

SUMMER IS
BETTER
TOGETHER

WE'RE *Way More* THAN A GYM!



POOL PARTIES



SUMMER CAMPS



KIDS DAY OUT



Meet THE GOLDMAN FAMILY *INSIDE»*

ON THE COVER: MEET THE GOLDMANS



INTRODUCING THE GOLDMAN FAMILY: MICHAEL, MELINDA AND ELIZA

Tell us about yourselves

Myself, my wife Melinda, our 16-year old daughter Eliza, and our best friend Charlie the dog made the move to Tampa from Port Washington, New York in 2022 after having flirted with the idea of moving to Tampa for years. We had close friends from New York who had moved down here. And the changes brought about by COVID - remote working and spending more time at home - got us to finally take the plunge. While there were plenty of adjustments to be made (we actually moved twice - once from NY to Odessa, and then from Odessa to South Tampa!), we're now all settled in and enjoying ourselves.

What do you and/or your family love most about the Shanna & Bryan Glazer JCC?

The facility itself is bright, clean, open and welcoming, making it an enjoyable place to be. Then there are the activities. There are so many things going on, I cannot keep track of them all. But it's not just the quantity of activities; it's also the quality. Any given week there are more things going on that I want to do than I can do. That feeling of social and cultural abundance is something I truly appreciate about the J.

What amenities do you all enjoy most?

I enjoy the gym the most. The equipment is modern and clean, and there's lots of windows which makes the vibe

work for me. I also enjoy the sauna and pool, and look forward to the day the J adds a cold plunge (shameless plug for cold plunge to the powers that be...). My wife and I also take fitness classes at the J, which have been great for us both.

How has the JCC made a difference for you and your family?

We have found some of our closest friends down here through the JCC. Moving to a new city as adults meant we had to find a new community. The J generously and effectively provided it.

What would you say to anyone who is contemplating membership here at the J?

Spend some time here checking out the vibe and seeing if it resonates for you. For us, it was an instant connection. I don't know of a better foundation for fitness, fun events, and genuine community, all wrapped up in wonderful physical location.

Have you tried any of our youth or family events? Which ones were your favorites?

Yes, we have been to Shabbat dinners sponsored by Tampa JCCs & Federation at private homes, and bagel brunches. The Shabbat dinners have been great. I didn't grow up with that even though I was bar-mitzvah'd, had a Jewish upbringing, etc.. It's a very beautiful tradition that the J brought into my life.

How has the JCC helped your family stay active?

If the JCC wasn't as good of a facility, and as welcoming and great as it is, we wouldn't be nearly as active as we are.

Why did you choose the JCC over elsewhere?

There really isn't anything on par with the JCC in the area that I know of. Even if you join the nicest of gyms, you will miss the other stuff. If you join, say, a yacht, boat club, you won't get the unique community offered by membership at the JCC.

If you had to describe the JCC how would you describe it?

A happy place.

Anything else you would like to tell us?

Wish list: cold plunge; another cross cable machine in the gym.

Want a chance to be our next featured member or family? Contact Elena Martinez at elena.martinez@jewishtampa.com to learn more.

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SHANNA & BRYAN GLAZER JCC
813.575.5900

Monday - Friday
 5:30 AM - 9:00 PM
 Saturday & Sunday
 7:00 AM - 7:00 PM

MEZRAH FAMILY AQUATIC CENTER
813.575.5900

Monday - Friday
 5:30 AM - 8:00 PM
 Saturday & Sunday
 7:00 AM - 6:00 PM

J CARE*

Monday - Thursday
 8:00 AM - 12:00 PM, 4:00 - 8:00 PM
 Friday | 8:00 AM - 12:00 PM,
 4:00 - 7:00 PM
 Saturday & Sunday
 8:00 AM - 12:00 PM

J Care is available at the SBGJCC and is limited to two hours per day.

**Included in all family memberships*

For J Care questions please contact elena.martinez@jewishtampa.com.

HOW TO REGISTER FOR PROGRAMS

In order to register for activities/programs, you must have an account set up with us through Active. Please follow the directions listed below to register for programs:

1. Visit JewishTampa.com using your preferred browser.
2. Click on *JCC Member Login* at the top of the page.
3. If it's your first time visiting this page, click on the *Create New Account* button and follow the steps.
4. If you already have a password for your online account, log in using the exact email you signed up with at our facility.
5. This will take you to the main menu page where you can search and register for any activity/program.

If you are unable to register online, please contact the department head. The list of contacts can be found on page 23 of this program guide.

V Throughout the program guide, you will find the virtual logo to indicate whether an event or program is offered virtually or in combination of virtual and at the Shanna & Bryan Glazer JCC or an off-site location.

WELCOME



The Future's So Bright, We Gotta Wear Shades

If you worked out recently in the Leon Mezrah Fitness Center at the Shanna & Bryan Glazer JCC, you may have noticed that the ambiance there had a little less glare and a lot more cool. That's because we responded to feedback often heard

from members: Please get window shades in the fitness area — especially before the heat of summer!

We're very happy about all the positive feedback we have already heard about the shades, but we're even more excited that the shades were just the first of multiple facility improvements happening at the J. By the time you read these words, we'll have added new outdoor furniture between the pool and cafe, and a new automatic door by the second floor elevator to improve accessibility to the fitness area. And, next up on the docket, we will be installing new Luxury Vinyl Tile flooring to replace the worn carpets in the second-floor hallways and J Loft.

Along with all the above, there are more fitness and facilities improvements in the works, along with the wide range of cultural, social, and educational programming that JCC members have come to expect. In this program guide, you'll see that our amazing Camp J is in full bloom, pre-school registration is in high gear, our Men's and Women's Club continue to hum along, iVolunteer opportunities are ready to go, and of course we're offering multiple ways to chill out — ranging from pool parties to snow cones to cold plunges!

After you read this program guide and get caught up with all we have to offer, you better get your sunglasses ready for the next time you come to the J because the future's so bright here, you gotta wear shades.

Take good care,

Mark Gesner

The Maureen and Douglas Cohn
Executive Director of the Tampa JCCs

Did you know we have a MEMBER PERKS PROGRAM?



MORE INFO

Just show your JCC Badge and receive special discounts at participating partners.

Scan to learn more or visit the Welcome Desk and speak with a member of the sales team.



The Tampa Jewish Community Centers and Federation Spotlight



The past year has again presented our Federation with significant and evolving challenges. From navigating ongoing global conflicts

to confronting a disturbing rise in antisemitism, the landscape reinforces the vital importance of our organization's mission and impact. At the Tampa JCCs & Federation, our annual giving campaign serves as the very foundation of this mission, providing crucial support to people struggling in Israel and, most importantly, to our invaluable network of beneficiary agencies. These agencies are on the front lines, providing essential services and care to our community, both locally and globally. They rely on our collective strength to sustain their critical

work. Now, more than ever, we must stand together and ensure these vital partners have the resources they need to continue their indispensable efforts.

This collective impact is made possible entirely by YOU - our dedicated community members who generously contribute your time, energy and financial support. Your partnership is the lifeblood of our ability to make a real difference in the lives of so many.

As we look ahead to our new fiscal year, starting in July, please mark your calendars for these important dates:

September 16
Hakarat Hatov

October 8
Annual Campaign Kickoff

October 22
Sue & Jeff Schoenbaum Annual Community Leadership Awards

October 25 - 30
Jewish Book Festival

December 1
Giving Tuesday

January 13, 2027
Bobbe Karpay Women of Distinction Program

To learn more about the Tampa JCCs & Federation and the vital support we provide to the community, please feel free to contact me at [813.769.4726](tel:813.769.4726) or alissa.fischel@jewishtampa.com.

We encourage you to continue to using this program guide as a starting point to explore our diverse programs, activities and events, or visit JewishTampa.com.

We believe you'll discover that we offer so much more than just a gym at the Shanna & Bryan Glazer JCC.



MEMBERSHIP

MEMBERSHIP

You will find a vast array of activities, programs and events to meet all of your fitness, social, intellectual, artistic, social action and spiritual needs - regardless of your religious affiliation. Over the years, the Tampa JCCs & Federation has proudly engaged the Tampa community through programming that excites, explores and challenges the mind, body and spirit. Visit us and experience the warmth, laughter and camaraderie. Whether you're a fitness fanatic or just starting an exercise routine, a toddler taking your first steps, a young professional, an avid

theatergoer, an art enthusiast or an adult on-the-go, come to the JCCs and discover your story!

MEMBERSHIP CATEGORIES

We offer a variety of membership categories and payment options to best suit your needs. Memberships range from individual to family, senior to young adult, youth and social. We have a place for you here at the JCCs.

Guest Passes

Members are always encouraged to bring guests to enjoy the J at any time! Members receive three complimentary guest passes as part of their membership.



Kaliya Burton-Akright
Member Services Manager

MEMBERSHIP

Once the three complimentary guest passes have been used, members and guests are invited to purchase guest passes at these daily rates:

- **Guest with a member (ages 12+): \$10/person**
- **Guest without a member (ages 18+): \$20/person**
- **Children (under 12 years old): \$5/child**

Please note that guests under the age of 16 must be accompanied by an adult. Passes may be acquired by contacting the Shanna & Bryan Glazer JCC Membership Team at membership@sbgjcc.com.

Corporate Membership Partnerships

Corporate membership partnerships are available if you would like to bring a health and wellness program to your workplace. Are you interested in a Lunch & Learn or an office fitness demo at your company, hosted by the fitness team? If you are looking for special events focused on health and wellness for your team, we have corporate wellness programs available at no cost to the employer. Multiple options are available. Contact the SBGJCC membership team at membership@sbgjcc.com or call **813.575.5900**.

Photo-ID Membership Cards

The safety of our members and guests is our top priority. When joining, each member (ages 12+) is issued a photo-ID membership card that is required to be swiped in order to gain entry at both the security gate and welcome desk. Please be sure to scan your membership card at the scanning station upon entering the building. ID cards may be requested for individuals who are authorized to regularly pick-up children from the JCC Preschool, Camp J and Club J. Adjustment to the security process will be communicated via email and our monthly e-newsletters.

Lost or Damaged Membership Cards

Membership card replacement is managed by the welcome desk. A \$10 replacement fee is charged for lost/misplaced and damaged cards. Individuals who temporarily misplace their card may enter the facility by presenting their ID to the staff at the welcome desk.

Locker Rentals

If you prefer to reserve a locker for your personal use, we offer locker rentals at the Shanna & Bryan Glazer JCC. Rent a locker for \$30 per month. To sign-up, stop by our welcome desk or contact our membership team at membership@sbgjcc.com or call **813.575.5900**.

BREW & SCHMOOZE

W 8:30 - 10:30 AM | June 10
Tu 5:30 - 7:30 PM | June 23
W 8:30 - 10:30 AM | July 15
Tu 5:30 - 7:30 PM | July 28
W 8:30 - 10:30 AM | August 12
Tu 5:30 - 7:30 PM | August 25

We are so happy that you are a member of our community! Join us for our monthly member socials to meet new people, have great conversations and share a drink together! Coffee and grab and go breakfast items will be offered in the morning. Light bites and both alcoholic and non-alcoholic beverages will be offered in the evening.

For more information contact kaliya.burton-akright@jewishtampa.com.
Free with membership

OUR MEMBERSHIP TEAM



SBGJCC Membership Team (L-R):

Membership Representative McKinsey Glausier,
Senior Membership Manager Rachel Milhoan,
Membership Representative Hayley Harpe

COLD PLUNGE

Sa 11:00 AM - 2:00 PM | June 27
Sa 11:00 AM - 2:00 PM | August 1
Mezrah Family Aquatic Center

Take the plunge and refresh your body and mind! Our Cold Plunge offers a cold-water immersion experience designed to boost circulation, support recovery, and build resilience. Contact membership@sbgjcc.com for more information.

Free with membership

JULY FITNESS BINGO

July 1 - July 31

Challenge yourself all month long with Fitness BINGO! Sign up for a BINGO card at the Welcome Desk and complete fun fitness tasks throughout the month to earn your prize! Contact fitness@sbgjcc.com for more information.

Free with membership

OPEN HOUSE

F-Su | July 3-5

We're way more than a gym! Join us to experience what we have to offer!

Come and enjoy our Open House with family and friends. Relax poolside, participate in a group fitness class and see what the JCC is all about.

FOURTH OF JULY POOL PARTY

Sa 11:00 AM - 3:00 PM | July 4

Celebrate the 4th of July with a fun-filled pool party at the community center! Enjoy music, swimming, and summer vibes with friends and family—Pre-register your guests with membership@sbgjcc.com.

Free with membership





tbjff.org

Hot Summer Family Film!

Made possible by the Tampa Bay Jewish Film Festival

Monday - Thursday, June 22 - 25 | 4:30 pm

Tampa Theatre - Downtown Tampa

Doors open 4:00 pm

Screening ticket \$12 - TampaTheatre.org

Suggested age 10+

A great way to spend a summer afternoon!



VIEW TRAILER

2026 | USA | English | 94 mins. | Suggested age 10+

A raw and authentic portrait of adolescence, exploring the struggles of an awkward teenager navigating the loss of his mother, his search for faith, and the pressures of his fathers expectations.

MENEMSHA FILMS



Real To Reel Film Series

Rabbi Capoeira

2025 | 70 mins | Hebrew w English Subtitles | Israel

In the heart of Bnei Brak, Israel's largest ultra-Orthodox city, a most unlikely revolution takes shape.

Thursday Aug., 13, 2026 | 7:00 PM

Shanna & Bryan Glazer JCC - Tampa

*Sunday Aug., 16, 2026 | 1:00 PM

Green Light Cinema - St. Petersburg

*Capoeira demonstration following the film.

Tickets \$5 TBJFF.org



Generously Sponsored by

Mike White & Sue Heyman
Marvin & Linda Feldman





SBGJCC COMPETITIVE SWIM TEAM (AGES 6 - 18)

Monday - Friday
 3:30 - 4:15 PM (Bronze)
 3:45 - 4:15 PM (Silver Dryland)
 4:15 - 5:15 PM (Silver)
 4:45 - 5:15 PM (Gold Dryland)
 5:15 - 6:15 PM (Gold)
 5:45 - 6:15 PM (Pre-Senior/Senior Dryland)
 6:15 - 7:45 PM (Pre-Senior/Senior)

When you are in Florida, swimming is all year round! Why choose us?

We care about every individual participant whether they are new to USA swimming or already ranked on a national level.

As a former USA Swimming/NCAA athlete himself, our coach will provide individual attention and experience to each participant as well as each parent/guardian.

No one on this team will just become some number on a piece of paper. They will become part of a family! Swim assessments are held Monday - Friday at 4:00 PM.

Contact aquatics@sbgjcc.com to get more details.

Member Only: \$120/month
Registration is monthly; roster size is limited.

SBGJCC MASTERS SWIM CLUB (AGES 18+)

Shanna & Bryan Glazer JCC Masters is a USMS Masters Swim Team open to swimmers of all swim level abilities. We provide structured group workouts, motivation, stroke advice and camaraderie.

Contact aquatics@sbgjcc.com for more information and to register.

Member Only: \$50/month

GROUP SWIM LESSONS

Student teacher ratio is 6:1
 Class time is 30 minutes

Member Only: \$75/month
Non-Member: \$125/month

PRIVATE SWIM LESSONS

One-on-one training with instructor

Member: Single Lesson: \$32
5-Pack: \$150 | 10-Pack: \$280

Semi-Private Swim Lessons

Semi-private lessons offer great flexibility and personal attention, plus it's more fun swimming with a friend. Swimmers are responsible for providing their own co-participation.

Member: Single Lesson: \$22
5-Pack: \$100 | 10-Pack: \$180

Prices are per swimmer.

MEZRAH FAMILY AQUATIC CENTER POOL GUIDELINES

For your safety and the safety of other members, we ask that you abide by our pool guidelines:

- **No diving**
- U.S. Coast Guard approved flotation devices only
- Swimsuits are required
- Children wearing built-in swimsuit flotation devices must be accompanied by an adult in the water, regardless of age
- Children ages 11 and younger must be accompanied by an adult at all times
- Swim diapers must be worn
- No changing on the pool deck
- Rough play, running and throwing swimmers is prohibited
- Use of spa by children under 15 years of age is prohibited

COOLERS AND ALCOHOL POLICY

No outside alcohol is allowed in the facility and glass is prohibited. All coolers will be checked for glass and alcohol at the welcome desk.

OUTDOOR SAUNA GUIDELINES

- Maximum use: 15 minutes
- Maximum sauna load - 4 persons
- Must be 18 years or older to use
- If you are feeling dizzy, lightheaded, or uncomfortable, exit the sauna and seek help immediately
- Pouring liquids onto rocks is strictly prohibited
- No oils or lotions should be used in the sauna

THUNDERSTORM POLICY

As a safety precaution, the pool and pool deck will close when lightning breaches an 8-mile perimeter of the JCC. We will reopen 30 minutes after the last lightning strike within that range.

SWIM TEST POLICY

All children ages 10 and younger must be swim tested to use the competition pool. Our swim test is a 25-yard swim. If the child fails the swim test, they must remain in the family pool or the splash pad (with an adult).



AQUATICS

ADULT TRIATHLON TEAM

Join our Adult Triathlon Team for a thrilling journey through swimming, cycling, and running. Train, compete, and bond with like-minded athletes. All levels are welcome!

\$50/month

YOUTH TRIATHLON TEAM

Tu/Th 6:00 - 7:30 PM

Introduce your kids, ages 7-12 years old, to this multisport and train with a world class triathlon competitor. Each child will learn to be comfortable on two wheels, and in the pool to alleviate any fears before a possible race. For more information contact aquatics@sbgjcc.com.

\$50/month

PARENT & TOT SWIM LESSONS (AGES 6 MONTHS - 2 YEARS)

Su 10:00 - 10:30 AM | June/July/August

Spark a love for swimming early! Our Parent & Tot classes are designed for parents and their little ones to enjoy the water together in a safe, engaging environment. With songs and hands-on support, these lessons are perfect for introducing your tot to the joys of swimming while creating unforgettable memories!

For more information, please contact aida.sarsenova@sbgjcc.com.

Member: \$100/month

Non-Member: \$125/month



SNOW CONES & SUNSETS

Th 5:30 - 7:00 PM | August 6

Cool treats, poolside beats! Join us for *Snow Cones & Sunsets*. Chill out and enjoy the end of summer with the ultimate treat! For more information, please contact aquatics@sbgjcc.com.

Free with membership

AMERICAN RED CROSS ADULT & PEDIATRIC CPR/AED AND FIRST AID TRAINING

W 9:00 AM - 12:00 PM | August 26

The American Red Cross Adult & Pediatric CPR/AED and First Aid Training teaches essential lifesaving skills for responding to emergencies. Participants learn to provide CPR, use an AED, and perform basic first aid for both adults and children. Participants will be required to complete mandatory asynchronous learning, followed by in-person skills sessions. Contact aquatics@sbgjcc.com for more information and how to register.

Member: \$75/Non-Member: \$125



American Red Cross



SUMMER SOLSTICE YOGA

Th 6:30 - 7:30 PM | June 18

Ignite your inner fire and celebrate summer with this uplifting yoga experience. This session supports yogis of all skill levels with options and adaptations. Feel free to bring a blanket or throw for Shavasana. Contact fitness@sbgjcc.com for more information.

Free with membership

PICKLEBALL

Beginner Pickleball Clinic

Su 10:00 - 11:30 AM
June 28 | July 19 | August 23

Up your pickleball skills this summer! In this clinic you'll learn the rules of pickleball, different serving techniques, and how to win! Contact fitness@sbgjcc.com to sign up.

Member only event

\$30 per member

Spots are limited to 6 participants per clinic.

RED, WHITE & BLUE RIDE

Sa 9:00 - 9:50 AM | July 4

Kick off your Independence Day celebration in the cycle room for our annual Red, White & Blue Ride! This patriotic workout will most certainly energize your spirit and deliver an exhilarating challenge. Gear up and let's go! Contact fitness@sbgjcc.com for more details.

Free with membership

PICKLEBALL TOURNAMENT

Sa 9:00 AM - 2:00 PM | July 18

Join us for a fun-filled day of pickleball. Grab your partner for some friendly

competition. All skill levels are welcome.

Contact fitness@sbgjcc.com to sign up.

Member only event. Ages 18+.

Free with membership

LADIES NIGHT PADDLES AND PROSECCO

F 6:00 - 8:00 PM | August 7

It's ladies' night on the pickleball court! Dink and drop in for friendly open play, music, light bites and prosecco (afterwards)!

Contact fitness@sbgjcc.com to sign up.

Ages 21+. Free with membership.

Guests are welcome with \$10 registration.

INTRO TO CYCLE

W 10:00 - 10:45 AM | August 19

Sa 10:00 - 10:45 AM | August 22

Ready for a challenge? All fitness levels are welcome for this incredibly effective cardio session. Learn basic bike setup, then slide into the saddle for a brief and brilliant introductory ride. Contact fitness@sbgjcc.com for more information.

Free with membership

AQUA-FIT PARTY

Su 11:00 - 11:50 AM | August 23

Get fit and stay cool in the pool with this high-energy, heart-pumping workout! Stick around for a refreshing post workout treat!

Contact fitness@sbgjcc.com for more details.

Free with membership

PILATES REFORMER

Experience the transformative power of Pilates Reformer! Elevate your fitness journey with a complimentary Pilates Reformer session, featuring an array of core-strengthening exercises that enhance back stability and elongate your body. By engaging in movements while lying down, standing, and everything in between, the Pilates Reformer offers a dynamic workout environment that will constantly challenge and motivate you. Discover endless possibilities for improving your strength and flexibility, keeping you engaged and eager for every session.

All members receive a complimentary orientation within a group session.

To schedule yours or to purchase a package, email pilates@sbgjcc.com.

See the Group Exercise Schedule for a full list of class times.

Group Session Reformer Rates:

Single Session - Member: \$27

4 Sessions - Member: \$104

8 Sessions - Member: \$192

12 Sessions - Member: \$264

16 Sessions - Member: \$336

Private and duo sessions available.





Dear Gentle PJ Reader

YOU ARE CORDIALLY INVITED TO AN
INTERGENERATIONAL

HIGH TEA



Kicking off the event of the season!

August 30th 1:00 - 3:00 pm

\$18 per Adult

PJ Friends under 12 FREE

Entertainment includes:

Mr. Danny - Magic & Balloon Twisting

High Tea Fare

Photo Promenade

Pre-Registration requested

Register at jewishtampa.com/pjlibrary

Dress code is "Dapper Lords and Darling Ladies"
Bring your Aunties, Uncles and Grans,
Promenade with us for an afternoon of the finest treats.

 Library

This program is generously supported by



Find us on Instagram
at [tampa_pjlibrary](https://www.instagram.com/tampa_pjlibrary)



YOUTH PROGRAMS



JCC PRESCHOOL

JCC Preschool South
2710 South Ysabella Avenue
Irving Cohen Center at Congregation
Rodeph Sholom
813.835.6614
License #C PA 130310

The preschool provides a strong academic foundation within a loving, nurturing environment. The preschool offers a wide range of part-time and full-time options South Tampa.

Classrooms start with our infant program (3 months minimum) and go through Pre-K. JCC Pre-K graduates consistently score in the top 5% on the readiness tests administered to all children entering Kindergarten in the State of Florida. Rolling admissions throughout the year based on availability.

Problem-solving and inquiry are the cornerstone of the JCC Preschool curriculum. There is a balance between individualized attention and learning cooperatively within a community. Children explore early literacy, math, social studies, science and fine arts in ways that are meaningful to them so that they can make connections to the world around them and form deeper understandings of concepts and relationships. Learning opportunities surround the children, from the intentional design of the classroom to the activities explored on the playground. Children learn values and character development through a Jewish lens, while embracing and welcoming the diversity of our community.

From the caring, dedicated teachers to the amazing, active parents, the JCC Preschool is a welcoming place for all families. The JCC Preschool is the place to be for a great early childhood education and long-lasting relationships!

For more information, please contact jccsouth@jewishtampa.com.

CLUB J AFTERSCHOOL

Club J, a high quality after school program offered at Shanna & Bryan Glazer JCC provides children from kindergarten through 5th grade the opportunity to have fun, learn new skills and to grow and develop in positive ways. Club J begins on the first day of school for Hillsborough County Public Schools.

We offer excellent staff to children ratios, with every staff member having had a complete background check. Professional and experienced staff respect and value the diversity of each child.

Transportation is available from schools in the area pending a minimum number of children per school. Drop off for Club J after school is also an option. During Club J after school, our professionals supervise homework and lead fun enrichment activities, including arts and sports. Additional enrichment programs are being offered to children at the Shanna & Bryan Glazer JCC, whether the child attends the Club J program or not.

Pricing starts at \$385.

For more information about these programs, please contact **Alyssa Cole** at **813.291.2254** or alyssa.cole@jewishtampa.com.

YOUTH ENRICHMENTS AND EVENTS



Academic Tutoring

Allow your child to have one-on-one homework help or academic coaching in a focused environment. Our tutors are experienced teachers who can help with a range of subject areas and grades building confidence and skills at the same time.

For more information contact alyssa.cole@jewishtampa.com.

Artists on a Roll After School

Artists on a Roll After School offers fun, hands-on art classes for elementary school students, where kids explore painting and creativity in a supportive, step-by-step environment. No experience needed and all materials are provided.

For more information contact alyssa.cole@jewishtampa.com or elliott.schnabl@jewishtampa.com.

Grown Up & Me: Art & Storytime

Grown Up & Me Art & Storytime with Erica is a playful parent-child experience where you'll create art together and enjoy a cozy storytime led by local artist and teacher Erica from Artists on a Roll.

For more information contact michele.montgomery@jewishtampa.com.

Science Club

Join Miss Amanda, Camp J favorite and certified engineering and

YOUTH PROGRAMS

technology teacher, for a hands-on science adventure! In Science Club, kids will dive into wacky experiments, build robots, create and crack codes and explore the exciting world of drones. This engaging enrichment program sparks curiosity and creativity through fun, interactive scientific activities every week.

For more information contact alyssa.cole@jewishtampa.com

CAMP J: SUMMER 2026

M June 8 - F July 31

Entering grades K - 8

9:00 AM - 4:00 PM with extended hours available from 7:30 AM - 6:00 PM

Camp J offers a host of incredible one and two-week specialty camps: theater, hockey, Legos, art, cooking, soccer, leadership skills, and much more. For our youngest campers, we offer a phenomenal Kindergarten summer camp that will help your children experience camp activities and continue to develop a range of skills in a fun and supportive environment. All campers also swim daily and participate in fun team-building activities!

Supportive and well-trained staff strive to ensure that your child feels at home.

Camp J appreciates diversity and welcomes campers of all backgrounds regardless of race, faith or national origin.

For more information, please contact **Alyssa Cole** at **813.291.2254** or alyssa.cole@jewishtampa.com.

FAMILY PAINT AND CREATE!

F 6:30 - 8:00 PM | June 12

Join us for Family Paint & Create—a fun, hands-on experience where families come together to make art and memories! Guided by our talented art instructor, Ms. Kodi, you'll create your own unique canvas

masterpiece step by step. This is a wonderful opportunity to bond, get creative, and enjoy quality time together—no experience needed. Best of all, you'll leave with a finished canvas to take home!

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: \$25 per child, \$15 per adult
Guest: \$35 per child, \$20 per additional child

KIDS DAY OUT

Su 12:00 - 4:00 PM

June 14 | July 12 | August 2

Give your child the perfect Kid's Day Out experience filled with laughter, learning and endless fun! Our program is designed to provide a safe and engaging environment for kids to explore, play, and make new friends.

From different monthly themes to fun activities, games, swimming, eating pizza and more! For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: \$30 for the first child, \$15 per additional child
Guest: \$40 for the first child, \$15 per additional child

PANCAKES AND PAJAMAS

Su 9:00 - 11:00 AM | June 28

Join us for a cozy fun-filled Sunday! Slip into your comfiest PJs and come join us while we decorate pancakes, do arts and crafts, and read books in our reading corner! Pajamas are encouraged. For more information, please contact Elena at elena.martinez@jewishtampa.com.

Free with Family membership

CRAFTY CREATIONS

Sa 10:00 AM - 12:30 PM | August 15

Join us in Crafty Creations where creativity meets delicious fun! Make awesome crafts, then whip up and enjoy your own delicious creations. Perfect for kids who love to be creative in more ways than one!

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: \$25 for the first child, \$15 per additional child
Guest: \$35 for the first child, \$15 per additional child





STORYBOOK ART

Th 11:00 AM - 12:00 PM
Session 1: June 11 - July 2
Session 2: July 9 - July 20

JCC Preschool South
2710 South Ysabella Avenue
Irving Cohen Center at Congregation
Rodeph Sholom

Join Ms. Erica for Storytime Art, where children and their caregivers connect through stories, creativity and hands-on art. Open to all preschool-aged children (1-5)

accompanied by a caregiver. This weekly summer class is a nurturing, interactive experience designed for young children and their caregivers to connect through stories, creativity and hands-on art.

For more information or to register, please contact Michele at michele.montgomery@jewishtampa.com.

**Member: \$20 for the first child,
\$15 per additional child**
**Guest: \$30 for the first child,
\$15 per additional child**

BACK-TO-SCHOOL KICKOFF

Su 10:00 AM - 1:00 PM | Date TBD
Gear up for a day of family fun at our back-to-school kickoff! Join us and the Bucs Street team for drills, lite bites, photo ops, face paint and bounce house as we get ready for a fun school year! Don't miss out on this touchdown-worthy event!

For more information, please contact Elena at elena.martinez@jewishtampa.com.
Free for members and pre-registered guests

Something for Every Child

Youth Activities at the J

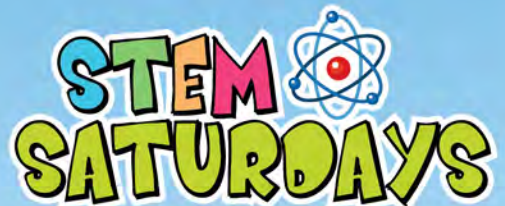
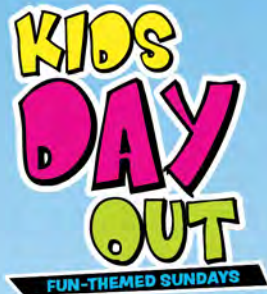
Where Fun Meets Learning!

Unlock your child's potential with our diverse range of programs designed to foster creativity, critical thinking and a lifelong love of learning.

From hands-on STEM projects to artistic explorations, we've got something to spark every interest.



CLUB J
after school program



For more information, contact Elena at
elena.martinez@jewishtampa.com
or call **813.575.5900**.





The Tampa JCCs & Federation is where active adults go to enjoy activities that are fun, interesting and satisfying. From social groups, to games and workshops, to concerts and excursions, to discussion groups and lectures, you can find it here. We always welcome input from our members to enhance our offerings. For those who are not yet ready to attend in person, we are pleased to offer many of our programs virtually as well.

For more information about any of the Active Adults programming, email pnina.levermore@jewishtampa.com.

MAH JONGG OPEN PLAY

F 1:00 – 3:00 PM

If you're looking for a friendly place to get together and play Mah Jongg, this is it. Novices and experienced players welcome.

Free with membership

NEW YORK TIMES CROSSWORD: MASTER THE PUZZLE

Second Wednesday of the month
5:00 – 6:00 PM

June 10 | July 8 | August 12

Let's do the Puzzle! *New York Times* puzzle wizard Steve Manin reveals the keys to filling in the blanks. Ever wish you could do the crossword puzzle? Now's your chance! You know most of the words. What you may not know are little tricks and the ability to train your brain to think like an expert crossword puzzle solver. Join in the fun, interactive show. Do you think you're already pretty good at solving crosswords? Test your skills with crossword guru Steve Manin.

Zoom information available at ShannaandBryanGlazerJCC.com/ActiveAdults

Free with membership

BRIDGE LESSONS

Th 1:00 - 2:30 PM

Series of four lessons; new series run consecutively

Next series begins June 11

Have you ever wanted to learn bridge? Do you know the basics, but it's been a while? Come schmooze, play and learn in a friendly environment. Four 1.5 hour sessions will cover the fundamentals of bridge, including bidding and the play of hand.

Member: \$40/Guest: \$50 (includes four 90-minute sessions; pro-rating option available)

JCC WOMEN'S CLUB

Meets the third Wednesday of the month
6:30 – 7:30 PM

June 17 | July 15 | August 19

The Women's Club is a welcoming space for women to come together to share experiences, engage in enriching activities, and build meaningful connections. In addition to their monthly meetings, the group enjoys a variety of exciting outings and adventures that foster community. For more information please call **813.291.2253**.

NEWS TALK

Second and Fourth Friday | 4:00 PM

June 12 – August 28

Each week, News Talk engages in a topical discussion designed to increase knowledge and understanding of world events. There is also a brief review of current news.

For Zoom information email pnina.levermore@jewishtampa.com.

Free with membership

JCC PLUGGED-IN WORKSHOPS & ONE-ON-ONE SUPPORT

Third Sunday of the month

11:00 AM - 12:00 PM

June 21 | July 19 | August 16

The first half of the workshop will focus on the topic of the day, and the other half will be dedicated to one-on-one help. JCC Plugged-In is where community members connect for answers about tech devices from tech-savvy professionals; where younger and less-young community members connect in a way that is gratifying to both sides of the experience. For more information please call **813.291.2253**.

Free with membership

ACTIVE ADULTS MEN'S CLUB

Meets the fourth Tuesday of the month
5:30 – 6:30 PM

June 23 | July 28 | August 25

The Men's Club is a group for men to cultivate fellowship and camaraderie through social gatherings, interesting discussions and volunteer activities. In addition to monthly meetings that include stimulating guest speakers and refreshments, the Men's Club also schedules a variety of activities such as Rays baseball games, chartered fishing trips, brunch get-togethers and community volunteering. For more information please call **813.291.2253**.

ACTIVE ADULTS

MAH JONGG BEGINNER CLASS

Su 9:00 AM | Morning classes begin July 5
M 6:30 PM | Evening classes begin July 6

Led by  Dragons on the Green Mah Jongg

Mah Jongg is a game of skill and chance that is becoming increasingly popular in the U.S. This course will teach you the rules of American Mah Jongg, basic playing skills and the etiquette of the game. Join us for this 4-week session for fun and enjoyment. The National Mah Jongg League rule card will be provided as well as other resources.

**Member: \$100/Guest: \$120
(includes four 90-minute sessions)**

THE TAMPA JCCs & FEDERATION PARKINSON'S PROGRAM

From exercise to education, support groups to social events, the Tampa JCC & Federation Parkinson's Program provides opportunities to improve the quality of life for individuals living with Parkinson's disease and their families. The Parkinson's Program is a partnership between the Tampa JCC & Federation, the University of South Florida Health Parkinson's Disease and Movement Disorders Center and Tampa General Hospital. It is run in collaboration with the Parkinson's Foundation and the Michael J. Fox Foundation. Currently, more than 1,000 Parkinson's disease patients, care partners and families in the Tampa Bay area engage with the program each year.

The Parkinson's Program offers a wide variety of activities for people with Parkinson's disease and their families, including:

- Exercise classes led by Parkinson's trained fitness instructors to improve participants' physical condition through aerobic activity, strength training, balance and stretch.
- Support groups, led by a licensed clinical social worker, tailored individually to patients and care

partners to enhance coping skills, reduce feelings of isolation and anxiety, and provide opportunities for participants to express themselves.

- Voice Therapy & Tremble Clefs, led by a board-certified speech & swallowing pathologist, addresses voice projection, breathing and posture.
- Fine Motor Skills & Handwriting workshop to focus on brain, facial, eye and fine motor control.
- Lunch & Learn education events provide helpful practical information from subject-matter experts.
- Weekly Brain Games to flex memory, strategy and attentiveness.
- Social events and holiday celebrations to build connection and community, relieving isolation that can lead to depression and anxiety.

For those who are not able to attend in person, we are pleased to offer most of our Parkinson's Program activities virtually as well as in person.

To learn more or register for the Tampa JCC & Federation Parkinson's Program, please contact Pnina Levermore, Director of Parkinson's and Active Adults Programs, at **813.291.2253** or pnina.levermore@jewishtampa.com.

Free with membership, otherwise \$20/month or \$100/6 months

GRAND OPENING OF PARK PLACE Our North Tampa Parkinson's Home

W 12:00 - 2:00 PM | June 24
3919 Moran Road Tampa, FL 33618

Celebrate the Grand Opening of Park Place, the new home of our Parkinson's program. Tour the space, meet our instructors, and discover a place designed for movement, connection, and community. We welcome you to enjoy refreshments, sing-along to a performance by Tremble Clefs, and learn more about the programs and services available

to support individuals living with Parkinson's and their families.

Free

PHILIP SHAYMAN LUNCH AND LEARN EDUCATIONAL EVENTS Park Place

**This is Us: Peer-Led Open Forum
(lunch provided)**

W 12:00 PM | July 8


Join our peer-moderated open forum for people with Parkinson's Disease and their care partners. Each session is guided by topics for discussion relating to symptoms, exercise, overcoming challenges, and more.

Free

FITNESS CLASSES

**The Art of Movement: Tai Chi-
Inspired Balance and Flow**

Let's Move

Park Place +  M 11:00 - 11:50 AM
Just the right amount of challenge with weights, bands, and stretching.

Rock Steady Boxing*

  M/Tu/F 1:30 - 2:15 PM

Park Place Tu 1:00 - 1:45 PM

Park Place W 11:00 - 11:45 AM

 W 10:00 - 10:45 AM

A fun activity that focuses on building strength in the core. Rock Steady Boxing conditions for agility, speed, endurance, hand-eye coordination.

*Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

Power Hour

 M 6:00 - 6:50 PM

Power Hour is a higher-intensity exercise class designed specifically for individuals with Parkinson's. This energetic, athletic workout combines strength training, cardiovascular exercises, and agility drills to improve mobility, endurance, and overall fitness. This evening class provides an engaging and supportive environment to help you feel strong

and empowered. Modifications are provided to suit individual needs.

Mindful Breathing and Meditation

★JCC + V Tu 2:30 - 3:15 PM

Introduction to breath awareness techniques and mindful meditation to reduce stress and encourage relaxation.

PD Ping Pong Pop-Up Play

★JCC (Intermittent) W 1:30 - 2:25 PM

Serving up therapy for your mind and body! Players of all skill levels are welcome to enjoy friendly matches in a fun, casual environment. Challenge new opponents and sharpen your skills while connecting with fellow ping pong enthusiasts. Paddles and balls provided. This class is designed for people with good balance and the ability to stand for 10 minutes at a time.

PD Wave: Parkinson's Water Aerobics for Vitality and Energy

★JCC W 2:30 - 3:15 PM

This gentle, low-impact aquatic fitness class is designed to enhance mobility, balance, and flexibility while reducing stress on the joints. The buoyancy and resistance of the water provide an encouraging environment to move with confidence—no swimming experience needed!

BIG for LIFE

★JCC Th 12:00 - 12:50 PM

Open to Parkinson's program participants deemed safe by the instructor to participate after a trial is completed.

Each class is taught by a BIG for LIFE certified physical or occupational therapist from Tampa General Hospital. BIG for LIFE is a group exercise class for people with Parkinson's disease. The program includes 7 BIG Maximal Daily Exercises, practice of functional movements & activities, walking BIG! and other fun exercises with focus on amplitude of movements.



Parkinson's Cycling

★JCC + Park Place Th 1:00 - 1:45 PM

Riding an indoor, stationary bicycle has been shown to reduce Parkinson's motor symptoms by as much as 35%. That's a good reason to hop on a bike and go for a spin.

The Art of Movement: Tai Chi-Inspired Balance and Flow

Park Place + V F 11:30 AM - 12:20 PM

Learn fluid movement forms to improve your balance, strength, and coordination. Rooted in the principles of Tai Chi, this class promotes mindfulness in motion, helping you cultivate inner calm while enhancing physical stability and body awareness.

SOCIAL MIXERS

As participants have come to feel increasingly at ease and at home in the program, they realized the added benefit of mutual support through social interaction and we are continually providing more opportunities to socialize.

SUPPORT GROUPS

Facilitated by Licensed Clinical Social Worker Mindy Bursten.

Patient Support Group #1

Every other Monday 10:00 AM

Care Partner Support Group

Every other Monday 11:15 AM

Patient Support Group #2

Every other Monday 12:30 PM

Growth Group

Every other Friday 10:00 AM

Patient Support Group - Newly Diagnosed

Every other Friday 11:15 AM

Support groups are led by a licensed clinical social worker. They allow participants to develop peer support and exchange information with others struggling with similar challenges. In group meetings, participants address difficulties, share thoughts and feelings, as well as resources. In our Parkinson's support groups, we aim to develop self-efficacy and provide the opportunities for emotional adaptation. We provide a safe space where peers may express themselves, their struggles and triumphs, and have the opportunity to help others

ACTIVE ADULTS

by sharing their own experiences. Joining a support group is a great way to obtain further resources by hearing the experiences of others. **Support Groups are held virtually on Zoom.**

OTHER PARKINSON'S RESOURCES AT THE JCC

Art Looking: The Cognitive Power of Art led by facilitators from the Tampa Museum of Art 

Tu 12:00 - 1:00 PM

June 2 | July 7 | August 4

Art looking can affect brain wave patterns and the nervous system, raise serotonin levels, and enhance brain function. Tampa Museum of Art educators lead participants through

the exhibit and discuss the artwork. Docents utilize guided looking techniques to inspire conversation and reflection amongst the participants. Participants will enjoy the therapeutic benefits of having conversations about art and learn from each other.

Brain Games: Jeopardy, Word Find, etc. 

Th 10:15 - 11:15 AM

A fun morning of games and puzzles to engage the brain and sharpen the mind.

Fine Motor Skills & Handwriting Workshop with Cathy Daumen 

F 11:30 AM

Helps reinforce the brain signals to improve eye and hand coordination. This is a 3-step approach: exercising

the large arm/hand muscles, working with the fine motor skills and exercises to improve handwriting. All 3 areas need to work together for success.

Voice Therapy for Parkinson's (VTP) & Tremble Clefs™ Singing Group

Park Place +  M/W 3:00 - 4:00 PM

New 7-week series begins June 15

Targets improving the strength of the vocal mechanism to allow for a strong, clear voice. VTP is based on vocal exercises that have proven to be effective for those experiencing voice/speech changes due to Parkinson's. Tremble Clefs is voice therapy and mutual social support through singing, performance and the power of making music together.

Pre-registration required

GIVE BACK WITH

iVolunteer

Enjoy inspiring hands-on volunteer experiences and social action opportunities to give back to your community, organized by the Tampa JCCs & Federation.

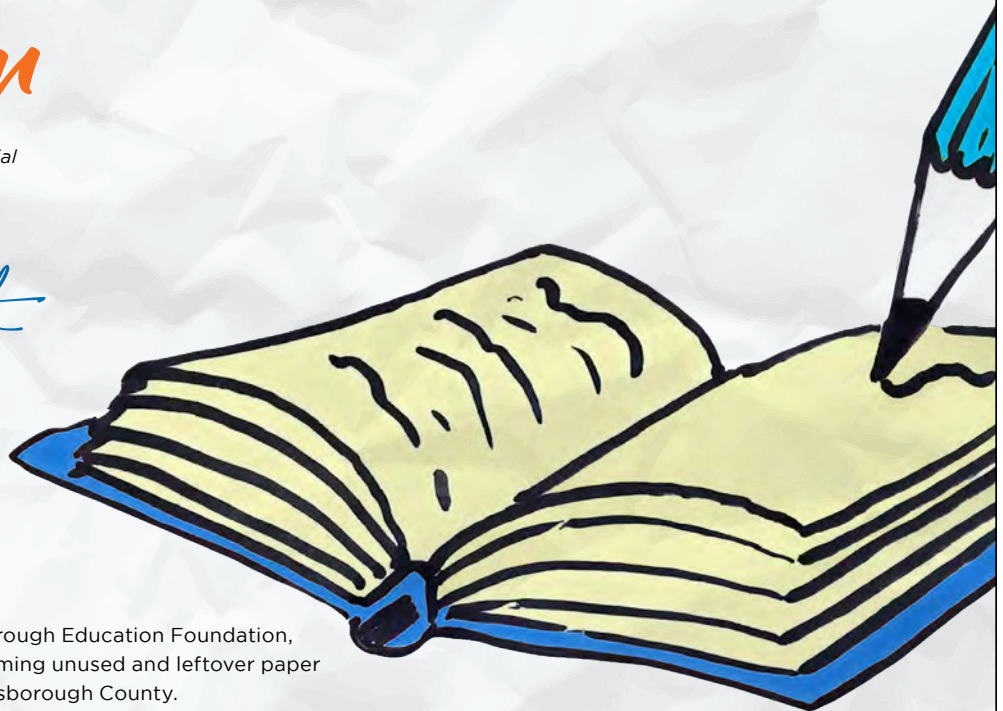
SCRAPS to STORIES

Monday, June 15 | 6:00 - 7:30 PM
Shanna & Bryan Glazer JCC
522 N. Howard Avenue, Tampa, FL 33606

Join the iVolunteer team, in partnership with Hillsborough Education Foundation, for a hands-on service project dedicated to transforming unused and leftover paper into handmade journals for students throughout Hillsborough County.

No special skills required. All materials will be provided. Light bites will be provided.

For more information or to RSVP contact Noa Friedman, Program Coordinator at 813.291.2302 or noa.friedman@jewishtampa.com, visit JewishTampa.com/iVolunteer or scan the QR code.



COMMUNITY + VOLUNTEER OPPORTUNITIES



CONNECT provides opportunities for the community to make meaningful connections to people, resources and Jewish experiences in the Tampa area. Open to people of all faiths and backgrounds.

For more information, or to RSVP for any **CONNECT** event, contact Noa Friedman at **813.291.2302**, noa.friedman@jewishtampa.com or visit JewishTampa.com/Welcome.

CONNECT Schmooze & Clues Trivia Night

Sa 7:00 - 9:30 PM | June 20
(Old Carrollwood) Location will be provided upon RSVP one week before the event

The ultimate icebreaker is here! Enjoy a fun Saturday night evening of mixing, mingling and group trivia fun. Come solo, bring a friend or a whole group. For all ages!

Cost: \$10. Includes snacks, drinks and guaranteed entertainment.

CONNECT Coffee Hour

Su 10:30 AM - 12:30 PM | July 12
Address will be provided upon RSVP one week before the event

Come meet your Jewish community! Join us for a morning of coffee and conversation. All ages welcome. Food and beverage at your own cost.

Free to attend

GIVE BACK WITH *iVolunteer*

Enjoy monthly, inspiring hands-on volunteer experiences and social action opportunities to give back to your community, organized by the Tampa JCCs & Federation.

Visit JewishTampa.com/iVolunteer to learn about, or register for, upcoming iVolunteer experiences this summer. Experiences are open to people of all faiths and backgrounds.

For more information, please contact Noa Friedman at **813.291.2302** or noa.friedman@jewishtampa.com.

Scraps to Stories

M 6:30 - 7:30 PM | June 15

Join our iVolunteer team, in partnership with Hillsborough

Education Foundation, for a hands-on service project dedicated to transforming unused and leftover paper into handmade journals. Using repurposed materials that would otherwise go to waste, volunteers will assemble notebooks that will be used by students throughout Hillsborough County.

No special skills required. All materials will be provided.

Join us at 6:00 PM for some light bites and a chance to relax and meet other caring volunteers like you!

Learn more about Hillsborough Education Foundation by visiting EducationFoundation.com.

This experience is open to people of all ages, faiths and backgrounds.

Limited spots available.

Registration required.

Free





PROFESSIONAL SOCIETIES



OF THE TAMPA JCCs & FEDERATION

FREE

FOR PROFESSIONAL SOCIETIES MEMBERS

Connect professionally. Contribute meaningfully.

Connections & Corks

Join us for casual conversations and wine tasting.
Enjoy a tasting of six wines accompanied by a selection of light hors d'oeuvres.

THURSDAY, JUNE 18 | 6:00 – 8:00 PM

Vintage Wine Cellars ■ 3629 Henderson Blvd., Tampa, FL 33609

For more information on the Tampa JCCs & Federation's Professional Societies, email sarah.weiner@jewishtampa.com or visit JewishTampa.com/Societies.



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CHECK US OUT ONLINE AT



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and



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INSIDE THE FLORIDA HOLOCAUST MUSEUM

AN EXCLUSIVE VIP TOUR EXPERIENCE

**FOR YOUNG ADULTS AGES 20s, 30s AND 40s**

Sunday, June 14 | 11:00 AM – 1:00 PM

Free to attend for current and new donors*

The Florida Holocaust Museum | 55 5th St. S, St. Petersburg

SPECIAL GUEST & TOUR GUIDE – MICHAEL IGELGrandson of Holocaust survivors and Board Chair Emeritus
of the museum

Step inside the newly-expanded Florida Holocaust Museum for an exclusive young adult VIP tour experience. Hear personal stories of survival and legacy while exploring one of the country's largest Holocaust museums.

**\$36 minimum contribution to the Tampa JCCs & Federation's Annual Campaign to attend.*

Limited spots available for this private guided experience. Lunch to follow in downtown St. Pete at your own cost.
RSVP required by **Monday, June 8**. For more information, visit JewishTampa.com/IMPACT or contact lisa.robbins@jewishtampa.com.

This event is brought to you by the **IMPACT**, a community of young adults, ages 20s, 30s & 40s, who share a commitment and passion for Tikkun Olam (Repairing the World) and building a strong Jewish community with the Tampa JCCs & Federation.

Tampa
JEWISH COMMUNITY CENTERS
& FEDERATION
BETTER TOGETHERKARIN & EDITH SCHULTZ
IMPACT
Program for Jewish Young AdultsTHE FLORIDA
HOLOCAUST
MUSEUM

REGISTER



CUSTOMIZED MENUS • VERSATILE SPACES • ELEGANT DECOR



TAMPA'S PREMIER EVENT VENUE



Whether your gathering to celebrate, collaborate, or contribute, the Event Center at Shanna & Bryan Glazer JCC is the perfect place to host your event.

813.575.7522

522 N. Howard Ave • Tampa 33606
SBGJCCEventVenue.com | info@SBGJCC.com