

Winter Program Guide

Winter 2019
January - March

Your complete guide to everything at the J!



Fitness



Sports



Arts + Culture



Childcare



Aquatics

Mittleman
Jewish Community Center
Open to everyone!





Location + Hours

6651 SW Capitol Hwy
Portland, OR 97219
503.244.0111 | 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

New Year's Eve
Monday, Dec. 31
6:00 am - 3:00 pm *

New Year's Day
Tuesday, Jan. 1
7:00 am - 3:00 pm *

* No regularly scheduled classes
or programs

**For administrative office closures
and special class offerings on
holiday dates, visit oregonjcc.org.**

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 accessible lockers
- All-gender changing rooms
- Gymnasium with eight basketball hoops
- Indoor rock climbing wall
- Free parking

Welcome

Dear Friends,

The winter is always an exciting time at the MJCC, and this year is no exception! One of the best ways to learn about winter wellness offerings is at our Annual **Fitness Palooza on Sunday, January 6**. Join us for class demos, trainer tips, TRX demos, and learn about our new wellness and nutrition workshops. It's the perfect opportunity to chat with our staff and learn about upcoming classes.



At your request, we've **expanded our afterschool options for kindergartners**, including dance, gymnastics, yoga, and soccer skills! Other afterschool youth programs include pickleball and Music Through Movement, and we're pleased to offer a wider array of days to sign up for our popular KidFit class, in response to many requests. Of course, soccer leagues are always a great winter recreation opportunity for both youth and adults.

Our **off-campus offerings** are expanding as a part of our **"J Without Walls"** (JWOW) initiative. Young adults are encouraged to join us at the Mt. Hood Ski Bowl for Cosmic Tubing – a unique way to observe Havdalah – on Saturday, January 19. And on Sunday, January 27, join author David Fishman for an author talk on *The Book Smugglers* at Portland State University.

We're particularly excited to present **Michael W. Twitty**, the acclaimed Jewish and African-American writer, culinary historian, and educator, at this year's Friends of the Center Brunch on Sunday, March 3. Twitty's book, *The Cooking Gene*, which won the 2018 James Beard Foundation Book Award for Book of the Year, documents the connection between food history and family history – from Africa to America and from slavery to freedom. And your opportunity to hear from a broad range of authors continues with our annual Jewish Author Series throughout the month of March.

At the MJCC, we're always planning ahead, and you'll want to kick-off your planning for summer at our **Day Camp Registration Fair** on Sunday, February 10. Our camp team is busy working on a range of exciting new options for a fun-filled summer for campers of all ages. Of course, we offer vacation day camp and family programs throughout the year and hope you'll join us for Winter Break Camps and our popular **New Year's Eve at Noon** program on Monday, December 31.

We're always interested in hearing your feedback and suggestions about our programs and services. We remain committed to meeting the broad needs of our diverse community, and we hope to hear from you.

Warm regards,


Steve Albert
Executive Director



Membership

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
 - Tai Chi
- **Free Drop-in Sports**
 - Rock climbing
 - Basketball
 - Indoor playground
 - Swimming
 - Gym hockey
 - Racquetball
 - Pickleball
- **Complimentary Services**
 - Towel
 - Shampoo
 - Soap
 - Lotion
 - Deodorant
 - Hair dryers
- **Discounted Rates**
 - Classes
 - Camps
 - Workshops
 - Advertising
 - Rentals
- **ADA Accessible**
 - Entrances
 - Parking
 - Pools
 - Restrooms
 - Lockers
 - Elevator

 We are an ADA accessible facility and pool.

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

January

ONE DAY SALE, Thursday, Jan. 24
BOGO - Buy 5 guest passes and get 5 free (10 for the price of 5). *Good for adult or child passes. Must use passes by July 31, 2019*

February

Member Nosh
Monday, February 25
9:30 - 11:00 am

Summer Day Camp discount begins during the registration fair on February 10 through the end of February.

March

10% off single massage and massage packages

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.

Did You Know?

You can switch from another sports club and have your enrollment fee waived.



Membership Info

For more information on Membership, contact Kelsey Kaplan, Membership + Customer Service Manager at 503.535.3534 or kkaplan@oregonjcc.org.

Hillary Shifrin, Assistant Membership + Customer Service Manager, at hshifrin@oregonjcc.org or 503.535.3617.

**Members
receive a
20% discount
on rentals.**



Friends of the Center Brunch 2018

Arts + Culture Events

Community Events

| | |
|-------------------------------------|----|
| 19th Annual Community Havdalah | 8 |
| Chai Baby/PJ Library | |
| Indoor Playground | 7 |
| College Info Night + Fair | 8 |
| Cosmic Havdalah - 20s - 30s | 8 |
| Family Flicks | 8 |
| Friends of the Center Brunch | 9 |
| Jewish Heritage Night - Winterhawks | 8 |
| Jewish PRIDE PDX Happy Hour | 9 |
| MJCC Summer Day Camp Fair | 8 |
| Monthly Mitzvahs | 7 |
| Mothers Circle | 7 |
| One Box Mitzvah Project | 7 |
| PJ Library MLK Day of Service | 8 |
| Used Book Sale | 10 |
| Yom Ha'Atzmaut | 10 |
| Yom Ha'Zikaron | 10 |

Visual + Performing Arts

| | |
|----------------------------|----|
| Art + Spirit Workshop | 10 |
| JAM Art Show + Sale | 9 |
| Jewish Community Orchestra | 8 |

Lectures + Literature

| | |
|-----------------------------------|---|
| Author Talk: David Fishman | 8 |
| Book Club | 7 |
| Mussar with Rabbi Joshua Rose | 7 |
| Nosh + Drash with Rabbi Eve Posen | 7 |

Classes + Workshops

| | |
|---------------------|----------|
| Hebrew for Lunch | 7 |
| Israeli Dancing | 10 |
| Knit Together | 7 |
| Mah Jongg Open Play | 7 |
| Mah Jongg Classes | 8, 9, 10 |
| MJCC Author Series | 10 |
| Music Lessons | 7 |
| Weekend in Quest | 9 |

For more information on Arts + Culture programs, please contact Lenny Steinberg at 503.535.3555 or lsteinberg@oregonjcc.org or Abbie Barash at 971.803.7311 or abarash@oregonjcc.org.

Activities by Age

Parent + Child

| | |
|---------------------|---------|
| Childcare Programs | 34 |
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| Swim Lessons | 13 - 15 |

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| | |
|------------------------------------|---------|
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| Creative Ballet | 19 |
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| Lil' Kickers Soccer | 23 |
| Movement Through Music <i>New!</i> | 19 |
| Music Lessons | 7 |
| Soccer Skills <i>New!</i> | 19 |
| Sports Mix | 19 |
| Swim Lessons | 13 - 15 |
| Vacation Day Camp | 34 |
| Yoga for Kids | 19 |

Youth

| | |
|--------------------------------------|--------|
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| Club J | 34 |
| Gymnastics I + II | 20 |
| Hip Hop | 20 |
| Junior Climbers | 20 |
| KidFit | 20 |
| Lil' Kickers Soccer + Soccer Leagues | 23 |
| Music Lessons | 7 |
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| Soccer Skills <i>New!</i> | 20 |
| Swim Lessons | 13, 15 |
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| | |
|--|----|
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| Drop-in Sports Schedule | 22 |
| Fitness Orientation | 32 |
| Hip Hop | 21 |
| Junior Ignite | 32 |
| Maccabi Games | 21 |
| Music Lessons | 7 |
| Personal Training | 32 |
| Rock City | 21 |
| Soccer Leagues | 23 |
| Swim Team | 16 |

PJA/MJCC Transport

After-School Classes Campus Transport
MJCC can escort your child from the PJA campus to and from their afterschool classes. All participants must sign a waiver (new waivers must be filled out for each program session). Waivers must be filled out at least 72 hours before the first class. Contact our Member Services Desk for more information. Space is limited. We recommend registering for this program at the same time of class registration to ensure your spot.

Cost: \$6. Member Cost: \$5. SP250

Adult

| | |
|--|--------|
| Ai-Chi | 16 |
| Aqua Balance | 17 |
| Aquarobics + Aqua Power | 16 |
| Aquatic Therapy | 17 |
| Arthritis Exercise | 16 |
| Ask the Physical Therapist | 31 |
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| Basketball Drop-In Games | 22 |
| BODYPUMP™ | 30 |
| The Body Shop | 30 |
| Boost Your Immunity | 27 |
| Cafe at the J | 39 |
| Cardio Circuit | 30 |
| Clean Eating 101 | 27 |
| Core Strength + Movement Cycle | 30 |
| Dance for Parkinson's | 31 |
| Digestive Health | 27 |
| Drop-in Sports Schedule | 22 |
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| Flourish <i>New!</i> | 27 |
| Forever Fit | 30 |
| From Stuck to Action <i>New!</i> | 27 |
| Gym Hockey | 22 |
| IGNITE | 25 |
| Israeli Dancing | 31 |
| Listening Skills <i>New!</i> | 27 |
| Massage | 32 |
| Masters Swimming | 16 |
| Mikvah - Rachel's Well | 39 |
| Music Lessons | 7 |
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| Physical Therapy | 25 |
| Physical Therapy Free Workshops | 31 |
| Pickleball | 22 |
| Pilates + Gentle Pilates | 30 |
| Pilates - Osteoarthritis <i>New!</i> | 30 |
| Pilates Reformer Training | 25 |
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| Private Swim Lessons | 13 |
| Refresh Your Workout! | 25 |
| Safe Falling with Intelligence + Style | 28 |
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| Water Fusion | 16 |
| Wellness Coaching | 25 |
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| Yoga - Cycle | 30 |
| Yoga - Family | 28 |
| Yoga - Happy Hour | 30 |
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| Yoga - Sculpt | 28 |
| Yoga - Yin <i>New!</i> | 30 |
| Yoga Therapy | 25 |
| Zumba | 31 |



ARTS + CULTURE

Art influences society by changing opinions, instilling values and translating experiences across space and time.

- Arts Council England

Sponsor a Program at the J!

Help bring a vibrant array of events to the MJCC by becoming a sponsor of any future program. Your commitment will help to ensure a wide variety of creative programs in the performing, visual, cinematic, and literary arts for the the Greater Portland community.

For more information, contact Lenny Steinberg at lsteinberg@oregonjcc.org.

SAVE THE DATE!

Join us for our 2019 Friends of the Center Brunch on Sunday, March 3, the MJCC's biggest fundraiser of the year. See page 9.



For more information on Arts + Culture contact Lenny Steinberg at 503.535.3555 or lsteinberg@oregonjcc.org

Arts + Culture

Ongoing

Monthly Mitzvah Project

Each month, the MJCC and PJA communities collect items for different agencies in Portland. Items can be dropped off in the blue bin located in the MJCC lobby, next to our Member Services Desk.

January - New and gently used socks for Janus Youth Programs

February - Lunch + snack items for Portland Backpack

March - Pillows for Purim for Community Warehouse

Mothers Circle

Mothers Circle is a free, 13-week program for moms who are looking to increase their understanding of Jewish values and traditions. The program is designed for moms who are not Jewish but have a Jewish partner, or for moms who have chosen Judaism as an adult. Email motherscircle@nevehshalom.org for more information.

Sundays, 10:00 - 11:30 am

January 6 and 27

February 10 and 24

March 17 and 31

In partnership with Congregation Neveh Shalom

Chai Baby/PJ Library Indoor Playground

Parent/child play in the Sportsplex with snacks, drinks, and storytelling.

Second Wednesday of each month

January 9

February 13

March 13

10:00 am - 12:00 pm

Free and open to the community.

In partnership with PJ Library, Chai Baby, Portland Jewish Academy

Book Club

Calling all book lovers! Come to the J and discuss literature throughout the year.

Second Tuesday of each month

12:00 pm

January 8 - *Small Great Things* by Jodi Picoult

February 12 - *Euphoria* by Lily King

March 12 - TBA

Nosh + Drash with Rabbi Eve Posen

A monthly discussion covering a wide range of topics that draw on our experiences.

Thursday, January 10

Parshat Bo - What does it Mean to Walk into Freedom?

Thursday, February 14

Different Learners, Different Temperaments:

A Rabbinic Perspective on Recognizing our Strengths and Weaknesses

Thursday, March 14 - TBA

3:00 - 4:00 pm

Free and open to the community.

In partnership with Congregation Neveh Shalom

Mussar with Rabbi Joshua Rose

Mussar is an approach to self-awareness and personal development that is grounded in deep reflection on Jewish texts and on spiritual practices that guide us toward greater control over our thinking and behaviors.

Monday, January 14

Monday, February 11

Monday, March 11

2:30 - 3:25 pm

Free and open to the community.

In partnership with Congregation Shaarie Torah

Hebrew for Lunch

Join Sylvia Frankel in the lobby for a discussion in Hebrew. Purchase lunch or just enjoy the conversation. Some conversational Hebrew required.

Tuesdays, 12:15 pm

Knit Together: A Crafting Community

Calling all knitters. Bring your knitting projects and chat in the lobby.

Tuesdays, 1:00 - 2:00 pm

Mah Jongg Open Play

Open games in the Cafe at the J. Bring your friends and play.

Sundays, 12:00 pm

Mondays, 12:30 pm

Tuesdays, 1:00 pm

OneBox: Year-Round Mitzvah Project!

OneBox Now donates 25% of revenue to supporting local non-profits.

One Box Now accepts all textile and clothing donations. Bring yours to the MJCC today!

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

Did You Know?

The first Israeli Folk Dance was created in Tel Aviv in 1924, entitled "Urah Galilit."

January

College Info Night + Fair

Calling all teens and parents! Curious to know what your options are after high school graduation? Interested in learning more about Jewish life on college campuses? Join Julia Surtshin from College Ahead, and other professionals who will share the ins and outs of life after high school. Come learn about the college admission process, financial aid, as well as non-traditional post-high school program opportunities.

Tuesday, January 15

6:30 - 8:00 pm

Free and open to the community.

20s - 30s

Cosmic Havdalah

Join us for Havdalah on the mountain! Meet at Mt. Hood Ski Bowl for Havdalah and then hit the slopes for Cosmic Tubing. Carpooling arrangements will be made prior to the event.

Saturday, January 19

6:45 - 9:15 pm

Cost: \$30, includes rental gear and snacks.

Mt. Hood Adventure Park at Ski Bowl
87000 East Highway 26, Government Camp
Tickets: oregonjcc.org/cosmichavdalah

PJ Library MLK Day of Service

Join PJ Library and other partner organizations for a special day of service for preschoolers!

Monday, January 21

10:00 - 11:30 am

Free and open to the community.

Mah Jongg for Beginners

Learn to play this ancient game. It will give your mind a workout!

Tuesday Mornings

January 22 - February 19

10:30 am - 12:30 pm, CG200

Cost: \$100. Members: \$85.

Register: oregonjcc.org/registration

Mah Jongg for Intermediate Players

Take your game to the next level and become an expert!

Tuesday Afternoons

January 22 - February 19

1:30 - 3:30 pm, CG201

Cost: \$100. Members: \$85.

Register: oregonjcc.org/registration

Jewish Heritage Night with the Portland Winterhawks

Wednesday, January 23

More details to come.

Author Talk: *The Book Smugglers* by David Fishman

Join David Fishman as he brings a gripping and compelling book to life with his recounting of how he came to learn about this story, illustrated by many photographs.

Sunday, January 27

1:00 pm

Portland State University, Browsing Lounge
Smith Memorial Student Union, Room 238,
1825 SW Broadway.

Free and open to the community.

This event is sponsored by Congregation Beth Israel, Mittleman Jewish Community Center, Portland State University's Judaic Studies Program, and Congregation Shaarie Torah.

February

19th Annual Community Havdalah

A short service will be led by a member of the community.

Saturday, February 2

7:00 pm

Cedar Sinai Park, Rose Schnitzer Manor,
Zidell Hall

Free and open to the community.

Sponsored by the Jewish Women's Round Table and its member organizations (MJCC), for the community and the residents of Cedar Sinai Park

MJCC Summer Day Camp Info Fair

Learn about the MJCC Summer Day Camp programs, register, and meet camp staff!

Sunday, February 10

10:00 am - 1:00 pm

Jewish Community Orchestra - Young Artists Showcase

Four winners will be selected to perform one movement of a concerto with the JCO. To apply, go to jewishcommunityorchestra.org and click on Young Artists Competition.

Sunday, February 10

3:00 pm

Cost: \$10 adults. \$8 seniors. \$5 students.

Children under 6 free. Tickets at the door.

In partnership with the MJCC

Family Flicks - *An American Tail*

Come to the MJCC for a Sunday afternoon of family fun! We will be playing a family classic, *An American Tail* (Rated G), on the big screen. Popcorn and snacks will be provided.

Sunday, February 17

3:00 pm

Cost: \$10 per family

Tickets: oregonjcc.org/familyflicks

Did You Know?

The MJCC is the only JCC between Seattle and the Bay Area, serving over 10,000 people a year.

Jewish PRIDE Greater PDX Happy Hour

Come join us for a bi-monthly happy hour for Jewish Pride Greater PDX! This is a non-affiliated group seeking to bring together LGBTQ+ Jews from all walks of life. We invite you to come hang out, have a drink (the first one is on us!), and munch on some appetizers (which are also on us!).

Thursday, February 21

6:30 - 8:30 pm

Location: Cerulean Wine - 1439 NW Marshall
Free and open to the community.

March

JAM Art Show + Sale

March is Jewish Arts Month but the show starts in late February! 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 benefits the MJCC.

Weekend in Quest

A Shabbaton weekend of study and community. The 2019 Scholar-in-Residence will be Professor Naomi Sokoloff from the University of Washington Seattle. Professor Sokoloff will present on Poems and Prayers: Modern Jewish Writers Reinterpreting Tradition.

March 1 - 3

For more information go to weekendinquest.org and/or contact Mimi Epstein at mimiepstein42@comcast.net.

Held at the Holiday Inn Express in Astoria, Oregon

In partnership with the Institute for Judaic Studies

Mah Jongg for Beginners

Learn to play this ancient game. It will give your mind a workout!

Tuesday Mornings

March 5 - April 2

10:30 am - 12:30 pm, CG202

Cost: \$100. Members: \$85.

Register: oregonjcc.org/registration

Did You Know?

Identity Cooking - a term that isn't about fusion; rather it's how we construct complex identities and then express them through how we eat. Learn more about this from speaker Michael Twitty and his personal mission to document the connection between food history and family history at the **Friends of the Center Brunch on Sunday, March 3.**



Michael W. Twitty

SAVE THE DATE

FOTCB

Mittleman Jewish Community Center's
Friends of the Center Brunch

Sunday, March 3, 2019

10:00 am at MJCC

with Special Guest, Michael W. Twitty

Also honoring new inductees to the Oregon Jewish Sports Hall of Fame and presenting the Harry Glickman Scholar Athlete Awards.

Individual Tickets: \$54. Age 36 and under: \$36.

Table of Eight: \$432.

Sponsorships available

Come hear Michael W. Twitty, a James Beard Award-Winning Author, independent scholar, culinary historian, and historical interpreter. Twitty prepares, preserves, and promotes African-American foodways and its parent traditions in Africa and throughout the African Diaspora, including its legacy in the food culture of the American South.

oregonjcc.org/brunch



Did You Know?

In the story of Purim, Mordechai was the first person in history to be called a "Jew." Though he wasn't the first Jewish person; he's thought to be the first person to be referred to as a Jew rather than an Israelite or Hebrew. Purim is March 20 - 21.

Mah Jongg for Intermediate Players

Take your game to the next level and become an expert!
Tuesday Afternoons
March 5 - April 2
1:30 - 3:30 pm, CG203
Cost: \$100. Members: \$85.
Register: oregonjcc.org/registration

MJCC Author Series

Join us for this thought-provoking program that will bring an exceptional line up of authors and special events to our community. Check back soon for authors and event details!
Tuesday, March 5 at 7:00 pm
Tuesday, March 12 at 7:00 pm
Tuesday, March 19 at 7:00 pm
Guest: \$8. Member Cost: \$5.
Series Pass: Guest: \$20. Member Cost: \$12.
Tickets: oregonjcc.org/authorseries

Art + Spirit Workshop

Willa Schneberg, poet and ceramic artist, will join us for a two-hour workshop based on poems by Jewish poets that are in part inspired by biblical texts. Discussion, prompts, visualizations, and opportunities to write, sketch, move, and imagine will be provided.
Sunday, March 10
2:00 - 4:00 pm
Cost: \$18.
Tickets: oregonjcc.org/art-spirit
In partnership with ORA Northwest Jewish Artists

Israeli Dancing

Join us for a fun, introductory Israeli folk dance class. All levels are welcome. Six people needed to run class.
Wednesday Evenings
December 26 - February 27
7:00 - 8:00 pm, CG 105
Cost: \$100 Members + Guests.
Drop-in Fee: \$15 per class.
Register: oregonjcc.org/registration
Spring class dates: March 27 - June 26.

Used Book Sale

Support the MJCC and PJA communities during our annual Used Book Sale. Finds thousands of books at great prices!
Book collection: January 14 - March 15.
March 31 - April 2
Sunday 10:00 am - 5:00 pm
Monday 8:00 am - 7:00 pm
Tuesday 8:00 am - 7:00 pm
Free and open to the community.

Save the Date Yom Ha'Zikaron Tuesday, May 7

Save the Date Yom Ha'Atzmaut Wednesday, May 8 5:30 pm

Rent the MJCC

(Members receive a 20% discount!)



Auctions + Fundraisers
Conference + Seminars
Wedding Receptions

All Night Grad Parties
Bar/Bat Mitzvahs
Dances + Proms

Ballroom + Meeting Rooms
In-house Cafe
On-site Parking

oregonjcc.org/rentals

Yom Ha'Atzmaut at the MJCC 2018

Save the Dates!

**Yom Ha'Zikaron
May 7**

**Yom Ha'Atzmaut
May 8**



Membership

Contents

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MJCC Info



AQUATICS

Swimming fires up more of your body's major muscle groups than other forms of cardio exercise.
- David Tanner, Research Associate at Indiana University

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 for weekly lap, 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.



NEW

Check out Aquatic Fun Facts on page 17.



For the most up-to-date class information, visit 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 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, regardless if more than one class is cancelled. 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

Private and semi-private lessons may be scheduled in either pool, and are based on swim instructor availability, participant's schedule, and pool space. Availability may change each program session. When capacity is reached, new requests will not be accepted. Any requests submitted prior to reaching capacity will be held on a wait list. Contact Member Services to fill out a private swim lesson request form. Please allow five to seven business days for our private lesson coordinator to contact you. *Prices are per person.*

Private: 5 x 1/2 hour (*one-on-one*)

Cost: \$255. **Member Cost:** \$180.

Semi-private: 5 x 1/2 hour

(*one instructor to two students*)

Cost: \$188. **Member Cost:** \$125.

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 is Back! 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 | 1/6 - 3/17 | AQ201 | \$94/\$77 | Warm Pool |
| Starfish | Sat | 9:00 - 9:30 am | 1/12 - 3/23 | AQ202 | \$94/\$77 | Warm Pool |
| Starfish | Fri | 11:00 - 11:30 am | 1/11 - 3/22 | AQ203 | \$94/\$77 | Warm Pool |
| Puddle Jumpers | Fri | 11:30 am - 12:00 pm | 1/11 - 3/22 | AQ204 | \$94/\$77 | Warm Pool |

Did You Know?

Swimming is truly a lifelong sport. The oldest competitive swimmer in the world swam until he was 105!

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 | 1/6 - 3/17 | AQ205 | \$121/\$99 | Warm Pool |
| PS Angelfish + Blowfish | Sun | 10:10 - 10:40 am | 1/6 - 3/17 | AQ206 | \$121/\$99 | Warm Pool |
| PS Crocodile | Sun | 10:45 - 11:15 am | 1/6 - 3/17 | AQ207 | \$121/\$99 | Warm Pool |
| PS Dolphin | Sun | 11:20 - 11:50 am | 1/6 - 3/17 | AQ208 | \$121/\$99 | Main Pool |
| PS Angelfish + Blowfish | Sat | 9:35 - 10:05 am | 1/12 - 3/23 | AQ209 | \$121/\$99 | Warm Pool |
| PS Angelfish + Blowfish | Sat | 10:10 - 10:40 am | 1/12 - 3/23 | AQ210 | \$121/\$99 | Warm Pool |
| PS Crocodile | Sat | 10:45 - 11:15 am | 1/12 - 3/23 | AQ211 | \$121/\$99 | Warm Pool |
| PS Dolphin | Sat | 11:20 - 11:50 am | 1/12 - 3/23 | AQ212 | \$121/\$99 | Main Pool |

Preschool Session I (3 - 6 yrs.)

Two Day Sessions

| Class | Day | Time | Date | Code | Cost/Member | Location |
|-------------------------|-------|---------------------|-----------|-------|-------------|-----------|
| PS Angelfish + Blowfish | M/W | 11:00 - 11:30 am | 1/7 - 2/6 | AQ213 | \$110/\$90 | Warm Pool |
| PS Crocodile | M/W | 11:30 am - 12:00 pm | 1/7 - 2/6 | AQ214 | \$110/\$90 | Warm Pool |
| PS Angelfish + Blowfish | M/W | 3:45 - 4:15 pm | 1/7 - 2/6 | AQ215 | \$110/\$90 | Warm Pool |
| PS Crocodile | M/W | 4:20 - 4:50 pm | 1/7 - 2/6 | AQ216 | \$110/\$90 | Warm Pool |
| PS Angelfish + Blowfish | M/W | 4:55 - 5:25 pm | 1/7 - 2/6 | AQ217 | \$110/\$90 | Warm Pool |
| PS Angelfish + Blowfish | M/W | 5:30 - 6:00 pm | 1/7 - 2/6 | AQ218 | \$110/\$90 | Warm Pool |
| PS Angelfish + Blowfish | Tu/Th | 11:00 - 11:30 am | 1/8 - 2/7 | AQ219 | \$110/\$90 | Warm Pool |
| PS Crocodile | Tu/Th | 11:30 am - 12:00 pm | 1/8 - 2/7 | AQ220 | \$110/\$90 | Warm Pool |
| PS Angelfish + Blowfish | Tu/Th | 3:45 - 4:15 pm | 1/8 - 2/7 | AQ221 | \$110/\$90 | Warm Pool |
| PS Angelfish + Blowfish | Tu/Th | 4:20 - 4:50 pm | 1/8 - 2/7 | AQ222 | \$110/\$90 | Warm Pool |
| PS Crocodile | Tu/Th | 4:55 - 5:25 pm | 1/8 - 2/7 | AQ223 | \$110/\$90 | Warm Pool |
| PS Crocodile | Tu/Th | 5:30 - 6:00 pm | 1/8 - 2/7 | AQ224 | \$110/\$90 | Warm Pool |



Preschool Session II (3 - 6 yrs.)

Two Day Sessions

| Class | Day | Time | Date | Code | Cost/Member | Location |
|-------------------------|-------|---------------------|-------------|-------|-------------|-----------|
| PS Angelfish + Blowfish | M/W | 11:00 - 11:30 am | 2/11 - 3/20 | AQ225 | \$132/\$108 | Warm Pool |
| PS Crocodile | M/W | 11:30 am - 12:00 pm | 2/11 - 3/20 | AQ226 | \$132/\$108 | Warm Pool |
| PS Angelfish + Blowfish | M/W | 3:45 - 4:15 pm | 2/11 - 3/20 | AQ227 | \$132/\$108 | Warm Pool |
| PS Crocodile | M/W | 4:20 - 4:50 pm | 2/11 - 3/20 | AQ228 | \$132/\$108 | Warm Pool |
| PS Angelfish + Blowfish | M/W | 4:55 - 5:25 pm | 2/11 - 3/20 | AQ229 | \$132/\$108 | Warm Pool |
| PS Angelfish + Blowfish | M/W | 5:30 - 6:00 pm | 2/11 - 3/20 | AQ230 | \$132/\$108 | Warm Pool |
| PS Angelfish + Blowfish | Tu/Th | 11:00 - 11:30 am | 2/12 - 3/21 | AQ231 | \$132/\$108 | Warm Pool |
| PS Crocodile | Tu/Th | 11:30 am - 12:00 pm | 2/12 - 3/21 | AQ232 | \$132/\$108 | Warm Pool |
| PS Angelfish + Blowfish | Tu/Th | 3:45 - 4:15 pm | 2/12 - 3/21 | AQ233 | \$132/\$108 | Warm Pool |
| PS Angelfish + Blowfish | Tu/Th | 4:20 - 4:50 pm | 2/12 - 3/21 | AQ234 | \$132/\$108 | Warm Pool |
| PS Crocodile | Tu/Th | 4:55 - 5:25 pm | 2/12 - 3/21 | AQ235 | \$132/\$108 | Warm Pool |
| PS Crocodile | Tu/Th | 5:30 - 6:00 pm | 2/12 - 3/21 | AQ236 | \$132/\$108 | Warm Pool |

Contact

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

Youth (6 - 11 yrs.)

One Day Per Week

| Class | Day | Time | Date | Code | Cost/Member | Location |
|----------------------|-----|---------------------|-------------|-------|-------------|-----------|
| Angelfish + Blowfish | Sun | 10:00 - 10:40 am | 1/6 - 3/17 | AQ237 | \$160/\$132 | Main Pool |
| Crocodile + Dolphin | Sun | 10:45 - 11:25 am | 1/6 - 3/17 | AQ238 | \$160/\$132 | Main Pool |
| Eel + Flying Fish | Sun | 11:30 - 12:10 pm | 1/6 - 3/17 | AQ239 | \$160/\$132 | Main Pool |
| Angelfish + Blowfish | Sat | 10:15 - 10:55 am | 1/12 - 3/23 | AQ240 | \$160/\$132 | Main Pool |
| Crocodile + Dolphin | Sat | 11:00 - 11:40 am | 1/12 - 3/23 | AQ241 | \$160/\$132 | Main Pool |
| Eel + Flying Fish | Sat | 11:45 am - 12:25 pm | 1/12 - 3/23 | AQ242 | \$160/\$132 | 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 | 1/7 - 2/6 | AQ243 | \$145/\$120 | Main Pool |
| Eel + Flying Fish | M/W | 4:30 - 5:10 pm | 1/7 - 2/6 | AQ244 | \$145/\$120 | Main Pool |
| Angelfish + Blowfish | M/W | 5:15 - 5:55 pm | 1/7 - 2/6 | AQ245 | \$145/\$120 | Main Pool |
| Eel + Flying Fish | Tu/Th | 3:45 - 4:25 pm | 1/8 - 2/7 | AQ246 | \$145/\$120 | Main Pool |
| Crocodile + Dolphin | Tu/Th | 4:30 - 5:10 pm | 1/8 - 2/7 | AQ247 | \$145/\$120 | Main Pool |
| Angelfish + Blowfish | Tu/Th | 5:15 - 5:55 pm | 1/8 - 2/7 | AQ248 | \$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 | 2/11 - 3/20 | AQ249 | \$174/\$144 | Main Pool |
| Eel + Flying Fish | M/W | 4:30 - 5:10 pm | 2/11 - 3/20 | AQ250 | \$174/\$144 | Main Pool |
| Angelfish + Blowfish | M/W | 5:15 - 5:55 pm | 2/11 - 3/20 | AQ251 | \$174/\$144 | Main Pool |
| Eel + Flying Fish | Tu/Th | 3:45 - 4:25 pm | 2/12 - 3/21 | AQ252 | \$174/\$144 | Main Pool |
| Crocodile + Dolphin | Tu/Th | 4:30 - 5:10 pm | 2/12 - 3/21 | AQ253 | \$174/\$144 | Main Pool |
| Angelfish + Blowfish | Tu/Th | 5:15 - 5:55 pm | 2/12 - 3/21 | AQ254 | \$174/\$144 | Main Pool |

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*

For a tryout, contact Head Coach Jennie Condon at jcondon@oregonjcc.org.

Practice continues through May 30.

BRONZE

Monday - Thursday 4:45 - 5:30 pm

Cost: \$95/month.

Member Cost: \$80/month.

SILVER

Monday - Thursday 5:30 - 6:30 pm

Cost: \$110/month.

Member Cost: \$90/month.

GOLD

Monday - Thursday 5:15- 6:45 pm

Cost: \$120/month.

Member Cost: \$100/month.

Junior Rays

(Pre-Swim Team ages 5+)

For those interested in pursuing swimming as a sport, start the transition from lessons to competition. 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 is generally on-deck or in the water.

Practice continues through May 30.

Monday - Thursday, 4:45 - 5:30 pm.

Cost: \$85/month. Member Cost: \$70/month.

For tryouts, contact head coach Jennie Condon at jcondon@oregonjcc.org.

Adult Aquatic Exercise Classes

Main Pool Classes

Aquatic exercise classes are free to members and day pass users.

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

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 or 503.358.4383

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

Small Group Exercise Classes with Glide Boards

Aqua Balance

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

January 12 - March 30

Cost: \$432. Member Cost: \$192.



Aquatics Fun Facts!

Number of swimming pools in the United States

10.6 Million

4th

Most popular sport or activity in the United States

Ancient drawings found in Egypt depicting people swimming

2500 BCE

39%

Children who swim improve cardiovascular health

28%

Adult's strongest summer swimming memory - smell of chlorine

650

Calories burned in one hour of vigorous swimming

50%

Americans who don't know how to swim

Adult Aquatic Exercise Classes

Don't forget about the free classes in the main and warm pools. See page 16.



SPORTS

"When children are playing sports, they are learning how to interact with the world around and the people in it. Children learn how to contribute to something bigger than themselves."

- Bo Hanson, Olympian, Coaching Consultant

MJCC Sportsplex Facts

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



NEW

Sports fun for all ages p. 22



For the most up-to-date class information, visit 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 23 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

Basketball Skills

Learn basics like dribbling, passing, shooting skills, and having fun playing some games.

Gymnasium

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*

Preschool

One Day Per Week

| Class | Age | Day | Time | Date | Code | Cost/Member | Location |
|------------------------------------|-----------|-------|----------------|-------------|-------|-------------|--------------|
| Creative Ballet | 3 - 6 yrs | Mon | 3:00 - 3:30 pm | 1/7 - 3/18 | SP200 | \$151/\$126 | Dance Studio |
| Soccer Skills <i>New!</i> | 3 - 6 yrs | Mon | 3:00 - 3:30 pm | 1/7 - 3/18 | SP201 | \$151/\$126 | Sportsplex |
| Yoga for Kids | 3 - 6 yrs | Tues | 3:00 - 3:30 pm | 1/8 - 3/19 | SP202 | \$151/\$126 | Studio I |
| Sports Mix | 4 - 6 yrs | Tues | 3:00 - 3:30 pm | 1/8 - 3/19 | SP203 | \$151/\$126 | Gymnasium |
| Basketball Skills | 4 - 6 yrs | Wed | 3:00 - 3:30 pm | 1/9 - 3/20 | SP204 | \$151/\$126 | Gymnasium |
| Gymnastics + Tumbling Level 1 | 3 - 6 yrs | Wed | 3:00 - 3:30 pm | 1/9 - 3/20 | SP205 | \$151/\$126 | Sportsplex |
| Movement Through Music <i>New!</i> | 3 - 6 yrs | Thurs | 3:00 - 3:30 pm | 1/10 - 3/21 | SP206 | \$151/\$126 | Dance Studio |
| Gymnastics + Tumbling Level 2 | 3 - 6 yrs | Thurs | 3:00 - 3:30 pm | 1/10 - 3/21 | SP207 | \$151/\$126 | 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 of gymnastics experience.

Sportsplex

Sports Mix

Play games from a new sport each week while getting a fun workout! *Gymnasium*

Soccer Skills *New!*

Develop basic soccer skills such as passing, shooting, dribbling, and trapping. Learn by doing drills and playing games! *Sportsplex*

Movement Through Music *New!*

Have fun moving to the rhythm and beat! Your child will have a great time playing games, dancing, and learning fun dance moves in this super exciting new class! *Dance Studio*

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 23 for details.

Contact

For more information on Sports, Recreation + Camp programs, contact Scott Reese at 503.452.3440 or sreese@oregonjcc.org.



**Pickleball
is now a
youth class.**

Youth

Basketball Skills

Learn basics like dribbling, passing, shooting skills, and having fun playing some games. *Gymnasium*

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*

Gymnastics Level 1

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

Gymnastics Level 2

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

Junior Climbers

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

KidFit

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

Pickleball New!

This is an exciting and fun racquet game! Learn basic skills and incorporate them into game situations. *Gymnasium*

Soccer Skills New!

Develop basic soccer skills such as passing, shooting, dribbling, and trapping. Learn by doing drills and playing games! *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. *Studio I*

Youth

One Day Per Week

| Class | Age | Day | Time | Date | Code | Cost/Member | Location |
|------------------------------|------------|-------|----------------|-------------|-------|-------------|--------------|
| Beginning Hip Hop | 5 - 9 yrs | Mon | 3:45 - 4:30 pm | 1/7 - 3/18 | SP208 | \$151/\$126 | Dance Studio |
| Soccer Skills <i>New!</i> | 5 - 9 yrs | Mon | 3:45 - 4:30 pm | 1/7 - 3/18 | SP209 | \$151/\$126 | Sportsplex |
| KidFit <i>New Day Added!</i> | 7 - 12 yrs | Tues | 3:45 - 4:30 pm | 1/8 - 3/19 | SP210 | \$151/\$126 | Sportsplex |
| Basketball Skills | 6 - 9 yrs | Wed | 3:45 - 4:30 pm | 1/9 - 3/20 | SP211 | \$151/\$126 | Gymnasium |
| Junior Climbers | 6 - 9 yrs | Wed | 3:45 - 4:45 pm | 1/9 - 3/20 | SP212 | \$151/\$126 | Gymnasium |
| Gymnastics Level 1 | 5 - 9 yrs | Wed | 3:45 - 4:30 pm | 1/9 - 3/20 | SP213 | \$151/\$126 | Sportsplex |
| Pickleball <i>New!</i> | 6 - 9 yrs | Thurs | 3:45 - 4:30 pm | 1/10 - 3/21 | SP214 | \$151/\$126 | Gymnasium |
| Gymnastics Level 2 | 5 - 9 yrs | Thurs | 3:45 - 4:30 pm | 1/10 - 3/21 | SP215 | \$151/\$126 | Sportsplex |
| Youth Yoga + Mindfulness | 5 - 12 yrs | Fri | 2:45 - 3:30 pm | 1/11 - 3/22 | SP216 | \$151/\$126 | Studio I |
| KidFit | 7 - 12 yrs | Fri | 2:45 - 3:30 pm | 1/11 - 3/22 | SP217 | \$151/\$126 | Sportsplex |

Teen

Beginning 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.

Sunday Mornings

9:15 - 11:45 am

Monday - Thursday Evenings

5:00 - 7:45 pm

Cost: \$20. Member Cost: \$7.

Athletic Speed, Agility, and Quickness (ages 12 - 17 yrs.)

See page 32 for details.

Teen

One Day Per Week

| Class | Age | Day | Time | Date | Code | Cost/Member | Location |
|-------------------|-------------|-----|----------------|------------|-------|-------------|--------------|
| Beginning Hip Hop | 10 - 14 yrs | Mon | 4:30 - 5:15 pm | 1/7 - 3/18 | SP218 | \$151/\$126 | Dance Studio |
| Rock City | 10 - 14 yrs | Wed | 4:45 - 5:45 pm | 1/9 - 3/20 | SP219 | \$151/\$126 | Gymnasium |

Oregon Teens to Compete in Detroit at JCC Maccabi Games® and ArtsFest®

Over the last few years, our JCC has been honored to bring approximately 60 teens to participate in the JCC Maccabi experience. Team Oregon has had tremendous success in both the Games and ArtsFest.



We are delighted to share with you that we will be heading to Detroit on August 4 - 9, 2019. This is a wonderful opportunity for our area youth to travel, compete, and meet new Jewish friends from around the world.

Available **sports** include (ages 13-16): baseball, basketball, competitive dance, golf, ice hockey, lacrosse, soccer, softball, swimming, table tennis, tennis, and volleyball.

Available **arts** include (ages 12-17): acting/improv, dance, musical theater, rock band, social media squad, visual arts, and vocal performance/glee.

If you or someone you know is interested in joining our delegation please contact Lenny Steinberg at lsteinberg@oregonjcc.org or 503.535.3555.

Maccabi Games®

Since rejoining the JCC Maccabi experience in 2016, Team Oregon has brought home more than 20 medals.

Harry Glickman Award Application

The Oregon Jewish Sports Hall of Fame accepts applications annually for the Harry Glickman Scholar Athlete Award. This honor is awarded to one male and one female Jewish scholar athlete who lives in Oregon, and is a junior or senior in high school. Winners receive the Award at the MJCC's Friends of the Center Brunch, along with public recognition at the MJCC and a **\$500 award**. Applications at oregonjcc.org/hsathlete. Deadline for nominations is **December 7, 2018**.



Drop-in Sports Schedule

Adults

| Sport | | Sun | Mon | Tues | Wed | Thurs | Fri |
|--------|------------------------|--------------------|------------------|-----------------|-------------------------------------|-----------------|------------------|
| Adults | Women's Basketball | | | 8:45 - 10:00 am | | | |
| | Basketball | | 12:00 - 2:00 pm* | 12:00 - 2:00 pm | 12:00 - 2:00 pm * 6:00 - 8:00 pm | 12:00 - 2:00 pm | 12:00 - 2:00 pm* |
| | Gym Hockey | | 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?

Drop-in sports are free to members and day pass users.

All Ages

| Sport | | Sun | Mon | Tues | Wed | Thurs | Fri |
|----------|---------------|--------------------|----------------|---------------------|----------------|----------------|----------------|
| All Ages | Basketball | 11:00 am - 1:00 pm | 5:30 - 7:00 pm | 3:00 - 5:00 pm | | 3:00 - 5:00 pm | 3:00 - 5:00 pm |
| | Rock Climbing | 2:00 - 4:00 pm | | | 5:00 - 6:00 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 the Member Services Desk for the most up-to-date information. Free to members and day pass users.

Find the schedule online under Schedules and Forms or posted on the Gymnasium door. The schedule is updated weekly.

Organized Adult Drop-in Basketball

Join MJCC members and guests for organized adult drop-in play weekday afternoons from 12:00 - 2:00 pm and Mondays from 5:30 - 7:00 pm. 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.

Drop-in Pickleball (all ages)

This racquet sport is gaining in popularity and is great for all ages and abilities. Players use a wood or plastic paddle to hit a ball similar to a wiffle ball over a net. The court is the same size as a badminton court and the rules and net height or similar to tennis. *Gymnasium*



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. Make a team and join our adult soccer co-ed league. If you are interested in playing and are not on a team, email Abe Argaw at aargaw@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

Youth + High School Soccer Leagues

Register for our second session!

Be part of a great atmosphere for children grades one through high school. Games run between 7:30 am and 6:00 pm on Saturdays and Sundays. Registration is done as a team. If you are interested in playing and are not on a team, email Abe Argaw at aargaw@oregonjcc.org for help in joining a pre-existing team. For additional information on the upcoming session, please go online to oregonjcc.org/youthsoccer.

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): \$18 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, pdxlilkickers.com, or contact Lil Kickers directly at pdxlilkickers@comcast.net and 503.810.9266.



Ages + Levels of Classes November 26 - March 10

Bunnies

(18 - 24 months; parent + child)
Friday 10:00 am
Sunday 10:00 am

Thumpers

(25 - 36 months; parent + child)
Wednesday 10:00 am
Sunday 10:00 am

Hoppers

(3 - 4 year olds; Beginners)
Wednesday 11:00 am
Sunday 10:00 am

Jackrabbits

(3 - 4 year olds; Intermediate)
Friday 11:00 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
Sunday 11:00 am

Skills Institute Level I

(5 - 6 year olds)
Friday 3:10 pm

Skills Institute Level I

(7 - 8 year olds)
Friday 4:00 pm



FITNESS

"Exercise helps reduce your blood pressure by attacking the plaque in your arteries. As the arteries widen, the blood flows through more freely, and your blood pressure eventually starts to drop."
- Susan Krauss Whitbourne, Ph.D., ABPP

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 the Movestrong functional station
- Individual MYE® digital televisions on most 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 Classes!

Flourish page 27.
Listening Skills page 27.
From Stuck to Action! page 27.
Posture Tuneup and Basics page 28 and 29.



For the most up-to-date class information, visit 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, depression, 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, using 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!

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, and 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 - Cost: \$95. Member Cost: \$75.
3 x 1 hour - Cost: \$285. Member Cost: \$205.
5 x 1 hour - Cost: \$459. Member 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.

Package of ten sessions:
Cost: \$500. Member Cost: \$300.

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 clinic is located inside the MJCC and is open to both members and guests. Locally owned, Move Strong delivers the highest quality, one-on-one hands-on treatment, individualized to each patient's needs.

Dr. Ariel Salzman DPT, OCS, CMPT and Dr. Erin Kincaid, DPT, CLH have diverse treatment backgrounds with multiple board and specialty certifications in their fields.

Physical therapy can treat many conditions, including joint pain, back pain, arthritis, muscle and tendon injuries, poor balance and fall prevention, running pain, post-surgical rehabilitation, lymphedema and post-cancer rehabilitation, women's health, pelvic floor dysfunction, pelvic pain, and incontinence.

Move Strong accepts insurance as well as cash pay options. Call today for your insurance plan and condition specifics.

Clinic contact info: 503.451.3750
info@movestrongphysicaltherapy.com
movestrongpt.com

See page 31 for upcoming Ask the Therapist Free Workshops!

Contact

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



Ariel Z. Salzman



Erin Kincaid



The Wellness Umbrella

The **Wellness Umbrella** describes a state of optimal health. Our J Umbrella includes fitness, nutrition, coaching, massage, stress reduction, and overall emotional wellbeing. **Whatever stage you are at in life, our innovative new program can be tailored for you to make healthy changes in your life.**

Choose the option that best meets your needs. Let our trainers and coaches work with you to identify your goals and develop a plan to help meet your goals.

Physical Therapy Addition

Want to add some physical therapy as an option? Contact Move Strong at 503.451.3750, located inside the MJCC.

Option 1

- 1 Hour Personal Training session (Traditional, Yoga, Pilates)
- 1 Nutritional Counseling session with Hilary Conway
- 1 Life Coaching session with Christine Gilmore
- 1 Massage (massage can be substituted for Personal Training or Nutritional Counseling)

Cost: \$305. Member Cost: \$225.

Option 2

- 5 One-hour Personal Training sessions (Traditional, Yoga, Pilates)
- 2 Life Coaching sessions with Christine Gilmore
- 2 Nutritional Counseling sessions with Hilary Conway
- 1 Massage (massage can be substituted for Personal Training or Nutritional Counseling)

Cost: \$747. Member Cost: \$547.

Option 3

- 2 One-hour Personal Training sessions (Traditional, Yoga, Pilates)
- 10 Half-hour Personal Training sessions (Traditional, Yoga, Pilates)
- 3 Life Coaching sessions with Christine Gilmore
- 3 Nutritional Counseling sessions with Hilary Conway
- 3 Massages (massage can be substituted for Personal Training or Nutritional Counseling)

Cost: \$1,272. Member Cost: \$952.

Option 4

Grab a friend, spouse, or buddy and work as a team to meet your goals. All sessions are done together.

- 10 Small group training sessions (Traditional, Yoga, Pilates)
- 2 Life Coaching sessions with Christine Gilmore
- 2 Nutritional Counseling sessions with Hillary Conway

Cost per person: \$679. Member Cost: \$399.

Nutrition Classes

Clean Eating 101

Sugar and other ingredients increase cravings and keep you coming back for more. Learn how to decrease these 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

Tuesday, January 22

6:00 - 7:30 pm, FIT200

Cost: \$35. Member Cost: \$15.

Boost Your Immunity

Your immune system's prime function is 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 winter!

Instructor: Hilary Conway, Nutritional Therapist

Tuesday, February 19

6:00 - 7:30 pm, FIT201

Cost: \$35. Member Cost: \$15.

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

Thursday, March 14

6:00 - 7:30 pm, FIT202

Cost: \$35. Member Cost: \$15.

Are you a new member? Have you gotten your free orientation?

Be sure to schedule your free appointment to get all you can out of the fitness center. Call Joe Seitz at 971.803.7309 or visit the Member Services Desk.

Wellness Classes

Flourish New!

Stuck in a rut? Overwhelmed? This year move beyond "life as usual" in this fun, interactive workshop. Use "The Wheel of Life" to introduce yourself to living and work balance and fulfillment. *Led by Certified Professional Coach Christine Gilmore*

Wednesday, January 9

6:00 - 8:00 pm, FIT203

Cost: \$45. Member Cost: \$25.

Listening Skills for Better Conversations New!

Are you a good listener? This workshop will give you the tools to help your personal and professional relationships soar beyond frustration into more effective connection. You'll learn and practice three powerful listening skills that will change your life. Bring a partner and work together! *Led by Certified Professional Coach Christine Gilmore*

Wednesday, February 6

6:00 - 8:00 pm, FIT204

Cost: \$45. Member Cost: \$25.

From Stuck to Action! New!

Learn skills that will help you to recognize what is holding you back and how to steer yourself toward the success you want. This workshop will introduce you to a powerful exercise which will help you to shift your perspective and move beyond stuck. *Led by Certified Professional Coach Christine Gilmore*

Monday, March 18

6:00 - 8:00 pm, FIT205

Cost: \$45. Member Cost: \$25.



Group Exercise Schedule

For class times, visit oregonjcc.org/group-exercise

And don't forget
childcare is available
while you exercise.
See page 30.

Join Us!

"Just Try It" 25-minute
group fitness classes.
Try demo Ignite sessions.

Fitness Palooza

Sunday, Jan. 6
11:00 am - 1:00 pm

Meet the trainers,
gather nutritional
information, and more!

Free to all members
and guests!

Fitness + Movement Classes

Contact

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

Family Yoga

Parents and kids come to class together and have fun doing yoga poses, mindful practices, breathing exercises, partner poses, games, obstacle courses, and a variety of other creative explorations. *Instructor: Amy Bradford*

Sundays

Session 1: January 13 - February 10

10:00 - 11:00 am, FIT206

Cost: \$100. Member Cost: \$60.

Session 2: February 17- March 24

10:00 - 11:00 am, FIT222

Cost: \$120. Member Cost: \$72.

Please note: Families over 5 pay \$5 per additional person.

Sculpt Yoga

Sculpt your body with this new 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

January 9 - March 27, FIT219A

8:00 - 8:55 am

Cost: \$360. Member Cost: \$120.

OR

Fridays

January 11 - March 29, FIT219B

8:00 - 8:55 am

Cost: \$360. Member Cost: \$120.

Sign up for both Wednesday and Friday together, FIT219C

Cost: \$680. Member Cost: \$200.

Safe Falling with Intelligence + Style

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 you will 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

January 8, 15, 22 and 29

8:00 - 9:00 am, FIT220

Cost: \$128. Member Cost: \$48.

Tuesdays

February 5, 12, 19, and 26

8:00 - 9:00 am, FIT221

Cost: \$128. Member Cost: \$48.

Exploring Balance with the Alexander Technique: How Not to Tip Over

Balancing can get more challenging as we age. In this playful and informative workshop learn to stimulate the vestibular system and explore the intersection of posture and balance. Learn to improve both. *Instructor: Eve Bernfeld*

Sunday, February 17

2:00 - 4:00 pm, FIT226

Cost: \$45. Member Cost: \$25.

Posture Tune-up **NEW!**

We all know how important it is to stand (and sit) up straight. So why is it so hard to do? Examine what good posture is (and what it is not), shed some unhelpful ideas of how to get there, and learn to help our bodies do what they really want to do. *Instructor: Eve Bernfeld*

Sunday, March 17

2:00 - 4:00 pm, FIT223

Cost: \$45. Member Cost: \$25.

Small Group Exercise Classes with Glide Boards

Aqua Balance

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

January 12 - March 30

11:30 am - 12:30 pm, FIT224

Cost: \$432. Member Cost: \$192.



Yoga Academy

Go to the next level of learning, awareness, or mastery. Yoga Therapist Tara Atkinson will guide you through poses, philosophy, and awareness in small classes.

Instructor: Tara Atkinson

Sign up for all 12 or pick and choose what works for you. 10% Discount if you sign up for all 12!

Tuesdays, January 8 - March 26
12:00 - 1:00 pm

Posture Basics

Get your seated and standing posture analyzed. Spend time discussing, stretching, and strengthening the hip flexors, shoulders, neck, and back - areas that often get in the way of good posture.

Tuesday, January 8
12:00 - 1:00 pm, FIT207
Cost: \$32. Member Cost: \$12.

Alignment Tune-up Introduction

During these six to eight poses learn which muscles are working and stretching. Participants will be adjusted in every pose and will have time to ask questions.

Tuesday, January 15
12:00 - 1:00 pm, FIT208
Cost: \$32. Member Cost: \$12.

Alignment Tune-up Intermediate

Build on the alignment introduction class with six to eight different poses.

Tuesday, January 22
12:00 - 1:00 pm, FIT209
Cost: \$32. Member Cost: \$12.

Alignment Tune-up Advanced

Build on the prior two alignment tune-ups with six to eight more advanced poses. Completion of introduction and intermediate alignment classes are highly recommended.

Tuesday, January 29
12:00 - 1:00 pm, FIT210
Cost: \$32. Member Cost: \$12.

Breathing Basics

Learn the basics of breath - breathing through the nostrils as opposed to the mouth, how to use the diaphragm optimally when breathing, and experiment with a few breathing exercises.

Tuesday, February 5
12:00 - 1:00 pm, FIT211
Cost: \$32. Member Cost: \$12.

Breathing - Beyond the Basics

The way we breathe makes us feel more anxious or more relaxed, calm, or even help to induce sleep. Learn different breath counts, talk about their different uses and discuss how this relates to yoga.

Tuesday, February 12
12:00 - 1:00 pm, FIT212
Cost: \$32. Member Cost: \$12.

Balancing Strength and Flexibility in the Lower Body

Opposing muscles are always working in conjunction with one another - as one stretches the other contracts (or uses its strength). In this workshop learn how the muscles in the lower body support each other.

Tuesday, February 19
12:00 - 1:00 pm, FIT213
Cost: \$32. Member Cost: \$12.

Balancing Strength and Flexibility in the Upper Body

Opposing muscles are always working in conjunction with one another - as one stretches the other contracts (or uses its strength). In this workshop we will look at how the muscles in the upper body support each other.

Tuesday, February 26
12:00 - 1:00 pm, FIT214
Cost: \$32. Member Cost: \$12.

Balance Workshop

Whether you are trying to balance on one foot or two, or trying to balance your whole body on a big ball or foam roller, the strength or core and other powerhouse muscles (glute and back) are important. Learn more about how these muscles help to support us, strengthen them, and practice balance.

Tuesday, March 5
12:00 - 1:00 pm, FIT215
Cost: \$32. Member Cost: \$12.

Upper Body Myofascial Release

Use balls and foam rollers to release long-held stress in the chest, arms, hands, upper back, and neck; then stretch the muscles that have been released.

Tuesday, March 12
12:00 - 1:00 pm, FIT216
Cost: \$32. Member Cost: \$12.

Lower Body Myofascial Release

Use balls and foam rollers to release long-held stress in the abdominals, hips, glutes, lower back, and legs; then stretch the muscles that have been released.

Tuesday, March 19
12:00 - 1:00 pm, FIT217
Cost: \$32. Member Cost: \$12.

Restorative Yin Yoga

This final workshop consists of several long-held sitting and reclined poses to reach the deepest possible stretch. Props will be used so bodies can fully relax with a long, guided meditation.

Tuesday, March 26
12:00 - 1:00 pm, FIT218
Cost: \$32. Member Cost: \$12.

Why Learn Good Posture?

Your head is like a bowling ball—big, round, and heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it. Move it several inches forward, however, and you start to strain those muscles. Hold up that forward-leaning bowling ball for eight or 12 hours a day and it's no wonder you're tired.

Free Adult Group Exercise Class Descriptions

Group Exercise Schedule

Group exercise classes are free to members and day pass users. Find the schedule online under Schedules and Forms or pick up one in the MJCC Lobby.

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, Payton

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, Shantini*

Cardio Circuit

Use HIIT principles in this 30-minute intense circuit training to increase performance in a group setting and challenge the limits of your fitness. Be efficient in your fitness movement and workout time. *Instructor: Payton*

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. *Instructor: Jennifer*

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

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.) *Instructor: Angie*

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*

Osteoarthritis Pilates New!

Pilates movements lengthen your body and can help relieve soreness. Stretching is thought to help with blood flow and the delivery of nutrients to muscles and tendons. Subtle improvements in posture may also result in fewer aches and pains. *Instructor: Angie*

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*

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: Vivian

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.

Yin Yoga New!

A series of long-held floor poses, gently targeting the deep connective tissue of the hips, pelvis, legs, and low back. Practice engaging the mind in focused meditation by bringing attention to the breath and being present. Can be an entry level yoga practice or complement a more active practice.

Instructor: Carol

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



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

Wednesday Evenings

December 26 - February 27

7:00 - 8:00 pm, CG 105

Cost: \$100 Members + Guests.

Drop-in Fee: \$15 per class.

Register: oregonjcc.org/registration

Spring class dates: March 27 - June 26.

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

Ask the Physical Therapist Free Workshop Series

Dr. Ariel Salzman DPT, OCS, CMPT and Dr. Erin Kincaid, DPT, CLH of Move Strong Physical Therapy will lead these free workshops.

Strength After Cancer

Wednesday, January 16

11:00 am

Low Back Pain

Why we have it and what can we do for it.

Wednesday, February 6

11:00 am

Group Exercise Schedule

For class times, visit oregonjcc.org/group-exercise

And don't forget childcare is often available while you exercise. See page 34.



Massage at the J

Massage

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.

Meet Our Massage Therapists

Sofia Vidalis, LMT

Sofia is a licensed massage therapist with over 15 years of experience. Her wide range of training includes but is not limited to working with chiropractic physicians and providing massage services during sporting events. In addition to Swedish and treatment-focused bodywork, Sofia incorporates Eastern-style modalities as well. A few examples are Reflexology, Shiatsu, and Hawaiian style massage "Lomi-Lomi." Sofia has worked with wind-surfers of Maui, the Portland Marathon, and mothers in labor.

Iara Sapoznikow, LMT

Iara (pronounced "Yara") has experience with a variety of therapeutic massage techniques, including myofascial release, pin and stretch, trigger point therapy, and muscle energy techniques. She has additional training in floor Thai Massage, and enjoys incorporating assisted stretches on the massage table. She is certified in MotherTouch™ prenatal massage, and is also trained in labor and postpartum massage. Iara is also a Certified Professional Midwife. She is passionate about the health benefits of regular nurturing touch.

Teen Fitness

Stay active with our teen fitness offerings!

Athletic Speed, Agility, and Quickness (ages 12 - 17)

This is the perfect class for off-season or someone determined to make the team. Top athletes work hard to refine their athletic skills. Improve the basic qualities you need to take your sport of choice to the next level.

Instructor: Alex Ness. Sportsplex

Tuesdays

January 8 - March 26

3:45 - 4:45 pm, FIT225A

Cost: \$420. Member Cost: \$165.

OR

Thursdays

January 10 - March 28

3:45 - 4:45 pm, FIT225B

Cost: \$420. Member Cost: \$165.

Sign up for both Tuesday and Thursday together, FIT225C

Cost: \$690. Member Cost: \$230.

Teen Fitness Orientation (ages 12 - 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.

Junior IGNITE (ages 10 - 17)

Keep your kids active with Junior IGNITE. Our instructors will tailor a class to fit the needs of your 10-17 year-old. Grab a friend or two or we will pair you up for some fitness fun. Group sessions are 45 minutes and consist of two to six participants and will be grouped by age when possible. Schedule Junior IGNITE with a trainer today!

45 minute workout

Cost: \$52. Member Cost: \$32.

Package of five sessions:

Cost: \$250. Member Cost: \$150.

10 workout package

Cost: \$500. Member Cost: \$300.

Fun Facts about Massage

When a body receives a massage, it instantly gets relaxed and the stress level in the body is reduced. Sixty minutes of massage has the same effect on your body as seven to eight hours of good sleep.

CHILDCARE

Drop-in Childcare and Club J Winter hours. See page 34.



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.)

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

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: \$7. 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

Second Wednesday of the month

January 9

February 13

March 13

Vacation Day Camp (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!

January 2, 3, 4, 18, 21

February 15, 18

March 22, 25, 26, 27, 28, 29

April 19, 22, 23, 24, 25, 26

May 10, 23, 24

June 10

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.

Sunday Mornings

9:15 - 11:45 am

Monday - Friday Mornings

8:15 - 11:25 am

Monday - Thursday Evenings

5:00 - 7:00 pm

Cost: \$20. Member Cost: \$7.

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.

Sunday Mornings

9:15 - 11:45 am

Monday - Thursday Evenings

5:00 - 7:45 pm

Cost: \$20. Member Cost: \$7.

Interested in "Unlimited Childcare"?

Contact the Member Services Desk.

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

Childcare + Club J Punchcard for Members! *New!*

Starting January 1, 2019, purchase a punchcard for Drop-In Childcare or Club J and get your 11th visit free! Ten visits at \$7 per visit (\$70 total). Each stamp is one child per visit. For more information or to purchase, stop by the Member Services Desk.

Contact

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

Summer Day Camp Information Fair! Sunday, Feb. 10



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



Doug and Amy Blauer with their children, Sam and Lucy.

SUPPORT

Support the MJCC!

Here is what your generous tax deductible donation to the MJCC supports:

- Scholarships to benefit seniors on fixed incomes and others in need;
- Arts and cultural programming that puts the “Jewish” in MJCC;
- Our Warm Water Pool which provides therapeutic healing for members who need it most;
- Day camp scholarships, new equipment in the fitness center, facility upgrades, and so much more.
- **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. Twelve thousand people come through the doors of the MJCC 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 make up the difference.

Over the years, our programs and services have evolved and expanded, but our mission remains - The MJCC is an inclusive and welcoming hub for a diverse community, fostering lifelong wellness and providing dynamic social and educational experiences, grounded in Jewish values and culture.

Please consider a Sustaining Membership, or a monthly donation to support scholarships or cultural programming at the MJCC.

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. Donate at oregonjcc.org/donate.

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 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
Stephen Butler
Milton Carl z”l
Edith Dorsen
Becky and Greg Ewer
Howard and Jen Feldman
John and Beth Germain
Robert E. and Lesley G. Glasgow
Jonathan and Sarah Glass
Bernard Goldhammer z”l
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
Menachem M. Teiblum z”l
Kenneth and Jennifer Zeidman
Jason Zidell

Mittleman Jewish Community Center

F O T C B

Friends of the Center Brunch 2019



Featuring

Michael W. Twitty

Kosher Soul and The Cooking Gene

Come hear Michael W. Twitty, a James Beard Award-Winning Author, independent scholar, culinary historian, and historical interpreter. Twitty prepares, preserves, and promotes African-American foodways and its parent traditions in Africa and throughout the African Diaspora, including its legacy in the food culture of the American South. Michael is a Judaic studies educator from the Washington D.C. Metropolitan area.

Sunday, March 3, 2019

10:00 am - 12:00 pm

**Mittleman Jewish Community Center
6651 SW Capitol Hwy. Portland**

**Register online at oregonjcc.org/brunch
RSVP by February 26, 2019**

Individuals: \$54 each (\$29 is tax deductible)
Age 36 and under: \$36 (\$11 is tax deductible)
Tables of Eight: \$432 (\$232 is tax-deductible)
Ages 12-18: Free (reservation required)

Questions? Contact Lenny Steinberg
at 503.535.3555 or Lsteinberg@oregonjcc.org.

**JOIN OUR
CURRENT SPONSORS!**

For more information, please
contact Saul Korin at 503.452.3427
or skorin@oregonjcc.org.



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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

Membership

Contents

Arts + Culture

Aquatics

Sports

Fitness

Childcare

Support

MJCC Info

CAROLYN and ROBIN WEINSTEIN

Working for you and our community since 1978

TO LEARN MORE VISIT
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carolynandrobin@hasson.com

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MJCC Info

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Steven Klein

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Avi Ben-Zaken

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Joyce Evans

Jonathan Glass, Immediate Past Co-President

Marni Glick, Treasurer

Melissa Horwitz

Gail Mandel

Erik Richmond, VP For Strategy

Danelle Romain

Channah Rose, Secretary

Steve Rosenberg

Andrea Sanchez, Immediate Past Co-President

Jonathan Singer

Jason Zidell, VP for Facilities

MJCC Staff

Leadership Staff

Steve 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

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 Disabilities 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

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 cancelled 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.

Schnitzer Family Campus

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 |
| 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.

Rachel's Well - Community Mikvah

Hours of Operation by appointment only.

To schedule: email mikvahpdx@gmail.com
or call 971.220.5580.
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.



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.

TRIP OF THE CENTURY

PDX» ISRAEL 2020

pdxisrael.org

MARCH 18-29
2020

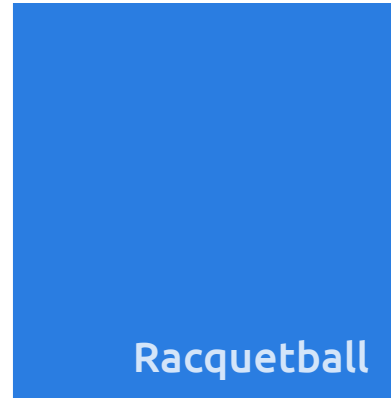


This trip is for the first-timer, the many-timer, those who want exciting outdoor adventures, and those who want a slower pace. It will meet the diverse religious and dietary needs of the participants. In addition, bar and bat mitzvah opportunities are available for people of all ages. Most of all, it will bring together people from across our Jewish community and build bonds that will last a lifetime.

For details, go to pdxisrael.kenes-tours.com.



Day Camp



Racquetball



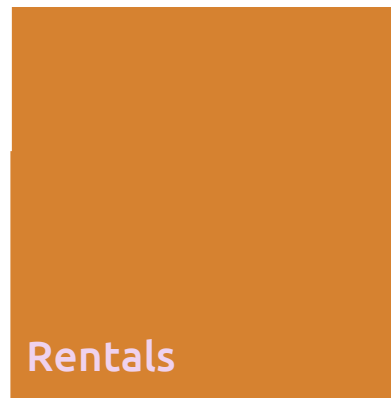
Indoor Playground



Events



Nikki De Leon



Rentals

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