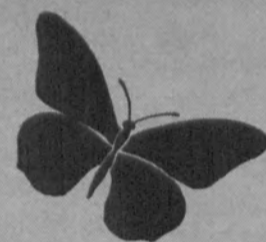
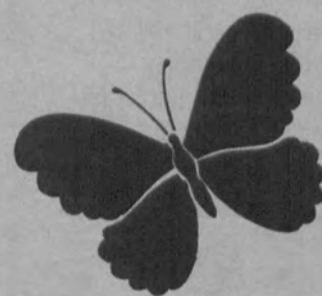
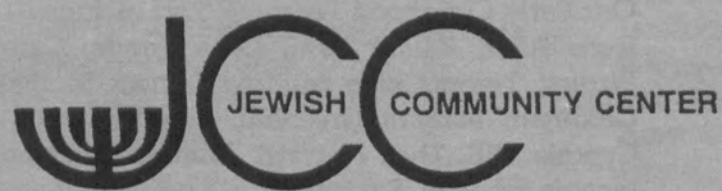


*Spread
Some
Sunshine
this
Summer*

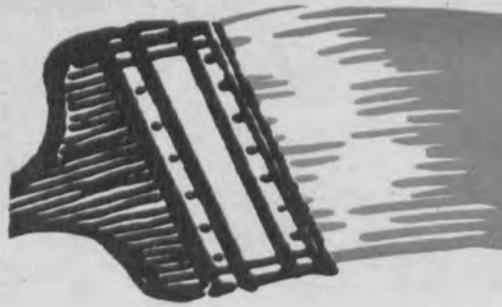
A SUPPLEMENT TO THE JEWISH VOICE



Look Inside...
Guide to Summer Scape '90
Enclosed !



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



Who's Who at the Center

Board of Directors

Officers

Martin I. Lubaroff, *President*
 Jerome Grossman, *Vice President*
 Cindy Imber, *Vice President*
 Deane Kattler, *Vice President*
 Richard Levin, *Vice President*
 David Margules, *Treasurer*
 Stan Ross, *Assistant Treasurer*
 Mark Caplan, *Secretary*
 Denyse Lieber, *Assistant Secretary*
 Judy Levy, *Ex-Officio*

Board Members

Robert Akell
 Leslie Balick
 Jean Blumenfeld
 Jean Chamish
 Philip Cherrin
 Michael Cook
 Eileen Conner
 Robert Coonin
 Susan Gleich
 Faith Goldman
 Al Horowitz
 Dr. Paul Imber
 Sheila Inden
 Dr. Barry Kayne
 Dr. Michael Kaplan
 Daniel Klein
 Richard Levine
 Barbara Malin
 Brian Mand
 Judy Mellen
 Steven Medwin
 Matthew Meyer
 Dr. Eric Oliet
 Joan Rosenthal
 Carol Rothschild
 Myrna Ryder
 Barbara Schoenberg
 Dr. Leonard Seltzer
 Rand Snyderman
 Richard Stat
 Leah Tenenbaum
 Leonard Togman
 Roberta Woloshin
 Rabbi Leonard Gewirtz

Life Members

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

* Deceased

ATTENTION MEMBERS

A portion of your membership dues pays for a subscription to the "Jewish Voice".

If you are not receiving your copy of the "Jewish Voice" or the Center's Program Guides, please call the JCC Office at (302) 478-5660.

The Jewish Community Center of
 Wilmington
 is proud to be a 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 community. Your generous giving to the annual campaigns of both organizations strengthens our entire community.

Jewish Community Center
 and
 Jewish Family Campus



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

Center Staff Members

Executive Staff

David H. Sorkin, *Executive Director*
 Moises Paz, *Assistant Executive Director*

Program/Administrative Staff

Mindy Jane Alten, *Kidsplace Coordinator*
 J.J. Alter, *Childrens and Camp Director*
 Terri Byers, *Aquatics Supervisor*
 Kevin Clare, *Assistant Health & Fitness Director*
 Ray Freshman, *Senior Center Coordinator*
 Molly Ganz, *Fiscal Manager*
 Lynn Greenfield, *Adult Program Director*
 Rita Hecht, *Office Manager*
 Susan Parcels, *Publicity Coordinator*
 Arthur Trickey, *Building Superintendent*
 Eileen Wallach, *Recreational Services Director*

Support Staff

Sara Berman, *Outreach Worker*
 Helena Brodsky, *Program Secretary*
 Chester Ellison, *Senior Center Driver*
 Jodi Gevurtz, *Membership Secretary*
 Ruth Ann Kauffman, *Kidsplace Worker*
 Blanche Moore, *Senior Center Cook*
 Gail Pasteris, *Fiscal Secretary*
 Laura Pleasants, *Receptionist*
 Shay Rosen, *Administrative Assistant*
 Abberdine Tickels, *Assistant Cook*
 Ella Zukoff, *Receptionist*

Special Thanks to our Teaching Staff...

Our Pre-School/Early Childhood Services program is truly one of the most valued service at the Center. So, we feel it is especially fitting to thank our teaching staff as the end of the school-year approaches.

We would like to extend a special thanks to Marcia Shepard, Teacher, and Ruth Forman, Curriculum Supervisor, for their outstanding commitment and dedication over the years.

Marcia, who, after 15 years of service at the JCC, is retiring from our school. She is planning to travel throughout Europe. We wish her a safe journey and a speedy return to our community. Ruth, who served as a Teacher and the Curriculum Supervisor at our school for many years is also retiring. We would like to extend our sincere gratitude to both of them for their support and caring throughout the years.

Our Early Childhood Teaching Staff Includes...

Irene Aber, Randy Arm, Usha Bhinte, Carol Burnett, Teresa Chase, Mildred Frances, Melissa Goldman, Barbara Greenhill, Susan Hartnett, Cynthia Hill, Thea Howard, Frances Jefferson, Maggie Johnson, Susan Kimm, Lisa Levy, Lynn Lew, Elaine Marek, Preeti Mathur, Mary Ann Meader, Nancy Minner, Marcy Mirmelstein, Liz Neary, Frances Peredes, Pauline Rainey, Margaret Rohs, Fran Romer, Judi Rosenberg, Gale Rowell, Marcia Shepard, Susan Strauss, Lynn Sullivan, Feri Tehrani, Yu Syou Tucker, Sally Tychonski, Lynn Wise and Christine Zappaterini.

Thanks for a wonderful and memorable year !

LADIES AND GENTLEMEN...

May we direct your attention to the Center ring where the "performers" of Camp JCC are assembled to dazzle you with their show-stopping plans for the summer of 1990!

The cast of Day Camp '90 will dazzle you with displays of maturity, dedication to our program, sensational skills in a variety of areas as well as as wealth of experience in dealing with children. In addition to these skills, they have been chosen for their genuine love of children and appreciation of Jewish values!



Providing the director for camp is **JJ Alter**, Director of Camping Services at the JCC. Returning for a second "run" of the camp show in Wilmington, Alter brings with him five years of administrative camp experience. "Plans for this summer include days which are zanier than a car full of clowns, as campers build relationships, learn new skills and are encouraged to become stars of the show!"



Assembling the highlights of our Three-ring spectacular" is camp program director, **Mindy Alten**. In addition to her Master's degree in education, Alten brings to camp expertise in dealing with children's needs. She has planned a schedule packed with special programs, trips, performers and daily activities that children will remember long after the "big top" come down. "I'm looking forward to working with the summer staff, making sure all our programming goals are met!"



Returning for yet another summer is **Elaine Marek**, K'Ton Ton camp coordinator. A "seasoned performer", Elaine returns for her seventh year at the Center. Elaine will be monitoring the antics of our youngest campers. Working with a full compliment of Early Childhood staff from our pre-school program, and exceptional summer experience is "in the wings".



A recent addition to the camp staff is **Kevin Clare**, K-6th grade program coordinator and the Assistant Director of Health and Recreation at the JCC. Kevin's past experiences with JCC day camps will be fully utilized this season. In addition to providing supervisory assistance to the counselors of this program, he will also be "on the go" and in the know with the camp's new sports specialty program.

In the spotlight this year is a sensation line up of supervisory staff for camp. Our unit heads bring with them a combined total of over 25 years of camping experience!

They are dedicated, fun loving men and women who are no strangers to our programs. They include:

Tim Rohs, a Master's candidate in child psychology and long-time member of the Kochavim unit at Camp JCC.

Dawn Gregg, a senior at the University of Delaware studying child development and a familiar face in the Chaverim unit.

Brett Levy, a junior at Rutgers University, has been spending virtually every summer of his life in and around summer camps. If it's summertime, it's time for Brett to be in camp.

Jackie Denton will add "avid traveler" to her resume' of experiences as she "hits the road" with our new Teen Travel program. Returning for her fourth year with Camp JCC, Jackie is looking forward to her best summer yet.

A very special "Specialty staff" of camp promises summer activities which are zanier than a barrel of monkeys!

Bringing many, many years of experience in several different areas, our specialists will be working together, creating activities that will be challenging and exciting!

Camp's full specialty line-up includes arts and crafts, judaic enrichment, nature, music and dance, drama and sports.

Additionally, our aquatics program, under the direction of **Amy Samuels**, will follow the guidelines set by the American Red Cross.

Combined with a dynamic Junior and Senior Counselor staff, the Cast of Camp Characters ensure a summer second to none!

This year, campers and their parents will have the opportunity to meet the entire camp staff before the first day of camp. **Families are invited to attend the Camp Open House on Sunday, June 24, from 11:00 a.m. to 1:00 p.m. at the Family Campus.** This will be the ideal time to get to know the staff, share ideas and get a feeling for the excitement, thrills and spills awaiting all at CAMP JCC!

To speak to any of the camp staff, feel free to call the Camp Office at 478-5660!



Camp JCC - June 1990				
Mon	Tues	Wed	Thur	Fri
18	19	20	21	22
SPORTS WEEK I - PRE-CAMP EXPERIENCE				
Let the 25 fun BEGIN!	Wheel of Values	Boxer Shorts Day	28	Oneg Staff Skit

Camp JCC - July 1990				
Mon	Tues	Wed	Thur	Fri
Ecology Week	4th of July Tribute	No Camp	Chalutzim Overnight	Oneg/Tzedakah
Agency Hunt	Visiting Day	Backwards Day	Chaverim Overnight	Oneg/Air Jam
16 Re-use it dont abuse	17 Kochavim Overnight	18 Hat Day	19 Chalutzim Overnight	20 Maccabiah Oneg
23 Session II BEGINS!	24	25 Topsy Turvy Day	26 Circus Day I	27 Oneg
30 "Kids Around the World" - International Staff				

Camp JCC - August 1990				
Mon	Tues	Wed	Thur	Fri
		Pajama Day	Chalutzim Overnight	Oneg
6 Am Yisrael wk	7 Kochavim Late Stay	8 60s bandana Tie-Die Day	9 Israel Day 88th Anniv.	10 Oneg
13	14	15	16	17 Friendship Oneg
COLOR WAR →				
20	21	22	23	24
ARTS WEEK I - POST CAMP				
27	28	29	30	31
SPORTS WEEK II - POST CAMP				

**56th Annual Meeting of the Jewish Community Center
Sunday, June 10, 1990**



**Free Family Picnic Dinner*
5:30 p.m.**

Election of Board and Officers - 7:00 p.m.

Family Entertainment - 7:30 p.m.

Dessert - 8:00 p.m.

R.S.V.P. to the JCC Front Desk by June 4, 1990 - (302) 478-5660

*** Dietary Laws Observed**

Jerome Grossman, Annual Meeting Chairperson



Jewish Family Campus Amphitheatre, 101 Garden of Eden Road, Wilmington, DE 19803

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 Senior Services..... Page 13
 General Information/Membership..... Page 14
 Health & Fitness General Information..... Page 15
 Schedules and Summer Hours..... Page 16

**Jewish Community Center
Program/Activity Registration Form**

Name _____

Phone Number _____

Center Member Non-Member

Name of Class _____

Day _____ Time _____

Amount Enclosed:

All 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.

Please make checks payable to the Jewish
 Community Center.

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Program/Activity Registration Form**

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 Community Center.

Recreational Services Classes



Teen/Adult Outdoor Swim Classes

Water Exercise

This class is designed for men and women, ages 18 years and older. The class will incorporate a warm-up section, followed by a series of total body exercises and then a cool-down period. The water adds great resistance to your exercise...come out and join us for a great workout!

Mondays, 10:00 a.m. - 10:45 a.m.

Wednesdays, 6:00 p.m. - 6:45 p.m.

Member Fee: \$ 45.00/8 Sessions

Non-Member Fee: \$ 60.00/8 Sessions

Begins: June 11/June 13

Teen Water Polo (Ages 13-17)

This class is designed for teens who would like to get together for a few games of water polo. Come out and join us for a fun-filled hour in the outdoor pool!

Tuesdays, 7:00 - 8:00 p.m.

Free to Members !!!

Begins: June 12

Wet-Vest Jogging Class

This all-new program is designed specifically for anyone interested in running. Enjoy all the benefits of running without all the pounding that you get from the road.

Instructor: Terri Byers

Tuesdays & Thursdays, 6:00 p.m. - 6:45 p.m.

Member Fee: \$ 45.00/8 Sessions

Non-Member Fee: \$ 60.00/8 Sessions

Please bring your own vest!

Minimum Registration - 4 participants

Begins: June 13

Adult Water Polo

This class provides a great way for adults (ages 18 and older) to get together and play for fitness and water enjoyment. Whether you're a beginner or experienced water polo player...there's a team waiting for you!

Wednesdays, 7:00 p.m. - 8:00 p.m.

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 50.00/8 Sessions

Minimum Registration - 6 participants

Begins: June 13



Teen/Adult Indoor Swim Classes

Hydrotherapy

Hydrotherapy, also known as swim and aquatic therapy, is available at the JCC. The classes are designed to provide a safe and unique environment for promoting range of motion, muscle strengthening, relaxation and endurance

Mondays & Wednesdays, 6:30 p.m. - 7:30 p.m.

This course is performed by therapists from Physical Therapy Professional Services, Inc. The course fee may be covered by most major insurance companies. For information on fees and starting dates, please contact Julie Moyer at 995-6863.

Emergency Water Safety

This class is designed for people who work on, in or around the water, but who are not certified lifeguards. The class will not qualify participants as a lifeguard. It can be used as a pre-requisite for a Water Safety Instructor certification.

This course is performed by therapists from Physical Therapy Professional Services, Inc. The course fee may be covered by most major insurance company.

Tuesdays, 6:00 p.m. - 9:00 p.m.

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 45.00/8 Sessions

Instructor: Al Tenero

Minimum Registration - 4 participants,

Maximum Registration - 10 participants

Begins: June 12

Rehabilitative Water Exercise

This class is designed for people with arthritis and or other bone and joint disorders. Includes in the class will be stretching and full range of motion exercises, as well as some low-level aerobic activity.

Tuesdays & Thursdays, 10:05 - 11:00 a.m.

Member Fee: \$ 40.00/8 Sessions

Member Fee: \$ 65.00/16 Sessions

Non-Member Fee: \$ 50.00/8 Sessions

Non-Member Fee: \$ 80.00/16 Sessions

Instructor: Terri Byers

Minimum Registration - 4 participants,

Maximum Registration - 12 participants

Begins: June 12/June 14

Adult Beginner Swim

This class is designed for adults who cannot swim or have limited swimming abilities. This is a great place to start on your road to learning how to swim.

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

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 55.00/8 Sessions

Minimum Registration - 3 participants,

Maximum Registration - 8 participants

Begins: June 13

Scuba Diving

This new entry-level open water scuba course is instructed by experienced divers from the Dudas Diving Duds of West Chester, Pennsylvania. Students must provide mask, fins, snorkels, boots, weight belt and text of decompression tanks. The course fee includes use of scuba equipment during the duration of the contained water training and the cost of your own weekend, which will be held at the end of the 10 week session.

Wednesdays, 7:00 p.m. - 9:45 p.m.

Member Fee: \$ 218.00/10 Sessions

Non-Member Fee: \$ 268.00/10 Sessions

Begins: June 20

Lifeguard Training

This program is designed for swimmers, ages 15 years and older, who want to become certified American Red Cross lifeguards. The course provides participants with knowledge, skills and the practice needed to become a well-trained and efficient lifeguard.

Applicants must have a Red Cross First Aid certification and/or must complete a First Aid course prior to receiving your lifeguard certification.

Thursdays, 6:30 p.m. - 9:45 p.m.

Saturdays, 1:30 p.m. - 4:30 p.m.

Member Fee: \$ 50.00/8 Sessions

Non-Member Fee: \$ 61.00/8 Sessions

Instructor: Al Tenero

Maximum Registration - 20 participants

Begins: June 2

Teen/Adult Fitness Classes

Co-Ed Conditioning

Enjoy one hour of calisthenics, rhythmic exercise and aerobics combined to make a better you! Set to music, this moderate workout is constantly being up-dated to ensure that our members have the most current information on exercise safety! Certified Instructor: Susan Davis

Days: Tuesdays, Thursdays & Fridays

Time 9:00 a.m. - 10:00 a.m.

Free to Members!

Please bring your personal exercise mat to class. Co-ed conditioning is an on-going program. Registration is only required for emergency purposes.

"After-Work" Workout

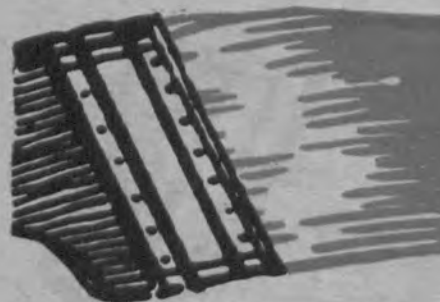
This 'high-powered', 'low-impact' aerobics class is designed to promote cardiovascular endurance, body tone and flexibility. Trim and tone muscles and loose body fat. Enjoy this class while moving to the beat of good music!

Mondays & Wednesdays, 6:30 p.m. - 7:30 p.m.

Tuesdays & Thursdays, 6:00 p.m. - 7:00 p.m.

Free to Members!

Please bring a towel or exercise mat to class. All instructors are certified through A.A.A. or I.D.E.A. This program is on-going. Registration is required at the Health and Fitness Control Desk.



Recreational Services Classes

Teen/Adult Fitness Classes

Body Sculpturing through Hatha Yoga

Shape up with yoga! Hatha yoga deals with self-improvement of the body and the emotional and mental aspect of the individual. Emphasizing weight control, firming, slimming and relief of tension. Experience a surfacing of hidden beauty, emotional stability and a positive mental outlook. This is a co-ed class for adults and teens!

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

Member Fee: \$ 30.00/8 Sessions

Member Fee: \$ 50.00/16 Sessions

Non-Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 60.00/16 Sessions

Join our class today or wait for the new session to begin on July 16.

Mom's Connection

Mom's Connection programs consists of parenting lectures, Jewish family experiences and movement and music classes. Mom's Connection is a great way to meet new families, share concerns about parenting and activities that will strengthen family life.

Tuesdays, 10:00 a.m. - 11:00 a.m.

Free to Members!

Class will meet outside starting in June! For more information, contact Eileen Wallach, Recreational Services Director at 478-5660.

Aerobic Dancing by Jackie Sorensen

Exercise is fun with this choreographed fitness activity that combines the principles of dance, exercise, music and aerobics. Conditions the heart and lungs, while strengthening muscles. This class is not designed for beginner students.

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

Registration for Aerobic Dancing is limited. Contact Marsha Golden at 571-0209 for registration and fee information. (Sunday classes will not be held during summer session)



Teen/Adult Campus Programs

Sunday Morning Walking Club

Here's a great way to start off your Sunday morning! Join us every week for an enjoyable walk through the Family Campus for exercise, kibbitz and fun. Open to all ages!

Sundays, 9:00 a.m. - 10:00 a.m.

Free to Members!!!

The walking club will meet at the Family Campus front gate.

Begins: June 3

Teen Outdoor Basketball

Enjoy a pick-up game of basketball every week. Create your own team with your friends.

Sundays, 10:00 a.m. - 12:00 noon

Free to Members!!!

Begins: May 27

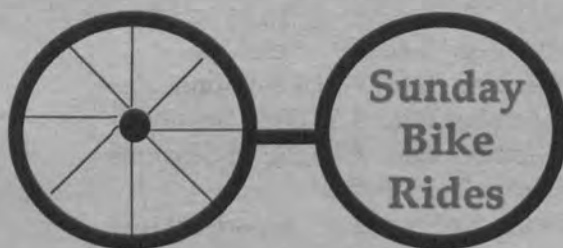
Adult Softball

"Catch" a great summer of fun with softball at the campus!



"Swing" into action every Sunday morning at 10:00 a.m.

Free to Members!



Ride with us --- Experienced road riders will lead you on a few great hours of ultimate bike riding!

June 10, July 22 & August 19, 1990

Time: 9:00 a.m. - ?

Free to Members!

Bring the following essential equipment:
Water bottles, helmets, repair kits,
and your bike (of course).

Register your name on our list at the Campus Control Desk.

Israeli Folk Dancing

It's here! Israeli Folk Dancing has made it's way to the Family Campus. Join us for a fun-filled hour of friends and dancing on the Campus pool deck.

Sundays, 6:30 - 7:30 p.m.

Children (10 to 18 years): \$ 1.00 per session

Adults (18 and over): \$ 2.00 per session

Drop in and pay as you go. Registration is now being accepted at the Control Desk.

Recreational Volleyball

Here's your chance to meet new friends and renew old friendships! Games are played in a non-competitive recreational setting at the Family Campus each week. Our new sand volleyball court will make Wednesday nights even more fun at the Campus!

Wednesdays, 6:00 p.m. - 8:00 p.m.

Free to Members!

Begins: June 13

Child/Youth Outdoor Swim Classes

Children's Beginner Snorkeling

This class is designed to teach children the fundamentals of snorkeling. Focus will be placed on learning how to use the mask, fins and snorkel as well as diving down to retrieve objects.

Sundays, 9:00 a.m. - 9:30 a.m.

Member Fee: \$ 35.00/8 Sessions

Non-Member Fee: \$ 45.00/8 Sessions

Instructor: Terri Beyers

Minimum Registration - 3 participants

Begins: June 10

Parent/Tot Swim

This fun-filled class is for children, ages 3 to 6. This is a great opportunity for children to spend time with their parents in an enjoyable environment. There will be instruction as well as games for the children. Come out and join us for a terrific Sunday morning swim!

Sundays, 11:30 a.m. - 12:00 noon

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 55.00/8 Sessions

Instructor: Terri Byers

Minimum Registration - 4 participants,

Maximum Registration - 8 participants

Begins: June 17

Child's Play

Pool games for children, ages 7 through 13. Various games will be featured each week! Come out to the Campus for a fun-filled time in the pool!

Sundays, 3:30 p.m. - 4:00 p.m.

Free to Members!

Begins: June 10

More for
Children...



Jewish Community Center of Wilmington, Delaware

Summer Scape '90

Fun For All Ages, All Summer Long!



101 GARDEN OF EDEN ROAD • WILMINGTON, DE 19803 • (302) 478-5660

Non-Profit Organ.
U.S. Postage Paid
Permit # 136
Wilmington, DE

Al Smith - "Roarin' 20's"

Sunday, June 24, 3:00 p.m.

Free of Charge !

Al Smith will entertain at poolside with 'toe-tapping', roaring twenties jazz music. Let the music from the dual banjos put some razzle-dazzle in your sunny summer afternoon ! Mr. Smith's credits include performances with the Delaware Symphony Orchestra, Director of the Greater Wilmington String Band, Bobby Baird's Dixieland Band and Al Smith and The Roarin' 20's Jazz Band.



Al Smith



**Stephen and Other
Dummies**

"Stephen and Other Dummies"

Thursday, June 21, 7:30 p.m.

"Stephen and Other Dummies" is the new wave of comedy. Stephen has been acclaimed as one of the most creative, off-the-wall performers in America. This contemporary, fast-paced show has won over eight national awards.

"Stephen and Other Dummies" has been on the bill with such artists as Bob Hope, Elton John and the Beach Boys.

Catch the new "Voice-Throwing Tour" at the Campus Amphitheatre !

Fees: Adults - \$ 8.00, Seniors - \$ 7.00

Concessions and cash bar will be available.

Old World Folk Band

Thursday, June 28, 7:00 p.m.

The Old World Folk Band is one of the largest Klezmer Bands in the country. The band will be bringing the exciting sounds of traditional Klezmer music to Wilmington this summer.

This classical folk music of eastern Europe, once popular with our parent's and grandparent's generation, is brought to life in the repertoire of Jewish, Russian and other international folk music.

Join us at the Campus Amphitheatre as the famed twelve-piece Old World Folk Band performs the liveliest 'toe-tapping' rhythms around !

Fees: Adults - \$ 8.00, Seniors - \$ 7.00

Jackie Pack

Sunday, July 1, 6:30 p.m.

Free of Charge !

Jackie Pack, well-known folksinger and entertainer, makes her return debut at the Family Campus to present another exciting program of folk songs for adults and children. Jackie's songs are a collection from many cultures in the United States, Israel, Africa and Latin America. She sings in several languages including Hebrew, Spanish and Swahili. Please join us at the Amphitheatre to enjoy the delightful music of this multi-talented performer !



Jackie Pack



**The Magical Mime of
Peter Geist**

"Magical Mime of Peter Geist"
Thursday, July 12, 7:30 p.m.

The "Magical Mime of Peter Geist" will entertain and delight adult audiences of all ages. The versatile and multi-talented performer Peter Geist, will present an outstanding performance of new wave mime that will be sure to amuse and fascinate the child in all of us!

Fees: Adults - \$ 8.00, Seniors - \$ 7.00
Concessions and cash bar will be available.

Children's Theatre Series at the Campus

Thursday, July 19, 7:00 p.m. and Thursday, August 9, 7:00 p.m.



*Two outstanding children's plays at the Family
Campus Amphitheatre during the '90 season.*

The famous fairytale *Rumpelstiltskin*, will be presented on Thursday, July 19. This presentation will incorporate audience participation into its performance. Please come and help "spin straw into gold"!

King of the Ice Cream Mountain — Held fend off the evil wizard, Zeno, as he tries to steal all of the ice cream in the world on Thursday, August 9th at the Amphitheatre! An ice cream social will follow this performance.

Plays are open to Adults - Free of Charge!
Cost for Children - \$ 2.50

"Willis and Ashton"

Sunday, August 12, 3:00 p.m.
Free of Charge!

The dynamic duo of Willis and Ashton will entertain us at poolside. Their delightful music performed on accordion and trumpet will enchant you as you lounge by the pool at the Campus!

Plan to be with us when this nationally acclaimed musical duo perform their contemporary blend of popular tunes at the Campus.



Willis & Ashton



Bips Egnor - "The One Man Band"
Sunday, September 2, 3:00 p.m.
Free of Charge!

Bips Egnor, the one man band of versatile proportions is coming to perform at poolside. Bips plays synthesizer, banjo, guitar and harmonica. He has been the Musical Director of the Miss Pennsylvania and Delaware pageants for the Miss U.S.A. Pageant for the past four years. He is one of the best musicians in the area and is probably the most versatile musician in the country today. Join Bips poolside for an exciting one man band fiesta!

The Tim Laushey Big Band
Thursday, July 26, 7:30 p.m.

Capture the music of the 30's and 40's with the Tim Laushey Big Band ! This spectacular fourteen piece band will perform a variety of old favorites such as "Tangerine", "Green Eyes", "Once in a While" and many more tunes for your listening and dancing pleasure !
 Tim Laushey has performed with many of the "big-name" band leaders including Lionel Hampton and Sammy Kaye. His band has performed extensively on the east coast.
 Fees: Adults - \$ 8.00, Seniors - \$ 7.00

Family Night Dinners
at the Campus
Sundays, 5:00 - 7:00 p.m.

Sunday nights...leave the cooking to us at the Family Campus ! We will enjoy a variety of international cuisines such as Greek, Western, Italian and American dishes. You can bet there will be a surprise each and every week !
 Tickets for Family Night Dinners will be available at the Family Campus Control Desk. The deadline for ticket reservations will be the Tuesday prior to the dinner.
 Remember..."seconds" will be included !

Dinner Fees:
 \$ 4.00/Children, \$ 6.00/Adults
 Pick-up your Family Dinner Night coupon today at the Campus Control Desk — Buy nine dinners and receive the tenth dinner free !
 In case of inclement weather, there will be a raincheck.

The Singles Scene
(YJAD)
Monday Nights, 6:00 - 8:00 p.m.

Come out to the Family Campus every Monday night for a game of volleyball, a dip in the pool or just sit and chat with friends in our picnic grove !
Free of Charge !
 Begins: June 11

Adult Recreation Night
Wednesdays, 6:00 - 8:00 p.m.

If it's Wednesday...then it must be adult night at the Campus. Enjoy a variety of adult recreational activities including a game on our new sand volleyball court, lap swimming, play a set of tennis or get together for some softball !
Free of Charge !
 Begins: June 13

Tuesdays for Teens
Tuesdays, 6:00 - 8:00 p.m.

Sports on land, sports on water, picnics and more ! That's what we have for Teens on Tuesday nights ! Watch for special volleyball nights, softball nights, capture the flag nights, music and dancing, tennis tournaments and water polo.
Free of Charge
 Begins: June 12

Family Flick Night
Saturdays, 8:30 p.m.

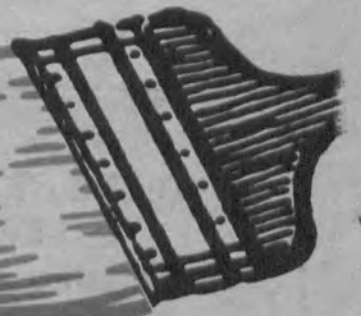
Do you remember the drive in ? Well, the Campus has a 'pool-in' ! Bring your bathing suits and rafts and get a good spot in the pool for movies on Saturday nights. If you aren't a water lover...bring your lawn chair and enjoy great movies each and every week. Fee - \$ 1.00 per person
 Begins: June 9

"Summer Scape '90" Program/Activity Registration Form

Name of Program	Fees	No. of Tickets	Amount Paid	(Please Print)
Stephen & Other Dummies Thursday, June 21	\$ 8.00/Adults \$ 7.00/Seniors	_____	_____	Name: _____
Old World Folk Band Thursday, June 28	\$ 8.00/Adults \$ 7.00/Seniors	_____	_____	Address: _____
Magical Mime of Peter Geist Thursday, July 12	\$ 8.00/Adults \$ 7.00/Seniors	_____	_____	City, State, Zip: _____
Rumpelstilskin Thursday, July 19	\$ 2.50/Children Free/Adults	_____	_____	Telephone: _____
King of the Ice Cream Mountain Thursday, August 9	\$ 2.50/Children Free/Adults	_____	_____	Return To:
The Tim Laushey Big Band Thursday, July 26	\$ 8.00/Adults \$ 7.00/Seniors	_____	_____	Jewish Community Center 101 Garden of Eden Road Wilmington, Delaware 19803
TOTAL DUE	_____	_____	_____	For more information on Summer Scape '90 programs, please call (302) 478-5660 !

Please make all checks and money orders payable to the Jewish Community Center and return with form to address listed above.

Recreational Services Classes



Children/Youth Indoor Swim Classes

Long Fellows Whales Tales

This class is designed for children ages 5 to 12 years of age. The children will be instructed on how to be safe in, on and around the water. The classes uses games, discussion videos and posters to stimulate interest and learning.

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

Member Fee: \$ 20.00/8 Sessions

Non-Member Fee: \$ 25.00/8 Sessions

Instructor: Terri Byers

Minimum Registration - 4 participants,

Maximum registration - 8 participants

Begins: June 17

Toddler/Pre-School Swim

This program is designed for children, ages 18 - 36 months. This program will enable your infant or toddler to get used to the water and learn the basic skills needed to progress to the beginning level.

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

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 55.00/8 Sessions

Minimum Registration - 3 participants,

Maximum Registration - 8 participants

Begins: June 12

Waterbabies

Designed for ages 6 to 18 months, this class helps infants become comfortable in the water. Parents and instructor work together to help infants adjust to the water. Includes basic water adjustment and safety techniques to be used around water.

Wednesdays, 9:30 a.m. - 10:00 a.m.

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 55.00/8 Sessions

Instructor: Terri Byers

Minimum Registration - 3 participants,

Maximum Registration - 8 participants

Begins: June 13

Beginner Swim

This class teaches all basic swimming skills and awareness of safety in, on and around the water. For children, ages 4 to 6 years old.

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

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 55.00/8 Sessions

Minimum Registration - 3 participants,

Maximum Registration - 8 participants

Begins: June 12

Swimmer

This class is designed to refine strokes, stress on endurance and introduction to back crawl. Participants must have successfully completed the intermediate swim program.

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

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 55.00/8 Sessions

Minimum Registration - 3 participants,

Maximum Registration - 8 participants

Begins: June 13

Intermediate Swim

This class is designed for those who have successfully completed the Advanced Beginner Swim program. This class will place emphasis on refinement of the front crawl and elementary backstroke. It will also introduce new strokes and safety skills.

Thursdays, 4:00 pm. - 4:30 p.m.

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 55.00/8 Sessions

Minimum Registration - 3 participants,

Maximum Registration - 8 participants

Begins: June 14

Advanced Beginner Swim

This class is designed for children who have successfully completed the Beginner Swim program. Emphasis on endurance and new skills and safety techniques.

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

Member Fee: \$ 40.00/8 Sessions

Non-Member Fee: \$ 55.00/8 Sessions

Minimum Registration - 3 participants,

Maximum Registration - 8 participants

Begins: June 14

Children/Youth Fitness Classes

Tae-Kwon-Do (Karate)

Tae-Kwon-Do allows children to reach their own potential rather than directly competing against other children. Karate challenges the entire body while developing coordination, balance, agility and poise.

This program is designed for children, ages 4 through 13 year old.

White Belts (Beginners)

Mondays & Wednesdays

4:00 p.m. - 4:45 p.m.

Advanced Belts

Mondays & Wednesdays

4:45 p.m. - 5:30 p.m.



Karate Information:

Member Fee: \$ 40.00 per month

Non-Member Fee: \$ 50.00 per month

Full payment is due on the 5th of every month. Tae-Kwon-Do Karate is an on-going yearly course. For additional information, contact the Health and Fitness Control Desk at 478-5660.

Children's Campus Programs

Colorworks and Supervised Play

Young artists mix paint, crayons and markers using different colors and textures. Learn different styles of painting each week. Children will also enjoy supervised playtime.

Sundays, 10:00 a.m. - 12:00 noon

Free to Members — Starts May 27

Natures Way (Ages 8-11)

Hike with us every Sunday down to the Brandywine River!

Get back to nature with us at the Campus!

Sundays, 10:00 a.m. - 12:00 noon

Free to Members — Starts May 27

Pop-Art

Save your old magazines for this special art class which meets every Sunday.

Learn how to make greeting cards and anything else your imagination can create!

Sundays, 4:00 p.m. - 4:45 p.m.

Member Fee: \$ 36.00/9 Sessions

Register at the Control Desk before June 13.

Starts June 17

Paper, Paint, Glue and You (Ages 3-6)

Young artists will learn about colors, patterns and forms. Children will explore collage, mosaics and painting every week.

Mondays, 3:45 - 4:30 p.m.

Member Fee: \$ 36.00/9 Sessions

Register at the Control Desk before June 18.

Starts June 20

Fantasyland (Ages 3-6)

Step into 'Fantasyland' every week with puppets, mimes and songs. Take a ride over the rainbow with stories from a far!

Tuesdays, 3:45 p.m. - 4:30 p.m.

Free to Members - Starts June 19

Little Chef Cooking (Ages 3-6)

Your little chef will learn how to create healthy snacks for your whole family.

Cookbooks will be developed.

Wednesdays, 3:45 p.m. - 4:30 p.m.

Member Fee: \$ 45.00/9 Sessions

Register at the Control Desk before June 18.

Starts June 20

Recreational Play (Ages 3-6)

A variety of games will be enjoyed by your child. This class meets weekly and helps children develop coordination.

Thursdays, 3:45 p.m. - 4:30 p.m.

Free to Members - Starts June 21

Clay Play (Ages 3-6)

Children will create special projects that they can paint and take home to enjoy.

Fridays, 3:45 p.m. - 4:30 p.m.

Member Fee: \$ 36.00/9 Sessions

Register at the Control Desk before June 20.

Starts June 22

TEENS OF DELAWARE
PRESENT
The 4th Annual Teen Production

THE PAJAMA GAME

Music and Lyrics By
RICHARD ADLER AND JERRY ROSS

Book By
GEORGE ABBOT AND RICHARD BISSELL
Based on Bissell's Novel, "7 1/2 Cents"

SATURDAY, JUNE 16 - 8:45 P.M.
AND
SUNDAY, JUNE 17 - 7:30 P.M.

\$ 6.00/Adults, \$ 3.50/Students and Seniors

Tickets on Sale Now!

Teen Activities

Teen Outdoor Basketball

Enjoy a pick up game of basketball. Create your own team with your friends.

Day: Sundays

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

Free of Charge!

Begins: May 27

Teen Connection

Teen Connection is a Jewish youth group for 7th and 8th graders in our community. This program is part of B'nai B'rith Youth Organization and is sponsored by the JCC. The program offers social and recreational activities for your teenager.

The fee is \$ 15.00 for center members and \$ 20.00 for non-members. Applications can be obtained at the JCC Front Desk.

B'nai B'rith Youth Organization

BBYO is housed at the JCC. AZA (Boys) and BBG (Girls) serves teenagers in 9th through 12th grades. This program provides area teens with an opportunity to develop leadership skills through participation in a variety of social, recreational and religious activities.

For more information, please contact:

Dover BBYO - Cong. Beth Shalom, 734-5578

Newark BBYO - Temple Beth El, 366-8330

Wilmington AZA - Marc Blumberg, 475-6839

Wilmington BBG - Staci Levin, 478-6994

Free Racquetball for Teens

Free courts are available for teens in grades 9 through 12 on Mondays through Fridays from 3:30 p.m. to 5:00 p.m. Reservations can be made by calling the Health and Fitness Control Desk at (302) 478-5660. Non-Member Fee - \$ 5.00

Tutoring Program

The JCC has a tutoring program for teens in grades 7 through 12. Qualified tutors are available to assist in a variety of subjects. To schedule an appointment, please call the JCC.

Tennis Program at the JCC



Instructors:
Isaacs and Lisa Haldas

*Swing into action this summer
at the Family Campus!*

Sundays

2:00-4:00 p.m.
Junior Clinic
(Ages 7-18)

Mondays

10:30-11:30 a.m.
Adult Beginner
4:00-5:00 p.m.
Junior Clinic
5:00-6:00 p.m.
Advanced Junior
Clinic

Tuesdays

4:00-5:00 p.m.
Juniors
6:00-7:00 p.m.
Adult Beginner

Wednesdays

10:30-11:30 a.m.
Adult Intermed.
4:00-5:00 p.m.
Juniors
5:00-6:00 p.m.
Advanced Junior
Clinic

Thursdays

4:00-5:00 p.m.
Juniors
6:00-7:00 p.m.
Adult/Intermedi-
ate/Advanced

Fridays

10:30-11:30 a.m.
Adult Advanced
4:00-5:00 p.m.
Juniors
5:00-6:00 p.m.
Advanced Junior
Clinic



TENNIS FEES AND INFORMATION

Adult Tennis - 8 Week Session

\$ 75.00/Members, \$ 90.00/Non-Members

Junior Tennis

\$ 8.00 per class per student - Members Only

Junior Clinics will involve stroke analysis,
technique, strategy and game play.

All fees for Clinics and Classes must be paid in advance
at the Health and Fitness Control Desk!

Private lessons are also available from either Ken or Lisa, please call the Control
Desk at (302) 478-5660 for information. Fees - \$ 30.00/hour and \$ 15.00/half hour

Look forward to seeing you on the Campus Courts this summer!



Senior Services

Special Programs

Academy of Lifelong Learning Program - Franklin Delano Roosevelt

Helen Bryant, an instructor from the Academy of Lifelong Learning will present an informative program about Franklin Delano Roosevelt.

Mrs. Bryant's educational background includes a B.A. from Marysville College in Tennessee and a M.A. from State Teachers College in Albany, New York. She also has an extensive teaching history that includes thirty years of educating at the high school level, for various schools throughout the country.

Date: Friday, June 8, 1990

Time: 12:45 p.m.

Fees: Free of Charge!

This program is open to the entire community. For additional information, contact Ray Freschman, Senior Center Coordinator at (302) 478-5660.

Vacation at Fallsview Hotel

The five-day vacation for the Senior Center this summer, will be held at the Fallsview Hotel in Ellenville, New York. Many of the Senior Center members look forward to this vacation each year, which allows them to spend time with their friends in a relaxing and fun environment.

Dates: June 10-June 15, 1990

For trip information, contact the Senior Center at (302) 478-5660.

Dinner and Show

Join us at the Senior Center for a delicious dinner, followed by the Teens of Delaware Production — "The Pajama Game".

The Senior Center will open at 4:00 p.m. and dinner will be served at 5:30 p.m. The show will begin at 7:00 p.m. This is the Fourth Annual Production by the teens and always provides for a wonderful evening.

Date: Tuesday, June 19, 1990

Time: 5:30 p.m.

Fees: Holiday Donation Requested

Transportation to and from the Senior Center will be available. Reservations for dinner and the performance can be made at the Center. For additional information, please contact Ray.

Old Timers Picnic

The 41st Annual Old Timers Picnic will be held at Banning Park on Middleboro Road and is being sponsored by New Castle County Senior Services. Join us for a great time and musical entertainment by "The Banjo Dusters".

County Executive Dennis Greenhouse will acknowledge couples that have been married for over 50 years. Recognition will also be given to individuals who are 90 years of age and older.

Date: Wednesday, June 20, 1990

Time: 10:00 a.m. - 2:00 p.m. (Raindate July 21)

The Senior Center is providing picnic-type lunches and transportation for members who wish to attend the picnic. Reservations are a must and can be made by calling the Senior Center.

General Information

A wide variety of programs for older adults, ages 60 and over, can be found at the JCC Senior Center. There are countless opportunities to acquire new interests, make new friends and visit many interesting places.

The program operates five days per week and is open from 9:30 a.m. to 2:30 p.m.

Some of the weekly and monthly activities at the Senior Center include...

Senior Swim Program

Members may use the indoor swimming pool facilities for exercise purposes. Physicians encourage swimming for cardiac and arthritis patients.

Mondays and Thursdays, 10:00 a.m.

Family Life Discussion Group

Everyone has an opportunity to express themselves at our life discussion group sessions which are held weekly.

Mondays, 10:30 a.m.

Physical Fitness Program

Increase your life expectancy and help prevent diseases. Blood Pressure Screening is also available every other month.

Tuesdays and Fridays, 10:15 a.m.

Walking Club

This club provides members with an opportunity to walk with their friends and enjoy the beautiful outdoor surroundings at the Family Campus. Help keep your body active and well and participate at your own pace. Begins on June 26th.

Tuesdays and Fridays, 11:30 a.m.

Current Event Seminars

Guest speakers visit the Senior Center and discuss a variety of topics with our members. Discussions include current issues and health and social services.

Wednesdays, 10:30 a.m.

Jewish Enrichment Program

Issues pertaining to the Bible, Jewish holidays and cultural events are discussed at this group session, which meets weekly.

Thursday, 10:30 a.m.

Painting Class

Join Connie Wahl each week as she leads into the world of art. Connie is a local artist who shares her expertise with our members.

Fridays, 10:00 a.m.

Health Facts

Find out facts that will help you create a healthier lifestyle. A member from the Recreational Services Staff visits the Senior Center each month and shares some helpful tips on health-related issues with our members.

Other Senior Services...

Nutritious Kosher Lunches

A delicious and nutritious Kosher lunch is served every Monday through Friday at 12:00 noon at the Senior Center.

Help reduce your cholesterol and calorie intake with our special "Wellness Menus".

Come and enjoy lunch in a friendly atmosphere!

"Senior Shuffle"

New Activity!

Wednesdays - 10:30 a.m.

Come out to the Family Campus Shuffleboard Courts and enjoy the warmth of the sun with your friends. Teams will be formed and prizes will be awarded at the end of the season.

Get in shape for our Senior Olympics coming in this Fall!

A member of the Campus staff will lead this activity.

Starts - June 27

Transportation Available!

Transportation is available for Senior Center members on a daily basis and for special programs.

Registration is required, call (302) 478-5660.

Senior Center News Bulletin

A newsletter featuring activities, programs and lunch menus is published and mailed on a monthly basis, if you would like to receive a copy, please call the Senior Center.



General Information/Membership

JCC Hours of Operation

(Effective June 9, 1990 - September 4, 1990)

Sunday - 9:00 a.m. - 12:00 noon

Monday-Thursday - 6:00 a.m. - 9:00 p.m.

Monday-Friday - 6:00 a.m. - 5:00 p.m.

Saturday - Closed

A complete summer listing of Family Campus hours can be found on the back cover of this publication.

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, baseball, volleyball, basketball, football)
- ✧ Picnic area with cooking facilities and tables

Also Available at an Additional Fee

- ✧ Three air-conditioned racquetball courts
- ✧ Swimming classes for all ages
- ✧ Water exercise/therapeutic water 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
- ✧ Personal development classes and programs
- ✧ Jewish cultural programming 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 ongoing 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 - \$415.00

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 - \$360.00

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 - \$360.00

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

Individual Adult - \$295.00

Age 18 or older. Must be completed high school.

Older Adult Individual - \$250.00

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

Older Adult Couple - \$310.00

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

Senior Center Individual - \$27.00

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

Senior Center Couple - \$53.00

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 \$25.00 application fee at time of joining the JCC. Payment adjustments may be arranged through a confidential interview, please call 478-5660.

Service Charges

There will be a service charge for use of all credit cards and payment plans for any payments made at the Jewish Community Center.

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.

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.

JCC Closing Dates:

The Jewish Community Center and Family Campus will be closed on the following dates for Shavuot:

- Tuesday, May 29 - Close at 3:00 p.m.
- Wednesday, May 30 - Closed all day
- Thursday, May 31 - Closed all day

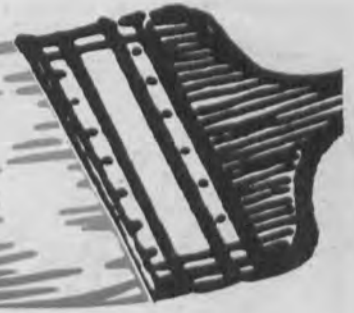
Shavuot is...

The heart of the Jew's rules for living is the Torah. At Mount Sinai, where the Jews of Moses' time were given the Torah, they pledged to follow G-d's rules. To this day, we believe that by following these rules we serve G-d. Not only as individuals, but also as people, by what we do together in our communities. We want to set an example to all the peoples of the world, so they, too, will come to follow these holy rules of conduct.

Shavuot is the holiday on which we celebrate G-d's giving to us the Torah. We call this holiday the "Time of the Giving of the Torah". Not the "Receiving" of the Torah but the "Giving" of the Torah. A hasidic Rabbi gave two reasons why: First, we were given the Torah only once, in Moses' time, on Shavuot, but every Jew in every generation receives the Torah whenever he studies. Second, while every Jew is given the Torah equally, not every Jew receives it equally. Some Jews understand it better than others; some Jews follow it more closely than others. So we celebrate its giving, not its receiving.

That is one reason for Shavuot, but like all Jewish festivals, there is also a reason in nature. Shavuot is called in the Torah, Hag ha-Katzir, the Festival of the Grain Harvest. And it is Hag ha-Bikkurim, the Festival of the First Fruits. On Shavuot we celebrate the fulfillment of the promise of spring. Shavuot means "weeks". It is celebrated seven weeks after Pesach. It's the story of spring turning into summer, of freedom ripening through law. On Shavuot, two loaves of bread, made from the newly harvested wheat, were brought to the Temple and offered as a gift to G-d.

Recreational Services 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 MAY BE ASKED TO USE THE CIRCLE SWIM PATTERN. Adult Lap Swim is open to members ages 18 and older who wish to swim laps. Anyone younger than 18 who wishes to swim laps at this time may do so at the discretion of the Aquatics Director.

Open Swim:

When you read the Recreational Services 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 6 and under must be accompanied by an adult. Children, ages 7 and up must perform a swim test to swim alone.

Family Swim:

Family swim is available for the entire family. The aquatics staff will put tables in the water for children with parental supervision during these times. This will be a special time for families to come and enjoy our facilities.

Private/Semi-Private Swim Lessons

Private and semi-private swim lessons are available for members only.

Cost - \$ 15.00/Half Hour - Private

Cost - \$ 12.00/Half Hour - Semi-Private

All instructors are certified through the American Red Cross. Instruction for all ages and all swimming levels is available.

Please contact Terri Byers, Aquatics Director for more information, 478-5660.

Swimming Pool Safety Rules:

- Proper bathing attire required.
- No diving permitted in shallow end of pool.
- No running, pushing or horseplay.
- No food items, smoking or gum 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

The 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.

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. - 12 noon) - \$ 5.00

Monday-Thursday (5 p.m. - 8 p.m.) - \$ 5.00

Monday-Friday (6 a.m. - 4 p.m.) - \$ 3.00

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

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
Special will continue through August 1990.

Racquetball Contracts

The JCC offers racquetball contracts for members who are interested in guaranteed court time. This service allows members to reserve court time for ten consecutive weeks.

The fees are as follows: 10 weeks of permanent court time - \$ 50.00 (prime-time); 10 Weeks of permanent court time - \$ 30.00 (non-prime time). For additional information, contact the Health and Fitness Control Desk at 478-5660.

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.

Basket Rental

Baskets are available for rent at the Health and Fitness Control Desk. The fee of \$ 5.00 is charged annually (January -December) and includes basket rental and lock. Articles left in unpaid baskets will be removed. Locks may not be left on tall lockers overnight; articles will be removed.

Tennis Courts

The tennis courts are available for all JCC members. Guests may pay the regular guest fee rate. Information on tennis courts can be found in the 1990 Family Campus Handbook. Please refer to the handbook for court hours and additional information.

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, Free Weight Room, Schwinn Air-O-Dyne, Exercycle, Exercise Bikes, Pulley Weights, Rowing Machines, Padded Sit-Up Boards, Lifecycle

Fitness Center Policies

- 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. Contact the Health and Fitness Control Desk to schedule an appointment.
- 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.

Jewish Community Center Summer Schedule

Sundays - 9:00 a.m. - 12:00 p.m.
(Recreational Services Facilities Open/Main Building Closed)

Mondays through Thursdays -6:00 a.m. - 9:00 p.m.
(Recreational Services Facilities Open/Main Building Open)

Fridays - 6:00 a.m. - 5:00 p.m.
(Recreational Services Facilities Open/Main Building Open)

Saturdays - Closed all Day
(Main Building and indoor Recreational Facilities are Closed)

Attention Members:

Please use side door entrance (located next to pre-school wing) when you enter the building on Saturdays and Sundays after June 8, 1990.

Jewish Family Campus Summer Schedule

Special Weekend/Holiday Hours

Weekends

Saturday, June 2 1:00 p.m. - 8:00 p.m.
Sunday, June 3 9:00 a.m. - 8:00 p.m.
Saturday, June 9 1:00 p.m. - 8:00 p.m.
Sunday, June 10 9:00 a.m. - 8:00 p.m.

Independence Day

Wednesday, July 4 9:00 a.m. - 8:00 p.m.

Labor Day

Monday, Sept. 3 9:00 a.m. - 8:00 p.m.

*Please note our new expanded hours for 1990.
We will determine the need to maintain extended hours based on attendance at the Family Campus.
We reserve the right to return to previous, less extensive hours.
The Campus will close after Labor Day,
Monday, September 3, 1990.*

Regular Summer Hours

June 11-Facility Opens

Monday-Thursday 10:00 a.m. - 8:00 p.m.
Friday 10:00 a.m. - 6:00 p.m.
Saturday 1:00 p.m. - 8:00 p.m.
Sunday 9:00 a.m. - 8:00 p.m.

June 25-Mid Summer (Camp in Session)

Monday-Thursday 1:30 p.m. - 8:00 p.m.
Friday 1:30 p.m. - 6:00 p.m.
Saturday/Sunday hours same as above.

August 20-Late Summer Hours

Monday-Thursday 10:00 a.m. - 8:00 p.m.
Friday 10:00 a.m. - 6:00 p.m.
Saturday/Sunday hours same as above.

Recreational Services Indoor Swimming Pool Schedule (Effective: Saturday, June 9, 1990)

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>9:00 - 11:00 a.m. Adult lap swim/5 lanes 11:00 - 11:30 a.m. Swim classes/2 lanes Open swim/3 lanes 11:30 - 12:00 noon Lap swim/2 lanes Open swim/3 lanes</p>	<p>5:45 - 8:00 a.m. Adult lap swim/5 lanes 8:00 - 12:00 noon Open swim/2 lanes Lap swim/3 lanes 12:00 - 1:00 p.m. Adult lap swim/5 lanes 1:00 - 5:00 p.m. Open swim/2 lanes Lap swim/3 lanes 5:00 - 6:30 p.m. Adult lap swim/5 lanes 6:30 - 7:30 p.m. Open swim/3 lanes Hydrotherapy/2 lanes 7:30 - 8:45 p.m. Open swim/2 lanes Lap swim/3 lanes</p>	<p>5:45 - 8:00 a.m. Adult lap swim/5 lanes 8:00 - 10:00 a.m. Open swim/2 lanes Lap swim/3 lanes 10:00 - 11:00 a.m. Rehabilitative swim/2 lanes Open swim/3 lanes 11:00 - 12:00 noon Open swim/5 lanes 12:00 - 1:00 p.m. Adult lap swim/5 lanes 1:00 - 4:00 p.m. Open swim/2 lanes Lap swim/3 lanes 4:00 - 5:00 p.m. Swim lessons/2 lanes Open swim/3 lanes 5:00 - 6:00 p.m. Adult lap swim/5 lanes 6:00 - 8:45 p.m. Emergency Training/2 lanes Open swim/3 lanes</p>	<p>5:45 - 8:00 a.m. Adult lap swim/5 lanes 8:00 - 9:30 a.m. Open swim/2 lanes Lap swim/3 lanes 9:30 - 10:00 a.m. Waterbabies/2 lanes Lap swim/3 lanes 10:00 - 12:00 noon Open swim/2 lanes Lap swim/3 lanes 12:00 - 1:00 p.m. Adult lap swim/5 lanes 1:00 - 4:00 p.m. Open swim/2 lanes Lap swim/3 lanes 4:00 - 5:00 p.m. Swim lessons/2 lanes Open swim/3 lanes 5:00 - 6:00 p.m. Adult lap swim/5 lanes 6:00 - 8:45 p.m. Open swim/2 lanes Lap swim/3 lanes</p>	<p>5:45 - 8:00 a.m. Adult lap swim/5 lanes 8:00 - 10:00 a.m. Open swim/2 lanes Lap swim/3 lanes 10:05 - 11:00 a.m. Rehabilitative swim/2 lanes Open swim/3 lanes 11:00 - 12:00 noon Open swim/2 lanes Lap swim/3 lanes 12:00 - 1:00 p.m. Adult lap swim/5 lanes 1:00 - 4:00 p.m. Open swim/2 lanes Lap swim/3 lanes 4:00 - 5:00 p.m. Swim lessons/2 lanes Open swim/3 lanes 5:00 - 6:00 p.m. Adult lap swim/5 lanes 6:00 - 8:00 p.m. Open swim/2 lanes Lap swim/3 lanes 8:00 - 8:45 p.m. Lifeguard Training/2 lanes Lap swim/3 lanes</p>	<p>5:45 - 8:00 a.m. Adult lap swim/5 lanes 8:00 - 12:00 noon Open swim/3 lanes Lap swim/2 lanes 12:00 - 1:00 p.m. Adult lap swim/5 lanes 1:00 - 4:45 p.m. Open swim/2 lanes Lap swim/3 lanes</p>	<p>Indoor Recreational Facilities Closed all day</p> <p>The JCC Pro Shop</p> <p>The Pro Shop is fully stocked with the following accessories:</p> <ul style="list-style-type: none"> Swim Goggles Swim Caps Racquetballs Tennis Balls Shampoo Soap Deoderant Hair Conditioner Ear Plugs and Nose Plugs Wrist/Head Bands Gym Bags Exercise Mats Shaving Lotion Towel Rental <p>and Much More !</p> <p><i>The Pro-Shop is located at the indoor Health and Fitness Control Desk !</i></p>
<p>The Indoor Swimming Pool Schedule is Effective June 9, 1990 through September 3, 1990</p>						
<p>Jewish Community Center</p> <p>101 Garden of Eden Road Wilmington, DE 19803</p> <p>Telephone Number (302) 478-5660</p>						