



Jewish
Community
Center of
Greater
Washington

UPCOMING EVENTS

Concerts

13

Goldman Art Gallery Exhibits

16

Washington Jewish Film Festival

16

IMAGINE: A Night Supporting Scholarships at the J

17

Health & Wellness Expo

17

MC Live

17

Israel Fest

18

Good Deeds Day

18

Shabbat Shabbang

18



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WINTER-SPRING 2016 Program Guide

Registration is now open!

jccgw.org

Bethesda
MAGAZINE



A 2016
Top Vote Getter

Best Gym for People Over 40 and Best Preschool/Day Care.

CONTENTS

AQUATICS

Group Swim Lessons.....	4
Private and Semi-Private Swim Lessons....	4
Swim Clubs.....	4
Indoor Swim Meet.....	4
Isadore and Bertha Gudelsky Exceptional Swim Program.....	5

CHILDREN & FAMILIES

Bender-Dosik Parenting Center.....	5
Sondra and Howard Bender Early Childhood Center.....	5
Family Engagement.....	6

YOUTH, TWEENS & TEENS

Before-School & After-School Care.....	6
Full School-Year Programs.....	6
After-School Programs by Session.....	6
School Out Days.....	6
Spring Break Camps.....	6
Holiday Care.....	6
After-School Classes.....	6
Art.....	6
Dance.....	8
Music.....	8
Birthday Parties.....	8
Ongoing Programs.....	8

SPORTS & RECREATION

General Sports Classes.....	9
Special Needs Class.....	9
Basketball.....	9
Gymnastics.....	9
Karate.....	9
Sports Lessons.....	10
JCC Maccabi Games.....	10
Mid-Atlantic Junior Games.....	10
Adult Sports.....	10

FITNESS

Group Exercise.....	10
Personal Training.....	10
Tai Chi.....	10
Parkinson's Wellness Initiative.....	10
J-Club Babysitting.....	11
Pro-Action Physical Therapy.....	11

ADULTS

Dance.....	11
Games.....	11
Hebrew & Yiddish.....	11
Sports.....	10
Jewish Family Living & Learning.....	12
Special Needs.....	12
ALL (Adult Living & Learning).....	12
Ongoing Programs.....	13
Book Clubs.....	13
Concerts.....	13

BUILDING HOURS

HEALTH & FITNESS

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

The building closes ½ hour after the Fitness Center closes.

INDOOR POOL

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

*Open until 8:30 pm November 7, 2015-March 19, 2016.

MEMBERSHIP

SALES & GUEST SERVICES

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

VISIT JCCGW.ORG FOR UPDATES.

ALL ARE 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.

We're part of your community

- Full Fitness Center, Weights & Cardio
- 100+ Group Exercise Classes
- Basketball & Racquetball
- Indoor and Outdoor Pool
- Swim Lessons
- Babysitting 7 days a week
- After School Recreational Programs
- Art and Music Lessons
- Programs and Events for the Family
- Camp JCC Travel Opportunities
- And So Much More!

rlstevensphotography.com

Session Calendar

SESSION CALENDAR WINTER-SPRING 2016

Skip dates subject to change; please confirm with instructor.

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

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
FEBRUARY		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					

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
MARCH			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		

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
APRIL						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

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
MAY	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				

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
JUNE				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	

COLOR & SYMBOL KEY

- Winter Session: January 24-March 26
- Spring Session: April 3-June 18
- Skip Dates: Youth classes not held
- ★ Holidays: See hours and closures at right.



Holiday Schedule

Friday, April 22

Erev Pesach
H&F open 5:30 am-3 pm
Preschool closes at 12:30 pm
Offices close at 1 pm

Saturday, April 23

Pesach
H&F open 7 am-3 pm

Sunday, April 24

Pesach
H&F open 7 am-8 pm

Friday, April 29

Pesach
H&F open 5:30 am-8 pm
Offices and preschool closed

Saturday, April 30

Pesach
H&F open 7 am-8 pm

Monday, May 30

Memorial Day
H&F open 7 am-6 pm
Offices and preschool closed

Sunday, June 12

Shavuot
H&F open 7 am-8 pm

Monday, June 13

Shavuot
H&F open 5:30 am-10 pm
Offices and preschool closed

To receive JCCGW text alerts, please visit jccgw.org/textalerts.





Aquatics

Caroline Cardullo

301-348-3890 | ccardullo@jccgw.org

GROUP SWIM LESSONS

Swim Lessons Waterbabies 6-18 mos

Parent and child learn together in the water. This introduction to the water class uses a gentle, low-key approach with techniques to aid in each child's progress.

Su	Jan 24-Mar 20	9-9:30 am	\$108m/\$130p	14905
W	Jan 27-Mar 23	9:30-10 am	\$108m/\$130p	14913
Sa	Jan 30-Mar 26	9-9:30 am	\$108m/\$130p	14899
Su	Apr 3-Jun 5	9-9:30 am	\$96m/\$115p	15049
W	Apr 6-Jun 15	9:30-10 am	\$120m/\$144p	15058
Sa	Apr 9-Jun 18	9-9:30 am	\$108m/\$130p	15142

Swim Lessons Watertots 18 mos-3 yrs

Parent and child learn together in the water in this class that introduces basic swimming skills such as back float, kicking, reaching and blowing bubbles.

Su	Jan 24-Mar 20	9:30-10 am	\$108m/\$130p	14989
W	Jan 27-Mar 23	10-10:30 am	\$108m/\$130p	14939
Sa	Jan 30-Mar 26	9:30-10 am	\$108m/\$130p	14988
Su	Apr 3-Jun 5	9:30-10 am	\$96m/\$115p	15125
W	Apr 6-Jun 15	10-10:30 am	\$120m/\$144p	15057
Sa	Apr 9-Jun 18	9:30-10 am	\$108m/\$130p	15042

Swim Lessons Level 1 3-5 yrs

Focusing on water acclimation, this course is for children who are unable to be in the water on their own without using a flotation device. Children are in the water with the instructor.

Su	Jan 24-Mar 20	10-10:30 am	\$108m/\$130p	14946
Su	Jan 24-Mar 20	10:30-11 am	\$108m/\$130p	14990
Tu	Jan 26-Mar 22	4-4:30 pm	\$108m/\$130p	14979
W	Jan 27-Mar 23	10:30-11 am	\$108m/\$130p	14916
W	Jan 27-Mar 23	4-4:30 pm	\$108m/\$130p	15002
Th	Jan 28-Mar 24	4-4:30 pm	\$108m/\$130p	14981
Sa	Jan 30-Mar 26	9-9:30 am	\$108m/\$130p	14963
M	Feb 1-Mar 21	4-4:30 pm	\$84m/\$101p	14995
Su	Apr 3-Jun 5	10-10:30 am	\$96m/\$115p	15033
Su	Apr 3-Jun 5	10:30-11 am	\$96m/\$115p	15030
M	Apr 4-Jun 6	4-4:30 pm	\$96m/\$115p	15079
Tu	Apr 5-Jun 14	4-4:30 pm	\$120m/\$144p	15050
W	Apr 6-Jun 15	10:30-11 am	\$120m/\$144p	15103
W	Apr 6-Jun 15	4-4:30 pm	\$120m/\$144p	15068
Th	Apr 7-Jun 16	4-4:30 pm	\$120m/\$144p	15147
Sa	Apr 9-Jun 18	9-9:30 am	\$108m/\$130p	15046

Swim Lessons Level 2 4-6 yrs

To enroll, children must be able to enter water using steps or jump in independently; open eyes underwater and retrieve submerged object; front glide, two body lengths; back float, three seconds; exit water independently.

Su	Jan 24-Mar 20	10-10:30 am	\$108m/\$130p	15006
Su	Jan 24-Mar 20	10:30-11 am	\$108m/\$130p	15007
Tu	Jan 26-Mar 22	4-4:30 pm	\$108m/\$130p	15008
W	Jan 27-Mar 23	4-4:30 pm	\$108m/\$130p	14892
Th	Jan 28-Mar 24	4-4:30 pm	\$108m/\$130p	14947
Sa	Jan 30-Mar 26	9:30-10 am	\$108m/\$130p	15005
M	Feb 1-Mar 21	4-4:30 pm	\$84m/\$101p	14919

Su	Apr 3-Jun 5	10-10:30 am	\$96m/\$115p	15069
Su	Apr 3-Jun 5	10:30-11 am	\$96m/\$115p	15070
M	Apr 4-Jun 6	4-4:30 pm	\$96m/\$115p	15060
Tu	Apr 5-Jun 14	4-4:30 pm	\$120m/\$144p	15071
W	Apr 6-Jun 15	4-4:30 pm	\$120m/\$144p	15072
Th	Apr 7-Jun 16	4-4:30 pm	\$120m/\$144p	15032
Sa	Apr 9-Jun 18	9:30-10 am	\$108m/\$130p	15044

Swim Lessons Level 3 4-7 yrs

To enroll, children must be able to enter water by jumping in; rotary breathing; back float, 30 seconds; tread water, 30 seconds.

Su	Jan 24-Mar 20	11-11:30 am	\$108m/\$130p	14902
Tu	Jan 26-Mar 22	4:30-5 pm	\$108m/\$130p	14920
W	Jan 27-Mar 23	4:30-5 pm	\$108m/\$130p	14934
Th	Jan 28-Mar 24	4:30-5 pm	\$108m/\$130p	14976
M	Feb 1-Mar 21	4:30-5 pm	\$84m/\$101p	14994

Su	Apr 3-Jun 5	11-11:30 am	\$96m/\$115p	15073
M	Apr 4-Jun 6	4:30-5 pm	\$96m/\$115p	15114
Tu	Apr 5-Jun 14	4:30-5 pm	\$120m/\$144p	15094
W	Apr 6-Jun 15	4:30-5 pm	\$120m/\$144p	15095
Th	Apr 7-Jun 16	4:30-5 pm	\$120m/\$144p	15031

Swim Lessons Level 4 6+ yrs

To enroll, children must be able to enter by jumping from side; enter headfirst from sitting and kneeling positions; bobbing while moving toward safety; rotary breathing; survival float; flutter, scissor, dolphin and breaststroke kicks on front; elementary backstroke; front crawl, 15 yards.

Su	Jan 24-Mar 20	11-11:30 am	\$108m/\$130p	14901
Su	Apr 3-Jun 5	11-11:30 am	\$96m/\$115p	15081

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

SWIM CLUBS

Pre-Team Swim Club 6-12 yrs

Designed to prepare swimmers for the swim team, this stroke clinic is for those who are interested in participating in competitive swimming.

Th	Jan 28-Jun 16	4:15-5:15 pm	\$168m/\$199p	14848
M	Feb 1-Jun 6	4:15-5:15 pm	\$133m/\$162p	14846
M & Th	Jan 28-Jun 16	4:15-5:15 pm	\$291m/\$368p	14880

Swim Club 7-14 yrs

Swimmers work on competitive skills and build endurance by swimming laps and corrected strokes. Swimmers must be able to swim one lap (50 yards) without stopping.

Th	Jan 28-Jun 16	5:15-6:30 pm	\$191m/\$235p	14869
M	Feb 1-Jun 6	5:15-6:30 pm	\$151m/\$186p	14864
M & Th	Jan 28-Jun 16	5:15-6:30 pm	\$342m/\$421p	14867

Masters Swim Club 18+ yrs

This noncompetitive recreational swim club provides challenging workouts, with individual stroke correction, for swimmers of all levels. Members only.

M&W&F	Jan 15-Jun 17	12-1 pm	\$303	14866
Punch Pass: 10 visits for \$75				
Drop-in Pass: \$8				

INDOOR SWIM MEET

Events include freestyle, backstroke, breaststroke, butterfly and individual medley. Swimmers age 5-10 compete in up to three events. Swimmers age 11-14 and 15-18 compete in up to four events.

Su	Jan 31	5-8 pm	\$30m/\$35p	14606
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ISADORE AND BERTHA GUDELSKY EXCEPTIONAL SWIM PROGRAM

The Isadore and Bertha Gudelsky Exceptional Swim Program helps children, teens and adults with orthopedic-related disabilities to enjoy aquatics. The program partners professional staff members (a coordinator, physical therapist and adaptive water instructors) and volunteers with participants to teach swimming basics and help them feel comfortable in the water.

Children & Families BENDER-DOSIK PARENTING CENTER

Lauren Dworkin

301.348.3837 | ldworkin@jccgw.org

The Bender-Dosik Parenting Center provides activities, classes and educational opportunities for the whole family. Programs allow you to connect with other 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.

Mommy and Baby Yoga 6 wks-9 mos

Moms will learn mom-baby postures and massage techniques designed to promote bonding with each other and bring a sense of calm to baby. Strengthen, stretch and relieve stress while getting to know other moms and babies.

M	Jan 25-Mar 21	11 am-12 pm	\$80m/\$90p	14986
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Music Together 0-12 mos

This introduction to Music Together is especially appropriate for infants who are not yet mobile. Meet other parents and learn fun and fascinating musical activities that you can recreate at home.

Tu	Jan 5-Mar 8	11:30 am-12:15 pm	\$225m/\$235p	14889
Tu	Apr 5-Jun 14	11:30 am-12:15 pm	\$225m/\$235p	15180

Music Together 0-5 yrs

Build on your child's natural enthusiasm for music and movement and learn the skills to support the natural process of music development.

Tu	Jan 5-Mar 8	9:30-10:15 am	\$225m/\$235p	14894
Tu	Jan 5-Mar 8	10:30-11:15 am	\$225m/\$235p	14977
Su	Jan 10-Mar 13	10-10:45 am	\$225m/\$235p	14949
Su	Jan 10-Mar 13	11-11:45 am	\$225m/\$235p	14900
Su	Apr 3-Jun 12	10-10:45 am	\$225m/\$235p	15177
Su	Apr 3-Jun 12	11-11:45 am	\$225m/\$235p	15178
Tu	Apr 5-Jun 14	10:30-11:15 am	\$225m/\$235p	15179
Tu	Apr 5-Jun 14	9:30-10:15 am	\$225m/\$235p	15181

Shabbat Shalom Playgroup 0-5 yrs

Spend a fun-filled morning celebrating Shabbat and other Jewish holidays and themes. Learn about customs, traditions and prayers through art, music, movement and storytelling. One-time registration is required at jccgw.org/parenting.

F	Feb 12-Apr 1	10-11 am	Free	15016
F	Apr 8-Jun 3	10-11 am	Free	15047

Story Time 0-5 yrs

Story Time is a joyful exploration of children's literature through song and movement. Following Story Time, enjoy imaginative play, space to climb and explore, and age-appropriate toys.

W	Feb 10-Mar 30	10-11 am	\$25m/\$30p	15004
Th	Feb 11-Mar 31	10-11 am	\$25m/\$30p	15003
W	Apr 6-Jun 1	10-11 am	\$25m/\$30p	15141
Th	Apr 7-Jun 2	10-11 am	\$25m/\$30p	15140

Parent & Tot Swim & Gym

Please see page 9.

Parent & Tot Gym Class

Please see page 9.

Child and Infant CPR 18+ yrs

Every parent and caregiver should know how and when to administer CPR. Participants will become Red Cross certified in CPR for babies and children up to 12 years old.

Tu	Jan 26	7-9 pm	\$45m/\$55p	15204
W	Apr 13	7-9 pm	\$45m/\$55p	15052

Mommy Movie Mondays 0-12 mos

Moms and babies are invited to the JCCGW auditorium where a film will be shown to an audience that doesn't mind if your baby cries! Children age 1-5 years may be dropped off at J-Club, our babysitting program, for a fee.

M	Jan 25	10 am-12 pm	\$5	15173
M	Feb 8	10 am-12 pm	\$5	15182
M	Feb 22	10 am-12 pm	\$5	15183

SONDRA AND HOWARD BENDER EARLY CHILDHOOD CENTER

JCCGW PRESCHOOL

Ora Cohen Rosenfeld

301.348.3830 | orosenfeld@jccgw.org

Register at jccgw.org/preschool.

At the JCCGW Preschool, 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. 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 staff members who meet our high standards. We offer 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!

Nitzanim - Preschool Prep 12-24 mos

Prepare your child for preschool and have fun together. Enjoy circle time, art and movement, and take trips to the playground and gym.

Th	Jan 7-Feb 25	10-11:30 am	\$110m/\$130p	15165
(2nd Participant Fee: \$60m/\$130p 15166)				
Th	Mar 3-Apr 21	10-11:30 am	\$110m/\$130p	15167
(2nd Participant Fee: \$60m/\$130p 15168)				

Children & Families (continued)

HolidayCare 2-5 yrs

HolidayCare is offered for JCCGW Preschool students in the 10-month and 12-month programs on certain Jewish holidays when the preschool is closed but the Center is open. It is available only to children enrolled in the JCCGW Preschool.

Pesach

F	Apr 29	9 am-5 pm	\$80	15169
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Shavuot

M	Jun 13	9 am-5 pm	\$80	15170
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Kid Coverage 2-5 yrs

Kid Coverage provides childcare for preschool students in the 10-month program who would like to attend school during school vacations when the 12-month program is in session.

M	Apr 25	9 am-5 pm	\$80	15087
Tu	Apr 26	9 am-5 pm	\$80	15099
W	Apr 27	9 am-5 pm	\$80	15116
Th	Apr 28	9 am-5 pm	\$80	15115

Elie Ronen Scott Family Gym

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

FAMILY ENGAGEMENT

Jennifer Radosh

301.348.3848 | jradosh@jccgw.org
jccgw.org/jplay

The JCCGW and PJ Library welcome Montgomery County families to join us for fun-filled Jewish experiences, both inside and outside the walls of the Center. Through play dates, community events and holiday celebrations, we aim to connect families and build friendships in their geographic area.

Youth, Tweens & Teens

Sarah Weissman

301.348.3767 | afterschool@jccgw.org

BEFORE-SCHOOL AND AFTER-SCHOOL CARE

Please note that children in kindergarten through grade six must be enrolled in a supervised program while at the Center on their own. Thank you for your cooperation in helping to keep our children safe.

FULL SCHOOL-YEAR PROGRAMS

Kids After School Gr K-6

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

3:30-6 pm. Participating in this full school-year program allows students to socialize with friends, complete homework with staff assistance, and stay active through a variety of supervised activities led by enthusiastic staff. Healthy snacks are offered, and credit toward JCCGW youth enrichment classes is available.

Care on days when school is out, including winter and spring breaks, is included for students participating in Kids After School on the days they are enrolled. A \$100 nonrefundable registration fee is required for all Kids After School participants. MCPS provides bus transportation to the JCCGW from Luxmanor Elementary School, Farmland Elementary School and Tilden Middle School.

Kids After-School Monthly Fees

Five days	\$430m*/\$460p
Three days	\$305m*/\$335p
Two days	\$230m*/\$250p

*Must have family-level membership to take advantage of member rates.

NEW Kids Before School Gr K-6

The JCCGW is now offering before-school care starting at 7:30 am each school day. The mornings will be filled with games, homework help and access to the computer lab. No breakfast will be served. The Farmland Elementary School, Luxmanor Elementary School and Tilden Middle School buses will stop at the JCCGW each morning to pick up children. Children who attend CESJDS will be walked across the street at 8 am. A drop-in option is available.

Kids Before School Monthly Fees

Five days	\$225m*/\$250p
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*Must have family-level membership to take advantage of member rate.

AFTER-SCHOOL PROGRAMS BY SESSION

Class Complement Gr K-6

Offered Monday-Thursday between 3:30 and 4:30 pm. This program provides **required supervision for children who are ENROLLED in an enrichment class** and who will be at the JCCGW before an enrichment class starting at 4:30 pm. Children will be escorted to their enrichment classes by a member of the JCCGW after-school staff. The children will **NOT** be picked up after class; parents are required to pick up their children **DIRECTLY** from the class. Free for members.

CESJDS Walkover: We provide complementary walkover for CESJDS students in grades K-2. Please send an email to afterschool@jccgw.org to add your child to the walkover list.

M	Feb 1-Mar 21	\$0m/\$45p	14987
Tu	Jan 26-Mar 22	\$0m/\$45p	14992
W	Jan 27-Mar 23	\$0m/\$45p	14993
Th	Jan 28-Mar 24	\$0m/\$45p	14991
M	Apr 4-Jun 6	\$0m/\$45p	15145
Tu	Apr 5-Jun 14	\$0m/\$45p	15146
W	Apr 6-Jun 15	\$0m/\$45p	15035
Th	Apr 7-Jun 16	\$0m/\$45p	15144

Class Complement Extended Gr K-6

Offered Monday-Thursday between 4:30 and 6 pm. Available for children who **need coverage for classes beginning after 4:30 pm or AFTER their class ends.** Children may do homework, read or play games. They will be escorted to and from their enrichment classes by a member of the after-school staff. This option provides coverage BEFORE and AFTER enrichment classes. A light snack will be offered.

CESJDS Walkover: We provide complementary walkover for CESJDS students in grades K-2. Please send an email to afterschool@jccgw.org to add your child to the walkover list.

M	Feb 1-Mar 21	\$110m/\$160p	14930
Tu	Jan 26-Mar 22	\$110m/\$160p	14931
W	Jan 27-Mar 23	\$110m/\$160p	14962
Th	Jan 28-Mar 24	\$110m/\$160p	14961
M	Apr 4-Jun 6	\$110m/\$160p	15117
Tu	Apr 5-Jun 14	\$110m/\$160p	15120
W	Apr 6-Jun 15	\$110m/\$160p	15121
Th	Apr 7-Jun 16	\$110m/\$160p	15118

Class Complement Daily Drop-In

This program provides required supervision on a drop-in basis. For details and to register, please contact Sarah Weissman at 301.348.3767 or sweissman@jccgw.org at least 24 hours in advance.

SCHOOL OUT DAYS GR K-6

When school is closed, JCCGW staff provides a fun and engaging day of programming such as sports, swimming, cooking and arts & crafts.

CESJDS School Out Days

M	Jan 25	7:30 am-6 pm	\$75m/\$90p	14663
F	Feb 12	7:30 am-6 pm	\$75m/\$90p	14898
M	Feb 15	7:30 am-6 pm	\$75m/\$90p	14918
Th	Mar 24	12-6 pm	\$35m/\$45p	14996
F	Mar 25	7:30 am-6 pm	\$75m/\$90p	15015
Th	Mar 31	7:30 am-6 pm	\$75m/\$90p	15040
F	Apr 1	7:30 am-6 pm	\$75m/\$90p	15041
W	Apr 20	7:30 am-6 pm	\$75m/\$90p	15150
Th	Apr 21	7:30 am-6 pm	\$75m/\$90p	15265
F	Apr 22	7:30 am-12 pm	\$35m/\$45p	15266
F	Jun 17	12-6 pm	\$35m/\$45p	15148

MCPS School Out Days

M	Jan 25	7:30 am-6 pm	\$75m/\$90p	14663
M	Feb 15	7:30 am-6 pm	\$75m/\$90p	14918
F	Feb 26	12:30-6 pm	\$35m/\$45p	14965
Tu	Apr 26	7:30 am-6 pm	\$75m/\$90p	15267
F	Jun 17	12-6 pm	\$35m/\$45p	15148

SPRING BREAK CAMPS GR K-6

Spend your break at the JCCGW enjoying arts & crafts, sports, swimming and a field trip.

CESJDS Spring Break Camp

The fee to attend all four days is \$265 for members and \$320 for the general public. The code is 15268.

M	Apr 25	7:30 am-6 pm	\$75/\$90	15269
Tu	Apr 26	7:30 am-6 pm	\$75/\$90	15270
W	Apr 27	7:30 am-6 pm	\$75/\$90	15271
Th	Apr 28	7:30 am-6 pm	\$75/\$90	15272

MCPS Spring Break Camp

The fee to attend all seven days is \$490 for members and \$590 for the general public. The code is 15096.

Th	Mar 24	7:30 am-6 pm	\$75m/\$90p	15207
F	Mar 25	7:30 am-6 pm	\$75m/\$90p	15208
M	Mar 28	7:30 am-6 pm	\$75m/\$90p	15107
Tu	Mar 29	7:30 am-6 pm	\$75m/\$90p	15038
W	Mar 30	7:30 am-6 pm	\$75m/\$90p	15112
Th	Mar 31	7:30 am-6 pm	\$75m/\$90p	15104
F	Apr 1	7:30 am-6 pm	\$75m/\$90p	15131

HOLIDAYCARE

Pesach | Day 7

HolidayCare is available to elementary school students who attend day schools and need care on days when school is out. HolidayCare is offered when the Kids After School (KAS) program is closed but the JCCGW is open.

F	Apr 29	7:30 am-5 pm	\$80	15176
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AFTER-SCHOOL CLASSES

Preschool in the Kitchen 3-5 yrs

Children explore their culinary skills by making fun and edible creations through a variety of culinary techniques.

Th	Jan 28-Mar 24	3-3:45 pm	\$225m/\$270p	15189
Th	Apr 7-Jun 16	3-3:45 pm	\$225m/\$270p	15188

Chess 5-12 yrs

This introduction to chess focuses on basic moves and piece familiarity. Students with some knowledge of chess will learn new moves.

M	Feb 1-Mar 21	4:15-5:15 pm	\$105m/\$126p	14978
M	Apr 4-Jun 6	4:15-5:15 pm	\$105m/\$126p	15048

Zumba Kids 7-12 yrs

This high-energy dance and movement class mixes great moves and music to a Latin beat.

Th	Jan 28-Mar 24	4:15-5 pm	\$165m/\$180p	15191
Th	Apr 7-Jun 16	4:15-5 pm	\$184m/\$200p	15192

ART

Debbie Clark

301.348.3777 | dclark@jccgw.org

Build Your Own Games & Toys 6-9 yrs

Students can make their own version of a toy, or invent a totally original toy out of materials such as paper, cardboard, plastic, wood and fabric.

M	Jan 25-Mar 21	4:15-5:15 pm	\$179m/\$195p	14910
M	Apr 4-Jun 6	4:15-5:15 pm	\$179m/\$195p	15074

Building with Clay 9-11 yrs

Students will create exciting objects by shaping clay while improving their hand-building skills. They can make a place setting or a sculpture, or build on other ideas.

Tu	Jan 26-Mar 22	4:15-5:45 pm	\$233m/\$251p	14903
Tu	Apr 5-Jun 14	4:15-5:45 pm	\$235m/\$255p	15062

Fun with Clay 5-8 yrs

Dive into the "mud" and create fantastic animals, vessels, wall hangings and more with clay. Learn hand-building techniques such as slab construction, pinching, coiling and sculpture, with many kinds of surface decoration.

W	Jan 27-Mar 23	4:15-5:15 pm	\$197m/\$215p	14908
W	Apr 6-Jun 15	4:15-5:15 pm	\$215m/\$235p	15061

Jewelry Making 6-8 yrs

It's fun to make bracelets, necklaces, crowns, belts and other items that you design yourself and can wear for all types of occasions. We will use beads, feathers, string, wire, sculpey and papier mache.

Th	Jan 28-Mar 24	4:15-5:15 pm	\$197m/\$215p	14907
Th	Apr 7-Jun 16	4:15-5:15 pm	\$215m/\$235p	15065

Paint and Draw

Learn the basics of painting and drawing through a step-by-step approach. Let your imagination run wild!

Young Painters - 5-8 yrs

Th	Jan 28-Mar 24	4:15-5:15 pm	\$197m/\$215p	14985
Th	Apr 7-Jun 16	4:15-5:15 pm	\$215m/\$235p	15036

Budding Artists - 9-13 yrs

M	Jan 25-Mar 21	4:15-5:15 pm	\$179m/\$195p	14968
M	Apr 4-Jun 6	4:15-5:15 pm	\$179m/\$195p	15063

Budding Artists - 10-14yrs

Tu	Jan 26-Mar 22	5:15-6:15 pm	\$197m/\$215p	14811
Tu	Apr 5-Jun 14	5:15-6:15 pm	\$215m/\$235p	14808

Scrapbooking - Real & Imaginary 9-12 yrs

Learn how to make your memories unforgettable, or build a timeless story of your own.

W	Jan 27-Mar 23	4:15-5:15 pm	\$197m/\$215p	14969
W	Apr 6-Jun 15	4:15-5:15 pm	\$215m/\$235p	15066

Super Crafters 8-11 yrs

Learn the basic skills of making objects such as bags, wallets, 3-D sculptures and 2-D collages. Develop new craft skills as you work in media such as painting, beading, needlework, decoupage and duct tape.

Tu	Jan 26-Mar 22	4:15-5:15 pm	\$197m/\$215p	14909
Tu	Apr 5-Jun 14	4:15-5:15 pm	\$215m/\$235p	15064

Youth, Tweens & Teens (continued)

DANCE

Debbie Clark

301.348.3777 | dclark@jccgw.org | jccgw.org/dance

Please note that the JCCGW School of Dance has a full schedule of classes that run from September through June. If space is still available in a year-long class, students may register with permission of the instructor at a prorated tuition. The schedule can be found at jccgw.org/dance.

Preschool

Pre-Ballet: Creative Movement 3-4 yrs

Explore dance concepts through the Magic Box filled with tricks of our trade. Music, props, art, non-competitive games and creative activities are used as tools for learning the basics of dance.

Tu Jan 26-Jun 7 3-3:45 pm \$342m/\$400p 14878

Pre-Ballet: Ballet/Tap Combo 3-5 yrs

Ballet provides an opportunity for children to learn poise, grace, coordination and strength. Tap provides the opportunity to discover different sounds and rhythms while burning off some energy.

Th Jan 28-Jun 9 3-3:45 pm \$342m/\$400p 14887

Pre Ballet: Twist & Twirl 3-5 yrs

In this introductory pre-ballet class, dance concepts will be creatively presented using poems, stories and world music.

W Jan 27-Jun 8 3-3:45 pm \$342m/\$400p 14886

Ballet

Classes consist of barre exercises and center work, focusing on overall body alignment and awareness with emphasis on proper usage of feet and legs and execution of turnout. Carriage and usage of upper torso and arms are also stressed.

Beginning Ballet I 4-5 yrs

Tu Jan 5-Jun 7 4:15-5:15 pm \$485m/\$525p 15205

Beginning Ballet II 6-8 yrs

Tu Jan 5-Jun 7 5:15-6:15 pm \$485m/\$525p 15206

Jazz

Jazz dance brings energy and life to all those who dance it. Classes explore body isolations of the head, shoulders, ribcage, feet and arms.

Intermediate I Jazz 10-13 yrs

Th Jan 7-Jun 9 6:15-7:15 pm \$503m/\$545p 15190

Street Jazz Hip-Hop

Street jazz warm-up and center exercises will start the class. Center work will add a challenge as students tackle isolations and syncopated rhythms in hip-hop. Students will be introduced to street dance styles.

Street Jazz Hip-Hop I 8-11 yrs

W Jan 6-Jun 8 4:15-5:15 pm \$503m/\$545p 15193

Street Jazz Hip-Hop II 12-16 yrs

W Jan 6-Jun 8 5:15-6:15 pm \$503m/\$545p 15195

Tap

Tap I Beginning 5-7 yrs

Tap is a fun, fast-paced style of dance that teaches rhythm, counting and coordination. Students will build listening skills, learn tap vocabulary, and connect movement response to sound and sequencing.

Th Jan 7-Jun 9 4 pm-5 pm \$503m/\$545p 15187

Yoga Kids

Students learn classic yoga postures using books, games and music. This class focuses on yogic principles, including kindness, tranquility, confidence and courage. Meditation and breathing exercises will be taught.

5-7 yrs

W Jan 20-Mar 23 4:15-5:15 pm \$165m/\$180p 15022
W Apr 6-Jun 15 4:15-5:15 pm \$188m/\$198p 15151

8-12 yrs

W Jan 20-Mar 23 5:15-6:15 pm \$165m/\$180p 15024
W Apr 6-Jun 15 5:15-6:15 pm \$188m/\$198p 15153

MUSIC

Janet Getz

301.348.3779 | jgetz@jccgw.org

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 and in Korean for piano. Please note that online registration is not available for private music lessons.

BIRTHDAY PARTIES

Sarah Weissman

301.348.3767 | birthdayparties@jccgw.org

You say it's your birthday? Celebrate with a party at the JCCGW! Parties are held on Saturdays and Sundays, and we have two great packages from which to choose. Party themes include:

- Arts & Crafts • Pirate or Superhero • Sports • Gymnastics
- Jewelry Making

ONGOING PROGRAMS

Arts Alive Jewish Learning Program

Lisa Ginsburg Arber | larber@jccgw.org

For children in kindergarten through grade 3, this interactive Jewish educational experience fosters positive Jewish identity, nurtures a love for Jewish life and learning, and inspires a passion for the arts.

Tzofim

Join the Tzofim (Israel Scouts), Shevat Gilad, made up of more than 100 fluent Hebrew speakers in grade 3 through 12 who meet every Sunday at the JCCGW to engage in Israel-related activities, all in Hebrew.

Rockville Open House

RockvilleOpenHouse@gmail.com

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

BBYO and BBYO Connect

301.984.6073 | dcc@bbyo.org

BBYO is the leading pluralistic teen movement inspiring to involve more Jewish teens in more meaningful Jewish experiences. For 90 years, BBYO has provided exceptional identity enrichment and leadership development experiences for hundreds of thousands of Jewish teens. BBYO convenes and connects 8th-12th grade teens of all backgrounds for a wide variety of educational, Judaic, athletic and advocacy programming.

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.

Sports & Recreation

Susan Fischer

301.348.3892 | sfischer@jccgw.org

Parent & Tot Gym & Swim 12-24 mos

Parents and children will have fun working on balance and coordination in the gym under the guidance of an experienced instructor, then get in the pool together for a Watertots class.

M Feb 1-Mar 21	10-11:15 am	\$147m/\$182p	14975
M Apr 4-Jun 6	10-11:15 am	\$168m/\$208p	15039

Little All-Stars Multi-Sports 3-5 yrs

Children are introduced to the basic skills and rules of different team sports such as soccer, kickball and basketball.

Tu Jan 26-Mar 22	2:45-3:15 pm	\$72m/\$90p	14937
Tu Apr 5-Jun 14	2:45-3:15 pm	\$80m/\$96p	15108

Preschool Sports & Sorts 3-5 yrs

Children are introduced to different activities and sports such as soccer, kickball and basketball.

M Feb 1-Mar 21	3-3:45 pm	\$70m/\$84p	14972
M Apr 4-Jun 6	3-3:45 pm	\$80m/\$96p	15110

Preschool Team Sports Challenges 3-5 yrs

This exciting new class offers activities outside of traditional team sports that challenge students both physically and mentally. It introduces team-building, problem-solving and physical challenges.

Tu Jan 26-Mar 22	3:30-4 pm	\$72m/\$90p	14953
Tu Apr 5-Jun 14	3:30-4 pm	\$80m/\$96p	15097

Youth Team Sports Challenges 5-8 yrs

This exciting new class offers activities outside of traditional team sports that challenge students both physically and mentally. It will introduce team-building, problem-solving and physical challenges.

Tu Jan 26-Mar 22	4:15-5 pm	\$90m/\$108p	14954
Tu Apr 5-Jun 14	4:15-5 pm	\$100m/\$120p	15098

All-Star Multi-Sports 5-7 yrs

Children will be introduced to different activities and the basic skills and rules of team sports such as soccer, kickball, floor hockey, basketball and more.

M Feb 1-Mar 21	4:15-5 pm	\$70m/\$84p	14997
M Apr 4-Jun 6	4:15-5 pm	\$80m/\$96p	15109

Ga-Ga Sport 5-12 yrs

Children will play rousing games of ga-ga and striker on the racquetball courts.

Tu Jan 26-Mar 22	5-5:45 pm	\$90m/\$108p	14915
Tu Apr 5-Jun 14	5-5:45 pm	\$100m/\$120p	15056

SPECIAL NEEDS

Sports Adventures 8-12 yrs

In this adapted physical education class, participants with special needs learn the basic skills of a variety of sports. The instructor will make any necessary adjustments so that all participants can be involved in each activity.

M Feb 1-Mar 21	5-5:30 pm	\$70m/\$84p	14951
M Apr 4-Jun 6	5-5:30 pm	\$60m/\$72p	15075

BASKETBALL

Mini Hoopsters 3-5 yrs

Children will improve their basketball skills through dribbling, passing and shooting drills and games. They will also begin to learn the basic rules of basketball.

Th Jan 28-Mar 24	3-3:45 pm	\$90m/\$108p	14938
Th Apr 7-Jun 16	3-3:45 pm	\$100m/\$120p	15076

Basketball Skills Level 1 5-7 yrs

This introduction to basketball includes fundamentals such as ball-handling, shooting, passing and defense. Mini games and contests will be incorporated.

Th Jan 28-Mar 24	4:15-5 pm	\$90m/\$108p	14896
Th Apr 7-Jun 16	4:15-5 pm	\$100m/\$120p	15043

Basketball Skills Level 2 8-12 yrs

Though participants will continue to work on the fundamentals, they should already be comfortable with dribbling, passing and shooting. This class will cover defenses, offensive positions, the triple threat position and rebounding.

Th Jan 28-Mar 24	5-5:45 pm	\$90m/\$108p	15011
Th Apr 7-Jun 16	5-5:45 pm	\$100m/\$120p	15111

GYMNASTICS

Parent & Tot Gymnastics 1-3 yrs

Under the guidance of an experienced instructor, parents will lead children through gymnastics warm-ups and stretching, and then introduce them to gymnastics apparatus.

W Jan 27-Mar 23	10-10:30 am	\$108m/\$126p	14952
W Apr 6-Jun 15	10-10:30 am	\$100m/\$120p	15077

Tumble Tots Gymnastics 3-4 yrs

Children will be introduced to the basic terminology and fundamentals of gymnastics. They will work on balance and coordination.

W Jan 27-Mar 23	2:45-3:15 pm	\$90m/\$108p	14957
W Apr 6-Jun 15	2:45-3:15 pm	\$100m/\$120p	15138

Super Tots Gymnastics 4-5 yrs

Children will be introduced to the basic terminology and fundamentals of gymnastics. They will work on balance and coordination.

W Jan 27-Mar 23	3:30-4:15 pm	\$108m/\$126p	14890
W Apr 6-Jun 15	3:30-4:15 pm	\$100m/\$120p	15137

Jump Around Gymnastics 1 5-8 yrs

Children play on specialized gymnastics equipment in this class, which provides them the opportunity to develop balance-beam skills, cartwheels, rolls and bar work.

W Jan 27-Mar 23	4:30-5:15 pm	\$108m/\$126p	14955
W Apr 6-Jun 15	4:30-5:15 pm	\$120m/\$140p	15139

Jump Around Gymnastics 2 8-12 yrs

Children play on specialized gymnastics equipment in this class, which provides them the opportunity to develop balance-beam skills, cartwheels, rolls and bar work.

W Jan 27-Mar 23	5:15-6 pm	\$108m/\$126p	14956
W Apr 6-Jun 15	5:15-6 pm	\$120m/\$140p	15136

KARATE

Lil Dragons Karate 3-5 yrs

This introduction to Tae Kwon Do teaches basic martial arts techniques, as well as life and safety skills, through fun activities and drills.

M Feb 1-Jun 6	3:15-4 pm	\$289m/\$334p	14877
W Jan 27-Jun 15	3:15-4 pm	\$366m/\$423p	14879

Kid Tiger Karate 5-8 yrs

For beginner/intermediate students.

M Feb 1-Jun 6	4:15-5 pm	\$289m/\$334p	14865
W Jan 27-Jun 15	4:15-5 pm	\$366m/\$423p	14863
M&W Jan 27-Jun 15	4:15-5 pm	\$655m/\$757p	14862

Sports & Recreation (continued)

Beginner Karate 9+ yrs

For beginners with no belt through purple belt/green stripe.

M&W Jan 27-Jun 15 5-5:45 pm \$655m/\$757p 14881

Intermediate/Advanced Karate 9+ yrs

For intermediate/advanced students with a green belt through brown belt/red stripe.

M&W Jan 27-Jun 15 5:45-6:30 pm \$655m/\$757p 14882

Advanced/Black Belts and Adults Karate 9+ yrs

M&W Jan 27-Jun 15 6:30-7:15 pm \$655m/\$757p 14861

SPORTS LESSONS

Anthony Hunter

301.348.3852 | ahunter@jccgw.org

Private and semi-private lessons are offered in gymnastics, basketball, karate and more.

JCC MACCABI GAMES

Susan Fischer

301.348.3892 | sfischer@jccgw.org

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

MID-ATLANTIC JUNIOR GAMES

Caroline Cardullo

301.348.3890 | ccardullo@jccgw.org

For athletes age 10 to 12, the Mid-Atlantic Junior Games are a one-day experience modeled after the JCC Maccabi Games.

ADULT SPORTS

Anthony Hunter

301.348.3852 | ahunter@jccgw.org

Mamanet 18+ yrs

The Israeli game of Mamanet (called Newcomb in the US) is a competitive game similar to volleyball. Players must catch the ball before passing it back over the net, making those with little or no background in team sports able to participate.

Tu Jan 26-Mar 22 7-8 pm \$90m/\$108p 14970

Tu Apr 5-Jun 14 7-8 pm \$150m/\$160p 15201

Spring Softball League 18+ yrs

Grab your bat, step up to the plate and register for our co-ed softball league! We have divisions for various skill levels. Register as a team or individually.

Sunday League

Su Apr 10-Jul 31 9 am-12 pm \$1,500m/\$1,500p 15196

Weekday League

M,Tu Apr 18-Aug 2 6:30-10 pm \$1,300m/\$1,300p 15197

Free Drop-in Adult Sports 18+ yrs

Basketball | Members only | Tu & Th 6-10 pm

Volleyball | Open to all | M 7-9 pm

Fitness

301.348.3891

The JCCGW's Weinberg Health & Fitness Center features basketball, racquetball and squash courts; clean and cutting-edge equipment with cardio theater; free weights; adult and family locker rooms; personal training; and babysitting.

Tai Chi 18+ yrs

Tai Chi uses gentle flowing movements to reduce the stress of a busy lifestyle and improve balance, agility and health.

M Jan 18-Mar 21 11:30 am-12:30 pm \$99m/\$149p 14964
M Apr 4-Jun 6 11:30 am-12:30 pm \$99m/\$149p 15122

GROUP EXERCISE

Megan Riggs

301.348.3710 | mriggs@jccgw.org

We offer more than 100 weekly group and specialty exercise classes, including Kangoo, Yoga, Total Body Conditioning, Zumba, BODYPUMP™ by Les Mills and Boot Camp. Watch for news about new pre- and post-natal classes, and barre and belly dance workshops and classes.

PERSONAL TRAINING

Dahhia Smith Johnson

301.348.3894 | dsmith-johnson@jccgw.org

Age 13+. Customized fitness training programs designed to help you meet your fitness goals.

Junior Strength Training 10-14 yrs

Our youth fitness classes are designed to help youth be more active through cardio exercise, calisthenics and use of strength equipment.

W Feb 3-Mar 23 4:30-5:30 pm \$110m/\$130p 14932
W May 4-Jun 8 4:30-5:30 pm \$95m/\$110p 15101

Plyo-Tensity 15-18 yrs

This class focuses on speed, agility and plyometrics, intense bursts of activities designed for higher burn in a shorter period of time. It will boost your metabolism while challenging your cardiovascular system.

W Feb 3-Feb 24 6-6:45 pm \$90m/\$100p 15184
W May 4-Jun 8 6-6:45 pm \$120m/\$135p 15089

TRX Training 16+ yrs

This new category of exercise for all fitness levels leverages your body weight and gravity using the TRX to develop strength, balance, flexibility and core stability simultaneously.

Th Feb 4-Mar 24 12:30-1:15 pm \$110m/\$130p 15185
Th Feb 4-Mar 24 6:30-7:15 pm \$110m/\$130p 14982
Th Apr 14-Jun 9 10:30-11:15 am \$110m/\$130p 15102

Women With Weights 16+ yrs

This women-only program is designed to target multiple muscle groups at once. In a short amount of time, you will build lean muscle, lose body fat and burn calories.

M&F Feb 1-Mar 14 9:30-10:30 am \$135m/\$150p 14999
M&F May 2-27 9:30-10:30 am \$95m/\$110p 15088

PARKINSON'S WELLNESS INITIATIVE

Megan Riggs

301.348.3710 | mriggs@jccgw.org

The JCCGW offers classes for individuals with Parkinson's disease as part of the Edmond J. Safra National Parkinson's Wellness Initiative. Held at the JCCGW in partnership with Georgetown University Hospital, the program is designed to improve the lives of those impacted by Parkinson's through fitness, support, education and socialization. It includes classes in chair-based strengthening, yoga fitness and NIA (neuromuscular integrated action) and a care partner support group.

NPF: Ageless Grace/NIA

Ageless Grace consists of 21 simple exercise tools designed for all ages and abilities.

Su Jan 17-Apr 3 1-2 pm \$85m 14936

NPF: Chair-Based Strength

This full-body workout is designed especially for Parkinson's patients to help improve and maintain Activities of Daily Living and to help improve quality of life by working on balance, strength, flexibility and range of motion.

Tu Jan 19-Apr 5 1-2 pm \$85m 14935

NPF: Yoga

Participants will go through postures or asanas from lying down to seated to standing in this class designed to help improve flexibility and range of motion, and decrease feelings of stress and tension. Must be able to move from the floor to standing.

Th Jan 21-Apr 7 1-2 pm \$85m 14929

J-CLUB BABYSITTING

Parents can work out or attend a program at the JCCGW while their children, age 3 months to 5 years, have fun in our supervised play room. Please pay in advance at the membership desk.

Monday-Thursday 8:30 am-12:30 pm & 4:30-7:30 pm
 Friday 8:30 am-12:30 pm
 Saturday 9 am-2 pm
 Sunday 9 am-1 pm

Hours subject to change. Please call 301.348.3800 to confirm.

Fee per hour, per child: \$3m/\$6p

Fee for 10-hour card, per child: \$30m/\$60p

Unlimited Pass: \$20 per month (members only)

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.

Adults**DANCE**

Debbie Clark

301.348.3777 | dclark@jccgw.org

Alvin Mayes Modern Dance Workshop 18+ yrs

Dancer and choreographer Alvin Mayes, a member of the dance faculty at the University of Maryland, teaches this enjoyable, flowing and challenging class.

Th Jan 28-Mar 24 9:30-10:45 am \$184m/\$192p 14950
 Th Apr 7-Jun 16 9:30-10:45 am \$184m/\$192p 15143

GAMES

Meryl Trachtman

301.348.3808 | mtrachtman@jccgw.org

Beginner Mah Jongg 18+ yrs

Learn the basics of this fun and challenging game, including rules, strategy and etiquette. Meet other players or form your own group. Purchase the National Mah Jongg League Card.

W Mar 30-Apr 20 10:30 am-12:30 pm \$60m/\$75p 15119

Intermediate Mah Jongg 18+ yrs

This class focuses on strategies and choosing hands. It is for players who know the basics of the game.

Tu Mar 8-29 7-9 pm \$60m/\$75p 14906
 Tu Apr 26-May 17 7-9 pm \$60m/\$75p 15123

Beginner Bridge 18+ yrs

This course is for bridge newcomers, and players who need a refresher. It will cover the fundamentals of modern bidding and play of the hand, and some defensive principles.

Th Apr 7-May 12 7-9 pm \$135m/\$150p 15149

Intermediate Bridge 18+ yrs

For players who have played bridge for a year or more, this class will include all forms of bidding.

W Feb 17-Mar 23 7-9 pm \$135m/\$150p 14966

Duplicate Bridge

Join fellow bridge lovers for drop-in duplicate bridge on Mondays at 7:15 pm at the Center.

HEBREW & YIDDISH

Rivka Degani

301.348.3810 | rdegani@jccgw.org

Hebrew Aleph I 14+ yrs

Students should be familiar with present tense and infinitive, and have a vocabulary of 300 words.

Tu Feb 9-Jun 21 9-11 am \$420 14857

Hebrew Aleph I 14+ yrs

This class is for students with no previous Hebrew knowledge. Both the cursive and printed alphabets are taught, along with vocabulary for basic dialogue.

Th Mar 3-Jun 23 7:30-9:30 pm \$400 14855

Hebrew Aleph II 14+ yrs

Students should be familiar with present tense and infinitive, and have a vocabulary of 300 words.

Tu Feb 9-Jun 21 11 am-1 pm \$420 14841

Hebrew Bet II 14+ yrs

This class is for students who are familiar with active verb conjugations of all groups in present and past tenses, inflection of prepositions, and definite smikhut. We will review tenses, learn the future tense and extend vocabulary.

Tu Feb 9-Jun 21 7:30-9:30 pm \$420 14856

Hebrew Bet 14+ yrs

This class is for students who have mastered basic conjugation in present tense and infinitive active verb groups, and have a vocabulary of 400 words. We will work on past tense, possessive form, and will enrich vocabulary.

Th Feb 11-Jun 23 7:30-9:30 pm \$420 14871

Hebrew Gimel 14+ yrs

Students should have a good command of basic vocabulary, as well as understanding of the infinitive, present and basic past tense verbs. We will learn future tense, declension of prepositions and conjunction.

M Feb 15-Jun 27 7:30-9:30 pm \$420 14851

Hebrew Gimel 2 14+ yrs

Students should be familiar with active verb conjugations of all groups in present and past tenses, basic future tense, inflection of prepositions, and definite smikhut.

W Feb 3-Jun 15 9:30-11:30 am \$420 14868

Hebrew Gimel 2 14+ yrs

Students should have a good command of basic vocabulary and understanding of the infinitive, present and some basic past tense verbs. Course will review past tense, introduce future tense, and extend vocabulary.

W Feb 3-Jun 15 7:30-9:30 pm \$420 14858

Adults (continued)

Hebrew Gimel 3 14+ yrs

This class is for students who know the present, past and some future tense. We will review all tenses and study the future tense, declension of prepositions, and syntax.

M Feb 15-Jun 27 4:45-6:45 pm \$420 14853

Hebrew Gimel 3 14+ yrs

This class is for students who have mastered basic conjugation in active verb groups. We will work on passive verb forms, and acquire new vocabulary.

F Feb 5-Jun 24 10 am-12 pm \$420 14852

Hebrew Dalet 14+ yrs

For students who have mastered basic conjugation in active verb groups, this class will work on passive verb forms, review tenses, and acquire new vocabulary.

Th Feb 11-Jun 23 7:30-9:30 pm \$420 14876

Hebrew Vav 14+ yrs

For students who have previously studied in the Hebrew Ulpan program and are familiar with active verb conjugations, definite smikhut, conditional and accusative clauses, this class is conducted entirely in Hebrew.

W Feb 3-Jun 15 11:30 am-1:30 pm \$420 14860

Hebrew Vav 14+ yrs

For students who have previously studied in the Hebrew Ulpan program and are familiar with active verb conjugations, definite smikhut, conditional and accusative clauses, this class is conducted entirely in Hebrew.

W Feb 3-Jun 15 7:30-9:30 pm \$420 14849

Advanced Hebrew

This class is taught with an emphasis on conversation. We will read about current events in Israeli newspapers and listen to Israel broadcast news.

M Feb 15-Jun 27 7-9 pm \$420 14847

Yiddish

This course introduces spoken and written Yiddish using dialogues, songs, oral exercises, proverbs and video clips to build basic speaking and listening skills.

Th Feb 4-Apr 21 7:30-9 pm \$200 14838

SPORTS & RECREATION

Please see page 10.

JEWISH FAMILY LIVING & LEARNING

Rabbi Elyssa Auster

301.348.3861 | eauster@jccgw.org

MINDFULNESS SERIES

Tu B'Shevat Seder and Meditation

Guided meditation of the natural world will enhance the meaning of the fruit and nut seder in celebration of Tu B'Shevat. Come with an appetite for mindfulness and delicious edible delicacies.

M Jan 25 7-8:30 pm \$10 15209

Joy Meditation: In Honor of Rosh Chodesh Adar

When the Hebrew month of Adar enters, our joy is supposed to increase. Join Rabbi Elyssa for a Rosh Chodesh, New Month, ritual and meditation focused on joy!

Su Feb 7 2:30-4 pm Free 14924

Shabbat Chanting and Meditation

Join Rabbi Elyssa Joy Auster for a peaceful and joyful morning of Shabbat meditation and chanting. Through song, meditation and Torah study, you will be renewed, uplifted and fulfilled.

Sa Feb 20	10:30 am-12 pm	Free	15210
Sa Mar 5	10:30 am-12 pm	Free	15211
Sa Apr 2	10:15 am-11:45 pm	Free	15082

Pre-Purim Spirituality Retreat

Join The Kirtan Rabbi, Andrew Hahn, Ph.D., and Rabbi Elyssa Joy Auster as we spiritually nourish ourselves for Purim. The day will include an art project, meditation and spiritual teachings to make the holiday more meaningful. Lunch and snacks will be vegetarian. Register by January 15 for a special rate of \$54.

Su Mar 13 9:30 am-4:30 pm \$64 15212

Mindful Meet and Greet Meditation

Let's celebrate four successful seasons of Mindfulness. We will meet and greet each other with snacks and seated meditation.

Su May 1 2-4 pm Free 15084

Passover Yoga

Discover a way of relating to the Passover seder with Yoga poses.

Su Apr 17 2:30-4 pm \$10 15086

SPECIAL NEEDS

Leah Schwartz

301.348.3735 | lschwartz@jccgw.org

The Center hosts social groups for individuals age 18+ who have learning, intellectual and other developmental disabilities. We also offer exciting new programs for individuals with special needs and their families, such as innovative art classes and parent respite opportunities.

IT'S ALL AT THE JCC: ADULT LIVING AND LEARNING

Debbie Sokobin

301.348.3760 | dsokobin@jccgw.org

At the JCCGW, one can fulfill ALL of the keys to healthy aging! Work out in our fitness center to maintain your body and reduce stress, cultivate relationships through our social groups, enjoy a nutritious kosher meal, and keep your brain stimulated through our new ALL (Adult Living and Learning) program.

ALL: Ceramics Class

Get your creative juices flowing while learning how to use the pottery wheel and how to work with clay.

Tu Feb 2-Mar 8 10 am-12 pm \$40m/\$50p 14839
Materials fee: \$15 14874

W Feb 3-Mar 9 10 am-12 pm \$40m/\$50p 14842
Materials fee: \$15 14854

ALL: A Visitor's Guide to Mind-Brain Science - The Brady Lecture

This course will begin with an overview of the brain. Two neuroscientists from NIH will share current research on this subject. Dinner is included.

W Feb 10, 17 6:30-8 pm \$12m/\$18p 14840

ALL: Clash of Secular & Orthodox

Each session will consist of an episode of the award-winning Israeli TV miniseries, *A Touch Away*, followed by class discussion.

W Mar 9-Apr 13 10:30 am-12 pm \$30m/\$40p 14888
Th* Mar 10-Apr 14 10:30 am-12 pm \$30 15202

*The Thursday class is held at Leisure World

Adults (continued)

ALL: Jewish Communities Around the World

Former Jewish Federation executive Elton Kerness will lead an in-depth study of Jewish customs and practices in Australia, Brazil, Portugal, Japan and Zimbabwe.

W Feb 10-Mar 9 11 am-12 pm \$25m/\$35p 14875

ALL: Jewish Women of Song

This class is held at Leisure World. Explore the contributions of Jewish women to music and of women to Jewish music. We will learn about the lives of Sophie Tucker, Fanny Brice and Dinah Shore with performer Karen Webber Gilat.

Th Mar 10-24 1-2 pm \$15 15203

ALL: The Fight for Civil Rights

This class, taught by Paul Levy, will cover the profound historical period of the 1960s, focusing on minorities, the 1964 and 1965 Civil Rights Acts, LGBT rights and equality issues, and women's rights and issues.

Tu Feb 2-Mar 1 10-11:15am \$25m/\$35p 14870

ONGOING PROGRAMS

Debbie Sokobin

301.348.3760 | dsokobin@jccgw.org

Coming of Age in Maryland

Activities, programs, excursions, social services and special events for individuals age 60+. Call 301.348.3832

Discussion Groups

Men's Club and Women's Connections meet weekly to discuss topics of interest.

Gateways

Through this comprehensive program for speakers of other languages (ESOL), immigrant seniors (predominantly from the Former Soviet Union) learn English from a staff of dedicated volunteers.

ESOL 60+ yrs

Classes focus on English, daily life skills, reading and conversation.

Tu & Th Jan 5-May 19 10-11:30 am \$40 14843

Russian Computer Class

Tu & Th Jan 5-May 19 12-1:30 pm \$20 14859

Citizenship

Citizenship classes are offered at the JCCGW through Baltimore City Community College. Contact Yana Cascioffe at 410.580.2772 or ycascioffe@bcc.edu.

Howard Lessoff History Club

History buffs meet monthly at the Center.

Internal Light

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

Mix & Mingle for Baby Boomers & Kindred Spirits

Created for singles age 60+, this active group is for people who like to exchange ideas and meet others. Talk, schmooze, and make lasting personal connections.

New Friends

Social group for individuals age 60+.

Parkinson's Wellness Initiative

Held at the JCCGW in partnership with Georgetown University Hospital, the Parkinson's Wellness Initiative is designed to

improve the lives of those impacted by Parkinson's through fitness, support, education and socialization. For details, please see page 10.

Primetimers

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

Selma Sweetbaum Senior Satellite Program

Meet new friends, discuss cultural topics and current events, have your blood pressure monitored, exercise, be entertained, and enjoy a delicious hot kosher lunch at sites throughout Montgomery County and Prince George's County.

Senior Chorus

Directed by Frieda Enoch, the chorus meets on Tuesdays from 1 to 2:30 p.m. at the JCCGW. Anyone who loves to sing is welcome to join.

Tuesdays @ the J

Join us for any or all of the following activities: weekly chair exercise; monthly blood pressure check; Yiddish conversation group led by Hilda Rubin; delicious hot kosher meal (a \$5 donation is suggested); and educational and entertaining programs.

Volunteers

Support the JCCGW with your gift of time, talent and expertise. Visit jccgw.org/volunteer for volunteer opportunities.

BOOK CLUBS

Jennifer Smith

301.348.3778 | jsmith@jccgw.org

The Center hosts the JCCGW/Hadassah Book Club, Books & Fellowship for Jewish singles age 45+, and the NCJW Book Club.

JCCGW/Hadassah Book Club Schedule

Thursdays at 1 pm

January 14	"50 Children" by Steven Pressman
March 10	"Ismael's Oranges" by Claire Hajaj
May 12	"Henna House" by Nomi Eve
June 16	"In the Courtyard of the Kabbalist" by Ruhama King Feuerman

CONCERTS

Janet Getz

301.348.3779 | jgetz@jccgw.org

jccgw.org/concerts

For the Polinger Artists of Excellence Concert Series schedule, please see page 17.

Concert for Families and Children

Peter and the Wolf

Monday, January 18 | 11 am & 2:30 pm

Presented through a grant from The Howard and Geraldine Polinger Family Foundation, the JCCGW is thrilled to present a special full-orchestral production of this timeless musical tale, complete with narrator, props and tons of fun!

Special Concert Event

Ariel Horowitz, Violin Recital

Sunday, January 24 | 3 pm

New Orchestra of Washington (NOW)

"Essences" with Violist Marcus Thompson

Sunday, March 6 | 7 pm



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 9/1/16
- Adom 5's | Age 5 by 9/1/16 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.

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.



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 an overnight and a late stay and Friday recreational swim at Camp JCC.

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, hip-hop, 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

Junior Maccabiah Entering Grades 1-3 Senior Maccabiah Entering Grades 4-7

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/t-ball, 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 27-July 8 (no camp July 4) includes 1 week overnight travel to Pittsburgh. Kosher style meals provided.
- July 11-July 22 includes 1 week overnight travel to North Carolina. Kosher style meals provided.

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.

CAMP JCC 2016 SESSION DATES & HOURS

Session 1 (2 weeks)

June 27 – July 8 (no camp Friday July 4)

Session 2 (2 weeks)

July 11 – 22

Session 3 (3 weeks)

July 25 – August 12

Camp Hours
9 a.m.-4 p.m.

AM/PM Extended Day Options*
7:30-9 a.m. or 4-6 p.m.
*For an additional fee.

APPLY AT JCCGW.ORG/CAMP

NEW YEAR'S RESOLUTIONS

Lose weight ✓

Exercise ✓



Join the JCCGW Health & Fitness Center ✓

NEW YEAR, NEW YOU

— \$0 Initiation Fee in January! —

— 50% OFF Initiation Fee in February! —



Jewish Community Center
of Greater Washington

JCCGW | 6125 Montrose Road | Rockville, MD 20852
jccgw.org | 301.945.4836

Bender Early Childhood Center at the JCC of Greater Washington

Our Teachers Make the Difference



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

- Preschool for children age 24 months to 5 years
- Half-day and full-day options, 7:30 a.m. until 6 p.m.
- Free membership with full-year enrollment

Enrollment is open to the public as of January 18.

jccgw.org/preschool

301.348.3839 | preschool@jccgw.org

GOLDMAN ART GALLERY

Lisa Del Sesto
301.348.3756
ldelsesto@jccgw.org

The JCCGW is proud to host meaningful exhibits revolving around the Jewish experience, identity and culture in a beautiful, warm and welcoming gallery space.

jccgw.org/gallery

Gildenhorn/Speisman Center for the Arts Exhibits

The JCCGW gratefully acknowledges The Kaplan Family Foundation for supporting these exhibits. The exhibits are open when the JCCGW is open.

SIMPLY THE BEST Washington School of Photography Camera Club

Jan 1-31
Reception: Sunday, Jan. 10 | 2-4 pm

THE SOUND OF COLOR By Sharon Dar

Feb 7-28
Opening reception:
Sunday, Feb 7 | 2-4 pm

RESPONSES: A Survey of Narrative Paintings by Gerald Wartofsky

Mar 13-Apr 10

SENIOR ADULT ART SHOW

A Lifetime of Perspective: Art by Older Adults May 1-June 5

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 artshow@jccgw.org. Work must have been done in the last five years. Space is limited.

This annual exhibit 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.



Washington Jewish Film Festival

The Washington DC JCC's Washington Jewish Film Festival is an exhibition of international cinema that celebrates the wonderful diversity of Jewish history, culture and experience through the moving image. As part of the Festival, the JCC of Greater Washington will feature the following films:

Encirclements In Hebrew with English subtitles Saturday, February 27 7:30 p.m.



Aharon Ninio, 13 years old, is the only child of parents who are unable to conceive again. He is determined to win the honor of carrying the Torah scrolls on Simhat Torah. The belief that he who carries the Torah may ask God for anything on behalf of others can elevate Aharon's status in the neighborhood and win his distant father's approval and love. But after Aharon wins the honor, his achievement brings ancient tensions to the surface. This tension becomes unbearable and on the night of the honorary round, the Torah slips from his hands and shatters on the ground and the symbolic, happy ceremony becomes a life-threatening struggle.

Encirclements uses cultural and religious rituals to depict the kind of private ceremonial traditions that exist in every family, all within the tumultuous and humor-filled life of people who are on the margins of society.

Raise the Roof They set out to reconstruct a lost synagogue. They recovered a lost world. Sunday, February 28 11:30 a.m.



Rivaling the greatest wooden architecture in history, the synagogues of 18th-century Poland inspired artists Rick and Laura Brown of Handhouse Studio to embark on a 10-year pursuit to reconstruct the elaborate roof and painted ceiling of the Gwozdziec synagogue. Leading over 300 students and professionals from 16 countries, the Browns grapple not just with the echoes of World War II when these buildings were destroyed by the Nazis, but also with warped timbers, tricky paints and period hand tools. By the end of the project, they have done more than reconstruct a lost synagogue: they have recovered a lost world. In 2014, the Gwozdziec roof was unveiled as the centerpiece of the POLIN Museum of the History of Polish Jews in Warsaw.

Look at Us Now, **Mother** Sunday, February 28 2 p.m.



As told through the filmmaker's story, this film is about the transformation of a highly-charged mother/daughter relationship from Mommie Dearest to Dear Mom, from hatred to love. It is an unflinching look at the complex bond between mother and daughter that reveals insights into family behaviors, patterns and generational, societal, cultural and individual histories. The film takes the audience on a journey spanning decades and continents, filled with conflict and emotional land mines. Told through biting humor and raw honesty, this is an intimate story about family dysfunctions and forgiveness.

For more information or to purchase tickets, please visit jccgw.org or washingtondjcc.org, or contact Jennifer Smith at 301.348.3778 or jsmith@jccgw.org.

IMAGINE

A Night Supporting Scholarships at the 

Thursday, May 19

Watch for details at jccgw.org and in *Center Scene* magazine, or contact Jodi Shulimson at 301.348.3769 or jshulimson@jccgw.org.

7th ANNUAL HEALTH & WELLNESS EXPO

**Thursday, May 26
at Leisure World**

Presented by
JCC of Greater Washington's
Coming of Age in Maryland

Co-sponsored by Jewish
Residents of Leisure World

Watch for details at jccgw.org
and in *Center Scene* magazine,
or call 301.348.3832.

2015-2016 POLINGER ARTISTS OF EXCELLENCE CONCERT SERIES | 44TH SEASON | SUNDAYS AT 7:30 PM



**JENNIFER KOH
& SHAI WOSNER**
Violin + Piano
March 13, 2016



ORLI SHAHAM
Piano
April 10, 2016



CLAREMONT TRIO
Piano Trio
May 1, 2016



Jewish
Community
Center of
Greater
Washington

Tickets available at
www.jccgw.org/concerts



**Thursday, February 11
6:30-9:30 pm**

MC Live presents an evening of comedy to benefit seven Jewish community organizations dedicated to providing the best quality of life to individuals with disabilities. MC Live is a collaborative venture hosted by the Jewish Community Center of Greater Washington, Capital Camps, Friendship Circle, Jewish Foundation for Group Homes, Jewish Social Service Agency, Matan and Sulam. For details or to purchase tickets, please contact Leah Schwartz at 301.348.3735 or lschwartz@jccgw.org.

ISRAEL FEST

SUNDAY, JUNE 5 AT THE JCCGW

Join us as we celebrate Israel @ 68! Watch for details in Center Scene and at jccgw.org, or contact Jennifer Smith at 301.348.3778 or jsmith@jccgw.org.



APRIL 10, 2016 IS GOOD DEEDS DAY.

Join the Greater Washington community, along with 930,000 volunteers from around the world, in a day of service. To participate with the JCCGW, watch for details in Center Scene and at jccgw.org, or contact Stacy Katz Olivera at 301.348.3889 or solivera@jccgw.org.



JOIN US **April 10, 2016**
in Doing A
World of Good

presented by
The Jewish Federation
of Greater Washington



BE THE GOOD YOU WANT TO SEE IN THE WORLD.

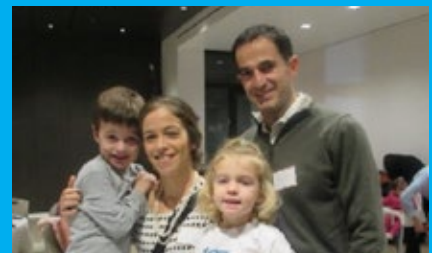
SHABBAT SHABBANG

FRIDAY, MARCH 11

FRIDAY, MAY 13

Shabbat Shabbang is a new initiative that helps fulfill part of the JCCGW's mission to provide meaningful experiences and connections for young families. Families are invited for a special evening featuring a seasonally-inspired gourmet meal, engaging entertainment, and meaningful arts & craft activities. Shabbat Shabbang was piloted by JCC Manhattan and now, thanks to funding from the Gottesman Fund, we're fortunate to be able to offer it at the JCCGW this year.

Watch for details in Center Scene and at jccgw.org, or contact Lauren Dworkin at 301.348.3837 or ldworkin@jccgw.org.



Shabbat Shabbang is part of a national Shabbat program created by JCC Manhattan and funded by The Gottesman Fund.

jcc manhattan
A BENEFICIARY OF UJA-FEDERATION



JEWISH COMMUNITY CENTER OF GREATER WASHINGTON
6125 Montrose Road | Rockville, MD 20852
jccgw.org | 301.881.0100

REGISTER AT
JCCGW.ORG



New for 2016-17!
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Experience CESJDS firsthand by visiting our campuses. Call 301-692-4870 to schedule a tour!

Visit our website at www.cesjds.org/events to view a calendar of upcoming events.

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301-692-4870

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Discover six senior living options conveniently located on a campus in Rockville, each infused with **Jewish values.** We are unique in having full-time physicians on campus solely dedicated to serving residents, and in creating the ElderSAFE Center to safeguard seniors from abuse.

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Memory Care Residence	Cohen-Rosen House	301.816.5050
Outstanding Post-Acute Care Respectful Long-Term Care	Hebrew Home	301.770.8476
Safeguarding seniors from abuse	ElderSAFE Center	301.816.5099
Medical care focused on seniors	Hirsh Health Center	301.816.5004

www.smithlifecommunities.org



Charles E. Smith Life Communities