WELCOME TO THE JCC

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We like you. You like us. Let’s be friends.

JCC Indianapolis is upping its social media game. Follow us on Facebook, Twitter and Instagram.

ARTHUR M. GLICK JCC
Association of Indianapolis,
A United Way Agency
6701 Hoover Rd, Indianapolis, IN 46260

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The Update is a tri-annual publication of the Jewish Community Center Association of Indianapolis
Volume 20, Issue 3
The JCC is a non-profit affiliated agency of the Jewish Federation of Greater Indianapolis, Inc., The United Way of Central Indiana and the Jewish Community Centers Association of North America.

OUR MISSION
The JCC of Indianapolis enriches the community by perpetuating Jewish tradition and heritage while celebrating diversity of beliefs through arts, education, health and wellness programs.

OUR VALUES
COMMITMENT (M’SIRUT)
Providing the very best programming and services
COMMUNITY (KEHILLA)
Enriching our neighborhood & Jewish community, making them better
CONNECTIONS (K’SHARIM)
Incorporating our Jewish values and ties to Israel
INTEGRITY (YO’SHER)
Earning trust through excellence & ethical behavior
WELCOMING (KABALAT PANIM)
Engaging our members and guests with warmth & respect
WELLNESS (BRIYUT)
Offering healthy choices for improving the mind, body and spirit

OUR VISION
The place to be.

DIVERSITY & INCLUSION
The JCC Indianapolis believes in fairness and recognizes the value of inclusiveness. The JCC encourages participation by all people and in this way fulfills its mission. The JCC celebrates a diverse society of cultures, beliefs and perspectives whose knowledge strengthens us as an organization and a people.

JCC BOARD MEMBERS
PRESIDENT
Les Morris
VICE PRESIDENTS
Lynn Lambuth
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Mark Sniderman
Richard Weiss
Jeffrey Adams
Sharyl Goldberg Border
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Steven Hurwitz
Michael Hussain
Jeff Kosc
Lynn Levy
Rebecca Miller
Brian Modiano
Louis M. Profeta, M.D.
Jason Rich
Stacy Segal
Richard Soleimani

A LETTER FROM IRA

In the JCC’s last Update, our Board President, Les Morris, told our members that we had recently updated our mission statement (see left).

In the nonprofit world, an organization’s mission statement drives and guides everything it does. The JCC knows that the programs we provide must enrich the community while still remaining grounded in Jewish tradition and heritage. But what does that mean? How do we know if our programs are enriching the community? How do we define community? And, how do we keep our programs grounded in Jewish tradition and heritage?

In this Update issue on page 23, be sure to read the article about Frank Miroff, whose involvement with the JCC spans more than 70 years. In it, you’ll discover what “community” has traditionally meant to many members of the JCC during our organization’s first 100 years. However, as we proudly point out, over the years the JCC has evolved and changed to remain relevant and to continue meeting community needs. For a slightly different take on what “community” means in a broader context and for a look at one way we remain grounded in Jewish tradition and heritage, don’t miss what our new Director of Advancement has to say on the topic. On page 22.

We invite you to share your thoughts about what “community” means to you. We'd love to hear what you have to say!

Warm regards,

Ira Jaffe, MSW
CEO

YOU’RE INVITED!

The entire JCC community is invited to the 2015 Annual Meeting of the JCC. In addition to elections to the JCC Board of Directors, there will be an awards ceremony, recognition of outgoing board members, refreshments and dessert.

2015 ANNUAL MEETING
June 11, 2015 | 7 pm
In looking back over her family’s involvement at the JCC the past nine years, the thing that Jen Hunt loves most is that when they come here, they see people they know and have known for years. “Our families have grown up together,” she said. “And we’ve made lifelong friends. Our girls have. And (husband) Steve and I have, too.”

Jen Hunt, development director for the Coalition for Homelessness Intervention and Prevention and Steve, an attorney with the Attorney General’s office, first came to the JCC when their eldest daughter Abby was 18 months old. “We needed a day care and looked at several places and just really fell in love with the J,” Jen said.

When daughter Cassie came along, she started as an infant in the JCC’s Early Childhood Education program. They have been participating in early childhood education, summer camp, school breaks, soccer, tennis, hip hop, ballet, and much more ever since.

Jen said that one of the things they love is extended care for summer camp from 7-9 am and 4-6 pm “It’s just easy and convenient if you’re both working parents.”

In addition to reuniting with friends every summer (Abby says all her BFFs are here), Abby loves that she gets to swim every day. “I love the slides. I do them 10 times every visit,” she says. “That’s where I first learned to swim. And I was on the swim team. That was fun.”

Cassie also loves summer camp and the Eskenazi Water Park. The lazy river is her favorite. “I like playing soccer here,” she said then smiled, “because my dad’s the coach.”

“This is probably my 12th season coaching,” Steve said. “I’ve learned as much as the kids.”

“We just love how open and welcoming the JCC is,” Steve says. Jen agrees, “It’s just a great place we love to keep coming back to.”

“Meet the Hunt Family
‘Our Family Has Grown Up Here’

When Abby aged out of soccer in 2013, she began serving as Steve’s assistant coach. “I tell everybody what positions they are and I help out during practices,” she said.

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SAVE THE DATE

Jun 25
Lip Sync

July 3
No Camp

Jul 21–22
Yom Sport

Jul 23
Camp Carnival

PRE-CAMP
May 26-29 | 7 am–6 pm
Grades K-5 (members) & 6-8

DAY CAMPS
9 weeks beginning Jun 1
• Ruach | Ages 3-5
  3-day: $165 M
  5-day: $220 M
• Masada | K-Grade 1
  $220 M
• Tikvah | Grades 2-5
  $220 M
  $315 for travel weeks
• Gesher | Grades 6-8
  $295 / $245 M
  $400 / $350 M for travel weeks

EXTENDED CARE
The JCC offers extended care from 7-9 am and 4-6 pm for children attending our summer camps.
• Ages 3-5
  3-day: $35 M
  5-day: $50 M
• Grades K-5
  $75 / $50 M

DOG DAYS
We offer 3 weeks of care after camp ends to accommodate various school start dates. See schedule on pg 6.

CAMP STAFF
JON SHAPIRO  Senior VP Membership and Youth Services | jshapiro@JCCindy.org  | Ext. 2214
AARON ATLAS  Director of Youth Services | aatlas@JCCindy.org  | Ext. 2283
RYAN EDMUNDS  School Age Services Program Coordinator | REDMUNDS@JCCINDY.ORG  | Ext. 2218

SPECIALTY CAMPS
THEATER CAMP
For Grades 4-10.
A FAIRYTALE TWIST
Jun 15-26 | $700 / $600 M
A hilarious, character driven show loosely based on some of the most famous bedtime Fairy Tales.
CREATIVE CAMP
Jul 6-17 | $700 / $600 M
Participants will explore the art of storytelling and create their own original works of comedy sketches, personal monologues and scenes to be performed at camp’s end.

BRICKS 4 KIDZ
Children learn about science and engineering by building structures with Lego® bricks. Themes change weekly
PRESchool:
$275 M
Old McDonald’s Farm
Jun 15-19
Up, Up and Away
Jul 27-31
FOR K-GRADE 1 & 2-5:
$325 / $275 M
Pirates Quest
Jun 1-5

(Bricks 4 Kidz cont’d)
Classic Arcade Adventures
Jun 8-12
Pocket Monsters (Pokémon)
Jun 15-19
Minecraft
Jul 6-10
Remote control
Jul 13-17

OTHER SPECIALTY CAMPS:
• Camp Chi overnight camp
  Jul 5-17 for Grades 4-7 and
  Jun 21-Jul 10 for Grades 4-10
• Baseball | Grades 3-8
  $205 / $165 M
• EG Allstars Basketball
  Jun 8-10 | Grades K-12
  $225 / $200 M
  ($82 to add on Thu/Fri)
• Equestrian | Grades 3-8
  Level 1 $420 / $370 M
  Level 2 $445 / $395 M
• Fencing | Grades 3-8
  $285 / $235 M
• Golf | Grades 3-6
  $438 / $348 M
• Soccer | Grades 3-8
  $205 / $165 M
• Tennis | Grades 1-5 or 1-8
  $335 / $285 M

IT’S NOT TOO LATE TO REGISTER FOR CAMP!
Shlichim
(n.) The Hebrew word for emissaries or ambassadors. Singular: Shaliach

MEET YOUR ISRAELI CAMP COUNSELORS
The JCC benefits from a program that sends Shlichim, young Israeli emissaries, to hundreds of youth summer camps throughout the United States to bridge the gap between our two nations and serve as camp counselors and specialists.

Aviv Bashiri
CAMP POSITION: Science Specialist
AGE: 22
SHE’S VISITING FROM: Beersheba
DAY JOB: Training teenage guides in Scientific Leadership
SHE ENJOYS: Cooking, exercise, reading & going out with friends

Shir Dalal
CAMP POSITION: Israeli Specialist
AGE: 20
SHE’S VISITING FROM: Ariel
DAY JOB: Educational Commander in Israeli Defense Forces
SHE ENJOYS: Hanging out with family and friends and playing with her Labrador

Dana Hacohen
CAMP POSITION: Camp Craft Specialist
AGE: 21
SHE’S VISITING FROM: Binyamina
DAY JOB: Officer in the Israeli Army
SHE ENJOYS: Traveling in Israel and being with family and friends

At Camp JCC we strive to shape the minds and bodies of our campers and enrich their lives by stimulating them mentally, physically, socially and creatively.

We have some new specialists, new Israeli Shlichim (emissaries) and, of course, many familiar faces of returning staff.

INTERESTED IN WELCOMING ONE OF THESE SHLICHIIM IN YOUR HOME FOR THE SUMMER? Please contact Roy Swisa at shaliach@jfgi.org.
YOUTH

YOUTH STAFF (ECE + B-WING)

JON SHAPIRO  Senior Vice President Membership and Youth Services  |  jshapiro@JCCindy.org  |  ext. 2214
ERIN MILLS  Director of Early Childhood Education  |  emills@JCCindy.org  |  Ext. 2215
ERICA JOHNSON  Assistant Director of Early Childhood Education  |  ejohnson@JCCindy.org  |  Ext. 2282
AARON ATLAS  Director of Youth Services  |  aatlas@JCCindy.org  |  Ext. 2283
RYAN EDMUNDS  School Age Services Program Coordinator  |  redmunds@JCCindy.org  |  Ext. 2218

PARENTS NIGHT OUT

6–10 pm  |  $5/child
Take the night off while we take care of your little ones. This program is for children with special needs and their siblings (Ages 2-11) and staffed at a ratio of 3:1. Register with Julie Sondhelm at 317-259-6822, ext. 6 or by email at jsondhelm@JFGI.org.

Sat, Aug 8
Register by Fri, Jul 31

*Space is limited. No walk-ins accepted.

AFTERCARE

We provide a safe, enriching environment for children after school in grades K-5. While we focus on education and completing homework assignments, we also emphasize the importance of trying new things, making friends, being independent and respecting ourselves and others.

The JCC has partnered with area schools to provide transportation. Check our website for current locations.

JCC TEEN HOUSE

This is YOUR house! Local teens flock to 7005 Hoover Road for BBYO meetings, to play pool and ping pong, watch movies, surf the web and to just hang out after school.

Teen House hours:
Mon-Fri, 4:30-6 pm

DOG DAYS | JUL 27–AUG 14

After Camp JCC ends, we provide three additional weeks of care to cover the “in between” period of various school start dates. K-Grade 5 is open to Members only. 7 am–6 pm.

K–Grade 5 (Members only)

PER WEEK PRICING
$225 M
Week 1: Jul 27-31
Week 2: Aug 3-7
Week 3: Aug 10-14

PER DAY PRICING
$50 M

Grades 6-8

PER WEEK PRICING
$225 / $150 M
Week 1: Jul 27-31
Week 2: Aug 3-7

PER DAY PRICING
$50 / $35 M

For event details, class registration and donations, visit JCCindy.org or call 317-251-9467.
Our Early Childhood Education (ECE) program engages children in activities that promote creativity, accelerate learning and stimulate social interaction.

To schedule a tour and for more information about our programs for infants through pre-kindergarten, contact Erica at ejohnson@JCCindy.org.

The JCC is partnering with Arts for Learning Indiana to provide art programming to children in our Early Childhood Education program. Here AFLI art instructor, Robin McBride Scott, works with pre-K children to create colorful stained “glass” art. This curriculum is made possible with funding from the Alberta and Sherman Weinstein Fund.

ECE practices Discover™CATCH®, a coordinated approach to child health designed to nurture a love of physical activity, introduce children to gardening and nutrition, and encourage healthy eating in children ages 3-5. This program is made possible with funding from FIRST PERSON.
ADULTS

ATHLETICS STAFF

TODD LANDWEHR  Senior Vice President of Health and Fitness Services  tlandwehr@JCCindy.org  Ext. 2271
KYLE MILLS  Director of Athletics  kmills@JCCindy.org  Ext. 2251

RACQUET SPORTS STAFF

JASON SUSCHA  Director of Racquet Sports  jsuscha@JCCindy.org  Ext. 2232
KIM SHIPPY  Racquet Sports Program Coordinator  kshippy@JCCindy.org  Ext. 2268

ADULT BASKETBALL

PICK-UP GAMES

Ages 18+. Teams are selected at the beginning of each session. Just show up to jump in a game. First team to score 12 points meets a new challenging team. Free with your membership. 

Mon, Wed, Fri 6–8 am
Sat 11 am–1 pm
Sun 9–11 am

CLASS  |  DAY  |  DATES  |  TIME  |  # CLASSES  |  COST  |  CODE
---  |  ---  |  ---  |  ---  |  ---  |  ---  |  ---
BIG TUESDAY  |  Ages 18+. Veteran officials referee. Register as a team by May 21.
  |  Tue  |  Jun 2-Aug 11  |  6-10 pm  |  8-game guarantee  |  $500/Team  |  18810

35+ SUMMER BASKETBALL LEAGUE  |  Ages 35+. Veteran officials referee. Team jersey provided. Register as a team by May 28.
  |  Sun  |  Jun 11-Aug 13  |  6-9 pm  |  7 games + tourney  |  $550/Team  |  18811

TAE KWON DO BEGINNER & ADVANCED  |  Ages 7+. Instructor: Master Jean-Pierre Decaudin (40 yrs experience). Promotion test every 3 months.
  |  Mon & Wed  |  May 18-Aug 26  |  6-7 pm  |  29 sessions  |  $172/ $142 M  |  18812

ADVANCED & HAPKIDO (Self defense)  |  Ages 7+. Instructor: Master Jean-Pierre Decaudin (40 yrs experience). Must participate in Tae Kwon Do to take Hapkido.
  |  Mon & Wed  |  May 18-Aug 26  |  7-8 pm  |  29 sessions  |  $172/ $142 M  |  18813

RACQUET SPORTS

TENNIS

All ages. Group and private instruction are available year-round. For an updated schedule, visit JCCindy.org. Variety of classes available, including:

USTA ADULT SUMMER LEAGUE  |  Ages 18+, 40+, 55+ and 65+ for men, women and mixed.
WHEELCHAIR TENNIS  |  For more info, contact Jason at jsuscha@JCCindy.org.

TENNIS COURT RENTAL

Outdoor  |  FREE for members to reserve
Indoor  |  $26 / $18 M per hour
Early Bird pricing  |  $18 / $12 M per hour 5:30-8:30 am & Noon-3 pm

PICKLEBALL

Stop by the Schloss Gym Tue and Thu 1-3 pm and/or Sun from 1:30-3:30 pm to try Pickleball, a combination of other racket sports played with a whiffle ball and solid wooden racquets on a smaller court than tennis. We provide the equipment. It’s open play (meaning you can come alone and drop in). See you on the court!

RACQUETBALL

Three air-conditioned courts available to JCC members at no charge. First-come, first-served basis or by reservation. Racquets and balls available for use at no charge. If you’re looking for someone to play, talk to desk staff at East Membership Desk.
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<th>CLASS</th>
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<th>DATES</th>
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<td>Ages 4 1/2 as of Sep 1, 2015 and not yet in Grade 1. Games: Sun/Wed**</td>
<td>7</td>
<td>Aug 23-Oct 7</td>
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<td><strong>GRADES 3-4</strong></td>
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<td>$95 / $80 M</td>
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**KARATE FOR KIDS**
(See p. 8 for Tae Kwon Do and Hapkido) Additional $30 fee for students ready for end of session promotional test. Instructor: Master Mike Marienthal. No class dates Sept 15, 22, Oct 6, Nov 24

| BEGINNER (Ages 4-10) | Tue 11 | Sept 1-Dec 8 | 4:15-5 pm | $95 / $79 M | 8802  |
| ADVANCED (Ages 7-13) | Tue 11 | Sept 1-Dec 8 | 5:5-5:45 pm | $95 / $79 M | 8803  |

**TINY TOT ATHLETICS**
Ages 3+. Sports and games to improve hand-eye coordination, motor skills and team-building

| SESSION I | Thu 8 | Aug 13-Oct 1 | 4-4:30 pm | $72 / $60 M | 8804  |
| SESSION II | Mon 8 | Oct 19-Dec 7 | 4-4:30 pm | $72 / $60 M | 8805  |

**GYMNASTICS**
Ages 3+. To build coordination, balance, grace and confidence. No class dates: Sept 23, Oct 7, 8, Nov 25, 26

| TUMBLER I (Ages 3-4) | Wed 14 | Aug 19-Dec 9 | 4-4:30 pm | $164 / $136 M | 8806  |
| TUMBLER II (Ages 4-5) | Wed 14 | Aug 19-Dec 9 | 4:40-5:10 pm | $164 / $136 M | 8807  |
| LEVEL I (Ages 6+) | Thu 15 | Aug 20-Dec 10 | 4:15-5 pm | $175 / $146 M | 8808  |
| LEVEL II (Ages 6 +)* | Thu 15 | Aug 20-Dec 10 | 5:05-5:50 pm | $175 / $146 M | 8809  |

*Previous instruction required.
**One game will be held on a Wednesday.

**E3 BASKETBALL ACADEMY**
Ages 4-16. Improve your ball-handling skills and footwork through core workouts and skills training with the pros. Open to boys and girls.

**Memorial Day**
Mon, May 25

**Independence Day**
Fri, Jul 3

**Labor Day**
Mon, Sep 7

Visit e3BasketballAcademy.com for info and registration.

**JUNIOR TENNIS**
Ages 3-10. We are a USTA-registered tennis facility for this age group.

**Ages 11-18.** Group and private instruction are available year-round. For an updated schedule, visit JCCindy.org.

**A Special Thank You** to Pacers Sports & Entertainment for its ongoing support of the JCC Youth Basketball Leagues.
POOL HOURS

ESKENAZI WATER PARK
(May 23-Aug 9)
Mon-Thu 11 am-7 pm
Fri 11 am-5:45 pm
Sat & Sun 11 am-6:45 pm

HOURS MAY BE AFFECTED BY INCLEMENT WEATHER.

COHEN COMPETITION POOL
Outdoor lap pool
(May 23-Aug 9)

LAP SWIM
Mon-Thru 5:30 am-9 am
11:30 am-8 pm
Fri 5:30 am-5:45 pm
Sat & Sun 7 am-Noon
4-6:45 pm

REGENSTRIEF NATATORIUM
Indoor Competition Pool

LAP SWIM
2 lanes reserved for lap swim
Mon-Thru 5:30 am-8 pm
Fri 5:30 am-5:45 pm
Sat & Sun 7 am-6:45 pm

BACKER THERAPY POOL
ADULT OPEN SWIM
Mon & Wed 5-6 pm
Fri 3-4 pm
Sat 1-2 pm
Sun 9:30-10:30 am

NO FAMILY SWIM
May 22-Sept 6

GET YOUR 10-PUNCH SPLASH PASS

Limited number of passes available. Ask Membership desk staff for details.

AQUATICS STAFF
TODD LANDWEHR, MBA Senior VP of Health and Fitness Services | tlandwehr@JCCindy.org | Ext. 2271
HANNAH GROSVENOR Director of Aquatics | hgrosvenor@JCCindy.org | Ext. 2222

SWIM LESSONS

PRIVATE & SEMI-PRIVATE SWIM LESSONS
3 yrs to adult. Let us help you learn to swim! All skill levels welcome.

PRIVATE
Ten 1/2-Hour Sessions
$300 / $200 M
Single 1/2-Hour Session
$35 / $25 M

SEMI-PRIVATE (2 CHILDREN*)
Ten 1/2-Hour Sessions
$350 / $300 M
Single 1/2-Hour Session
$40 / $35 M

*For families with more than two children, email us at hgrosvenor@JCCindy.org.
LIFEGUARD CERTIFICATION
Ages 15+. Be certified to receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED. Through this course, you’ll learn to prevent, recognize and respond to aquatic emergencies and learn how to care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Participants must pass a pre-course session:
• 300 yd swim
• 20 yd swim to retrieve a 10 lb brick with return to wall and exit pool within 100 sec.
• 2 minutes treading water without the use of hands

9:30 am-5:30 pm
$239 / $199 M

May 27-30 18171
Jun 3-6 18172

LIFEGUARD REVIEW
Abbreviated course for renewing your current American Red Cross Lifeguard certificate. If you do not have a current certificate, you can participate in the full course only.

9:30 am-5:30 pm | $119 / $99 M

May 18-19 18176
Jun 5-6 18177

FREE AQUATIC EXERCISE CLASSES (Members)

Ai Chi
Relax with deep breathing

Aqua Boxing
Heart-pumping cardio

Aquacize
Shallow water cardio

Aquajog
Deep water cardio

Aqua Pilates/Ai Chi
Gentle core workout

Power Aerobics
Shallow water high energy workout

Water Walking (Jun & Jul only)
Workout against the current

Yoqua
Warm water yoga

FEE-BASED CLASSES
(Open to non-members)
Aqua Zumba, Aquajoints and Fitjoints Plus

For a full schedule and class times, visit JCCindy.org/Group-Exercise-Schedule.

JCC SWIM TEAM
(MEMBERS ONLY)

Ages 5-15. The JCC Swim team welcomes swimmers at all levels. Swimmers work on improving strokes and endurance while having fun! Must be able to swim at least 25 yards.

Summer Season
Jun 1-Jul 30
Mon, Tue, Thu
4:30-5:30 pm
$200 18729

New Head Swim Coach, Cory Maddy.
Join us for a Member Appreciation Pool Party!

Sun, July 12 | Noon–4 pm
at the Eskenazi Water Park

- Live music
- Frozen treats
- Toys, games & prizes
- Friends, family & FUN
Meet Stacy Snyder
Stacy is a pharmacist by day, graduating with a degree from Butler University (Go, Dawgs!). She’s done Pilates Reformer for the past several years after a friend dragged her to a session. “I didn’t want to do it,” she said. “I thought it was expensive but after seeing results, I was hooked!”

When she really got into fitness, Stacy lost 40 to 50 pounds. She credits the Reformer with being a great overall workout, helping with flexibility and strengthening abdominal muscles. “It’s great for abs. I get a lot more out of the Reformer than other exercises.”

Stacy is new as a Pilates Reformer instructor at the JCC and is currently scheduling sessions for evenings and weekends. Schedule a session now through May 31, 2015 and receive 50% off the regular rate-- $30 for a one-hour session (regularly $58) or $15 for a half-hour session (regularly $30). Contact Cherri at ext. 2309 for scheduling.

PILATES REFORMER
Pilates on the Reformer uses a transformative machine that provides progressive resistance from a system of pulleys and springs. You get an individualized program that will effectively work your core muscles—your abs, lower back, hips and buttocks.

1-HOUR SESSIONS
1 session $68 / $58 M
5 sessions $330 / $280 M
10 sessions $635 / $535 M
Duet 1 session $47 / $37 M
Duet 10 sessions $450 / $350 M
Trio 1 session $39 / $29 M
Trio 10 sessions $370 / $270 M
Quartet 1 session $35 / $25 M
Quartet 10 sessions $340 / $240 M

1/2-HOUR SESSIONS
Private $35 / $30 M
Duet $24 / $19 M
Trio $20 / $15 M

Please note: group sessions are priced per person.

JCC RECESS
The JCC’s RECESS program (4 different classes for children and parents+children that address exercise & healthy cooking) was made possible with a generous grant from Champions for Healthy Kids, an initiative of the Academy of Nutrition and Dietetics Foundation and an educational grant from the General Mills Foundation. Additional support from The Kroger Company. Program is free, registration is required. Visit our website for more information.

JCC MASSAGE
To schedule an appointment, contact Katherine Matutes at 317-715-9238.

90-MIN SESSIONS
Swedish $75 / $65 M
Deep Tissue $65 / $55 M
Hot Stone $65 / $55 M

1-HOUR SESSIONS
Swedish $55 / $45 M
Deep Tissue $65 / $55 M

1/2-HOUR SESSIONS
Swedish $35 / $28 M
Deep Tissue $40 / $33 M

ADD AROMATHERAPY
To any massage: $5 for 30-minute sessions or $10 for 60 and 90 minute sessions.

SPECIAL 50% OFF PILATES REFORMER

FAST FACTS
Pets: Madison, Molly and Quinn (2 Lab mixes and a Goldendoodle)
Favorite workouts: (besides Pilates Reformer) ballet barre, running, Zumba and spinning
Hails from: Ohio
Little known fact: competed as a figure skater in her youth

Find FREE yoga and Pilates mat classes for members on our fitness schedule at www.JCCindy.org.
**HEALTH & WELLNESS**

**3 TIPS TO STEP UP YOUR GAME**

Lance’s top three tips for adding explosiveness to any basketball position you play:

1. **STRENGTH TRAINING IS GOOD**

   It’s a myth that heavier strength training decreases flexibility. Squats, bench press, dead lift and hammer strength machine can all help explosiveness. Any exercises that focus on core strength and endurance will be beneficial also.

2. **TRAIN TO PLAY**

   In the off-season, it is crucial to focus on strength conditioning to enhance your game. Use this time to put more of an emphasis on becoming stronger, building stamina, developing hand and footwork, as well as increasing flexibility.

3. **TAILORED WORKOUT**

   Ideal training is a balance between strength training and running drills that simulate functional skills like footwork or handwork. Identifying your needs goes a long way to developing a variety of workouts that will improve your game.

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**FIND THE MOST UP TO DATE FITNESS SCHEDULE ONLINE AT JCCINDY.ORG/GROUP-EXERCISE-SCHEDULE.**

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**FITNESS CHALLENGE: TOUR DE ISRAEL**

Take an (imaginary) trip around Israel. Complete a 500K in cycling, indoors or out, during the month of May to be eligible for a prize drawing. In honor of our camp counselors visiting this summer from Israel (see p. 5), various stops along the way include Beersheba, Binyamina and Ariel.

**FREE** for members

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**MEET LANCE SMITH**

Working at a local nutritional and dietary supplement chain the past two years, Lance Smith has been focusing on integrating exercise and nutrition, with an emphasis on holistic health. “I believe there is a relationship between exercise, healthy diet, and lifestyle choices in respect to disease and illness prevention,” he said. Graduating from Butler University with a degree in exercise and health sciences this month, Lance will soon be available as a personal trainer at the JCC.

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His background and love is basketball, but he likes all exercise—biking, hiking, rock climbing, “anything outdoors.” But, he notes, “any type of exercise is better than none.” If you’re interested in scheduling a session with Lance, contact Katherine at kmatutes@JCCindy.org or 317-715-9238.

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For event details, class registration and donations, visit JCCindy.org or call 317-251-9467.
The JCC Farmers Market will become year-round after launching its second year on Sun, May 31. Open from 10 am to 1 pm. It is Indy’s only regularly scheduled Sunday farmers market. Shop with us for all your local produce, baked goods and dairy. The JCC Indy Farmers Market is Kosher respectful (no meat products).

INTERESTED IN BECOMING A VENDOR? CONTACT KATHERINE AT KMATUTES@JCCINDY.ORG OR 317-251-6467, EXT. 2238.

FREE YOGA ON THE LAWN
Join us every Second Sunday on the front lawn next to the market for yoga by donation. Just another way we’re reinforcing our mission to inspire total health!

SUPPORT LIVING GREEN
You might already have reusable shopping bags, but consider helping us spread the word about our market by buying, and using our tote. All proceeds go directly to support the growth of the market.
JCC BooTCAMP

Personal trainers Andre “Major Pain” Grimes and Chad “No Excuses” VanDerwall will be your drill sergeants for Boot Camp, outdoor sessions emphasizing functional movement exercises in a team-oriented environment. On the roster will be tractor tire-flipping, tug of war, sledge hammer hitting and more. 6-week sessions began in April, but you can drop in on any of the remaining sessions.

Tuesdays  |  6–7:15 pm  
Saturdays  |  9:15–10:30 am  
$20  /  $15 M

ATHLETIC PERFORMANCE ENHANCEMENT

Designed for runners or anyone looking to increase their functional movement. Each session involves leg strengthening exercises, e.g., Power Pack or Band Shufflers, followed by core-building, working the abs, lower back and hips. Beneficial regardless of fitness level or training goals. Please bring a yoga mat and foam roller if you have one.

Thursdays  |  6-7 pm  
Schloss Gymnasium  
$7  /  $5 M

IT’S SWIMSUIT SEASON. NEED WE SAY MORE?

Get ready for the big summer reveal brought on by shorts and thin fabrics. With our personal training 10-Week Challenge, you’ll get two half-hour personal training sessions with one of our professional coaches each week for 10 weeks. You name the day, the time and the start date. We’ll take care of the rest.

2 sessions a week for 10 weeks  
$520  /  $420 M

HEALTH & WELLNESS

Need a little variety in your workout? Check out some of our specialty fitness classes, designed to keep you motivated and excited about staying active. For a list of our FREE classes, visit JCCindy.org.
HOOK, JAB, AND ROLL
Boxing is more than a series of moves, it’s a total body workout emphasizing agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength. Three-time Golden Glove state champion David McGordon is accepting clients Mon, Wed, Thu 4-6 pm and Sat and Sun 7 am-7 pm.

Contact Katherine Matutes at kmatutes@JCCindy.org or 317-715-9238 to book a session.

1-HOUR
PRIVATE $55
SEMI-PRIVATE $30 / person

30-MIN
PRIVATE $29

PERSONAL TRAINING RATES
Our certified personal trainers will take your workouts to the next level. Save with training packages!

1-HOUR
1 SESSION $65
5-PACK $249
10-PACK $429
20-PACK $819

1-HOUR SEMI-PRIVATE
1 SESSION $30
5-PACK $139
10-PACK $264
20-PACK $484

45-MINUTES
1 SESSION $44
5-PACK $199
10-PACK $344
20-PACK $659

30-MINUTES
1 SESSION $29
5-PACK $134
10-PACK $229
20-PACK $439

NUTRITION SERVICES

1-HOUR
SINGLE $65 / $55 M
5-PACK $167 / $134 M
10-PACK $289 / $229 M

30-MIN
SINGLE $36 / $29 M
5-PACK $167 / $134 M
10-PACK $289 / $229 M

MEMBERS ONLY!
NUTRITION + PERSONAL TRAINING COMBO
Five 30-min Nutrition + Five 30-min PT sessions= $229 M

SCHEDULE A CONSULTATION BY CONTACTING JCC SCHEDULING AT KMATUTES@JCCINDY.ORG OR EXT. 2238

If you’re looking to tackle weight loss or enhance your sports performance, set a time to meet with JCC Nutritionist Erin Coleman. She’s worked in a variety of different nutrition care settings including child nutrition, clinical dietetics in the acute care setting and long-term care. Erin has a passion for nutrition and wellness and graduated from IU Bloomington with a B.S. in Dietetics in 2010 and from the dietetic internship program at IUPUI in 2012.

She can help you learn how to prevent disease based on family history, enhance sports performance or adopt healthier habits. After an initial 1-hour session, participants can choose from private 30-min or 60-min sessions for expert counseling.
ARTS AND EDUCATION

18 | UPDATE SUMMER 2015  |  For event details, class registration and donations, visit JCCindy.org or call 317-251-9467.

ARTS AND EDUCATION STAFF

MARTHA A. KARATZ  Senior Vice President of Advancement and Communications | mkaratz@JCCindy.org | Ext. 2209
LEV ROTHENBERG  Director of Arts and Education | lrothenberg@JCCindy.org | Ext. 2233
LISA FREEMAN  Arts and Education Program Coordinator | lfreeman@JCCindy.org | Ext. 2240

FILMS

Film series in partnership with Heartland Film. Sponsored by Fifth Third Bank.

FRANK VS. GOD

After his house is destroyed by a tornado (what his insurance company deems an “act of God”), former hotshot lawyer David Frank is determined that someone must pay. He decides to serve God... with a lawsuit. Clever and thought-provoking, Frank vs. God raises questions about faith and religion with a light-hearted tone and an open mind.

A 2014 Heartland Film Festival favorite!

Thu, Jun 25  |  7 pm
$9 / $6 M

Admit 1: 18663
Admit 2: 18664
Admit 4: 18665

EAST SIDE SUSHI

Single mom Juana can slice and dice anything with great speed and precision. After working at a fruit-vending cart for years, she decides to take a job at a local Japanese restaurant. Intrigued by the food, she learns to make a multitude of sushi on her own. Eventually she attempts to become a sushi chef, but is unable to because she is the ‘wrong’ race and gender. Against all odds, she embarks on a journey of self-discovery, determined not to let anyone stop her from achieving her dream.

Thu, Aug 27  |  7 pm
$9 / $6 M

Admit 1: 18668
Admit 2: 18680
Admit 4: 18684
BASIC FLY TYING
Learn basic knots and techniques for applying fur, feathers and synthetic materials to a hook to create fishing flies. The instructor, Reggie Alexander, has been tying flies for 30 years and has demonstrated his craft at fly fishing shows around the country. Materials and tools provided but if you have a tying vise and tools, please bring them. Flies covered are a wooly bugger, a universal streamer and sponge spider.
Sun, Jun 14 | 1-3 pm
$24 / $17 M

* EARLY BIRD REGISTRATION
Register by Jun 1 for 10% off!

CHESS
Professional chess instructor and coach, Steffen Thieme, leads these sessions for adults and children. Boards will be provided.

LEVEL I
For beginners with basic knowledge of pieces and moves who want to practice basic techniques and raise their “board vision,” (ability to see the whole board).
Sundays | 1-2:30 pm
Jul 12-Aug 16
$80 / $60 M

LEVEL II
Strategies, chess openings and preparation for participation in tournaments. These players need to know all the rules.
Sundays | 2:45-4:15 pm
Jul 12-Aug 16
$80 / $60 M

* LEARN TOGETHER
Special Price—$20 for any adult who takes the class with a child.
Level 1 together: 18816
Level 2 together: 18817

IPHONEOGRAPHY BASICS
Join local artist and photographer, Rad A. Drew, in this workshop that will introduce you to a host of apps and processing techniques that will allow you to improve the quality of your snapshots as well as prepare you to explore your creative artistic vision. For details, visit JCCindy.org.

About the Instructor
Rad A. Drew is an internationally recognized photographer and teacher based in Indianapolis. He has been an award winner in the International Mobile Photography Awards three years in a row. Drew is author of two fine art books, In Good Light, Images of the Circle City and Rural Indiana, A Beauty all Its Own. He is also a contributor to the recently published The Art of iPhone Photography: Creating Great Photos and Art on Your iPhone.
Sun, Aug 16 | Noon-4 pm
$75 / $60 M

LEARN RUSSIAN
CONTINUING BEGINNING RUSSIAN
For students who have taken Introductory Russian or who have a very basic understanding of Russian.
Mondays | 6-7 pm
Jun 1-Jul 6
$66 / $44 M

INTERMEDIATE
Must know Russian alphabet and basic grammar. The class focuses on speaking, grammar structure, enlarging vocabulary, reading and writing, conversational practice, and introducing Russian culture.
Mondays | 7:15-8:15 pm
Jun 1-Jul 6
$66 / $44 M

* EARLY BIRD REGISTRATION
Register by Jun 1 for 10% off!
The JCC Art Gallery program is made possible in part by a generous grant from the Allen Whitehill Clowes Charitable Foundation.

**4TH ANNUAL JCC MEMBER AND STAFF ART EXHIBIT**

**Jul 7-24**

**OPENING RECEPTION:** Thu, Jul 9 | 5:30-7 pm

Meet creative JCC members and staff artists and join us for light refreshments.

Are you one of our creative members or staff? Submit your artwork—2D or 3D sculpture and furniture—for consideration for this exhibit on or before **Fri, Jun 5**.

Visit us online for details at www.JCCindy.org/Member-Staff-Exhibit

Now open to entries from youth ages 10 and up.

**INTERNATIONAL MOBILE PHOTOGRAPHY COMPETITION AND EXHIBIT**

**Aug 6-Sep 4**

**GALLERY & AWARDS RECEPTION:** Thu, Aug 6 | 5:30-7 pm

Meet the artists and join us in the gallery for light refreshments. A talk by internationally recognized photographer and teacher, Rad A. Drew, directly follows reception.

**International Mobile Photography** highlights the emerging art form of mobile photography and the power of social media and smartphones as a means of creative expression and connection. Open to any photographer; local, national and international entrants are encouraged to enter. **Deadline is Mon, Jun 29. Midnight EST.**

**CATEGORIES**

(choose only one per entry; limit: 3 total)

- 18 & Under
- Portrait
- Nature (NEW)
- Architecture (NEW)
- Other

This competition will be judged by a jury of renowned national and international photographers: Joanne Carter, founder and editorial director the TheAppWhisperer.com; Rad A. Drew, author of two fine art books and 2011, 2012 and 2013 award winner in International Mobile Photography Awards and Freddie Kelvin, freelance photographer for clients including Dance Kaleidoscope and Indianapolis Symphony Orchestra. Submission details at www.JCCindy.org.

**SUBMIT YOUR WORK BY** Fri, Jun 5
DANCE ACADeMY // IN ThE PESCOVITz DANCE STUDIo

**CLASS** | **AGE** | **DATES** | **DAY** | **TIME** | **NM / M** | **CODE**
--- | --- | --- | --- | --- | --- | ---
**cHILDREN**
Happy Feet I | 3-4 | Jun 1-Jul 20 | Mon | 4:30-5 pm | $78 / $60 M | 18637
Happy Feet II | 4-5 | Jun 1-Jul 20 | Mon | 5-5:30 pm | $78 / $60 M | 18638
Kids Dance | 5-7 | Jun 2-Jul 7 | Tue | 5:15-6 pm | $90 / $72 M | 18639
Hip Hop Beginners Mini Session | 5-8 | Jun 1-29 | Mon | 5:30-6:15 pm | $60 / $48 M | 18648
Hip Hop Kids Mini Session | 9-12 | Jun 1-29 | Mon | 6:15-7:15 pm | $64 / $52 M | 18649
Yoga & Creative Movement for Kids | 4-6 | Jun 3-Jul 8 | Wed | 4:30-5 pm | $78 / $60 M | 18650
Yoga & Creative Movement for Kids | 7-10 | Jun 3-Jul 8 | Wed | 5:15-6 pm | $90 / $72 M | 18651

**ADULTS**
Back It Up™ | 16+ | Jun 2-Aug 18 | Tue | 7-8 pm | $12 / $10 M | drop in
Bollywood | 16+ | Jun 8-Aug 10 | Mon | 7:15-8:15 pm | $12 / $10 M | drop in
Modern Dance for Beginners | 16+ | Jun 4-Jul 30 | Thu | 7:15-8:45 pm | $153 / $135 M | 18652
Beginning Classical Ballet | 18+ | Jun 14-Aug 9 | Sun | 10:15-11:15 am | $120 / $104 M | 18654
Classical Ballet (Tues) | 18+ | Jun 2-Aug 4 | Tue | 9:10-10:30 am | $180 / $160 M | 18655
Classical Ballet (Fri) | 18+ | Jun 5-Aug 14 | Fri | 9:15-10:45 am | $180 / $160 M | 18656
Israeli Dance | 13+ | Ongoing | Sun | 3:30-6:30 pm | $7 / $7 | n/a

**DANCE CARDS**
One-time Drop-in
Ballet | $25
5-Pass Dance Card
Ballet | $100 / $90 M

**20% DISCOUNT**
Register for two or more dance classes and receive a 20% discount. Does not include dance cards.

**NO CLASS DATES**
Happy Feet, Hip Hop will not meet on Jun 22 & Jul 6
No Ballet Jul 3
No Beg Ballet Jul 5

**yOGA & cREATIVE MOVEMENT FOR KIDS**
Children will learn breathing techniques, yoga postures and creative movement while listening to music and rhythms from around the world.

**HIP HOP MINI SESSIONS FOR BEGINNERS & KIDS**
Learn a dance and Hip Hop combinations from Kim Reed, JCC dance instructor and former Indiana Pacemate.

**BE A BACK UP DANCER**
Experience what it feels like to be one of your favorite musical artist’s backup dancers with Back It Up™ Pro Trainer and Elite Instructor, Brittany McCullar. Help choose the songs to which you will learn choreography. New routines taught weekly. All skills welcome. No dance experience required!

**MODERN DANCE FOR ADULT BEGINNERS**
Motus Dance instructor Sara Little takes you through the fundamentals of contemporary movement, teaching the basic format, floor work, center work and phrasing of modern dance.

For all dance class descriptions, visit www.JCCindy.org/dance.
A LETTER FROM OUR DIRECTOR OF ADVANCEMENT

The JCC of Indianapolis enriches the community by perpetuating Jewish tradition and heritage while celebrating diversity of beliefs through arts, education, health and wellness programs.

As a new JCC staff member, I’ve been learning about the JCC, meeting many inspiring people, and working on some incredible projects. I’ve also thought a lot about our mission and its impact on Advancement.

Repeatedly, JCC members have fondly recalled the sense of community they experienced during the JCC’s first 100 years while noting that this has evolved over time. Their remarks made me wonder what “community” means at the JCC today and what it could mean during the next 100 years. Should it just refer to a social group residing in a specific locality or could it refer to a feeling of fellowship with others as a result of sharing common attitudes, interests, and goals?

On page 23 Frank Miroff recalls that early visionary JCC leaders practiced and promoted a shared set of beliefs and values that created a welcoming and open place for everyone, regardless of religion, race, or socio-economic status. The sense of community fostered by them was grounded in the Jewish traditions and values of “tzedakah” and “tikkun olam.”

“Tzedakah” is Hebrew for acts referred to as “charity” in English: giving aid, assistance and money to the poor and needy or other worthy causes. However, the word “charity” suggests benevolence and generosity, a magnanimous act by the wealthy and powerful for the benefit of the poor and needy. “Tzedakah,” giving to the poor, is, by contrast, an obligation requiring the performance of a duty that cannot be forsaken even by those who are themselves in need.

“Tikkun olam” refers to “repairing the world” through human actions and implies that each person has a hand in working towards the betterment of his or her own existence as well as the lives of future generations.

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The modern understanding of “tikkun olam” is that of “repairing the world” through human actions. It implies that each person has a hand in working towards the betterment of his or her own existence as well as the lives of future generations. According to Jewish tradition and teachings, it is important that one participate in “repairing the world” by participating in “tzedakah.” “Tikkun olam” applies to working in all communities, not just Jewish communities.

In the coming weeks and months I will be sharing with our membership mission-driven opportunities for all of us to engage in “tzedakah” and “tikkun olam” as we build on the JCC’s proud legacy of providing a welcoming and open sense of community for individuals of all religions, races, and socio-economic status.

Warm regards,

Anna Price
Director of Advancement
A CONVERSATION WITH...FRANK MIROFF

Now retired, Frank Miroff, was a leading Indianapolis litigation attorney for many years. Recently, he stopped by to reminisce about the “J” and its role in his life. “I’m glad I’ve been here to witness and participate in this fulfilling experience,” he said in looking back at his more than 70 years of involvement with the JCC (including a couple of stints on the JCC’s Board).

His parents first began taking him as an infant to the Communal Building (where the JCC was first located) on the South Side. (Initially, the organized Jewish community in Indianapolis was rooted in an area just south of downtown.) Frank said his personal memories of the JCC begin when the JCC was located at the Kirshbaum Community Center near 23rd and Meridian Streets.

Frank said that when he was a young man, thanks to the efforts of several community leaders such as Maurice Rothbaum, Sam Kroot, Marty Larner, the Efroymson family, and others, the Kirshbaum Center was open to everyone, regardless of religion, race, or socio-economic status. Like many kids in his age group, Frank took full advantage of the many programs offered at the center including basketball, handball, baseball, volleyball and tennis. With a slight twinkle in his eye, he noted that it was in the third floor ballroom where he first learned how to dance. For him and his buddies, the JCC was where they grew up, were mentored and learned how to be adults.

One JCC staff person at the Kirshbaum Center made a special impression on Frank—former JCC instructor and athletic director, Earl “Monty” Montgomery. It was Monty who taught him how to swim in the basement pool. Because Monty was such an influential role model and mentor, following Monty’s death, Boyton Robeson organized a baseball game dedicated to his memory. Frank recalled that in addition to himself, the Selemons and Noel Becker were among those that played that day. The game was made even more special, because it was the very first ever played at the Hoover Road location where the JCC is today. As Frank described it, the plot of ground on which the game was played was really nothing but a “Field of Dreams.” Only the pool had been built. The rest was little more than rocks, dust and weeds.

Frank credits leaders such as the Simons, Glicks, Borns, Reubens, Smulyans, Eskenazis, and Kaufmans for making the dreams formed more than 60 years ago a reality. “Double thanks to the staff, volunteers, and coaches who nurtured, encouraged, and molded generations to make our community a better place,” he said. “On to the next century! Dare to ‘dream!’”

To read more about Frank’s early memories of the JCC, visit the JCC blog on our website: www.JCCindy.org.
The JCC’s own Essie Tolbert was featured as a United Way of Central Indiana’s Friday Success Story. In the video, Essie recounts how at 48 years old, she thought she’d never walk again. Check out the video for how she turned her health around: www.JCCindy.org/community/videos.

TRIBUTE AND PROGRAM GIFTS*

For a complete list of funds and programs, please visit our website. Interested in establishing a fund? Contact Martha Karatz, ext. 2209, mkaratz@JCCindy.org.

ACE PROGRAMS
Hongsun Yoon

AFTER SCHOOL CARE PROGRAMS
Amber Roos
Richard and Ellen Shevitz
In honor of Ryan Edmunds
Offer and Michelle Korin
In honor of Yael’s birthday
Jeff and Heather Smulyan
In honor of Daddy Daughter Date Night

ANNE KATZ FESTIVAL OF BOOKS
Sanford and Dee Schwartz
In honor of Marcy Chudnok’s 75th birthday

AQUATICS PROGRAMS
Donald and Collette Levin
Harriet and Laurence O’Connor

BIRDIE ABRAMS MEMORIAL FUND
John and Diane Abrams
In memory of Florence Potash
In memory of Dr. Harry Wolf
In honor of the Tree of Life Gala
honoring the Sachs Family
In memory of Marvin Herman
In memory of Ilamar and Dina Cohen’s new son
In memory of Archie Ross

CAMP PROGRAMS
David Polick
Irwin and Iliana Levin
In honor of the Camp JCC Schlichim program

CULTURAL ARTS AND EDUCATION
Evelyn Moss
In honor of the arrival of Pam and Lev Rothenberg’s granddaughter
Gadi and Michele Boukai
In honor of the Grabovsky Family

CULTURAL ARTS PROGRAMS
George and Ilana Debikey
KSM Business Services
In support of the Beatles tribute concert
Phoenix Theatre, Inc.

EARTH DAY COMMUNITY CELEBRATION
Citizens Energy Group
Sergio Aguilara and Lori Eroymson-Aguiiera
Greg and Renny Silver
Keep Indianapolis Beautiful, Inc.
David Morgan at Payne and Mencias Group
Constellation, an Exelon Company
WTTS Radio

ECE PROGRAM AND EQUIPMENT FUND
Jamie and Jason Rich
Mark and Jennifer Sniderman
Elizabeth and Jason Weatherly
In honor of Katie and Anna Weatherly and their love of the JCC’s ECE

ECC PROGRAMS
Jeff and Anne Adams
Michael and Kim Goletz
Nationwide Studios
Jeffrey and Sherri Reider
Chad and Rachel Whaley

FITNESS PROGRAMS
Linda Hanley
L.B. Turbergen, MD
In support of Rock Steady Boxing
Donald and Colette Levin
Sydney Arak
Evelyn Moss
In support of Pilates programming

HARRIET GLAZIER CULTURAL ARTS FUND
Christina Clark and Elisabeth Donaldson
In memory of Harriet Glazier

GOOD FOR LIFE
Mrs. Phyllis Vernick
In memory of Zeff Weiss
Rev. Dr. Joan Malick
In honor of the holidays to
Dr. Sherry Gardner and Rev. Dr. William Enright
Shirley Aprison
In honor of David and Nonie Gabovitch for a yummy and fun party
Martha A. Karatz
In honor of their holiday generosity to David and Nonie Gabovitch
Marc and Barbara Freeman
In honor of the JCC’s 100th Anniversary

JCC PROGRAM FUND
Kenneth and Phyllis Kaplan
Sarah Freeman and Ian Stewart
In honor of the B-Wing Staff

LAURA ROSENBERG CHILDREN’S FUND
Roger and Francine Hurwitz
In honor of Fran Rosenberg’s 75th birthday
Ed and Phyllis Gabovitch
In memory of Marcy Klapper

MARKS LEVY MEMORIAL FUND
Barbara Levy
In honor of Helen Lefkowitz’s 90th Birthday
In memory of Jean Hanley
John & Penelope Heiligenstein

SPORTS, AQUATICS AND FITNESS FUND
Marc and Barbara Freeman
In honor of a speedy recovery for Martie Lewis
Jeffrey and Catherine Mossler
Larry Cripe and Mary Jacobs

*CURRENT AT TIME OF PRINTING
FAMOUS FACE
Spotted at the JCCA professional conference in Orlando, FL—Martin Zagarinsky, a participant in our Rock Steady Boxing program, inspiring people all over the country!

SOSIN FAMILY FUND
Marc and Barbara Freeman
Oren and Melanie Gottlieb
Diane Lutz
In honor of Ted Sosin’s retirement
(Tribute gifts continued)

SUZY BEE HERRING MEMORIAL DANCE FUND
Beth Fineberg, MD

YOUTH SPORTS
Pacers Sports and Entertainment
In support of the JCC’s Youth Basketball Leagues

We apologize for any errors or omissions.

SPONSOR SPOTLIGHT
FirstPerson is an Indianapolis-based professional advisory firm that helps organizations of all sizes create places where people want to work. Our core solutions — benefits & compensation, community & culture, and leadership & infrastructure — help companies design meaningful employment experiences resulting in healthier employees and a more productive business.

FirstPerson is proud to support the Discover™CATCH® program, an innovative program in the JCC’s Early Childhood Education Department. Discover™CATCH® is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5.

We are proud to be a partner of the JCC, serving as the employee benefits provider for the last 10 years.

“We’ve found our work with the JCC, creating healthier and happier employees together, to be gratifying and meaningful. As true partners in every effort, we are confident we’ve made a lasting impact on lives together. It’s what JCC does. And we’re proud to be a small part of it.”

— Bryan Brenner, CEO and Founder, FirstPerson

www.firstpersonadvisors.com

FREDDY DAD

Thank you to our sponsors who helped make our 11th annual Daddy Daughter Date Night a success!

The Smulyan Family
The Sporin Family

RECENT FUNDING AWARDS

ALLEN WHITEHILL CLOWES CHARITABLE FOUNDATION
for support of the JCC’s art exhibition program

CITIZENS ENERGY GROUP
title sponsor of the JCC’s Earth Day Community Celebration

ALBERTA AND SHERMAN WEINSTEIN FUND
to support art instruction curriculum in the JCC’s ECE

FIFTH THIRD BANK
film sponsor of the 2015 Ann Katz Festival of Books and Arts and support of the Good for Life Annual Fund

FIRSTPERSON
for its continued support of Discover™CATCH® program

CHAMPIONS FOR HEALTHY KIDS
an initiative of the Academy of Nutrition and Dietetics Foundation and an education grant from the General Mills Foundation in support of RECESS, exercise and nutrition classes for children and families

HOWALD HEATING, PLUMBING AND AIR CONDITIONING
for its continued support of Rock Steady Boxing, an exercise program for persons with Parkinson’s disease

UNITED WAY OF CENTRAL INDIANA
for capital repairs, technology and general support

JEWISH FEDERATION OF GREATER INDIANAPOLIS
for capital repairs and general support
Meet Alicia Farris-Stone

Favorite restaurant: I don’t have one. I love different types: Creole, Mediterranean, Italian, Asian, Greek...
Favorite word: Breezy
Least favorite word: I don’t like when people put emphasis on “Amazing.”
Favorite fruit or veggie: Kale. I love kale! It’s a super food and super good!
Favorite TV show: I love Scandal! I have rarely missed an episode. You could say I’m a true gladiator.

MEMBERSHIP SERVICES STAFF

JON SHAPIRO  Senior VP Membership & Youth Services | jshapiro@JCCindy.org | Ext. 2214
NATALIE SIROIS  Membership Director | nsiros@JCCindy.org | Ext. 2205
MELINDA JORDAN  Membership Coordinator | membership@JCCindy.org | Ext. 2255

SILVER SNEAKERS

The JCC honors Silver Sneaker members. Simply apply for a JCC card and swipe every time you’re in. Silver Sneakers Socials are held the second Wednesday of every month at 1:45 pm, immediately following class. Upcoming dates: May 13, Jun 10, Jul 8, Aug 12.

GUEST PASSES

Guests are welcome when accompanied by a JCC member. Entry for guests requires the purchase of a valid guest pass. In-town guests are limited to three visits per year. Up to three guests may accompany a member household per visit. The JCC reserves the right to restrict guest privileges.

KEY FOB USAGE

Please remember that all members 12 and over MUST scan their key fob every time they enter the sports and fitness corridor. If you lose your fob, simply stop by the East Desk for a new one. There is no charge for the first replacement, $5 thereafter. Tired of carrying your fob? Ask the desk about a key fob app for your smart phone.

NEW MEMBER ORIENTATION

Stop by the fitness desk anytime for a 15-minute orientation to the machines in the Mordoh Fitness Center so you can get the best workout possible.

$50 REFERRALS

Tell friends, family members and co-workers about the JCC. We’ll give them a free tour and when they join, YOU GET $50. It’s that easy. Ask about our corporate rate of 20% off—we’ll check how many people from your company are members and, when you have five or more, you all get 20% off your monthly rate.

NEW TO TOWN?

We offer a discount to those who have just moved to the Indianapolis area.

JCC RECIPROCITY

Remember your key fob when you travel because, as a JCC member, you’re welcome at any of the more than 150 JCCs across North America. We extend the courtesy to members from other JCCs when they’re here; they just need to present proof of current membership.

JCC BEHAVIOR STANDARDS

- Loud, boisterous or vulgar language and/or behavior, loitering in or about the building or grounds, or any conduct that disturbs the peace and order of the JCC will not be permitted.
- Locker rooms are intended for changing, spa use and showering only. Playing, loitering, laundering clothing, coloring hair or any other behavior not consistent with regular locker room use is not permissible.
- Bullying of any sort will not be tolerated. Such behavior may be cause for expulsion or suspension from the JCC.
- Members are accountable for the behavior of their guests at all times. Guests shall be held accountable to the same standards of behavior as members.

CHILD ABUSE PREVENTION

The JCC maintains a zero-tolerance child abuse prevention Code of Conduct for all members, guests and staff. Violation of this Code is cause for termination. Please visit JCCindy.org to review our Code of Conduct for child abuse prevention.

JCC AGE POLICIES

- Any children under the age of 12 must be accompanied by an adult over the age of 18 in order to use the adult locker rooms. Unaccompanied children under 12 must use the boys’ or girls’ locker room.
- Children of the opposite gender over the age of 5 are not permitted in the adult locker rooms (i.e., no boys over 5 are permitted in the women’s locker room). Please respect our members’ privacy.

Please note: Do not leave valuables in your car or unattended in the building. The JCC is not responsible for lost or stolen items.

Parents, please remember all children under the age of 12 must be accompanied by an adult 18 or older while at the JCC.

Ester Kramer (left) and her husband have been JCC members about 50 years. She loves Jim Gould’s Silver Sneakers class because he matches music to a theme. Ethel Thompson (right) has been coming to the JCC five days a week for a few years. Silver Sneakers Socials are every second Wednesday of the month.
FACILITY RENTALS STAFF
LORA PENNINGTON  Events Coordinator  |  lpennington@JCCindy.org  |  Ext. 2204

STRESS-FREE PLANNING FOR A HAPPIER BIRTHDAY PARTY

Relax and enjoy your next birthday party by having it at the JCC. You confirm the date and time and we’ll take it from there. Packages include up to 20 children and two hours of party time. Additional children and party hours may be added.

NOTE:
Saturdays and Sundays only. $50 for each additional hour; $8 for each additional child. All parties include a JCC party host.

PARTY OPTIONS

CRAZY CRAFTS
$275 / $235 JCC MEMBER
Staff will run age-appropriate crafts which could include beading, clay, collages, and others. Staff will choose crafts that fit with your theme if possible.

CUPCAKES & CANVAS
$275 / $235 JCC MEMBER
Party guests will enjoy cupcakes and instructional painting with an artist to guide them step by step in replicating an amazing painting. By the end of the party you will create a fabulous piece of artwork!

SCIENCE PARTY
$275 / $235 JCC MEMBER
Staff will run age-appropriate science activities that may be icky, sticky and gooey! Staff will choose activities that fit your birthday theme if possible.

SPLISH SPLASH!
$275 / $235 JCC MEMBER
- Backer Therapy Pool: Enjoy our warm indoor pool year round! Height and age-appropriate pool depth. Lifeguard, JCC staff and food location included.
- Sidney & Lois Eskenazi Aquatic Complex: 2 hours of sun and fun at the water park! A reserved section for you and your party guests. Available only during open season.

GYM JAM
$225 / $185 JCC MEMBER
Choose a specific sport or we can choose games for you. This party is held in the gym. Staff will run games and sports based on what you want. Gymnastics mats, trampoline, huge variety of balls and more available. Limited availability on Sundays from Dec-Feb.

DIY PARTY
$225 / $185 JCC MEMBER
Have something amazing in mind? Want to plan a unique party and just need the space? Create your own party and allow us to help make it happen.

FOR ADDITIONAL INFO, VISIT JCCINDY.ORG/BIRTHDAY-PARTIES OR CONTACT LORA AT LPPENNINGTON@JCCINDY.ORG OR EXT 2204.
CALENDAR OF EVENTS

FRI, MAY 1  Month-long fitness challenge, Tour de Israel, begins. See p.14
THU, MAY 14  ARTIST RECEPTION:
               Religion, Spirituality and the Arts: Dreams and Sacrifice--Stories of
               Genesis Reimagined, 6-6:45 pm
SAT, MAY 23  Eskenazi Water Park Open
              Shavuot Eve (Close at 5 pm)
SUN, MAY 31  Farmers Market begins
               Every Sunday | 10 am-1 pm
MON, JUN 1  Summer Camps begin
THU, JUN 11  JCC Annual Meeting,
               Open to all | 7-9 pm
THU, JUL 9  ARTIST RECEPTION:
               Member/Staff Art Exhibit, 5:30-7 pm
SUN, JUL 12  Big Splash Members Pool Party
               Noon-4 pm

Find a full schedule of events at JCCindy.org/events

HOURS

BUILDING
Mon–Thu  5:30 am-10 pm
Fri  5:30 am-6 pm
Sat & Sun  7 am-7 pm

ADMINISTRATIVE OFFICES
Mon–Fri  8 am–5 pm
EARLY CHILDHOOD EDUCATION
Mon–Fri  7 am–6 pm

HOLIDAY  DATE  BUILDING HOURS  ADMIN/ECE/ B-WING ASC
Lag B’Omer  Thu, May 7  Reg. hours  Reg. hours
Shavuot Eve  Sat, May 23  Close at 5 pm  Close at 5 pm
Shavuot 1st day  Sun, May 24  Closed  Closed
Memorial Day  Mon, May 25  9 am–6 pm  Closed
Independence Day (Observed)  Fri, Jul 3  Reg. hours  Closed
Independence Day  Sat, Jul 4  9 am–6 pm  Closed
Tish’a B’Av  Sun, Jul 26  Reg. hours  Reg. hours
Labor Day  Mon, Sept 7  9 am–6 pm  Closed

Find Eskenazi Waterpark and pool hours on p.10

Thank you for making our 4th Annual Earth Day Community Celebration a success! See more photos at JCCindy.org.