



The Ronald Gardenswartz Jewish Community Center

April 2024 Program Guide

Inside this guide you will find all of our fitness and pool schedules, a facility-wide calendar of events, & much more!


WELCOME HOME



Group Fitness Schedule

April 2024

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			Muscle Hour Lolli		Full Body Workout Lolli		
8:30am	PowerFlex Rachael	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Leanne	Lower Body Barre Dawn	Boot Camp Karen (8:15am)	
9:30am	Core Assets Rachael	E.S.P. Leanne	Tabata Core Sara B	Full Body Workout Leanne	Step n' Tone Dawn	ZUMBA fitness Anick	ZUMBA fitness Sheryl (9:00am)
10:30am	Barre Stretch Dawn	LaBlast Bri	Barre Stretch Dawn	LaBlast Dawn	LaBlast Erica		
11:30am	Fit 2 Move Lisa			Fit 2 Move Lisa			
4:30pm		Barre Stretch Sherri					
5:30pm	PowerFlex Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen			
6:30pm		LaBlast Erica	ZUMBA fitness Anick	Ballroom Dance* (7pm)			

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or dawnl@jccabq.org

Reserve your spot in class up to 48 hours in advance using the JCC app

* Indicates fee-based class; must register in Member Services or at www.jccabq.org

Elite Studio Class Schedule

April 2024

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	CROSSFIT* Jamie	OPEN GYM 6-8am	CROSSFIT* Alexis	OPEN GYM 6-8am	CROSSFIT* Jamie		
8:30am				Boot Camp Lolli			
9:00am	JUMP Dawn		JUMP Dawn				JUMP Andrea
10:00am			BEYOND ROWING* Hallie		MASTER'S CROSSFIT* Ryan	CROSSFIT* Alexis	OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4	
4:30pm	JUMP Debra	J-FIT Liz			CROSSFIT* Ryan (5pm)		
5:30pm	HIIT 30 Leanne	CROSSFIT* Ryan	CROSSFIT* Alexis	CROSSFIT* Alexis			
6:30pm							

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or dawnl@jccabq.org

Reserve your spot in class up to 48 hours in advance using the JCC app

* Indicates fee-based class; must register in Member Services or at www.jccabq.org

CLASS SCHEDULE SUBJECT TO CHANGE



Spinning Schedule

April 2024

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.		SPINPower Steve G.		SPINNING Robin			
7:30 a.m.						SPINNING Robin	
8:30 a.m.		SPINPower Rosina		SPINPower Arleen	SPINNING Jim (8:15)		SPINPower Steve G
9:00 a.m.						SPINNING Debra	
9:30 a.m.	SPINPower Arleen		SPINPower Sherri		SPINPower Steve		
5:30 p.m.	SPINPower Lolli	SPINNING Debra	SPINPower Pattie				

The Spinning program welcomes participants of all fitness levels. Classes are 50-60 minute sessions which consist of a proper warm up, ride, and cool down. For safety and minimal disruption, please plan to attend the entire class.

SPINNING Classes are designed to challenge you with a focus on heartrate, perceived exertion and RPM's.

SPINPower Classes focus on measuring work effort through the principals of power measured in watts.

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or dawnl@jccabq.org

Reserve your spot in class up to 48 hours in advance using the JCC app



Zen Studio Schedule

April 2024

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque

5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 a.m.		Simply Stretch Sherri	Pilates 101 Daniel	Balance, Core & Strength Sherri	Simply Stretch Sara B		
10:30 a.m.	Vinyasa Flow Yoga Ryan	Pilates Core & Strength Tracy	Iyengar- style Yoga Mindy	Waist up Sherri	Vinyasa Flow Yoga Kyra	Simply Stretch Cody	Vinyasa Flow Yoga Sara U
12:00 noon	Pilates Mat Tracy	Vinyasa Flow Yoga Sara U	Pilates Mat Tracy	Vinyasa Flow Yoga Rachael	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Annette
4:00 p.m.					Shabbat Yoga Sarah (1 st Friday of every month only)		
5:30 p.m.		Waist Up Dawn		All T.H.A.T. Dawn			
6:00 p.m.	Vinyasa Flow Yoga Annette		Vinyasa Flow Yoga Annette				
6:30 p.m.		Simply Stretch Cody		Simply Stretch Ryan			

Group Class Descriptions

Balance, Core & Stretch: For our special populations, this class will help to strengthen your core, improve balance as well as increase flexibility.

Barre Stretch: A new class that will focus on releasing tight muscles with the use of the ballet barre. Increase flexibility, improve your posture and range of motion.

Boot Camp: A fun, high energy workout incorporating cardio, weights, speed and agility drills. Keep that metabolism burning long after your workout is finished!

Chair Yoga: Your traditional yoga class while using a chair to assist you with poses.

Core Assets: Establish strength, stability and support in your glutes, back and midsection; all important assets of the core!

E.S.P.: Duration based exercise that incorporates ENDURANCE, STRENGTH and POWER to build lean muscle, condition the heart and help burn fat more efficiently.

Fit 2 Move: This class is geared for all ages and levels. Exercises are adapted to your condition to increase mobility, flexibility, strength and coordination. Chairs are available to use as an option.

Full Body Workout: Condition your whole body in a workout that combines sculpting with muscle endurance and cardio.

HIIT 30: A 30 min workout in which you can work smarter, not harder! Utilizing heart rate training and wearable technology, you can gain optimal results in a shorter amount of time. Heart rate monitors are recommended, but not required.

Interval Training: Increase and decrease the intensity of your workout between aerobic and anaerobic training which will speed up your metabolism and teach your body to burn calories while at rest.

JUMP: Brand new to the JCC! This is a trampoline based workout that has a stability bar attached to each trampoline. Benefits of trampoline exercise include: improved cardiovascular and metabolic performance, increased muscular endurance and core strength, improved balance and coordination, joint stability, and improved lymphatic system functionality. This class is going to be FUN-you don't want to miss it!

LaBlast®: Based on dances seen on Dancing with the Stars, learn the Disco, Jive, Viennese Waltz, Lindy Hop and more in a partner free, dance fitness class. The easy-to-learn patterns & music selections from all genres & eras welcome any age & fitness level.

Muscle Endurance: Full body, low impact conditioning and endurance that utilizes various equipment that defines and builds muscle.

Muscle Hour: Non-aerobic isolated strengthening work using a variety of resistance equipment. Tone and shape the entire body.

Pilates 101: Perfect for beginners and special populations, this class will teach you the fundamentals of Pilates with a gentler approach.

Pilates Core & Strength: Not your traditional Pilates Mat class! Equipment is used in a way that sends attention, information and energy back to your core. Light weights will create extra stability to your shoulders, core and pelvis.

Pilates Mat: A total mind-body conditioning program designed to improve posture, flexibility, core strength and stability.

Power Flex: You do not want to miss this total body barbell workout. Improve body tone, muscle definition, strength and endurance.

R.E.P.S. (Resistance-Endurance-Power-Strength): This hour of power is an intense endurance workout using a variety of resistance equipment to increase your muscular strength, enhance your core and cardiovascular fitness.

Senior Strength: This strength training class is one that is geared towards special populations, Attendees will increase fitness levels in a self paced format that will also focus on improving posture and balance, help build bone density all while learning proper form/technique to reduce future injuries.

Simply Stretch: The third component of a fitness workout is flexibility. This class is designed to help improve your workouts with stretches to refresh your tired muscles.

Spinning®: The Spinning® program is not just about exercise. Spinning classes offer a variety of rides, movements, coaching and motivation that keep riders safe, excited and engaged.

SPINPower®: With the innovation of power technology, you will now be able to measure your actual intensity in watts and accurate energy expenditure in kilojoules. Our certified SpinPower instructor will coach you through working zones based on your PST.

Step n' Tone: A step class that will include easy to follow choreography, interspersed with toning intervals using a variety of weights, bands and other equipment.

Strength & Conditioning: This is a total body conditioning class using free weights, body bars, bands & high reps to challenge you while utilizing all major muscle groups of the upper and lower body.

Tabata Core: All of the calorie burning of the Tabata intervals format, followed by core exercises that will strengthen and tone your midsection.

Waist Up: Sculpt and condition arms, chest, back and core. Everything from the waist up!

Yoga: We offer several styles so that you can experience a fresh exploration for the physical, mental and spiritual body. All levels are both welcomed and encouraged!

Iyengar-Style Yoga: Build strength/patience through use of proper alignment and breathing while holding postures for longer periods of time.

Vinyasa Flow Yoga: Encouraging the synchronization of mind, body and breath, this class will use creative, flowing movement sequences to improve strength, balance, and flexibility. Props may be used in some classes. Modifications are always offered and encouraged.

Zumba: A dance class that fuses hypnotic Latin & international musical rhythms & tantalizing moves to create a dynamic workout that is fun & easy to do.



April 2024 Calendar of Events

Ongoing Programs

Mondays & Thursdays • 10am-12:30pm

FREE for members • \$5 nonmembers

Mah Jongg Drop-In Games. Players with experience are welcome. **JCC Café**

Mondays & Fridays • 9:30am-10:30am

8 sessions • \$120 members/\$140 nonmembers

Hallie's Angels Small Group Training. An ongoing group that meets for training 2x/week. JCC trainer Hallie leads fun and innovative routines to challenge both strength & endurance. **JCC Fitness Center**

Mondays • 12:30pm-1:30pm • FREE

Yarn-aholics. Join us for knitting, crocheting and conversation. Work on your latest project and make new connections. All levels welcome! **JCC Brody Annex Library**

Tuesdays & Thursdays • 6:30pm-7:30pm

12 sessions • \$149 members/\$169 nonmembers

Bodies by Hallie Small Group Training. An ongoing group that meets for training 2x/week. JCC trainer Hallie leads fun and innovative routines to challenge both strength & endurance. **JCC Elite Studio**

Tu/Th 10am-12pm; Wed (Women) 1-3pm;

Sat 11am-1pm • FREE (members only)

Open Pickleball. Calling all pickleball fanatics! Come and enjoy this fast-paced and FUN game, pick-up-style. No instruction is provided; all levels welcome. **JCC Gymnasium**

Every Wednesday • 9:30am-11am • FREE

Connect 60+ OMG Older Men's Group. A facilitated conversation group for men over 65. Gather and engage with other gentlemen to build new social connections. **JCC Brody Annex Room 104**

Every Wednesday* • 10:30am-1pm

\$12 program & lunch • \$6 program only

***See Programs by Date for weekly descriptions**

Connect 60+ Lunch & Learn. Enjoy an informative and interactive presentation followed by lunch from Rhubarb & Elliott. 10:30-11 Coffee/Check-in; 11-12 Program; 12-1 Lunch. **JCC Auditorium**

Every Thursday • 9:30am-10:30am

6 sessions • \$99 members/\$120 nonmembers

Female Functional Core. Empower your core with our exclusive women's class! Focuses on strengthening the hips, glutes, lower back and abdominal/pelvic muscles.

Guided by our experienced instructor, you'll engage in specific exercises consisting of floor, body weight, and some resistance bands and weights. **JCC Fitness Center**

3rd Thurs. of Each Month • 1:30pm-2:30pm • FREE

Connect 60+ Coffee, Clergy & Conversations. Engage once a month with local clergy to share lively, meaningful conversations on a variety of topics through a Jewish lens. The series will conclude May 16, 2024 with an all-clergy panel. **JCC Brody Annex Room 104**

Every Friday • 10:45am-11:15am • FREE

Connect 60+ - Sit 'n' Fit. Sit 'n' Fit is a 30-minute exercise class in and out of a chair, with exercises focusing on coordination, balance, strength and posture correction. **JCC Auditorium**

Every Friday • 11:15am-12:30pm • FREE

Connect 60+ Friday @ the J - Game Time. Each week we play a variety of classic and current games that rotate throughout the month, including BINGO! Occasionally we enjoy an art project in the JCC Art Studio. **JCC Auditorium**

3rd Sundays • 10:30am-11:00am • FREE

Story Time with Susan. Join the JCC's Susan Minkus with your little ones monthly for read-alouds from the PJ Library collection. **JCC Brody Annex Library**

Various Days & Times • FREE

Aviv-ABQ Jew Group for 20s & 30s. A FREE offering for young Jews in their 20s-30s. Looking to socialize and make new friends, while deepening your connection to Judaism? This group is for you! Call Alyssa Atias at 505-418-4480 for more information. **Locations Vary**

Various Days & Times Available

\$70/mo. members • \$80/mo. nonmembers

Ceramics Lab Open Studio. The JCC studio offers open lab for artists experienced in ceramics. Visit jccabq.org/meeting/ceramics-open-lab/ or call Alyssa Atias at 505-418-4480 for more information. **JCC Art Studio**

Various Days/Times Available • \$35 (members only)

Pickleball Workshops. Join the JCC's Pickleball Coach, Chris Blackwell, for a 1-hour workshop that covers rules, ball striking, footwork, and strategy. All levels welcome. **JCC Gymnasium**



April 2024 Calendar of Events

Programs by Date

Monday, April 1st • 9am-5pm

\$350 members/\$400 nonmembers (per week cost)

Spring Break Camp (Week 2). The JCC's Spring Break Camp is a perfect blend of creativity and adventure! Dive into arts and crafts projects, exciting physical activities, and enjoy endless fun! **JCC Campus**

Tuesday, April 2nd • 9am-5pm

4 Days • \$165 (CPR Mask Included)

Lifeguarding Certification Course. After this 4-day intensive training course, passing students will receive their official American Red Cross Lifeguarding Certification.

JCC Aquatics Complex

Wednesday, April 3rd • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Deirdre Kann - Shifts of Weather Due to Climate Change. Global climate change, notably in the form of rising temperatures, has been well documented and successfully modeled. How are shifts in weather patterns and weather extremes related to these observed climate changes? During this presentation Deirdre will explore changes in our weather including seasonal temperatures, temperature ranges, heat waves, and heavy precipitation events using both scientific studies and recent observations. **JCC Auditorium**

Sunday, April 7th • 6 Weeks

Pre-Dance - 1pm-1:14pm • Dance I - 2pm-2:45pm

\$75 members/\$100 nonmembers

Children's Dance. Our dance program is designed for each child to focus on building their confidence and development through movement. Through technique, a variety of genres, and a whole lot of fun, students in this program will learn spatial orientation, tempo, and rhythm. **JCC Group Studio**

Sunday, April 7th • 2pm-4pm

Author Event • FREE for members/\$5 nonmembers

Judith Fein: Slow Travel New Mexico. Join award-winning travel journalists and Santa Fe residents Judith Fein and Paul Ross in presenting their latest book, the groundbreaking *Slow Travel New Mexico*. They crisscross New Mexico, finding unforgettable adventures readers can personally experience such as painting with an abstract artist on the Navajo Reservation, visiting a wolf refuge, cruising in a lowrider, hiking in a volcano, gourmet dining at Zuni Pueblo, seeing a ghost, tracking the true Billy the Kid... and so much more. **JCC Auditorium**

Tuesday, April 9th • 6pm-7pm • 6 Weeks

\$149 members/\$199 nonmembers

42-Day Shred. Get SHREDDED! Take charge of your health and fitness and join us for this 6-week body transformation challenge! Our trainer Hallie will push you to the limit, allowing you to put your endurance to the test and scorch excess fat in the process. With TWO OUTDOOR workouts each week, body comp. measurements, nutrition accountability, and group camaraderie, this challenge will take your fitness to a new level. This program is open to all skill and ability levels – Try this fun and effective JCC offering for yourself and get SHREDDED with us! **JCC Courtyard**

Wednesday, April 10th • 10:30am-1pm • Weekly Program

\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Rabbi Lerner: Harnessing Hope In Our Everyday Lives. In challenging times and sometimes even in the good times having, feeling, or connecting with hope can be elusive. Join Rabbi Lerner as we explore finding hope, building our hope muscle, or simply recognizing hope when it perches. **JCC Auditorium**

Thursday, April 11th • 10am-12pm • 4 Weeks

\$75 members/\$90 nonmembers

Mah Jongg for Beginners. Start from scratch, learn from experienced players, start playing! Four class sessions team-taught by experienced instructors will teach you all you need to know to begin enjoying this popular game! Mah Jongg (or Mahj, as it is often called) is a fascinating, rummy-like game played with tiles rather than cards. Mahj is enjoying a resurgence in popularity, with millions of dedicated players around the world. A very small amount of time and effort is required to become familiar with the elementary principles of the game. Your patience in mastering the fine points of Mah Jongg will be repaid many times by the fun and camaraderie you'll enjoy from the game. Class fee includes \$15 National Mah Jongg League card needed to play. **JCC Brody Annex**

Thursday, April 11th • 11am-12pm

6 Weeks • \$25 members & nonmembers

J-Mom New Mothers Group. J Moms is a creative and inclusive space for new moms to bond and build community. Conversation is professionally facilitated by experienced social worker and mother, Susan Minkus. Join this fun group and find the support and connection you have been looking for! **JCC Brody Annex**



April 2024 Calendar of Events

Wednesday, April 17th • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Cindy Brown, LBSW: Medical Safety As We Age. In this important discussion Cindy will examine what you need to know to safely navigate the medical system as a senior. She will cover topics such as: Hospitalization & Discharge; Medication Management; and Medical Directives. **JCC Auditorium**

Thursday, April 18th • 1:30pm-2:30pm • FREE

Connect 60+ Coffee, Clergy & Conversations. Engage once a month with local clergy to share lively, meaningful conversations on a variety of topics through a Jewish lens. The series will conclude May 16, 2024 with an all-clergy panel. **JCC Brody Annex Room 104**

Sunday, April 21st • 10:30am-11:00am
Third Sunday of every month • FREE

Story Time with Susan. Join the JCC's Susan Minkus with your little ones for read-alouds from the PJ Library collection. **JCC Brody Annex Library**

Monday, April 22nd

JCC Abbreviated Hours - Erev Passover. Open today from 5am-3pm. Pool hours 5:30am to 2pm. No afternoon J-Zone or TotSpot.

Monday, April 22nd • Dinner Event
Adults (13+) \$40/Children (5-12) \$20

First Night Passover Seder. OPEN TO THE COMMUNITY! Classic Seder Meal with Wine; Concise Passover Service; Served Family Style; Catered by Rhubarb & Elliott; Bring non-perishable food to be donated to Roadrunner Food Bank serving those in need. **JCC Auditorium**

Tuesday, April 23rd

JCC CLOSED - Passover. The JCC will be closed in observance of the Passover holiday. Passover, also called Pesach, is a major Jewish holiday that celebrates the Biblical story of the Israelites' escape from slavery in Egypt.

Wednesday, April 24th • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Rabbi Surget: Passover Around The World. This Passover (*Pesach*), take a trip around the world as we explore different traditions of the festival, engage in some meaningful discussions on the development of customs (*minhagim*) and how they differ from ritual obligations (*mitzvot*). There will also be some time for questions. **JCC Auditorium**

Thursday, April 25th • 7pm-8pm • 6 Weeks

Single: \$75 members/\$100 nonmembers

Pair: \$125 members/\$150 nonmembers

Learn to Salsa Dance. LET'S SALSA! Learn to dance this beautiful Cuban dance style taught by our friends at CSP Dance Studio. Salsa is fun, energetic, and easy to learn, making it one of the most popular Latin dances. All ages and dance levels are welcome to join! **JCC Group Fitness Studio**

Friday, April 16th • 11:20am-12:30pm • FREE

Connect 60+ Friday @ the J - BINGO! Join us for a lively and fun game of a classic favorite: BINGO! **JCC Auditorium**

Sunday, April 28th • Various Start Times • 5 Weeks

Parent & Tot \$115 members/\$140 nonmembers

Youth (Age 3 & up) \$175 members/\$200 nonmembers

Sunday Group Swim Lessons - Session 1. The JCC's Learn to Swim Program is designed to help your child learn skills from bubble blowing all the way to stroke refinement. This will include safety skills in, on, and around the water. As your child progresses through our program, they will learn specific skills that will help them advance through the five different class levels. Here at the JCC we never let our student-to-instructor ratio exceed 4 to 1 for Levels I-V. **JCC Aquatics Complex**

Sunday, April 28th • 2pm-4pm • Film Screening
\$12 includes popcorn & director introduction/Q&A

Remembering Gene Wilder. Few comedic actors have left a more indelible mark on our culture than Gene Wilder, whose performances in such classics as *The Producers*, *Young Frankenstein*, and *Willy Wonka* made him one of the most beloved stars of his era. This heartfelt documentary takes a close look at the life and career of this American original, from his Jewish upbringing in Milwaukee as Jerry Silverman, to his early stage work, to his breakthrough collaborations with Mel Brooks, to his marriage to Gilda Radner and beyond. Using a variety of touching and hilarious clips and outtakes; never-before-seen home movies; narration from Wilder's audiobook memoir; and interviews from Mel Brooks, Alan Alda, Carol Kane, Harry Connick Jr., Ron Frank's film shines a light on an essential performer, writer, director, and all-around mensch. **JCC Auditorium**





May 2024 Calendar of Events

**Wednesday, May 1st • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Senior Strength with JCC Fitness Trainer Leanne Parshall. Leanne will discuss healthy habits & how they relate to functional independence. She will touch on strength training, including exercises that can be incorporated at home; recommended frequency and duration of exercise for optimal health; importance of proper diet; and how all of these things relate to longevity. Come prepared to move, as Leanne will lead us through some simple exercises. **JCC Auditorium**

**Wednesday, May 1st • 4pm-4:30pm
3 Weeks • \$60 members/\$70 nonmembers**

Toddler Art. Join us for an immersive art class where your toddlers will explore texture, color, and play. This unique learning experience places an emphasis on having fun while exploring creativity! Ages 2 to 4. Parents are welcomed and encouraged to attend but it is not required. **JCC Art Studio**

**Friday, May 3rd • 4:15pm-5pm
5 Weeks • \$155 members/\$195 nonmembers**

Pre-Swim Team Clinic. Improve your stroke technique for swim season! This is a great way to see if swim team would be a good fit for your child. This clinic is open to kids ages 5-18 who have a beginning to intermediate swimming level. If a swimmer decides to continue from this clinic to the OrCaS Swim Team, the cost of the clinic will be rolled into the cost of swim team. **JCC Aquatics Complex**

**Friday, May 3rd • Various Days/Times/Price Options
Visit jccabq.org/orcas-swim-team for detailed info**

OrCaS Swim Team. The JCC OrCaS Swim Team is a competitive and fun team open to ages 5-18. We are a part of the Sundance Swim League and compete with other clubs around the state at swim meets held weekly. Swimmers must be able to swim one length of the pool without assistance. Uniforms/equipment not included in registration fee. **JCC Aquatics Complex**

**Sunday, May 5th • 10:30am-12pm • Concert/Dancing
\$20 includes Concert | Bagels & Schmear | Mimosas**

Bagels & Jazz: Cinco de Mayo Edition with Chris Cordova Latin Jazz Band. Chris Cordova Latin Jazz plays a fusion of Jazz and Latin Jazz that encompasses the timelessness of the genre. Chris Cordova (Piano) studied Jazz at The Berklee School of Music and Classical Piano at the University of New Mexico. He is joined by Tomas White on Congas, Kim Martin on Bass, and Al Trujillo, vocals. Dancing encouraged! Included in your entry are freshly made bagels, coffee/tea & mimosas. **JCC Auditorium**

Monday, May 6th

Yom HaShoah: Holocaust Remembrance Day. The full name of the day commemorating the victims of the Holocaust is "Yom Hashoah Ve-Hagevurah" – literally the "Day of (Remembrance of) the Holocaust and the Heroism."

**Wednesday, May 8th • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Familiar and Forgotten Festivals with Cantor Barbara Finn. Join Cantor Barbara Finn to explore festivals that you may know about and others you may not. She'll share learning on Yom Hashoah, Yom Hazikaron, Yom Ha'atzmaut, Mother's Day, Lag B'Omer, and Shavuot. Wonder how that's possible? Come and find out! **JCC Auditorium**

Sunday, May 12th

Mother's Day. The JCC wishes all mothers and mother figures in our community a Happy Mother's Day!

Monday, May 13th

Yom HaZikaron - Israel's Memorial Day. Yom HaZikaron, in full Yom HaZikaron LeHalelei Ma'arkhot Yisrael ul'Nifge'ei Pe'ulot HaEivah, is Israel's official remembrance day, enacted into law in 1963. While Yom HaZikaron has been traditionally dedicated to fallen soldiers, commemoration has also been extended to civilian victims of terrorism.

Monday, May 13th • 9am-10am

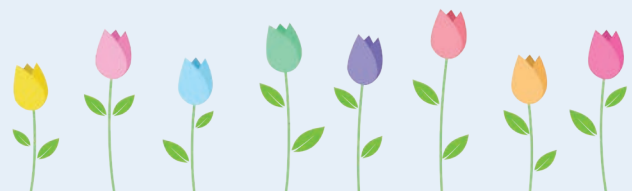
**Ongoing throughout summer • FREE for members
Aqua Fitness Classes Begin.** Join a variety of instructors each week for this low-impact, high-energy and FUN way to exercise. **JCC Aquatics Complex**

Tuesday, May 14th

Yom Ha'atzmaut - Israel's Independence Day. Yom Ha'atzmaut is Israel's national day, commemorating the establishment of the modern state of Israel on May 14, 1948. It is marked by a variety of ceremonies and observances.

**Wednesday, May 15th • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Cindy Brown, LBSW: Self-Care - Denial & Stubbornness Will Send You Where You Don't Want To Go! What happens when the Universe and your body are giving you signals, and you choose to ignore them? Will you accept the consequences? **JCC Auditorium**



DIVE INTO SAFETY!



American Red Cross

Lifeguard Certification

Pass the course and get an interview for a lifeguarding position at the JCC! After this 4-day intensive training course, passing students will receive their official American Red Cross Lifeguarding Certification.

Students must pass a pre-requisite swim test and be 15 years of age.



4 Classes Per Session | \$165 (CPR Mask Included)

Session 1	Tues. April 2 - Fri. April 5 9am-5pm
Session 2	Sat. May 18 - Sun. May 19 AND Sat. May 25 - Sun. May 26 8am-4pm
Session 3	Mon. July 1 - Fri. July 5 (No class July 4) 9am-5pm

For more information or to register, please contact JCC Aquatics Director, Riley Simpson at 505-418-4457 or rileysim@jccabq.org. Registration can also be completed online at jccabq.org or at the JCC in Member Services.



Children's Dance

6-week session 4/7 - 5/19 (no class 5/12)
\$75 member | \$100 non-member

Pre-Dance

SUNDAYS 1:00-1:45pm

Dance I

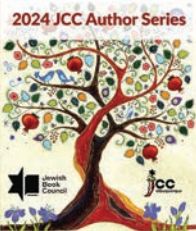
SUNDAYS 2:00-2:45pm

Our dance program is designed for each child to focus on building their confidence and development through movement. Through technique, a variety of genres, and a whole lot of fun, students in this program will learn spatial orientation, tempo, and rhythm. Children also learn to interact with each other, cooperate, and form bonds with one another, enhancing their social-emotional skills. Within this program, they are learning to use movement within their body through dance, while acquiring fundamental practices that they will use in their everyday life.

Register at www.jccabq.org or in member services
Contact Dawn LoGuercio, dawnl@jccabq.org, 505-418-4473



2024 BOOK FEST & AUTHOR SERIES



Join the ABQ Jewish Book Fest for a conversation with Judith Fein on her book, *Slow Travel New Mexico*

Judith Fein

Slow Travel New Mexico

Sunday, 4/7 @ 2 pm



From Award-Winning Journalist

Join award-winning travel journalists and Santa Fe residents Judith Fein and Paul Ross in presenting their latest book, the groundbreaking *Slow Travel New Mexico*. They crisscross New Mexico, finding unforgettable adventures readers can personally experience such as painting with an abstract artist on the Navajo Reservation, visiting a wolf refuge, cruising in a lowrider, hiking in a volcano, gourmet dining at Zuni Pueblo, seeing a ghost, tracking the true Billy the Kid . . . and so much more.

It is an invitation to show up in a place and let it reveal itself to you--on its own terms. It's not about going off the beaten path. It's about going off the beaten mental path by learning to look, see, open up, and explore differently. It's a guide to unforgettable experiences.

Meet Judith Fein

Judith Fein, based in Santa Fe, has garnered multiple awards for her travel articles and has contributed stories with photos by Paul Ross to more than 130 magazines, newspapers, blogs, and websites, including Smithsonian, Fodor's, Psychology Today, the Huffington Post, The Boston Globe, and The Jerusalem Post. Judith is the author of four books including *The Spoon from Minkowitz* and the travel classic: *Life is a Trip- The Transformative Magic of Travel*.



TICKETS

JCC Member: FREE
Non-member: \$5

Books available for purchase at the JCC

For More Info & Tickets: jccabq.org/meeting/judith-fein or call 505-418-4469



5520 Wyoming Blvd. NE
Albuquerque, NM 87109
www.jccabq.org

42-DAY SHRED

Outdoor Body Transformation Challenge

Apr. 9 - May 16 • Tues & Thur 6-7pm

Get SHREDDED! Take charge of your health and fitness and join us for this 6-week body transformation challenge! Our trainers will push you to the limit, allowing you to put your endurance to the test and scorch excess fat in the process. With two **OUTDOOR** workouts each week, body comp. measurements, nutrition accountability, and group camaraderie, this challenge will take your fitness to a new level. This program is open to all skill and ability levels. Try this fun and effective JCC offering for yourself and get SHREDDED with us!

Program includes:

- 2 **OUTDOOR** boot camp-style workouts/week (**RAIN OR SHINE!**)
- Before/After measurements
- Nutrition accountability
- Team camaraderie & support to help you reach your goals

Pricing:

- \$149 members
- \$169 non-members

Contact Susanna Pier for more info:
505-418-4478; susannap@jccabq.org



Jmom

New Mothers Group



Spring Session Meets Weekly Starting 4/11
 6 Weeks ♦ Thursdays 11am - 12pm
 \$25 ♦ JCC Brody Annex Library

J Moms is a creative and inclusive space for new moms to bond and build community. Conversation is professionally facilitated by experienced social worker and mother, Susan Minkus. Join this fun group and find the support and connection you have been looking for!

Register at www.jccabq.org or in member services. Questions? Contact Alyssa Atias, Youth & Family Engagement Director at 505-418-4480, alysaa@jccabq.org.



STORY TIME WITH SUSAN

The Third Sunday of Each Month
 10:30am in the J's Brody Annex Library
 April's story time: Sunday, 4/21

Featuring books from



To make a reservation or for questions, please contact Alyssa Atias at 505-418-4480 or alysaa@jccabq.org



SALSA DANCE

\$75 | Member (Single)
 \$100 | Non-member (Single)
 \$125 | Member (Couple)
 \$150 | Non-member (Couple)

Thursdays @ 7pm
 April 25-May 30

LET'S SALSA! Learn to dance this beautiful Cuban dance style taught by our friends at CSP Dance Studio. Salsa is fun, energetic, and easy to learn, making it one of the most popular Latin dances. All ages and dance levels are welcome to join!

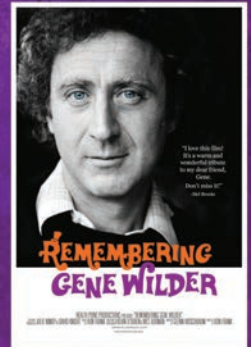
Register at jccabq.org or visit member services. For more information contact Dawn LoGuercio, 505-418-4473 or dawnl@jccabq.org



REMEMBERING GENE WILDER

USA, 2023, 92 min - featuring Mel Brooks, Alan Alda, and Gene Wilder in his own voice

EXCLUSIVE ALBUQUERQUE PREMIERE
 Sunday, April 28th at 2pm
 Ronald Gardenswartz Jewish Community Center



Few comedic actors have left a more indelible mark on our culture than Gene Wilder, whose performances in such classics as *The Producers*, *Young Frankenstein*, and *Willy Wonka* made him one of the most beloved stars of his era. This heartfelt documentary takes a close look at the life and career of this American original, from his Jewish upbringing in Milwaukee as Jerry Silverman, to his early stage work, to his breakthrough collaborations with Mel Brooks, to his marriage to Gilda Radner and beyond. Using a variety of touching and hilarious clips and outtakes; never-before-seen home movies; narration from Wilder's audiobook memoir; and interviews from Mel Brooks, Alan Alda, Carol Kane, Harry Connick Jr., Ron Frank's film shines a light on an essential performer, writer, director, and all-around mensch.

Tickets: \$12 | Includes Popcorn plus introduction and Q&A with director Ron Frank
 Purchase in member services or online at jccabq.org/meeting/gene-wilder



toddler art series

Wednesdays, 4-4:30pm
 5/1, 5/8, 5/15
 Members: \$60
 Non-members: \$70

Join us for an immersive three-session art class where your toddlers will explore texture, color, and play. This unique learning experience places an emphasis on having fun while exploring creativity! Ages 2 to 4.

Register online or in member services. Contact: Alyssa Atias, 505-418-4480 or alyssaa@jccabq.org

Parents are welcomed and encouraged to attend but it is not required



The OrCaS Swim Team

The JCC OrCaS Swim Team is a competitive and fun team open to ages 5-18. As part of the Sundance Swim League, we will compete in weekly swim meets with other clubs from around the state. Swimmers must be able to swim one length of the pool without assistance.

Uniforms/equipment not included in registration fee.

2024 SEASON: MAY 3 - JULY 12

Pre-Season Practice: 5/3-5/31 | Tuesdays 4:15-6:15pm & Fridays 4:15-5:45pm

Regular Season Practice: 6/3-7/12 | Mon/Thurs 7-9:15am, Tues 5:30-7:45pm, Fri 5-5:45pm

# of participants	JCC Member Price	Non-Member Price
1st Child	\$215	\$305
2nd Child	\$195	\$285
Additional Child	\$155	\$265

Register online at jccabq.org or visit member services. For more info, contact Riley Simpson at 505-418-4457 or rileysim@jccabq.org



Cinco de Mayo Bagels & Jazz

Chris Cordova Latin Jazz Band

Sunday, May 5th • 10:30 to Noon
 Concert • Bagels • Schmear • Mimosas




Chris Cordova Latin Jazz plays a fusion of Jazz and Latin Jazz that encompasses the timelessness of the genre. Chris Cordova (Piano) studied Jazz at The Berklee School of Music and Classical Piano at the University of New Mexico. He plays with the finest musicians, swinging through in the Southwest. He is joined by Tomas White on Congas, Kim Martin on Bass, and Al Trujillo, vocals. You won't want to miss this special Sunday performance. Dancing encouraged! Included in your entry are freshly made bagels, coffee/tea & mimosas.

Tickets: \$20 with QR code, at jccabq.org, or in member services




JCC aquatics programs

The JCC Summer 2024 Aquatics Guide has been released! Grab one today or check it out on our website. Registration for all aquatics programming is open at jccabq.org!

- ⚙️ Group Swim Lessons
- ⚙️ Private & Semi-Private Lessons for kids & adults
- ⚙️ Adaptive Swim Program
- ⚙️ OrCaS Swim Team IS BACK!
- ⚙️ Pre-Swim Team Clinic
- ⚙️ Aqua Fitness
- ⚙️ Lifeguard Certification Course
- ⚙️ Junior Lifeguard
- ⚙️ Lap Swim & Family Rec Swim




Ronald Gardenswartz Jewish Community Center Max and Ruth Pollack Aquatics Complex Schedule Effective April 1 through April 27, 2024

Competition Pool

Sunday 8am-4pm	Monday 5:30am-7pm	Tuesday 5:30am-7pm	Wednesday 5:30am-7pm	Thursday 5:30am-7pm	Friday 5:30am-5pm	Saturday 8am-4pm
Lap Swim 8am-10:00 am	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-3:00 PM	Lap Swim 8am-10:00 am
Family/Lap Swim 10:00am-4:00pm						Family/Lap Swim 10:00am-4:00pm
Do you have any aquatics questions? Contact Riley Simpson, Aquatics Director 505-418-4457	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 3pm-5pm	Don't Forget Reserve your Lap Lane Today
For the most up-to-date lane availability please go to https://jccabq.org/pool-schedule/						

Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed 8:00 AM-10:00 AM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-1:00 PM	Pool Closed 8:00 AM-10:00 AM
Family Swim 10:00am-4:00pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 1pm-5pm	Family Swim 10:00am-4:00pm
	Learn-To-Swim at the JCC! For more information about our swim lessons go to www.jccabq.org or call Riley Simpson, Aquatics Director at 505-418-4457 or email at rileysim@jccabq.org					

Erev Passover (April 22nd): 5:30 AM-2:00 PM
Passover (April 23rd): Closed



AQUA FITNESS

Starting May 13th

ALL FITNESS LEVELS WELCOME
FREE FOR MEMBERS

Mondays

9am Michelle
6pm Moses

Tuesdays

9am Dawn*

Wednesdays

9am Bri*
6pm Bettina

Thursdays

9am Cody

Fridays

9am Bettina

Saturdays


9am Moses/
Cody

*LaBlast Splash

Please Note: Class times subject to change on holidays

For more information about Aqua Fitness contact Dawn LoGuercio at 505-418-4473 or dawnl@jccabq.org





FIRST NIGHT PASSOVER SEDER

**JCC Passover Theme:
Supporting the Hungry in ABQ**

OPEN TO THE COMMUNITY

Classic Seder Meal with Wine
Concise Passover Service
Served Family Style
Catered by Rhubarb & Elliott

5784-2024 April 22, 6-8pm

The Seder will be led by
Rabbi Darah Lerner

TICKET INFO

\$40 Adult(13+)
\$20 Child (5-12)

Bring non-perishable food to be donated to Roadrunner Food Bank serving those in need

Jewish Community Center of Greater Albuquerque 5520 Wyoming Blvd. NE ABQ NM 87109 jccabq.org



Open Pickleball

Tuesdays: 10am-12pm

Wednesdays (Women): 1pm-3pm

Thursdays: 10am-12pm

Saturdays: 11am-1pm

**FREE for
Members!**



PICKLEBALL WORKSHOPS

Join the JCC's own Pickleball Coach, Chris Blackwell, for a Pickleball Workshop! Each 1-hour workshop will cover rules, ball striking, footwork, and strategy. All levels are welcome.

For more information or to schedule a workshop, contact Ken Lewis at 505-418-4468 or kenl@jccabq.org

\$35 (members only)

J FORWARD



THE FUTURE STARTS WITH YOU

NO gift is too small! Your donation supports programs, operations, and services for people of all ages, faiths, and nationalities. Your gift will impact people in all ages and stages of life, from children to seniors. Programming is impacted in the areas of Fitness & Wellness; Arts, Culture and Education; Jewish Care Program (JCP); Tikkun Olam; Community Garden; FEC daycare & preschool; Summer Camps; Youth & Young Family Engagement and more.



Life & Legacy is a program dedicated to ensuring YOUR JCC is here every Day, Every Week, Every Month, Every Year for generations to come. Please contact Emily Blaugrund Fox (505-418-4471 or emilyf@jccabq.org) to discuss how you can become a member of the Life & Legacy program through your estate plan.

ASSURE JEWISH TOMORROWS

Donations can be made directly through our website at jccabq.org. If you have questions regarding the impact of your gift, or other ways to make a donation, please contact Emily Blaugrund Fox (505-418-4471/emilyf@jccabq.org).



Serving New Mexico's Jewish Community

The Jewish Care Program (JCP) is dedicated to the well-being of our most vulnerable community members, moving them from isolation to connection.

JCP provides supportive social services to the Jewish and broader community with a focus in Albuquerque to include client care services, referrals to community resources, financial assistance, and spiritual and emotional support.

If you or someone you know needs support, please reach out to JCP at 505-348-4443 or jend@jccabq.org.



Enable the J to continue to provide JCP's services to all who need them. Scan the QR code or visit jccabq.org to donate now!

Engage By Giving



The ACE Department offers our community unparalleled and compelling programs, classes, and events which inform, educate, entertain, and inspire. ACE is passionate about enriching the general and Jewish community by consistently offering high-quality, robust programming. ACE provides financial assistance on a weekly basis to those in need. **Registration fees and ticket prices simply do not cover all expenses!**

This is where YOU come in! 100% of your donation supports ACE programming. By becoming an ACE Supporter, you enable the JCC to enhance existing ACE programs and provide new ones for Albuquerque and nearby communities.

YES! I want to support ACE programming

LEVEL	AMOUNT	# TICKETS
Diamond	\$2500+	12
Platinum	\$1000+	8
Gold	\$500+	4
Silver	\$250+	2
Pearl	\$100+	1



*Tickets can be used to attend any ACE event per year (excluding meals)

Scan QR code or visit jccabq.org to donate.



2023-2024 ACE DONORS

Harold Albert • Anonymous • Lynn Asbury • David Bernstein & Erika Rimson • McKinnon Carroll • Shelly & Bruce Cherrin • Doris Duhigg • Toby Fedoravicius • Linda & Marty Fisher • Jim Folkman • Emily Fox • Miriam Friedman • Edgar Furie • Alan Glassman • Penny & Gary Hoe • Shelley & Herb Koffler • Carole Levitt • Robert Lewis • Barry & Sharon Moskowitz • Heidi Oberman • Shelly & Gary Prant • Karen Raff • Robert Rider • Barbara Saville • Gerald & Amanda Shelden • Ann & Dave Simon • Toby & Elisa Simon • George & Vivian Skadron • Vicki Meredith & Jim Stewart • Judy & Peter Weinreb • Peggy Werbner • Nancy & Ron Winger • Phyllis & David Wolf • Evelyn Zlotkin • Jacuzzi Wellness • The Edwin S. Soforenko Trust • Jewish Community Foundation of NM

YOUR GIFTS MAKE AN IMPORTANT DIFFERENCE!

Phyllis Wolf, Chief Program Officer
phyllisw@jccabq.org, 505-418-4469

Jill Patruznick, Cultural Department Coordinator
jillp@jccabq.org, 505-418-4467



BRING THEM HOME.



The JCC stands with Israel and supports Israel's right to protect itself and its citizens from Hamas terrorism. Hamas must release all the hostages it kidnapped from Israel without condition.

