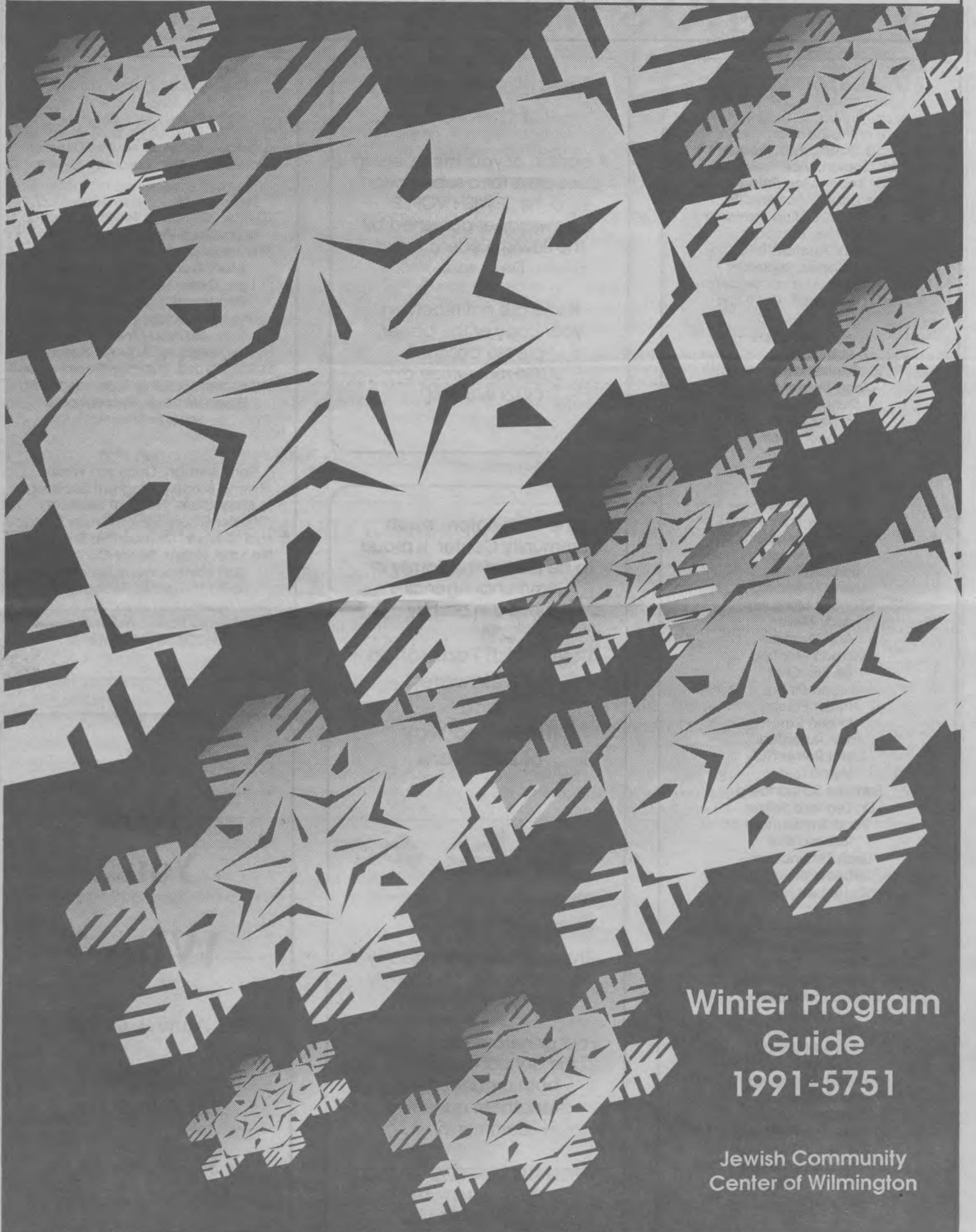


A SUPPLEMENT TO THE JEWISH VOICE



Winter Program
Guide
1991-5751

Jewish Community
Center of Wilmington

WHO'S WHO AT THE JCC

BOARD OF DIRECTORS

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 Sadle Toumarkine
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 * Martin Yallove
 Harry David Zutz

* Deceased

Attention Members of the JCC

A portion of your membership dues pays for a subscription to the JEWISH VOICE a newspaper published by the Jewish Federation of Delaware.

If you are not receiving your copy of the paper, please call the JCC Front Office at (302) 478-5660.

The Wilmington 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



This support means quality service to you, your family and our community.

Your generous contributions to the annual campaigns of both organizations strengthens our entire community.

WHEN THE TIME FOR GIVING COMES...SHOW THAT YOU CARE!

JCC STAFF MEMBERS

Executive Staff

David H. Sorkin, Executive Director
 Moises Paz, Asst. Executive Director

Program/Administration Staff

JJ Alter, Children's Services Director
 Kevin Clare, Asst. Fitness Director
 Ray Freshman, Senior Coordinator
 Molly Ganz, Fiscal Manager
 Lynn Greenfield, Adult Director
 Rita Hecht, Office Manager
 Jane Hormadaly, Early Childhood Services Director
 Hester Kingsbury, Aquatic Supervisor
 Susan Parcels, Publicity Coordinator
 Art Trickey, Building Superintendent
 Eileen Wallach, Recreational Services Director

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 Helena Brodsky, Program Secretary
 Mary Clare, Program Secretary
 Chester Ellison, Senior Center Driver
 Jodi Gevurtz, Membership Secretary
 Blanche Moore, Senior Center Cook
 Gail Pasteris, Fiscal Secretary
 Laura Pleasants, Receptionist
 Shay Rosen, Administrative Assistant
 Abberdin Tickels, Assistant Cook
 Ella Zukoff, Receptionist

If
 Not
 You...

Who ?

1991 Annual Campaign

Jewish Federation of Delaware

Super Sunday
 February 3, 1991

January Calendar

- 1 Center is closed all day
- 7 Hatha Yoga Session I Begins
- 13 HEALTH AND FITNESS CLASSES BEGIN THIS WEEK
Red Cross CPR Class Part I
- 14 Colorectal Cancer Screening
Adult Racquetball Tournament Begins
- 16 Program on Leonard Bernstein
- 18 Jewish Great Books Meeting
- 20 Senior Trip to Kennedy Center
Super Sunday Special for Kids
Red Cross CPR Class Part II
- 21 School's Out Day
- 23 Men's "3 on 3" Basketball
Organization Meeting
- 25 Friday Lunch Bunch Begins
- 27 Family Theatre Performance
Family Ski Trip to Big Boulder
- 28 Monday Lunch Bunch Begins
- 30 Tu B-Shevat Seder for Seniors
"3 on 3" Volleyball/Wallyball
Tournament Organization Mtg.

February Calendar

- 3 8TH ANNUAL SNOWBALL RUN
AT THE JCC
- 6 Beginner Bridge Class Starts
Wednesday Lunch Bunch Begins
- 7 Thursday Lunch Bunch Begins
- 11 Alaskan Highlights Program
- 12 Red Cross Lifeguard Training
- 13 Reservations for Senior Spring
Vacation Program Begins
- 14 Master's Swim Program Begins
- 15 School's Out Day
- 17 Super Sunday Special for Kids
- 18 School's Out Day
58th Wilmington International
Exhibition of Photography
- 19 Jewish Great Books Meeting
- 20 Introduction to Snorkeling
Family Forum Dinner
- 24 Red Cross CPR Class Part I
Super Sunday Special for Kids
- 25 Family Ski Trip to Jack Frost
- 28 Purim Celebration and Choral
Group Recital

March Calendar

- 3 Red Cross CPR Class Part II
Super Sunday Special for Kids
Young Musicians Recital
- 11 Hatha Yoga Session II Begins
- 13 Red Cross Lifeguard Training
- 14 New York Theatre Trip to Shogun
- 19 Jewish Great Books Meeting

SAVE THE DATE...

**Community Yom Ha'aizmaut
Celebration
VOICE OF THE TURTLE
Sunday, April 21, 1991**

For more information on these
programs, please call the
Jewish Community Center
at (302) 478-5660 !

JEWISH COMMUNITY CENTER WINTER PROGRAM GUIDE INDEX

Who's Who at the JCC	Page 2	Special Children's Pull-Out Section	Page 13
Calendar and Registration Forms	Page 3	Special Children's Pull-Out Section	Page 14
Adult Fitness Classes/Programs	Page 4	JCC Senior Center	Page 15
Adult Fitness Classes & Specials	Page 5	JCC Senior Center	Page 16
Adult Aquatic Specials	Page 6	Youth & Teen Fitness Classes	Page 17
Adult Aquatic Classes	Page 7	Youth Aquatic Classes/Specials	Page 18
Adult Services	Page 8	Early Childhood Services	Page 19
Adult Services	Page 9	Early Childhood Services	Page 20
Center Tribute Funds	Page 10	General Information	Page 21
Special Children's Pull-Out Section	Page 11	Health and Fitness Information	Page 22
Special Children's Pull-Out Section	Page 12	Gym & Pool Schedule	Back Cover

Jewish Community Center Program Registration Form

Registrant Name _____
 Telephone Number _____
 Center Member: Yes No
 Name of Class _____
 Day _____ Time _____
 Amount Enclosed: _____

Jewish Community Center Program Registration Form

Registrant Name _____
 Telephone Number _____
 Center Member: Yes No
 Name of Class _____
 Day _____ Time _____
 Amount Enclosed: _____

Jewish Community Center Program Registration Form

Registrant Name _____
 Telephone Number _____
 Center Member: Yes No
 Name of Class _____
 Day _____ Time _____
 Amount Enclosed: _____

Please make checks payable to the JCC. All class fees are payable at time of registration.
 You may register in person or by mail. Registration is only complete when accompanied by payment in full.

ADULT FITNESS CLASSES/PROGRAMS

BALLROOM DANCING

Don't be a wall flower...Enjoy the exhilaration of Dancing! It's easy and fun to learn how to dance with group lessons! Gain confidence and poise, while improving your social skills as well.

Lessons are taught by Charles and Leslie Hoefgen, Ballroom Dance Champions with 20 years of experience.

Enjoy the passion of the Tango, the elegance of the Waltz, the sensuous Rumba - nine ballroom dances in all! You'll never sit out a dance again! (Singles welcome!)

Day: Wednesdays

Time: 8:00 - 9:00 p.m.

Cost: \$ 60.00/8 Sessions/Members

\$ 90.00/8 Sessions/Non-Members

Minimum Registration: 10 Couples

Begins: January 16



ADULT RACQUETBALL TOURNAMENT

Test out your racquetball skills!

This will be a single elimination tournament with trophies awarded to the top two finishers!

Separate tournaments will be held for men and women.

First round pairings selected by lottery.

Registration Ends: January 13

Tournament Begins: January 14

Fee: \$ 20.00 (Includes court costs)

Racquetball Tournament Registration Form

Name _____

Male Female

Phone Numbers: (Home) _____
(Work) _____

Times available to Play:
(Day) _____ (Night) _____

Please return this form to Kevin Clare, Assistant Health and Fitness Director or to the Control Desk on the lower level.

EYE PROTECTION IS REQUIRED!

NEW YEAR SHAPE-UPS
(No excuses, not to work out... 'cause we're FREE!)

Morning Exercise

Monday, Wednesday and Friday
9:00 - 10:00 a.m.

Beginning to Bend Again...Let's Start Together in '91!

Monday and Wednesday
6:30 - 7:30 p.m.

"Coach" Wallach will stretch, kvetch and sweat with you. We'll start where you left off...Back to the basics with warm-ups, stretching exercises, aerobics and floor work.

Begins: January 21

Minimum Registration: 5 participants

HATHA YOGA

Enjoy body sculpturing through Hatha Yoga. Your instructor, Joan-Marie Boyd, has 27 years of teaching experience. Let her set your mood, to help you move your body like you've never believed possible.

Days: Monday & Wednesday

Time: 6:30 - 8:00 p.m.

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 for adults and teens. For more information on Hatha Yoga, please call Joan-Marie at (302) 655-8526.

Session I Begins: January 7

Session II Begins: March 11

CLASSICAL MODERN DANCE

DANCE YOUR WAY TO HAPPINESS AND HEALTH...The dance techniques taught in this class will reflect aspects of Graham, O'Donnell, Humphrey and Limon.

Instructor, Lida Smith, has an extensive background in dance that includes 30 years of teaching experience at the university level in both ballet and modern dance. She is a former member of the May O'Donnell Concert Company and Director and Choreographer for West Chester University Theatre Dance Group for more than 20 years.

Day: Wednesdays

Time: 10:00 - 11:00 a.m.

Fees: \$ 4.00/Drop-In/Members

\$ 5.00/Drop-In/Non-Members

This class will run for 10 weeks. For additional information, contact the Health and Fitness Control Desk at (302) 478-5660.

JACKIE'S AEROBIC DANCING

(Intermediate to Advanced Level)



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

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

SINGLES VOLLEYBALL (YJAD)

Wednesday Evenings
6:00 - 7:45 p.m.

Non-Members Fee - \$ 1.00



CO-ED VOLLEYBALL
Wednesday Evenings
8:00 - 9:45 p.m.

Men's Pick-Up Basketball

(18 years and up)



MONDAY EVENINGS
5:15 - 7:00 p.m.

THURSDAY EVENINGS
5:15 - 7:00 p.m.

SATURDAY AFTERNOONS
2:00 - 4:00 p.m.

SUNDAY MORNINGS
10:00 - 12:00 noon

ADULT FITNESS CLASSES & SPECIALS

ONE ON ONE WORKOUTS

Mondays & Wednesdays
5:00 - 7:00 p.m.

How would you like to receive eight supervised, one on one aerobic and weight training workouts with an exercise physiologist? Learn the proper training techniques, maximize your training benefits and get that added incentive.

Fee: \$ 40.00/8 Sessions/Members

Start when you are ready !

For more information, call Kevin Clare, Assistant Health and Fitness Director.

Men's "3 on 3" Basketball

Sundays
10:00 - 11:00 a.m.

Show off your fancy footwork and your arsenal of "clutch shots". Teams will consist of 4 players and games will be 3 on 3, short court.

Fee: \$ 40.00/Team
Session: January 27 - March 3
Registration Deadline: January 13

Organizational Meeting Information
Sunday, January 23
10:00 a.m.

Contact Kevin Clare at (302) 478-5660 for more information on Men's "3 on 3" Basketball.

"3 ON 3" VOLLEYBALL/ WALLYBALL TOURNAMENT

Join us for our newest tournament beginning in February of 1991 !

Wednesdays
7:00 - 9:00 p.m.

Organizational Meeting Information
Wednesday, January 30, 1991
7:00 p.m.

Register Your Team Now - \$ 40.00/Team
Four Players for Each Team !

Registration forms for this tournament are available at the Control Desk. For more information, please call Kevin Clare at the JCC.

SENIOR WALKING CLUB WITH EILEEN AND KEVIN

Learn the facts about walking your way to good health. Class will include shoe, calorie intake and stride information.

Music will be used, along with obstacle courses and other creative ideas to keep you moving.

Day: Tuesdays & Fridays

Time: 11:15 - 12:00 noon

Fees: Free to Members

Please contact Eileen Wallach, Recreational Services Director at the JCC for more information.

8TH ANNUAL JCC SNOWBALL RUN

**5 Mile Run, 5 K Walk
and 1 Mile "Fun Run"**

Sunday, February 3, 1991



* RACE TIMES *

1 Mile "Fun Run" - 12:30 p.m.
5 Mile & 5 K Walk - 1:00 p.m.

* REGISTRATION *

Pre-Registration by 1/30/91
\$ 10.00 per person
Post-Registration with t-shirt
\$ 12.00 per person
Post-Registration without t-shirt
\$ 8.00 per person

* AWARDS *

Long Sleeve Race Shirts to the first 300 registered runners

Prizes to overall male and female winners and 1st, 2nd and 3rd in each age division

Prizes to 1st, 2nd and 3rd place participants in the 5 K Walk and 1 Mile "Fun Run"

Registration forms are available at the JCC Front Desk and the Control Desk !

FAMILY SKI TRIPS

**Sunday, January 27, 1991
to Big Boulder**

**Sunday, March 3, 1991
to Jack Frost**



Families, Teens, Adults,
Children and Singles...

We're taking everyone who wants to go skiing with us. Chose from three different ski packages to suit your needs.

Let the JCC be your guide for the day !

PACKAGE A

Transportation and Lift Ticket
Members - \$ 44.00
Non-Members - \$ 65.00

PACKAGE B

Transportation, Lift Ticket and
Equipment Rental
Members - \$ 60.00
Non-Members - \$ 90.00

PACKAGE C

Transportation, Lift Ticket, Equip-
ment Rental and Group Lesson
Members - \$ 65.00
Non-Members - \$ 90.00

REGISTRATION DEADLINES

Trip to Big Boulder - January 21
Trip to Jack Frost - February 25

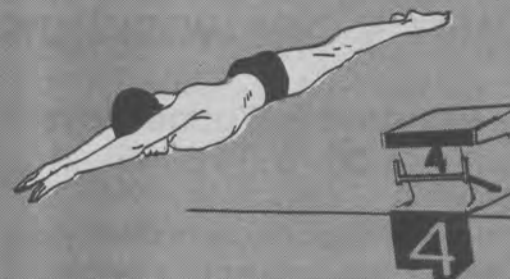
The bus will depart from the JCC at 6:00 a.m. SHARP and will return approximately at 7:30 p.m.

For more information, please contact Eileen Wallach at (302) 478-5660.

ADULT AQUATIC CLASSES

MASTER'S SWIMMING PROGRAM

Mondays & Wednesdays
8:00 - 9:30 p.m.



Tired of boring, solo workouts? Finding it difficult to stay motivated? Then Master's Swimming is just the program for you!

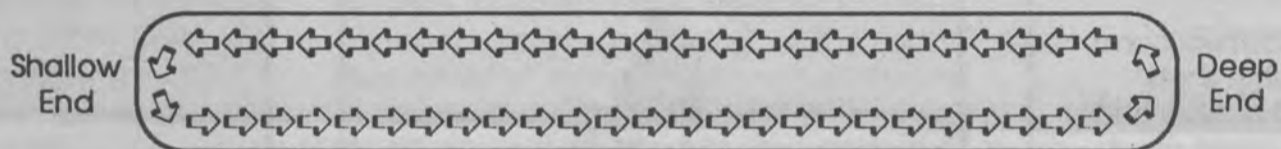
Whether you are an ex-competitive swimmer, tri-athlete or serious lap swimmer, Master's Swimming can make your workouts more productive and enjoyable. Our experienced coaching staff will provide you with challenging workouts and helpful stroke mechanics to enable you to achieve your goals. Local competitions available.

Fees: \$ 40.00/Members, \$ 60.00/Non-Members
Begins: February 14 (Registration Deadline: February 7)

ATTENTION: ALL SWIMMERS

New Circle Swim Policy - Effective January 1, 1991

What does this all mean? No waiting time to lap swim! During the hours of Adult Lap Swim and Lap Swim, lanes will be designated as slow, medium and fast. Circle swim will allow more than 2 swimmers in a lane at a time. If the pool is crowded, swimmers will be asked to circle swim. To circle swim, swim to the right side of the lane.



The lifeguards are there to help. If you are not sure which lane you should swim in, please ask the guard on duty. They will also help to alert other swimmers in the lane that they will begin a circle swim pattern. We feel this policy will enable more people to utilize the pool during busy hours and hope that the change will be an easy one.

WATER WALKING

To cold to walk outside? Join us for this special program where participants walk in the water allowing time to chat with friends as you stroll down the "lanes".

Day: Wednesdays & Fridays

Time: 10:00 - 10:45 a.m.

Fees: \$ 25.00/1 Day/Members
\$ 45.00/2 Days/Members

Minimum Registration: 4 participants

Begins: January 14

Registration Deadline: January 10

WATER AEROBICS

(Morning and Evening Classes Available !)

Come join the fun! Tone and firm muscle groups without stress and strain. Water resistance exercise improves tone, strength and flexibility without jarring or stressing joints. Emphasis on fun and fitness. For swimmers and non-swimmers.

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

Evening - Mondays & Wednesdays - 7:00 - 8:00 p.m.

Fees: Members: \$ 45.00/2 Days, \$ 68.00/3 Days

Non-Members: \$ 65.00/2 Days, \$ 100.00/3 Days

Minimum Registration: 4 participants

Begins: January 14

Registration Deadline: January 10

STRETCH AND TONE WATER EXERCISE

This exercise course is designed for people with physical difficulties such as arthritis, bone and joint problems, back problems, etc. which limit their ability to participate in other activities. Stretching, full range of motion exercises and low level aerobic activities are used to meet the individual needs of the participants.

Day: Mondays, Wednesdays & Fridays

Time: 10:45 - 11:30 a.m.

Fees: \$ 40.00/2 Days/Members

\$ 60.00/3 Days/Members

\$ 60.00/2 Days/Non-Members

\$ 90.00/3 Days/Non-Members

Minimum Registration: 3 participants

Begins: January 13

ADULT SWIMMING LESSONS

It's never too late to learn to swim! Improved swimming skills make all aquatic situations, boating, pool parties and lap swimming more enjoyable. No previous swimming experience is necessary.

Day: Mondays

Time: 10:00 - 10:30 a.m.

Fees: \$ 30.00/Members

\$ 45.00/Non-Members

Minimum Registration: 4 participants

Begins: January 14

Registration Deadline: January 10



ADULT AQUATIC SPECIALS

AMERICAN RED CROSS LIFEGUARD TRAINING



Tuesday, February 12 & Thursday, March 14, 1991
6:30 - 9:30 p.m.



Whether you want to become a lifeguard or just want the security of knowing you can react effectively to aquatic emergencies, lifeguard training is the course for you! Successful completion of this course will certify you to become a lifeguard, employment placement provided.

Fees: \$ 65.00/Members, \$ 90.00/Non-Members (Includes a \$ 16.00 American Red Cross Fee)
Minimum Registration: 6 participants/Maximum Registration: 10 participants
Please contact the Health and Fitness Control Desk at (302) 478-5660 for more information.
The deadline for registration is February 5.

AMERICAN RED CROSS INFANT/CHILD CPR

Learn what to do instead of panic when your child is choking. Feel secure handling respiratory and circulatory emergencies.

Session I: January 13 & 20

Session II: February 24 & March 3, 1991

Time: 1:30 - 4:30 p.m.

Fees: \$ 28.00/Members

\$ 42.00/Non-Members

Costs include a \$ 18.00 American Red Cross Fee.

Minimum Registration: 4 participants

Registration Deadline: January 6

INTRODUCTION TO SNORKELING

Warm weather is coming and what better way to enjoy it than snorkeling! Whether you are planning a warm winter vacation or preparing for a summer filled with aquatic fun...snorkeling is a great experience. Learn the fundamentals in a safe, supervised environment with trained instructors. Open to all ages!

Date: Wednesday, February 20, 1991

Time: 6:00 - 7:00 p.m.

Fees: \$ 7.00/Members

\$ 10.00/Non-Members

Pre-Requisite: Advanced beginner swimming level required.

Minimum Registration: 4 participants

Registration Deadline: February 13



ADULT STROKE MECHANICS CLINIC

This class is designed specially for lap swimmers. Learn how improving your stroke technique can increase your enjoyment of swimming and help eliminate many swimming related injuries such as shoulder problems.

Classes will be held periodically throughout the winter session. Watch for more information!

JCC SWIM SCHEDULE

Open/Lap Swim January 13 - March 29

ADULT LAP SWIM

(All lanes roped)

Adult swim only/circle swim when crowded

6:00 a.m. - 8:30 a.m. Monday through Friday - 5 lanes
11:30 a.m. - 1:30 p.m. Monday - 3 lanes
11:30 a.m. - 1:30 p.m. Tuesday through Friday - 5 lanes

LAP SWIM

(All lanes roped)

Lap swim for any age/circle swim when crowded

9:00 a.m. - 10:30 a.m. Sunday - 5 lanes
2:00 p.m. - 7:00 p.m. Saturday - 3 lanes
5:00 p.m. - 6:30 p.m. Monday & Wednesday - 3 lanes
5:00 p.m. - 6:30 p.m. Tuesday, Thursday & Fri. - 5 lanes

OPEN SWIM

(Lap swim available during open swim when possible)

8:30 a.m. - 11:30 a.m. Monday, Wed. & Fri. - 3 lanes
8:30 a.m. - 11:30 a.m. Tuesday & Thursday - 5 lanes
1:30 p.m. - 5:00 p.m. Monday & Wednesday - 3 lanes
1:30 p.m. - 5:00 p.m. Tuesday, Thursday & Fri. - 5 lanes
6:30 p.m. - 9:45 p.m. Monday & Wednesday - 3 lanes
6:30 p.m. - 9:45 p.m. Tuesday & Thursday - 5 lanes
2:00 p.m. - 7:00 p.m. Saturday - 2 lanes
10:30 a.m. - 1:00 p.m. Sunday - 3 lanes
1:00 p.m. - 5:00 p.m. Sunday - 5 lanes

ADULT SERVICES

Community Yom Ha'atzmaut Celebration VOICE OF THE TURTLE

SUNDAY, APRIL 21, 1991

(Please note change of date) Time to be announced.



Inspired by the upcoming "Paths of Exile" in 1992, Voice of the Turtle will present an exciting concert at the Jewish Community Center, which will trace the fascinating history of Spanish Jews - the Sephardim - since their expulsion from Spain in the year of 1492. Performed on an astonishing variety of folk instruments from the Near and Middle East, as well as on instruments from medieval and Renaissance times, the program/concert reflects the Paths of Exile - the history, the geography, and the daily ambience of this Judeo/Hispanic culture, which sustained these compelling beautiful musical traditions throughout 500 years of exile.

Voice of the Turtle is a group of four singer/instrumentalists who are committed to a unique specialization - the music of Sephardim. Founded in 1978, the quartet has been at the forefront in making this rare and beautiful music accessible to international concert audiences. The musicians perform on harp, psaltery, rebec, kamnaja, 'ud, shawms, cornetti, chalumeaux and Spanish medieval bagpipe.

The cost for the Voice of the Turtle Concert at the JCC is \$ 2.00 per person and tickets may be purchased at the JCC Front Desk.



This program is partly funded by the Delaware Humanities Forum, a state program of the National Endowment for the Humanities.

JEWISH MUSIC MONTH CELEBRATION

"Music of Israel - History
through Sound"

Presenter: Ofer Ben-Amots

COMING IN MARCH!

Since Israel's establishment, thousands of songs have been written in a uniquely Israeli musical language. This language not only reflects the qualities of Israel as a melting pot for a vast diversity of cultures, but, in addition, tells the dramatic story of its history.

These issues, which are so fundamental to the character of Israeli folk music, are also strong forces in the evolution and shaping of the concert hall and contemporary music of Israel.

Professor Ofer Ben-Amots will present a four part lecture which will address the cultural evolution of Israeli society from the music-point of view. The focus of his lectures will be the social and cultural evolution of Israeli society and the continuance of diverse communities which bring their own musical traditions from different parts of the diaspora.

WATCH FOR MORE INFORMATION!

FAMILY THEATRE SERIES "Fool of the World"

The highly-acclaimed "Stra-Bis-Mus" Theatre Company has found a home this past fall at the JCC. Record attendance at the previous two theatre performances (Snow White and King Midas) will surely be witnessed at this performance of "Fool of the World".

Adapted from a Russian folktale, "Fool of the World" is the story of a simple peasant who builds a magical flying ship which takes him to the palace of the Czar where he wins the love of the princess and truly understands the meaning of believing in one's self.

Date: January 27, 1991

Time: 2:00 p.m.

Cost: \$ 5.00/Child, Adults/Free

For additional information, please call Lynn Greenfield at (302) 478-5660.

WILMINGTON INTERNATIONAL EXHIBITION OF PHOTOGRAPHY

The 58th Wilmington International Exhibition of Photography will include a dual projector presentation of prize winning slides from over 30 countries submitted by over 500 photographers. Music and narration will accompany more than 400 slides.

Date: Monday, February 18, 1991

Time: 7:00 p.m.

This Annual Slide Show at the JCC is sponsored by the Delaware Camera Club. This is the same show that will be exhibited at the University of Delaware.

YOUNG MUSICIANS RECITAL

"Dedicated to Young
Israeli Musicians"

Sunday, March 3, 1991
7:30 p.m.

The 1991 Young Musicians Recital will take on a special air of excitement. The recital is being dedicated to Young Israeli Musicians, and in honor of this dedication, several former Israeli winners of the Young Musicians Contest will be guest artists at this year's recital.

The audience will be treated to outstanding music performed by the Young Musicians Contest Winners, as well as veteran performances by past Israeli Young Musician Contest Winners whose careers have skyrocketed in the national and international concert music scene.

Recital Admission Fees:

\$ 4.00/Adults

\$ 3.00/Students & Senior Citizens

Tickets for the Young Musicians Recital will be available at the JCC Front Desk.

ADULT SERVICES

JEWISH GREAT BOOKS DISCUSSION GROUP

The Jewish Great Books Discussion Group meets every third Tuesday evening at 7:30 p.m. at the Jewish Community Center. The readings range from ancient texts to modern novels and will include the following selections:

January 18 - Halkin, Hillel - "Letters to an American Jewish Friend: A Zionist's Polemic" (pp. 77-152)

February 19 - Woulk, Herman - "This is My God"

March 19 - Rosenthal, Gilbert - "Four Paths to One God" (pp. 229-256)

April 16 - Plaskow, Judith - "Standing Against Sinai; Judaism from a Feminist Perspective" Chapter II - "Torah: Reshaping Jewish Memory" (pp. 25-74)

Chapter III - "Israel: Toward a New Concept of Community" (pp. 75-120)

Chapter V - "Toward a New Theology of Sexuality" (pp. 170-210)

New members are always welcome to attend the Jewish Great Books Discussion Group, call the Center for more information.

ETHICS OF OUR FATHERS

Explore the ethical maxims and brilliant insights and sayings of our Sages. These principles of Torah and ideals of our religion are the ultimate guidelines of Judaism.

Lively discussions with a question and answer session will be hosted by Rabbi Chuni Vogel, Director of Chabad-Lubavitch of Delaware.

Wednesdays, 7:30 p.m.

No religious education is needed to participate and no registration is necessary. Please call (302) 478-5660 for session information.

SCRABBLE

**Tuesday Evenings
6:30 p.m.**

Scrabble fever is sweeping the nation and the JCC has caught the fever!

Join our ongoing group of Scrabble enthusiasts every week for a challenging game of Scrabble.

Who knows, your "z" may wind up on the "triple letter score"!

Free to Members
\$ 1.00/Non-Members

Everyone is welcome - beginners through advanced players.

For more information, please contact Lynn Greenfield at (302) 478-5660.

BEGINNER BRIDGE

Join us for eight weeks of bridge instruction with Mr. Syl Hirsty, bridge expert and instructor. Mr. Hirsty will lead you through the basics of bridge and polish your skills. There will be plenty of bridge-playing time allotted as you progress in the fascinating and intriguing game of bridge.

If you have never played bridge, now is the time to learn. If you have a basic understanding of the game, now is the time to enhance your skills.

Day: Wednesdays

Time: 7:00 - 9:00 p.m.

Dates: February 6 - March 27

Fees: \$ 40.00/Members

\$ 50.00/Non-Members

Registration with payment may be made at the JCC Front Desk. For more information, call Lynn Greenfield at (302) 478-5660.

CULTURAL CARAVAN HEADS FOR BROADWAY

"SHOGUN"

"Shogun", one of the most popular best-selling novels of all-time, is now being presented as a major musical! The story of a 17th century Englishman who goes to Japan, falls in love with a Japanese woman and becomes involved in political intrigue is extraordinary material for a musical of great scope and grandeur.

Date: Wednesday, March 14, 1991

Cost: \$ 85.00/Members

\$ 100.00/Non-Members

"PHANTOM OF THE OPERA"

This is our second trip to see Andrew Lloyd Webber's stunning hit musical, "Phantom of the Opera".

Date: Wednesday, April 24, 1991

Cost: \$ 85.00/Members

\$ 105.00/Non-Members

"NICK AND NORA"

Barry Bostwick will star as Nick Charles and Joanna Gleason will play Nora. The show, based on the Dashiell Hammett characters that evolved into "The Thin Man" films, will be directed by two-time Tony Winner, Arthur Laurents. The score is by Charles Stoupe ("Annie") and Richard Maltby ("Closer Than Ever").

Fall of 1991

Cost: \$ 85.00/Members

\$ 100.00/Non-Members

Theatre Trip Information:

All theatre trips depart from the JCC at 8:00 a.m. and return at approximately 8:00 p.m. Other theatre trips are being planned for later in the year. For more information on theatre trips, please call the JCC at (302) 478-5660.

JCC ART GALLERY

DELAWARE CALLIGRAPHY GUILD EXHIBITION - January 1991

The Delaware Calligraphy Guild will exhibit a variety of works displayed through drawing, painting, embossing, illuminating and poetry. Artwork will be available for purchase.

GIBBY PERRY EXHIBIT - February 1991

An art and art history graduate from the University of Delaware, Mr. Perry claims diverse themes and techniques in his works. Mr. Perry's landscapes are vigorously drawn in either oils or pastels and represent a wonderful relief from traditional landscapes.

MEMBERS ART SHOW - March 1991

Watch for more information!

ISRAELI FINE ARTS EXHIBIT - April 1991

The Art Gallery Committee will present works by Israeli artists Agam, Ben Avraham, Castel, Ebgil, Eiseman, Epstein, Flatz, Goldman, Gotman, Maimon, Mahler, Schenevert and Tobias in the gallery during April.

The works will include original water colors, serigraphs, lithographs and etchings.

ROSE BRIEN FINKEL EXHIBIT - May 1991

The artwork of Rose Brien Finkel is displayed in the National Museum of American Jewish History on an ongoing basis, as well as in the Renwick Gallery of the Smithsonian Museum. Her work, which includes embossments of Mizrahs and other Jewish themes, sells in galleries and museum shops across the United States and Norway.

YOUNG JEWISH ADULTS OF DELAWARE

(The Group for Singles in the Twenties and Thirties)

If you are a Jewish single in your twenties or thirties, and like to participate in a variety of activities and programs...YJAD IS FOR YOU!

MONTHLY PROGRAMS:

Chavurah Discussion

Every month members of YJAD meet at someone's house for a Chavurah Discussion. Chavurah is a gathering of 15 to 20 people for a friendly and stimulating discussion of current topics.

Volleyball League

On Wednesday evenings members of YJAD participate in evening co-ed volleyball, in the JCC gym beginning at 6:00 p.m. Games are non-competitive and there is a \$ 1.00 charge for those who are not members of the JCC.

For more information on YJAD, please call the JCC at (302) 478-5660.

CENTER TRIBUTE FUNDS

Your Gift...Your Choice

With a gift to the JCC, you can honor the memory of a departed one, congratulate a friend, colleague or family member, or wish a special patient a speedy recovery.

And you can choose where your gift goes...to the JCC General Fund, Scholarship Fund or a host of Special Funds established to pursue a particular goal.

With a minimum donation, you can even establish a brand new fund yourself, to pursue the aims that you wish, honoring or memorializing the person of your choice.

But no matter which fund you choose, your gift will go to work immediately, bringing much needed revenues to the Center's vital community programs.

In addition, we'll send a lovely card to your honoree or family member to tell them of your gift, and it will be our pleasure to thank you formally in our monthly "On-Center" publication.

So exercise your freedom of choice with a gift to the JCC.
Help us continue to work for a better community — for all of us!

General Fund

Supplement programs in all departments.

Scholarship Fund

Provides financial assistance for day camp, membership and day care.

Harry Bluestone Memorial Fund

Supports Jewish education programs.

Harry Cohen Foundation

Maintains the JCC building and grounds.

Dan Ehrenfeld Memorial Fund

Maintains the swimming pool and aquatic programs.

Paul Green Memorial Fund

Support physical education and fitness programs and activities.

Doris and Irving Morris Leadership Forum Fund

Support a biennial lecture program to be held at the Jewish Community Center.

Henry Nord Scholarship Fund

Provides youngsters with Day Camp Scholarships.

Halina Wind Preston Holocaust Education Fund

Support educational programs pertaining to the Holocaust.

Harry Sapowitz Memorial Fund

Provides youngsters with Day Camp Scholarships.

Laura Fogel-Schagrin Scholarship Fund

Provides youngsters with Day Camp and Day Care Scholarships.

Barbara Weiner Memorial Fund

Sponsors Young Leadership Award allowing winner to attend JCCA Biennial Convention.

Grandparents Fund

Supports children's programs and activities.

Friends of the Senior Center Fund

Funds projects and equipment for Senior Center members.

FEATS (Foundation of Economic Aid to Strings) Fund

This fund is dedicated to the memory of Dr. Isadore Slovin; established to provide musical education/entertainment to the Jewish community.

JCC TRIBUTE FUNDS

Enclosed is my contribution

Your Name _____

Address _____

Name of Fund _____

In Honor Of In Memory Of
 Speedy Recovery Thank You To

Description _____

Please notify the following person(s)
of my contribution:

Their Name _____

Address _____

Please mail coupon with check payable to the Jewish Community Center to JCC Tribute Funds, 101 Garden of Eden Road, Wilmington, Delaware 19803.

Contributory Membership Program

Precious Metals...Precious Members

The Jewish Community Center has established a special program which gives members of the JCC an opportunity to upgrade their memberships to a contributory status.

The following categories have been established:

Platinum - \$ 1,000.00

Gold - \$ 360.00

Silver - \$ 180.00

Your investment, now, through your tax-deductible contribution, will enable the Center to continue to serve our community in many ways, including by offering Judaic programs that enhance the lives of its members and of our community and providing financial assistance to those families in need.

Please help us continue our mission by upgrading your membership to a contributory status today!

Yes, I would like to participate in the Contributory Membership Program!

Please check one of the following categories:

- Platinum Member
 Gold Member
 Silver Member

I have enclosed my check made payable to the JCC.

Please bill me.

Name _____

Phone Number _____

Address _____

Please complete the information above and mail to the JCC Contributory Membership Program at 101 Garden of Eden Road, Wilmington, Delaware 19803.

Quarterly billing is available upon request. Please call the Membership Secretary at (302) 478-5660 to make arrangements.

SPECIAL PULL-OUT SECTION FOR KIDS

MAKE TRACKS THIS WINTER WITH OUR CHILDREN'S ACTIVITIES !

Pull out this section and keep it handy. Use it as a reminder of all the terrific things happening during the upcoming months. Then, call a friend and pick your dates.

SUPER SUNDAY SPECIALS (Grades 3-5)

Grab a friend (or two or three) and head for the JCC for these really *HOT* Sunday afternoons. Fun is on the rise on these days !

CHECK OUT THIS LINE-UP...

ICE SKATING & MAKE-YOUR-OWN-PIZZA

Date: January 20, 1990

Meet at the Center for a slippery skating day and finish off the afternoon with your own perfect pizza !

Registration Deadline: January 13



SURF-N-TURF

Date: February 24, 1990

Enjoy a leisurely swim in the indoor pool and then get ready for a wild game of walleyball, the Center's newest sport (walleyball is volleyball played in a racquetball court !)

Registration Deadline: February 17

ROLLER DAY AND MOVIE MADNESS

Date: February 17, 1990

You'll be on a roll around the gym floor ! Then, butter up the popcorn as we settle in for a great movie !

Registration Deadline: February 10



SPORTS-A-RAMA

Date: March 3, 1990

More fun than a barrel of monkeys - everything from racquetball to amoeba tag and everything in between !

Registration Deadline: February 24

SUPER SUNDAY REGISTRATION INFORMATION

Sign up early for these terrific days, 'cause space is limited !

Time: 3:00 - 5:00 p.m.

Cost: \$ 5.00 per class or register for all four for only \$ 15.00

For additional information, contact Kevin Clare at (302) 478-5660. See you on Sunday !

The Ball is in *YOUR* court at the **JCC SPORTS CAMP!**

This summer, 4th-6th grade boys and girls are invited to take their "best shot" and learn skills and techniques in our NEW intensified SPORTS CAMP!

Expert coaches, local sports celebrities, instruction and conditioning periods, recreational swim and trips are all part of this speciality camp.

CAMPS FOR 1991 INCLUDE...



TENNIS CAMP
(June 14-July 5)



Developed in conjunction with the Delaware Tennis Association, instruction from a pro, conditioning exercises and special field trips are all part of this camp.

BASEBALL CAMP
(July 8-July 19)



Highlights include scrimmage games, skill development and major league excitement!



SOCCER CAMP
(July 22-August 2)



Get your kicks during these two weeks of soccer drills, instruction, trips and professional coaching!



ADVENTURE CAMP
(August 5-August 16)



Instruction in camping, rafting, mapping and compassing, hiking, fishing and initiative challenges!

WATCH YOUR MAIL FOR REGISTRATION INFORMATION OR CALL THE "SPORTS CAMP HOTLINE" AT 478-5660 - (EXTENSION 223)

This summer, let us bring the WORLD to you at camp. Our international staff from Israel, France, England and Germany combined with our two week themes centering around the ecology will provide a very "global" experience.

NEW THIS YEAR !

Families may register for camp in two week, consecutive blocks of camp which total a four week session. Need camp for the first two weeks and the last two ? How about four right in the middle ? Our flexible enrollment is designed to meet the needs of our families ! Also, a seven week camp experience is available this year !

SAVE THE DATE...May 13, 1991 is the date for early registration and your chance to save \$ 50.00 !

WATCH YOUR MAIL for the exciting camp brochure to hit your **WORLD** the first week of January or call the "CAMP HOTLINE" at 478-5660 (Extension 221)

**'YOU'VE GOT THE WHOLE
WORLD IN YOUR HANDS
AT CAMP EARTH '91"**

CAMP JCC (June 24 - August 16)



BIRTHDAY PARTY PACKAGES Happy Birthday to YOU at the JCC !

Celebrate your special day at the JCC ! Our birthday party packages take care of everything including the fun ! All you have to do is invite your friends ! Each party package includes a JCC staff member who will plan gym and swim activities, outdoor play and special birthday games and surprises ! The JCC will provide the cake and drink based on upon your request (sheet cakes, special theme cakes and ice cream cakes are available).

Package A

Includes staff member to plan the activities, swim and/or gym times, cake, punch and lots of fun for all the birthday guests !
Cost: \$ 80.00 up to 15 children, \$ 3.00 each additional child

Package B

Includes staff member to plan the activities, a special professional performer (clown, juggler or magician), all party decorations, including the papergoods, cake and juice !
Cost: \$ 175.00 for up to 15 children, \$ 3.00 each additional child

Package C

Make your party even more complete by including lunch ! Party staff will arrange lunch for all the party guests, plan all of the activities, set up the birthday room and make your celebration really special !
Fee includes all lunch costs, cake and juice.
Cost: \$ 150.00 up to 15 children, \$ 5.00 each additional child

Parties can be planned on any Saturday or Sunday during regular Center hours. Please contact the Child and Family Division Office at least one month in advance of the desired party date - as dates to book quickly !

FAMILY FORUM DINNER
Wednesday, February 20, 1991
5:30 - 7:30 p.m.

DRUGS AND OUR KIDS...IS "JUST SAYING NO" ENOUGH ?

Join with other families as well collectively discuss a topic which is paramount to all of us. Review what is being taught in the schools and how families can re-enforce these important messages. Children will enjoy a sports-of-all-sorts program during the parent discussion segment. A nutritious, delicious, dinner will be served. Leave the cooking to us while the discussion is on you ! The cost is \$ 7.50 per family. Please register no later than February 13.

HANDS ON RETURNS TO THE JCC
December 21, 1990-January 18, 1991

HANDS ON, the Delaware Children's Museum returns to the Center in time for your Winter vacation ! Enjoy this unique participatory museum dealing with hands, their uses, what they can create and express ! Looking to make your birthday party even more special ? Museum parties can be planned ! Have a group that's looking for a private tour ? Call to make arrangements. Do you have some spare time on YOUR HANDS ? Why not volunteer for a few hours. For more information about hours of operation and fees, please call the Center at (302) 478-5660.

KIDSPLACE AT THE JCC (Grades K-5)



Looking for things to do afterschool during the winter months? Shrug off the cold and come in to some *HOT* activities for kids in Kindergarten through 5th Grade. There's never a shortage of activities including swim, basketball, racquetball, soccer, and volleyball round-robins, clubs featuring crazy crafts, weird science, amateur architects and creative cookery!

Everyday you'll have choices to make, things to complete, friends to enjoy and staff to help make the hours fly by. Come for a day, or enjoy the whole week! Kidsplace begins at 3:00 p.m. daily and continues through 5:45 p.m. Transportation to the JCC and to Hebrew Schools is available for an additional fee.

CHECK OUT OUR ON-GOING CLUBS FOR THIS WINTER...

CRAZY CRAFTS

Everything from painting and sketching, to plaster-of-paris mask making! Open your eyes to the many ways you can take everyday objects and turn them into valuable works of art!

WEIRD SCIENCE

Learn and have fun all at the same time! Projects include egg incubation, growing sprouts, recycle your own paper, the mystery behind salt crystals. Create your own bird feeders and green house projects!

AMATEUR ARCHITECTS

Create the Kidsplace space of the future! Map out a model city, complete with buildings, transportation systems, parks and much more! Uptown, downtown...all around town. You're the builder!

CREATIVE COOKING

Healthy afterschool snacks and meal-time favorites will be created and enjoyed by everyone in the program. The special flavor of this club is that all projects are kosher and easy to make! Holiday specials will also be introduced!

KIDSPLACE REGISTRATION INFORMATION

Registration is made by completing a monthly calendar, allowing maximum flexibility. Calendars are due no later than the third week of the month prior. Payment must accompany calendars.

The Kidsplace daily fee is \$ 6.50 plus \$ 1.50 for daily transportation to the JCC and \$ 2.00 for transportation to Hebrew School.

Don't miss out on all the winter specials of Kidsplace. For more information, please call J.J. Alter at (302) 478-5660.

SCHOOL'S OUT DAYS (Grades K-5)

When School's Out...Kidsplace is the "in-place" to spend the day! Whether we're on the road traveling to some "off-the-beaten-track" destination, or hanging out around the JCC, you and your friends will have a great "day-off" together.

CHECK OUT THESE GREAT DAYS...

JANUARY 21

School's Out kids hit the road for a fantastic trip to the Franklin Institute in Philadelphia. Check out all the museum's special exhibits and attractions. We'll be eating at the museum, so please pack a non-perishable lunch (drinks provided by the JCC).

FEBRUARY 15

Strap on the ice skates and prepare yourself for a "winterrific" day of action-on-ice! Whether you're a beginner or a "pro", grab a friend for some slippery fun! Pack a lunch, swim suit and towel!

FEBRUARY 18

Wearable Art Day! Create your own fashion statement by creating your own designs. Bring a sweatshirt, t-shirt, boxer shorts, socks, jeans, jackets...bring just about any ordinary piece of clothing and turn it into something special! Don't forget a swim suit and towel (already designed!) 'cause there's time for a swim on this day too!

SCHOOL'S OUT REGISTRATION INFORMATION

Each day begins at 9:00 a.m. and ends at 4:00 p.m. Extended care is available from 7:30 a.m. through 5:45 p.m. The fee for each day is \$ 18.00, which includes all admission fees and a kosher snack. An additional \$ 2.00 per day is required for extended care. Registration for these days must be made in advance by filling out a Kidsplace calendar. Payment in full is required at time of application. Calendars are available at the Front Desk or in the Child and Family Office.

JEWISH SCOUTING

JEWISH CUB SCOUTS

For Boys and Parents, Grades 1-5

Cub scouting provides the opportunity to make new friends, learn new skills and games in a group setting. Parent involvement is essential. Meetings are held at the JCC or at a group members' home.

Pack Coordinator: Ron Makar

JEWISH BOY SCOUTS (Grades 6-8)

Boy scouting provides the opportunity to work toward new and challenging skill levels within a group setting. Scouts will be encouraged to obtain various merit badges in a variety of fields, all of which encompass a Jewish Identity.

Leaders: Bill Weissman & Dave Hirschman

For more information about scouting opportunities at the JCC, call (302) 478-5660.

ENRICHMENT CLASSES AFTERSCHOOL (Grades 3-6)

Enrich your life, expand your horizons, make new friends and learn new skills! Our first offerings during the Fall were so successful that we're expanding our offerings to provide even more classes. Classes are designed specifically for 3rd - 6th graders and are offered one day per week for 8 classes. Each class is developed and taught by a well-qualified instructor.

PHOTOGRAPHY II

An extension of our first enrichment class. The group will continue to work on assignments of their choice and will present a final project. Trips will be held regularly to expand the subject matter being photographed. A trip to a photo finishing dark room is featured.

Day: Tuesdays

Time: 4:15 - 5:30 p.m.

Fee: \$ 40.00/8 Sessions



CERAMICS I

This beginning class will focus on fundamentals of pottery. Slab and coil construction will be featured. Students will fire and glaze pieces of their choice. An exhibit of finished pieces will be held at the JCC.

Day: Tuesdays OR Wednesdays

Time: 4:15 - 5:30 p.m.

Fee: \$ 40.00/8 Sessions (Firing fees if applicable will be additional)

THE ATHLETIC CLUB

A round-robin of round-robins featuring skill development and exposure to the following sports: lacrosse, ping-pong, football, soccer, tennis and racquetball, volleyball and walleyball. A trip to a professional sporting event will be taken by the group.

Day: Tuesdays OR Fridays

Time: 4:15 - 5:30 p.m.

Fees: \$ 45.00/8 Sessions

ENRICHMENT CLASS REGISTRATION INFORMATION

The enrichment club fee includes the day of Kidsplace, staff, supplies (where noted) and trip admissions (when applicable). Registration can be made at the JCC Front Desk. A minimum of 10 registrants per class is required.

Transportation to the JCC from area schools is available for these enrichment clubs as well as other weekday physical education classes. The fee for transportation is \$ 1.50 per day. Spaces are limited, so make sure you register early!



JCC SENIOR CENTER

COLORECTAL CANCER SCREENING

Maggie Thorpe, Cancer Outreach Coordinator from the Medical Center of Delaware, will be holding a Colorectal Cancer Screening program at the JCC Senior Center.

This program will involve a thirty minute presentation on prevention, early detection and treatment of colorectal cancer. Stool blood kits will be distributed to all attending, which are to be sent back to the Medical Center for analysis.

Date: Monday, January 14, 1991

Time: 12:45 p.m.

This session is open to the entire community, free of charge. Advance registration is necessary by calling the Senior Center.

ACADEMY OF LIFELONG LEARNING PROGRAMS

"LEONARD BERNSTEIN"

Seymour Sands, an instructor at the Academy of Lifelong Learning, will present a program entitled "Leonard Bernstein".

Leonard Bernstein has rightfully earned the title of "Mr. Music of America". The discussion will illustrate his contributions as a pianist, symphonic conductor, educator of classical music as well as a composer of Broadway musicals, operas and ballets. Each of his contributions will be illustrated by video or cassette tapes. Leonard Bernstein passed away in late 1990.

Seymour Sands is a retiree from the DuPont Company. His interests include music and traveling. He has taught opera at A.L.L. for seven years and has participated in their Outreach Program for over five years.

Date: Wednesday, January 16, 1991

Time: 12:45 p.m.

This program is free of charge and open to the entire community. Reservations are requested by calling the Senior Center.

"ALASKAN HIGHLIGHTS"

John Swanson, an instructor at the Academy of Lifelong Learning, will present a program entitled "Alaskan Highlights".

Mr. Swanson will show a variety of slides and will discuss a land trip through South Eastern Alaska and Yukon, plus a cruise through the Inner passage of Vancouver. He will also give a brief review of the 1904 Alaskan earthquakes.

Mr. Swanson has a Ph.D. in Chemistry and a degree in Chemical Engineering from the University of Wisconsin. He is a retiree from the DuPont Company, where he was in the research department for over thirty-eight years. His long-time interests has been geology, travel and photography. He has taught a course in Modern Geology at the A.L.L.

Date: Monday, February 11, 1991

Time: 12:45 p.m.

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

TU B'SHEVAT SEDER

**Wednesday, January 30, 1991
12:45 p.m.**

Join members of the Senior Center for a special Tu B'Shevat Seder at the JCC.

Senior Center members will participate in the reading of the various passages and sing songs relating to the holiday.

Customary holiday fruits and nuts will be served.

The seniors will be making a donation to the Jewish National Fund to have trees planted in Israel.

Transportation is available.

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

Reservations can be made by calling the Senior Center at (302) 478-5660.

PURIM CELEBRATION AND CHORAL GROUP RECITAL

**Thursday, February 28, 1991
12:45 p.m.**



The Senior Center will celebrate Purim with a special holiday lunch, followed by a performance by the Senior Center's Choral Group, which will include songs in English, Hebrew and Yiddish.

This recital, under the direction of Sarah Goldstein and pianist, Sara Berman, is free of charge and open to the entire community.

AMERICAN BALLET AT THE KENNEDY CENTER

Members of the JCC Senior Center will be attending a performance of the American Ballet at the Kennedy Center in Washington, DC. This performance will unveil the world premier of a new "Coppelia".

Date: Sunday, January 20, 1991

Time: 1:30 p.m.

For additional information, please contact Ray Freshman, Senior Center Coordinator at (302) 478-5660.

WILMINGTON INTERNATIONAL EXHIBITION OF PHOTOGRAPHY AND SENIOR CENTER DINNER

The 58th Wilmington International Exhibition of Photography will include a dual projector presentation of prize winning slides from over 30 countries submitted by over 500 photographers. Music and narration will accompany more than 400 slides.

Date: Monday, February 18, 1991

Time: Senior Center opens at 4:00 p.m.

Dinner will be served at 5:30 p.m. and a holiday donation is requested. After dinner, the seniors will join the community for the Photography Exhibition at 7:00 p.m.

Transportation will be available.

The 58th Wilmington International Exhibition of Photography's Annual Slide Show at the JCC is sponsored by the Delaware Camera Club.

Reservations are required by calling the Senior Center at (302) 478-5660.



JCC SENIOR CENTER

JCC SENIOR CENTER

A wide variety of programs and activities for older adults, ages 60 and over, are available at the Senior Center. This group meets five days per week from 9:30 a.m. to 2:30 p.m. Some of the activities include...

FAMILY LIFE DISCUSSIONS

Led by a staff member of the Jewish Family Service or the JCC, this group setting provides everyone with an opportunity to express their own personal opinions and feelings on a variety of subjects.

Mondays, 10:30 a.m.

HEBREW CLASS

Rabbi Jeffrey Elsenstat instructs the seniors on "How to read the Hebrew prayers and songs" that are used during Shabbat and holiday services. The text he uses is very simple. Every senior must purchase their own copy. Rabbi Elsenstat is an instructor at the Reconstructionist Rabbinical College.

Tuesdays, 10:15 a.m.

CURRENT EVENTS SEMINARS

Anna Silver, a new addition to our Senior Center program staff, leads these seminars. A variety of topics including current event issues and world happenings are discussed each week. There is always time for group participation.

Wednesdays, 10:30 a.m.

SENIOR CHORAL GROUP

Under the direction of Sarah Goldstein and pianist, Sara Berman, this group meets weekly. They perform for other senior centers, retirement and nursing homes in our community - bringing cheer and joy to all.

Wednesdays, 10:00 a.m.

JEWISH ENRICHMENT PROGRAM

This group meets weekly and discusses issues pertaining to the Bible, Jewish Holidays and Cultural Events. Led by Faith Brown and other invited guest speakers, this has developed into a very informative program.

Thursdays, 10:30 a.m.

DISCUSSION GROUP

This new discussion group is hosted by Beth Rausch, our Social Worker. She leads the seniors each week in an open discussion session.

Thursdays, 12:45 p.m.

PAINTING CLASS

This class meets weekly at the Center and is directed by Connie Wahl, a local artist who shares her expertise with our members. You do not have to have any previous experience in painting to participate. Connie will teach and help you draw and paint your very own creations.

Fridays, 10:00 a.m.

ACADEMY OF LIFELONG LEARNING PROGRAM

A presentation is offered by A.L.L. Outreach Program for our members at the JCC. Programs are scheduled monthly and are hosted by various speakers from the Academy.

SOCIAL EVENTS, CARD PARTIES AND TRIPS

Monthly birthday and card parties, holiday celebrations and special dinners are held throughout the year. We also offer trips to museums, theatre shows, educational and recreational points of interest.

WELLNESS PROGRAMS

Senior Swim Program

Members may use the indoor swimming pool for exercise purposes. Many physicians encourage this form of exercise for cardiac and arthritis patients.

Mondays & Thursdays, 10:00 a.m.

Health Facts

This program is hosted by the Recreational Services Director on a monthly basis. Speakers from various health and social service agencies are invited as guests to share their knowledge and expertise with our members.

Mondays, 12:45 p.m.

Physical Fitness Program

Fitness, according to statistics, increases life expectancy as well as prevents diseases. These exercises are designed for older adults.

Tuesdays & Fridays, 10:30 a.m.

Walking Club

This group meets twice a week and everyone participates at their own level. It has been proven that this program helps keep the body active and well.

Tuesdays & Fridays, 11:30 a.m.

Blood Pressure Clinic

This service is available every other month, courtesy of the Visiting Nurses Association.

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

Wellness Education Series

The Medical Center of Delaware and the Jewish Community Center have been presenting programs to alert our members on various health and wellness subjects.

A cancer awareness program and an arthritis awareness session are just two of the programs which have already been presented. Watch your senior news bulletin for more information on upcoming wellness education programs...



NUTRITIOUS AND KOSHER LUNCHES

A delicious and nutritious balanced meal is served each weekday at 12:00 noon. Life lunches are also available upon request. Many menus are designated as "Wellness Menus" which have been designed to help lower your cholesterol and calorie intake. Here are just a few samples of our menus...

Dairy Lunch:

Fruit Juice, Cottage Cheese, Vegetables and Lettuce, Baked Potato, Tomato Slices, Bagel and Butter, Mixed Fruit, 2% Milk or Coffee.

Shabbat/Birthday Party Lunch:

Cranberry Juice, Corn Crisped Chicken, Green Beans, Candied Sweet Potatoes, Apple Sauce, Challah and Margarine, Birthday Cake, Tea and Lemon

Holiday Lunch:

Vegetable Juice, Meat Loaf, Potato Latkes with Apple Sauce, Peas and Carrots, Rye Bread and Margarine, Purple Plums, Chanukah Cookies, Tea and Lemon

TRANSPORTATION

Transportation to and from the JCC Senior Center is available on a daily basis, as well as for special programs and events. Registration is required.

SENIOR CENTER BULLETIN

A newsletter featuring programs and activities at the Senior Center is published on a monthly basis. It is available at the JCC Front Desk and in the Senior Center Lounge.

REMEMBER

Aging is...just a series of many beginnings.

Aging is...a matter of feeling not of years.

Retirement is...not the closing of old doors, but the opening of new paths in your life!

The Senior Center is interested in helping you develop a fulfilling retirement!

Discover yourself by attending programs at the JCC.

For additional information on programs or services, please contact Ray Freschman, Senior Center Coordinator at (302) 478-5660.

YOUTH & TEEN FITNESS CLASSES

YOUTH RACQUETBALL

(Ages 6-8 & 9-12)

Learn the basic skills, strategies and rules of this perfect year-round activity. Racquets, equipment and court costs are included! See you on the courts! Eye protection is required.

Day: Sundays (Ages 6-8)

Time: 11:00 - 12:00 noon

Day: Sundays (Ages 9-12)

Time: 12:00 - 1:00 p.m.

Fees: \$ 35.00/10 Sessions/Members

Minimum Registration: 4 participants

Begins: January 13

Registration Deadline: January 8

SUNDAY YOUTH SOCCER

(Ages 5-12)

Join Bill Green of the National Delaware Soccer Association on Sundays for our Youth Soccer program.

Instruction will include team and individual skills along with indoor games. Participants will be grouped according to age and skill level.

This is a great opportunity to learn about and participate in the world's most popular sport!

Sundays (Ages 5-7)

1:00 - 2:00 p.m.



Sundays (Ages 8-10)

2:00 - 3:00 p.m.

Sundays (Ages 11-12)

3:00 - 4:00 p.m.

Soccer Program Fees:

\$ 35.00/8 Sessions/Members

\$ 45.00/8 Sessions/Non-Members

Begins: January 13

YOUTH BASKETBALL

(Ages 6-10)

Basic skills instruction for youth 6 to 10 years old. Learn game strategies, proper shooting technique and ball handling. Net height will be adjusted for younger participants.

Day: Mondays

Time: 4:00 - 5:00 p.m.

Fees: \$ 35.00/10 Sessions/Members

Minimum Registration: 4 participants

Maximum Registration: 15 participants

Begins: January 14

Registration Deadline: January 9

OLYMPIAD SCHOOL OF GYMNASTICS

HONEY BEES (3 Years by 12/31)

Tuesdays, 12:45 - 1:30 p.m.

Tuesdays, 6:00 - 6:50 p.m.

KINDER BEES (4 Years by 12/31)

Tuesdays, 1:45 - 2:35 p.m.

Tuesdays, 6:00 - 6:50 p.m.

GYM BEES (5 Years by 12/31)

Tuesdays, 4:00 - 4:50 p.m.

Tuesdays, 6:00 - 6:50 p.m.

BEGINNER I (1st Grade)

No experience needed

Tuesdays, 4:00 - 4:55 p.m.



ADVANCED BEGINNER (Ages 7-9)

Must be able to perform cartwheel.

Tuesdays, 5:00 - 5:55 p.m.

PRE-TEEN (Ages 9-12)

No experience needed

Tuesdays, 5:00 - 5:55 p.m.



Fees: \$ 163.00/18 Sessions/Members

\$ 189.00/18 Sessions/Non-Members

Begins: January 15

FLOOR HOCKEY

(Ages 8-12)

Come on out and dazzle everyone with your hockey skills. It's hockey season and it's time to show your stuff! For those who haven't tried hockey, this is the perfect time to learn the game.

Day: Wednesdays

Time: 4:30 - 5:30 p.m.

Fees: \$ 35.00/10 Sessions/Members

Minimum Registration: 6 participants

Begins: January 16

Registration Deadline: January 10



INDOOR PEE WEE AND YOUTH TENNIS

(Ages 4-8)

Keep your volley sharp and your serve strong in our Indoor Pee Wee and Youth Tennis Program. Get ready for the upcoming spring tennis season! Learn or improve basic strokes, serves, volleys and footwork.

Instructor: Kevin Clare

Day: Thursdays

Time: 4:00 - 5:00 p.m.

Fees: \$ 35.00/10 Sessions/Members

Minimum Registration: 4 participants

Begins: January 17

Registration Deadline: January 10



FRIDAY ACTIVITY CLASS

(Grades 4-6)

Start the weekend off with an hour of fun! Movies, sports and archery are just some of the activities that will help you relax after a week of school! Bring your friends to the JCC and start the weekend the right way!

Day: Fridays

Time: 4:00 - 5:00 p.m.

FREE TO MEMBERS!

Transportation is available. Please contact Kevin Clare at the JCC for more information.

LONG'S TAE-KWON-DO

(Ages 13-17)

Karate challenges the entire body, while developing coordination, balance and poise. Classes are designed for all belts, beginner through advanced levels.

YOUTH AND TEEN CLASSES

4:00 - 5:45 p.m. - White/Yellow Belts

4:55 - 5:25 p.m. - Green/Blue Belts

5:30 - 6:15 p.m. - Red/Black Belts

6:30 - 7:15 p.m. - Teen Karate

Fees: \$ 40.00/Month/Members

\$ 50.00/Month/Non-Members

Payment must be made by the 5th of each month or a fee of \$ 1.00 per day will be added.

For more information, contact the Health and Fitness Control Desk at 478-5660.

TEEN FITNESS PROGRAMS

FREE RACQUETBALL HOURS

Free racquetball courts are available for members in 9th through 12th grades. Reservations may be made by calling the Health and Fitness Control Desk at (302) 478-5660.

Day: Mondays-Fridays

Time: 3:30 - 5:00 p.m.

Non-member guests may play at a fee of only \$ 3.00 per hour.

TEEN RACQUETBALL TOURNAMENT

(Grades 7-8 & 9-12)

Test your racquetball skills...find out who's the Racquetball Champion! Trophies to the top two finishers in each level. Eye protection is required.

Registration Ends: January 13

Minimum Registration: 5 participants

Tournament Begins: January 18

Fee: \$ 10.00 (Includes court costs)

Matches will be played during times agreed upon by both parties. For more information, contact Kevin Clare at (302) 478-5660.



YOUTH AQUATIC CLASSES/SPECIALS

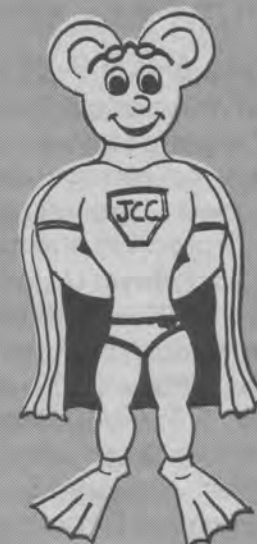
MIGHTY MITES SWIMMING PROGRAM

Monday and Wednesday Evenings

Time: 6:00 - 7:00 p.m.

This pre-competitive swimming program is specially designed for boys and girls, ages 4 to 8. It offers a fun, relaxed atmosphere where swimmers are taught the fundamentals of competitive swimming. Focus on the four competitive strokes, starts, turns and more! Two optional mini-meets will allow swimmers to measure their improvement. This program is an excellent way to keep you little swimmer active during the winter months and prepare them for the upcoming summer season. Swimmers must be able to swim 25 yards.

Fees: \$ 80.00/Members, \$ 120.00/Non-Members
Begins: January 14 (No class on February 20, 1991)



LONG FELLOW'S WHALE TALES

This class teaches children in kindergarten through 6th grade about safe behavior in and around the water. It provides children with an awareness of accident causes and prevention and the desire to be safe and to contribute to healthful aquatic recreation. No swimming is required.

Day: January 27, February 3, 10, 17

Time: 1:30 - 2:30 p.m.

Fees: \$ 16.00/Members
\$ 24.00/Non-Members

Minimum Registration: 4 participants

Begins: January 27

Registration Deadline: January 20

INTRODUCTION TO SYNCHRONIZED SWIMMING

Learn the fundamentals of synchronized swimming in this fun-filled class. It is open to all ages. Advanced beginner swimming skills are required.

Day: Tuesday, February 5, 1991

Time: 6:30 - 8:00 p.m.

Fees: \$ 10.00/Members
\$ 15.00/Non-Members

Minimum Registration: 3 participants

Registration Deadline: January 25

PRIVATE SWIM LESSONS

Private and semi-private swim lessons are available for members only. Our American Red Cross certified instructors provide specialized water instruction for all ages and swimming levels.

Private Lessons:

\$ 15.00/half hour, \$ 28.00/hour

Semi-Private Lessons:

\$ 9.00 per person/half hour or

\$ 18.00 per person/hour

Please call the Health and Fitness Control Desk at (302) 478-5660 for more information on private and semi-private swim lessons.

BEGINNER I (Ages 3 & Up)

For the non-swimmer. Skills taught include self-reliance, kicking, pulling, floating on stomach and back.

Sundays, 10:30 - 11:00 a.m.

Mondays, 4:00 - 4:30 p.m.

Wednesdays, 4:00 - 4:30 p.m.

Fees: \$ 35.00/Members
\$ 50.00/Non-Members

Minimum Registration: 3 participants

Maximum Registration: 6 participants

Begins: January 14

Registration Deadline: January 9

BEGINNER II (Ages 3 & 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

Sundays, 11:15 - 12:00 noon

Mondays, 4:30 - 5:00 p.m.

Wednesdays, 4:30 - 5:00 p.m.

Fees: \$ 35.00/Members
\$ 50.00/Non-Members

Minimum Registration: 3 participants

Maximum Registration: 6 participants

Begins: January 14

Registration Deadline: January 9

ADVANCED BEGINNER

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

Sundays, 10:30 - 11:15 a.m.

Mondays, 5:00 - 5:45 p.m.

Fees: \$ 40.00/Members
\$ 60.00/Non-Members

Minimum Registration: 3 participants

Maximum Registration: 6 participants

Begins: January 14

Registration Deadline: January 9

INTERMEDIATE SWIMMING

Swimmers continue perfecting previous skills. Side stroke, breaststroke, turns and survival floating and introduced.

Pre-Requisite: Advanced Beginner skills

Sundays, 12:00 - 12:45 p.m.

Wednesdays, 5:00 - 5:45 p.m.

Fees: \$ 40.00/Members
\$ 60.00/Non-Members

Minimum Registration: 3 participants

Maximum Registration: 6 participants

Begins: January 14

Registration Deadline: January 9

Pre-School Swim Class (Ages 3-4)

Mondays
12:00 - 12:30 p.m.

Basic skills and safety are combined with small classes for fun and a good start in swimming.

Swim Class Fees:

\$ 35.00/Members
\$ 50.00/Non-Members

Minimum Registration:
3 participants
Maximum Registration:
6 participants

Begins: January 14

Registration Deadline: January 9

EARLY CHILDHOOD SERVICES

PRE-SCHOOL AND CHILDCARE PROGRAMS

JANE HORMADALY, DIRECTOR

Our Early Childhood Services Department offers a variety of programs to enhance the rapidly changing development of the pre-school child, ages one through five. Our warm, nurturing environment, together with our commitment to excellence in early childhood education, create a comfortable learning atmosphere for children in both our full day and half day programs.

All of our programs feature age-appropriate individual and group activities designed to stimulate a child's curiosity. Activity centers offer hands on experiences. Dramatic play, art exploration, and opportunities for fine motor manipulative play provide open ended opportunities to children. A Physical Education Specialist leads all children in weekly age-appropriate activities in indoor and outdoor play areas.

JUDAIC PROGRAM

Children in our morning programs experience a special weekly Jewish education program, including exposure to the Hebrew language, taught by a Jewish Enrichment Specialist. Celebration of the Shabbat, both within the classroom and at our unique community wide Kabbalat Shabbat, along with celebration of all Jewish holidays, round out our well planned Jewish curriculum.

STAFF

Warm, competent, experienced teachers and assistant teachers are supervised by the Director.

FACILITIES

Classes meet in newly renovated, well equipped rooms. Classrooms have observation windows. Several playgrounds are used for outdoor play. The JCC gymnasium is used for most Physical Education classes and in inclement weather. Full day children enjoy weekly swimming in our indoor pool.

SNACKS AND LUNCH

A snack is provided to all children midway through the morning. Nutritious kosher lunches and afternoon snacks are provided for full day children.

REGISTRATION

At press time, there are several openings in our full day program (1, 2 and 3 year olds only), as well as in our Playlearning class. Please contact Jane Hormadaly, Director, at (302) 478-5660. Space in Toddler's Play is available for the spring session (beginning March 13).

Registration for the 1991-1992 school year will begin on March 15, 1991. Registration is on a first come, first served basis, with priority given to those presently enrolled in our program.

HALF DAY PROGRAM

Ages 2-4 meet from 9:00 a.m. until 11:30 a.m. Toddler's Play meets from 9:15 a.m. - 10:15 a.m. on Wednesdays.

TODDLER'S PLAY (12-20 Months Old)

A parent and tot program that builds new friendships and offers the experiences of singing, games and art.

PLAYLEARNING (2 Year Olds)

This two morning per week program is designed to be a first pre-school experience.

PRE-SCHOOL (3 Year Olds)

Three year olds' parents have the option of three and five day per week programs.



PRE-SCHOOL (4 Year Olds)

Four year olds meet five mornings per week.

KINDERGARTEN ENRICHMENT (Kindergarten Age Children)

Children enrolled in Kindergarten programs at Public Schools or Albert Einstein Academy meet five days per week from 11:30 a.m. - 5:45 p.m. This program offers specialized activities including art, swimming, physical education and holiday programs.

FULL DAY PROGRAMS

Care for children ages 1-4 is available from 7:15 a.m. - 5:45 p.m. The JCC is a licensed day care facility.

1 AND 2 YEAR OLDS

Our caring and warm staff assures the parent that children are receiving the nurturing and care they need. All children experience the Jewish Enrichment program that is a part of our pre-school.

Children, age 1 by September 1, 1990, meet in their own room with their own staff of caregivers. A low child/adult ratio insures individual attention. Enclosed play areas and open land for "buggy rides" provide opportunity for fresh air and exploration.

Two year olds receive the same quality of nurturing that they loved as one year olds in a setting that provides learning opportunities parallel to the Playlearning class.

3 AND 4 YEAR OLDS

Afternoon enrichment activities (until 5:45 p.m.) and the option of early morning care (beginning at 7:15 a.m.) compliment the pre-school program. Children continue with their pre-school classmates and teachers. Swimming and Physical Education classes are held in the afternoon once each week, in addition to the morning physical education program.

When combined with various summer camp options, afternoon enrichment programs provide a complete year round day care program.

P.T.A. PROGRAMMING

The P.T.A. supports parents by sponsoring monthly speakers on important topics, such as: child safety, self esteem, positive discipline and school interaction. Please read our newsletter, the "Yad Ve Yad" for program dates and times.

The P.T.A. support the school by providing fundraising and volunteer assistance.

Parents of children in our pre-school program are encouraged to participate.

EARLY CHILDHOOD SERVICES

LUNCH BUNCH ENRICHMENT PROGRAM

(3 and 4 Year Olds)

Lunch Bunch programs provide your child with the opportunity to enjoy lunch with friends and to experience an enrichment program. Lunch Bunch extends the half day program until 1:00 p.m. Full day children are welcome to participate. Children bring a kosher dairy lunch. Registration forms for Lunch Bunch are available at the JCC Front Desk.

MONDAY: KIDS COOKING

Youngsters will learn creative ways to cook without the use of ovens or stoves. Preeti Mathur leads children in the "no bake" cooking method.

Meets: 11:30 a.m. - 1:00 p.m.

Fee: \$ 65.00/8 Sessions

Session Dates: January 28 - March 25, 1991

THURSDAY: MUSIC FOR LITTLE PEOPLE

Presented by the JCC and the Wilmington Music School, this program offers a wide variety of musical experiences including singing, movement, instruments and listening. Actual music class is broken into age groupings: 3 year olds: 12:00 p.m. to 12:30 p.m., 4 year olds: 12:30 p.m. to 1:00 p.m. Time other than class time is devoted to lunch, play and socialization.

This session takes a different twist than the first session. It is appropriate for new students as well as past students.

Meets: 11:30 a.m. - 1:00 p.m.

Fee: \$ 75.00/15 Sessions

Session Dates: February 7 - May 23, 1991

TUESDAY: TUMBLE BEES

Children enrolled in the Olympiad School of Gymnastics "Tumble Bees" program can join this Lunch Bunch. The children will eat, play and socialize until class begins. Parents pick up the children after the "Tumble Bees" program.

Meets: 11:30 a.m. - 12:45 p.m. (3 Year Old "Honey Bees")

11:30 a.m. - 1:45 p.m. (4 Year Old "Kinder Bees")

Fee: \$ 50.00/18 Sessions/3 Year Olds

\$ 65.00/18 Sessions/4 Year Olds

This fee listed above does not include the cost of the "Tumble Bees" program (\$ 163.00). "Tumble Bees" must be paid for at the Health and Fitness Control Desk.

Session Dates: January 15 - May 21, 1991

Class will meet on January 15 (Pre-school closed)

FRIDAY: THE MOVEMENT WORKSHOP

Sue Thomas of the Movement Workshop in Delaware encourages children to move to different rhythms and beat as well as learn basic dance steps. This is a wonderful opportunity for your child to express him/herself in an environment which appreciates and encourages free form energy. This class is appropriate for both boys and girls. Sue specializes in working with young children and uses stories, imagery and music to enlighten and enhance the children's interest and involvement. It will be helpful for children to wear shorts, shirts and sneakers or leotards, tights and ballet slippers.

Meets: 11:30 a.m. - 1:00 p.m. (Class time is 12:15 p.m. - 1:00 p.m.)

Fee: \$ 65.00/8 Sessions

WEDNESDAY: YOUR STAR IS BORN

Have your youngsters join our own Lynne Lew as she takes them on a trip to Hollywood! The children will explore many facets of the theatre including face painting, scenery and dress up as they read stories and act them out.

Meets: 11:30 a.m. - 1:00 p.m.

Fee: \$ 65.00/8 Sessions

Session Dates: February 6 - March 27, 1991

BABYSITTING SERVICE

Mondays, Wednesdays, Fridays

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

Pre-paid reservations may be made at the JCC Front Desk.

"CENTER" YOUR CHILD'S ACTIVITIES

The JCC offers many activities that your child can enjoy.

Whether your child is in half day or full day programming let your child experience the wealth of activities that the JCC has to offer.

Escort service is provided for all full day children who wish to take advantage of other programming.

For your convenience, listed below is a crossreference of other activities for your child at the JCC:

Birthday Parties & Family Forum Dinner - See page 13

Family Theatre Series - See page 8

Aquatic & Fitness Classes - See pages 17 & 18

Day Camp & Sports Camp - See page 12 & 13

GENERAL INFORMATION

JCC Hours of Operation

(January 2, 1991 - April 15, 1991)

Sunday - 9:00 a.m. - 5:00 p.m.

Monday-Thursday - 6:00 a.m. - 10:00 p.m.

Friday - 6:00 a.m. - 4:45 p.m.

Saturday - 2:00 p.m. - 7:00 p.m.

Only the Jewish Community Center and Family Campus can offer you all of this in one convenient location...

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!
- ✧ Therapeutic whirlpool

Jewish Family Campus

- ✧ State-of-the-art outdoor swimming pool and toddler pool
- ✧ Outdoor amphitheatre
- ✧ Crafts and nature center
- ✧ Four outdoor tennis courts
- ✧ Multi-purpose sports fields (soccer, volleyball, baseball, basketball, football)
- ✧ Picnic area with cooking facilities and tables

Also Available at an Additional Fee

- ✧ Air-conditioned racquetball courts
- ✧ Swimming classes for all ages
- ✧ Water exercise/therapeutic Classes
- ✧ Babysitting services for children
- ✧ Teen programs and special activities
- ✧ Senior center program and activities
- ✧ Pre-school classes and programs
- ✧ Summer day camp
- ✧ Day care services
- ✧ Dance classes for children and adults
- ✧ After school childcare programs
- ✧ School vacation programs
- ✧ Jewish youth groups and youth councils
- ✧ Theatre and museum trips
- ✧ Holocaust resource center
- ✧ Jewish book month celebration
- ✧ Holiday programs and events
- ✧ Indoor and outdoor concert events
- ✧ Current event seminars
- ✧ Jewish cultural programs and more!

For information about membership, please drop by the JCC. We're located at 101 Garden of Eden Road in Wilmington, just off Route 202 (Concord Pike), behind the Holiday Inn. Or call us at (302) 478-5660.

Membership Fees

A Family Campus Fee Assessment (FCFA) has been added to all membership to provide on-going and future maintenance 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 older children through full-time college students.

Single Parent Family - \$ 375.00

One parent in household, dependent children under the age of 18 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.

Older Adult Couple - \$ 322.00

Husband and wife. 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 the JCC. Payment adjustments may be arranged through a confidential interview, call 478-5660.

Service Charges

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

Membership Category Changes

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

"Smoke-Free" Policy

In our continuing effort to promote healthy lifestyles, as of September 1, 1990, the Jewish Community Center became "smoke-free". The Board of Directors passed this policy that prohibits smoking in all public areas of the building. It is our hope that this policy will guarantee a healthy environment for all of our members as we continue to strive to serve the community well and meet its ever-changing needs.

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, Master Card or Visa. We cannot accept any registration over the phone.

Registration is only accepted if membership dues are in good standing and in effect during the term of 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.

If class registration is insufficient, the Center reserves the right to cancel a class or program. Refunds will be made in this event. Cancellations will not be accepted for any activity one week prior to the starting date. If a registrant cancels before the one week period, a refund will be made less 10% for processing and handling. No refunds will be made if tickets were purchased in advance.

Kosher Policy

The JCC kitchens are supervised by the Va'ad Hakashruth of the Rabbinical Association. All community groups wishing to use our 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.

JCC Closing Dates

The Wilmington Jewish Community Center will be closed on the following dates for the Passover holiday:

- ✧ Friday, March 29 - Close at 3:00 p.m.
- ✧ Saturday, March 30 - Closed all day
- ✧ Sunday, March 31 - Closed all day
- ✧ Thursday, April 4 - Closed all day
- ✧ Friday, April 5 - Closed all day

HEALTH AND FITNESS INFORMATION

Membership Cards

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

Indoor Swimming Pool

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

Adult Lap Swim

Lap swim means the pool is used exclusively for lap swimming. All swimmers will proceed up and down the pool with minimal stops. **DURING BUSY TIMES, SWIMMERS WILL BE ASKED TO USE THE CIRCLE SWIM PATTERN.** (For detailed information on the Circle Swim Pattern, please see the Health and Fitness Section in this brochure).

During Adult Lap Swim, all swimmers must be 15 years of age or older, unless permission is granted by the Aquatics Director.

Open Swim

When you read the Facility Schedule, you will see a detailed listing of all classes that are held in the pool. All other times not listed means that the pool is available for 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 who 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. 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 is available. Please contact Eileen Wallach at 478-5660 for more information.

Swimming Pool Safety Rules

- Proper bathing attire required.
- No diving permitted in shallow end of pool.
- No running, pushing or horseplay.
- No food, beverages, gum or smoking permitted.
- No flotation devices allowed.
- No street shoes allowed on 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 478-5660.

Adapted Aquatics Facility

The JCC offers barrier free accessibility to our beautiful indoor swimming pool. The facilities include disabled parking spaces in lot, showers, restroom and changing accommodations, specially designed entry steps and a Hoyer Lift for wheel chair 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.

Keiser Cam II Fitness Equipment

Keiser Cam II Equipment includes Lateral Shoulder Raise, Seated Chest Press, Tricep, Leg Extension and Upper Back machine.

The Universal Machine

This machine contains 15 different stations and is 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 Bikes, Pulley Weights, Concept II Rowing Machine, Padded Sit-Up Boards

Fitness Center Policies

The following rules and regulations 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 equipment training from a member of the Recreational Services Staff prior to using 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 of age permitted in the Fitness Center.
- Proper exercise attire is required; no bathing suits, no 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 of the JCC. 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 a.m. - 4 p.m.) - \$ 2.50
Monday-Thursday (5 p.m. - 9 p.m.) - \$ 2.50
Monday-Friday (6 a.m. - 4 p.m.) - FREE
Saturday (2 p.m. - 6 p.m.) - \$ 2.50

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

Racquetball Special for Members Only

Enjoy a fun-filled hour of fitness at a bargain rate!

Thursdays, 5 p.m. - 8 p.m.

Fees - \$ 1.00 per person/per hour

Full Court Gymnasium

The full court gym provides members with many fitness opportunities. When you read over the Facility Schedule and see "Open Gym" listed, this means that the gym is open for you to walk, jog, 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.

The JCC Pro-Shop

The Pro-Shop is stocked!

The following items are available for purchase: Swim goggles, swim caps, racquetballs, tennis balls, shampoo, soap, deodorant, hair conditioner, ear plugs, nose plugs, wrist/head bands, racquetball goggles, exercise mats, gym bags, body cream, shaving lotion, combs and razor blades. Towels are available for rent, cost is \$ 1.00 per use.

Basket Rental - Due January 1991 Renew Your Basket Today!

Baskets with combination locks may be rented for a \$ 10.00 annual fee (January through December). Basket renewal and payment can be made at the Health and Fitness Control Desk.



If you do not renew your basket, 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 should not be left on tall lockers, if they are, the contents of the locker 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 not bring valuables to the JCC or lock their valuables in their own locker. The JCC is not responsible for lost, stolen or damaged personal belongings.

RECREATIONAL SERVICES GYM SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Open Gym 6:00-9:00 a.m.	Open Gym 6:00-9:00 a.m.	Open Gym 6:00-9:00 a.m.	Open Gym 6:00-9:00 a.m.	Open Gym 6:00-11:30 a.m.	
7:00 AM							
8:00 AM							
9:00 AM	Men's Basketball 9:00-11:00 a.m.	Gym Closed 9:00-12:00 p.m.	Gym Closed 9:00-10:00 a.m.	Pre-School Classes Gym Closed 9:00-11:30 a.m.	Gym Closed 9:00-12:30 a.m.		
10:00 AM							
11:00 AM	Youth Racquetball 11:00-12:00 p.m.	Lunch-Time Basketball 12:00-1:00 p.m.	Open Gym 10:00-11:30 a.m.	Gym Open (1/2) Lunch Bunch (1/2) 11:30-1:00 p.m.		Gym Closed 11:30-12:00 p.m.	
12:00 PM							
1:00 PM	Youth Racquetball 12:00-1:00 p.m.	Gym Closed 1:00-3:30 p.m.	Open Gym 10:00-11:30 a.m.	Open Gym 1:00-4:30 p.m.	Pre-School Classes Gym Closed 12:30-3:00 p.m.	Lunch-Time Basketball 12:00-1:00 p.m.	
2:00 PM							
3:00 PM	Youth Soccer 1:00-4:00 p.m.	Kidsplace (1/2) 3:30-4:30 p.m.	Gym Closed Olympiad Gymnastics 11:30-7:00 p.m.	Open Gym 1:00-4:30 p.m.	Kidsplace (1/2) 3:00-5:00 p.m. Pee Wee Tennis (1/2) 4:00-5:00 p.m.	Open Gym 1:00-4:00 p.m.	Men's Basketball 2:00-4:00 p.m.
4:00 PM							
5:00 PM	Open Gym 4:00-5:00 p.m.	Youth Basketball (1/2) 4:00-5:00 p.m.	Gym Closed Olympiad Gymnastics 11:30-7:00 p.m.	Floor Hockey 4:30-5:30 p.m.	Pee Wee Tennis (1/2) 4:00-5:00 p.m.	Friday Activity Class 4:00-5:00 p.m.	Teen Basketball (1/2 Court) Open Gym (1/2) 4:00-7:00 p.m.
6:00 PM							
7:00 PM		Men's Basketball 5:00-7:00 p.m.	Open Gym 7:00-8:00 p.m.	Singles Volleyball 6:00-7:45 p.m.	Men's Basketball 5:00-7:00 p.m.		
8:00 PM							
9:00 PM		Open Gym 7:00-10:00 p.m.	New Castle County Men's Basketball 8:00-10:00 p.m. (November-March)	Adult Volleyball 8:00-10:00 p.m.	Open Gym 7:00-8:00 p.m.	Gym Closed 8:00-10:00 p.m.	
10:00 PM							

RECREATIONAL SERVICES POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM		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.	Adult Lap Swim (5) 6:00-8:30 a.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) 10:30-1:00 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.			
12:00 PM								
1:00 PM	Open Swim (5) 1:00-5:00 p.m.	Open Swim (3) Class (2) 1:30-5:00 p.m.	Open Swim (5) 1:30-5:00 p.m.	Open Swim (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.		Open Swim (2) Lap Swim (3) 2:00-7:00 p.m.
2:00 PM								
3:00 PM								
4:00 PM								
5:00 PM								
6:00 PM	Lap Swim (3) Class (2) 5:00-6:30 p.m.	Lap Swim (5) 5:00-6:30 p.m.	Lap Swim (3) Class (2) 5:00-6:30 p.m.	Lap Swim (5) 5:00-6:30 p.m.				
7:00 PM								
8:00 PM	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.			
9:00 PM								
10:00 PM								