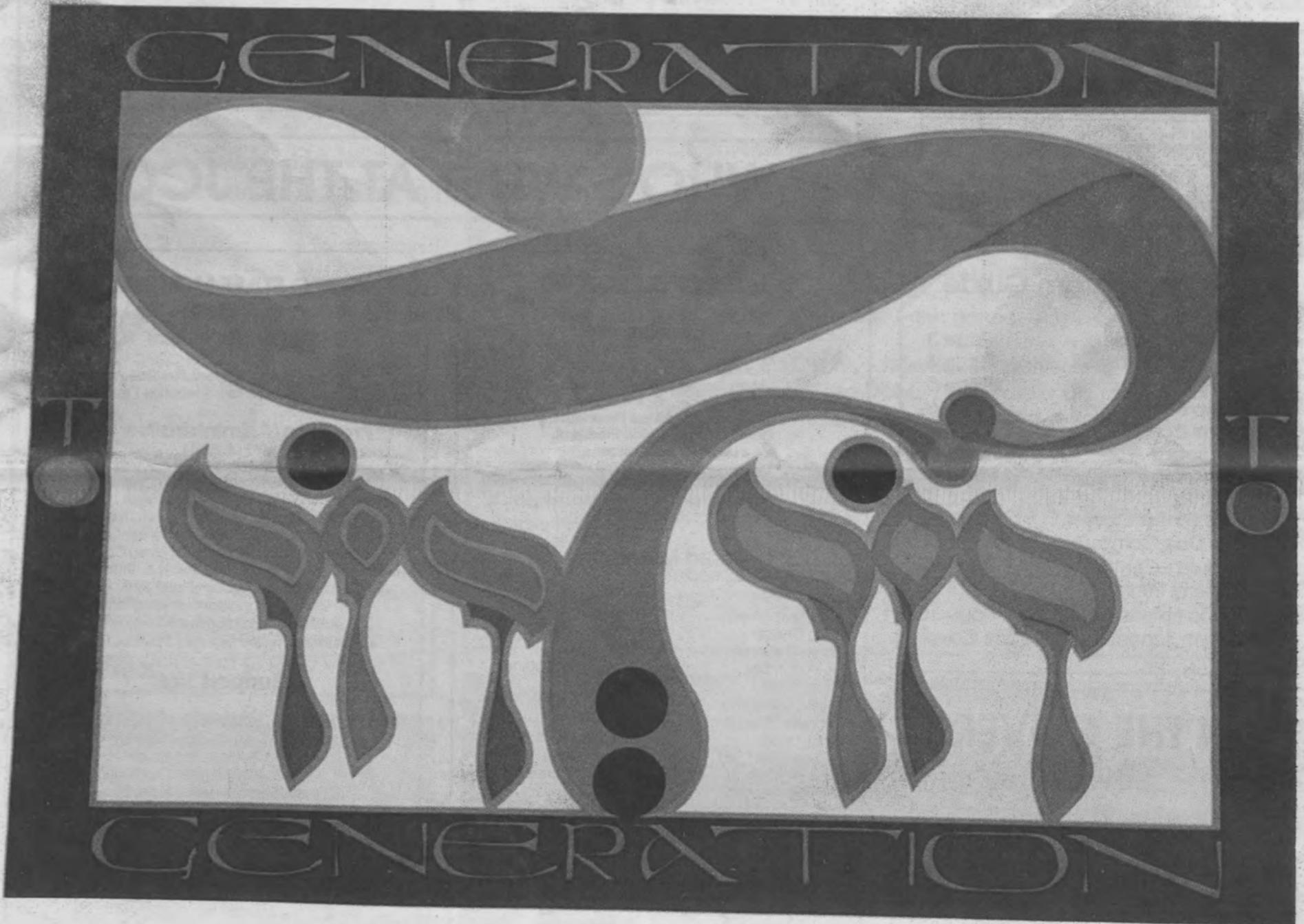


# SUMMER PROGRAM GUIDE

Jewish Community Center  
of Wilmington, Delaware



Dor L' Dor

Mordechai Rosenstein

*Dedicated to Ninety Years of Service  
to the Community*

1901

1991

# CALENDAR OF PROGRAMS AND EVENTS

## JUNE 1990

June 8 Summer hours in effect  
 June 9 90th Anniversary Campus Bash  
 June 12 Calligraphy Class  
 June 12 Bridge Class  
 June 17 Pre-Camp Begins  
 June 18 Camp Staff Orientation Begins  
 June 19 Trip to New York - Miss Saigon  
 June 22 Campus Late Night Swim  
 June 23 Camp Open House  
 June 23 Poolside Entertainment  
 June 24 Day Camp Begins

## JULY 1991

July 4 Camp and Center Closed  
 Family Campus Open  
 July 10 Kochavim Late Stay  
 July 11 Camp Parents Nights  
 July 11 Chalutzim Overnight  
 July 14 Children's Theatre & Dinner  
 July 16 Chaverim Overnight  
 July 20 Campus Late Night Swim  
 July 21 YJAD Campus Picnic  
 July 21 Sunday Funday at Campus  
 July 22 Camp 2nd Session Begins

## AUGUST 1991

Aug. 1 Chaverim Overnight  
 Aug. 1 Camp Family Night  
 Aug. 4 Children's Theatre & Dinner  
 Aug. 8 Chalutzim Overnight  
 Aug. 14 Kochavim Late Stay  
 Aug. 14 YJAD Barbecue  
 Aug. 16 Last Day of Camp  
 Aug. 17 Health & Fitness Facilities  
 Close for Refurbishment  
 Aug. 19 Post-Camp Begins  
 Aug. 28 Senior Center Picnic

Call 478-5660 for more information!

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## ON THE COVER

### Dor L'Dor Generation to Generation

This cover by Mordechai Rosenstein is especially appropriate as the Jewish Community Center celebrates its 90th Anniversary this year.

We invite you to participate in some of our special 90th Anniversary Events as we celebrate of Our Yesterday, Our Today and Our Tomorrow.

## WHO'S WHO AT THE JCC

### BOARD OF DIRECTORS

#### Officers

Richard David Levin, President  
 Mark Caplan, Vice President  
 Cindy Imber, Vice President  
 Denyse Lieber, Vice President  
 David Margules, Vice President  
 Stan Ross, Treasurer  
 Daniel Klein, Assistant Treasurer  
 Deane Kattler, Secretary  
 Robert Coonin, Assistant Secretary  
 Martin I. Lubaroff, Ex-Officio

#### Board Members

Robert Akell	Leslie Balick
Jean Blumenfeld	Rona Caplan
Phillip Cherrin	Michael Cook
Eileen Conner	Scott Green
Dr. Paul Imber	Dr. Michael Kaplan
Steve Kleiner	Barbara Malin
Ariane Mamberg	Steven Medwin
Michelle Margules	Judy Mellen
Ann Metzker	Norman Monhait
Dr. Eric Olliet	Robert Pincus
Jordan Rosen	Joan Rosenthal
Carol Rothschild	Myrna Ryder
Barbara Schoenberg	Dr. Leonard Seltzer
Rand Snyderman	Leah Tenenbaum
Roberta Woloshin	Rabbi Hebert Yoskowitz

#### Past Presidents

Frank Chaiken	*Louis S. Cohen
Howard Handelman	Constance Kreshtool
Judy Levy	Nan Lipstein
David Mellen	Doris Morris
Norman Schutzman	Marvin Shepard
Benjamin Stolper	Sadie Toumarkine
George J. Weiner	*Martin Yallove
	Harry David Zutz

\*Deceased

### JCC STAFF MEMBERS

#### Executive Staff

David H. Sorkin, Executive Director  
 Moses Paz, Assistant Executive Director

#### Program/Administrative Staff

JJ Alter, Children's & Camping Services Director  
 Ray Freschman, Senior Center Coordinator  
 Molly Ganz, Fiscal Manager  
 Lynn Greenfield, Adult Program Director  
 Jane Hornadady, Children's Center Director  
 Paul Mann, Children & Youth Program Coordinator  
 Susan Parcels, Publicity Coordinator & Office Manager  
 Gail Pasteris, Assistant Fiscal Manager  
 Shay Rosen, Executive Secretary  
 Art Trickey, Building Superintendent  
 Eileen Wallach, Recreational Services Director

#### Support Staff

Diane Ains, A/R Data Entry Secretary  
 Sara Berman, Senior Center Outreach Worker  
 Helena Brodsky, Receptionist  
 Mary Clare, Program Secretary  
 Chester Ellison, Senior Center Driver  
 Jodi Gevurtz, A/R Membership Secretary  
 Tanya Ivanenko, Senior Center Assistant Cook  
 Blanche Moore, Senior Center Cook  
 Betty Schroeder, Recreational Services Receptionist  
 Sharon Witkowski, Program Secretary  
 Ella Zukoff, Receptionist

#### Jewish Community Center and Jewish Family Campus

101 Garden of Eden Road  
 Wilmington, Delaware 19803  
 Telephone Number: (302) 478-5660

The Jewish Community Center is proud to be part of the Family of Communal Agencies funded in part by



The Jewish Federation of Delaware  
 and  
 The United Way of Delaware



Their support means quality service to you, your family and our entire community. Your contribution to the annual campaign of both organizations strengthens our community. WHEN THE TIME FOR GIVING COMES --- SHOW THAT YOU CARE!

# ADULT FITNESS CLASSES AND ACTIVITIES

## SENIOR WATER EXERCISE

(Ages 62 & Up)

Thursdays - 10:30 - 11:30 a.m.

Free to Members!

In conjunction with New Castle County Senior Services and the JCC, this well-rounded water exercise class is designed for anyone age 62 or older. No wet hair — no swimming skills are needed to participate.

**Instructor: Mary Ellen Carter**

Please register for this program at the Health and Fitness Control Desk.

## JACKIE'S AEROBIC DANCING (Intermediate to Advanced)



**Sundays:**  
9:30 - 10:30 a.m.

**Tuesdays & Thursdays:**  
9:00 - 10:00 a.m.

**Tuesdays & Thursdays:**  
7:00 - 8:00 p.m.

Limited Space Available!  
Aerobic Dancing Fees:  
\$ 78.00/2 times per week  
\$ 108.00/3 times per week

**(Note: There are no Sunday classes held in July & August)**

For more information, please contact  
Marsha Golden at (302) 571-0209.

## HATHA YOGA

Mondays & Wednesdays  
6:30 - 8:00 p.m.

Enjoy body sculpturing  
through Hatha Yoga.

Your instructor, Joan-Marie Boyd  
has 27 years of teaching experience.

Let her set the mood, to help you  
move your body like you've never  
believed possible.

**Hatha Yoga Fees:**

\$ 30.00/1 Day/8 Sessions/Members  
\$ 50.00/2 Days/16 Sessions/Members  
\$ 40.00/1 Day/8 Sessions/Non-Members  
\$ 60.00/2 Days/16 Sessions/Non-Members

This is a co-ed class open to adults and  
teenagers and is an on-going program.  
For information on starting dates, please  
call Joan-Marie at (302) 655-8526.



## BALLROOM DANCING WITH BRIAN WELLS (Starliters Dance Studio)

Tuesday Evenings - (Gymnasium)

Did you know that Ballroom Dancing...

- Is a great place to meet other singles and provides a great aerobic workout?
- Reduces stress?
- You can burn approximately seven calories per minute just waltzing?

Here's your chance to learn the foxtrot, waltz, cha-cha, rumba, mambo, tango, triple swing, polka, bossanova, samba and viennese waltz. Instructor Brian Wells has been dancing for 11 years (6 years as a professional) and owns Starliters Dance Studio in Wilmington. He won the East Coast American Latin Amateur Dancing Competition in 1982 and has performed at the Showboat Hotel and Casino in Atlantic City. He also served as a dance instructor of Paladin Club.

**7:00 - 8:00 p.m. - Jitterbug/Triple Swing**  
Beginner through advanced dancers welcome  
5 weeks of each dance

**8:00 - 9:00 p.m. - International Jive and  
International Paso Doble (Bull Fighter Dance)**  
Beginner through intermediate dancers welcome

Fee: \$ 35.00 per person/Members, \$ 40.00 per person/Non-Members  
Dates: June 18 - August 27 (No class held on July 2)

If you take both classes you can receive a special discount...ask the instructor for more details!

Please no street shoes, felt bottoms, sneakers or rubber-soled shoes only. Registration will be accepted at the first night the classes begin. Please make checks payable to Starliters Dance Studio.



## MEN'S PICK-UP BASKETBALL

Sunday Morning - 9:00 to 11:30 a.m.  
Monday Night - 5:00 to 7:00 p.m.  
Thursday Night - 5:00 to 7:00 p.m.

*Widener students excluded.*



## FREE MORNING EXERCISE

Mondays, Wednesdays & Fridays  
9:00 - 10:00 a.m.

One hour of calisthenics, rhythmic exercise and aerobics,  
adroitly combined to make a better you!

**TAKE ONE --- TWO --- THREE --- SESSIONS PER WEEK!**

**FREE TO MEMBERS!**

\$ 3.00/Drop-in/Non-Members

*Instructor: Susan Davis*

# ADULT FITNESS CLASSES AND ACTIVITIES

## CO-ED SOFTBALL



**SUNDAYS**

**10:00 a.m. - 12:00 noon**

We'll be out on the Campus field every Sunday morning through the summer...Join us!

**Free to Members!**

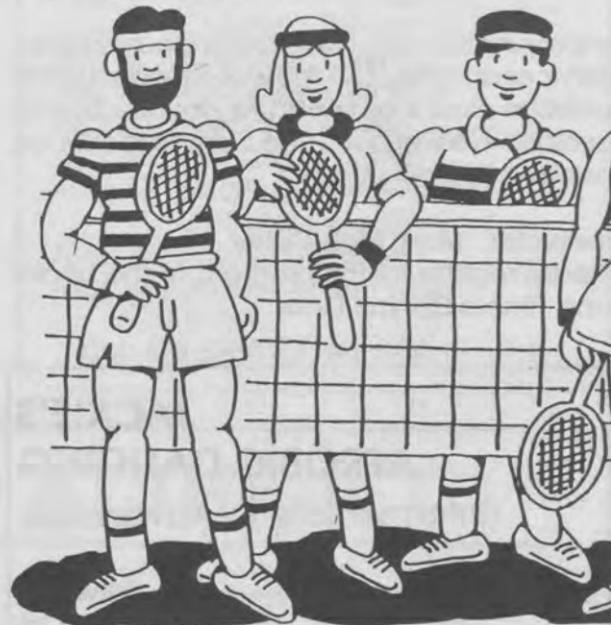
Please contact Eileen Wallach at 478-5660 for more information.

**Members...**Tell your non-member friends to take advantage of the JCC's Special Summer Pool Membership\*! It's only \$295 per family and includes full use of the indoor and outdoor facilities from Memorial Day through Labor Day! Call 478-5660 for details.  
\* Some restrictions apply.

## TENNIS PROGRAMS AT THE CAMPUS WITH GLEN HOWE

### PROGRAMS AVAILABLE...

- Ladies Clinic
- Beginning Adult Clinic
- Intermediate Adult Clinic
- Youth Clinic
- Children's Lessons
- Pee-Wee Tennis
- Semi-Private Lessons
- Private Lessons
- Tournaments
- Group Lessons



For more information about any of the above tennis program, please contact Glen Howe at (302) 762-3323 or leave a message at the outdoor Campus or the Indoor Health and Fitness Control Desk.

## Summer Volleyball

**Singles (YJAD)**

**Mondays: 6:00 p.m. - Dusk**  
\$ 1.00/Members, \$ 2.00/Non-Members  
Outdoor courts

**Adult Recreational**

**Wednesdays: 6:00 p.m. - Dusk**  
Free to Members!  
Outside Courts

### STRINGING NEWS...

If you are looking for a professional stringing and service on your tennis, racquetball or squash rackets — your search has ended! Glen Howe has strung over 10,000 rackets in his career and has strung rackets for Agassi, Chang, Mayotte, Sanchez and many other world class professionals! Rackets will be strung or gripped within 72 hours. Rackets should be left at the Health and Fitness Control Desk. A complete line of strings and grips will be on sale.



## COMMITTEE MEMBERS WANTED

ARE YOU INTERESTED IN...  
Swimming, leisure activities, volleyball, basketball, kids activities, running, weight lifting or any type of physical activity?

IF YOUR ANSWER IS YES...  
We have the perfect committee for you,  
**RECREATIONAL SERVICES I**

If you would like to join our dynamic group or volunteer your time, contact Eileen Wallach at 478-5660.

# ADULT AND SENIOR CENTER SERVICES

## ADULT PROGRAMS AND CLASSES

### JEWISH BOOK MONTH



The Jewish community will come together this fall for the national celebration of Jewish Book Month. Once again, we will present a wide selection of noted authors and guest lecturers on a variety of topics. We will feature meet-the-author events, as well as other special programs including storytelling sessions and events specifically geared towards children and their families. Anyone who is interested in participating on the Jewish Book Month Planning Committee is asked to contact Lynn Greenfield, Adult Program Director at the JCC.

### MEMBERS ART SHOW

A JCC Members Art Show is scheduled for the early Fall. All members and their families will be invited to exhibit their framed works of art (paintings, photographs, pieces of sculpture, etc.) in the JCC Art Gallery.

Watch for more information!

### NEW YORK THEATRE TRIP

#### "MISS SAIGON"

Wednesday, October 2



MISS SAIGON

The one we've all been waiting for... "Miss Saigon" tells the tragic story of love and self-sacrifice involving a young Vietnamese girl and an American soldier at the time of the fall of Saigon in 1975. Reserve your space early — this play will be sold out for years to come!

#### Ticket Information:

\$ 95.00/Members, \$ 110.00/Non-Members  
All costs includes transportation, admission ticket, snacks en route and printed materials. Lunch on your own.

Paid reservations are now being accepted at the JCC Front Desk.

### MANN MUSIC CENTER CONCERTS

The Mann Music Center's 1991 Summer Festival will be one of the finest ever, and JCC members will have the opportunity to enjoy the many outstanding outdoor concerts. We have requested tickets for the following performances:

**Monday, June 17**

**Libor Pesek conducting**  
**Rudolf Firkusny, piano**  
Registration Deadline: June 7

**Wednesday, June 26**

**David Zinman conducting**  
**Memorial Tribute to Bernstein & Copland**  
Registration Deadline: June 14

**Wednesday, July 10**

**Erich Kunzel conducting**  
**Kathleen Brett, soprano;**  
**Benoit Boutet, tenor;**  
**Lewis Dahle von Schlanbusch, baritone**  
**An Evening of Cole Porter**  
Registration Deadline: June 28

**Monday, July 15**

**Charles Dutoit conducting**  
**Kathleen Battle, soprano**  
Registration Deadline: June 1

**Monday, July 22**

**Charles Dutoit conducting**  
**Pinchas Zukerman, violin**  
Registration Deadline: July 12

**Wednesday, July 31**

**Mariss Jansons conducting**  
**Midori, violin**  
Registration Deadline: July 19

A full service bus will depart from the JCC at 6:00 p.m. and arrive at the Mann Music Center for the 8:00 p.m. concert. Return to JCC when the concert is finished. Tickets are free of charge for JCC members. Transportation will be provided at a cost of \$ 13.00 for members and \$ 20.00 for non-members. Payment with registration can be made at the JCC Front Desk. **Please note registration deadlines.** Transportation will be provided to June 26, July 10 and July 22 shows only.

## JCC SENIOR CENTER SERVICES

### SENIORS CENTER TRIPS

#### KUTSHER'S COUNTRY CLUB

This spring vacation trip to Kutsher's in Monticello, New York, designed for seniors is **SOLD OUT!** If you are interested in driving up on your own, you can join the Senior Center at this resort country club and take advantage of our special rates. For additional information, please call Ray Freshman, Senior Center Coordinator at (302) 478-5660.

#### ATLANTIC CITY TRIP

Members of the JCC Senior Center will head to Atlantic City's Claridge Hotel and Casino to see the spectacular show "Barnum" at the hotel's theatre.

**Date: Tuesday, July 9, 1991**

**Time: Leave JCC at 1:00 p.m.**

The show will start at 6:00 p.m. Please call Ray Freshman for registration information.

### ACTIVITIES FOR SENIORS

#### OLD TIMERS PICNIC

Seniors will participate and enjoy the annual "Old Timers Picnic" at Banning Park on Middleboro Road in Wilmington. There will be a special musical performance by the Banjo Dusters!

**Date: Wednesday, June 12, 1991**

**Time: 10:00 a.m. - 2:00 p.m.**

This event is sponsored by New Castle County Senior Services. A bag lunch will be provided by the Senior Center. For additional information, please contact Ray Freshman at the JCC.

#### JAPANESE DECORATIVE ART

Robert A.A. Hentschel, an instructor at the Academy of Lifelong Learning, will present a special program entitled, "Japanese Decorative Art". He will discuss the extraordinary explosion of the decorative arts in Japan which started at the beginning of the 17th century. This presentation will be illustrated by slides.

Mr. Hentschel has a degree in mechanical engineering and in physical metallurgy from M.I.T. Study of oriental art has been his lifelong avocation.

**Date: Thursday, June 13, 1991**

**Time: 10:30 a.m.**

This program is free of charge and open to the entire community.

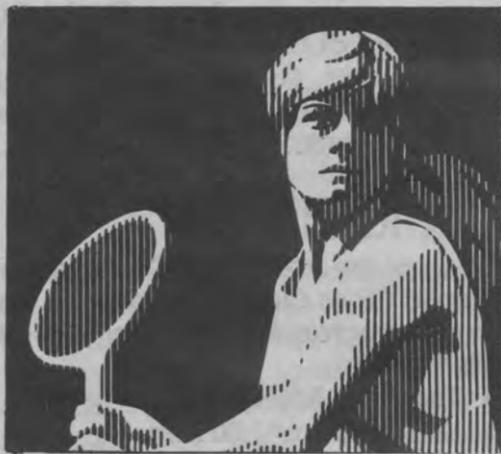
# JCC SPORTS CAMP PROGRAM

## Register Today !

Sports Camp is for boys and girls, entering 4th grade through graduating 6th grade.

All Four Sports Camp Programs include:

- Fitness and Nutritional information
- Training geared toward individual needs
- Trips to exciting sports events and sights
- Daily Recreational Swim
- Team Play
- Expert Role Models



### TENNIS CAMP

June 24  
through  
July 5

- ◆ From basic play to intermediate skill building
- ◆ Experience professional tennis coaching with Tennis Pro Adam Goldstein in a developmental program geared for children, beginner to intermediate
- ◆ Develop all aspects of tennis including forehand, backhand, drops, volleys, doubles, serves and basic to advanced strategy
- ◆ Competitive play, singles, doubles and skill building exercises



### BASEBALL CAMP

July 8  
through  
July 19

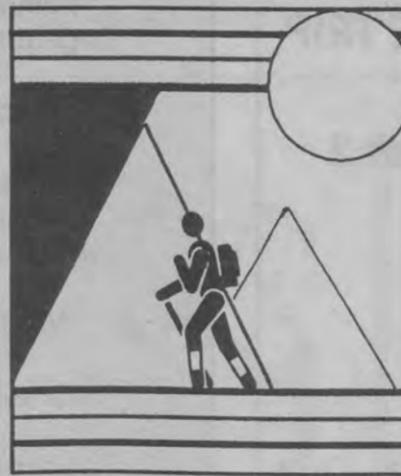
- x Professional coaches, pitching machines and equipment from Grand Slam U.S.A.
- x Personal coaching on batting, fielding, running bases, game strategy plus much more
- x Coach and author Bruce Carlyle is acclaimed for his offensive development of players
- x Individualized coaching for the beginner thru intermediate
- x Phillies vs. Los Angeles Dodgers Game



### SOCCER CAMP

July 22  
through  
August 2

- + Coaching by University of Delaware Mark Samonisky, Olympic Development Program, Maccabi Soccer and an "A" License coach
- + Develop dribbling, defense and a **POWER** offense
- + Latest techniques in teaching children at beginner and intermediate levels



### ADVENTURE AND SCOUT CAMP

August 5 through  
August 16

- ▲ Experience the "Great Outdoors" - canoes, tents, hiking and developing compass and map skills
- ▲ Discovery trips through the Brandywine Creek State Park much more !
- ▲ Archery, ropes course, fishing, tracking and inner-tubing
- ▲ Learn to survive in the wilderness and have the best time of your life

REGISTRATION IS STILL OPEN FOR ALL OF THESE EXCITING NEW PROGRAMS !  
STOP BY THE JCC FRONT DESK TODAY FOR YOUR APPLICATION !

# JCC DAY CAMP 1991

## A WORLD OF FUN AWAITS YOU AT CAMP JCC...



It's summertime at the JCC and that means one thing - CAMP JCC is just around the corner! This year, camp will explore the "wonders of the world" including lots of activities, new experiences and good friends which last an entire lifetime!

We're excited that you're going to be a part of our world during Camp 1991! Keep this page handy because it has all the important dates and numbers you'll need for a great summer.

Of course, if there's something we've forgotten to tell you, please call us at (302) 478-5660!

So...get ready, as Camp JCC brings a "world of fun" to you this summer!

### June's Important Dates |

**Monday, June 17th - Friday, June 21st**

Pre-Camp, 9:00 a.m. - 4:00 p.m. daily (extended care available)

**Sunday, June 23rd** Camp Open House, 11:00 a.m. - 1:00 p.m. on the Camp Grounds

**Monday, June 24th** the 1st spectacular day of Camp JCC '91!

**Wednesday, June 26th** Camp Picture Day!

**Thursday, June 27th** Rollerblades Day at Camp!

**Friday, June 28th** Camp's 1st Oneg Shabbat!

### July's Important Dates |

**Wednesday, July 3rd** Camp's Fourth of July Celebration!

**Thursday, July 4th** Camp and Day Care Closed. Join us at the Family Campus for some great fun!

**Wednesday, July 10th** Kochavim Late Stay (until 7:30 p.m.) Special Attraction - Movie Madness

**Thursday, July 11th - Friday, July 12th** Chalutzim (5th & 6th grades) Overnight

**Thursday, July 11th** Parent's Night I Camp for all campers extended until 7:30 p.m. Parents and families are invited to camp from 5:30 - 7:30 p.m. to enjoy camp fun! Dinner will be available at 6:00 p.m.

**Tuesday, July 16th** Chaverim (3rd & 4th grades) Overnight!

**Thursday, July 25th** Rollerblades returns

### August's Important Dates |

**Thursday, August 1st** Parent's Night I Camp for all campers extended until 7:30 p.m. Parents and families are invited to camp from 5:30 - 7:30 p.m. to enjoy camp fun! Dinner will be available at 6:00 p.m.

**Thursday, August 1st - Friday, August 2nd** Chaverim Overnight!

**Thursday, August 8th - Friday, August 9th** Chalutzim Overnight!

**Wednesday, August 14th - Kochavim** Late Stay (until 7:30 p.m.)

**Friday, August 16th** Last Day of Camp!

**Monday, August 19th - Friday, August 23rd** Post-Camp Week I, 9:00 a.m. - 4:00 p.m. daily (extended care available)

**Monday, August 26th - Friday, August 30** Post-Camp Week II, 9:00 a.m. - 4:00 p.m. daily (extended care available)

#### Important Camp Numbers |

Camp Direct Telephone Lines:  
(302) 478-5762 and (302) 478-5763

Limited spaces are available in some camp programs. Please call the Camp Office in the Main Building, (302) 478-5660, immediately for more information!

**GET READY FOR A SUMMER FULL OF  
FUN AT CAMP JCC!**



# JEWISH FAMILY



## June Specials



### OPENING SUMMER SPECIAL

Sunday, June 9, 1991

*Membership Appreciation Day  
90 Years of Service to the Community*

1:30 - 4:00 p.m. - Family Activities  
4:00 - 5:30 p.m. - Dinner (*Free to Members*)  
6:00 - 7:30 p.m. - Victorian Puppet Show at the Amphitheatre

**GAMES • PRIZES • GIVE-A-WAYS !!!**

Registration Required - Call (302) 478-5660

### SATURDAY NIGHT LATE SWIM

Saturday, June 22, 1991

Enjoy a special late night swim at the Campus !

**POOL OPEN UNTIL 10:00 P.M. !!!**

### POOLSIDE ENTERTAINMENT

Sunday, June 23, 1991

Bring your family out for a special afternoon performance at 3:00 p.m.

### DAY CAMP OPEN HOUSE

Sunday, June 23 - 11:00 - 1:00 p.m.

### JCC DAY CAMP BEGINS

Monday, June 24, 1991



## July Specials



### HEROES DAY AT THE CAMPUS

Thursday, July 4, 1991

All service people are welcome to join us at the Family Campus free for the day with Valid ID.

### DINNER AND CHILDREN'S THEATRE

Sunday, July 14, 1991

*"The Planet of the Perfectly Awful People"*

Adults - \$ 7.00 (Includes dinner & show)  
Children - \$ 5.00 (Includes dinner & show)  
Dinner and performance will be held rain or shine.

REGISTRATION REQUIRED - CALL (302) 478-5660

### SATURDAY NIGHT LATE SWIM

Saturday, July 20, 1991

Enjoy a special late night swim at the Campus !

**POOL OPEN UNTIL 10:00 P.M. !!!**

### SUNDAY FUNDAY AT THE CAMPUS

Sunday, July 21, 1991

"Sunglasses Day"



# FAMILY CAMPUS 1991

FAMILY CAMPUS  
HOTLINE  
(302) 478-5728



## August Specials



**DINNER AND CHILDREN'S THEATRE**  
Sunday, August 4, 1991

*"The Invisible Dragon"*

Adults - \$ 7.00 (Includes dinner & show)

Children - \$ 5.00 (Includes dinner & show)

Dinner and performance will be held rain or shine.

REGISTRATION REQUIRED - CALL (302) 478-5660

**SATURDAY NIGHT LATE SWIM**  
Saturday, August 17, 1991

Enjoy a special late night swim at the Campus !

POOL OPEN UNTIL 10:00 P.M. !!!

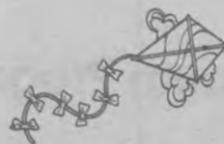
**BODY PAINTING DAY**  
Sunday, August 18, 1991

Let your  
artistic side  
show...Try  
Bodypainting !



Leave your lounge chairs at the Campus Chair  
Rack...please bring your own lock !

Pick-up your copy of the 1991 Family Campus  
Handbook at the outdoor Control Desk !



## September Specials



**KITE FLYING DAY**  
Sunday, September 1, 1991

Bring a kite or create your own at the Campus !

**CLOSING SPECIAL**  
Saturday, September 7, 1991

Come out and enjoy dinner and a show !  
Hours: 1:00 - 10:00 p.m.

### ON-RUNNING PROGRAMS

Sunday Mornings - Co-Ed Softball

Monday Evenings - Singles Volleyball

Wednesday Evenings - Adult Volleyball

### FAMILY CAMPUS HOURS

JUNE 8 THROUGH JUNE 23

Sunday: 10:00 a.m. - 8:00 p.m.

Monday-Thursday: 10:00 a.m. - 8:00 p.m.

Friday: 10:00 a.m. - 6:00 p.m.

Saturday: 1:00 - 8:00 p.m.

JUNE 24 THROUGH AUGUST 16 (Camp in Session)

Sunday: 10:00 a.m. - 8:00 p.m.

Monday-Thursday: 12:30 - 8:00 p.m.

Friday: 12:30 - 6:00 p.m.

Saturday: 1:00 - 8:00 p.m.

AUGUST 17 THROUGH SEPTEMBER 2

Sunday: 10:00 a.m. - 8:00 p.m.

Monday-Thursday: 10:00 a.m. - 8:00 p.m.

Friday: 10:00 a.m. - 6:00 p.m.

Saturday: 1:00 - 8:00 p.m.

Did you know that you can rent the Campus for  
your family gathering, company picnic and  
more...please call the Campus Director  
for information at (302) 478-5660.

# CHILDREN'S SERVICES

Introducing ...  
**Paul Mann, Children & Youth Program Coordinator**



The newest smiling face in the Child & Family Division belongs to Paul Mann, JCC Children & Youth Program Coordinator.

Paul comes to the Wilmington JCC after working in the Children's departments of the New Orleans and Sarasota JCCs. Additionally, he spent most of his childhood and youth in the Louisville, Kentucky, and Dayton, Ohio JCCs. In fact, he refers to himself as a "true JCC kid!" Since his arrival in Wilmington, Paul has been busy concentrating his efforts on

the Center's Kidsplace (afterschool childcare) and BBYO (teen) programs, as well as his role as CIT Director and Camp Sports Specialist Director. He has met, and continues to meet, with many of the Center's youth and adults to formulate exciting, much needed programming for children and young adults.

In Paul's own words, he sees himself as someone who's here for the kids, "to help them have a good time doing the things they want to do." "The JCC, he explains, "belongs to the members. I'm here to help make sure everything that can be done, will be done."

If you haven't had the opportunity to meet Paul, please stop by the JCC or give him a call and say "hello."

## KIDSPLACE AT THE JCC (For Boys and Girls, K-6th Grade)

When the school day is done, Kidsplace at the JCC begins with an exciting program that is considered one of the best in the Wilmington area! Our program exposes children to:

**- Arts & Crafts - Games - Drama - Sports - Cooking - Science**

AND INCLUDES

**- Wholesome daily snacks - Well-trained staff - School's Out programs and Mini-Camps at reduced rates... plus much, much more!**

Transportation is provided from following area public schools:

- Brandywood - Burnett - Forwood - Friends - Lombardy - P.S. duPont as well as from the Albert Einstein Academy and the Pilot School.

Transportation is also provided to following area Hebrew schools:

- AKSE - Beth Emeth - Beth Shalom

Look for full registration information in the mail or call Paul Mann, Youth Services Coordinator at (302) 478-5660. For advanced information, please complete the coupon on this page.

## KIDSPLACE AT THE JCC

*"There's always a place  
 for your child at the  
 Wilmington Jewish  
 Community Center!"*



Send me information about  
 Kidsplace at the JCC...

Child's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_  
 \_\_\_\_\_

School Attending: \_\_\_\_\_

Grade: \_\_\_\_\_

Parents' Name(s): \_\_\_\_\_  
 \_\_\_\_\_

Home Phone: \_\_\_\_\_

Business Phone: \_\_\_\_\_

**Space is Limited!  
 Sign Up Today!**

# CHILDREN'S SWIM AND FITNESS CLASSES

## TAE-KWON-DO Mondays & Wednesdays



### TAE-KWON-DO TESTING

Everyone is welcome to attend and watch the students who are being tested on the on **June 23 from 1:30 to 4:00 p.m.** If you are interested in attending our Tae-Kwon-Do program, your welcome to try a free introductory class...please call the Health and Fitness Control Desk to make arrangements.

### YOUTH CLASSES

**4:00 - 4:45 p.m.**  
White/Yellow Belts  
**4:55 - 5:25 p.m.**  
Green/Blue Belts  
**5:30 - 6:15 p.m.**  
Red/Black Belts

Tae-Kwon Do Fees:  
\$ 40.00/Month/Members  
\$ 50.00/Month/Non-Members

Payment must be made by the 5th of each month.

Save these dates on your calendar now...there is something special happening at the Family Campus...

**July 14**  
Dinner & Children's Theatre  
*"The Planet of the Perfectly Awful People"*

**August 4**  
Dinner & Children's Theatre  
*"The Invisible Dragon"*

For more information, please see the Family Campus Section in this guide.

## THE JCC HAS SWIM CLASSES FOR CHILDREN OF ALL AGES...

### BEGINNER SWIM I (Ages 4 & Up)

This program is designed for the non-swimmer. Various skills will be taught including self-reliance, kicking, pulling, floating on the stomach and back.

**Mondays, 4:30 - 5:00 p.m.**  
**Wednesdays, 4:00 - 4:30 p.m.**  
Fees: \$ 30.00/Members  
\$ 45.00/Non-Members

8 Sessions  
Minimum Registration: 3  
Maximum Registration: 6  
Classes Begin: The week of June 17  
Registration Deadline: June 10

### BEGINNER SWIM II (Ages 4 & Up)

Skills include swimming on front and back, breathing and safety skills. Proper mechanics in kicking, pulling, breathing and body position. Children build endurance to swim 20 yards both front and back, dive and use swimming aides such as kickboards.

Pre-Requisite: Beginner I Skills  
**Mondays, 4:00 - 4:30 p.m.**  
**Wednesdays, 4:30 - 5:00 p.m.**  
Fees: \$ 30.00/Members  
\$ 45.00/Non-Members

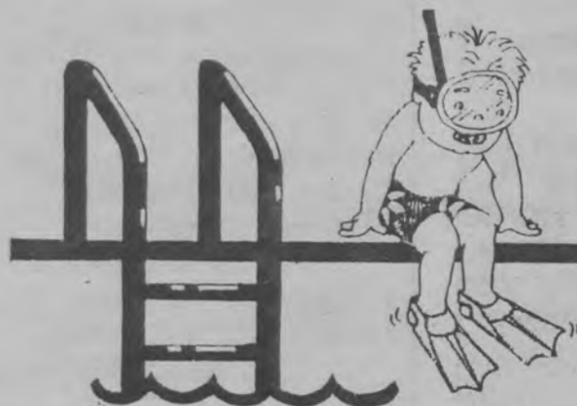
8 Sessions  
Minimum Registration: 3  
Maximum Registration: 6  
Classes Begin: The week of June 17  
Registration Deadline: June 10

### ADVANCED BEGINNER SWIM (Ages 5 & Up)

For swimmers who have mastered skills taught in Beginner II. Previous skills are improved and new strokes are introduced. Ability, endurance and confidence are improved.

Pre-Requisite: Beginner II Skills  
**Mondays, 5:00 - 5:45 p.m.**  
Fees: \$ 30.00/Members  
\$ 45.00/Non-Members

8 Sessions  
Minimum Registration: 3  
Maximum Registration: 6  
Classes Begin: The week of June 17  
Registration Deadline: June 10



REGISTRATION FOR THE ABOVE CLASSES CAN BE MADE AT THE INDOOR HEALTH AND FITNESS CONTROL DESK.

# THE CHILDREN'S CENTER

## OUR PHILOSOPHY

We are dedicated to creating a total environment in which children are nurtured and challenged intellectually, emotionally, socially and physically. We seek to create an atmosphere of acceptance in which the uniqueness of each child is respected. We recognize that children develop at different rates and learn with different styles. We believe that children are empowered when they are involved in decision making and are given choices. Children are to be respected and treated with dignity.

Young children possess a natural thirst to know and explore. We strive to provide an environment rich in stimulation and gentle and accepting of each child as he or she develops at his or her own pace.

We seek to provide meaningful, developmentally appropriate experiences in a wide variety of interest areas. Ours is a child-centered experiential approach which respects the importance of children's play.

Pre-school is often a child's first social context outside of the family. Schools is a laboratory in which to explore relationships with other children and to build trusting relationships with other adults. Respect for one's self and others and understanding the consequences of one's behavior are integral parts of building positive attitudes and acquiring appropriate social skills.

In addition to the family and classroom, the child is also part of a greater context — that of the Jewish people with whom he/she shares a common heritage. Celebrations throughout the Jewish calendar year, weekly Shabbat get-togethers and the active living of basic Jewish values daily in the classroom, provide authenticity to a child's Jewish life and instills within the child positive Jewish memories. We encourage children to know and respect their own heritage and to respect the cultures and traditions of others.

## ◆ THE 1990-1991 SCHOOL YEAR ◆

This year was a wonderful success, thanks to teachers, assistants, and support staff. We thank them all and wish them a healthy and happy summer. See you next Fall!

**Director**  
Jane Hormadaly, M.S. Ed.

### Teaching Staff:

Irene Aber, B.A.	Michelle Aurand, B.S.
Elyse Cherrin, B.S.	Catherine Donohoe (Completing B.S.)
Marla Gerber, B.A.	Cynthia Hill, B.A.
Susan Kimm, B.S.	Preeti Mathur, B.A.
Mary Ann Meader, (Certificate in Childcare)	Audrey Schrieber, B.A.
Marcy Mirmelstein, M.S.	Judi Rosenberg, M.S. Ed.
Fran Romer, M.A.	Natalia Vekker, B.S.

### Classroom Assistants:

Allyson Baerenstein	Ushe Blinde
Ahuva Chambers	Teresa Chase
Clelito Equaros	Suzanne Fokas
Martha Hill	Rachel Holt
Thea Howard	Barbara Kurin
Nancy Minner	Atiya Siddiqui
Angelina Williams	Lisa Williams

### Specialists:

Physical Education: Lynn Lew, Sharon France, Adam Goldstein  
Swimming: Hester Kingsbury  
Jewish Enrichment: Feri Teherani

### Support Staff:

Administrative Staff: Mary Clare, Sharon Witkowski  
Cook: Catherine Young      Custodian: Jean Emory

For information about the Children's Center 1991-1992 School Year, call Jane Hormadaly, Director, at 478-5660

◆◆◆ COMING THIS FALL ◆◆◆ COMING THIS FALL ◆◆◆ COMING THIS FALL ◆◆◆

## ◆ ESPECIALLY FOR YOUR KINDERGARTENER ◆

### KINDERGARTEN ENRICHMENT

Children enrolled in kindergarten programs at public schools or Albert Einstein Academy meet five days per week from 11:30 a.m. to 5:45 p.m. (registration for children enrolled in Einstein's full day programs is through Kidsplace.) This program offers specialized activities including art, swimming, physical education and holiday program. This is an on-going program with various day options of participation. Call Jane Hormadaly for option/fee information.

### SPECIAL K

This exciting ten week program offers art and science based enrichment activities to both morning and afternoon kindergarten students. Children enjoy a kosher lunch (brought from home) with their peers. Sessions are available on Tuesdays (Art Studio) and Thursdays (Science Exploration) from 9:00 a.m. to 12:15 p.m. or from 11:45 a.m. to 3:00 p.m. Participation can be one or two sessions per week. Transportation to and from public schools within the Brandywine School District will be provided.

Session Dates: Tuesdays, October 8-December 19, 1991

Thursdays, October 10-December 10, 1991

Fee: \$ 145.00 per session (Includes transportation)

## ONES AND TWOS FULL DAY CARE

- Fully Licensed Facility
- Flexible to meet schedules
- Warm and Caring Staff
- Judaic Programming
- Low Child/Adult Ratio
- Bright, Well Equipped Rooms
- Outside Play Areas in a Country-Like Setting

Do you want all this and more for your child? Please call Jane Hormadaly, Children's Center Director at the JCC.

## MOTHER'S DAY OUT

(Children 10 mo. - 3 years)

Caregivers keep active little ones busy with activities, story telling and outdoor play from 9:00 to 11:30 a.m. and 9:00 a.m. to 1:00 p.m. on Fridays. Children staying until 1:00 p.m. should bring a kosher dairy lunch.

Dates: Sept. 13 - Nov. 22, 1991

Fridays, 9:00 - 11:30 a.m.

Fees: \$ 65.00/Members,

\$ 85.00/Non-Members

Fridays, 9:00 - 1:00 p.m.

Fees: \$ 104.00/Members,

\$ 125.00/Non-Members

## WATCH FOR THESE EXCITING FALL PROGRAMS

- ◆ Fall Toddler's Play ◆ Lunch Bunch ◆
- ◆ Mom's Connection ◆ Love 'Em and Leave 'Em ◆

# K'TON TON DAY CAMP AT THE JCC

**The 1991 K'Ton Ton Camp Season...**promises to be a delightful experience for all children, ages 2 1/2 to 5, involved. Elyse Cherrin, Unit Head and Jane Hormadaly, Children's Center Director, have put together a dual thematic program emphasizing both the environment and Judaic tradition.

The right mixture of indoor and outdoor play, including swimming and nature walks, has been designed with your young child's needs in mind...our goal is to provide plenty of outdoor time without overexposure to either sun or heat.

Our unique Kabbalat Shabbat will be celebrated every Friday morning. At that time, the week's activities and camp's environmental and Judaic themes will be summarized for the children. Children will celebrate the joy of Shabbat through song.

#### STAFF:

We provide warm, competent counselors with early childhood education backgrounds. All swimming counselors are Red Cross certified instructors. Nature and Drama specialists will visit each camp group weekly.

#### FACILITIES:

Bright, modern rooms are well equipped for art projects and game playing. Three outdoor playgrounds, a wading pool and an olympic size swimming pool and acres of parkland for supervised exploration.

#### FULL DAY PROGRAMS

The full day camp program is flexible, beginning as early as 7:15 a.m., although campers should be sure to be present at 9:00 a.m. when "formal" camping fun begins! The day can end as late as 5:45 p.m., and includes a second swim in the afternoon. Full day camp programming is available for three and four year olds on a three or five day a week basis. Full day programming for one and two year olds is given through the toddler daycare section of the Children's Center...please contact Jane Hormadaly, (302) 478-5660, for details.

#### HALF DAY PROGRAMS

The half day program begins at 9:00 a.m. and finishes at 12:00 noon. This program is available for all age groups. Two year olds meet twice a week, three and four year olds have a three or five morning option.

**Camp Sessions...**The eight week camping season is divided into four two week sessions. Parents may choose from a variety of combinations of sessions, giving flexibility for your summer family vacation plans. Each two week segment is a complete thematic unit, so children will not miss out on the completion of a unit.

The overall theme of camp is the environment, recycling, and ecology. These themes will be present throughout all of the sessions. Judaic themes are related to and will be interwoven with the environmental theme, and are supported by age-appropriate activities. The themes of each session are:

#### WEEKS 1 & 2

**Environmental Focus:** Ecology - planting a garden, learning about natural/man-made products, using natural and recycled materials; **The heavens:** stars, moon, sun and sky.

**Judaic Focus:** Genesis

#### WEEKS 3 & 4

**Environmental Focus:** Air and Earth - birds, using an incubator to hatch eggs, the wind, using kites, using real clay.

**Judaic Focus:** Shabbat

#### WEEKS 5 & 6

**Environmental Focus:** Fish and Water - water play, each group will have goldfish to care for and observe.

Fee: \$ 30.00/Members; \$ 45.00/Non-Members

**Judaic Focus:** Judaic Symbols

#### WEEKS 7 & 8

**Environmental Focus:** Mammals - each group will have gerbils to care for and observe.

**Judaic Focus:** Israel

**REGISTRATION IS OPEN...Pick-up your camp brochure and registration form at the JCC Front Desk Today!**

#### STAY-N-PLAY

Extend your half-day camper's fun until 1:30 p.m. with Stay-n-Play! During the extended hour and a half, your camper will enjoy a homemade kosher dairy lunch that he/she brings along, will hear a story and play outside.

**Days:** Monday-Friday

**Fee:** \$ 5.00 per day/Members Only

Registration will be accepted on space available basis.

#### LOVE 'EM AND LEAVE 'EM

Your child will be well cared for while you take advantage of physical education equipment and classes, racquetball courts, pool or sauna here at the JCC. You can even run an errand or go home and enjoy a cup of coffee! Children's activities include story reading, developmentally appropriate puzzles and toys, and quiet games.

**Days:** Monday, Wednesday & Friday

**Time:** 8:45 - 11:45 a.m.

**Fee:** \$ 2.00 per hour/Members, \$ 3.00 per hour/Non-Members

This is an on-going program. Services are provided on a pre-registered drop-in basis. Pre-registration at least one day in advance is appreciated, but not required. Children are admitted as space permits.



#### TODDLER'S PLAY (12-20 months old)

Join Judi Rosenberg as she leads a special summer session of Toddler's Play, a special time for mom's and tot's to spend together. Mom's build new adult friendships while engaging their tot in singing, games and art.

**Day:** Wednesdays

**Session Dates:** June 5 - July 10, 1991

**Fees:** \$ 30.00/Members, \$ 45.00/Non-Members

# GENERAL INFORMATION

## HOURS OF OPERATION

### Jewish Community Center:

Sunday: 9:00 a.m. - 12:00 noon  
Monday-Thursday: 6:00 a.m. - 9:00 p.m.  
Friday: 6:00 a.m. - 4:45 p.m.  
Saturday: Closed all day

### Jewish Family Campus:

Hours: June 8-June 23  
Sunday: 10:00 a.m. - 8:00 p.m.  
Monday-Thursday: 10:00 a.m. - 8:00 p.m.  
Friday: 10:00 a.m. - 6:00 p.m.  
Saturday: 1:00 - 8:00 p.m.

### Hours: June 24-August 16 (camp in session)

Sunday: 10:00 a.m. - 8:00 p.m.  
Monday-Thursday: 12:30 - 8:00 p.m.  
Friday: 12:30 - 6:00 p.m.  
Saturday: 1:00 - 8:00 p.m.

### Hours: August 17-September 2

Sunday: 10:00 a.m. - 8:00 p.m.  
Monday-Thursday: 10:00 a.m. - 8:00 p.m.  
Friday: 10:00 a.m. - 6:00 p.m.  
Saturday: 1:00 - 8:00 p.m.  
Campus will be closed after Labor Day.

## MEMBERSHIP INCLUDES

### Jewish Community Center

- ✧ Large indoor swimming pool
- ✧ Adapted aquatics facility
- ✧ Steam and sauna rooms
- ✧ Fitness center and free weight room
- ✧ Full court gymnasium
- ✧ Free fitness classes for members only!

### Jewish Family Campus

- ✧ State-of-the-art swimming pool
- ✧ Separate toddler pool
- ✧ Outdoor amphitheatre
- ✧ Crafts and nature center
- ✧ Four tennis courts
- ✧ Multi-purpose sports fields
- ✧ Picnic area with cooking facilities

### Also Available at an Additional Fee

- ✧ Air-conditioned racquetball courts
- ✧ Swimming classes for all ages
- ✧ Babysitting service
- ✧ Teen programs and special events
- ✧ Senior center programs and activities
- ✧ Pre-school, daycare and camp services
- ✧ Dance classes for children and adults
- ✧ After school care and Vacation programs
- ✧ Jewish youth groups and councils
- ✧ Holiday programs and events
- ✧ Concerts/Current event seminars

### Complimentary Memberships

The JCC offers a one year complimentary membership to Jewish newlyweds and a three month complimentary membership to Jewish families that have recently relocated to Delaware. Please call the Membership Office for details.

## MEMBERSHIP FEES

A Family Campus Fee Assessment (FCFA) has been added to all memberships to provide the on-going and future maintenance needs for the Campus. All new members of the Center will be required to pay the full assessment. There are two levels of assessment:

- An assessment of \$ 75.00 per year for five years for a total of \$ 375.00 for all family and couple memberships.
- An assessment of \$ 40.00 per year for five years for a total of \$ 200.00 for all individual memberships.

The fees listed below INCLUDE the Family Campus Fee Assessment:

### Full Family Membership - \$ 433.00

Husband and wife. Includes dependent children under the age of 16 in the same household and other children through full-time college students.

### Single Parent Family - \$ 375.00

One parent in household, dependent children under the age of 16 and full-time college students. Children must live in same household as parent.

### Adult Family - \$ 375.00

Husband and wife. Includes children 16 years of age or older including full-time college students.

### Individual Adult - \$ 308.00

Age 18 or older. Must be completed high school.

### Older Adult Individual - \$ 260.00

Age 62 or older. Includes full JCC privileges and Senior Center.

### Senior Center Individual - \$ 29.00

Age 62 or older. This is an affiliate membership. Includes Senior Center activities only. No other privileges.

### Senior Center Couple - \$ 56.00

Husband and wife. Age 62 or older. This is an affiliate membership. Includes Senior Center activities only. No other privileges.

### Application Information

All new members must pay a \$ 35.00 application fee at time of joining. Payment adjustments can be arranged through a confidential interview, call (302) 478-5660.

### Service Charges

There will be a service charge for use of all payment plans.

### Membership Category Changes

Any changes to members categories is the responsibility of the member.

## SMOKE-FREE POLICY

The JCC is a smoke-free environment. This policy, passed by the Board of Directors, prohibits smoking in all public areas of the building. It is our hope that this policy will guarantee a healthy atmosphere for our members.

## CLASS REGISTRATION INFORMATION

Registration may be made in person or by mail. All fees must be paid in full at time of registration. Payment will be accepted in cash, check, WSFS, MasterCard or Visa. We cannot accept any registration over the telephone.

Registration is accepted if membership dues are in good standing and in effect during the term of the classes. A full family membership is required to register children in a program or class. Membership is required for all programs, unless a non-member fee is listed.

### Register Early to Avoid Cancellations!

The JCC reserves the right to cancel a class or program due to insufficient registration or other factors. Prompt refunds or credit will be made in the event a class is cancelled by the JCC.

Individuals wishing to withdraw from their class registration must submit their written request a minimum of one week prior to the activity date. Cancellation requests made with less than the one week required notice may not be honored or are subject to a 10% surcharge.

## KOSHER POLICY

The JCC kitchens are supervised by the Va'ad Hakashruth of the Rabbinical Association. All community groups wishing to use the kitchen facilities must conform to the Kashruth regulations of the Center.

## SHABBAT POLICY

**Saturdays:** The Health and Fitness facilities open at 2:00 p.m. Payment for court fees, guest fees or classes will be accepted in check form only.

## HOLIDAY CLOSING DATES

**FOURTH OF JULY - Thursday, July 4**  
JCC Closed, Family Campus Open

**LABOR DAY - Monday, September 2**  
JCC Closed, Family Campus Open

## HEALTH & FITNESS CLOSING

The Indoor Health and Fitness facilities will be closed during the following dates for refurbishment:

**August 18 through September 2, 1991**  
(Facilities will re-open on September 3)

# HEALTH AND FITNESS GENERAL INFORMATION

## MEMBERSHIP CARDS

All JCC members must present a valid membership card at the Health & Fitness Control Desk and Family Campus Control Desk to enter the facilities. If a member does not have their card, they must obtain a one-day pass.

## INDOOR SWIMMING POOL

Our beautiful 25 yard, 5 lane swimming pool is available approximately 88 hours per week for your swimming pleasure.

### Adult Lap Swim

Lap swim means that pool is used exclusively for lap swimming. All swimmers will proceed up and down the pool with minimal stops. DURING BUSY TIMES, SWIMMERS MAY BE ASKED TO USE THE CIRCLE SWIM PATTERN. During Adult Lap Swim, all swimmers must be 15 years of age or older, unless permission is granted by the Aquatics Director.

### Open Swim

Open swim is open to all ages. Open swim may be used as time for games, fun or parents to teach their children to swim. No lap swimming is permitted in the open swim areas of the pool. Children, ages 7 and under, must be accompanied by an adult at all times. Children, ages 8 and up must perform a swim test to swim alone.

### Private/Semi-Private Swim Lessons

Private and semi-private swim lessons are available for members only. All instructors are certified through the American Red Cross. Instruction for all ages and all swimming levels are available. Please contact Eileen Wallach at (302) 478-5660 for information.

### Swimming Pool Safety Rules

- Proper bathing attire is required.
- No diving permitted in the shallow end of the pool.
- No horseplay, pushing or running permitted.
- No food, beverages or gum permitted.
- No flotation devices allowed.
- No street shoes allowed on the pool deck.
- Soap showers are required before entering the pool. (This rule is strictly enforced by the Board of Health).

### Pool Rentals

If you are interested in renting our indoor swimming pool for a special event, contact Eileen Wallach, Recreational Services Director at the JCC.

## ADAPTED AQUATIC FACILITY

The Center offers barrier-free accessibility to our beautiful indoor swimming pool. The facilities include disabled parking spaces in the lot, showers, restrooms and changing accommodations, specially designed entry steps and a Hoyer Lift for wheelchair clients.

## STEAM AND SAUNA FACILITIES

These facilities help increase circulation, cleanse pores, loosen tight muscles and joints. The steam and sauna are for adults only. Steam - Dry heat, 8 person capacity  
Sauna - Wet heat, 8 person capacity  
This facility is open for co-ed use at all times. Bathing attire is required.

## FITNESS CENTER

Learn the fundamentals of weight training as a general body conditioner and muscle toner. Workouts are designed to help trouble areas such as hips, thighs and stomach.

### Kelser Cam II Fitness Equipment

This equipment includes Lateral Shoulder Raise, Seated Chest Press, Tricep, Leg Extension and Upper Back machine.

### The Universal Machine

This equipment contains 15 different stations and has been designed to give the proper type of workout and resistance for general conditioning and shaping.

### Other Fitness Equipment Includes

Nordic Track Skier, Lifecycle 9500, Free Weight Room, Schwinn Air-O-Dyne, Exercise Bicycles, Pulley Weights, Concept II Rowing Machine and Padded Sit-up Boards.

### Fitness Center Policies

The following rules have been instituted to ensure maximum enjoyment and safety for all of our members:

- No Food, beverages or gum permitted.
- Anyone under 18 years of age must receive proper training from a member of the Recreational Services Staff before using the equipment.
- No one under 18 years of age is permitted in the Free Weight Room.
- Anyone using free weights - MUST HAVE A SPOTTER AT ALL TIMES.
- No children under 14 years old are permitted in the Fitness Center.
- Proper exercise attire is required; no bathing suits or bare feet.
- Youth, ages 14-15, must be accompanied by an adult at all times.

### Fitness Center Orientation

Instruction on the proper use of the equipment is available and required for all new members. Appointments can be made by contacting the Health and Fitness Control Desk.

## RACQUETBALL COURTS

The JCC has three air-conditioned racquetball courts available for use. The following rates are based on an hourly fee:

Sunday (9 AM-12 NOON): \$ 2.50  
Monday-Thursday (5 PM-8 PM): \$ 2.50  
Monday-Friday (6 AM-4 PM): FREE!

Court reservations may be made up to eight days in advance. Cancellations must be made at least two hours prior to the reserved time.

### RACQUETBALL SPECIAL FOR MEMBERS ONLY

Enjoy a fun-filled hour of fitness at a bargain rate!  
Thursdays, 5:00 - 8:00 p.m.  
Fees: \$ 1.00 per person/per hour

## FULL COURT GYMNASIUM

The gym provides members with many fitness opportunities. When you read the Facility Schedule and see "Open Gym" listed, this means that the gym is open for you to walk, job, shoot baskets or exercise on your own. During listed class times, the gym is closed to the membership. There may be times that the gym is closed for special events, notices will be posted in advance.

## THE PRO-SHOP

The pro-shop is stocked with the following items - All items are available for purchase: SWIM GOGGLES, SWIM CAPS, RACQUETBALLS, TENNIS BALLS, SHAMPOO, SOAP, DEDORANT, HAIR CONDITIONER, EAR PLUGS, NOSE PLUGS, WRIST AND HEAD BANDS, RACQUETBALL GOGGLES, EXERCISE MATS, GYMBAGS, SHAVING LOTION, COMBS, RAZOR BLADES. Towels are available for rent, the cost is \$ 1.00 per use.

## BASKET RENTAL INFORMATION

Baskets with combination locks may be rented for a \$ 10.00 annual fee (January-December). Basket renewal and payment can be made at the Health and Fitness Control Desk. If you do not renew your basket, the contents will be stored for 90 days. If you do not pick-up your items after the 90 days, your contents will be donated to charity. LOCKS MUST NOT BE LEFT ON TALL LOCKERS OVERNIGHT, if they are, the contents will be removed. The JCC is not responsible for any personal belongings that are left overnight.

## PROTECT YOUR VALUABLES

It is strongly recommended that members do not bring valuables to the JCC or lock their valuable in their own locker. The JCC is not responsible for lost, stolen or damaged personal property.

**POOL SCHEDULE**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Adult Lap Swim (5) 6:00-8:00 a.m.	Adult Lap Swim (5) 6:00-8:30 a.m.	Adult Lap Swim (5) 6:00-8:30 a.m.	Adult Lap Swim (5) 6:00-8:30 a.m.	Adult Lap Swim (5) 6:00-8:30 a.m.	The JCC main building will be closed on Saturdays from June 8 through September 2, 1991  The Jewish Family Campus outdoor swimming pool will be open on Saturdays from 1:00 p.m. to 8:00 p.m.
7:00 AM							
8:00 AM							
9:00 AM	Open Swim (3) Class (2) 8:30-11:30 a.m.	Open Swim (5) 8:30-11:30 a.m.	Open Swim (3) Class (2) 8:30-11:30 a.m.	Open Swim (5) 8:30-11:30 a.m.	Open Swim (3) Class (2) 8:30-11:30 a.m.		
10:00 AM							
11:00 AM	Open Swim (3) Class (2) 10:30-12:00 noon						
12:00 PM	The JCC indoor health and fitness facilities will close on Sundays at 12:00 noon from June 8 through September 2, 1991  The Jewish Family Campus outdoor swimming pool will be open on Sundays from 11:00 a.m. to 8:00 p.m.	Adult Lap Swim (3) Class (2) 11:30 - 1:30 p.m.	Adult Lap Swim (5) 11:30-1:30 p.m.	Adult Lap Swim (5) 11:30-1:30 p.m.	Adult Lap Swim (5) 11:30-1:30 p.m.	Adult Lap Swim (5) 11:30-1:30 p.m.	
1:00 PM							
2:00 PM							
3:00 PM		Open Swim (3) Class (2) 1:30-5:00 p.m.	Open Swim (5) 1:30-5:00 p.m.	Open Swim (3) Class (2) 1:30-5:00 p.m.	Open Swim (5) 1:30 -5:00 p.m.	Open Swim (5) 1:30-4:45 p.m.	
4:00 PM							
5:00 PM		Adult Lap Swim (3) Class (2) 5:00-6:30 p.m.	Adult Lap Swim (5) 5:00-6:30 p.m.	Adult Lap Swim (3) Class (2) 5:00-6:30 p.m.	Adult Lap Swim (5) 5:00-6:30 p.m.		
6:00 PM							
7:00 PM		Open Swim (3) Class (2) 6:30-8:45 p.m.	Open Swim (3) Class (2) 6:30-8:45 p.m.	Open Swim (3) Class (2) 6:30-8:45 p.m.	Open Swim (3) Class (2) 6:30-8:45 p.m.		
8:00 PM							
9:00 PM							
10:00 PM							

**HELP WANTED**

**Positions Available**

- Receptionists
- Lifeguards
- Maintenance
- Tournament Leaders
- Concession Stand Attendants

Please contact Eileen Wallach at (302) 478-5660 for information.

**GYM SCHEDULE**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Open Gym 6:00-12:00 noon	Open Gym 6:00-9:00 a.m.				The JCC main building will be closed on Saturdays from June 8 through September 2, 1991  The Jewish Family Campus outdoor facilities will be open on Saturdays from 1:00 p.m. to 8:00 p.m.
7:00 AM							
8:00 AM							
9:00 AM	Men's Basketball 9:00-11:30 a.m.	Gym Closed. 9:00-10:00 a.m.			Open Gym 6:00 a.m.-5:00 p.m.	Open Gym 6:00 a.m. - 4:45 p.m.	
10:00 AM							
11:00 AM	Open Gym 11:30-12:00 noon	Lunch-Time Basketball 12:00-1:00 p.m.	Open Gym 10:00-7:00 p.m.	Open Gym 6:00 a.m.-9:00 p.m.			
12:00 PM							
1:00 PM	The JCC indoor health and fitness facilities will close on Sundays at 12:00 noon from June 8 through September 2, 1991  The Jewish Family Campus outdoor facilities will be open on Sundays from 11:00 a.m. to 8:00 p.m.	Gym Open 1:00 - 5:00 p.m.					
2:00 PM							
3:00 PM		Men's Basketball 5:00-7:00 p.m. (No Widener Students)				Men's Basketball 5:00-7:00 p.m. (No Widener Students)	
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM		Open Gym 7:00-9:00 p.m.		Ballroom Dancing 7:00-9:00 p.m.		Open Gym 7:00-9:00 p.m.	
9:00 PM							
10:00 PM							