

# PROGRAM GUIDE

Spring 2016

Session begins March 28

**Fitness Sports Early Childhood Summer Camp**  
**Afterschool Care Adult Programs Events Theater**

The Rosen JCC is a boutique full-service fitness center right in your backyard!

**Free Community Class Weekend March 26 & 27**

Mention this program guide for a **FREE** one-week trial membership and discounted joiner fee **TODAY!**

**ROSEN EVENT CENTER**  
Have Your Event Here



- Weddings
- Bar/Bat Mitzvahs
- Birthdays
- Quinceañeras
- Corporate Events
- Show Space Rental
- Meeting Space



**Rosen JCC**  
Orlando, FL

11184 S. Apopka-Vineland Rd. | Orlando, FL 32836 | 407-387-5330

**EVERYONE IS WELCOME**

We are proud that our center reflects our diverse community and embraces families of all backgrounds.

[rosenjcc.org](http://rosenjcc.org)

# EARLY CHILDHOOD Ages 5 and under

The mission of the Early Childhood Learning Center at the Rosen JCC is to guide children in their development of social-emotional, intellectual, creative, cultural and physical skills so that they embrace a love of learning and gain confidence. Our beautifully-equipped classrooms include kitchen setups, soft and natural light and an abundance of age-appropriate materials. Your child will benefit from low infant-to-teacher ratio, consistency of care, and collaboration between parents and staff to reinforce each other's efforts.

The Early Childhood Learning Center holds a national accreditation with the National Accreditation Commission for Early Care and Education (NAC). We are the recipient of the Gold Seal Quality of Care awarded by the State of Florida Department of Children and Families.

## Yoga

Through games, activities and stories, Coach Craig will show children how yoga can lower tension, increase flexibility, encourage self-control, and recharge their bodies. Ages 3-5

Mon 2:10-2:40pm (8 wks) 4/4-5/23  
\$105 | \$90 Members

## Golf

The golf pros from TGA Premier Junior Golf have adapted their renowned program for early childhood students, teaching the basics through song, art and fun activities. Ages 3-5

Mon 2:10-2:40pm (6 wks) 4/11-5/16  
\$75 | \$60 Members

## Jr. Jocks & Jills

Enhance your child's motor skills through the love of sports and active games. Children learn the skills and rules of various sports while staying engaged with physical activity. Ages 3-5

Tue 2:10-3pm (8 wks) 4/5-5/24  
\$99 | \$79 Members

## Drama Rama: Grease is the Word!

Welcome to the Nifty Fifties! Calling all "Greasers": get out your poodle skirts, biker jackets, and bobby socks! Come learn the basic principles of drama through games and dramatic play. Ages 3-5

Tue 2:10-3pm (8 wks) 4/5-5/24  
\$145 | \$120 Members

# PARENTING CENTER

Parenting Center classes are designed to meet the developmental and social needs of young children and to provide meaningful and fun bonding experiences for parents and other caregivers.

## Strollercise

This class features power walking, strength training exercises, stretching and cardio drills. Songs and activities are incorporated into each class. The class is designed for stroller-aged children. To participate in the Strollercise classes, moms must be at least 8 weeks postpartum and have received verbal clearance from their physician to resume physical exercise. Classes are held in our gym.

Sun 11am-12pm (6 wks) 4/3-5/22  
\$72 | \$60 Members  
No class 4/24, 5/15  
Mon 9:30-10:30am (8 wks) 4/4-5/23  
\$96 | \$80 Members

## Hip Hop Dance Party

Get your pre-schooler movin' and groovin' with this high-energy co-ed party dance class! Learn rhythm and fun choreography featuring music from your favorite TV shows. Ages 3-5

Wed 2:10-3pm (9 wks) 3/30-5/25  
\$160 | \$135 Members

## Culinary Arts

The perfect cooking class for our young children! Our in-house chef will teach children about healthy eating as they prepare delicious foods, work with kitchen tools and learn how to follow a recipe. Ages 3-5

Wed 2:10-3pm (9 wks) 3/30-5/25  
\$150 | \$125 Members

## HappyFeet Soccer

HappyFeet is specially designed for young children. We use songs, stories, rhymes and games to maximize imagination and develop gross motor skills in a fun, positive environment. Ages 2-3

Ages 2-3  
Wed 3:30-4:10pm (9 wks) 3/30-5/25  
Ages 3-5  
Thu 2:10-2:50pm (9 wks) 3/31-5/26  
Thu 3:30-4:10pm (9 wks) 3/31-5/26  
\$115 | \$95 Members

## Squish, Squeeze and Giggle

Children will enjoy using their creativity and senses to explore many different hands-on activities including finger painting, collage, sand art, clay and more. A wonderful sensory experience. Ages 2-3

Thu 1:10-2pm (9 wks) 3/31-5/26  
\$105 | \$90 Members

## Family Yoga

Family yoga classes incorporate partner poses between adult and child, breathing exercises and relaxation. The majority of activities will be focused toward 2 to 5 year-olds and their adults, but younger siblings are welcome and will be included in the fun. No yoga experience is required. No charge for non-walkers younger than 1 year.

Tues 9:30-10:15am (8 wks) 4/5-5/24  
\$154 | \$128 Members



## Early Childhood Learning Center

Rosen JCC  
Orlando, FL



## Fairy Tale Dance

Discover the basic principles of ballet in this introductory dance class. We will learn a dancer's warm-up, posture, positioning, across the floor, and a choreographed routine. Leather ballet shoes are required. Ages 3-5

Thu 2:10-3pm (9 wks) 3/31-5/26  
\$160 | \$135 Members

## Karate

Become empowered through discipline and self-defense! Professionals from Victory Martial Arts will teach your children skills for success. Optional uniform fee of \$25. Ages 3-5

Thu 2:20-3pm (9 wks) 3/31-5/26  
\$89 | \$75 Members

## Rollie Pollies

This gymnastics class is designed to help develop motor skills, socialization, balancing, and tumbling. Ages 2-3

Fri 1:10-1:55pm (8 wks) 4/1-5/20  
\$115 | \$95 Members

## Tiny Tumblers

Learn and practice the techniques necessary for basic flips, tumbles and jumps, while developing coordination, flexibility and motor skills through gymnastics. Ages 4-5

Fri 2:10-2:55pm (8 wks) 4/1-5/20  
\$115 | \$95 Members

## Mini Masters

Our art class is designed to ignite the imagination and foster creativity! Students will gain appreciation for the great masters like Picasso, Surin, Monet and Van Gogh as they explore color, texture and different art mediums. Ages 3-5

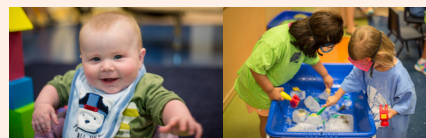
Fri 2:10-3pm (8 wks) 4/1-5/20  
\$130 | \$110 Members

## Preschool Piano

Theatre South offers piano lessons on selected afternoons. Call Theatre South at 407-489-4458 or visit theatresouthorlando.com to register. Pre-K only

Various afternoons 2-8pm \$30/half hour

# Enrollment Now Open!



## New in 2016

State-of-the-Art STEM Lab, Early Childhood Fitness, Parenting Center, & Spanish Lessons!

- » Dr. P. Phillips Foundation Infant and Toddler Center
- » Ages 8 weeks to Pre-Kindergarten
- » Low child-to-teacher ratio
- » Extended care available

## WEE Play Together

FREE Family Program  
Join us for a complimentary snack and enjoy playing while meeting new friends. This program features four special activity classes:

4/1 Little Explorers - Sensory play  
4/15 Little Chefs - Passover treat  
5/6 Toddler Tales - Story time  
5/20 Rock 'n' Roll - Music and movement  
Fri 10:00-10:45am (8 wks) 4/1-5/20



# YOUTH & TEEN

## Improv & Theater Games

How do those comics at the Improv do it? Strengthen your creative skills through improvisational scene work games, learn to command an audience, and feel more comfortable with public speaking. Taught by local professional comedian A. Ali Flores. Grades 2-8

Mon 4:15-5:15pm (8 wks) 4/4-5/23  
\$145 | \$120 Members

## Golf

Practice golf fundamentals with the experts from TGA Premier Junior Golf. Children learn to enjoy the game while developing patience, integrity, respect, honesty and friendship. Grades K-5

Mon 4:30-5:30pm (6 wks) 4/11-5/16  
\$130 | \$110 Members

## KidFit

Through a research-based curriculum, kids will learn to enjoy fitness, test their limits, and create healthy lifelong habits while gaining exposure to fundamental exercises and principles. Grades 2-5

Mon 4:30-5pm (9 wks) 4/4-6/6  
\$105 | \$89 Members  
No class 5/30

## Lacrosse

Get introduced to basic lacrosse techniques, rules and game play. This no-contact, introductory class will focus on basic skills for new players. Players are encouraged to bring their own stick. Grades 3-5

Tue 4:30-5:20pm (10 wks) 4/5-6/7  
\$119 | \$99 Members

## Showstopper Ensemble & Teen Musical Theater Showcase

Join our youth musical theater class as we present "The Spring Showcase" featuring solos, duets and one show-stopping ensemble production number! This workshop-style class will focus on individual performances, working one-on-one with our professional musical theater artists.

Grades K-5 (*Showstopper Ensemble*)  
Tue 4-5pm (8 wks) 4/5-5/24

Grades 6-12 (*Teen Musical Theater Showcase*)  
Tue 5:15-6:15pm (8 wks) 4/5-5/24  
\$190 | \$160 Members

## Studio Arts

Explore different arts media from pottery to painting to printmaking. Our talented artists will cover it all, and our young artists will come home every week with creative projects! Grades K-5

Tue 5-5:50pm (10 wks) 4/5-6/7  
\$180 | \$150 Members

## Tennis

Professional coaches from The Tennis Team will help your child learn the basics of the game and develop fundamental skills using our unique indoor QuickStart system. Two 5-week sessions.

Grades K-2  
Wed 3:15-3:55pm 3/30-4/27, 5/4-6/1  
Wed 4-4:40pm 3/30-4/27, 5/4-6/1

Grades 3-5  
Wed 4:45-5:25pm 3/30-4/27, 5/4-6/1  
\$105 | \$89 Members

## Our Descendants Dance Party

This high-energy dance class utilizes all the popular modern dances currently seen at events, clubs, parties, on TV, and in the movies. Learn the moves to get you noticed at your next party! Grades K-7

Wed 3:15-4:15pm (9 wks) 3/30-5/25  
\$180 | \$150 Members

## Baking

Learn how to bake all your favorite desserts in the new JCC kitchen! From cookies to cakes and everything in between, we'll master preparation, baking, decorating and presentation, and go home with a tasty treat every week. Grades 2-5

Wed 4:30-5:30pm (10 wks) 3/30-6/1  
\$150 | \$125 Members

## Archery

Improve hand-eye coordination and learn proper shooting technique and safety skills from our certified USA Archery instructors at our outdoor archery range. Appropriate for beginner- and intermediate-level archers. Grades 2-6

Wed 5-5:45pm (10 wks) 3/30-6/1  
\$119 | \$99 Members

## Legends Soccer

Legends Soccer is an innovative program focusing on core skill development in a challenging yet enjoyable environment. Learn everything from shooting and dribbling to fakes and advanced moves to get ready for your next game! Grades K-5

Thu 4:30-5:30pm (10 wks) 3/31-6/2  
\$119 | \$99 Members

## Ballet

Discover the basic principles of classical ballet. We will learn a dancer's warm-up, posture, positioning, across the floor, and various choreographed routines. Proper ballet dress required (leotard, tights, and real leather ballet shoes). Grades K-5

Thu 4-5pm (9 wks) 3/31-5/26  
\$160 | \$135 Members

## Volleyball

Learn about the game of volleyball, work on fundamentals and skill development and get real game experience! This class is appropriate for beginner- and intermediate-level players. Grades 3-6

Thu 5:30-6:30pm (10 wks) 3/31-6/2  
\$105 | \$89 Members

## Youth Sports Performance Training

This program focuses on progressing and maintaining athletic movement while refining and ingraining fundamental skills of speed, agility, and power. Drop in on a weekly basis. Grades 5-9

Thu 6-7pm  
\$10 | Free for Members

## Gymnastics

Flip, tumble and jump in this fun class designed to develop motor skills, flexibility, balance and tumbling technique. Children use the balance beam, vault, trampoline and parallel bars. Grades K-2

Fri 4-4:45pm (9 wks) 4/1-6/3  
\$130 | \$110 Members  
No class 4/22

## Mad Science

Each week will introduce a new and exciting hands-on STEM topic. Students receive a take-home project at the end of each class to continue their scientific exploration at home! Grades K-5

Fri 4-5pm (9 wks) 4/1-6/3  
\$155 | \$130 Members  
No class 4/22

## Cheer Clinic

Bring your team spirit and learn the building blocks needed to be on a cheerleading team: motions, stunts, floor tumbling, jumps and more! Grades 3-6

Fri 5-5:45pm (9 wks) 4/1-6/3  
\$130 | \$110 Members  
No class 4/22

## Saturday Night Out

You get to enjoy a night on the town, and your kids get to spend a fun night with their friends at the JCC! Drop your kids off any time after 5pm, and pick up any time before 11 pm. In between, we'll provide dinner and a themed program, as well as popcorn and a movie. Ages 18 month - 13 years, except as noted.

## Spring Saturday Night Out Dates

March 12  
April 2  
April 16 (*Teen Night Out, Grades 5-8*)  
May 7



Theatre South is the JCC's resident theater company, featuring Teaching Artists who are professional performers currently working in their field teaching you and your family the best of the arts.

## A Midsummer Night's Dream

Introducing the new Theatre South Playhouse, performing *A Midsummer Night's Dream* - Shakespeare mixed with a little bit of musical theater. Rehearsals are 1-4pm on Saturday afternoons (1-3pm for the younger cast).

## Auditions

Saturday, March 29, 4-7pm

## Shows

Saturday, May 21, 3pm and 7pm  
Sunday, May 22, 2pm

## Rehearsals & Fees

Grades K-4: \$349

Grades 5-12: \$399

*A \$45 materials fee is required on or before the first day of rehearsal to cover your script/show book, costume materials and supplies.*

## Once Upon A Character Fest

Come celebrate with all your friends and characters from the past and present for a fun-filled afternoon costume party. Come dressed as your favorite space or super hero, villain or royal, Hollywood or Broadway character star! Recommended ages 2-15.

Sunday, April 10, 2-4pm

## Private Piano, Voice, Guitar and Acting Lessons

Private lessons are available for children, teens and adults. Learn one-on-one from our talented Teaching Artists.

Various afternoons 2-8pm \$30/half hour

Visit [theatresouthorlando.com](http://theatresouthorlando.com) for more information about auditions, full rehearsal schedules, private lessons, and registration.

## Hoopstars Basketball Academy

### Private & Semiprivate Basketball Lessons

We offer 30-minute and 60-minute private and semi-private lessons (up to 3 players). Schedule your lesson by contacting Evan Rayman at [emrayman@gmail.com](mailto:emrayman@gmail.com) or 407-473-8350. Ages 5-14

30-min private lessons: \$36 | \$30 Members  
30-min semi-private lessons: \$24 | \$20 Members

60-min private lessons: \$72 | \$60 Members  
60-min semi-private lessons: \$48 | \$40 Members



Spring  
Break  
Camps  
March  
18-25



School's out, but Camp J is open!



[rosenjcc.org/springbreak](http://rosenjcc.org/springbreak)



An inclusive summer camp dedicated to your child's happiness, growth and well-being.

3 types of camps for kids of all ages!  
Early Childhood • General Camp • Sports Camp • Specialty Camps



[rosenjcc.org/campj](http://rosenjcc.org/campj)

## ADULT PROGRAMS

### Adult Improv & Theater Games

What a great way to unwind after a day of work - experiencing the joy of improvisation! Taught by local comedian A. Ali Flores.

Mon 7-8pm (8 wks) 4/4-5/23  
\$145 | \$120 Members

### Jewish History Class

Hosted every Tuesday by Rabbi Menachem Zev Kramer of J.O.IN Orlando. Come explore the history of our people and meet the great personalities who helped shape our heritage.

Tue 12:15-1:15pm 3/29-6/7  
\$5 | Free for Members

### Poker League

Join the JCC's Texas Hold 'Em-style poker league! Each league includes five weeks of regular play, followed by the Final Table. Past prizes have included VISA gift cards, hotel stays, restaurant gift cards, theme park passes, and more! Ages 16+

Tue 7-10pm (6 wks) 4/5-5/10  
\$60 | \$50 Members

### Glass Art Lounge

Enjoy an artistic night out with your friends! Leslie Foxson, an experienced glass artist and jewelry designer, will introduce you to the art of fused glass. Using different colors of glass, you will create beautiful sun-catchers or wall art for your home.

Wed 6-7:30pm 5/11  
\$45 | \$40 Members

### JConnect

Business professionals meet up to hear a speaker and network. Come by after work for pizza and beer at this Happy Hour business event sponsored by J.O.IN Orlando

Wed 6-7:30pm 4/6, 6/1  
\$5 | Free for Members

### News & Schmooze

Join us for coffee and bagels to discuss national headlines, the economy, sports stories, celebrities, the latest opinion cartoons, movies, and JCC happenings the third Thursday of the month. Sponsored by Cornerstone.

Thu 11:15am-12:15pm 4/21, 5/19  
\$5 | Free for Members

### Book Club

Join us on the first Thursday of each month for a new book and discussion! Check the Welcome Center for the current title. Refreshments sponsored by Visiting Angels.

Thu 11:15am-12:15pm 4/7, 5/5  
\$5 | Free for Members

### Chai Steppers

Come join us for exciting speakers, entertainment and delicious refreshments! This senior social club meets on the first and third Thursdays of each month. Your first meeting is free, and then Chai Stepper dues are \$10/year in addition to your JCC membership.

Thu 1-3pm 4/7, 4/21, 5/5, 5/19  
\$5 | Free for Members

### Yoga Lite

A yoga and meditation class for seniors, adults and those with physical limitations. Chairs are used in place of mats.

Fri 11:30am-12:30pm 4/1-6/3  
\$5 | Free for Members

## Special Events

### Neil Zirconia: A Sparkling Tribute to Neil Diamond

Sunday, March 20, 2pm

Neil Zirconia presents his spectacular tribute to Neil Diamond in the brand new Rosen Event Center auditorium. Mr. Zirconia has perfected all the excitement and the magic that is Neil Diamond on this exciting journey down memory lane. Sponsored by Cornerstone.

\$18 | \$15 Members | \$10 Chai Steppers

### Semi-Annual Charity Poker Tournament

Thursday, March 31, 7pm

Join our evening of poker and blackjack, featuring a Texas Hold 'Em poker tournament with professional dealers from All-In Poker. Prizes include a \$300 VISA gift card, vacation packages, restaurant gift cards and more! Dinner is included, and starts at 6pm.

\$60 | \$50 Members  
\$18 blackjack and dinner only  
Late registration after March 28 add \$10

### Battle of Broadway

Saturday, April 16

Come witness Broadway's biggest "showdown" as the talented Teaching Artists of Theatre South are joined by Orlando's finest performers. The show benefits our youth theater program and the audience gets to vote on the best performance!

Tickets available at [theatresouthorlando.com](http://theatresouthorlando.com)

### 2nd Annual Golf Tournament

Sunday, April 17

Get your foursome together for a fun morning at the beautiful Rosen Shingle Creek Golf Club. The day concludes with a catered lunch and awards ceremony. Proceeds from the event support the JCC's Children's Scholarship Fund.

## For More Information



[www.rosenjcc.org/register](http://www.rosenjcc.org/register)



407-387-5330



Welcome Center in the main lobby

## Hours

Mon-Thu	6am - 10pm
Fri	6am - 6pm
Sat-Sun	8am - 5pm

