



# Milton & Betty Katz JCC NEWSLETTER

July | August 2019

jccatlantic.org

Repairing the Sea  
Pg. 5

Jackie & Hank  
Herskowitz  
Sports Night  
Pg. 5

Membership Rewards  
Pg. 6



## FACILITY HOURS

Monday - Thursday:  
5:30 am - 10:00 pm  
Friday: 5:30 am - 6:00 pm  
Saturday - Sunday:  
7:00 am - 5:00 pm

## HOLIDAY HOURS

Fourth of July\*  
Thursday, July 4  
5:30am - 1:00pm

Labor Day\*  
Monday, September 2  
5:30am - 1:00pm

\*Business Offices Closed

Harry and Jeanette Weinberg  
Jewish Community Campus  
501 N. Jerome Avenue  
Margate, NJ 08402  
609.822.1167



## Celebrate Purim in Israel!

The Milton & Betty Katz JCC is excited to announce another great international trip to Israel next spring. From March 5 - 15, 2020 the JCC will be leading a journey that will explore Israel during the festive holiday of Purim! The ten-day trip will overnight in the inspiring cities of Tel Aviv and Jerusalem, staying at superior hotels. Included in the cost of \$3900 per person is round trip airfare from Newark, comprehensive sightseeing tours, entry fees, English speaking tour guide, fourteen meals and eight nights accommodations, and more!

The tour will begin in beautiful Tel Aviv, a bustling seaside metropolis representing the modern face of Israel. The tour continues with the exploration of the picturesque neighborhood of Neve Tzedek known for its unique Bauhaus style architecture. We then tour Israel's Independence Hall, where the Jewish state was declared in 1948 before partaking in a graffiti/street art tour to better understand the many subcultures that call this city home.

The tour heads south to Rehovot to tour the Ayalon Institute Museum, built

over a secret ammunition factory disguised as part of a kibbutz. We then return to Tel Aviv in time for a beautiful Mediterranean beach sunset and dinner at Na Laga'at, a unique restaurant where we will dine in total darkness, served by waiters who are completely blind. Israel's "black out" restaurant is one of only fourteen of its kind across the world.

The next day, we celebrate the ultimate holiday in Israel, a celebration of costumes, wine, history and joy. With thousands of partiers gathering to celebrate the festive holiday,

we will partake in the parades and street party at Kikar Hamedina. The celebration continues as we travel east to Israel's capital, Jerusalem where more festivities await. We will experience the vitality in two very different cities exhibiting two very different sides of this dynamic country. After the Purim festivities, the tour will travel through the Old City to experience the history of Jerusalem firsthand. We will view the Western Wall, visit the Davidson Archaeology Center, and more! On this day we will also get the chance to interact with locals at the bustling shuk (marketplace) and shop for jewelry, snacks, and other authentic souvenirs. We will continue our Israeli excursion to Masada, where we will learn about the remains of the fortress built by King Herod and the zealots who made their last stand against the Romans. Following this amazing tour, we will head to the lowest point on earth, the Dead Sea, to relax and

cleanse our minds and bodies. We will enjoy an afternoon of leisure with hours at the beach, pool, and public facilities of a spa-hotel located on the shores. Upon return to Jerusalem we will experience Yad Vashem, a memorial dedicated to the remembrance of the Holocaust, and then a tour of the renowned Shrine of the Book at the Israel Museum. We will return to the Old City for a moving experience of Shabbat at the Western Wall. The trip concludes with a guided walking tour of the Old City to explore Jerusalem's winding alleys and unique souvenirs. Lastly, we will tour David's Citadel and visit the Tower of David Museum to experience the entire history of Jerusalem. After an afternoon of leisure, we will celebrate with our fellow travelers at a delicious farewell dinner. Spaces are limited to 36 travelers for the JCC Purim In Israel Tour. For more information, contact Josh Cutler, at Ext. 138 or [travel@jccatlantic.org](mailto:travel@jccatlantic.org).

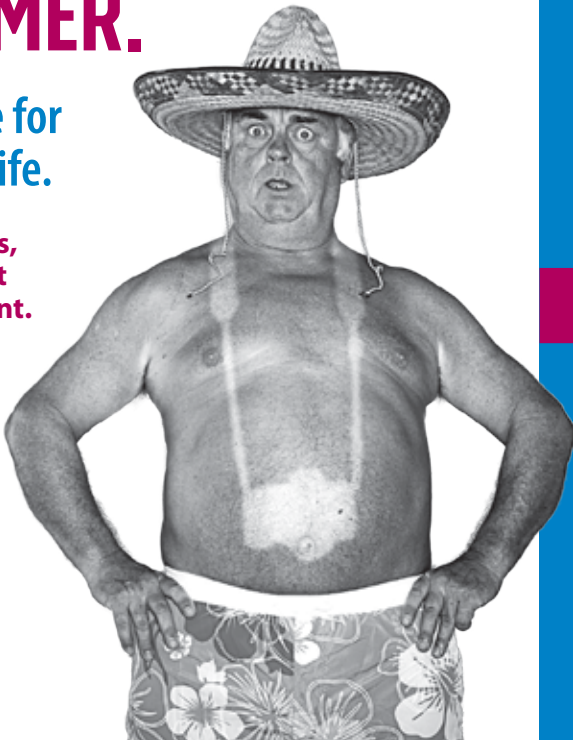


Group photo from our previous Israel Trip.  
 Pictured: Jan Rosenstein, Michael Rosenstein, Helen Snyder, Billie Stein, William Snyder, Barbara Steinberg, Susan Sless, Marc Stein, Alan Feldman, Florrie Reinfeld, Marc Stein, Carol Cohen, Joel Kanefsky, Sue Kanefsky, Nancy Mozzachio, Sue Stein, Alicia Kraft, Larry Mintz, Steve Stein, Eric Gibbs, Carol Durban, Karen Willis, Carol Silverman, Jen Spelkoman-Hausfeld, Marvin Feldsher, Judie Banco, Sheryl Fedsher, Sharon Kraft, Neal Silverman, Barbara Weiner, Ari Mizrahi, Hank Kunz, Jay Krakovitz, Jacqueline Zarillo, Johana Slotkin, Robin Mintz, Juanita Cirillo, Monica Sharma, Henrietta Mustokoff, Josh Cutler.

# DON'T LET A BUMMER RUIN YOUR SUMMER.

Get dependable care for your unpredictable life.

For a complete list of hours, call 1-888-569-1000 or visit [www.atlanticare.org/urgent](http://www.atlanticare.org/urgent).



**AtlantiCare**  
 URGENT CARE CENTER  
 A member of Geisinger

## AtlantiCare Urgent Care Center Locations

Atlantic City	Marmora
Cape May	Ocean City
Egg Harbor Twp.	Seasonal: June 14 – Sept. 2
<i>Pediatric providers on-site; hours vary.</i>	Somers Point
Galloway Twp.	Tuckerton
Manahawkin	

## Southwestern New Jersey Locations

Berlin	Mount Holly
Clementon	Mount Laurel
Hammonton	Sicklerville
Marlton	

Most major insurances accepted. Horizon NJ Health, a managed Medicaid product, accepted at most locations (excluding Cape May and Mount Laurel).



# WHAT'S GOING ON @THE J

For more information on these programs or to register call 609.822.1167 Ext. 0 or visit [jccatlantic.org](http://jccatlantic.org)

\*Advance price available up to one week before.

## PROGRAMS

### BRUNCH & LEARN

Learn from a variety of different speakers and watch a short film on Judaism, Israel or Jewish history over a delicious brunch.

**Thursday, July 25**

**10:00 - 11:30am**

Presenter: Amit Bisa, The JCC Summer Shaliach  
Every summer, the JCC hosts visiting Israelis to work at Camp By the Sea at the JCC. Get to know our shaliach and learn about her life in Israel, the army and New Jersey.

**Thursday, August 1**

**10:00 - 11:30am**

Presenter: Roman Lankios, Musician  
Graduating from Conservatory in Kiev with Masters in music, Roman will bring his Ukrainian Jewish heritage to you with a energetic live musical show.

In Advance:\*

\$4 for Members | \$8 Guests

Week of Event:

\$6 for Members | \$10 Guests

Funding has been made possible in part By the Jewish Community Foundation and the Annual Campaign Of Jewish Federation of Atlantic and Cape May Counties.

### COFFEE KLATCH: POLITICAL DISCUSSION GROUP

**Thursday, July 18**

**Thursday, August 15**

**10:30am - 12:00pm**

The Israel & World Events Coffee Klatch is a fun, casual, social group that includes coffee, delicious refreshments and great conversation about Israel/U.S. news and world events. Schmooze, kvetch, kvell and enjoy conversation with new and old friends. Coffee Klatch is \$4.

### DINNER & MOVIE

**Wednesday, July 31**

***The Upside* PG-13**

**5:00pm**

**Tuesday, August 20**

***The Long Shot* R**

**5:00pm**

Dinner & Movie includes a movie on the big screen and a full course meal with a kosher meat main course, salad, soup and dessert. Kosher laws will be observed.

In Advance:\*

\$18 Members | \$20 Guests

Week of Event:

\$21 Members | \$23 Guests

### KLEZMER KAFE

**Sunday, July 28**

**6:00pm**

An evening of Kibitzing & Knishes. Join us for a taste of New York's Lower East Side without crossing the bridge. The Milton & Betty Katz JCC and Oceanview ORT present an evening of live Klezmer music and Yiddish hits performed by the Metropolitan Klezmer Band. Dinner will include a delicious meal of brisket au jus, kasha and bowties, veggies, pickles and more. Space is limited. This event sold out last year so don't miss the event of the summer.

In Advance:\*\$40

Week of Event: \$45

Funding has been made possible in part By

the Jewish Community Foundation and the Annual Campaign Of Jewish Federation of Atlantic and Cape May Counties.

### MAHJONG FOR BEGINNERS

**Classes in July and August**

Students will understand all the moves and have all of the mahjong tiles explained and shown in detail. Plus, learn special tips and shortcuts on how to assemble your tiles in to winning complete sets. Learn from practice games that take you step-by-step though the opening moves; the middle strategies, combinations and the endgame. A practice Mahjong set will be provided for the duration of the class. No Mahjong experience or knowledge needed.

### MAHJONG BRUNCH

**Friday, August 23**

**10:30am**

Don't miss the JCC's delicious brunch spread and a chance to meet other Mahjong and card players in the community. All players and skill levels are welcome. Spaces are limited.

In Advance:\*

\$14 Members | \$18 Guests

Week of Event:

\$18 Members | \$22 Guests

### MOSAICS FOR BEGINNERS

**Monday & Tuesday Nights**

**July 22 - August 6**

**6:30 - 8:30pm**

This six session class for mosaic beginners will teach you the skills to create your own beautiful artwork. Students will learn how to select the proper backer, use of the proper tools, glass and other found items to create their own personalized art. Instructor, Jill Snyder is a local juried artist whose work is shown in galleries across the East Coast. Open to all skill levels. All materials and tools are included.

\$175 Members | \$210 Guests

## SHOWS

### JUDY COLLINS

**\*SOLD OUT\***

**Thursday, July 18 at 7:00pm**

Thank you for helping us sell out an evening with Grammy Award Winner Judy Collins.

### SANDY HACKETT'S RAT PACK SHOW

**Thursday, July 25 at 7:00pm**

Travel back in time to the 1960s when Frank Sinatra, Dean Martin, Sammy Davis Jr. and Joey Bishop, known as the Rat Pack, ruled the Las Vegas Strip.



Participants from the recent Mosaics for Beginners class showing off their finished artwork.



**Where you  
start  
makes a big  
difference.**

**Buying - Selling - Renting**

**Call Joe Hayoun**

**“Not your average Joe”**



**BERKSHIRE  
HATHAWAY**  
HomeServices

**Fox & Roach,  
REALTORS®**



**Joe Hayoun**

Broker-Associates GRI

NJ Real Estate

Instructor Lic #5000115

Cell: 609-442-7191

9218 Ventnor Ave.

Margate, NJ 08402

**Office**

609-822-4200

Sandy Hackett's Rat Pack Show, produced by Buddy Hackett's son, Sandy, features stories about the iconic performers and offers audiences a critically acclaimed, hugely entertaining theatrical production which includes exciting new arrangements of the classic songs everyone knows and loves.

### **THE EDWARDS TWINS**

**Thursday, August 8 at 7:00pm**

An Evening with Andrea Bocelli, Barbara Streisand & More, Starring Las Vegas's The Edwards Twins Named the #1 impersonation show in the country by newspapers, TV shows, and magazines alike, The Edwards Twins transform into some of your favorite celebrities from Barbra Streisand to Elton John. Experience the talented duo when they take the stage at one of the summer's most enjoyable performances. People Magazine remarked that "to witness Mr. Edwards recreate.

### **PAULA POUNDSTONE**

**Thursday, August 22 at 7:00pm**

LOL with comedian Paula Poundstone, known for her smart, observational humor and spontaneous wit. Winner of the American Comedy Award for Best Female Standup Comic, Poundstone is recognized in innumerable lists, documentaries, and literary compendiums noting influential standup comedians of our time. Enjoy her hilarious antics throughout her show.

### **EVENTS**



### **DESIGNER BAG**

**BINGO - SOLD OUT**

**Thursday, July 11 at 6:00pm**

Thank you for helping us raise money for the Early Childhood Education Center.

**Are you one of 30 million Americans  
who are suffering?**



**We can help you BREAK FREE of the painful symptoms of vein disease.  
We are leaders in the treatment of Varicose Veins.**



**Center for Vein Restoration**

1015 New Road | Suite D | Northfield, NJ 08225

**(800) FIX-LEGS | [centerforvein.com](http://centerforvein.com)**

(800) 349-5347



## "FLIP THE SWITCH" ECO FESTIVAL

**Friday, August 9  
at 2:00-5:00pm**

A ceremony hosted by community leaders, to commemorate the transition to renewable, solar energy. Presented by National Energy Partners. Sign up for solar and receive a complimentary JCC Annual Membership.

- Complimentary Hors D'oeuvres
- Raffle Prizes and Giveaways
- Solar Energy Education
- Local Environmental Initiatives
- Special Offers and Guests

## 5TH ANNUAL JACKIE & HANK HERSKOWITZ SPORTS NIGHT WITH CHRIS LONG & SPECIAL GUEST HOST, MICHAEL BARKANN

**Thursday, August 15 at 7:00pm**

Jackie and Hank with their son Jeffrey originally started this event in 2011. After Jackie and Hank's passing in 2014, the event was renamed in their honor in recognition of the philanthropy they engaged in to help so many individuals.

Their philanthropic legacy will continue with the Fifth Annual Jackie & Hank Herskowitz Sports Night fundraising event, which raises money for its scholarship fund to further its mission to provide the children and seniors of Atlantic County, as well as the community as a whole, programs and services that enhance and enrich their lives.

General Admission for Sports Night is one ticket for \$225 or two tickets for \$400 and includes dinner, open bar, and a silent and live auction. Ticket packages and sponsorship opportunities are available and include a VIP Meet and Greet with Chris Long during the reception.

## REPAIRING THE SEA, TIKKUN HAYAM, WITH THE KATZ JCC

**Sunday, August 18**

**11:00am - 4:00pm**

**(Hour break for lunch)**

### Beach Cleanup: 6:00 - 7:30pm

We are proud to host a new and exciting program, free of charge, for the community. Tikkun HaYam, the world's only Jewish Marine Conservation organization led by Rabbi Ed Rosenthal, will share the untold lessons of what Judaism says about the sea,

Sunday, August 18. Along with Marine Conservationist Shayna Cohen, Rabbi Ed will lead a discussion about how the members of Margate can become better Jewish stewards and incorporate these lessons into their lives.

This program aims to raise awareness about the deep Jewish connection to the Sea, the profound spiritual nature of water, and instill in everyone the recognition of the urgent moral imperative to protect the marine environment and Repair the Sea. Together in a communal mitzvah, we will remove debris from our local beaches. Participants will make an impact on their environment and the logged debris data will enter a global database, giving policymakers and researcher's insight to help support policies to improve solid waste management around the world.

Tikkun HaYam will show you how this responsibility is not

limited to the dry land on which we live but includes the blue waters on which we rely on.

For additional information, please call Marg Rosenblatt at 609-822-1167 ext. 142

Funding has been made possible in part By the Jewish Community Foundation and the Annual Campaign Of Jewish Federation of Atlantic and Cape May Counties.

## AQUATICS

### SWIM LESSONS

Swim lessons will be running in 2 4-week sessions, or 1 full 8 week session.

**Summer A session will run from June 24-July 21**

**Summer B session will run from July 22-August 18**

**The entire 8 week session will run from June 24-August 18**

For more information contact aquatics director Alicia Fimple-Paccione at Ext. 133 or by email at [afimple@jccatlantic.org](mailto:afimple@jccatlantic.org)



Sports Night Special Guest Speaker: 2018 NFL Man of the Year Chris Long

From our family to yours,  
proudly serving the funeral  
and monument needs of  
Atlantic, Cape May and  
Cumberland Counties.

*Roth-Goldsteins'*  
MEMORIAL CHAPEL LLC



1-609-344-9004

1-800-858-7350

[www.rothgoldsteins.com](http://www.rothgoldsteins.com)

Email: [info@rothgoldsteins.com](mailto:info@rothgoldsteins.com)

Pacific & New Hampshire Avenues  
P.O. Box 1908 • Atlantic City, NJ 08404



Eric S. Goldstein  
NJ Lic. No. 4032

Jason S. Goldstein  
Manager, NJ Lic. No. 4633

Stephen T. Collins  
NJ Lic. No. 3355

Danielle M. Barry  
NJ Lic. No. 4779

## WATER SURVIVAL

Water survival lessons will become a major asset to water survival, especially during the hot summer months.

The Katz JCC is excited to launch a NEW water survival swim program dedicated to teaching children ages 6 months and up basic skills to survive in a pool or other body of water. Because we are a shore community, we recognize the importance of water survival skills in order to reduce the risk of drowning. The program focuses on water safety first and is different from our traditional swim lessons. Water Survival Swim Lessons will take place Monday through Friday for 10 minutes each day. The final class will be on Friday, August 23.

\$75 Members | \$100 Guests

Ages that are suggested from 6 months – 6 years old.

## YOUTH PROGRAMS

### BASKETBALL CLINICS WITH BLAKE ROSSELL

Blake Rossell, a basketball instructor and Wildwood Catholic High School Assistant Varsity Boys Basketball Coach, is pleased to bring a youth and teen basketball clinic to the Milton & Betty Katz JCC. Blake has taught a variety of basketball programs and private lessons to children since 2014. He was a NCAA basketball player and graduate of Stockton University.

The basketball clinic will run from June 24 - August 16 and is aimed to teach boys and girls in first grade through eighth grade the game of basketball and speed and agility using educational games and scrimmages.

\$175 Members | \$200 Guests

### FLICK & FLOAT

A flick and float movie will run July 17 and August 7 in our indoor pool. Pool doors will be open at 7PM. Bring your

own float to lounge in the pool. A concession stand will be provided.

\$10 Members | \$15 Guest

### PRE-TEEN SPLASH PARTIES

Splash Parties are for those age 10-14 years old. Splash party dates are set for July 3, July 24 and August 14. Participants will have 1 hour in the pool, and 2 hours in our auditorium for pizza, drinks, hanging out or dancing! Great time to drop those kids off for a parents dinner get-a-way!

\$15 Members | \$20 Guests

### YOUTH SPORTS

New this fall will be youth sports for children ages 3-6 years old.

There will be weekend programming every 8 weeks for Indoor Soccer, Flag Football, Nerf Hockey, Basketball and T-Ball.

\$60 Members | \$100 Guests

## TRAVEL



### PURIM IN ISRAEL

**December 5 - 15, 2019**

JCC Community Trip to Israel Explore Tel Aviv, Jerusalem and celebrate Purim.

Only \$3,900 per person  
Only a few spaces remain!  
Prices increase on September 1

### A TASTE OF PORTUGAL

**May 11 – 21, 2020**

Visit Lisbon, Coimbra, Porto and the Algarve. A "foodie" tour of Jewish Portugal focusing on local cuisine and Jewish history.

Only \$3,900 per person

### BEST OF JAPAN

**August 24 - September 4, 2020**

Tokyo, Kyoto, Mt. Fuji and the 2020 Paralympics!

\$6,500 per person  
Open to adults, seniors and families with children (over 10).

## MEMBERSHIP

### REFER A FRIEND

Earn one **FREE** month when you refer a friend who becomes a Katz JCC Annual Member.

## CAMP CORNER



### COOL DOWN CAMP

**Monday - Friday, August 19-23  
9:00am - 4:00pm\***

Children in grades K-4 will enjoy fun-filled days of activities including hands-on nature, free swim, sports games, art projects and more. Sign up for all five days and SAVE!

Daily Price  
\$75 Members | \$95 Guests

Full Week Price  
\$360 Members | \$440 Guests

**\*AM & PM Care  
7:30 – 9:00 am and  
4:00 – 6:00 pm**

Available for an additional cost of \$15 per camper per session.



The Katz JCC's new travel program recently visited Cape Town, Kruger and Pretoria South Africa in March 2019. This photo was taken at an elephant sanctuary outside of Kruger National Park that rehabilitated two adult male elephants, Kasper and Kitzo. Left to Right (front row): Suzan Murphy, Maryann Duvall, Tamara Davis, Josh Cutler, Marna Cutler, Henrietta Mustokoff, Sharon Kraft, Molly Golobcow, Lauren Seymour, Margie Variani, Joe Dobbaro, Sue Kaminsky, Bruce Kaminsky

# Indoor Pool Schedule

Please note that hours are subject to change due to weather conditions. Please call 609.822.1167 for daily updates. Any questions? Please contact Aquatics Director, Alicia at 609.822.1167 ext. 133 or email [afimple@jccatlantic.org](mailto:afimple@jccatlantic.org).

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00am	5:30-9:00am 6 Lap Lanes	5:30-7:00am 6 Lap Lanes	5:30-7:00am 6 Lap Lanes	5:30-7:00am 6 Lap Lanes	5:30-9:00am 6 Lap Lanes	7:00-8:30am 6 Lap Lanes	7:00-9:00am 6 Lap Lanes
7:00-8:00 am		7:00-9:00am Swim Team Practice 4 Swim Team 2 Open Lanes	7:00-9:00am Swim Team Practice 4 Swim Team 2 Open Lanes	7:00-9:00am Swim Team Practice 4 Swim Team 2 Open Lanes		7:00-8:30am 6 Lap Lanes	7:00-9:00am 6 Lap Lanes
9:00 am	9:00-10:00am Shallow H2O Franklin NO LAP LANES	9:00-10:00am H2Oproof Donna NO LAP LANES	9:00-10:00am Shallow H2O Maureen NO LAP LANES	9:00-10:00am Tsunami Franklin NO LAP LANES	9:00-11:30am 4 CAMP SWIM	8:30-12:00pm 4 Lap Lanes 2 Swim Lessons	9:00-2:00pm 4 Lap Lanes 2 Swim Lessons
10:00 am	10:00-10:30am Deep H2O Franklin NO LAP LANES 10:30-11:30am CAMP SWIM NO LAP LANES	10:00-10:30am Deep H2O Donna NO LAP LANES 10:30-11:30am CAMP SWIM NO LAP LANES	10:00-11:30am CAMP SWIM NO LAP LANES	10:00-10:30am Deep Water Franklin NO LAP LANES 10:30-11:30am CAMP SWIM NO LAP LANES	9:00-10:00am Shallow H2O Bonnie 3 CAMP SWIM	10:00-12:00pm 4 Lap Lanes 2 Swim Lessons	9:00-2:00pm 4 Lap Lanes 2 Swim Lessons
11:00 am	10:30-11:30am CAMP SWIM NO LAP LANES 11:30-12:30pm 6 Lap Lanes	10:30-11:30am CAMP SWIM NO LAP LANES 11:30-12:30pm Water Wellness Lisa 3 Lanes 3 Lap Lanes	10:00-11:30am CAMP SWIM NO LAP LANES 11:30-12:30pm 6 Lap Lanes	10:30-11:30am CAMP SWIM NO LAP LANES 11:30-12:30pm Water Wellness Joel 3 Lanes 3 Lap Lanes	11:30-12:30pm Aqua Zumba Vanessa 2 Lap Lanes	11:00-12:30pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00pm 4 Lap Lanes 2 Swim Lessons
12:00 - 2:00pm	11:30-12:30pm 6 Lap Lanes 12:30-3:30pm CAMP SWIM NO LAP LANES	12:30-3:30pm CAMP SWIM NO LAP LANES	12:30-3:30pm CAMP SWIM NO LAP LANES	12:30-3:30pm CAMP SWIM NO LAP LANES	12:30-2:00pm CAMP SWIM NO LAP LANES	12:00-1:00pm Aqua Zumba Vanessa 3 Lap Lanes 1:30-4:45pm 4 Lap Lanes 2 Open Lanes	10:00-2:00pm 4 Lap Lanes 2 Swim Lessons 2:00-4:45pm 4 Lap Lanes 2 Open Lanes
3:00 - 4:00pm	3:30-6:00pm 4 Lap Lanes 2 Swim Lessons	3:30-6:00pm 4 Lap Lanes 2 Swim Lessons	3:30-6:00pm 4 Lap Lanes 2 Swim Lessons	3:30-6:00pm 4 Lap Lanes 2 Swim Lessons	2:00-5:45pm 6 Lap Lanes	3:00-4:45pm 4 Lap Lanes 2 Open Lanes	3:00-4:45pm 4 Lap Lanes 2 Open Lanes
5:00 - 9:00 pm	6:00-9:00pm 4 Lap Lanes 2 Open Lanes	6:00-9:00pm 4 Lap Lanes 2 Open Lanes	6:00-9:00pm 4 Lap Lanes 2 Open Lanes	6:00-9:00pm 4 Swim Team 2 Open Lanes	5:00-5:45pm 6 Lap Lanes		


# Outdoor Pool Schedule

Please note that hours are subject to change due to weather conditions. Please call 609.822.1167 for daily updates. Any questions? Please contact Aquatics Director, Alicia at 609.822.1167 ext. 133 or email [afimple@jccatlantic.org](mailto:afimple@jccatlantic.org).

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 -10:00am	9:00-11:30am CAMP SWIM	9:00-11:30am CAMP SWIM	9:00-11:30am CAMP SWIM	9:00-11:30am CAMP SWIM	9:00-11:45am CAMP SWIM		
11:00 -12:00pm	11:30-12:30pm Open Swim 12:30-3:30pm CAMP SWIM	11:30-12:30pm Open Swim 12:30-3:30pm CAMP SWIM	11:30-12:30pm Open Swim 12:30-3:30pm CAMP SWIM	11:30-12:30pm Open Swim 12:30-3:30pm CAMP SWIM	11:45-5:45pm Open Swim	11:00am-4:00pm Open Swim	11:00-4:00pm Open Swim
3:00pm	3:30-6:00pm Open Swim	3:30-6:00pm Open Swim	3:30-6:00pm Open Swim	3:30-6:00pm Open Swim	3:30-6:00pm Open Swim	11:00am-4:00pm Open Swim	11:00-4:00pm Open Swim
4:00-6:00pm	3:30-6:00pm Open Swim	5:00-6:00pm Open Swim	5:00-6:00pm Open Swim	5:00-6:00pm Open Swim	5:00-5:45pm Open Swim		

Pool Schedule Effective June 25



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:00-7:00am <b>Schwinn Indoor Cycling</b> Sindy	6:00-6:45am <b>Insanity</b> Eileen	6:00-7:00am <b>Schwinn Indoor Cycling</b> Sindy	6:00-7:00am <b>Schwinn Indoor Cycling</b> Deb M. 6:00-6:45am <b>Insanity</b> Eileen	6:00-7:00am <b>Schwinn Indoor Cycling</b> Steve		
7:00 am			7:00-7:45am <b>Zumba</b> Franklin	7:15-8:15am <b>Pumpin' Iron</b> Deb M.	7:00-7:45am <b>Zumba</b> Jenny	7:00-7:45am <b>Insanity</b> Lori	<b>NEW</b> 7:45-8:45am* <b>Schwinn Indoor Cycling</b> Steve
8:00 am	<b>NEW</b> 8:00-9:00am <b>Hatha Yoga</b> Janet 8:15-9:15am* <b>Schwinn Indoor Cycling</b> Steve 8:15-9:00am <b>Core Camp</b> Michelle B.	8:00-8:55am <b>Light Combo</b> Deb M. 8:15-9:15am* <b>Schwinn Indoor Cycling</b> Antoinette 8:30-9:30am <b>Yoga Core</b> Chae	8:00-8:45am <b>Hi/Lo H.I.I.T.</b> Lisa G. 8:15-9:15am* <b>Schwinn Indoor Cycling</b> Steve 8:30-9:30am <b>Pilates</b> Aline	8:15-9:15am* <b>Schwinn Indoor Cycling</b> Antoinette 8:30-9:30am <b>Stretch &amp; Flex with Props</b> Kelly 8:30-9:30am <b>Bender Barre</b> Sindy	8:15-9:15am* <b>Schwinn Indoor Cycling</b> Steve 8:30-9:30am <b>Total Body</b> Kelly 8:30-9:40am <b>Vinyasa Yoga</b> Tonya	8:00-9:00am* <b>Schwinn Indoor Cycling</b> Craig "Sparky" 8:00-8:50am <b>Pumpin' Iron</b> Donna I. 9:00a-10:15am <b>Yogalates</b> Kelly	8:15-9:15am <b>Zumba</b> Luis 8:15-9:15am <b>Pilates</b> Vanessa
9:00 am	9:15-10:15a <b>Pumpin' Iron</b> Kathy O. 9:30-10:30am* <b>Schwinn Indoor Cycling</b> Deb W.	9:00-10:00am <b>Zumba</b> Arlin 9:30-10:30am* <b>Schwinn Indoor Cycling</b> Michelle T.	9:00-10:00am <b>Ultimate Barre</b> Karen 9:00-10:00am <b>Boot Camp</b> Greg 9:30-10:30am* <b>Schwinn Indoor Cycling</b> Antoinette	9:30-10:30am* <b>Schwinn Indoor Cycling</b> Tonya 9:30-10:30am <b>Cardio Boxing</b> Jon	9:30-10:30am* <b>Schwinn Indoor Cycling</b> Craig "Sparky" 9:30-10:30am <b>Bender Ball</b> Vanessa 9:45-10:45am <b>Chi Kung</b> Staff	9:00-10:00am <b>Ultimate Barre</b> Karen 9:00-10:00am <b>Zumba</b> Luis 9:30-10:30am* <b>Schwinn Indoor Cycling</b> Sindy	<b>NEW</b> 9:00-10:00am* <b>Schwinn Indoor Cycling</b> TEAM <b>NEW</b> 9:30-10:30am <b>Ultimate Barre</b> Karen 9:30-10:30am <b>Cardio Boxing</b> Jon 9:30-10:30am <b>Vinyasa Yoga</b> Kim
10:00 am	10:45-11:30am <b>Active Adults</b> Maryann	10:00-11:00am <b>Bootcamp Boxing</b> Jon 10:45-11:45am <b>MOVEIT</b> Maryann	10:00-10:45am <b>Pumpin' Iron</b> Kathy O'Brian	10:45-11:45am <b>MOVEIT</b> Maryann	10:45-11:45am <b>Pilates With Props</b> Kelly / Deb	10:15-11:15am <b>Pilates With Props</b> Kelly 10:15-11:00am <b>Insanity</b> Lori	
11:00 am - 12:00 pm	<b>NEW Time</b> 11:45-12:30pm <b>Pilates</b> Peggy	<b>NEW Time</b> 11:45-12:30pm <b>Mindfulness Meditation</b> Chae 12:00-12:45pm <b>Barre Express</b> Kelly	<b>NEW Time</b> 11:45-12:30pm <b>Hatha Yoga</b> Janet	<b>NEW Time</b> 11:45-12:30pm <b>Hatha Yoga</b> Kelly	11:00-12:00pm \$ <b>Jon Simon Boxing</b>	 <b>FREE Group Exercise Classes</b> at Jerome Ave Beach Every Friday 8:00 - 9:00am Beginning June 21 With Coaches Alex & Sean <b>OPEN TO THE COMMUNITY</b>	
1:00 pm - 4:00 pm	4:00-4:30pm <b>Kids Boxing Ages 4-10</b> Jon Simon		4:00-4:30pm <b>Kids Fit Ages 4-10</b> Jon Simon				
5:00 pm	5:45-6:15pm <b>Insanity</b> Eileen			5:30-6:15pm* <b>Schwinn Indoor Cycling</b> Shari 5:45-6:30pm <b>Insanity</b> Anthony		<b>FITNESS SCHEDULE EFFECTIVE JUNE 17</b>  <b>FACILITY HOURS</b> Monday - Thursday: 5:30 am - 10:00 pm Friday: 5:30 am - 6:00 pm Saturday - Sunday: 7:00 am - 5:00 pm  <b>CLASS LOCATION COLOR KEY:</b> <b>Spin Room</b> <i>*Reservation Required 2 hours prior to class time.</i> <b>Mind &amp; Body Studio (2nd Floor)</b> <b>Group X Studio Gymnasium</b> <b>Fitness Gallery</b> <b>\$ Fee Required</b>	
6:00 pm	6:00-7:15pm <b>Vinyasa Yoga</b> Natalie	6:00-6:45pm* <b>Schwinn Indoor Cycling</b> Shari 6:00-7:15pm <b>Hatha Flow</b> Chae	6:00-6:45pm* <b>Schwinn Indoor Cycling</b> Eileen 6:00-7:15pm <b>Power Vinyasa</b> Kim	6:00-7:15pm <b>Hatha Yoga</b> Janet			
7:00 pm		7:00-8:00pm \$ <b>Jon Simon Boxing</b>		7:00-8:00pm \$ <b>Jon Simon Boxing</b>			