

The Ronald Gardenswartz
Jewish Community Center

MAY

Program Guide



FITNESS • AQUATICS
ARTS & CULTURE
JEWISH LIFE
SPORTS • WELLNESS
COMMUNITY



DIVE in MOVIE

Summer starts at The J!



BRAND NEW SPLASH PAD



PICKLEBALL COURTS



LIVE DJ + GAMES



FOOD TRUCKS ON SITE



FINDING DORY MOVIE AT DUSK



BELLY FLOP CONTEST

THURSDAY, JUNE 11, 2026
5:30-9:00pm

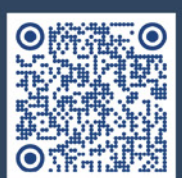
Jewish Community Center of Greater Albuquerque
5520 Wyoming NE, Albuquerque, NM 87109



FREE
FOR JCC MEMBERS!

\$25
PER NON-MEMBER FAMILY

Join us for the Night!



To make sure everyone has a great view and plenty of space, our team may ask you to deflate or set aside larger floaties.



Calendar of Events

Acute Grief Support Group • Every Thursday, 11am–Noon

Whether your loss is recent or you're struggling with intense emotions, you are not alone. Join us for guided conversations and support in your healing journey. To register, call (505) 348-4443.

Walk This Way • Every Friday, 10–10:30am

A 30-minute, low-impact walking class that incorporates gentle movements to support overall well-being.

Sit 'n' Fit • Every Friday, 10:45am–11:15am

Hesitant about a 1-hour fitness class? Grab a seat and experience LaBlast chair fitness.

Cozy Crafters • Every Monday, 10:30am–Noon

Gather and socialize while you work on your latest project and make new connections.

Old Men's Group • Every Wednesday, 9:30–11am

A welcoming, facilitated discussion group for men 65+, to share, connect with peers, and build social ties.

Meditation, Mantras, Mudras, and More • May 2, 1:30pm • Members \$20 | Non-Members \$30

Discover the deeper dimensions of yoga with Sara Ukeiley (RYT-500).

Spanish Classes • May 4–August 10 • \$190–\$220

Join Magda Holloway for this in-depth, 12-week course with three different levels to choose from.

Adult Swim League • May 4–June 2 • Variable Time Slots & Pricing

Get fit, make waves, and find your lane—our adult swim league turns laps into community.

Tactical Training • May 5–June 11 • \$250–\$300

Designed for individuals pursuing careers in law enforcement, fire service, or anyone ready to train at a higher standard.

Orcas Swim Team Preseason Practice • May 5–28 • Variable Pricing

Join a fun and competitive team, and get ready for the summer swim season!

Lunch & Learn: Weather Through the Artist's Eye • May 6, 11am • Variable Pricing

Discover how artists have interpreted clouds, storms, and atmosphere to express emotion, deepen storytelling, and connect with the natural world.

Beginning T'ai Chi Chih • May 9–June 20 • \$75–\$100

Improve balance, flexibility, and peace of mind through this gentle, meditative movement practice.

Lifeguard Recertification Course • May 17 • \$80

If you're looking for a great summer job, the Red Cross Lifeguarding program is the place to start.

Lunch & Learn: Navigating Grief, Coping with Loss & Change • May 20, 11am • Variable Pricing

Explore ways to process emotions, find support, and move forward while honoring your experiences.








Aqua Fitness • Starting May 25

An energizing pool workout that builds strength, cardio, and tones your body—without stressing your joints.

Group Fitness Schedule

May 2026

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	Strength for Life Michelle	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Afsi	Lower Body Barre Anna	Boot Camp Alexis (8:15am)	
9:30am	Core Assets Michelle	E.S.P. Leanne	Tabata Core Sara B	Muscle 50 Dawn	Step n' Tone Karla	 Anick	 Sheryl (9:00am)
10:30am	Barre Stretch Dawn	 Bri	Barre Stretch Dawn	 Dawn	 Erica		
11:30am	Fit 2 Move Lisa				Sit n Fit (auditorium) (10:45) Dawn		
4:30pm		Barre Stretch Sherri			<h2>AQUA FITNESS BEGINS ON MEMORIAL DAY!</h2>		
5:30pm	Shvitzology Leanne	Full Body Workout Lolli	Interval Training Alexis	E.S.P. Leanne			
6:30pm		 Erica	 Anick				

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

Please note that you must be in class when it starts.

Tardiness may result in the loss of your reserved spot if a waitlist is in place.

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

Group Fitness Schedule

May 2026

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Class Descriptions

Barre Fitness- With high reps and low impact movements, barre fitness challenges anyone looking to fine tune their muscles-no ballet experience required.

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!

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

E.S.P.-Fueled by Endurance. Forged in Strength. Unleashed through Power. Build a body that outlasts excuses and overcomes every obstacle so that nothing can slow you down. Get ready to crush what stands between you and your potential.

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.

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.

LaBlast- a partner-free dance fitness workout created by world-renowned dancer and fitness expert Louis van Amstel (as seen on ABC's *Dancing with the Stars*). It's accessible for all levels - LaBlast will teach you the steps seen on the show in simple, interchangeable patterns that are acclimated for the group fitness enthusiast.

Lower Body Barre- Using methods from Fitness, Pilates and Ballet, this class will strengthen, tighten and lift everything from the waist down.

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

Muscle 50-Your Muscle Hour class condensed to 50 min.

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.

Shvitzology-A strength class with purpose: free weights, form, and muscle fatigue. Just controlled sweat and strong bodies built smart.

Sit n Fit-A fun & energizing 30-minute class in and out of a chair with varying exercises which focus on coordination, balance, strength and posture correction.

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 for Life-A practical strength training class that uses weights and bands to build functional power, improve posture and increase endurance. Designed to help you move better, feel stronger and perform at your best in everyday life.

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

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

Zen Studio Schedule

May 2026

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.	Balance, Core & Stretch Anna	Simply Stretch Sherri	Pilates 101 Daniel	Balance, Core & Stretch Afsi	Simply Stretch Sara B		Barre Fusion Andrea (9am)
10:30 a.m.	Vinyasa Flow Yoga Anna	Pilates Core & Strength Tracy	Iyengar-style Yoga Mindy	Waist Up Sherri	Fusion Yoga Kyra	Simply Stretch Cody	Vinyasa Flow Yoga Sara U
12:00 noon	Pilates Mat Tracy	Vinyasa Flow Yoga Sara U	Pilates Mat Tracy	Simply Stretch Sara B	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Sara U
4:00 p.m.					Shabbat Yoga Sarah S (1 st Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Anna		Reset & Release (6:30pm) Alexis				

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

All classes located in the Zen Studio inside the Brody Annex building; Please bring your own mat

Zen Studio Schedule

May 2026

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

ZEN STUDIO 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 Fusion: Enhance your muscle tone, posture, flexibility and confidence in a class that blends Pilates, barre, functional training and mind-body inspired movement.

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

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

Pilates Core & Strength: This class adds a new level of fun with motivating music and a focus on strength. Various equipment will be used to sculpt and tone the entire body.

Reset & Release: The perfect way to end the day is to spend 30 minutes calming and restoring the body.

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.

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 of the physical, mental and spiritual body. All levels are both welcomed and encouraged!

Deep Stretch Yoga: utilize various yoga positions to provide challenge while proceeding at the individual's level, paying careful attention to body awareness, breathing, balance, and intention with modifications shown and explored. This class is perfect for someone just starting yoga, or for someone desiring a slower-paced class to fine-tune one's practice.

Fusion Yoga: a mix of yoga styles into an adaptive, connected sequence focusing on mobility, strength and balance while using a variety of props.

Iyengar-style Yoga: Build strength and patience using 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.

Shabbat Yoga: An ideal time to pause from our often hectic lives to rest, breathe, and re-center ourselves in this gentle flow and restorative yoga class.

PLEASE BRING YOUR OWN MAT!


***Classes are 50 minutes unless otherwise noted and may be modified for all fitness levels.**

We want to be part of your Fitness Journey

Elite Studio Class Schedule

May 2026

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		OPEN GYM 6-8am	Strength in Motion* (7am) Tracee	OPEN GYM 6-8am			
8:30am				Boot Camp Lolli			Bone Health* Melissa
9:00am	JUMP Dawn		JUMP Dawn				
10:00am						5520 FX* Staff	OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-4	OPEN GYM 12-4	OPEN GYM 1-4pm		OPEN GYM 12-4pm	Peri-menopause Strength & Conditioning* (11AM) Alexis	
4:30pm	JUMP Debra				5520 FX* Ashley (4:45)		
5:30pm	HIIT 30 Ikaa	5520 FX* Alexis	5520 FX* Weylin	5520 FX* Alexis	<p>Join us for THE MURPH CHALLENGE MEMORIAL DAY 9AM or 10:30AM *OPEN TO ALL MEMBERS</p>		
6:30pm		Peri-menopause Strength & Conditioning* Alexis					

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

Elite Studio Class Schedule

May 2026

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque
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Elite Studio Group Fitness Class Descriptions

(extension of Group Fitness schedule)

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

HIIT 30- Join our inspiring 30-minute HIIT class - a fitness fiesta that embraces all, fuels positive change, and leaves you empowered with a newfound strength to conquer your day! Inclusive, motivating, and transformative, because in half an hour, you'll sculpt your body and elevate your spirit!

JUMP- 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!

Specialty Programs*

5520 FX- 5520 FX is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that are performed in day-to-day life activities, like squatting, pulling, pushing, etc.


Please note: This class is for our members who have added the 5520 FX Functional Exercise membership or purchased a punch card only. For questions on how to add the 5520 FX Functional Exercise membership to your JCC membership, please contact Dawn LoGuercio at dawnl@jccabq.org or visit the Membership Office.

*indicates fee based class, must register on our website or in Membership to attend these programs

Spinning Schedule

May 2026

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		SPINNING. Robin			
7:30 a.m.						SPINNING. Robin	
8:30 a.m.		SPINNING. Sara		SPINNING. Jim	SPINNING. Tanya (8:15)		SPINPower Steve
9:00 a.m.						SPINNING. Debra	
9:30 a.m.	SPINPower. Arleen		SPINPower. Sherri		SPINPower Steve		
4:30 p.m.		20/20 Debra					
5:30 p.m.	SPINNING. Lolli		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, focusing on heart rate, perceived exertion and RPMs.

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

20/20: 20 min of cycling intervals preceded by 20 min of strength and toning exercises.

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

JCC Aquatics

Max and Ruth Pollack Aquatic Complex Schedule


April 20th-May 3rd

Competition Pool

Sunday 8:00am-4:00pm	Monday 5:30am-7:00pm	Tuesday 5:30am-7:00pm	Wednesday 5:30am-7:00pm	Thursday 5:30am-7:00pm	Friday 5:30am-5:00pm	Saturday 8:00am-4:00pm	
Lap Swim 8:00am-4:00 PM	Lap Swim 5:30am-12:00 PM	Lap Swim 5:30am-12:00 PM	Lap Swim 5:30am-12:00 PM	Lap Swim 5:30am-12:00 PM	Lap Swim 5:30am-5:00pm	Lap Swim 8:00am-4:00pm	
Learn-to-Swim/Waterpolo (2 Lap Lanes Open) 9:00 AM-12:00 PM	Pool Closed 12:00 PM-3:00 PM	Pool Closed 12:00 PM-3:00 PM	Pool Closed 12:00 PM-3:00 PM	Pool Closed 12:00 PM-3:00 PM		Lap Swim 3:00 PM-7:00 PM	Family/Lap Swim (3 Lanes Open) 10:00 AM-4:00 PM
Family/Lap Swim (3 Lanes Open) 12:00 PM-4:00 PM	Lap Swim 3:00 PM-7:00 PM	Lap Swim 3:00 PM-7:00 PM	Lap Swim 3:00 PM-7:00 PM	Lap Swim 3:00 PM-7:00 PM			
Do you have any aquatics questions? Contact Riley Simpson, Aquatics Director 505-418-4457	Family/Lap Swim (3 Lanes Open) 4:00 PM-6:00 PM	Lap Swim 3:00 PM-7:00 PM	Family/Lap Swim (3 Lanes Open) 4:00 PM-6:00 PM	Lap Swim 3:00 PM-7:00 PM		Family/Lap Swim (3 Lanes Open) 2:00 PM-5:00 PM	
	Adult Swim League (3 Lanes Open) 6:00 PM-7:00 PM	Family/Lap Swim (3 Lanes Open) 4:00 PM-7:00 PM	Adult Swim League (3 Lanes Open) 6:00 PM-7:00 PM	Family/Lap Swim (3 Lanes Open) 4:00 PM-7:00 PM	Family/Lap Swim (3 Lanes Open) 2:00 PM-5:00 PM	Don't Forget Reserve your Lap Lane Today	

For the most up-to-date lane reservstion availability please go to <https://jccabq.org/pool-schedule/>

Therapy Pool

Sunday 8:00am-4:00pm	Monday 5:30am-7:00pm	Tuesday 5:30am-7:00pm	Wednesday 5:30am-7:00pm	Thursday 5:30am-7:00pm	Friday 5:30am-5:00pm	Saturday 8:00am-4:00pm
Learn-to-Swim 9:00 AM-12:00 PM (Pool Closed)	Pool Closed 5:00 AM-4:00PM	Pool Closed 5:00 AM-4:00PM	Pool Closed 5:00 AM-4:00PM	Pool Closed 5:00 AM-4:00PM	Pool Closed 5:00 AM-2:00PM	Pool Closed 8:00 AM-9:00 AM
Family Swim 12:00 PM-4:00 PM	Family Swim 4:00 PM-7:00 PM	Family Swim 4:00 PM-7:00 PM	Family Swim 4:00 PM-7:00 PM	Family Swim 4:00 PM-7:00 PM	Family Swim 2:00 PM-5:00 PM	Family Swim 9:00 AM-4:00 PM
	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				Scan to view our programs	

Programs & Classes

Meditation, Mantra, Mudras & More

A transformative yoga experience beyond the mat

May 2
1:30-3 pm

Sign Up Now
Members: \$20



Discover the deeper dimensions of yoga with Sara Ukeiley (RYT-500). While many know yoga for its physical poses (asana), the true practice encompasses so much more.

Join us for an enriching journey featuring breath work, sound healing, meditation, chakra balancing, mantras, yoga nidra, and other transformative practices that will expand your understanding of this ancient tradition.

What to bring: Yoga mat and blanket (optional for extra comfort & support)



Contact Dawn for info

(505)418-4473 • DawnL@jccabq.org

T'ai Chi Chih For Beginners

Learn More



May 9-June 13
Saturdays
12pm - 1pm

A gentle, easy-to-learn moving meditation designed to calm the mind, balance the body, and restore natural energy (chi). Flow through simple, rhythmic movements that promote relaxation, focus, and gentle vitality—no experience required.

Feel relaxed. Feel energized. Feel centered.

All are welcome.



Contact Dawn LoGuercio for info

DawnL@jccabq.org • (505)418-4473



TACTICAL TRAINING

This is not a casual workout. This is preparation.

- Traditional barbell lifts
- Heavy sandbag carries under load
- Rope climbs when your grip is failing
- Timed runs when your lungs are burning
- Rowing intervals that test your engine
- Explosive plyometrics
- Push-ups. Pull-ups. Core work.
- Standards that matter

You will sweat.
You will strain.
You will learn to move when you're exhausted.

If you're below the standard — we build you up.
If you've passed it — you lead from the front.

Learn More



MAY 5 - JUNE 11
TUESDAYS & THURSDAYS
4:30 PM

MEMBER PRICE: \$250
NON MEMBER PRICE: \$300

¿Quiere practicar Español? ¡Vamonos! Let's Go!

Spanish

For Adults

12 weeks • May 4 - August 10
\$190/JCC Members • \$220/Non-Members



Instructor: Magda Holloway is a certified language instructor. She is from Colombia, is bilingual, and has been teach adult Spanish classes of all levels at the JCC for 8+ years. Many students who began as beginners have progressed through the levels and all really appreciate her warm, encouraging and engaging teaching style.

No sessions on 5/25, 6/22, 7/20

Located in Room 104: May 4-18

Located in the Conference Room: June 1-August 10

LEVEL ONE

Mondays • May 4 - August 10 • 1 pm - 2:15 pm

Prior Spanish experience is not necessary, but this class will also serve as an excellent refresher for those who have studied some Spanish in the past. Students will learn/review the basics: numbers, colors, days, months, nouns, verbs, vocabulary, telling time. You will apply the vocabulary and grammar in simple conversation relevant to everyday life.

LEVEL TWO

Mondays • May 4 - August 10 • 2:30 pm - 3:45 pm

This course is ideal for those who want to expand their working knowledge of the Spanish language for travel, or to communicate with those whose first language is Spanish. You will study vocabulary, verb conjugation, conversation and reading books. The goal is to increase your reading and oral comprehension to converse effectively.

LEVEL THREE

Mondays • May 4 - August 10 • 4:00pm - 5:15pm

Do you speak Spanish well? This class is for those who have a firm foundation in the Spanish language and seek to expand vocabulary, verb conjugation, and gain confidence while expressing more complex ideas. Students will read books, write, and emphasize gaining fluency in conversing in Spanish. The goal is for students to gain increased proficiency in speaking, writing, reading and oral comprehension.

Register online at jccabq.org/meeting/spanish or in member services.
Contact: Phyllis Wolf at 505-418-4469 or cultural@jccabq.org

For info contact Dawn
(505)418-4473 • dawnL@jccabq.org



Ongoing Fitness & Wellness Events

Reset & Release

Your Weekly Reset Ritual

End your day with a soothing 30-minute stretch session designed to calm your mind and restore your body.

Free for members | Every Wednesday
6:30-7:00 PM | Zen Studio



HALLIE'S ANGELS

Small group training



Workout with friends and stay accountable together!

Hallie's Angels is an ongoing group that meets twice a week. Expert trainer Hallie Young will keep you coming back with fun and innovative routines that challenge strength & endurance.

Train with Hallie!

Mondays & Fridays
9:30a-10:30a



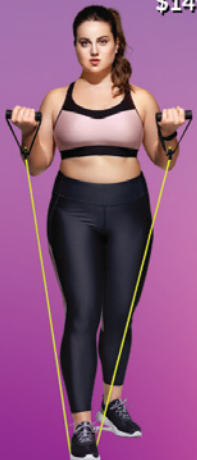
For info contact Susanna Pier
(505) 418-4478 • susannap@jccabq.org



BODIES by Ikaa



SIX WEEK SESSIONS • TUESDAYS & THURSDAYS • 6:00 - 7:00PM
\$149 MEMBERS • \$169 NON-MEMBERS



GET STRONGER, MOVE BETTER, AND HAVE FUN!
JOIN EXPERT TRAINER IKAA ROSLI FOR SMALL GROUP PERSONAL TRAINING SESSIONS ON THE FITNESS FLOOR.

TRAINING FOCUSES INCLUDE

- FUNCTIONAL STRENGTH TRAINING
- METABOLIC CONDITIONING
- CORE STABILITY WORK
- CAMARADERIE & MOTIVATION

FOR QUESTIONS CONTACT SUSANNA PIER AT (505)418-4478 OR SUSANNAP@JCCABQ.ORG

BALANCING HOPE

BUILD STRENGTH AND TAKE CONTROL OF YOUR STABILITY

4 Sessions • Thursdays at 10am
\$65 - Members • \$85 - Non-Members

Are you ready to take control of your balance and stability? Join Hope Simmons for a supportive, results-focused class designed to help you move with confidence.

- Pre- and post-assessments to track your progress
- Improve balance, core strength, and coordination
- Build confidence in your everyday movement
- All fitness levels welcome



FOR QUESTIONS CONTACT SUSANNA PIER AT (505)418-4478 OR SUSANNAP@JCCABQ.ORG

Aquatics Programs

ADULT SWIM LEAGUE

MONDAYS & WEDNESDAYS 6 - 7PM

SUMMER SESSION 1: MAY 4 - JULY 1

SUMMER SESSION 2: JULY 6 - AUG. 26

TUESDAYS & THURSDAYS 6 - 7PM

SUMMER SESSION 1: MAY 5 - JULY 2

SUMMER SESSION 2: JULY 7 - SEPT. 3



*Splash into
Safety
this May*



MAY 1 - MAY 31

All Aquatics programs
are 10% off!



www.jccabq.org/aquatics/jccaquatics



JOIN TODAY!



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 weekly swim meets.

Scholarship opportunities are available.

For more info contact
Riley Simpson
Aquatics Director
(505) 418-4457
RileySim@jccabq.org

Preseason practice:
May 5-28

Season Practice:
June 1-July 21

6 VS 6 INDOOR

VOLLEYBALL LEAGUE

STARTING JUNE 1

8 WEEKS + SINGLE ELIMINATION TOURNAMENT

MEN'S LEAGUE:

MONDAYS, STARTING JUNE 1

WOMEN'S LEAGUE:

THURSDAYS, STARTING JUNE 4

\$500 PER TEAM

INTERMEDIATE TO ADVANCED

Ready to bring the heat?
Rally your team and hit the court for an electrifying season of volleyball!
Whether you're here for the competition or the camaraderie, it's time to serve up some fun and fierce play.

**SPOTS ARE LIMITED
16 TEAMS PER GENDER**



**LEARN
MORE**



To register contact
Bri Smith

Email: BriannaS@jccabq.org

Phone: 505-418-4503



Acute grief & LOSS SUPPORT GROUP

A FREE SERVICE PROVIDED BY

Jewish
Care
Program 

Navigating the loss of a loved one can feel overwhelming. This support group offers a safe and compassionate space to share, connect, and find comfort with others who understand. Join us for guided conversations and support in your healing journey.

TO REGISTER CONTACT Jen Dennis
(505)348-4443 • jend@jccabq.org



Ongoing Social Groups



Older Men's Group | Every Wednesday 9:30 – 11am

A welcoming, facilitated discussion group for men over 65, to share conversation, connect with peers, and build meaningful social ties. This group offers a supportive space to exchange ideas, experiences, and perspectives while fostering new friendships.



Crafting, Conversation & Community

Cozy Crafters | Every Monday 10:30am – 12pm

Join us every Monday to gather and socialize while you work on your latest project and make new connections.

Our goal is to create a warm and welcoming community of crafters and space to share your passion to create!

All levels welcome!



Sit 'n' Fit | Every Friday 10:45 – 11:15am

Hesitant about a 1 hour fitness class? Grab a seat and experience LaBlast chair fitness. This 30 minute class blends dancing with simple easy to follow patterns designed specifically for the aging population.

This class is appropriate for all fitness levels.



Walk This Way | Every Friday 10 – 10:30am

A 30-minute, low-impact walking class that incorporates gentle movements to support coordination, mobility, and overall well-being. Perfect for all fitness levels, including seniors, it offers a fun, accessible approach to staying active and healthy.

For more information, please call 505-348-4443.



APRIL/MAY LUNCH & LEARN

Enjoy engaging presentations, connect with friends, & share a delicious meal

10:30AM CHECK IN • 11AM PROGRAM • 12PM LUNCH

\$6 PROGRAM ONLY • \$12 PROGRAM & LUNCH

REGISTRATION & PAYMENT REQUIRED BEFORE EACH PROGRAM



April 8 - Stay Safe, Stay Connected: Senior Safety

Officers from the Albuquerque Police Department share practical tips for staying safe at home, in your neighborhood, and online. Learn how to recognize and report suspicious activity, connect with local crime prevention programs, and access helpful community resources.

Presenter: Albuquerque Police Department



April 22 - Finding Calm: Managing Anxiety and Worry

Cindy Brown offers practical strategies to help older adults manage anxiety and reduce worry. Learn simple, effective techniques to build resilience, improve emotional well-being, and feel more grounded in daily life.

Presenter: Cindy Brown



May 6 - Weather Through the Artist's Eye

Dr. Deirdre Kahn explores how weather has inspired artists across history, from Leonardo da Vinci to the Romantic era and beyond. Discover how science, nature, and emotion come together in powerful artistic expression.

Presenter: Dr. Deirdre Kahn



May 20 - Navigating Grief: Coping with Loss and Change

Cindy Brown provides compassionate guidance on coping with grief and loss. Explore ways to process emotions, find support, and move forward while honoring your experiences.

Presenter: Cindy Brown

**For questions contact Susan Minkus
(505)546-9948 or SusanM@jccabq.org
Visit jccabq.org/connect-60 for info**

Scan
for Info

