

# Program Guide

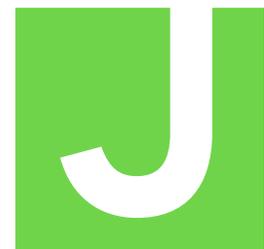
**Spring 2018**

March 25 - June 16



**Mittleman**  
Jewish Community Center

Open to everyone!





# Welcome

Dear Friends,

Your feedback is extremely important to us, and we are grateful to you for providing it. **The MJCC is participating in a benchmarking initiative led by the Jewish Community Center Association (JCCA)**, and you may recall that we conducted a survey of all members last fall as one component of our data gathering process. We were thrilled at the hundreds of responses, and your feedback is helping us to identify opportunities to better serve you – our members and guests. Our on-going participation in the JCCA’s benchmarking program will allow us to compare our results with similar JCC’s around the continent, and allow us to track our progress, over time, toward the achievement of our goals.



One of **our goals is to expand our camp program** to offer more options, especially to pre-teens and younger teens. Camp registration opened on February 11, and we are very excited about our new **Counselor in Training (CIT) program**. This new leadership development program is designed to empower teens with responsibilities, challenges, and adventures that include work with younger campers, creative team-building initiatives. Our CIT program will provide hands-on training and real-life experiences to teach students entering grades 7 - 9 the skills needed to be positive mentors and effective leaders.

Another exciting new camp program is **Camp Teva**, a week-long, adventure-based camp offering daily, unique, outdoor experiences led by Portland’s remarkable outdoor educator, Josh Lake. As always, our on-campus classic camps include daily swimming in our pools with additional swim lessons available at a discounted rate.

Looking for afterschool and weekend opportunities for kids this spring? We’ve added a **new afterschool Kickball class**, which promises to be tons of fun. This class, and many others, are described in the Sports and Recreation section on pages 13 - 15.

Our survey indicates that **our fitness programs and services are the #1 reason why you belong to the J**. Our group exercise and fee-based classes offer more variety than ever. In particular, I encourage you to check out **“Safe Falling with Intelligence and Style,”** a new class – for all ages – designed to minimize the damage from the most common injury reported in emergency rooms nationwide – falls.

Thanks again for sharing your feedback. I look forward to seeing you at the J!

Warm regards,

Steve Albert  
Executive Director

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**It's time to register for Summer Day Camp!**

See page 29.



## Membership Info

For more information on Membership, contact Kelsey Kaplan at 503.535.3534 or [kkaplan@oregonjcc.org](mailto:kkaplan@oregonjcc.org).

## Location + Hours

6651 SW Capitol Hwy  
Portland, OR 97219  
503.244.0111  
[oregonjcc.org](http://oregonjcc.org)

### Hours of Operation

Monday - Thursday  
6:00 am - 10:00 pm

Friday  
6:00 am - 9:00 pm

Saturday - Sunday  
8:00 am - 6:00 pm

Fitness + Cardio Center and pools close 15 minutes prior to building closure.

### Special Hours + Closures

#### Passover

Friday, March 30: 6:00 am - 5:00 pm

Regular schedule during open hours

Saturday, March 31: Building closed

#### Memorial Day

Mon., May 28: 7:00 am - 3:00 pm

No regularly scheduled classes or programs

### Inclement Weather

Please refer to [oregonjcc.org](http://oregonjcc.org) for up-to-date information. MJCC will be included in the "crawl" on the bottom of the TV station screens. MJCC's main phone 503.244.0111 will have a recorded message. See page 31 for more details.

**For administrative office closures and special class offerings on holiday dates, visit [oregonjcc.org](http://oregonjcc.org).**



## Rachel's Well Community Mikvah

### Hours of Operation

By appointment only. To schedule: email [mikvahpdx@gmail.com](mailto:mikvahpdx@gmail.com) or call 971.220.5580. [jewishportland.org/mikvah](http://jewishportland.org/mikvah)

*Rachel's Well is owned and operated by the Jewish Federation of Greater Portland. The project is a true communal endeavor as it has received support from all segments of the community.*

## Membership

### Attention Members: Get a Free Month!

Refer a new member for a 12-month commitment and get a month of free membership for yourself!

### Member Specials

#### April

Member Weekly Raffle

Win a different prize each week for members who come into the MJCC.

#### May

Member Nosh

Tuesday, May 15

9:30 - 11:00 am

#### June

10% off all Personal Training packages.

### Your Membership Includes:

- Use of our entire facility
- Free group exercise classes such as: Aquarobics, Cycle, Zumba, BODYPUMP™, Ai Chi, Yoga, Nia, Arthritis Exercise, Pilates, and Tai Chi
- Free Drop-in Sports: Rock Climbing, Basketball, Indoor Playground, Swimming, Soccer, Gym Hockey, and Racquetball
- Complimentary towel service, shampoo, soap, lotion, deodorant, and hair dryers
- Discounted rates for classes, camps, workshops, advertising, and rentals

### Our Facility

- Fitness + Cardio Center
- 25 yard swimming pool, 82-84°
- Warm Water Pool, 92-94° with accessible entrance
- Three racquetball courts
- Locker rooms with lounge, sauna, steam room, whirlpool, digilock lockers, and disability accessible lockers
- Private changing rooms
- Gymnasium with eight basketball hoops
- Indoor rock climbing wall
- Free parking
- ADA accessible entrances, parking, pools, restrooms, disability accessible lockers, and elevator



We are an ADA accessible facility and pool.

### JCCA Membership Perk

If you are traveling, don't forget to bring your MJCC member card to a JCCA-affiliated JCC at your destination to use their facility. Check that location's specific policy regarding reciprocity.

## Arts + Culture

### What's Happening at the MJCC

Watch for the Spring 2018 Arts + Culture calendar.

We offer arts and cultural programs, as well as social events for all ages. Don't miss these upcoming programs. Be sure to check location. All events are at the MJCC unless otherwise noted.



#### JAM Art Show + Sale

March is Jewish Arts Month!

Enjoy a rotating exhibit in the MJCC lobby. Members of ORA: Northwest Jewish Artists will answer questions, accept commissions, and sell their art. A portion of the proceeds benefit the MJCC!

#### Yom Ha'Atzmaut

Come out and celebrate Israel's 70th year of Independence! Join in Israeli music, dance, crafts, food, and more!

Wednesday, April 18

5:00 - 8:30 pm at the MJCC

In partnership with PJ Library, JFGP, and IJS

#### Memoir Writing Workshop

Everyone has a story to tell and every story is unique, interesting, and special. In this workshop, you will have an opportunity to write your story in a supportive, non-critical atmosphere. Dorothy Dworkin, an experienced author, columnist, and writing coach will offer prompts and suggestions to get you started on writing your stories. Class size is limited to 12.

Thursdays

April 5 - May 3

11:00 am - 12:30 pm.

Class on April 19 will begin at 12:00 pm.

Cost: \$50

Register: [oregonjcc.org/memoir](http://oregonjcc.org/memoir)

#### Portland PRIDE Parade

Join the MJCC and many other Jewish organizations from our community as we march together at Portland PRIDE.

More details to follow!

Sunday, June 17

#### 2nd Annual Summer Outdoor Concert Series

Starting in June. Watch for announcements on musicians and other summer dates. All concerts will be held outside on the green.

#### Rose City Music Academy

Take private or group piano, violin, and voice lessons at the MJCC with excellent faculty from Rose City Music Academy.

Call for prices. Small group lessons available for beginners.

Call 503.308.TUNE (8863) or email

[rosecitymusicacademy@gmail.com](mailto:rosecitymusicacademy@gmail.com)

## Cafe at the J

### Nosh on Food!

Cafe at the J is Portland's only kosher dairy restaurant certified by Oregon K and offers sandwiches, soups, salads, pizza, falafel, pasta, bagels, and more! It is located inside the MJCC. Surf the net while you enjoy the cafe with our free wifi.

Sunday	9:30 am - 4:00 pm (limited menu)
Monday	7:30 am - 4:30 pm
Tuesday	7:30 am - 4:30 pm, 5:30 - 8:00 pm (meat)
Wednesday	7:30 am - 8:00 pm
Thursdays	7:30 am - 8:00 pm
Friday	7:30 am - 4:00 pm (follows Shabbat times)
Saturday	Closed

Visit the Cafe on Tuesdays for weekly kosher meat dinners!

#### Coffee Happy Hours

Weekdays from 2:30 - 3:30 pm all coffee drinks at the Cafe at the J are HALF OFF! Get that afternoon "pick-me-up" or decaf.

## PJA/MJCC Transport

### After-School Classes

#### Campus Transport

MJCC offers a program on our campus in which we escort your child from the PJA campus to and from after-school classes at the MJCC.

We require all participants to sign a waiver.

**A new waiver must be filled out for each program session.** Waivers must be submitted to the MJCC at least one week prior to the first class. Please contact Haley Webb, Camp Office Manager, at 503.452.3436 for more information. Space is limited. We recommend registering for this program at the time of class registration to ensure your spot.

**Per program session:**

**Cost: \$6. Member Cost: \$5. SP350**

**See page 14 for FAST! class times.**

**Please note:** Transport is an on-campus walking "shuttle service" and does not provide after-school childcare. **Elementary-aged children must be enrolled in a class that begins directly after school.** If an after-school class begins later than 3:45 pm Monday - Thursday or later than 2:45 pm on Friday, children must be enrolled in either an aftercare program through PJA or sign up for our new program "FAST: Fun, Activities, Study Time" as we cannot have children under the age of 13 without adult supervision at the MJCC between school ending and class times starting.



# AQUATICS

Swimming is a great workout because you need to move your whole body against the resistance of the water.

## Pool Hours

### Main Pool (82-84°)

Monday - Thursday 6:00 am - 9:45 pm  
Friday 6:00 am - 8:45 pm  
Saturday + Sunday 8:00 am - 5:45 pm

### Warm Water Pool (92-94°)

Monday - Friday 7:30 am - 8:00 pm  
Saturday + Sunday 9:00 am - 5:30 pm

## Pool Schedules

Please refer to pool schedules at [oregonjcc.org/pools](http://oregonjcc.org/pools) for weekly lap swim, open recreational swim, adults-only swim, and program times.

## Pool Accessibility Lift

The MJCC Aquatic Center has two accessibility lifts for patrons who need assistance getting into and out of the pools. Our Main Pool lift is self-operated and has a weight capacity of 300 pounds. Our Warm Water Pool lift is operated by our staff and has a weight limit of 250 pounds.



<i>Puddle Jumpers Class</i>	<i>p. 7 + 8</i>
<i>Aqua Strength</i>	<i>p. 11</i>
<i>Aqua Yoga</i>	<i>p. 11</i>
<i>Watsu</i>	<i>p. 11</i>



For the most up-to-date class information, visit [oregonjcc.org/aquatics](http://oregonjcc.org/aquatics)

## About Swim Lessons

### Swim Lesson Assessment

We are pleased to offer free swim lesson assessments to participants who are new to our program. During the assessment, one of our instructors will lead your child through a series of skills to determine their appropriate level. Please call ahead to schedule your assessment.

### Enrollment FAQs

- You may register online or in person at the Member Services Desk.
- Payment must be provided at time of registration to guarantee a spot.
- Swim lesson registration fee does not include open swim before/after class. Participants in open swim must pay the daily admission fee or use their membership card before entering the pools. Supervision policy applies.
- If participants miss a class, they are not allowed to drop in to other classes or levels. If a class or program is canceled due to inclement weather or other cause, we are unable to schedule make-up sessions or provide refunds. We will give one voucher per session, for 10% off enrollment of one class during the next program session, regardless if more than one class is canceled. This voucher may not be turned into a refund.

**Note: swim diapers with tight fitting waist and legs required for children not yet potty trained.**

### Accommodating Waitlists

All programs operate with minimum enrollment requirements and maximum enrollment capacities. We reserve the right to cancel, change, or combine programs when minimum program enrollments have not been met.

Once a program is filled, a waitlist will be created. You will be called if an opening becomes available or if additional classes are created. *Note:* If additional classes are created, they may not be at the same time or day as the original program.

### Private + Semi-Private Lessons

*Please note:* Our private lesson offerings are currently at capacity. We will be monitoring participation and will reopen enrollment for private lessons when more availability arises. If you are eager to start swimming, we encourage you to explore our group lesson offerings.



## Swim Lesson Levels

### Starfish: Parent + Child Ratio 1:15

Learn water entry, bubble blowing, kicking, floating, and underwater exploration.

*Warm Pool*

### Angelfish: Intro to Water Ratio 1:5

Learn to enter and exit the water, submerge face, exhale underwater, explore floating, and moving with support. Work on water acclimation and breath control.

*Prerequisites:* None. *Warm Pool*

### Blowfish: Fundamental Water Skills Ratio 1:5

Learn to submerge entire head, float, glide and paddle on front and back, roll over, and use combined arm and leg motions. Progress to independent floating, swimming, and jumping. *Prerequisites:* Child is comfortable in the water, willingly able to submerge eyes, nose and mouth, can float with assistance, and move independently in shallow water or with floatation. *Warm Pool*

### Crocodile: Stroke

#### Development Ratio 1:5

Learn front and back crawl and elementary backstroke. Work on endurance and treading water. Practice swimming 25 yards. *Prerequisites:* Child can float on front and back and swim 15 feet independently without floatation. Child is comfortable going under water and entering the deep end of the pool. *Warm Pool and Main Pool*

### Dolphin: Stroke

#### Improvement Ratio 1:5

Improve front and back crawl, elementary backstroke, and treading water. Learn the basics of breaststroke, sidestroke, butterfly, and standing dives. *Prerequisites:* Understands front and back crawl, is comfortable swimming 25 yards in deep water, and can perform a sitting and kneeling dive. *Main Pool*

### Eel: Stroke Refinement Ratio 1:6

Refine and coordinate all the strokes. Learn racing and surface dives, open turns, shallow angle dives, breaststroke, and butterfly. *Prerequisites:* Can perform front and back crawl, understands breaststroke and dolphin kicking, can perform a standing dive, and is comfortable swimming 50 yards. *Main Pool*

### Flying Fish: Stroke + Skill

#### Proficiency Ratio 1:8

Refine strokes to increase ease, efficiency, power, and smoothness. Learn the principles of fitness swimming such as drills, interval training, flip turns, and basic lifeguard rescue techniques. *Prerequisites:* Able to swim front and back crawl, breaststroke, and has a basic understanding of butterfly. Can dive from the side of the pool and swim 100 yards. *Main Pool*

### Puddle Jumpers Class Ages 2 - 4

Make the transition from parent-assisted swim lessons to independence in our regular group lessons with Puddle Jumpers. Instructors will help parents and children navigate the waters as the parent is gradually phased out of the class and the child develops independence while continuing basic water acclimation and exploration.

## Swim Classes

### Parent + Child (6 mo. - 2 yrs.)

#### One Day Per Week

Class	Day	Time	Date	Code	Cost/Member	Location
Starfish	Sun	9:00 - 9:30 am	4/8 - 6/10	AQ301	\$85/\$70	Warm Pool
Starfish	Sat	9:00 - 9:30 am	4/14 - 6/16	AQ302	\$85/\$70	Warm Pool
Starfish	Fri	11:00 - 11:30 am	4/13 - 6/15	AQ303	\$85/\$70	Warm Pool

### Child (2 - 4 yrs.)

#### One Day Per Week

Class	Day	Time	Date	Code	Cost/Member	Location
Puddle Jumpers	Fri	11:30 am - 12:00 pm	4/13 - 6/15	AQ304	\$85/\$70	Warm Pool

### Preschool (3 - 6 yrs.)

#### One Day Per Week

Class	Day	Time	Date	Code	Cost/Member	Location
PS Angelfish + Blowfish	Sun	9:35 - 10:05 am	4/8 - 6/10	AQ305	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	Sun	10:10 - 10:40 am	4/8 - 6/10	AQ306	\$110/\$90	Warm Pool
PS Crocodile	Sun	10:45 - 11:15 am	4/8 - 6/10	AQ307	\$110/\$90	Warm Pool
PS Dolphin	Sun	11:20 - 11:50 am	4/8 - 6/10	AQ308	\$110/\$90	Main Pool
PS Angelfish + Blowfish	Sat	9:35 - 10:05 am	4/14 - 6/16	AQ309	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	Sat	10:10 - 10:40 am	4/14 - 6/16	AQ310	\$110/\$90	Warm Pool
PS Crocodile	Sat	10:45 - 11:15 am	4/14 - 6/16	AQ311	\$110/\$90	Warm Pool
PS Dolphin	Sat	11:20 - 11:50 am	4/14 - 6/16	AQ312	\$110/\$90	Main Pool

### Preschool Session I (3 - 6 yrs.)

#### Two Days Per Week

Class	Day	Time	Date	Code	Cost/Member	Location
PS Angelfish + Blowfish	M/W	11:00 - 11:30 am	4/9 - 5/9	AQ313	\$110/\$90	Warm Pool
PS Crocodile	M/W	11:30 am - 12:00 pm	4/9 - 5/9	AQ314	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	M/W	3:45 - 4:15 pm	4/9 - 5/9	AQ315	\$110/\$90	Warm Pool
PS Crocodile	M/W	4:20 - 4:50 pm	4/9 - 5/9	AQ316	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	M/W	4:55 - 5:25 pm	4/9 - 5/9	AQ317	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	M/W	5:30 - 6:00 pm	4/9 - 5/9	AQ318	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	Tu/Th	11:00 - 11:30 am	4/10 - 5/10	AQ319	\$110/\$90	Warm Pool
PS Crocodile	Tu/Th	11:30 am - 12:00 pm	4/10 - 5/10	AQ320	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	Tu/Th	3:45 - 4:15 pm	4/10 - 5/10	AQ321	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	Tu/Th	4:20 - 4:50 pm	4/10 - 5/10	AQ322	\$110/\$90	Warm Pool
PS Crocodile	Tu/Th	4:55 - 5:25 pm	4/10 - 5/10	AQ323	\$110/\$90	Warm Pool
PS Crocodile	Tu/Th	5:30 - 6:00 pm	4/10 - 5/10	AQ324	\$110/\$90	Warm Pool

**April Pools Day!**  
**Don't Miss**  
**This Fun, Water**  
**Safety Event**



Join us for this fun family water safety event. There will be prizes, a raffle, and activities for all ages. Topics covered will be lifejackets, boating, and sun safety.

**Sunday, April 8**  
**12:30 - 2:30 pm**

Free for members and guests. There will be no Open Swim or lap swim during this event.

Regular Supervision Policy applies.



## Preschool Session II (3 - 6 yrs.)

### Two Days Per Week

Class	Day	Time	Date	Code	Cost/Member	Location
PS Angelfish + Blowfish	M/W	11:00 - 11:30 am	5/14 - 6/13 *	AQ325	\$99/\$81	Warm Pool
PS Crocodile	M/W	11:30 am - 12:00 pm	5/14 - 6/13 *	AQ326	\$99/\$81	Warm Pool
PS Angelfish + Blowfish	M/W	3:45 - 4:15 pm	5/14 - 6/13 *	AQ327	\$99/\$81	Warm Pool
PS Crocodile	M/W	4:20 - 4:50 pm	5/14 - 6/13 *	AQ328	\$99/\$81	Warm Pool
PS Angelfish + Blowfish	M/W	4:55 - 5:25 pm	5/14 - 6/13 *	AQ329	\$99/\$81	Warm Pool
PS Angelfish + Blowfish	M/W	5:30 - 6:00 pm	5/14 - 6/13 *	AQ330	\$99/\$81	Warm Pool
PS Angelfish + Blowfish	Tu/Th	11:00 - 11:30 am	5/15 - 6/14	AQ331	\$110/\$90	Warm Pool
PS Crocodile	Tu/Th	11:30 am - 12:00 pm	5/15 - 6/14	AQ332	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	Tu/Th	3:45 - 4:15 pm	5/15 - 6/14	AQ333	\$110/\$90	Warm Pool
PS Angelfish + Blowfish	Tu/Th	4:20 - 4:50 pm	5/15 - 6/14	AQ334	\$110/\$90	Warm Pool
PS Crocodile	Tu/Th	4:55 - 5:25 pm	5/15 - 6/14	AQ335	\$110/\$90	Warm Pool
PS Crocodile	Tu/Th	5:30 - 6:00 pm	5/15 - 6/14	AQ336	\$110/\$90	Warm Pool

\*Please note: No class on Monday, May 28.

## Youth (6 - 11 yrs.)

### One Day Per Week

Class	Day	Time	Date	Code	Cost/Member	Location
Angelfish + Blowfish	Sun	10:00 - 10:40 am	4/8 - 6/10	AQ337	\$145/\$120	Main Pool
Crocodile + Dolphin	Sun	10:45 - 11:25 am	4/8 - 6/10	AQ338	\$145/\$120	Main Pool
Eel + Flying Fish	Sun	11:30 - 12:10 pm	4/8 - 6/10	AQ339	\$145/\$120	Main Pool
Angelfish + Blowfish	Sat	10:15 - 10:55 am	4/14 - 6/16	AQ340	\$145/\$120	Main Pool
Crocodile + Dolphin	Sat	11:00 - 11:40 am	4/14 - 6/16	AQ341	\$145/\$120	Main Pool
Eel + Flying Fish	Sat	11:45 am - 12:25 pm	4/14 - 6/16	AQ342	\$145/\$120	Main Pool

## Youth Session I (6 - 11 yrs.)

### Two Days Per Week

Class	Day	Time	Date	Code	Cost/Member	Location
Crocodile + Dolphin	M/W	3:45 - 4:25 pm	4/9 - 5/9	AQ343	\$145/\$120	Main Pool
Eel + Flying Fish	M/W	4:30 - 5:10 pm	4/9 - 5/9	AQ344	\$145/\$120	Main Pool
Angelfish + Blowfish	M/W	5:15 - 5:55 pm	4/9 - 5/9	AQ345	\$145/\$120	Main Pool
Eel + Flying Fish	Tu/Th	3:45 - 4:25 pm	4/10 - 5/10	AQ346	\$145/\$120	Main Pool
Crocodile + Dolphin	Tu/Th	4:30 - 5:10 pm	4/10 - 5/10	AQ347	\$145/\$120	Main Pool
Angelfish + Blowfish	Tu/Th	5:15 - 5:55 pm	4/10 - 5/10	AQ348	\$145/\$120	Main Pool

## Youth Session II (6 - 11 yrs.)

### Two Days Per Week

Class	Day	Time	Date	Code	Cost/Member	Location
Crocodile + Dolphin	M/W	3:45 - 4:25 pm	5/14 - 6/13 *	AQ349	\$131/\$108	Main Pool
Eel + Flying Fish	M/W	4:30 - 5:10 pm	5/14 - 6/13 *	AQ350	\$131/\$108	Main Pool
Angelfish + Blowfish	M/W	5:15 - 5:55 pm	5/14 - 6/13 *	AQ351	\$131/\$108	Main Pool
Eel + Flying Fish	Tu/Th	3:45 - 4:25 pm	5/15 - 6/14	AQ352	\$145/\$120	Main Pool
Crocodile + Dolphin	Tu/Th	4:30 - 5:10 pm	5/15 - 6/14	AQ353	\$145/\$120	Main Pool
Angelfish + Blowfish	Tu/Th	5:15 - 5:55 pm	5/15 - 6/14	AQ354	\$145/\$120	Main Pool

\*Please note: No class on Monday, May 28.

### Contact

For more information on Aquatic programs, contact Ryan Ochoa at 503.452.3433 or rochoa@oregonjcc.org.

## Aquatics Program

We offer a comprehensive aquatics program. We have a 25-yard lap pool and a Warm Water Pool which is ideal for relaxation, recuperation, and recreation.

Both pools offer ADA-compliant accessibility lifts for those who need assistance getting in and out of the water. Our staff can show you how the lifts operate and can even assist you.



## Swim Teams

### Stingrays Swim Team (Ages 7+)

Develop proper technique and learn the basics of competitive swimming to participate in USA Swimming meets. Increase swimming endurance while making new friends.

*Prerequisites:* Must be able to swim 100 yards each of freestyle, backstroke, and breaststroke. *Main Pool*

The season runs through May 31.

For a tryout, contact Head Coach Jennie Condon at [jcondon@oregonjcc.org](mailto:jcondon@oregonjcc.org).

### Practice Schedule

#### BRONZE

Monday - Thursday: 4:45 - 5:30 pm  
Cost: \$95 month. Member Cost: \$75 month.

#### SILVER

Monday - Thursday: 5:30 - 6:30 pm  
Cost: \$110 month. Member Cost: \$85 month.

#### GOLD

Monday - Thursday: 5:15 - 6:45 pm  
Cost: \$120 month. Member Cost: \$100 month.

### Junior Rays

#### (Pre-Swim Team ages 5+)

Start the transition from lessons to competition for those interested in pursuing swimming as a sport. Focus on technique and learn all four competitive strokes in a team environment.

Compete in on-site time trials. *Prerequisites:* Must be able to confidently swim 25 yards each of freestyle and backstroke, and take direction in a group of 10 - 12 swimmers from a coach who may be on-deck or in the water.

### Practice Schedule

Monday - Thursday 4:45 - 5:30 pm.  
Cost: \$80 month. Member Cost: \$65 month.  
The season runs through May 31.

## Free Adult Aquatic Exercise Classes

### Main Pool Classes

#### Aquarobics

This no-to-low impact class is perfect for those looking to start a fitness routine or add variety to an existing one. The water provides buoyancy for support while you build a strong body. Great for rehabilitating after injuries.

Monday - Friday 9:00 - 10:00 am  
Saturday 9:15 - 10:15 am

#### Aqua Power

High energy routines let you burn the most calories while still enjoying a no-to-low impact workout. Get ready to heat it up in our cool pool!

Tuesday + Thursday 7:30 - 8:30 am  
Saturday 8:15 - 9:15 am

#### Masters Swimming

Keep fit and work out with masters swimming. Our masters swim program is led by a long-time member volunteer Ronald Cobb.

Tuesday + Thursday 6:30 - 7:30 pm  
Monday, Wednesday, Friday 6:00 - 7:15 am  
Cost: \$15/day. Member Cost: Free.

### Warm Pool Classes

#### Arthritis Exercise

##### In Association with the Arthritis Foundation

Warm water helps relieve arthritis pain and stiffness. This class will help you gain flexibility, range of motion, and strength while relieving pain. Appropriate for persons without arthritis.

Monday - Friday 10:00 - 11:00 am

#### Ai-Chi

This meditative class combines deep breathing with progressive movements of the arms, legs, and torso. Based on Tai-Chi, Ai-Chi helps improve balance and range of motion and promotes relaxation and cardiovascular health.

Tuesday + Thursday 8:45 - 9:45 am

#### Water Fusion

Use the warm water to stretch far beyond ordinary limits. Drawing on the latest physiological knowledge, focus on breathing deeply, stretching, and relaxing.

Monday + Wednesday 6:00 - 7:00 pm

## Personal Training

### **Aquatic Therapy**

Private aquatic therapy offered by Laurie Shepard is perfect for anyone with injuries, chronic pain, limited mobility, or other conditions. Call to schedule a private session and find out for yourself the healing powers of the water. [lilytherapies@gmail.com](mailto:lilytherapies@gmail.com) or 503.358.4383

1/2 hr. Cost: \$55. Member Cost: \$35.

## Small Group Exercise Classes with Glide Boards

### **Aqua Yoga**

A new class in the pool! Introducing the Glide Fit, the perfect solution to shake up your Yoga workout! This unique floating fitness mat enables all participants to experience the benefits of core stabilization with the challenge of an uneven surface. An incredible workout with a splash of fun! *Instructor: Amy, Main Pool*

Saturdays, April 14 - June 16  
12:30 - 1:30 pm, FIT310  
Cost: \$140. Member Cost: \$120.

### **Aqua Strength**

A new class in the pool! Challenge yourself with the Glide Fit. Think of doing a Body Shop workout class on an uneven surface! Perform planks and lunges, working with elastic bands, and more while floating on top of the water. An incredible workout with a splash of fun!

*Instructor: Alex, Main Pool*

Saturdays, April 14 - June 16  
11:30 am - 12:30 pm, FIT311  
Cost: \$140. Member Cost: \$120.

## Aquatic Wellness

### **Aqua Prenatal Class**

Exercise in the water during pregnancy supports joints, allows for safe stretching and lengthening, and ultimately can make a difference in comfort and confidence for pregnancy, labor, and recovery. This class has a strong emphasis on yoga, Ai Chi, meditation, flotation, and breathing.

*Warm Water Pool*

Session I: April 12 - May 10, AQ355  
Session II: May 17 - June 14, AQ356  
Thursdays, 7:00 - 8:00 pm  
Cost: \$90. Member Cost: \$75.  
Max.10 participants

## Aquatic Bodywork

### **Watsu**

Watsu is a form of aquatic bodywork offered in a pool heated to near body temperature. During a Watsu session the recipient is gently and safely floated, rhythmically moved, stretched, and massaged. The body melts into the water. The weightlessness and warmth of the water decompress the spine, loosen joints, and relax muscles. The recipient feels a freedom of movement that liberates all of the tension.

*Instructor: Victor*

One-hour session  
Cost: \$120. Member Cost: \$100.

For more information and scheduling, go to [aqua4lifepdx.com](http://aqua4lifepdx.com)

### **About Victor Barreda Pazos**

After years of working in different realms of healthcare as a Physical Therapist in Europe, Victor became a Watsu professional in 2012 and a LMT in Oregon in 2016 (LMT#22189). He is trained in different bodywork techniques including Deep Tissue, Myofascial Release, Shiatsu, Craniosacral Therapy, Trigger Point Therapy, Maitland Manual Therapy, and Ayurvedic Massage. Victor views health holistically and incorporates his Western understanding of the human body with Eastern medicine.

### **New Classes!**

Try Aqua Yoga and Aqua Strength. Both classes use our new Glide Fit floating fitness mat.

### **Watsu Open House Demo!**

Thursday, April 5  
12:00 - 7:00 pm  
1/2 hour sessions: \$30.  
AQ357 - 371  
Watsu, offered by Aqua4Life, is used for deep relaxation and pain relief. It combines elements of muscle stretching, joint mobilization, massage, Shiatsu, and dance. One-on-one sessions with a therapist gently cradles, moves, stretches, and massages you in chest-deep warm water. Try it out at MJCC for a very low cost! Register at the Membership Services Desk.



# SPORTS

"I was born to play flag football!"

– Sports + Rec observer, age 5, future flag football player



## MJCC Sportsplex Facts

- Size of field: 160 ft x 67 ft
- Climate-controlled heat and air-conditioned facility
- New LED energy-efficient and brighter lighting
- Free and convenient parking lot
- Side turf area for warming up
- Table area available for food and gatherings
- Gymnastics space available for birthday parties and rentals
- 135 different soccer teams comprised of 60 adult teams and 75 first grade through high school teams
- 1,150 different soccer participants throughout youth, high school, and adult teams
- 1,250+ games annually
- Soccer players from all around the Greater Portland Area

**NEW**

*Kickball*

*p. 14*

*Intro to Rock Climbing*

*p. 15*



For the most up-to-date class information, visit [oregonjcc.org/sports](http://oregonjcc.org/sports)

## Sports + Recreation Classes

### Parent + Child

#### Lil' Kickers at The J

Lil' Kickers is a non-competitive, introductory soccer and movement skills program for children ages 18 mo. - 9 yrs. See page 17 for details.

### Preschool

#### Creative Ballet

Learn ballet in a fun atmosphere using songs and stories as we explore how to stretch, point, flex, move across the floor, and practice using the barre. For children new to ballet.

*Dance Studio*

### Preschool

#### One Day Per Week

Class	Age	Day	Time	Date	Code	Cost/Member	Location
Sports Mix	4 - 6 yrs	Mon	3:00 - 3:30 pm	4/9 - 6/11	SP303	\$90/\$76	Gymnasium
Yoga for Kids	3 - 6 yrs	Tues	3:00 - 3:30 pm	4/10 - 6/12	SP302	\$100/\$85	Studio I
Gymnastics + Tumbling Level 1	3 - 6 yrs	Wed	3:00 - 3:30 pm	4/11 - 6/13	SP304	\$100/\$85	Sportsplex
Creative Ballet	3 - 6 yrs	Thurs	3:00 - 3:30 pm	4/12 - 6/14	SP301	\$100/\$85	Dance Studio
Gymnastics + Tumbling Level 2	3 - 6 yrs	Thurs	3:00 - 3:30 pm	4/12 - 6/14	SP305	\$100/\$85	Sportsplex

**\*Please note:** No class on Monday, May 28.

#### Gymnastics + Tumbling Level 1

Improve motor movements and learn gymnastics vocabulary, flexibility, rolling, balancing skills, and basic body positions. For children with no prior gymnastics experience. *Sportsplex*

#### Gymnastics + Tumbling Level 2

Increase body awareness and control, build on basic body movements, and learn more intricate rolling and balancing skills. For children with at least three months gymnastics experience. *Sportsplex*

#### Sports Mix

Exercise and play games from a different sport every week including soccer, football, frisbee, and more! *Sportsplex*

#### Yoga for Kids

Enjoy yoga taught in a playful manner. Blend asanas, music, breath work, and magical meditations into a thematic and replenishing yoga class. *Studio I*

#### Lil' Kickers at the J

See page 17 for details.

#### Contact

For more information on Sports, Recreation and Camp programs, contact Scott Reese at 503.452.3440 or [sreese@oregonjcc.org](mailto:sreese@oregonjcc.org).



## Youth

### Club J (Ages 6 - 12 yrs.)

See details on page 15 or 26.

### Flag Football

Play non-tackle football mini-games in this class to improve your skills. *Gymnasium*

### Kickball **NEW!**

Looking for something new and fun? MJCC is offering this popular school yard game.

*Sportsplex*

### Gymnastics Level 1

Learn basics like forward rolls, cartwheels, and handstands. Practice leaps and jumps as well as trampoline skills. *Sportsplex*

### Gymnastics Level 2

Learn more advanced moves like round offs, back bends, and dive forward rolls. Practice more challenging jumps and improve balance and coordination. *Sportsplex*

### Beginning Hip Hop

Learn basic hip hop technique and combinations in a fun environment. Focus on improving coordination, rhythm, and finding your swagger! *Dance Studio*

### Did you know...

Regular physical activity helps youth improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as heart disease and cancer.

## Junior Climbers

Learn the basics of rock wall climbing in a safe and structured environment while building confidence and motor skills. *Gymnasium*

### The Amazing J!

Students work in groups each week solving puzzles, tackling team physical challenges, going on scavenger hunts, answering trivia questions, and more around the MJCC campus. *Gymnasium*

### KidFit

Channel that energy before going into the weekend! Run, jump, move, and play during this 45-minute interactive class. It's P.E. with a fun twist! Ages 7 - 12. *Gymnasium/Sportsplex*

### Youth Yoga + Mindfulness

Learn the basic fundamental yoga postures. Increase flexibility, strength, and focus while building self-esteem and promoting relaxation and positive thoughts. Ages 6 - 12. *Studio I*

### **FAST! (Fun, Activities, Study Time)**

These classes are only for PJA students who are enrolled in our transport program and an afternoon MJCC class (see page 5 for details). FAST is a cool place to hang out while waiting for swim lessons or other favorite after-school programs at the J. Work on homework, read a book, play a board game. The possibilities are endless!

## Youth

### One Day Per Week

Class	Age	Day	Time	Date	Code	Cost/Member	Location
Kickball	6 - 9 yrs	Mon	3:45 - 4:30 pm	4/9 - 6/11	SP307	\$90/\$76	Sportsplex
Flag Football	6 - 9 yrs	Tues	3:45 - 4:30 pm	4/10 - 6/12	SP308	\$100/\$85	Gymnasium
Junior Climbers	6 - 9 yrs	Wed	3:45 - 4:45 pm	4/11 - 6/13	SP309	\$100/\$85	Gymnasium
Gymnastics Level 1	6 - 9 yrs	Wed	3:45 - 4:30 pm	4/11 - 6/13	SP310	\$100/\$85	Sportsplex
The Amazing J	6 - 9 yrs	Thurs	3:45 - 4:30 pm	4/12 - 6/14	SP311	\$100/\$85	Gymnasium
Gymnastics Level 2	6 - 9 yrs	Thurs	3:45 - 4:30 pm	4/12 - 6/14	SP312	\$100/\$85	Sportsplex
Hip-Hop	6 - 9 yrs	Thurs	3:45 - 4:30 pm	4/12 - 6/14	SP306	\$100/\$85	Dance Studio
Youth Yoga + Mindfulness	6 - 12 yrs	Fri	2:45 - 3:30 pm	4/13 - 6/15	SP314	\$100/\$85	Studio I
KidFit	7 - 12 yrs	Fri	2:45 - 3:30 pm	4/13 - 6/15	SP315	\$100/\$85	Gymnasium
FAST	6 - 12 yrs	Mon	3:45 - 4:30 pm	4/9 - 6/11	SP355A	\$45/\$37	Room 208
FAST	6 - 12 yrs	Tues	3:45 - 4:30 pm	4/10 - 6/12	SP355B	\$50/\$42	Room 208
FAST	6 - 12 yrs	Wed	3:45 - 4:30 pm	4/11 - 6/13	SP355C	\$50/\$42	Room 208
FAST	6 - 12 yrs	Thurs	3:45 - 4:30 pm	4/12 - 6/14	SP355D	\$50/\$42	Room 208

\*Please note: No class on Monday, May 28.

**Teen**

**Hip Hop**

In this high-energy class, learn basic hip hop technique and combinations in a fun, creative environment. Focus on improving coordination, rhythm, and finding your swagger! *Dance Studio*

**Rock City**

Learn rock climbing skills including movement, rope handling, belaying, and climbing safety. All skill levels welcome. *Gymnasium*

**Club J (Ages 6 - 12 yrs.)**

Explore all the J has to offer including swimming, soccer, basketball, racquetball, board games, and more! Supervised drop-in play all around the J. Adult must remain in the building while child is in our childcare programs. Monday - Thursday 5:15 - 7:45 pm  
 Sunday 9:15 - 11:45 am  
 Cost: \$15. Member Cost: \$5.

**2018 JCC Maccabi Games® and ArtsFest® - Exciting Opportunity for Jewish Athletes and Artists**

This past summer, Team Oregon had 17 athletes participate in several sports including basketball, baseball, lacrosse, and soccer during the JCC Macabbi Games held in Miami, FL. Our delegation not only had an incredible time in their respective sport but also loved meeting new friends from all over the world, spending time with host families, and exploring a new area of the country!



This year, both the Games and ArtsFest will take place from August 5 - 10. The Games will be held in Orange County, CA, while ArtsFest will take place down the road in Long Beach, CA.

Sports include: basketball, baseball, flag football, ice hockey, lacrosse, softball, girls volleyball, dance, star reporter (sports journalism), swimming, table tennis, tennis, and track and field. For ages 13 - 16.

Arts include: acting/improv, culinary arts, dance, musical theatre, rock band, visual arts, social media squad and vocal performance. For ages 12 - 17.

If you or someone you know is interested in joining our delegation, whether as an athlete or artist, please contact Lenny Steinberg at [lsteinberg@oregonjcc.org](mailto:lsteinberg@oregonjcc.org) or 503.535.3555.

**Teen**

**One Day Per Week**

Class	Age	Day	Time	Date	Code	Cost/Member	Location
Rock City	10 - 14 yrs	Wed	4:45 - 5:45 pm	4/11 - 6/13	SP317	\$100/\$85	Gymnasium
Hip Hop	10 - 14 yrs	Thurs	4:30 - 5:15 pm	4/12 - 6/14	SP316	\$100/\$85	Dance Studio



## Free Drop-in Sports Schedule

### Adults

	Sport	Sun	Mon	Tues	Wed	Thurs	Fri
Adults	Women's Basketball			8:45 - 10:00 am			
	Basketball	8:00 - 11:00 am	12:00 - 2:00 pm * 5:00 - 7:00 pm	12:00 - 2:00 pm	12:00 - 2:00 pm *	12:00 - 2:00 pm	12:00 - 2:00 pm *
	Gym Hockey	10:00 am - 12:00 pm (3rd Sat. of each month)	7:00 - 9:00 pm		7:00 - 9:00 pm		
	Racquetball (2 courts)	9:00 am - 12:00 pm	4:00 - 7:00 pm	4:00 - 8:00 pm	4:00 - 7:00 pm	4:00 - 8:00 pm	4:00 - 6:00 pm

### Did you know...

Team sports provide friendship, camaraderie, cooperation, teamwork and leadership skills, appreciation of different abilities, and respect for teammates, opponents, and officials.

### All Ages

	Sport	Sun	Mon	Tues	Wed	Thurs	Fri
All Ages	Basketball	11:00 am - 1:00 pm	3:00 - 5:00 pm	3:00 - 5:00 pm	6:00 - 8:00 pm	3:00 - 5:00 pm	3:00 - 5:00 pm
	Rock Climbing	3:00 - 4:00 pm			5:00 - 6:00 pm		3:00 - 5:00 pm
	Pickleball			10:00 am - 12:00 pm			

**\* Full court. Drop-in Basketball is on one court, except where indicated.**

Youth in sixth grade and under must be accompanied by an adult.

More drop-in sports times may be available outside of this schedule and this schedule is subject to change. Please check with Member Services for the most up-to-date information.

### Organized Adult Drop-in Basketball

Join MJCC members and guests for organized adult drop-in play weekday afternoons from 12:00 - 2:00 pm, Monday evenings from 5:00 - 7:00 pm, and Sunday from 8:00 - 11:00 am. All skill levels are welcome! Women's Drop-in basketball is every Tuesday from 8:45 - 10:00 am. Please inquire at the Member Services Desk for more information.

### Gym Hockey

Gym Hockey is played in a gymnasium using plastic sticks, a felt puck, and sneakers. Friendly pick-up games are offered twice a week and open to adults of all ages. Gym hockey has all the passing and teamwork of hockey but without the danger. There is no contact (no checking) and the sticks or pucks won't hurt you. It's a great workout. Mondays and Wednesdays, 7:00 - 9:00 pm. For more information or to be added to the Gym Hockey email list, contact MJCC member Rick Brinkman at [rick@gymhockey.com](mailto:rick@gymhockey.com).



## MJCC Indoor Soccer

### Adult Co-ed Soccer League

Play recreational games in our climate-controlled, indoor soccer facility. If you are a lifetime soccer player or new to the game, the MJCC soccer community has a place for you! More information can be found at [oregonjcc.org/soccer](http://oregonjcc.org/soccer). Make a team and join our adult soccer co-ed league. Interested in playing, but do not have a team, then email Scott Hutchison at [shutch@oregonjcc.org](mailto:shutch@oregonjcc.org) for help in joining a pre-existing team.

#### Sunday:

4:00 - 11:00 pm

#### Tuesday:

6:00 - 11:00 pm

#### Wednesday:

6:00 - 11:00 pm

#### Thursday:

6:00 - 11:00 pm

## Rent the MJCC Sportsplex!

Email the Rentals Department  
at [rentals@oregonjcc.org](mailto:rentals@oregonjcc.org)



### Lil' Kickers at The J

Join this non-competitive, co-ed introductory soccer and movement skills program for ages 18 mo. – 9 yrs.

Cost (10 weeks): \$17.50 per class. Skills Institute \$19.50 per class.

MJCC members receive a 20% discount when registering for a full session at MJCC. (Discount not available online. Must call Lil' Kickers to enroll and receive discount.)

Registration is always open. For the current session dates and times, visit [oregonjcc.org/lilkickers](http://oregonjcc.org/lilkickers), [pdxlilkickers.com](http://pdxlilkickers.com), or contact Lil Kickers directly at [pdxlilkickers@comcast.net](mailto:pdxlilkickers@comcast.net) and 503.810.9266.



**MJCC**

### Ages + Levels of Classes

**February 19 - May 6**

*No classes March 26 - April 1*

#### **Bunnies**

(18 - 24 months; parent + child)

Wednesday 9:00 am

Sunday 10:00 am

#### **Thumpers**

(25 - 36 months; parent + child)

Wednesday 10:00 am

Friday 10:00 am

Sunday 11:00 am

#### **Cottontails**

(2.5 - 3.5 year olds; parent + child)

Wednesday 9:00 am

#### **Hoppers**

(3 - 4 year olds; Beginners)

Friday 11:00 am

Sunday 10:00 am

#### **Jackrabbits**

(3 - 4 year olds; Intermediate)

Wednesday 4:00 am

Sunday 11:00 am

#### **Big Feet**

(5 - 6 year olds; Beginners)

Wednesday 4:00 pm

Sunday 10:00 am

#### **Micro**

(6 - 7 year olds)

Wednesday 5:00 pm

Friday 4:00 pm

Sunday 11:00 am

#### **Skills Institute**

(5 - 6 year olds)

Friday 3:10 pm

# FITNESS

“We are what we repeatedly do.  
Excellence then is not an act but a habit.”  
– Aristotle



## Adult Fitness + Cardio Center

- Precor® and Matrix® cardiovascular exercise equipment
- 26 studio cycling bicycles
- Two group exercise studios
- IGNITE private small group training studio with exclusive use of TRX suspension training
- Individual MYE® digital televisions on all cardio machines

### Locker Rooms

- Equipped with sauna, steam room, whirlpool, and digilock lockers
- Free towel service
- Long-term half-locker rentals available for members (\$9 per mo.)

**NEW**

*Safe Falling with Intelligence + Style* p. 21  
*The 5 Stages of Nia* p. 21  
*Designing Your Balanced Life* p. 21



For the most up-to-date  
class information, visit  
[oregonjcc.org/fitness](http://oregonjcc.org/fitness)



## Personal Training + Physical Therapy

### Traditional Personal Training

Maximize your exercise routine by working with a personal trainer one-on-one. Your trainer will help you design a plan that will best suit your needs.

### Nutritional Therapy

Nutritional therapy is a system of healing based on the belief that food provides the medicine we need to obtain and maintain a state of optimum health. In addition to weight loss, many conditions can be relieved effectively with nutritional therapy ranging from chronic fatigue, energy loss, insomnia and depression, to backache, skin complaints, asthma, and headaches.

*Instructor: Hilary Conway, Nutritional Therapist*

### Pilates Reformer Training

Pilates teaches body awareness and posture with easy movements that improve flexibility, agility, and range of motion, with exercises that originate from the core to integrate all muscles. Working on the reformer can be rehabilitative for a variety of conditions and is great for athletes of all ages. *Instructors: Angie, Becky*

### Yoga Therapy

This one-on-one Yoga Therapy adapts the practice of yoga to the needs of the individual, from people with specific or persistent health concerns, to intermediate and advanced students wanting to deepen their understanding and move to new levels.

*Instructor: Tara Atkinson*

### Personal Training Rates

1 hour - Cost: \$81. Member Cost: \$61.  
5 x 1 hour - Cost: \$389. Member Cost: \$289.  
10 x 1 hour - Cost: \$739. Member Cost: \$539.  
1/2 hour - Cost: \$59. Member Cost: \$39.  
5 X 1/2 hour - Cost: \$283. Member Cost: \$183.  
10 X 1/2 hour - Cost: \$542. Member Cost: \$342.

### Refresh Your Workout! **NEW!**

Is your workout tired, stale, and ineffective? Use this new, quick training offer to get some life and increased effectiveness back into your workout. Package includes two sessions. The first hour will be used to discuss your goals and formulate a plan to take your results to the next level. The next hour will take these goals and design a routine to challenge and turbo charge your results!  
2 x 1 hour - Cost: \$162. Member Cost: \$110.

### New to Personal Training? Try Our Intro to PT Package!

Limit one package per person. Three one-hour training sessions of any type.  
Cost: \$169. Member Cost: \$109.

### Wellness Coaching

Wellness Coaching works on personal or professional goals. Topics range from life-work balance, career satisfaction, to communication skills and overall health. The personal life coach will design a unique, confidential plan to help achieve a healthy state of being.

*Personal Life Coach: Christine Gilmore*

1 hour - Member + Guest Cost: \$75.  
5 x 1 hour - Member + Guest Cost: \$359.

### IGNITE

**Specialized. Personalized.**  
**Training at a fraction of the cost.**  
Reach your goals in our private studio in small groups up to four people.

#### Cost per person

**One 45-min. session:**  
Cost: \$52. Member Cost: \$32.  
**Package of five sessions:**  
Cost: \$250. Member Cost: \$150.

To register for IGNITE, call Joe Seitz at 971.803.7309 or visit the Member Services Desk

*Please Note: All Personal Training packages expire six months from the date of purchase. Personal Training and IGNITE package rates are per person. Packages cannot be split between multiple people.*

### Physical Therapy

Move Strong Physical Therapy is now located inside the MJCC and is open to both members and guests. Move Strong delivers the highest quality, one-on-one, hands-on treatments individualized to each patient's needs. Move Strong is owned by Dr. Ariel Z. Salzman, DPT, OCS, CMPT, who has over 12 years of experience in outpatient orthopedics. She earned her Doctorate of Physical Therapy from Pacific University, and has both a certification in orthopedics (OCS) from the American Board of Physical Therapy Specialties, and a Certified Manual Physical Therapist (CMPT) from North American Institute of Orthopedic Manual Therapy (NAIOMT).

Dr. Salzman has a diverse background, but has a special interest in spine and SIJ problems. She also specializes in post-surgical rehabilitation as well as performing running evaluations and rehab for sports injuries. She is a certified ASTYM™ provider for soft tissue injuries and is certified to cast for custom orthotics. Move Strong is constantly being added to new insurance panels.

Clinic contact info: 503.451.3750  
www.movestrongpt.com  
ariel.salzman@movestrongpt.com

### Contact

To register for personal training programs, call Joe Seitz at 971.803.7309 or visit the Member Services Desk.



Ariel Z. Salzman

**Mix and Match**  
Create Your Plate to get a taste of the varied nutrition and wellness classes offered at the MJCC.

# Create Your Plate

Reach your health and wellness goals with our new innovative program that incorporates fitness, nutrition, and life coaching.

Cost: \$265. Member Cost: \$205.  
Registration forms available at the Member Services Desk.  
It's easy. Follow the steps below.

## 1 Choose a Personal Training type

Traditional, nutritional, yoga, pilates, or mix and match! Get four, one-on-one, 45-minute sessions with the personal trainer of your choice. See page 19 for details.

## 2 Choose a total of four Nutritional and Wellness classes

Classes are noted with a star on pages 20 - 21.

## Nutrition Options

### **Digestive Health \***

Digestion plays a huge role in maintaining good health. Learn what probiotics are, which probiotics are most effective, and how they can impact other health conditions.

*Instructor: Hilary Conway, Nutritional Therapist*

**Wednesday, April 11**

**7:00 - 8:30 pm, FIT300**

**Cost: \$20. Member Cost: \$10.**

### **Heart Health \***

Learn how changing your diet can naturally lower your blood pressure and cholesterol, decrease your risk of cardiovascular disease, and help you lose weight. Learn about specific heart-healthy foods to promote long-lasting health.

*Instructor: Hilary Conway, Nutritional Therapist*

**Wednesday, April 25**

**7:00 - 8:30 pm, FIT301**

**Cost: \$20. Member Cost: \$10.**

### **Clean Eating 101 \***

This workshop will teach you the importance of cleaning up your diet. Sugar and other ingredients increase cravings and keep you coming back for more. Learn tools to decrease cravings and eat healthy without feeling deprived. The instructor will help you set personal goals that you can immediately put into action for success.

*Instructor: Hilary Conway, Nutritional Therapist*

**Wednesday, May 9**

**7:00 pm - 8:30 pm, FIT302**

**Cost: \$20. Member Cost: \$10.**

### **Boost your Immunity \***

Your immune system is one of the most complex systems in the human body with its prime function being to protect the body against infection and disease. Learn how to best support your immune system with diet, lifestyle, and basic supplementation. Boost your immunity and stay healthy this spring! *Instructor: Hilary Conway, Nutritional Therapist*

*Instructor: Hilary Conway, Nutritional Therapist*

**Wednesday, May 30**

**7:00 - 8:30 pm, FIT303**

**Cost: \$20. Member Cost: \$10.**

## Wellness Options

### **Designing Your Balanced Life *NEW!* \***

Learn how to create a more balanced life and gain skills that will help you to spend more time designing your life. You'll leave this interactive session with a new awareness of where you currently direct your energies and a reconnection to what really fulfills you. Leave with a personally-designed plan to bring more balance and satisfaction to your days.

*Led by Certified Professional Coach Christine Gilmore.*

**Tuesday, April 10**

**6:00 - 7:30 pm, FIT304**

**Cost: \$20. Member Cost: \$10.**

### **Guided Visualization: Meet Your Future Self! \***

Spend a relaxing 90 minutes as Christine guides you through a short visualization during which you will meet your "future self." Come away with a strong sense of connection to your ideal self, and a reconnection to your own hopes, dreams, and inner wisdom. Leave with a clear sense of the path you're on, identifying what you want to stay the same and what you want to change. *Led by Certified Professional Coach Christine Gilmore.*

**Tuesday, May 1**

**6:00 - 7:30 pm, FIT305**

**Cost: \$20. Member Cost: \$10.**

## Fitness + Movement Classes

### **Sculpt Yoga**

Sculpt your body with this dynamic class that combines powerful yoga poses with light weights, thera-bands and exercise balls to increase strength, tone muscles, and improve flexibility. *Instructor: Tara Atkinson*

**Wednesdays, April 11 - June 13, FIT306A**

**OR Fridays, April 13 - June 15, FIT306B**

**8:00 - 8:55 am**

**Cost: \$124. Member Cost: \$94.**

**Sign up for both Wednesday and Friday together, FIT306C**

**Cost: \$220. Member Cost: \$180.**

### **Safe Falling with Intelligence and Style *NEW!* \***

Gaining strength and balance to reduce the likelihood of falling is the goal, but what do you do if you do take a misstep and go down? Talk to stunt pros, parachute users, and martial arts instructors and to learn that there is indeed a "correct" way to fall. Learn how to minimize the damage from what is the most common source of injury in emergency rooms across the nation regardless of age.

*Instructor: Tara Atkinson*

**Tuesdays, May 8, 15, 22, and 29**

**8:00 - 9:00 am, FIT307**

**Cost: \$58. Member Cost: \$38.**

### **The 5 Stages of Nia *NEW!* \***

Revisit simple, effective, and fun movement practice based on the developmental stages from embryo to walking adult. Movement in these stages allows for reclaiming natural strength, flexibility, mobility, and neural plasticity. *Instructor: Carol Gonzales*

**Tuesdays, April 10, 17, and 24**

**4:00 - 5:00 pm, FIT308**

**Cost: \$48. Member Cost: \$28**

### **Group Exercise Schedule**

For class times, visit [oregonjcc.org/group-exercise](http://oregonjcc.org/group-exercise)

And don't forget childcare is available while you exercise. See page 26.

### **Aqua Yoga**

See page 11 for description

### **Aqua Strength**

See page 11 for description



## Adult Dance Classes

### **Israeli Dancing**

Do you know the difference between a Hora and a Debka? Join us for a fun and introductory class in the basics of Israeli folk dancing! All levels are welcome. (min: 6 participants)  
*Instructor: Allison Victor*

**Wednesdays**

**April 25 - June 27**

**7:00 - 8:00 pm, CG302**

**Cost: \$100 Members + Guests.**

Drop-in \$15 per class

### **Dance for Parkinson's Disease**

Dance for Parkinson's Oregon offers dance classes for people with Parkinson's Disease and their care partners. Participants stretch and strengthen muscles, focusing on balance and rhythm through many styles of dance and music.

**Most Wednesdays, 1:30 - 2:30 pm**

**Cost: \$5 - \$15 per class, sliding scale.**

More info and class dates:

Madeleine Denko-Carter - 971.263.2761

Virginia Belt - 503.789.4575

danceforparkinsonsoregon@gmail.com

### **Massage at the J**

Reap the benefits of massage as part of your wellness and fitness routine. We offer Swedish, therapeutic, sports/athletic, deep tissue, and custom massages. To book a massage, call 503.244.0111.

**1/2 hour: Cost: \$70. Member Cost: \$50.**

**1 hour: Cost: \$90. Member Cost: \$70.**

**1 1/2 hours: Cost: \$115. Member Cost: \$95.**

**(3) pack 1 hour massages:**

**Member Cost: \$195.**

**(3) pack 1 1/2 hour massages:**

**Member Cost: \$270.**

**Massage Cancellation:** We have reserved a massage appointment especially for you! If you need to cancel a massage appointment, please call our Member Services Desk at 503.244.0111 at least 24 hours in advance. You will be charged a \$35 cancellation fee for any missed appointments or for less than 24 hour notice.

## Teen Fitness

**Stay active with our teen fitness offerings!**

### **Athletic Speed, Agility, and Quickness (ages 13 - 18)**

This is the perfect class for off-season, or someone determined to make the team. Jump into a power-packed class designed to turbo charge your performance to the next level. Top athletes work hard to refine their athletic skills. This class will allow you to improve the basic qualities you need to take to your sport of choice. *Instructor: Alex Ness, Sportsplex*

**Tuesdays, April 10 - May 29**

**3:45 - 4:55 pm, FIT309D**

**Cost: \$164. Member Cost: \$144.**

**OR Thursdays, April 12 - May 31**

**3:45 - 4:55 pm, FIT309E**

**Cost: \$164. Member Cost: \$144.**

**Sign up for both Tuesday and Thursday together, FIT309F**

**Cost: \$280. Member Cost: \$260.**

### **Teen Fitness Orientation (ages 13 - 17)**

Learn how to safely and effectively use the fitness floor equipment. Required for all 13 - 17 year olds using the fitness floor.

**To make an appointment, call Joe Seitz at 971.803.7309 or visit the Member Services Desk.**

### **Teen One-to-One Personal Training**

**1 hour - Cost: \$81. Member Cost: \$61.**

**5 x 1 hour - Cost: \$389. Member Cost: \$289.**

**10 x 1 hour - Cost: \$739. Member Cost: \$539.**

**1/2 hour - Cost: \$59. Member Cost: \$39.**

**5 X 1/2 hour - Cost: \$283. Member Cost: \$183.**

**10 X 1/2 hour - Cost: \$542. Member Cost: \$342.**

**To make an appointment, call Joe Seitz at 971.803.7309 or visit the Member Services Desk.**



**Did you know...**  
No matter how slow you go, you are still lapping everybody on the couch.

# Let Us Help You Reach Your Health and Fitness Goals

Check our Fitness Center wall for bios and additional information.  
Call 971.803.7309 to make an appointment.



**Osh Levin**  
Personal Trainer



**Peter Smith**  
Personal Trainer



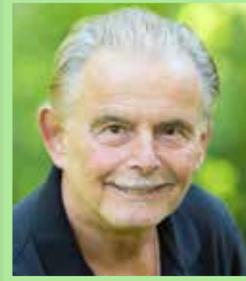
**Alex Ness**  
Personal Trainer



**Ryan Anest**  
Personal Trainer



**Tony Pierce**  
Personal Trainer



**Bill Haeuptle**  
Personal Trainer



**Joanna Chadd**  
Personal Trainer



**Hilary Conway**  
Personal Trainer  
Nutritional Therapist



**Tara Atkinson**  
Personal Trainer  
Yoga Therapist



**Angie Fisher**  
Pilates Reformer  
Trainer



**Christine Gilmore**  
Wellness Coaching



**Brio Howard**  
Massage Therapist



**Sofia Vidalis**  
Massage Therapist



**Iara Sapoznikow**  
Massage Therapist

## Free Adult Group Exercise Class Descriptions

### **The Body Shop**

Push your limits with a class that combines cardio, strength, balance, and flexibility. Focus on HIIT training concepts, functional movements, and overall total body conditioning for a long, lean, strong body.

*Instructors: Alex N., Hilary, Ryan*

### **BODYPUMP™**

BODYPUMP™ is for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 430 calories. Instructors will coach you through the scientifically-proven moves and techniques. *Instructors: Julie, April, Amy D., Donna*

### **Core Strength + Movement**

Sculpt a strong mid-section, while focusing on functional training concepts that will take your workouts from inside the gym and incorporate them into your everyday life. Suitable for all fitness levels. *Instructor: Alex N.*

### **Cycle**

Sprint, climb, spin, and sweat in this high energy group biking experience set to powerful music. This cardio workout is done on a stationary bike and is based on cycle principles which focus on cadences, heart-rate zones, drills, climbs, and sprints. *Instructors: Jennifer, Amy D., Meagan*

### **Forever Fit**

Move it, strengthen it, and stretch it in this mixed-format class. Guaranteed to work all your muscles, including your heart. Great for beginners and active seniors.

*Instructor: Robin*

### **Functional Fitness**

Re-establish muscular coordination that living in a sedentary high tech world can diminish. Climb over, around and under to activate muscles and work on flexibility and strength to have a fun whole-body workout. *Instructor: Joe*

### **Nia**

Recharge, rejuvenate, and come alive with this blend of dance, martial, and healing arts! Nia stimulates body, mind, and spirit. Great for all fitness levels. *Instructor: Patricia*

### **Pilates (Mat)**

Improve range of motion, postural strength and balance, abdominal strength, stability and control, and learn the body's awareness to its position in space. (For private Pilates Reformer call 971.803.7309.) *Instructors: Angie, Julie*

### **Gentle Pilates**

Perfect for those new to Pilates who prefer a slower pace or have injuries or disabilities. Includes movements to improve core strength, balance, and flexibility. *Instructor: Angie*

### **Health Qi Gong (Breath/Energy)**

Health Qi Gong coordinates breath control, dynamic flexibility movements from various positions, and concentrative meditation techniques to develop increased range of motion, body awareness, and focus.

*Instructor: Tony*

### **Tai Chi for Falls Prevention**

Improve balance, mobility, and flexibility while also increasing muscular strength and reducing blood pressure. This class consists of a series of individual dance-like movements and forms that flow smoothly and gently from one to the other in a sequence. *Instructors: John, Kristin*

### **U-Jam Fitness®**

U-Jam Fitness® is an athletic hip hop dance fitness workout that combines easy-to-learn steps and high energy music for a workout that will get your heart rate up, your body moving, and make you work up a sweat in no time – all while having fun! *Instructor: Tam*

### **Chair Yoga**

Designed for seniors, people with physical challenges, or anyone wanting a slower-paced exercise program. Yoga poses focus on balance, strength, and flexibility using a chair.

*Instructor: Amy*

### **Cycle Yoga**

This class combines 30 minutes of high intensity cycling followed by 25 minutes of yoga. Cycling is a combination of hills, endurance and speed set to a beat of fun energizing music. Yoga will focus on strength and lengthening, using a Vinyasa yoga sequence. For all fitness levels.

*Instructor: Jennifer*

### **Happy Hour Yoga**

Leave your week's mental and physical stress behind. Start Shabbat and the weekend clear, calm, and refreshed. Experience the tranquility of Vinyasa Yoga mixed with a spark of spirituality. Everyone and all levels welcome.

*Instructor: Nurit*

### **Vinyasa Yoga**

Flow through this class focusing on meditative breath, body strength, proper body alignment in asanas (postures), flexibility, and balance. A variety of levels are available. *Instructors: Tara, Carol M., Nurit*

### **Gentle Hatha Yoga**

Slower-paced than traditional yoga offerings, this yoga class is a blend of Iyengar (alignment focus), a bit of Viniyoga (moving with breath), and Anusara influence (mind, body, spirit). Perfect for beginners, people with injuries or disabilities, or those who just want to take it a bit easier. *Instructors: Amy, Tara*

### **Zumba**

Dance your way to fitness, with Latin and international rhythms. Maximize caloric output, burn fat, and tone your body in a fun, party-like atmosphere. *Instructors: Sandy, Amanda, Mandana*

### **“Umph”**

The difference between try and triumph is a little “umph.”

### **Free Group Exercise Schedule**

Pick up a schedule in the MJCC lobby or to [oregonjcc.org](http://oregonjcc.org) and click on the Fitness + Wellness tab.



# CHILDCARE

"My kids love to go to childcare and play.  
My son always draws a picture for me of what they did."

- Kalin, mother of 4 1/2 and 2 1/2 year olds



## Options

**Indoor Playground**  
(ages 6 mo. - 5 yrs.)

**Chai Baby + PJ Library  
Special Indoor Playground**  
(ages 6 mo. - 5 yrs.)

**Vacation Day Programs**  
(ages 3 - 11 yrs.)

**Club J**  
(ages 6 - 12 yrs.)

**Drop-in Childcare**  
(ages 6 mo. - 5 yrs.)

*Days and times on page 26.*

### CHILDCARE at the J

Ages 6 mo. - 12 yrs.

Kids of all ages have a blast in our childcare programs.



For the most up-to-date  
class information, visit  
[oregonjcc.org/childcare](http://oregonjcc.org/childcare)

## Childcare

### **Indoor Playground (ages 6 mo. - 5 yrs.)**

Play in our climate-controlled Sportsplex! Toys and equipment available, including a trampoline and gymnastics equipment. Adult must remain in the Sportsplex.

Monday, Wednesday, Friday  
10:00 am - 12:00 pm  
Cost: \$5. Member Cost: Free.

### **Chai Baby/PJ Library Special Indoor Playground**

Sponsored by Chai Baby and PJ Library, second Wednesday of each month. Kosher snacks, storytelling/singing, and a raffle for free books! Chai Baby runs September through June.

10:00 am - 12:00 pm, Free  
March 14  
April 11  
May 9  
June 13

### **Vacation Day Programs (ages 3 - 11 yrs.)**

Need something for your kids to do when school is out of session? Keep them busy and having fun at the MJCC with sports, swimming, gymnastics, arts and crafts, games, and more! Kids must be potty-trained. Register now!

March 26, 27, 28, 29, 30  
April 2, 3, 4, 5, 6  
May 4, 17, 18, 21  
June 18 - 22  
August 27 - 31

Full day: 8:00 am - 5:30 pm  
Half day: 8:00 am - 1:00 pm  
Questions: contact Haley Webb at  
503.452.3436 or hwebb@oregonjcc.org.

### **Drop-in Childcare (ages 6 mo. - 5 yrs.)**

Drop your child off while you work out or relax at the MJCC. Your child will enjoy playing games, reading books, coloring, and more. Adult must remain in the building while child is in our childcare programs. Pre-registration not required. Child may stay for a maximum of two hours per session. Unlimited Childcare and Club J use are available for a flat monthly rate. Inquire at the Member Services Desk.

Monday - Friday  
8:15 - 11:25 am

Sunday  
9:15 - 11:45 am

Monday + Wednesday  
5:15 - 7:00 pm

Cost: \$15. Member Cost: \$5.

### **Club J (ages 6 - 12 yrs.)**

Explore all the J has to offer including swimming, soccer, basketball, racquetball, board games, and more! Supervised drop-in play all around the J. Adult must remain in the building while child is in our childcare programs.

Monday - Thursday  
5:15 - 7:45 pm

Sunday  
9:15 - 11:45 am

Cost: \$15. Member Cost: \$5.

**Interested in "Unlimited Childcare"?  
Contact the Member Services Desk.**

Please refer to our website for all childcare and Club J holiday closures.

### **Contact**

For more information, contact Kelsey Kaplan at 503.535.3534 or kkaplan@oregonjcc.org.

### **Summer Day Camp Registration is Open!**

See page 29 for details.



# SUPPORT

## Support the MJCC!

MJCC is a nonprofit organization that exists and thrives due to the generous support of the community. Twelve thousand people come through our doors on a yearly basis, and nearly 4,000 individuals utilize our facilities as members. Membership, program fees, and rentals account for approximately 86% of our annual revenue, and we are dependent upon donations and grants to provide the remainder.

Contributions support additional programming in all areas: fitness, aquatics, sports and recreation, cultural and educational offerings, and family, teen, and young adult programs – as well as scholarships for memberships and day camp. **We are committed to ensuring that no one is ever turned away due to an inability to pay.**

For over 100 years, the Mittleman Jewish Community Center has been the “living room” of Portland’s Jewish Community. Originally located in the heart of Old South Portland, the MJCC moved to its current campus in 1971. Over the years, our programs and services have evolved and expanded, but our mission remains unchanged – to enrich Jewish life in our community by providing for the social, cultural, educational, and recreational needs of the Jewish community, and serving as the common meeting place for the entire Jewish community.

Our **#PDXBizLeaders Business Breakfast series has been a big success. Join us for our next breakfast 7:15 am on Tuesday, June 5** at the White Stag Block, 70 NW Couch Street. Look for more information in the Arts + Culture Spring Calendar.

Please remember the MJCC in your will, trust, retirement plan, or life insurance policy. For more information about supporting the Mittleman Jewish Community Center, contact Saul Korin at 503.452.3427.

**Thank you for your support of the Mittleman Jewish Community Center.**

## PDX BUSINESS BREAKFAST SERIES

**Save the Date**  
Tuesday, June 5, 2018  
at White Stag Block

The View of 3  
**Venture Capitalists**

Lessons from Early Stage Venture Investing

[oregonjcc.org/pdxbiz](http://oregonjcc.org/pdxbiz)

Breakfast

**#3**

Ensure the future of the MJCC by giving a Legacy gift.



Barry and Karla Benson with their daughter, Molly (center).

## MJCC Legacy Society

This group of dedicated community members have made the extraordinary commitment to remember the MJCC in their estate plans. We are deeply grateful to these individuals for their support to ensure the long-term sustainability of our Center. Interested in becoming a Legacy Society member? Contact Steve Albert at [salbert@oregonjcc.org](mailto:salbert@oregonjcc.org) or 503.535.3592.

Anonymous  
Steve Albert and Janie Goldenberg  
Bruce Abrams  
John Arnsberg  
Stacy Barna  
Barry and Karla Benson  
Amy and Doug Blauer  
Gerel Blauer  
Milton Carl z”l  
Glen Coblens and Mia Birk  
Edith Dorsen  
Becky and Greg Ewer  
Howard and Jen Feldman  
John and Beth Germain  
Robert E. and Lesley G. Glasgow  
Jonathan and Sarah Glass  
Merrill and Perry Hendin  
Lisa Katon and Noah Kressel  
Eric and Anna Kodesch  
Eric and Robin Kornblit  
Tony and Priscilla Kostiner  
Jordana and Ryan Levenick  
Howard and Wendy Liebreich  
Gail Mandel and Steve Klein  
Jeanne Newmark  
Jeff and Anne Nudelman  
Stacey L. and Marshal R. Oller  
Sue Perkel  
Robert and Rita Philip  
James E. Richman  
Bert and Laurie Rogoway  
Gayle and Paul Romain  
Steve Rosenberg and Ellen Lippman  
Stan and Madelle Rosenfeld  
Kyle and Rebecca Rotenberg  
Bunny and Jerry Sadis  
Stephen and Becki Saltzman  
Faye Gordon Samuels  
Andrea Sanchez and Benjamin Drucker  
Lois and Leonard z”l Schnitzer  
Sandra Schnitzer  
Gary and Linda Singer  
Les and Martha Soltesz  
Tom Stern  
Kenneth and Jennifer Zeidman  
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[www.SunnysFrozenYogurt.com](http://www.SunnysFrozenYogurt.com)

## His Story Is Our Story

Ensure that your **legacy** and **values** are passed to the next generation. OJCF is securing a **strong future** for Oregon and Southwest Washington.

Oregon Jewish Community Foundation  
503.248.9328 | [www.ojcf.org](http://www.ojcf.org)

## CAROLYN and ROBIN WEINSTEIN

*Working for you and our community since 1978*

**TO LEARN MORE VISIT**  
[cweinsteinpdxhomes.com](http://cweinsteinpdxhomes.com)

**OR CONTACT US PERSONALLY**  
**CAROLYN** 503.802.6415 **ROBIN** 503.802.6405  
[carolynandrobin@hasson.com](mailto:carolynandrobin@hasson.com)

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# MJCC DAY CAMP

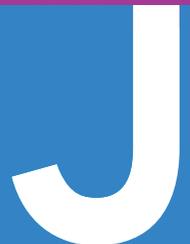
Open to Everyone! Ages 3-15



**Full + Partial Day Options**  
7:30 am - 6:00 pm all summer long.

**Swimming  
Included!**

**REGISTER TODAY!**  
[oregonjcc.org/daycamp](http://oregonjcc.org/daycamp)  
Mittleman Jewish Community Center  
503.452.3436 | [daycamp@oregonjcc.org](mailto:daycamp@oregonjcc.org)



Welcome

Aquatics

Sports

Fitness

Childcare

Support

MJCC Info

# MJCC Info

## Board of Directors

### Co-Presidents

Jonathan Glass

Andrea Sanchez

### Board Members

Avi Ben-Zaken

Barry Benson

Amy Blauer

Joyce Evans

Marni Glick, Treasurer

Steven Klein, Vice President - Strategy

Gail Mandel

Robert Philip

Erik Richmond

Channah Rose, Secretary

Steve Rosenberg

Stan Rosenfeld

Jonathan Singer

Carrie Wynkoop

Jason Zidell, Vice President - Facilities

## Statement of Non-Discrimination

The Mittleman Jewish Community Center (MJCC) assures that no person shall be discriminated against because of race, color, creed, sex, age, national origin, sexual orientation, gender identity, marital status, religion, political affiliation, veteran status, physical, sensory or mental disability, familial status, or any other reasons protected under Title VII of the Civil Rights Act of 1964, the Civil Rights Restoration Act of 1987, section 504 of the Rehabilitation Act of 1973 and the Americans with Disability Act. No person shall be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity for which they are otherwise eligible.

## JCCA Membership Perk

As a member of JCCA, the Mittleman Jewish Community Center enjoys many perks. One perk is mutual reciprocation with membership at other JCCA member facilities. The MJCC welcomes all out-of-town JCC members for a maximum of 14 non-consecutive days per calendar year. After 14 days we have a special offer of \$3 per day per person. Members of the MJCC will enjoy reciprocal membership at other JCCA facilities according to that location's specific policy. Make sure to bring your member ID card!

## Stay connected with the J!

Sign up for email alerts from the programs you use the most as well as our weekly What's Happening email blast at [oregonjcc.org/newsletters](http://oregonjcc.org/newsletters)

## MJCC Staff

### Leadership Staff

Steven Albert, Executive Director

Beth Germain, Chief Financial Officer

Jennifer Harrington, Assistant Executive Director

Becky Ewer, Marketing + Creative Director

Miriam Stroud, Human Resources Director

Lenny Steinberg, Program Director

Saul Korin, Development Manager

### Department Program Managers

Kelsey Kaplan, Membership + Customer Service

Ryan Ochoa, Aquatics Program

Scott Reese, Sports, Recreation + Camp

Joe Seitz, Fitness Program

Bethany West, Rentals + Events



The MJCC is a proud beneficiary of the Jewish Federation of Greater Portland and is proud of our partnership with them in strengthening our local Jewish community and the greater Portland community.

# Rentals + Events at the MJCC

## + FAQs

### Cancellation Policy

A full refund will be given when the MJCC cancels a program or a participant requests to drop a class (excluding MJCC camps) at least 24 hours before the first class. The MJCC reserves the right to cancel, change, or combine programs at any time.

### Enrollment FAQs

- You may register online or in person at the Member Services Desk.
- Payment must be provided at time of registration to guarantee a spot.
- If participants miss a class, they are not allowed to drop into other classes. If a class or program is cancelled due to inclement weather or other cause, we are unable to schedule make-up sessions or provide refunds. We will give one voucher per session, for 10% off enrollment of one class during the next program session, even if more than one class is cancelled. This voucher may not be turned into a refund.

### Accommodating Waitlists

All programs operate with minimum enrollment requirements and maximum enrollment capacities. We reserve the right to cancel, change, or combine programs when minimum program enrollments have not been met.

Once a program is filled, a waitlist will be created. You will be called if an opening becomes available or if additional classes are created. Note: If additional classes are created, they may not be at the same time or day as the original program.

### Inclement Weather and Building Closures

If a class or program is canceled due to inclement weather or other cause, we are unable to schedule make-up sessions or provide refunds if requested during the current program guide session.

One voucher per session will be issued for 10% off enrollment of one class during the next program session. One voucher will be given per program session, regardless if more than one class was cancelled. This voucher may not be turned in for a refund.



**Auctions**  
**Fundraisers**  
**Milestone Events**  
**Dances + Proms**  
**Wedding Receptions**  
**Ballroom + Meeting rooms**  
**Lobby + Cafe**  
**Gymnasium**  
**In-house Catering**  
**On-site Parking**

### More Information

**Bethany West**  
**Rentals and Events Manager**  
Email for quickest response:  
[rentals@oregonjcc.org](mailto:rentals@oregonjcc.org).  
Visit [oregonjcc.org/rentals](http://oregonjcc.org/rentals)  
for photos of our facility.



**Join the  
MJCC Today!**

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Fitness | Aquatics | Sports | Culture  
Call today - 503.244.0111.**