

sabes jcc סתיו 2010

fall adult programs

SEPTEMBER FREE SAMPLE SESSION

PHOTOGRAPHY, CONSIDERING ART COLLECTING AND ADULT PIANO

VOLLEYBALL OPEN GYM

KRAV MAGA AND FIT-ATHLON

DANCE SERIES - THRILLER, ISRAELI FOLK, LIGHT OF LIFE



Sabes JCC
Jay and Rose Phillips Building
Barry Family Campus
4330 S. Cedar Lake Road
Minneapolis, MN 55416

www.sabesjcc.org
Register **ONLINE** for classes today!



sabes jcc

you belong at the center.
experience it.

schedule at a glance

	Class	Time
SUNDAY	Swim Academy Classes	varies
2 day event	Dodgeball Tournament	All day
1 day event	JCC Fit-Athlon	9 am–1 pm
	Creative Explorations through Movement & Art	10–12 pm
	Nutrition 101	12:30–1:30 pm
	Krav Maga	12–1 pm
	Family Fit Zone	1–2 pm
1 day event	JCC Late Fall Indoor Triathlon	1:40–5:30 pm
	Masters Swimming Program	6–7 pm
MONDAY	Swim Academy Classes	varies
	Boot Camp	5:30–6:30 pm
	Dance with Joy Devina Social Dance Studio	7–8:15 pm
	Mother's Circle	7–9 pm
TUESDAY	Swim Academy Classes	varies
	Intro to Kettlebells	9:15–10:15 am
	Yoga Mommy Baby Lessons	11:30 am–12:45 pm
	Stretch and Release	5–5:45 pm
	Adult Beginning Piano Class	6:30–7:30 pm
	Triathlon Training Series	6:30–7:30 pm
	Krav Maga	6:30–7:30 pm
	Wellness Coaching for Women	6–7 pm
	Volleyball Open Gym	6–9 pm
	Journey to Mussar	7–8:15 pm
	Masters Swimming Program	8–9 pm
WEDNESDAY	Swim Academy Classes	varies
	Boot Camp	4–5 pm
	6ft and Under Basketball League	6–10 pm
THURSDAY	Swim Academy Classes	varies
3x workshop	Dance Series	varies
	Cardiozone	5:30–6:30 pm
	Considering Art Collecting	7–8 pm
3x workshop	Photography with a Jewish Angle	7–9 pm
	Masters Swimming Program	8:05–9:05 pm
FRIDAY	Swim Academy Classes	varies
	Balance and Fall Prevention	11 am–12 pm
SATURDAY	Swim Academy Classes	varies



This symbol indicates a free sample class offered in September. Visit www.sabesjcc.org or pick up a program guide at the JCC for details on the Free Sample Session.

sports + rec



DODGEBALL TOURNAMENT SERIES

18+

Mark your calendars for these one day tournaments! Winning teams are given championship t-shirts. Prizes will be awarded to the best team costumes.

Dodge the Pumpkin - Dodgeball Tournament

S	All Day	\$80m/\$104pp*	3921
	10/31		

Dodge the Menorah - Dodgeball Tournament

S	All day	\$80m/\$104pp*	3922
	12/12		

*70% of each team is required to be JCC members in order to get the member team registration fee.

*Paper registration only; please list **all** team members

6FT AND UNDER BASKETBALL LEAGUE

18+

This popular league is designed for players 18+. Games are played 4v4 on short courts. Teams can have up to 7 players. All players are required to register and pay the league fee by the first night of play. To register, go to www.sabesjcc.org/leagues.asp. All players are required to have the 2010 Sabes JCC jersey. League runs 8 weeks, plus playoffs. Fee is per individual; all team members must sign up separately.

W	6-10pm	\$59m/\$90pp*	3923
8x	9/1-11/17	No class 9/8	

VOLLEYBALL OPEN GYM 18+

Come play volleyball Tuesday nights this fall! Players create their own teams. There are no officials, players call their own fouls. We will provide a court supervisor.

T	6-9 pm	\$(free)m/\$3pp per night	
	9/21-11/30		

Drop-in only.

DANCE SERIES

September 16 – Israeli Folk Dance (18+)

Israeli dance offers the diversity of salsa, swing, hip-hop, lyrical, and ballroom styles in a tapestry of dance form that is quintessentially Israeli! It is challenging in a most comfortable and rewarding way, culturally vibrant, and addictively fun! Instructor: Shira Schwartz

Th	6-7:30pm	\$12m/16pp	3924
1x	9/16		

October 28 – Thriller dance (12+)

Pay tribute the King of Pop, Michael Jackson, by learning the Thriller Dance. Instructor Monica Mohn will lead you through the dance steps and teach you how the sequences progress. Come ready to dance your thrills out – costumes not required but highly recommended!

Th	6-7:30pm	\$12m/\$16pp	3925
1x	10/28		

December 2 – Lights of Life Dance (18+)

Bring in the holidays by learning traditional ballroom dances like the waltz, fox trot and rumba. These classic dances are bound to get your gliding across the dance floor. Instructor: Monica Mohn.

Th	6-8pm	\$12m/\$16pp	3926
1x	12/2		

Please note: Community Members pay program participant rate for all fitness classes in this section

*This fee covers the use of the gym—program participants will not have access to the changing health and fitness center or locker rooms. To purchase a punch pass for use of the locker rooms, see the fitness desk.

fitness



ADULT SWIMMING OPTIONS

Lessons are designed to teach both beginning and advanced swimmers ages 13+. Masters swim program is now offered. **Visit www.sabesjcc.org or see the full guide for swimming options.** Be sure to fill in desired time and day slot when registering.

FALL 2010 BODY TRANSFORMATION CHALLENGE 18+

Do you have a desire for change? Join the Body Transformation Challenge, a 10-week challenge where you will partner to accomplish your health and wellness goals. Compete on a team of two to gain points for daily exercise, weekly nutrition log, body composition changes, weekly challenges, and attending clinics (Nutrition, Goal-Setting, Fitness, Life Coaching). Cash and prizes awarded to the top three teams.

		Individual: \$80m/\$104pp	3927
		Team of two: \$160m/\$208pp	3928
	10/4-12/12		

BOOT CAMP 18+

This total body workout is sure to make your heart beat faster and your muscles ask for forgiveness. Boot camp will incorporate body weight, medicine balls, bands and a variety of fitness tools to perform the exercises.

M	5:30-6:30 pm	\$100m/\$130pp	3929
10x	10/4-12/6		

W	4-5 pm	\$100m/\$130pp	3930
10x	10/6-12/8		

NUTRITION 101 18+

Learn the foundations to creating the right diet for your lifestyle. In this comfortable group setting you will learn how to set the right nutrition goals for yourself, what makes up a healthy diet, how to make sense out of food labels, how to be a smart grocery shopper, what the right portion size is, and how to make good choices when eating out. This is a 6-week program that will give you the basic tools you need to shape up your eating habits.

S	12:30-1:30 pm	\$60m/\$78pp	3931
6x	10/10-11/14		

FAMILY NUTRITION WORKSHOP 18+

The base to a healthy family is eating nutritious meals. In today's go-go-go world this can seem to be a daunting task. This workshop will help you start creating the right diet for your family. In this comfortable group setting you will learn how to set the right nutrition goals for your family, how to plan for being on the goal, and how to plan meals for everyone.

F	9 am-12 pm	\$20m/\$26pp	3932
1x	10/24		

STRETCH AND RELEASE 18+

In the class we will release those tight muscles through myofascial release, a soft tissue massage, by using tennis balls and foam rollers. Then we will stretch those muscles to retain that improved mobility and flexibility achieved from release.

T	5-5:45 pm	\$80m/\$104pp	3933
10x	10/5-12/7		

WELLNESS COACHING FOR WOMEN 18+ WOMEN

Combining physical activity and motivational programming, this class is structured to help achieve their goals of both body and mind fitness. We will sample a variety of physical activity such as Pilates, core strength, circuit training, and weight lifting to develop physical agility and strength, and we will work together to create motivational goals—clarify values and changing the 'I can't' to 'I can'. Create the body and life you imagine; sign up today!

T	6-7 pm	\$100m/\$130pp	3934
10x	10/5-12/7		

CARDIOZONE**18+**

We will determine your optimal heart rate, at what intensity you burn fat most efficiently, improve your cardio capacity, and direct the changes you desire. The 10-week class will help keep you on track and develop a commitment to your cardio program utilizing the New Leaf Metabolic Assessment for VO2 (a \$139 value). Heart Rate Monitor not included; available if needed during class.

Th	5:30–6:30 pm	\$200m/\$260pp	3935
10x	10/7–12/16	No class 11/25	

INTRO TO KETTLEBELLS**ADULTS**

Burn maximum fat and calories while increasing strength, flexibility and balance with Kettlebells. Men and women, novice to experienced, ages 18–99 are encouraged to join. Kettlebells provide all-around fitness with one tool; you'll see and feel results in a matter of weeks. An ACE Kettlebell study found that participants burned 20 calories a minute, the equivalent to running a 6-minute mile pace or uphill cross country skiing.

T	9:15–10:15 am	\$100m/\$130pp	3949
6x	10/5–11/9		

T	9:15–10:15 am	\$85m/\$110pp	3959
5x	11/16–12/14		

Try this class out for free in our September Sample Session! See page 3.

BALANCE AND FALL PREVENTION**18+**

As we age, our sight, hearing, muscle strength, coordination and reflexes change, weakening our balance. One out of every three individuals, aged 65 years and older, falls each year. YOU do not have to be one of them! Join the JCC Balance Program to learn postural, gait and balance exercises that will benefit you during all daily activities.

Session 1

F	11 am–12 pm	\$90m/\$117pp	3936
4x	10/8–10/29		

Session 2

F	11 am–12 pm	\$90m/\$117pp	3937
4x	11/12–12/17	No class 11/26	

KRAV MAGA**AGES 16+**

The Sabes JCC is now offering Krav Maga, one of the best full-body workouts, incorporating diverse and comprehensive conditioning and strength training. It improves one's endurance, speed and strength through combative, bag work and sport circuit training. Whether you are interested in fitness classes, or you wish to enhance your self defense and fighting training, the Krav Maga program brings a fresh experience to the total body workout. Krav Maga is the official self defense system of the Israeli Defense Forces, and has been taught to hundreds of law enforcement agencies and thousands of civilians in the United States.

T	6:30–7:30 pm	\$15m/\$20pp*	
	Starts 8/3–ongoing		

S	12–1 pm	\$15m/\$20pp*	
	Starts 8/1–ongoing		

*Pricing is drop-in per class. One-, three- and six-month packages are available; for more information or to sign up please call Cari Tschida at 952.381.3418.

JCC LATE FALL INDOOR TRIATHLON AGE 11+

As the fall weather approaches, we take the ever-popular triathlon indoors! This event, introduced successfully in winter of 2010, will include 10-minute swim, 30-minute bike and 20-minute run (distances will be the measuring tool). All experience levels are welcome to participate! Prepare yourself for this competition with our new Triathlon Training Series for youth; see below for details.

Adult 18+

S	1:40–5:30 pm	\$28m/\$37pp	3892
1x	11/21		

TRIATHLON TRAINING SERIES**AGE 11+**

This training series will help you prepare for your next event, regardless of whether you have done a triathlon before or this is your first time. We will cover a variety of topics including cycling, swimming, running, stretching, nutrition, planning, transitions, and strength training, all designed to help you improve your performance and set you up for success.

T	6:30–7:30 pm	\$60m/\$78pp	3893
6x	10/5–11/6		

arts + humanities



CONSIDERING ART COLLECTING, PART 1

November 11: Have you thought about collecting art or do you already have a collection started? Demystify the world of art collecting. Learn how and where to begin, and how to find interesting pieces of art that fit any budget. Bring questions and ideas to share for class discussion! This class is about you!

November 18: This class offers some basic pointers on how to examine a painting or object to better understand its meaning. We will have an opportunity for show and tell, where participants can share some pieces from their own collection with the class. You may have a spoon you like, or a photograph that is meaningful to you. Discussion on how to present what you have collected or plan to.

Fee includes materials; class taught by Mona Armel.

Th	7-8 pm	\$20m/\$26pp	3938
2x	11/11-11/18		

Part 2 will be offered during the winter session

PHOTOGRAPHY WITH A JEWISH ANGLE ADULTS

This new class will explore the art form of photography with a Jewish angle. Three class sessions will cover these respective topics: 1) Jewish Lens, Jewish Photographers Throughout the 20th Century - a general overview; 2) Poyln by Alter Kacyzne, Placing Lens in the Shtetl; and 3) Roman Vishniac, Re-living "A Vanished World".

Fee includes materials; class taught by Ran Shapira. (see Ran's photographs on display in the Tychman Shapiro Gallery from Sept 13-Oct 21!)

Th	7-9 pm	\$30m/\$39pp	3939
3x	10/7-10/21		

CREATIVE EXPLORATIONS THROUGH MOVEMENT & ART ADULTS

Nurture and energize your imagination in this unique 3-session class. Sessions will use art and movement experiences to experiment with and develop each participant's creative capacity. Classes will focus strongly on process and will explore using positive/negative space, patterns and rhythms through supportive collaborative experiences. All abilities and mindsets are welcome. No expertise in either movement or art is required. Simply bring your curiosity, imagination, sense of adventure, and fun!

Fee includes materials; class taught by Barbara Nordstrom-Loeb (Movement) & Brandon Kuehn (Visual Art).

Su	10 am-12 pm	\$30m/\$39pp	3940
3x	10/10-10/24		

ADULT BEGINNING PIANO COURSE 18+

This course is designed for the adult who has "always wanted to play the piano." This is a comfortable, yet serious program which will prepare the adult student for more intensive group study or private lessons. Fee includes piano book.

T	6:30-7:30 pm	\$150/\$195	3941
12x	10/5-12/21		

MOMMY/BABY YOGA LESSONS WITH JUDITH BRIN INGBER AGES 0-12 MONTHS WITH PARENT

Join Judith Brin Ingber for what will be a wonderful experience for mom and baby! Participate in movements to stretch and relax with various special hand holds and body holds for baby and mom. Mom and baby will leave relaxed and calm; baby may even be sleeping!

T	11:30 am-12:45 pm	\$60m/\$80pp	3942
	11/2-12/7		

JOURNEY TO MUSSAR – 18+ JEWISH WISDOM TO GUIDE THE SOUL: STUDYING WITH RABBI BEREL SIMPSE

Embark on your own personal journey into the study of Mussar, a practical, spiritual discipline from the Jewish tradition for transforming your life and relationships. The objective of the workshop is to help you assess and fine-tune your character traits in a way that allows you to be your very best. Each week we discuss a different soul trait, such as humanity, patience, generosity, trust, equanimity, etc.

T	7-8:15 pm	\$55m/\$75pp	3943
6x	10/19-11/30	No class 11/23	

PUT ON YOUR DANCE SHOES! DANCE WITH JOY DEVINA FROM SOCIAL DANCE STUDIO

Come and delight in dancing! This class will offer lessons with plenty of time to enjoy and try out your new moves! Learn the fox trot, rumba, samba, and waltz.

W	7-8:15 pm	\$45m/\$60pp	3944
4x	9/29-10/20		

additional programs

INCLUSION PROGRAMS AND SERVICES

As part of the mission to bring people together in an inclusive Jewish environment, the Sabes JCC provides opportunities and welcomes people of all ages and all abilities in all JCC programs. The Sabes JCC offers a variety of social and learning opportunities including the Sibshops program with Arc Greater Twin Cities and the Youth and Adult Darkaynu Programs, partnering with Sha'arim. Individuals requiring additional services to participate in any JCC program should contact Anita Lewis, Inclusion Director, at 952.381.3489 or alewis@sabesjcc.org. For up to date offerings, please visit www.sabesjcc.org and find 'Inclusion' under the 'About Us' section.

SENIOR PROGRAMMING AND LUNCH

Programming for adults 50+ occurs every Wednesday (unless the JCC is closed or otherwise noted). These fun and engaging programs include speakers, musicians, field trips and movies. Lunch is provided for \$3.25 every Wednesday and Friday. For more information please refer to the Senior Moments newsletter or go online to www.sabesjcc.org. Click on "Programs and Classes" and then click on "Seniors." To put in a lunch reservation call 952.381.3457 by noon on Monday for that week's lunches.

THE MOTHERS CIRCLE

Are you a mother raising Jewish children... but you're not Jewish? Don't do it alone! The Sabes JCC and JFCS are excited to bring this national program to Minneapolis. The Mothers Circle is a free educational and welcoming program empowering non-Jewish mothers to create Jewish homes. Mothers in all family constellations are welcome and participants do not have to be affiliated with a Jewish institution or have any prior knowledge. The interactive curriculum for the sessions explores Jewish holidays, practices, rituals, and ethics while providing resources and tools for enriching Jewish family life at home. The Mothers Circle is a program of the Jewish Outreach Institute.

This program will be facilitated by Barbara Rudnick, Program Manager for Family Life Education at JFCS and held at the Sabes JCC. The group meets Mondays from 7-9 pm, beginning October 11, 2010 and is free. Contact Peggy Mandel at 952.381.3466 or pmandel@sabesjcc.org to sign-up.

VOICE: COMMUNITY-BUILDING INITIATIVE

VOICE represents a collaboration between the Sabes JCC, Jewish Community Action, and the Minneapolis Jewish Federation with the goal of engaging and connecting the Russian speaking Jewish elderly community through programs and activities, social organizing, and advocacy. To get involved with VOICE, contact Lyudmyla Petrenko at 952.381.3479 or lpetrenko@sabesjcc.org.

registration form

Name _____ Birthdate _____

Address _____

City, State, Zip _____

Home Phone _____ Alternate Number _____

E-mail Address _____

Emergency Contact _____ Relationship _____ Phone _____

> How did you hear about our classes?

Program Guide Website Ad Word of Mouth E-mail

> Are you a member of the Sabes JCC?

Yes No Member Number (if known): _____

> Are you interested in a Community Membership (see front cover for details)? Yes No

If yes, and you would like immediate member pricing on spring classes contact the membership department at 952.381.3414 or membership@sabesjcc.org

> Would you like us to send you an application for need-based scholarship for classes? Yes No

Please list sample and full classes on separate lines.

Sample? (Circle One)	Course Name	Course Number (none for ongoing classes)	Day(s)	Time	Fee (class charges are per section)
Yes No					\$
Yes No					\$
Yes No					\$
Yes No					\$
Yes No					\$
Total Amount Due					\$

> Payment Options:

Check enclosed (Make checks payable to Sabes JCC) Visa MasterCard

Credit Card Number _____

Exp. Date _____

Signature _____

> Unless this box is checked, I hereby grant permission to use the names, pictures and quotations of myself and/or my child for Sabes JCC publicity purposes.

I hereby agree to allow myself or my child to participate in the above named activity. I waive any and all rights and claims for damages I may have, for myself and/or my child, against the Sabes JCC and its employees and representatives, for any and all injuries from whatever cause occurring during participation in any activities or use of recreational facilities at or conducted by the Sabes JCC. I have also read, understand, and agree to all policies and procedures listed on previous page.

Signature _____ Date _____

FOR OFFICE USE ONLY

Date Received: _____

Total Class Fee \$ _____

Date Registered: _____

Total Amount Received \$ _____