Music.....	9	TRX Sport.....	11
B	Health & Fitness Center.....	4	N		Tzofim.....	5, 17
Babysitting.....	Health & Fitness Hours.....	6	New Friends.....	5	U	
Ballet.....	Health & Wellness Expo.....	18	P		Ulpan.....	5
Basketball.....	Hebrew.....	5, 7	Parenting Center.....	4	V	
BBYO.....	Hip Hop.....	10	Personal Training.....	11	Volleyball.....	14
Bender-Dosik Parenting Center.....	Holiday Schedule.....	6	PJ Library.....	4	Volunteers.....	5
Birthday Parties.....	HoliDaycare.....	13	Polinger Artists of Excellence Concert Series.....	5, 18	W	
Book Clubs.....	Hours.....	6	Pool.....	6	Walkover.....	16
Book Festival.....	I		Preschool.....	2, 4, 12	Women Connect.....	5
Bridge.....	Inclusion.....	4	Prescribed Fitness.....	11	Y	
C	Internal Light.....	5	Pre-Team Swim.....	8	Yiddish.....	7
Calendar.....	Israel Fest.....	3, 5, 18	Primetimers.....	5	Yoga.....	7, 10
Camp JCC.....	Israeli Scouts.....	5, 17	ProAction Physical Therapy.....	4	Young Shlichut.....	5
Chess.....	J		Purim.....	18		
Chorus.....	Jazz.....	10	R			
Class Complement.....	JCC Maccabi Games.....	4	Recreation Station.....	4		
College Counseling.....	J-Club Babysitting.....	11	Rentals.....	5		
Coming of Age.....	Jewish Film Festival.....	18	Rockville Open House.....	4		
Concerts.....	K		S			
CPR.....	Karate.....	14	Satellite Sites.....	5		
Creative Movement.....	Kass Judaic Library.....	5	School Out Days.....	4, 17		
D	Kid Coverage.....	12	Senior Adult Art Show.....	18		
Dance.....	Kids After School.....	16	Senior Chorus.....	5		
Drop-in.....	Kindergarten.....	2, 4	Seniors Organized for Change.....	5		
Duplicate Bridge.....	Kreeger Auditorium.....	5	Session Calendar.....	6		
E	L		Shlichut.....	5		
Elie Ronen Scott Family Gym.....	Lessans Family Annual Book Festival.....	5	SOC.....	5		
ESOL.....	Library.....	5	Softball.....	14		
Expo.....	Lifetime of Perspective.....	18	Special Events.....	18		
F	M		Special Needs.....	4, 7		
Family Fun Day.....	Mah Jongg.....	7	Sports & Recreation.....	14		
Family Gym.....	Massage.....	11	Spring Break.....	17		
Family Programs.....	Masters Swim.....	8	Swim Clubs.....	8		

EXECUTIVE STAFF

Michael Feinstein, Chief Executive Officer
301.348.3701 • mfeinstein@jccgw.org

Treva Bustow, Chief Marketing Officer
301.348.3750 • tbustow@jccgw.org

Ruth E. Carski, CPA, Chief Financial Officer
301.348.3733 • rcarski@jccgw.org

Tracey Dorfmann, Chief Program Officer
301.348.3712 • tdorfmann@jccgw.org

Amy Gantz, Chief Operating Officer
301.348.3713 • agantz@jccgw.org

Adam Tennen, Chief Development Officer
301.348.3815 • atennen@jccgw.org

Rachael Gingrich, Executive Assistant
301.348.3714 • rgingrich@jccgw.org

Your Home. Your Life. Your Community.

The Charles E. Smith Life Communities brings together multiple living options on one scenic Rockville campus, each with its own warm personality and specialized culture of caring, wisdom and experience. In fact, 104 years of experience, dating back to the first Hebrew Home in Washington, DC.

Independent Living with a new look

Ring House

301.816.5012

Affordable Independence

Revitz House

301.770.8450

Personalized Assisted Living

Landow House

301.816.5050

Outstanding Post-Acute Care Center

Hebrew Home

301.770.8476

Outpatient Senior Medical Care

Hirsh Health Center

301.816.5004

Respectful Long-Term Care

Hebrew Home

301.770.8476

New Memory Care Residence

Cohen-Rosen House

301.816.5050

Safeguarding Seniors from Abuse

EldersAFE Center

301.816.5099

www.smithlifecommunities.org



Charles E. Smith Life Communities

