



Summer 2026 Program Guide



Now Enrolling for Summer 2026!
See page 8 for details.

J Day Camps



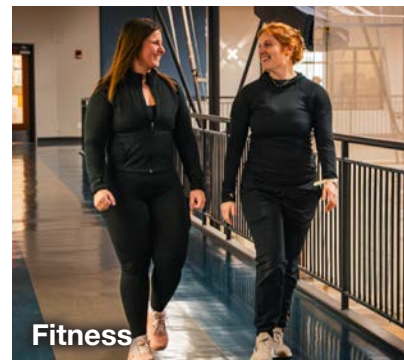
Youth Sports



Community

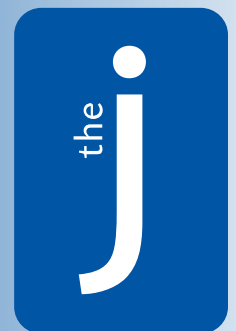


Aquatics



Fitness

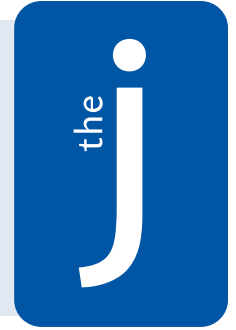
Everyone is welcome at the J.
Get involved.
Exercise your mind and body.
Enjoy a cultural event or holiday program.
We have something for everyone at the J.



About the J

Our Mission

The St. Louis Jewish Community Center enriches lives, builds community, promotes inclusivity, and creates meaningful Jewish experiences.



Facility Hours

Monday – Thursday	5:30am – 9pm
Friday	5:30am – 8pm
Saturday – Sunday	7am – 6pm

Guest Policy

All guests visiting the J must complete the Guest Pass process to enter by being accompanied by an active J member, by arranging for a guest pass in advance with a J membership team member, or meeting with a J membership team member to purchase a guest pass. Each guest must present a valid photo ID and complete a guest form and liability waiver. Guests under 18 years of age must be accompanied by an adult on their first visit. Each guest is limited to five (5) visits per calendar year. Guest passes cannot be purchased or arranged within two (2) hours of closing. All J membership accounts will receive three (3) free one-day guest passes per calendar year. Each pass is valid for one individual for a single day.

Financial Assistance

Limited need-based financial assistance (program and membership scholarship) is available.

Contact

scholarships@jccstl.org

For more information visit jccstl.com/scholarships



Life Enrichment – For Everyone

The J welcomes and encourages individuals of all abilities to participate in our programs. We strive to create an inclusive environment where each person is matched with programs that best fit their needs. Whenever possible, we offer necessary support, including individualized programming, to ensure a positive and enriching experience.

Contact

Sarah Loos, 314.442.3295, sloos@jccstl.org

Holiday Hours

Memorial Day	Monday, May 25	8am – 5pm
Independence Day	Saturday, July 4	8am – 5pm
Labor Day	Monday, September 7	8am – 5pm

On all other holidays, the J will be open standard hours.



To our J community,

Summer is when the J really comes alive.

It's our busiest time of year. Camp is in full swing, the pools are packed, and our buildings are in constant use from morning through evening across both the Staenberg Family Complex and the Marilyn Fox Building. You can feel it the moment you walk in.

That energy reflects everything happening around you. J Day Camps, aquatics, sports, cultural arts, and Jewish life programs are all running at full capacity, creating opportunities every day for people to connect, build routines, and be part of something.

You'll also notice some recent updates throughout our spaces, including new flooring, refreshed furniture, and expanded café and market offerings. These are all part of our ongoing effort to make the J an even better place to spend your time.

What makes all of this work is our team. The staff leading camp, aquatics, fitness, and programs show up every day ready to make this experience what it is. I also want to introduce Mark Cohen, our Senior Director of Day Camps and Youth Services, who is leading our camp efforts this summer and playing an important role in shaping that experience for so many families. He is always excited to share the enhancements to this summer's Day Camps experience, so reach out to him at mcohen@jccstl.org to learn what's new.

We hope you take advantage of everything the J has to offer this season. Whether you are here for camp, the pool, a workout, or a program, this is a place meant to be shared. If you have friends or family who haven't experienced the J, summer is a great time to bring them with you.



Thank you for being part of this community.

Regards,
Steven Rosenzweig
President & CEO



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Payment Information

Programs may be purchased via credit card or electronic bank transfer, commonly referred to as ACH. Many of our programs offer a 3% discount for paying via ACH (Automated Clearing House). These programs include Fitness Memberships, Day Camp, Youth Sports, and more. Eligible programs are listed with the red bar below.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

For more details, and videos of how to apply the code, scan the QR code or visit jccstl.com/ach



Program Listing Key

SFC	Staenberg Family Complex in Creve Coeur I.E. Millstone Campus 2 Millstone Campus Drive, St. Louis, MO 63146
Fox	Marilyn Fox Building in Chesterfield Marilyn and Sam Fox Campus 16801 Baxter Road, Chesterfield, MO 63005

Pricing and schedules accurate as of date of printing, May 28, 2026.

Early Childhood Center



Learn more about our program!
Scan the QR Code or visit
jccstl.com/ecc

At the J, we are dedicated to providing St. Louis' youngest learners with exciting opportunities to explore, discover, and grow every day. That's why we offer a wide range of early childhood programs to meet the needs of every family. Whether you're seeking a structured, fully accredited **Early Childhood Center**—available at both our Creve Coeur and Chesterfield locations—or looking for play-based learning at the Family Center, you'll find a variety of programs designed to support your infant or toddler's development in a nurturing environment.

Early Childhood Center

For information or questions, contact:

Early Childhood Center (SFC)

Melissa Burgess
314.442.3224
mburgess@jccstl.org

Early Childhood Center (Fox)

Kathy Coldiron
314.442.3450
kcoldiron@jccstl.org



Infants & Toddlers

Ages 6-weeks-2 years

Our infant and toddler classrooms are rooted in a strong and connected community where every child and family is known and valued. Our educators build close, responsive relationships with each child, creating a warm and secure environment where babies and toddlers can explore the world with confidence. Through attentive care, thoughtful routines, and meaningful play experiences, we support early language development, curiosity, and growing independence. Families are active partners in this journey, and we work closely together to ensure each child's unique needs and rhythms are honored.

SFC & Fox

Mon - Fri 7:30am-5:30pm

Pre-Schoolers

Ages 3-5 years

Learning at the J is a shared journey between children, families, and educators. Our classrooms are guided by the Reggio Emilia philosophy and grounded in a commitment to intentional and joyful learning. With Conscious Discipline and a deep respect for children's questions and ideas, we help young learners explore, interpret, and connect with the world around them. Through this process, they build empathy, curiosity, problem-solving skills, and a strong sense of identity. These are the foundations for school readiness and lifelong learning.

What sets our program apart:

- Fully accredited by Missouri Accreditation and licensed by the Missouri Department of Elementary and Secondary Education
- Reggio Emilia-inspired curriculum infused with Conscious Discipline®
- Enrichments like swimming, sports, and yoga, using our world-class facilities
- A commitment to Jewish values and holiday celebrations, in a community that warmly welcomes families of all backgrounds
- Year-round care, including a vibrant and enriching summer camp experience for preschoolers
- Flexible full- and part-time scheduling options

SFC & Fox

Mon-Fri 7:30am-5:30pm





Early Childhood Sport Camp

Ages 3-5 years (Must be potty trained or wearing a diaper)

This fun-filled, weekly drop-off program introduces children to a variety of sports in a supportive and engaging environment. Each week, young athletes will explore a different sport such as soccer, basketball, baseball, and more, while building essential motor skills like balance, coordination, and teamwork. Designed for kids to stay active and discover their interests, this program is a great way to give them a taste of multiple sports.

SFC

Tue	Throughout the school year	1:30-2:15pm
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\$99 member | \$132 Non-member | per month

Payments will be automatically withdrawn on the 1st business day of each month.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Early Childhood Dance Camp

Ages 3-5 years (Must be potty trained or wearing a diaper)

This engaging and progressive, drop-off dance program is designed to introduce your young children and their parents to movement through play and music fostering coordination, basic rhythm and bonding. In this fun, interactive setting, children will explore movement, music and dramatic expressions. Through guided activities, little dancers will discover their potential while building a strong foundation for future dance experiences.

SFC

Thu	Throughout the school year	1:30-2:15pm
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\$99 member | \$132 Non-member | per month

Payments will be automatically withdrawn on the 1st business day of each month.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

We'll help you get your workout in!

KidZone is included in Family memberships!

Families are limited to one, two-hour reservation per child per day.

Parents must remain in the building while children are in KidZone.



Hours of Operation

Monday – Thursday

8am – 12:30pm

4 – 7:45pm (Fox)

4 – 8pm (SFC)

Saturday & Sunday

8am – 12:30pm

Sydney Reynolds, 314.442.3128, sreynolds@jccstl.org (SFC)

Jess Bauer, 314.442.3431, jbauer@jccstl.org (Fox)



Reservations required in advance!

Scan the QR Code or visit
jccstl.com/kidzone



Youth Programs



For Program Info and Registration
Scan the QR Code or visit
jccstl.com/theclub

The Club

K-5th grade (SFC) K-6th grade (Fox)

The J's after-school enrichment program offers educational, fun, and diverse activities in a safe environment. The Club serves students from Willow Brook Elementary and Remington School at the Staenberg Family Complex in Creve Coeur and Ascension School and Wild Horse Elementary at the Marilyn Fox Building in Chesterfield.

Contact

Sydney Reynolds, 314.442.3128, sreynolds@jccstl.org (SFC)
Jess Bauer, 314.442.3431, jbauer@jccstl.org (Fox)

SFC or Fox

Mon-Fri 2026-27 school year Dismissal until 6pm



For Program Info and Registration
Scan the QR Code or visit
jccstl.com/youththeatre

Youth Theatre at the J is an inclusive and educational program for grades K-9. In addition to learning about theatre, we strive to help students build confidence, improve communication, and increase skills they will take with them far beyond the stage. Theatre provides an unforgettable experience for your child. It offers a unique teamwork adventure that requires everyone's full attention and participation to bring the show to life. To ensure all students have an engaging and welcoming learning environment, the J offers two theatre programs. We invite you to explore both!

Youth Theatre

For information or questions, contact:

Youth Theatre Artistic Producer

Yoni Kruvi
314.442.3239
ykruvi@jccstl.org





Disney's Frozen KIDS

Ages 5-8

This program meets weekly to learn material that teaches the foundational skills in auditioning and performing. Through the vehicle of musical theatre, young students broaden their understanding of how to follow directions, listen well, wait their turn, engage their imagination, channel their energy, and step into the spotlight!

SFC

Auditions:	Sun	Aug 16	12:30-1:30pm
Regular Rehearsals:	Sun	Aug 23-Nov 15	12:30-1:30pm
Performances:	Mon-Tue	Nov 16-17	6pm

\$240 member | \$290 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Youth Theatre: Heroes & Villains

2nd-6th Grade

Prepare to face off in a two-week grand battle of musical theatre masterpieces as you step into the world of the great Broadway heroes and villains! We will sing, dance, and swim our way through the Pride Lands of Scar and Simba, to the Emerald City with Dorothy and the Wicked Witch, visit the castle of the Beast with Gaston, and swim under the sea with Ariel and Ursula.

Each morning, campers will focus on building skills in the areas of singing, acting, and dancing. After lunch, they will dive into show materials where they will explore a variety of characters and musical styles carefully chosen by our professional performing arts educators. The campers' work will culminate in a showcase presentation on the last day of camp, when they will perform for friends and family.

Contact

Yoni Kruevi, 314.442.3239, ykruevi@jccstl.org

SFC

Mon - Fri	June 15-26	9am-3pm
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Two Week Price \$640 member | \$720 Non-member

Extend the Day (2 weeks)

AM Care: \$114 member | \$124 Non-member
7:30-9am

PM Care: \$196 member | \$206 Non-member
3-6pm

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Disney's Descendants: The Musical

Ages 8-15

Youth Theatre is an all-inclusive, educational theatre program that allows students to build confidence, improve communication, and experience the joy of the performing arts. The cast works together to learn songs, dances, and ultimately put on a wonderful performance at the end of the season. All participants who audition will be cast, but you must register prior to auditioning.

SFC

Auditions:	Sun	Aug 16	2-6pm
Regular Rehearsals:	Sun	Aug 23-Nov 29	2-5pm
Tech Week:	Sun-Tue	Dec 6-8	Times vary
Performances:	Wed-Thu	Dec 9-10	7pm
	Sun	Dec 13	11am

\$340 member | \$390 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**





For Program Info and Registration
Scan the QR Code or visit
jccstl.com/daycamps

J Day Camps

Ages 3-14

J Day Camps offer something for every child! Every child ages 3 to 14 years is welcome at the J Day Camps. Kids in third grade and up even get to customize their schedule to match their interests. Whether your child loves sports, art, or exploring cultural experiences, the J is the place for your family. We celebrate diversity and warmly welcome children of all backgrounds and abilities. With a summer full of fun, friendships, swimming, and endless adventures, J Day Camps promise an unforgettable experience. Join us for a season of discovery and joy!

Contact

Mark Cohen, 314.442.3263, jdaycamps@jccstl.org

SFC or Fox

Mon - Fri	June 1-Aug 14	9am-3pm
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Per Week	\$320 member \$360 Non-member
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Extend the Day (per week)

AM Care: 7:30-9am	\$57 member \$62 Non-member
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PM Care: 3-6pm	\$98 member \$103 Non-member
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Save 3% when you pay with ACH and coupon code **ACHSAVE3**



For Program Info and Registration
Scan the QR Code or visit
campsabra.com

Camp Sabra

1st - 10th Grade

Camp Sabra is a premier Jewish sleepaway camp for children entering grades 1-10. A variety of activities keeps the kids moving and engaged during their time in the Lake of the Ozarks. These include waterskiing, sailing, ropes courses, zip lining, creative arts, performing arts, trips and more!

Our campers return home from Camp Sabra with an enhanced connection to their Jewish identity, a heightened sense of independence, increased personal resilience, and a personal Jewish community!

Contact

Kim Sloan, 314.442.3151, kim@campsabra.com

Camp Sabra

30750 Camp Sabra Road, Rocky Mount, MO 65072

1st Session	Sun-Thu	June 7-July 2
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2nd Session	Mon-Fri	July 6-July 31
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Price varies by age





Become a *Friend of* **the j** today!

Become a Friend of the J
 Scan the QR code or visit
jccstl.com/friend

Your Impact Can Make a Difference Today!

\$50
 provides three meals for one homebound senior via Meals on Wheels

\$180
 covers one child's participation in a youth sports program

\$250
 helps an adult with disabilities build confidence and connection through Theatre Unlimited

\$500
 funds one week of a 1:1 shadow so a child with disabilities can attend J Day Camps

Friends of the J receive benefits at each level:							
	\$5,000	\$2,500	\$1,000	\$500	\$250	\$180	\$50
Trial membership	8 one-day passes	8 one-day passes	8 one-day passes	6 one-day passes	6 one-day passes	6 one-day passes	2 one-day passes
J swag	1 item	1 item	1 item	1 item	1 item		
Free personal training	2 sessions	2 sessions	1 session	1 session			
Free massage	2 massages	1 massage	1 massage				
Free tickets to cultural arts events of your choice*	4 tickets*	4 tickets*	2 tickets*	*based on availability			
Free swimming pool party rental	1 party rental						



Benefits associated with this campaign are exclusive to contributions made directly to it; gifts to other J campaigns do not qualify for these benefits.

A portion of each gift is tax deductible depending on the benefits received.

Donors to the J with cumulative giving of \$1,000 or more become members of the Millstone Society and are invited to a special recognition event.

Youth Sports



For Program Registration and most up-to-date schedule Scan the QR Code or visit jccstl.com/youthsports

No matter what sport your young athlete wants to explore, we've got it covered! The J offers sports leagues, lessons, and tournaments in baseball, soccer, basketball, and more for kids ages 3 through high school. With programs available at both our Chesterfield and Creve Coeur locations, state-of-the-art facilities, dedicated staff, and passionate volunteers, we provide some of the most highly regarded youth sports experiences in the area.

Whether your child is a beginner or an experienced player, our inclusive leagues and programs are designed to help them develop new skills, build confidence, and have fun. Youth Sports at the J are the perfect way to grow, compete, and enjoy the game!

Youth Sports

For information or questions, contact:

Sports & Recreation Manager
Jeff Reis

Sports & Recreation Coordinator
Greg Lazerwitz

314.442.3279
sportsandrec@jccstl.org



Mini Sluggers Baseball Training

Ages 4-5

Step up to the plate with our coach-led baseball training program designed specifically for young athletes ready to develop their skills in a fun, supportive setting. This program focuses on teaching the fundamentals of baseball—throwing, fielding, hitting, and base running—through engaging drills and age-appropriate instruction. Each session emphasizes individual skill development, teamwork, and sportsmanship, helping players build confidence and a deeper love for the game. The program concludes with game-like activities that give participants a feel for real baseball action in a low-pressure environment.

SFC

Sun	Aug 9-30	11:30am-12:30pm
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\$82 member | \$102 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Baseball

Little Sluggers Baseball Training

Ages 2-3

This parent-child program is designed to introduce your little ones to the basics of baseball while fostering their motor skills and love for physical activity. In a supportive, structured environment, parents and children work together, learning essential skills like throwing, catching, and running the bases. Parent participation is mandatory, as you'll play an active role in guiding your child and building their confidence. The program not only prepares kids for future organized sports but also provides parents with tools to support their child's athletic development.

SFC

Sun	Aug 9-30	10:30-11am
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\$66 member | \$85 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Junior Sluggers Training Camp

K-5th Grade

This dynamic program focuses on developing core baseball skills through engaging drills and small-sided games, allowing players to build confidence and improve their abilities in a supportive environment. Participants will work on essential techniques such as throwing, hitting, fielding, and base running, gaining a deeper understanding of the game. Our goal is to help young athletes apply these skills in real game situations while fostering a love for the sport. Every participant will receive a shirt, ensuring they feel like part of the team as they progress on their baseball journey.

SFC

Sun	Aug 9-30	12:30-1:30pm
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\$82 member | \$102 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Soccer

J Soccer – Playtime

Ages 2-3

Kick off your child's soccer journey with Start Smart Soccer, a fun and interactive parent-child program designed to build foundational skills and confidence. In this structured setting, young athletes learn essential soccer skills like dribbling, passing, and shooting, while spending quality time with their parents. This program not only prepares children for future team play but also empowers parents with the tools to support their child's athletic growth. Parental participation is required, making it a rewarding experience for both parent and child.

SFC

Session 1	Sun	June 28-July 26	9-9:45am
Session 2	Sun	Oct 11-Nov 2	9-9:45am

\$62 member | \$82 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



J Soccer Skills – Ball Skills

Ages 6-9 & 10-12

Take your game to the next level with expert coaching from CORE Soccer Training Club, one of St. Louis' premier youth development organizations. This dynamic program is designed to sharpen each player's individual skills while building confidence, teamwork, and a deeper understanding of the game. Through focused drills, players will improve key areas such as ball control, passing, shooting, agility, and game awareness. Each session ends with small-sided games, allowing participants to apply what they've learned in a fun, competitive setting. Whether your child is a beginner or looking to refine advanced techniques, this academy provides the tools to succeed.

SFC

Session 1	Sun	June 28-July 26	9-9:45am
Session 2	Sun	Oct 11-Nov 2	9-9:45am

\$62 member | \$82 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Pre-K Soccer Training – First Touch

Ages 4-5

This engaging soccer training program is designed to help young athletes build foundational skills in a fun and supportive environment. Each session focuses on age-appropriate drills and activities that emphasize dribbling, passing, shooting, and movement while fostering a love for the game. Our format maximizes participation and ensures every child gets plenty of touches on the ball through small-group instruction and mini-games.

SFC

Session 1	Sun	June 28-July 26	9-9:45am
Session 2	Sun	Oct 11-Nov 2	9-9:45am

\$62 member | \$82 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Basketball

J Basketball Skills Academy

K-6th grade

Build strong basketball fundamentals in a high-energy, skill-focused environment. The J Basketball Skills Academy is designed for players of all levels and emphasizes key areas of development including shooting mechanics, speed and ball control, footwork, on- and off-ball defense, and team principles on both ends of the court. Each session includes focused instruction followed by small-sided games to put skills into practice. The program runs for seven weeks and includes a jersey.

SFC

Session 1	Mon	July 13-Aug 24	K-2nd: 6-6:55pm 3rd-6th: 7-7:55pm
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Session 2	Mon	Sept 28-Nov 16	K-2nd: 6-6:55pm 3rd-6th: 7-7:55pm
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\$103 member | \$125 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Pickleball

Pickleball Smashers – Youth Pickleball Clinic

Age 7-14

Serve, rally, and score! This clinic introduces players to one of the fastest-growing sports in the country. Participants will learn the fundamentals of pickleball, including serving, volleying, scoring, positioning, and teamwork. Each session combines fun drills, skill-building games, and friendly match play to develop confidence and coordination. Whether brand new to the sport or looking to improve, players will enjoy a positive, high-energy environment led by experienced instructors. All equipment is provided — just bring your energy and love for the game!

Fox

Tue	Sept 15-Oct 13	6-7pm
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\$75 member | \$95 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Volleyball

Blue Jays Volleyball Development Academy

3rd-8th Grade

This training session is designed to provide an extra opportunity to focus on key skills and techniques. Players will be grouped by skill level, allowing for targeted instruction in areas like serving, passing, setting, and hitting. Our experienced instructors will lead station-based drills, ensuring players receive personalized feedback and ample practice time. Coaches are encouraged to attend and assist, helping to create a collaborative learning environment. This is the perfect chance for players to sharpen their skills and elevate their game.

SFC

Mon	Aug 31-Oct 5	6-7pm
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\$75 member | \$90 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Blue Jays Power Spikers Volleyball League

3rd-8th Grade

Join us for an exciting season of volleyball where players of all skill levels come together to learn, grow, and compete in a supportive and empowering environment. Our league emphasizes teamwork, skill development, and friendly competition. Each participant receives a team uniform, and practices will be held once a week, with teams occasionally sharing gym space. The season culminates in a thrilling single-elimination tournament for the top four teams in each age division.

SFC

Sun	Oct 11-Dec 6	Games start at 8am
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Individual	\$103 member \$125 Non-member
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Team	\$824
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Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Flag Football

Tiny Tacklers Flag Football

Ages 4-1st grade

Tiny Tacklers is designed to introduce young athletes to the core fundamentals of flag football, focusing on key skills like catching, passing, and pulling flags. As players progress through the season, game-like situations and strategies will be incorporated into each session, helping participants apply what they've learned in a fun, engaging way. This program is ideal for beginners looking to build a solid foundation in the sport.

SFC

Sun	Oct 11-Nov 22	Pre-K: 2-3pm
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K-1st: 3:15-4:15pm

\$83 member | \$110 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Youth Flag Football League

1st-6th grade

Youth Flag Football League offers an exciting and competitive environment with teams and game formats designed for different age groups: 1st-3rd graders play 5-on-5, while 4th-6th graders compete 6-on-6. Each team will have its own volunteer coach, and weekly practices. The season includes six weekend games with week seven being held for the end of season tournament. Registration is individual, but full and partial teams, as well as free agents, are welcome. We also honor teammate requests! Each participant will receive a brand-new flag belt and jersey, but players are responsible for bringing their own mouthguard.

SFC

Sat & Sun	Oct 11-Dec 6	Games begin at 9am
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Individual:	\$83 member \$110 Non-member
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Team:	\$824
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Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Taekwondo

Yong Shins / Little Ninjas

Ages 4-6

An introductory class into the world of Taekwondo. This nationally accredited program introduces discipline and respect with a focus on fitness, control, and technique. Little ones will have fun learning and training while building confidence and coordination.

SFC (Yong Shins)

Mon	Ongoing	6:30-7:30pm
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Fox (Little Ninjas)

Thu	Ongoing	5:30-6:30pm
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Sat	Ongoing	2-3pm
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\$56 member | \$79 Non-member

Payments will be automatically withdrawn on the 1st business day of each month.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Taekwondo

Ages 6-15

Instructors determine the appropriate class level for students. Training uses a combination of combat techniques, self-defense, sport, exercise, meditation, entertainment, and philosophy. Students will develop and refine skill and build and acquire strength, self-confidence, knowledge, and control.

SFC (Youth Beginners)

Wed	Ongoing	6:30-7:30pm
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SFC (Youth Advanced)

Wed	Ongoing	7:30-8:30pm
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Fox (Youth Beginners)

Thu	Ongoing	6:30-7:30pm
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Sat	Ongoing	3-4pm
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Fox (Youth Advanced)

Thu	Ongoing	7:30-8:30pm
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Sat	Ongoing	4-5pm
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\$56 member | \$79 Non-member

Payments will be automatically withdrawn on the 1st business day of each month.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Early Childhood Camps

Early Childhood Sport Camp

Ages 3-5 years (Must be potty trained or wearing a diaper)

This fun-filled, weekly drop-off program introduces children to a variety of sports in a supportive and engaging environment. Each week, young athletes will explore a different sport such as soccer, basketball, baseball, and more, while building essential motor skills like balance, coordination, and teamwork. Designed for kids to stay active and discover their interests, this program is a great way to give them a taste of multiple sports while having fun!

SFC

Tue	Throughout the school year	1:30-2:15pm
-----	----------------------------	-------------

\$99 member | \$132 Non-member | per month

Payments will be automatically withdrawn on the 1st business day of each month.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Early Childhood Dance Camp

Ages 3-5 years (Must be potty trained or wearing a diaper)

This engaging and progressive, drop-off dance program is designed to introduce your young children and parents to movement through play and music fostering coordination, basic rhythm and bonding. In this fun, interactive setting, children will explore movement, music and dramatic expressions. Through guided activities, little dancers will discover their potential while building a strong foundation for future dance experiences.

SFC

Thu	Throughout the school year	1:30-2:15pm
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\$99 member | \$132 Non-member | per month

Payments will be automatically withdrawn on the 1st business day of each month.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Youth Sports Coaches

Youth Sports Coaches

Adults

The J relies on dedicated volunteer coaches to make a difference in the lives of our youngest athletes. We are looking for positive role models who lead by example, teach the game, and create a fun and safe playing experience.

Contact

Stephanie Rhea, 314.442.3164, srhea@jccstl.org



Let us make your next event delicious!

No event is too big or too small!

All food Kosher. VAAD-certified upon request.

Full meals, appetizers, and desserts

For More Info
Scan the QR Code or visit
jccstl.com/613



To inquire
613catering@jccstl.org
314.442.3150

Summer Used Book Sale at the J

**The J's Arts & Education Building
Staenberg Family Complex (SFC)**
2 Millstone Campus Drive
St. Louis, MO 63146

Support Cultural Arts and find your next great read!

Browse thousands of books in our Mirowitz Performing Arts Center. With titles in every genre, we know you'll discover that perfect read for a warm summer evening. Proceeds benefit the Cultural Arts Department and help bring great authors, films and theatre to our St. Louis audiences.

VIP Preview

Sunday, August 23
8-10am \$100 per person

Opening Day

Sunday, August 23
10am – 5pm \$10 per person

Monday - Tuesday

August 24-25
10am – 7pm Free Admission

Bag Day 1.0

Wednesday, August 26
10am – 6pm Free Admission
Fill a bag for \$10 (or 5 bags for \$40!)

Bag Day 2.0

Thursday, August 27
10am – 6pm Free Admission
Fill a bag for \$5 (or 5 bags for \$20!)



**Thousands of
books, dozens
of categories!**

For More Info
Scan the QR Code or visit
jccstl.com/booksale



Adult Sports



For Program Registration and most up-to-date schedule
Scan the QR Code or visit
jccstl.com/adultsports

No matter your game, the J offers the perfect opportunity for weekend warriors and the young-at-heart to stay active, compete, and have fun with friends. Whether you thrive on the court, the field, or anywhere in between, we've got something for you!

Join us for competitive leagues in volleyball, basketball, and racquetball, as well as exciting tournaments, special events, and more. See you on the court—or the field!

Adult Sports

For information or questions, contact:

Sports & Recreation Manager
Jeff Reis

Sports & Recreation Coordinator
Greg Lazerwitz

314.442.3279
sportsandrec@jccstl.org

Men's Basketball Leagues

18 years +

Experience the heart-pounding action of the most invigorating league in the area! With two intense 20-minute halves, the clock never stops ticking except for crucial timeouts and the nail-biting moments of the final two minutes in each half. The max roster of 12 players ensures a fierce and competitive game every time. Team registration is a must along with complete payment to secure your spot. And for an added touch of unity, jerseys will be provided for an additional one-time fee. Get ready to unleash your passion for the game and push yourself to the limit in this unforgettable league experience. It's time to lace up, gather your team, and show the world what you're made of!

Recreational Leagues: Geared toward individuals with minimal organized basketball experience or those who primarily play pick-up games casually.

Intermediate Leagues: For individuals who have some organized basketball experience, such as junior varsity, recreational leagues, or frequent competitive pick-up games.

Competitive Leagues: Designed for individuals with high school varsity or collegiate basketball experience, or those seeking a highly competitive environment.

Leagues may be combined if minimum number of teams is not reached in each league.

SFC & Fox

Session 1

Recreational	Wed	July 15-Sept 2	6-11pm
Intermediate	Wed/Thu	July 15-Sept 3	6-11pm
Competitive	Thu	July 16-Sept 3	6-11pm

Session 2

Recreational	Wed	Sept 16-Nov 4	6-11pm
Intermediate	Wed/Thu	Sept 16-Nov 5	6-11pm
Competitive	Thu	Sept 17-Nov 5	6-11pm

Session 3

Recreational	Wed	Nov 11-Jan 6	6-11pm
Intermediate	Wed/Thu	Nov 11-Jan 7	6-11pm
Competitive	Thu	Nov 12-Jan 7	6-11pm

\$600 per team | \$75 individual without team

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Basketball

Women's Competitive & Recreational Basketball Leagues

18 years +

Get back in the game with our women's basketball leagues. Whether you're a seasoned athlete or just love the game, this is your chance to stay active, sharpen your skills, and enjoy the camaraderie of team play in a supportive and spirited environment. Featuring fast-paced matchups, exciting regular season play, and a thrilling playoff week to crown the champions, this is one of the most empowering and fun basketball experiences around!

SFC & Fox

Sun	July 12-Aug 23	3-6pm
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\$300 per team

\$75 individual without team

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Basketball Shooting Machine Rental

18 years +

Elevate your game with our state-of-the-art basketball shooting machine, available for 30-minute or 1-hour sessions. The machine automatically rebounds and passes, allowing you to focus solely on your shooting form and technique. Whether you're aiming to perfect your shot or improve your endurance, this machine is designed to help you reach your goals faster by allowing you to take up to 1,000 shots per hour.

SFC	By appointment
30 min	\$25 or Buy 5 for \$100
1 hour	\$40 or Buy 5 for \$160

Kickball

Adult Coed Kickball League – The J Kicks!

18 years +

Gather your friends, form a team, and relive the fun of playground days in this lighthearted but spirited season of games under the lights. The J Kicks! League blends fun and fitness with a dash of friendly competition. Teams play weekly games followed by playoffs to crown the league champion. All skill levels are welcome — from casual players to seasoned athletes. Join us for great camaraderie, post-game laughs, and that classic kickball nostalgia!

SFC & Fox

Session 1	Sun	July 12-Aug 2	6pm
Session 2	Sun	Oct 11-Nov 1	6pm

\$62 member | \$82 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Pickleball

Pickleball Masters Tournament

18 years +

The Pickleball Masters Tournament is an exciting and competitive event designed for adult pickleball enthusiasts of all skill levels. Whether you're a seasoned player or new to the sport, this tournament offers a fun and engaging environment to showcase your skills, meet fellow pickleball lovers, and enjoy a day of thrilling matches. Round-robin format followed by elimination rounds. The matches will be best of three games, first to 11 points (win by 2 points).

SFC

Sat-Sun July 18-19 9am-2pm

\$45 per team

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Pickleball Lobster Machine Rental

18 years +

The large hopper holds an impressive 125 pickle balls, allowing you to master shots like the dink, drive, lob, and groundstrokes—taking your game to the next level. For a great workout, the random oscillation will make you focus on your footwork, while the sky-high lob capability will keep you on your toes, improving any weak area of your game.

SFC

By appointment

30 min \$20 or **Buy 5 for \$80**

1 hour \$32 or **Buy 5 for \$128**

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Racquetball

Racquetball Leagues

18 years +

Enjoy guaranteed weekly court time! These leagues are perfect for racquetball enthusiasts who want to play regularly and improve their skills in a competitive yet fun environment. Whether you're looking to test your skills, enjoy regular play, or meet fellow racquetball enthusiasts, our leagues offer the perfect setting. Sign up today and be part of an engaging and competitive racquetball community!

Prerequisites

- Space is limited
- Two matches per night
- Canister of balls provided each session
- Leagues may be adjusted to create parity

SFC

\$62 member | \$103 Non-member

\$10 credit for each new player that you bring to the league.

Bronze League Advanced (B/C Tournament Level)

Players have good game knowledge and strategy.

Session	Day	Dates	Time
Session 1	Mon	July 27-Oct 12	6-9pm
Session 2	Mon	Nov 2-Jan 17	6-9pm

Gold League (A/B Tournament Level)

Play at a high level in league and tournaments.

Session	Day	Dates	Time
Session 1	Thu	July 30-Oct 15	6-9pm
Session 2	Thu	Nov 5-Jan 21	6-9pm

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Volleyball

Open Volleyball – Drop-In & Play

18 years +

A fantastic opportunity to enjoy a fun and energetic evening of volleyball, whether you're a seasoned player or just looking to get active. Program offers three courts: one for beginners and two for advanced players. Come and spike your way to a great time!

SFC

Day	Time
Tue	Ongoing 7-9pm

Free member | \$20/month Non-member



Coed Volleyball League

18 years +

This league invites players of all skill levels to join the fun—whether you're looking for competitive matches or a more relaxed, recreational experience. Seven regular-season games are followed by a thrilling single-elimination tournament for the top four teams in each division. Teams can have up to 12 players on their roster. Game locations vary depending on the number of teams registered, and leagues may be combined based on enrollment. Team registration is required, and complete payment must be submitted to secure your spot for the season.

Recreational Leagues: players with minimal high school play and/or regular pick-up game experience

Competitive Leagues: players with high school and college experience

Leagues may be combined if minimum number of teams is not reached in each league

SFC

Day	Dates	Time
Sun	Oct 11-Nov 22	9am-12pm

\$50 individual without team | Call for team fee

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Taekwondo

Taekwondo

16 years +

This training uses a combination of combat technique, self-defense, sport, exercise, meditation, entertainment, and philosophy. Students will further their skill development and acquire strength, self-confidence, knowledge, and control.

SFC

Day	Time
Mon	Ongoing 7:30-8:30pm

\$56 member | \$79 Non-member

Payments will be automatically withdrawn on the 1st business day of each month.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Golf

Indoor Golf Simulator

18 years +

Welcome to indoor golf! The blaring summer heat will not stand in the way of your game. The J is proud to offer the finest golfing experience that delivers the most realistic game, on the world's most iconic courses. There's no reason to wait until the weather cooperates, play today. In addition to this we supply balls and tees, but please remember your own clubs!

- Driving Range
- Course Play
- Single or Group Play

SFC

By appointment

Per Hour: \$36 member | \$50 Non-member



Rentals

Equipment and Field Rentals

Adults

Host your next practice, game, or event on our premier athletic facilities! The J offers well-maintained, versatile facilities perfect for soccer, flag football, baseball, basketball, softball, and other recreational activities. Our fields are available for rent by teams, leagues, schools, and community organizations looking for high-quality space in a convenient location.

Contact

314.442.3279 or sportsandrec@jccstl.org



Youth Sports Coaches

Youth Sports Coaches

Adults

The J relies on dedicated volunteer coaches to make a difference in the lives of our youngest athletes. We are looking for positive role models who lead by example, teach the game, and create a fun and safe playing experience.

Contact

Stephanie Rhea, 314.442.3164, srhea@jccstl.org



Aquatics



For Program Registration
Scan the QR Code or visit
jccstl.com/aquatics

Aquatic Program Contacts

For information or questions, contact:

Senior Director, Aquatics

Heather Cheseman

314.442.3296

hcheseman@jccstl.org

Assistant Director, Aquatics (SFC)

Shelby Loehr

314.442.3114

sloehr@jccstl.org

Assistant Director, Aquatics (Fox)

Jennifer Humphrey

314.442.3495

jhumphrey@jccstl.org



Splash Academy SWIM SCHOOL

Private Swim Lessons

All Ages

Lessons are customized to individual needs and skill level whether getting used to the water, learning to swim or creating a more efficient and challenging workout.

The more you swim, the more you save!

- By appointment only
- Lessons are 30 minutes
- Lessons must be used within six months of purchase

Private Lessons

One lesson \$55 member | \$70 Non-member

Five lessons \$275 member | \$350 Non-member

Ten lessons \$495 member | \$630 Non-member
Buy 9 Get 1 Free!

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Semi-Private Lessons (per participant)

One lesson \$40 member | \$50 Non-member

Five lessons \$200 member | \$250 Non-member

Ten lessons \$360 member | \$450 Non-member
Buy 9 Get 1 Free!

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Group Swim Lessons for Adults

18 years +

Have you wanted to learn to swim, but just felt you missed the bus, or that you're too old to learn a new trick? The J is offering just the class to help you learn! We are offering an Adult group swim lesson. We want everyone to come as they are, no requirements or restrictions on this class. This is a shame-free zone for all adults, all levels, any (or no) experience to come and learn. Come jump in with us!

SFC

Mon or Wed Ongoing 7:15pm

\$120 member | \$146 Non-member | per month

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Summer Pool Schedules



Summer Pool Schedules
Scan the QR Code or visit
jccstl.com/poolschedules

British Swim School

All Ages



We have partnered with the British Swim School to teach lessons at the Marilyn Fox Building in Chesterfield. The British Swim School (BSS) has been dedicated to teaching water survival skills to children as young as three months for more than 40 years. Like the J, BSS believes it is mission-critical to teach children to swim and to be safe while enjoying the water. With its large instructor base and our large pool, we can serve even more families in the Chesterfield area. BSS lessons are available at various times each day.

Contact

314.312.1878, goswim@britishswimschool.com

Fox

See schedule online

britishswimschool.com/st-louis/the-j-chesterfield



Splash Academy Swim School Group Lessons

All Ages (6 months +)

The J Splash Academy Swim School, at the Staenberg Family Complex (SFC) in Creve Coeur, offers an all-encompassing learn-to-swim program designed to create confident, strong, lifelong swimmers of all ages, starting at six months of age.

Instructors are trained to provide compassion-based instruction, positive reinforcement and encouragement each step of the way. The program provides opportunity for skill/level progression, regular feedback, and accomplishment awards for swimmers as they progress through the "fishy" levels.

1 class per week	\$120 member \$146 Non-member per month
2 classes per week	\$220 member \$270 Non-member per month
Splash Babies	\$95 member \$126 Non-member per month
Save 3% when you pay with ACH and coupon code ACHSAVE3	

There are three pillars of J Splash Academy Swim School:

1. Introduction to Water & Water Safety Skills
2. Basic Swimming Skills
3. Competitive Swimming Technique

Splash Academy Swim School LEVELS

Splash Babies Ages 6 months - 3 years

Introduces basic water skills to children with little or no experience in a pool. Get in, get wet, and get comfortable.

Starfish 3 years +

Introduces basic water skills to children with little or no experience in a pool.

Pufferfish

Builds upon performing Starfish skills independently and becoming more comfortable in the water with a focus on learning basic swimming survival.

Lionfish

Introduces strokes and kicks, with a focus on underwater breath control, kicking and pulling to create forward-motion swimming and in-water safety. Students must be able to perform all Starfish and Pufferfish skills independently.

Angelfish

Swimmers continue their development by learning and practicing beginner strokes with an introduction to advanced strokes and kicks. Instruction also includes diving and treading water techniques.

Stingrays

Swimmers refine skills on stroke techniques and proficient rotary breathing by practicing specific swimming and breath control drills.

Hammerheads

Upon performing all strokes and dives proficiently, instruction focuses on distant and endurance swimming while introducing competitive swimming skills.

*Starfish-Angelfish will have a 4:1 student-to-instructor ratio. Stingrays and Hammerhead 6:1



Splash Academy Swim School Schedule

	TIME	CLASS
SUN	9am	All Groups/Splash Babies
	10am	All Groups
	11am	All Groups
MON	3pm	All Groups
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups
	7:15pm	Adult Group
TUE	3pm	All Groups
	3:30pm	Jr. Jaws
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups
WED	3pm	All Groups
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups
	7:15pm	Adult Group
THU	3pm	All Groups
	3:30pm	Jr. Jaws
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups
SAT	9am	All Groups
	10am	All Groups
	11am	All Groups

No program May 25, May 30-31, June 1-4, and July 4..

Cancellation Policy: Cancellations require 30 days' notice, prior to the next session, via email to sloehr@jccstl.org. No refunds on partial months.

Make-Up Classes: Contact Shelby at 314.442.3114 or sloehr@jccstl.org for availability.

Jr. Jaws Swim Club

Ages 4-10

Be a part of this exciting swim team transition program for graduates of J Splash Academy Swim School and those who are interested in the J Sharks Swim team. Swimmers will continue to develop skills through instruction on stroke technique, endurance and sprint drills. They will also be introduced to proper racing techniques including turns, starts and finishes. Swimmers attend two classes per week.

SFC

Tue & Thu	June 9-July 30	3:30-4:30pm
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\$240 member | \$ 290 Non-member | per month

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



J Sharks Swim Team

Ages 5-18

Get ready for a summer full of fun, Monday night swim meets, and the opportunity for your child to set a new personal best! Everyone receives a team shirt and swim cap. Summer practice begins immediately after J Day Camp.

Swimmers must be able to swim 25 yards of freestyle and backstroke. Please contact Heather for a registration packet for more information.

SFC or Fox

Mon-Fri	May 18-29	5-6pm
Mon-Fri	June 1-July 10	3:30-5pm

\$300 member | \$ 375 Non-member

Sibling discount: \$75 off each additional swimmer

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Splashdown Birthday

All Ages

Let your child make a splash at his or her birthday party by hosting it at one of the J's state-of-the-art pools. The birthday child and guests will swim and enjoy water games, supervised by an aquatics staff member. Also included in this package is a party room where partygoers can sing happy birthday, open gifts and celebrate together! Parties must be reserved a minimum of two weeks in advance.

SFC & Fox (Indoor or Outdoor)

\$260 member | \$310 Non-member (up to 15 children)

Each Additional Child: \$12 member | \$15 Non-member

50% deposit required at the time of reservation

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Aquaglide (Inflatable Obstacle Course) Birthday

Ages 5-14

Your child will slip, slide, splash and laugh to their best birthday party ever! Your child and their friends can conquer the J's own Aquaglide Challenge, the best-inflated obstacle course on water! Everyone can race to the finish and see who is left standing...or splashing. Everyone must be able to swim in the deep end for this party. Parties include time in a party room and the pool. Must be scheduled at least two weeks in advance.

Fox

\$386 member | \$438 Non-member (up to 15 children)

Each Additional Child: \$12 member | \$15 Non-member

50% deposit required at the time of reservation

Save 3% when you pay with ACH and coupon code **ACHSAVE3**





American Red Cross Lifeguard Certification

15 years +

This class teaches the duties and responsibilities of lifeguards to prevent and respond to aquatic emergencies. Upon completion, participants are certified as an American Red Cross Lifeguard, including CPR for the Professional Rescuer, First Aid and AED.

Prerequisites:

- Swim 200 yards
- Tread water for two minutes without hands
- Retrieve a 10-pound object from a depth of 7-9 feet

Notes:

- Must attend all classes
- No refunds for cancellations made less than seven (7) days prior to the start of class
- Participants who do not pass the prerequisite will receive a refund minus a fee of \$50
- This is a blended learning class with online learning and in-water skills. Online learning must be completed prior to start of in-person training. Link provided one week prior to first day.
- Should any class run longer than initially anticipated and require additional day(s), final testing will be completed the following week.

Certification Classes

Fox	Fri/Sat/Sun	June 5-7	9am-6pm
SFC	Tue/Wed/Thu	June 9-11	9am-6pm
Fox	Wed/Thu/Fri	July 17-19	9am-6pm

\$258 member | \$283 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Recertification Classes

SFC	Tue/Wed	June 23-24	9am-6pm
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\$150 member | \$175 Non-member

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Aquatic Fitness & Training

16 years +

Take advantage of a personalized 60-minute aquatic fitness training session. Training in water alleviates stress to various joints while allowing for resistance, flexibility, and strengthening. Group option available.

SFC or Fox

By appointment

\$62 member | \$72 Non-member | Call 314.442.3296 for group rates

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Aquatic Group Exercise

16 years +

Water group fitness is a fantastic way to complement your workout. Fitness in the water is generally easier on your joints, but still burns calories. With several classes to choose from, find the one that is right for you!

SFC or Fox

See schedule online

jccstl.com/groupex



Aquatic Group Exercise Descriptions

Aqua Fit: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility and endurance.

Aqua Flow: Lower impact. Good choice for those with arthritis, rehabbing or new to aqua fitness.

Aqua Power: High-intensity, multi-discipline workout in the lap pool. Participants must be comfortable in all depths of the pool. Finning, treading, kick boxing, traditional water moves and more.

Aqua Power Deep: Deep water, high-intensity, zero-impact resistance training to improve muscle tone, aerobic capacity, flexibility, strength and endurance with the use of resistance equipment and flotation belts.

Swim Boot Camp: Swimming, kicking, treading, jumping, sprinting, drilling, balance, resistance and calisthenics in and out of the water.



Save the Date

Marilyn Fox Building Party – July 12
Staenberg Family Complex Party – July 26

5-8pm

Cultural Arts



For Program Info and Registration
Scan the QR Code or visit
jccstl.com/njt

NJT provides live theatre dedicated to the exploration of universal themes and issues filtered through a lens of the Jewish experience. We use our productions to enrich lives, promote inclusivity, and build community. NJT's 2025 season was honored with 31 nominations and 14 wins from the St. Louis Theater Circle Awards.

NJT

For information or questions, contact:

Artistic Director
Rebekah Scallet
314.442.3257
rscallet@jccstl.org

Season Subscriptions

Recommended 16 years+

A classic subscription is available for NJT's phenomenal season, giving you one ticket to each of our plays: *God of Carnage*, *JOB*, *Alex Edelman's Just for Us*, and *She Loves Me*. You can choose your day and time in advance, and still have the flexibility to change your choice through our free ticket exchange. A flex pass subscription gives you six tickets to use in any combination of shows.

SFC

Wed, Thu, Sat, Sun

Classic (five tickets) \$241.27 **member** | \$261.25 **Non-member**

Flex Pass (six tickets) \$257.01 **member** | \$277.99 **Non-member**

Includes ticket processing fees



God of Carnage

by Yasmina Reza; Translated by Christopher Hampton

Recommended 12 years+

A playground altercation between 11-year-old boys brings together two sets of Brooklyn parents for a meeting to resolve the matter. At first, diplomatic niceties are observed, but as the meeting progresses, and the rum flows, tensions emerge and the gloves come off, leaving the couples with more than just their principles in tatters.

SFC

Wed, Thu, Sat, Sun

June 11-28

\$55.13 **member** | \$60.54 **Non-member**



JOB

by Max Wolf Fiedlich

Recommended 18 years+

An employee at a big tech company has been placed on leave after becoming the subject of a viral video. She arrives in the office of a crisis therapist determined to be reinstated to the job that gives her life meaning. A psychological thriller, *JOB* examines what it means to be a citizen of the internet and our obligation to help the people who need it most. *This play contains mature themes, language, and content.*

SFC

Wed, Thu, Sat, Sun

Aug 6-23

\$55.13 **member** | \$60.54 **Non-member**

Jewish Life Programs



For Program Registration and most up-to-date schedule Scan the QR Code or visit jccstl.com/jewish-life

The J has long served as the Town Square of the Jewish community—a welcoming place where families of all affiliations can feel comfortable and at home. We are dedicated to meeting the evolving needs of our members, the Jewish community, and the entire St. Louis region. Throughout the year, we offer a wide variety of Jewish-centered events and programs for individuals and families at every stage of life. Whether you're seeking a themed Shabbat dinner for your young family, a festive holiday celebration, or simply a safe space to gather, the J is here to welcome you.

Jewish Life

For information or questions, contact:

Senior Director, Jewish Community Life

Avital Kadosh
314.442.3172
akadosh@jccstl.org

Israeli Engagement Coordinator

Naomi Elbaz
314.442.3137
nelbaz@jccstl.org

Ask Me Anything – Israel Edition

Have a question about Israel? Curious about daily life, culture, food, politics, or the must-see places off the beaten path? This is your chance to go beyond the headlines and connect personally. Sit down for a one-on-one conversation with Naomi Elbaz, our shlichah (Israeli emissary), and ask her anything from the personal to the political, the spiritual to the silly. No question is too big or too small. These sessions are a unique opportunity to build a real relationship and deepen your connection to Israel.

Contact

Naomi Elbaz, nelbaz@jccstl.org



Naomi Elbaz,
Shlichah (Israeli emissary)



Nishmah



For Program Info and Registration
Scan the QR Code or visit
nishmah.org

Nishmah, a program of the St. Louis Jewish Community Center, inspires, engages, and supports Jewish women. Through meaningful and uplifting programming, Nishmah brings together women from across denominations who might not otherwise have crossed paths. Together, they learn from one another, build connections, and form lasting bonds through faith and friendship.

Nishmah

For information or questions, contact:

Manager, Jewish Community Engagement
Emilie Brockman
314.442.3267
ebrockman@jccstl.org

Nishmah Book Club

Adult Women

The Nishmah Book Club meets bimonthly. Please join the Nishmah Facebook Group and WhatsApp page for more information.

Register on the Nishmah Facebook Group
or visit facebook.com/groups/nishmah



Ilene Joseph Salon Series

Adult Women

Nishmah's Salons are intimate, thought-provoking, facilitated discussions on topics of interest to all who identify as Jewish women. This program is named for Ilene Joseph z"l, one of Nishmah's founders and a passionate supporter of the Salon Series. Discussions are free to attend, donations to Nishmah welcome. Dates and locations will be scheduled soon with details available at nishmah.org.





For Program Info and Registration
Scan the QR Code or visit
jccstl.com/hamsa

The Hamsa Wellness Community is the J's cancer support program and a community partner of the national nonprofit Sharsheret. It focuses on educating individuals about hereditary cancer risks, particularly among women and men of Ashkenazi Jewish ancestry, who face a higher likelihood of carrying a hereditary cancer gene mutation. In addition to raising awareness, the Hamsa Wellness Community provides compassionate support to those navigating any cancer diagnosis at any stage of their journey. Our programs are open to J members and the Non-member, welcoming all who seek education, connection, and care.

The Hamsa Wellness Community

For information or questions, contact:

Director
Chelsea Leon
314.442.3266
cleon@jccstl.org

Monthly Breast and Ovarian Cancer Support Group

Women 18 years +

This monthly group provides support, connection and education to women in the St. Louis community who are newly diagnosed, in active treatment, maintenance or post-treatment. Facilitated by Susie McGaughey, a Licensed Professional Counselor. Newcomers are always welcome. Open to members and the public. A light kosher dinner is served.

SFC

Meets on the 3rd Wednesday of each month 5:15-6:45pm

Free but RSVP requested

Strength Over Cancer 1

18 years +

A small group fitness program geared for cancer patients and those who have completed their treatment. Research shows that regular exercise can greatly improve physical and mental health during every phase of treatment. Even if you were not active before your diagnosis, an exercise program can help you get moving safely and successfully. Registration required.

SFC | Next session begins in June

Tue	Ongoing 11-week sessions	5-6pm
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Free but registration required

Strength Over Cancer 2

18 years +

This is specifically geared for graduates of Strength Over Cancer. Participants will engage in circuit training with carefully adapted exercises targeting key areas of fitness and functionality. One of our certified cancer exercise specialists will provide hands-on guidance in a small group setting, helping you safely perform each exercise and gradually improve your endurance and stability. Next session begins in June. Registration required.

SFC | Next session begins in June

Mon	Ongoing 10-week sessions	6-6:45pm
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Tue	Ongoing 10-week sessions	10-10:45am
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Wed	Ongoing 10-week sessions	5-5:45pm
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Fri	Ongoing 10-week sessions	11:30am-12:15pm
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Free members | \$50 Non-member

Yoga for Cancer

18 years +

This yoga methodology teaches interventions to help cancer patients and survivors manage the symptoms and side effects of their treatment and improve overall health outcomes. An excellent way to relax and distract from the stresses of cancer. Benefits can include reduced anxiety and stress, decreased chemotherapy-related fatigue, and improved sleep. Classes are gentle and restorative and adapt to individual needs. Taught by a Yoga4Cancer (LLC) Trained Instructor.

Fox	Tue	Weekly	4-5:15pm
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SFC	Thu	Weekly	4-5:15pm
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Free members | \$75 per 10-pack Non-member

Oncology Massage

18 years +

A specialized, non-invasive therapy that helps you manage the symptoms of cancer and side effects of treatment. It uses a light touch along with slow, steady movements, and is intended to help the body relax. A safe massage plan generally revolves around the side effects (both short and long-term) of chemotherapy, radiation, and surgery. Massages provided by licensed therapists properly trained in oncology massage.

SFC

\$70 per 60 minutes

Lynnie's Light

All Ages

Join us for our annual community gathering as we shine light on the work of The Hamsa Wellness Community and Nishmah, the St. Louis Jewish Women's Project.

SFC

Wed Sept 9 7pm

Free | member or Non-member

BEYOND PINK



Beyond Pink

All Ages

Join us for an inspiring morning dedicated to wellness, movement, and cancer education. This annual event is designed to empower you to commit to being the healthiest version of yourself – today and every day.

Movement: Engage in classes led by expert instructors.

Education: Connect with The Hamsa Wellness Community and partners to learn about genetic testing, cancer risk, rehabilitation, and support resources.

SFC

Sun Oct 25 10am-1pm

Free | member or Non-member



Associates



For Program Info and Registration

Scan the QR Code or visit
jccstl.com/jassociates

The **J Associates** is a support auxiliary of the St. Louis Jewish Community Center, dedicated to raising funds that are allocated annually to various J departments. These funds provide scholarships and support essential programs that impact individuals of all ages—from infants to older adults.

The J Associates have made a meaningful difference by contributing to initiatives such as Meals on Wheels, Theatre Unlimited for adults with special needs, early childhood services, J Day Camps, and more. With the dedication of over 350 members, the J Associates have allocated nearly \$3.2 million to the J since 1985, continuing to enrich the lives of countless individuals.

J Associates

For information or questions, contact:

Special Events Manager

Rani Howard

314.442.3109

rhoward@jccstl.org

Join the J Associates!

Women 18 years +

\$36 annual membership | \$360 lifetime membership

Fitness



For Program Registration and most up-to-date schedule Scan the QR Code or visit jccstl.com/fitness

Fitness Contacts

For information or questions, contact:

Vice President, Fitness & Membership

Nick Calovich

314.442.3131

ncalovich@jccstl.org

Fitness Director

Andy Hayes

314.442.3147

ahayes@jccstl.org

Group Exercise Manager

Sarah Amonson

314.442.3210

samonson@jccstl.org



InBody Fitness Assessment and Consultation

18 years +

A Fitness Consultation is a scheduled one-on-one opportunity to meet with a certified personal trainer to help guide the beginning of—or next stage in—your fitness journey. During the session, you'll receive personalized attention as we discuss your health and exercise history, review your goals, and answer any fitness-related questions. We can also perform non-invasive fitness assessments, including an InBody Body Composition Analysis using the state-of-the-art InBody 570 machine. This quick, accurate test goes beyond the scale to provide a detailed breakdown of your weight in terms of muscle, fat, and water, delivering a comprehensive, easy-to-understand results sheet in under two minutes. With these insights, we can create a clear, tailored plan to help you reach your health and fitness goals with precision and confidence.

SFC

First assessment Free

\$26 per additional assessment

Free for all current personal training clients

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

For more information call 314.442.3147

or visit jccstl.com/inbody



InBody



KidZone Babysitting

Ages 6-weeks-12 years

Enjoy your workout, a relaxing massage, or play a sport – we'll watch the kids. Children get their own time to create, play, laugh, and make friends! Online reservations are required at least two hours in advance. Babysitting is free with qualifying membership. Hours subject to change.

Contact

Sydney Reynolds, 314.442.3128, sreynolds@jccstl.org (SFC)

Jess Bauer, 314.442.3431, jbauer@jccstl.org (Fox)

SFC

Mon-Thu, Sat-Sun 8am-12:30pm

Mon-Thu 4-8pm

Fox

Mon-Thu, Sat-Sun 8am-12:30pm

Mon-Thu 4-7:45pm

Free with qualifying membership

Reservations: jccstl.com/kidzone





J Massage & Spa

16 years +

The J offers a group of talented, professional massage therapists at our SFC location. Enjoy a rejuvenating, wonderful experience during a 30-, 60- or 90-minute session.

There are several therapeutic massages from which to choose:

- Chair Massage
- Deep Tissue
- Myofascial Release
- Oncology
- Sports
- Swedish/Post Workout
- Trigger Point Therapy

Reservations are highly recommended.

Walk-ins welcome by availability.

Stop by the front desk or call 314.442.3100

SFC

Therapeutic Massage

	90 Minutes	60 Minutes
Member	\$116	\$92
Non-member	\$139	\$110

Oncology Massage

Member & Non-member	\$70
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Chair Massage

Member & Non-member	10 minutes \$26 20 minutes \$46
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Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Fitness Equipment Orientation Class

18 years +

This class provides a certified Personal Trainer guided tour and overview of our fitness facilities. You will learn workout related terminology, proper safety techniques, how to use various cardiovascular and resistance training equipment, and have opportunities to ask fitness related questions. Overall, this equipment orientation aims to empower members with the knowledge of how to make the most of our fitness facilities with confidence.

SFC

Tue	6pm
Sat	2:30pm

Fox

Wed	6pm
Sat	1pm
Free	

Register on the J app

or visit jccstl.com/groupex



Youth Fitness Center Orientation

Ages 12-15

This orientation teaches common fitness terminology, the fundamentals of exercise, and proper equipment use so the fitness center can be used by the younger members of your family. Topics include how to operate equipment, performing basic exercises safely and effectively, and gym etiquette. It is advised for the youth participants to get consent from their physician prior to engaging in an exercise program.

SFC & Fox

By appointment
Free

Meet Our Therapists



Faith Murphy
Licensed Massage Therapist



Jackie Petty
Licensed Massage Therapist



Kelley Powell
Licensed Massage Therapist



Kyler Williams
Licensed Massage Therapist

For more information call 314.442.3100

or visit jccstl.com/massage



Fitness Department Management Staff



Nick Calovich
Vice President
Fitness & Membership



Andy Hayes
Fitness Director



Sarah Amonson
Group Exercise
Manager



Kevin Holley
Assistant Fitness
Manager, SFC

Personal Training Staff - SFC



Tracey Edwards



Andrew Francis



Nancy Itzkowitz



Cathleen Kronemer



Ria McCadney



Denny Rubin



AJ Ryan



Joe Ryan



Spenser Stokes



Phil Tribula



Ryan Watkins



Lylybell Weber



Priscilla Westbrooks

Personal Training Staff - Fox



Jansen Baja



Bryce Banaszynski



Mauricio Carrasco



Chloe Cole



Sam Garner



Jamie Levine



Denise Miano



**Candace
Schneiderheinze**



Pete Trapani



Lisa Walsh

Reformer Pilates Staff



Valerie Love
SFC



Maxine Mirowitz
SFC

Personal Training

12 years +

You and your family can benefit from Personal Training services no matter your goal(s): balance/stability, sports performance, injury prevention, bodybuilding, triathlon conditioning, prenatal fitness, disease management, special accommodations, weight loss or simply a desire to look and feel great!

The J offers personal training in 30-minute express sessions or 60-minute in-depth training sessions. Package discounts are available for all training.

SFC & Fox

By appointment

Single session		Package of 8	
30 Minutes	60 Minutes	30 Minutes	60 Minutes
\$57	\$95	\$344 (\$43/session)	\$592 (\$74/session)

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Semi-Private Personal Training (2-3 people)

12 years +

Share your love of personal training with friends or family. Choose a training partner and improve your fitness levels and quality of life with a challenging, goal-oriented, customized fitness program. Training with another has shown benefits in motivation, commitment and inspiration.

SFC & Fox

By appointment

Single session		Package of 8	
30 Minutes	60 Minutes	30 Minutes	60 Minutes
\$35	\$58	\$244 (\$28/session)	\$376 (\$47/session)

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Assisted Stretching

12 years +

Flexibility is a critical component of physical performance and is equally important for your overall health. Simply "stretching" may not be enough or as effective as the techniques trainers can offer. In a series of 15-minute sessions, our trainers can employ a variety of partner-assisted stretching and foam rolling techniques to maximize your results. Benefits may include: reduced arthritic symptoms, improved physical performance, improved posture and range of motion, decreased deterioration of joints, reduced risk of pain (low back, joints, muscles), improved muscle coordination, and overall movement.

Assisted stretching is purchased in bundles of four sessions.

SFC & Fox

By appointment 15 min session

\$71 for package of 4

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Pilates Reformer Training

12 years +

The Pilates Reformer is specialized equipment used to perform the Pilates Method. This unique set of exercises lengthens and tones muscles while strengthening the body's core. The Reformer provides resistance to build strength, develop proper alignment, and tone muscles without adding bulk or unnecessary stress and can challenge all fitness levels.

SFC & Fox

By appointment

Single session	Package of 8
60 Minutes	60 Minutes
\$95	\$592 (\$74/session)

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Group Exercise

18 years +

Group exercise classes are the best! It's a fantastic way to get a great workout in a fun and motivating environment with an instructor who drives you to achieve more each time. Grab a friend and make it a daily (or weekly!) event. Reservations are required for every class and become available 48 hours prior to class time.

SFC & Fox

See class schedule link below

Free member



View the Current Schedule
Scan the QR Code or visit
jccstl.com/groupepx

Download the J App
Scan the QR Code or search
The J - St. Louis in your App Store



More than 175 classes each week!

Barre Blend: Strengthen and tone while lengthening muscles with intervals of stretching. Light weights and floor work compliment barre work to push your muscles to exhaustion.

Cardio Pump: Low-intensity aerobic class combines strength and endurance, joint stability and mobility, balance and flexibility.

Glutes + Core: Target the muscles that power your posture, balance, and daily movement. This class strengthens your glutes and core with accessible exercises for all levels.

H.I.I.T.: High Intensity Interval Training utilizes a series of short, high-intensity intervals, followed by longer, low-intensity intervals.

High Low: This energetic, music-based workout combines traditional, low-impact aerobics movements with higher impact plyometric movements to create a comprehensive fitness routine that supports heart health and weight loss. No jumping is required to enjoy the class and get a great workout! When in doubt, we take the jump out.

Insanity: Intense workout combines cardio and muscle-building moves.

P90X: Total-body strength and conditioning class for anyone looking to get lean, toned and fit! This motivating, results-driven workout burns calories and builds muscle using light to moderate weights. It's perfect for all fitness levels and can be modified so everyone can participate.

PIYo: This athletic workout combines mind/body practices of Yoga and Pilates as well as principles of stretch, strength training, and dynamic movement.

RIP Strength: A motivating barbell-based strength class using music and simple, effective training patterns. Improves muscle tone, endurance, and overall strength. Suitable for all levels.

Step: With an adjustable step platform, this high-energy class helps increase endurance and body toning. Step classes begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups.

Stick Mobility: A supportive class focused on improving joint mobility, balance and coordination, and flexibility. Helps you move more freely and comfortably in daily life. Suitable for beginners.

Strength & Conditioning: Build total-body strength and muscular endurance in this multi-planar class using various free weights and body weight. Circuits target every major muscle group in the body and change to your adapting needs.

Strength + Agility: Designed to train quick movement, incorporate speed drills, plyometrics, and power. This class will get your heart rate up and be a fun and focused session. This is a high energy, total body workout that can benefit all fitness levels.

Stretch: Stretch all major muscle groups to improve overall flexibility and enhance your range of motion.

Total Conditioning: This class combines anaerobic activity with plyometric and calisthenic drills to offer a challenging option in your cardio routine.

Turbo Kick: An energizing kickboxing interval class. Cardio that uses intensity drills and increased energy sprints followed by work recovery segments.

Zumba: Aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body choreographed to fusion of Latin and International music.

For All Classes
Scan the QR Code or visit jccstl.com/groupepx



All Group
Ex Classes
FREE for
members!





Senior Friendly Group Exercise Class Options

Ballet Fit: A welcoming ballet-inspired workout that builds balance, posture, and graceful movement. Perfect for beginners or those returning to dance. Regular socks work; ballet shoes are optional.

Chair Yoga: A gentle, supportive yoga practice that uses a chair for seated or standing poses. Perfect for beginners, people with limited mobility, and anyone seeking a safe, accessible movement practice.

Core Complete: Strengthen your entire core through mindful movement, smart sequencing, and a mix of props (bands, balls, light weights). Build stability, mobility, and confidence.

Dance Fit: Move, shake, and smile your way through a cardio workout set to upbeat music. You'll burn calories and boost your mood without even realizing you're exercising.

Forever Fit: A low-intensity cardio class which combines strength and endurance, joint stability/mobility, and balance/flexibility. Designed with seniors in mind, this fun class is also great for beginners.

Gentle Balance + Mobility: A supportive class focused on posture, balance, fall-prevention strategies, and movement confidence. Includes safe ways to get up and down from the floor.

Gentle Pilates: Slow-paced, beginner-friendly Pilates that strengthens your core while lengthening and relaxing your muscles. Ideal for those new to Pilates or returning to exercise.

Low-Impact Basics: This is a fun and effective fitness class designed for all ages and fitness levels! This class focuses on full-body strength, flexibility, and endurance, combining low-impact movements with energizing exercises to help you feel your best.

Meditation: This is a guided meditation class to calm the body, quiet the mind, and improve sleep quality.

Strength + Mobility Express: A supportive class focused on improving strength, joint mobility, balance, and coordination. Helps you move more freely and comfortably in daily life. Suitable for beginners.

Strength Fundamentals: Learn proper form, build foundational strength, and increase confidence in movement. Perfect for beginners or anyone wanting to refine technique.

Tai Chi: Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Plus... High Low, Total Conditioning, and many of our Zumba and Yoga classes.

For All Classes
Scan the QR Code or visit jccstl.com/groupex

Yoga at the J is for you!

Whether you're looking to build strength, boost flexibility, increase balance or master postures, we have a level for you!

BUTI Yoga: A dynamic, music-driven workout that blends yoga, strength training, and low-impact cardio for a full-body experience. This class combines flowing sequences with rhythmic movement and core-focused intervals to build strength, improve flexibility, and boost endurance. Expect an uplifting atmosphere, energizing music, and a supportive environment where you can move freely and confidently at your own pace.

Chair Yoga: A gentle, supportive yoga practice that uses a chair for seated or standing poses. Perfect for beginners, people with limited mobility, and anyone seeking a safe, accessible movement practice.

Gentle Yoga: A soothing class featuring gentle stretches, slow movement, and deep relaxation. Great for reducing stress, improving mobility, and supporting overall well-being.

Hatha Yoga Foundations: Build your yoga foundation with basic postures, breath work, and body awareness. Designed for beginners and continuing students who want to refine technique.

Hatha Yoga Intermediate: A more challenging practice for experienced students. Explore deeper strength, balance, and alignment through dynamic sequences and advanced poses.

Vinyasa Yoga Flow: Link your breath to continuous flows of movement and poses to build heat, strength, and flexibility. Suitable for anyone interested in an energizing yoga practice.

Yoga for Cancer: A research-based specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments. This method is gentle and restorative and focuses on movement and breath and the special needs of current cancer patients and survivors. Trained teachers adapt this valuable methodology to all cancer types and stages.

For All Classes
Scan the QR Code or visit jccstl.com/groupex



Signature Small Group Training

12 years +

Train with like-minded individuals who share common fitness goals you! Enjoy some of the benefits of personal training combined with the energy of a small group. Improve your strength, elevate your conditioning, stay accountable to your goals! Alleviate boredom with constantly varied workouts where no two are exactly the same!

SFC & Fox

See class schedule

1 class per week: \$87 per month

2 classes per week: \$143 per month

3 classes per week: \$205 per month

Drop-in rate: \$31 per class

Try your first class for free!

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



View the Current Schedule
Scan the QR Code or visit
jccstl.com/signature

Download the J App
Scan the QR Code or search
The J - St. Louis in your App Store



Try your
first class
FREE!



More than 50 classes each week! Including:

Beginners "Accelerate" Training

Ready to build confidence in the gym and accelerate your progress? Master the fundamentals of fitness in a supportive setting.

Boot Camp

Designed to maximize calorie burn, this class utilizes a combination of strength and endurance training. Sessions consist of body weight, battle rope, TRX, dumbbells, and kettlebell exercises. Constantly changing and fun, this class is easily modifiable to fit anyone's ability level.

J-45: Your 45-Minute Fitness Revolution

Perfect for busy professionals, parents, and fitness enthusiasts, this class blends cardio, strength training, and functional movements in a fun, scalable format for all levels... in just 45 minutes! You'll get personalized coaching, progress tracking, and a supportive community vibe.

Men's Small Group Fitness

A signature class designed for men who want to change the meaning of "dad bod" to a more positive athletic definition! A circuit style class designed to increase strength, stamina, metabolic function, and lean muscle tissue. Improve body fat levels, get stronger, better conditioned, and become a better version of you!

Mom Squad

A signature class designed for busy moms who want to make fitness more of a priority. A circuit style class designed to increase strength, stamina, metabolic function, and lean muscle tissue. Decrease stress and body fat levels while also reducing aches and discomfort through mobility training.

Performance Training

Workouts designed to strengthen and condition your body for daily life, sport, and overall functionality. Focuses on strength, power, and mobility development along with improvements in coordination, balance, and stability. A perfect solution to anyone participating in sports competition or simply seeking athletic improvements.

TRX Strength & Conditioning

A fast-paced full-body workout will provide you with improved stamina and added strength. Workouts will primarily utilize TRX suspension trainers paired with various other exercise tools. This is a great option for all ability levels as the TRX are easily modifiable to fit each participant's needs and capabilities.

Women's Strength Camp

This program focuses on helping women build strength, confidence, and proper lifting technique in a supportive, empowering environment. Each session emphasizes functional strength exercises, progressive resistance training, and safe form to increase muscle tone, improve metabolism, and enhance overall fitness. Strength circuits are incorporated to provide a conditioning benefit, boosting endurance and overall performance.



Volunteer Opportunities

Helping hands are always welcome at the J! With hundreds of programs offered each year, we rely on volunteers to help us fulfill our mission of serving the community. Whether you're a high school student seeking community service hours or a retiree looking to stay active, there are always meaningful ways to get involved. From assisting with events to supporting ongoing programs, your time and effort make a lasting impact.

Volunteer Contact

For information or questions, contact:

Volunteer Coordinator
Stephanie Rhea
314.442.3164
srhea@jccstl.org

Join the Volunteer Email List
No obligation; no minimum time required.

Email Stephanie Rhea, srhea@jccstl.org!



For More Information
Scan the QR Code or visit
jccstl.com/volunteer

Administration Assistance

On occasion, we need volunteers to help with administration needs such as stuffing a mailing or tabbing a brochure. Reach out to Stephanie to be put on a contact list if this interests you.

SFC

Days and hours vary

Adult Day at the J

Volunteers help with a variety of activities including swimming, exercise, arts & crafts, T'ai Chi, gardening, meal service, special events and more.

SFC & Fox

Mon-Fri	Jan-Dec	10am-3pm
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Early Childhood Center

Volunteers are wanted in both locations to hold babies, help with swimming, read books to classes, and help prepare lessons. Flexible scheduling. Ask Stephanie about the Adopt a Grandparent program.

SFC & Fox

Mon-Fri	Aug-May	9am-12pm and 2-4pm
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Front Desk

Volunteers will help greet members at the front desks of both Js, as well as help with some related tasks.

SFC & Fox

Weekday mornings and evenings	Ongoing
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Garden of Eden

Help plant, weed, stir the compost, harvest, and prepare the produce from our garden for transport to the pantry.

SFC

Sun, Mon, Thu	Mar-Nov	8-11am
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J Day Camps

For students entering their 9th and 10th grade year, the J has a volunteer Counselor in Training (CIT) program that teaches leadership skills and how to work with children while having fun swimming, playing sports, and doing arts and crafts (and much more). Camps run from May 26-Aug 14, and we request that CITs spend 3+ weeks with us.

Please apply here: <https://formstack.io/C7916>

SFC or Fox

Mon-Fri	May 26-Aug 14	9am-3pm
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NJT

Love theatre? This is a chance to see live plays for free while volunteering as an usher. Please reach out to Stephanie if interested.

SFC

Wed, Thu, Sat, Sun	Apr-Dec	Times vary
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LEADS: Life Enrichment & Adult Day



For Program Registration and most up-to-date schedule
Scan the QR Code or visit
jccstl.com/lifeenrichment

Life Enrichment Services provides support to those who need it to allow for participation in J programs. Life Enrichment services are designed to meet the individual needs of participants who generally benefit from extra support as they strive for success within community, recreation, and/or academic settings. If you or your loved one may benefit from this type of support, please contact us for more information and to schedule an intake meeting.

Life Enrichment Contacts

For information or questions, contact:

Life Enrichment & Camp Services Manager
Sarah Loos
314.442.3295
sloos@jccstl.org

Theatre Unlimited Coordinator
Jessica Quest
314.442.3166
jquest@jccstl.org

Camp & Sunday Friendship Coordinator
Carrie Mejia-Troop
cmejia-troop@jccstl.org

Life Enrichment pricing is based on whether a participant is eligible for PLB funding. Please complete the intake form to determine eligibility.

Scan the QR Code or visit
jccstl.com/LEenrollment



Sunday Friendship Group

18 years +

Explore St. Louis and make friends with this social group for adults with disabilities. Game days, bingo, bowling, movies, and holiday parties are some of the activities that this group enjoys. All events originate at SFC unless indicated.

* lunch is provided.

+ price is for participant only. Aids or extra staff should purchase entry ticket and/or parking.

Returns in September.

Save 3% when you pay with ACH and coupon code **ACHSAVE3**





Theatre Unlimited

18 years +

A barrier-free theatre program specifically designed to allow adults with disabilities to shine on stage. Each Fall and Spring season gives Theatre Unlimited participants the chance to audition, rehearse, and perform an entire production. In rehearsals, participants play ensemble-building games, engage in chorus singing practice, practice their roles, learn basic components of theatre, and socialize with their cast mates.

SFC

Auditions in late August.

Performances in December.

\$155 funding eligible | \$232 funding ineligible

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Personal Training

16 years +

Teens and adults with disabilities work with a certified personal trainer to learn and maintain quality exercise routines, moving toward greater independence, empowerment and healthy living.

SFC

By appointment

55 min: \$18 funding eligible | \$43 funding ineligible

Save 3% when you pay with ACH and coupon code **ACHSAVE3**



Twistin' & Turnin'

16 years +

Adapted for people with disabilities, this dance class is unlike any other. Taught by a certified instructor, participants can feel the burn and dance to lively music from around the world.

SFC

Wed Ongoing 4-5pm

Free member or funding eligible | \$10 Non-member or funding ineligible

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Aquatics

16 years +

Our WSI-certified instructor focuses on improving each participant's health and wellness through fun water fitness and strengthening their water safety and swim skills. Designed for individuals with disabilities with intermediate to advanced swim skills; class is 1:6 student/instructor ratio.

SFC

Mon Returns in Sept 3-4pm

\$360 per session

Save 3% when you pay with ACH and coupon code **ACHSAVE3**

Adult Day at ^{the}J

Care for your whole family



For Program Registration and
most up-to-date schedule
Scan the QR Code or visit
jccstl.com/adultday

Adult Day at the J (ADJ) offers a full-day program where adults with cognitive support needs can maintain their independence and thrive in a nurturing, supportive environment. In addition to enriching participants' lives, ADJ also provides valuable respite for caregivers, offering peace of mind knowing their loved ones are safe and well cared for.

Now available at two convenient locations, ADJ features person-centered programming designed to engage participants through a variety of social, physical, and cognitively stimulating activities. These include daily exercise, art, music and pet therapy, sensory gardening, modified sports, STEAM activities, Nintendo® and VR games, specialized groups, intergenerational events, cooking club, swimming, community outings, and even product development for participant-managed sales.

ADJ offers two distinct programs—Connections and IN—tailored to meet the specific needs of each participant, ensuring personalized care and meaningful engagement.



**JCA Charitable Fund Adult Day at the J
Chesterfield (Fox) NOW OPEN!**

Adult Day at the J Contacts

For information or questions, contact:

**Life Enrichment & Adult Day Services
Senior Director**

Tamico Jones
314.442.3111
tamicojones@jccstl.org

Or contact:
adultdaycenter@jccstl.org



Adult Day at the J (ADJ)

18 years +

Other specifics of the program include:

- Licensed by the State of Missouri
- Nutritious, Kosher meals and snacks included in daily programming
- On-site licensed Nurse support, personal care support, and monthly health monitoring
- Social work, care planning, and other resources are available
 - Escorted door-to-door transportation is available within a limited area
- Funding may be available from the VA, Medicaid, DMH Medicaid Waiver, or Private Pay.

Optional Services (for a fee):

- Fitness services with a certified personal trainer
- On-site physical, occupational and speech therapy

SFC & Fox

Mon-Fri Customized Schedule 7:30am-5pm

Connections

18 years +

An Adult Day at the J program geared toward providing social, physical, and cognitive stimulation for adults who require support and supervision throughout the day. Our team of highly skilled staff is specially trained to support individuals with dementia, brain injury, and other physical and/or cognitive support needs.

SFC & Fox

Mon-Fri Customized Schedule 7:30am-5pm

IN Program

18 years +

This innovative Adult Day at the J program serves adults (18+) with intellectual and/or developmental disabilities. IN is designed to foster INdependence, INclusion, INgenuity, and to INspire young adults with disabilities to work on skill development, personal goals, and more. Partially funded by The Miracle Makers Foundation.

SFC & Fox

Mon-Fri Customized Schedule 7:30am-5pm



Caregiver Connections

18 years +

Our confidential support groups offer opportunities to share challenges, solutions, and resources as we seek support in navigating the stages of caregiving. All are welcome to join, and care for family members may be available. Arrangements must be made in advance of each session.

Contact

adultdaycenter@jccstl.org, 314.442.3248

SFC (in-person) and Zoom

Thu June 4, July 2, Aug 6, Sept 3 3-4pm

FREE (Zoom link available upon request after registering)



Cardinals Reminiscence League

18 years +

The Cardinals Reminiscence League is open to St. Louis Cardinals fans who would like to share baseball memories and learn about the history of our illustrious hometown team. New fans and those who enjoy talking baseball are invited to join in the conversation. This type of sports reminiscence therapy falls under the umbrella of socialization programs where those showing signs of dementia can engage with others who share their passion. Colorful memories may emerge!

Contact

adultdaycenter@jccstl.org, 314.442.3248

SFC (in-person) and Zoom

Mon May 25, June 15, June 29, July 20, Aug 3, Aug 10, Aug 31 1-2:30pm

FREE (Zoom link available upon request after registering)



NOW ENROLLING NEW STUDENTS!

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Our Mission

The St. Louis Jewish Community Center enriches lives, builds community, promotes inclusivity, and creates meaningful Jewish experiences.



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Staenberg Family Complex in Creve Coeur
I.E. Millstone Campus
2 Millstone Campus Drive
St. Louis, MO 63146

SFC

Marilyn Fox Building in Chesterfield
Marilyn and Sam Fox Campus
16801 Baxter Road
Chesterfield, MO 63005

Fox

314.432.5700
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