

NEW ORLEANS JEWISH COMMUNITY CENTER | SUMMER 2026

PROGRAM GUIDE

PROGRAMS | CLASSES | EVENTS



SUMMER 2026

nojcc.org



A WORD FROM REBECCA FRIEDMAN

Executive Director, New Orleans Jewish Community Center

Dear Members,

Summer is upon us, and there's no better place to while away the hours than the JCC. Our pools open May 10, both Uptown and in Metairie. We'll celebrate new swimmers earning their 'green bands' for independent swimming, enjoy summer holidays by the water, and more. In Metairie, we've refreshed the splash pad for little ones to enjoy. And in August, we'll be bringing Cocktails and Cannonballs for adults Uptown - a relaxing evening to float undisturbed and refreshed.

Both campuses will be filled with the "ruach" (Hebrew for "spirit") of summer campers and counselors. Music, dancing, sports, and family Shabbat celebrations will mark the season, with memories made for a lifetime.

But why let the kids have all the fun? We welcome a plethora of summertime activities for adults. Get creative with clay under the direction of our summer artist-in-residence, see a film with friends as part of our cinema series, explore new means of mindfulness and health, or reflect with rabbis from across the community over lunchtime discussions. On the fitness front, we've got so much on offer, including a new Rock Steady boxing program for people with Parkinson's and relaxing poolside yoga.

We hope to see you this summer at the J - what better way to spend the season than in community with friends, family, and neighbors?

Best,

Rebecca



HOURS & LOCATIONS

Metairie & Uptown Fitness Centers

Monday - Thursday, 5:30 AM - 9 PM

Friday, 5:30 AM - 6 PM

Saturday & Sunday, 8 AM - 6:45 PM

Metairie & Uptown Pools

Please visit nojcc.org/aquatics for hours of operation and detailed hour-by-hour schedules.

METAIRIE FACILITY (GOLDRING-WOLDENBERG JEWISH COMMUNITY CAMPUS)



UPTOWN FACILITY



CONTENTS



EARLY CHILDHOOD CENTER

Discover a world where play-based learning meets Jewish values. From Reggio-inspired classrooms to weekly swim and music, we foster the independence and social-emotional skills every child needs for a lifelong journey of discovery.

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YOUTH & TEEN

Keep the summer spirit alive right up until the school bell rings. From adventurous field trips and culinary creations to classic pool days with friends, our late-season mini camps for K-8th graders are the perfect way to finish the summer strong.

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ADULT

Discover a summer of engagement at the J with workshops in creative writing, photography, and clay. Explore the Morris Bart Sr. Lecture Series, monthly Movie Days, and specialized workshops on mindfulness and aging with confidence. Join us for shared meals, lively book discussions, and expert insights into the topics that matter most.

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FITNESS & SPORTS

Whether you're looking to dominate the court in our basketball leagues, build elite athletic power in our Teen Fit Academy, or find your flow pool-side, the J has your summer goals covered. From specialized Rock Steady Boxing to smart nutrition workshops, we provide the coaching and community to help every athlete thrive.

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AQUATICS

Kick off the season with our Mother's Day Pool Opening and explore a summer of water-based fun. We offer developmental swim teams for ages 5-18 in both Uptown and Metairie, survival swim lessons for our youngest members, and community celebrations like Sunday Funday.

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JEWISH CULTURE

Celebrate Jewish life through our major community festivals and memorial services. Plus, big things are on the horizon: the Cathy and Morris Bart Jewish Cultural Arts Series is returning this fall with a full season of enriching programs. Flip to this section to see our holiday highlights and learn how to stay tuned for the fall lineup reveal!

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amilia

PRO-TIP: DON'T MISS PRIORITY REGISTRATION!

Get two weeks of early registration and member-only pricing. Just make sure everyone in your household (kids too!) is an active JCC member in Amilia before you sign up. **Verify your status today at nojcc.org/amilia.**

EARLY CHILDHOOD CENTER

For more information visit nojcc.org/ecc or email ecc@nojcc.org.

OUR EARLY CHILDHOOD CENTER PROGRAM

At the New Orleans JCC Early Childhood Center, we honor the Jewish traditions of inquiry and instruction, we instill in our students a sense of ownership and self-expression, and we foster the social-emotional skills that prepare children for lifelong learning. Inspired by the philosophy of Reggio Emilia, our program offers a play-based, child-centered, constructivist curriculum for ages 13 months through 5 years. Families of all faiths are welcome.

As part of a vibrant community center, our school is enriched by intergenerational experiences and strong family engagement. Parents are invited to participate in ongoing events, helping build a connected community. Our curriculum is further enhanced by weekly swim lessons, creative movement, dance, yoga, gardening, music, and art—offering children daily opportunities to explore, move, and express themselves. Jewish life is woven into the rhythm of our days through joyful Tot Shabbat celebrations and holiday traditions.

OUR VISION OF THE CHILD

The child is viewed as a unique and complex individual, grounded in cultural heritage and embodied with potential. To support these capable, curious thinkers, we provide a nurturing and engaging environment that balances structure with freedom and discovery.

EARLY CHILDHOOD CENTER PROGRAM FEATURES

- Hands-on learning that fosters independence, creativity, inquiry, patience, and respect for others
- A thoughtful balance of child-led experiences and structured activities
- Enrichment activities led by specialists – music class, movement class, and swim lessons
- Open spaces and playground equipment that encourage exploration and motor development
- An environment infused with Jewish culture, values, and traditions



PROSPECTIVE FAMILIES

Scan this QR code to schedule your tour!



ENROLLMENT INFORMATION

In January, after returning families have had a chance to enroll in the upcoming school year, open spots will be offered to families on our interest list. To confirm enrollment, families must submit a deposit and pay a one-time registration fee for each new child. ECC families must also set up a JCC membership.

Scan this QR code to join the ECC Interest List.



YOUTH & TEEN

For more information about our Youth & Teen programs and events, please visit nojcc.org.

FOR PARENTS

KEEPING OUR CHILDREN SAFE

Protecting our children starts with staying informed. Join us for a special presentation by the FBI focused on practical ways to keep kids safe in digital spaces. This session is designed for parents who want clear, expert advice on monitoring online activity and preventing digital risks before they happen.

Free and Open to the Community | Uptown
Wednesday, May 20, 6-7:30PM



OUR YOUTH & TEEN PROGRAM

The New Orleans JCC offers a variety of programs designed to keep youth and teens active, engaged, and connected throughout the year.

Younger children can enjoy programs like **Kids' Night Out** and **Mini Camps**, where they spend time with friends while participating in supervised games and activities during holidays and school breaks.

As kids get older, events like the **JCC Sock Hop** give 5th-7th graders a fun night of music, dancing, and socializing with their peers.

For middle and high school students, the JCC's Teen Department provides programs and events for grades 6-12 that encourage teens to explore their interests and build connections. Opportunities include **BBYO**, our **Teen Fit** fitness education program, safety courses like **Safe Sitter** and **Safe @ Home**, and participation in the international **JCC Maccabi Games**, where Jewish teens from around the world compete and connect through sports.

Visit nojcc.org/youth/teen to learn more about the Youth & Teen programs at the New Orleans JCC.



SUMMER MINI CAMPS

Summer is not over yet! Before school begins, join us for some camp-style days at the J. This is a great opportunity to hang out with friends and meet some new buddies.

TRIP CAMP

Join us for Trip Camp. Campers will go on field trips every morning and spend lunch and the afternoon at the Center.

K-1ST GRADE

\$400 Members Only | Metairie
July 27-31, 8:30AM-4PM

2ND-8TH GRADE

\$400 Members Only | Uptown
July 27-31, 8:30AM-4PM

COOKING MINI CAMP

Ready, set, cook! This hands-on camp is designed to help young chefs build confidence and creativity in the kitchen.

Campers will learn essential culinary skills while learning a variety of techniques to whip up their favorite classic dishes. It's the perfect recipe for a fun, flavorful summer!

4TH-8TH GRADE

\$70 Members, \$85 Non-Members | Uptown
July 27-31, 8:30AM-4PM

END OF SUMMER MINI CAMPS

Campers will swim during the first week of mini camp, so please send them in a swimsuit and pack a towel, goggles, and change of clothes for after swim.

K-1ST GRADE

\$70 Members, \$85 Non-Members | Uptown
July 27-31, 8:30AM-4PM

K-1ST GRADE

\$70 Members, \$85 Non-Members | Uptown
August 3-7, 8:30AM-4PM

2ND-5TH GRADE

\$70 Members, \$85 Non-Members | Uptown
August 3-7, 8:30AM-4PM



JCC Maccabi Games 2026

An Olympic-style competition for Jewish teens

JCC MACCABI® GAMES & ACCESS
TORONTO
August 2-7 for ages 13-17



#WeAreJCCMaccabi
jccmaccabi.org

@JCCMaccabiGames



JCC MACCABI GAMES

The JCC Maccabi Games are an international athletic competition for Jewish teenagers that runs much like the Olympics.

Athletes can compete against Jewish teens from all over the United States as well as delegations from Israel, Great Britain, Mexico, Canada, and more. The Games are played with a focus on "rachmanus" or sportsmanship with the intent to foster long-lasting friendships, memories, and connections to Judaism and Israel. More than 2,000 Jewish teens participate each summer.

Email teen@nojcc.org with any questions.

INTRODUCING TEAM NOLA!

Cyrus Arjmand	Alexander Penn
Max Braunig	Mose Ritter
Ari Dulitz	Eloise Ritter
Molly Dunn	Sebastian
Ezra Horwitz	Rodrigalvarez
Liam Katz	Hudson Rose
Daniel Katz	Jonah White
Asher Kofsky	Katie Dunn
Lillian Mintz	(Delegation Head)

ADULT

For more information about our Active Adult programs and events, please visit nojcc.org.

ARTS
at the center



1-DAY WORKSHOPS

No Experience Necessary - All Levels Welcome!

JULY
Workshops!

SCULPTING WITH CLAY

CREATE YOUR OWN GOLEM

In this 2-hour workshop with JCC Artist-in-Residence **Ness Kent**, participants will learn foundational techniques for working with clay. They will then use them to envision and sculpt their own golems: animated humanoid figures rooted in Jewish folklore. Through hands-on clay sculpting, we will explore the history and symbolism of golems as protective beings, as well as the role of symbolic objects in our homes, families, and communities.

Each participant will dream up, sketch, and sculpt their personal golem, or protector, bringing intention and imagination into form. Finished pieces will be kiln-fired and available for pickup 2-3 weeks after the workshop.

\$50 Members, \$60 Non-Members | Uptown
Sunday, July 12, 2-4PM

CREATIVE WRITING

* ALL NEW PROMPTS! *

Looking to get your creative juices flowing? Using a variety of prompts and exercises, this class is designed to silence your inner critic and help you tap into your imagination. From veteran writers to newcomers to the art form, this class is for you!

This workshop is taught by **Joanna Russo**, a theater director and writer. Joanna serves as Co-Artistic Director for nationally touring ensemble *Mondo Bizarro*, working as a writer and director for the company for many years. Her writing has been performed across the country, from Kentucky to California, North Carolina to Hawaii and has been recognized by the American Academy of Poets.

\$40 Members, \$50 Non-Members | Uptown
Sunday, July 19, 10:30AM-12:30PM

TAKE BETTER PHOTOS

A PHOTOGRAPHY WORKSHOP FOR EVERY CAMERA AND EVERY CURIOUS EYE

Great photos aren't accidents — they're the result of a few simple decisions that anyone can learn. Whether you're shooting with a DSLR, a mirrorless camera, or the phone in your pocket, you can create great photos. In this fun, hands-on workshop with **Bruce France**, you'll discover how your camera actually works, how to frame a shot that stops people in their tracks, how to find and use beautiful natural light, and how to work with people. No experience required, no gear upgrades needed.

You'll leave with a sharper eye and a more confident hand to take photos you love.

\$50 Members, \$60 Non-Members | Uptown
Sunday, July 19, 1:30-3:30PM

Visit nojcc.org/creativearts to learn more and to reserve your spot today!



BEVERLEY GIANNA

AGING WELL, LIVING FULLY

Join us for conversations around what every older adult should understand about long-term care, resident rights, and how to advocate effectively.

This Summer Series led by Beverly Gianna, MA, MAG, Community Gerontologist & Long-Term Ombudsman - New Orleans. Bring your own lunch and enjoy light refreshments.

Free and Open to the Community | Uptown

THE TRUTH ABOUT AGING: MYTHS, REALITIES, JOYS AND POSSIBILITIES

Thursday, June 11, 12:30-1:30PM

AGING IN PLACE WITH CONFIDENCE: PLANNING, SUPPORTS, AND SMART CHOICES

Thursday, July 16, 12:30-1:30PM

YOUR VOICE MATTERS: ADVOCACY, RIGHTS, AND STAYING EMPOWERED

Thursday, August 13, 12:30-1:30PM

BOOK CLUB: PLANNING OUR NEXT CHAPTER

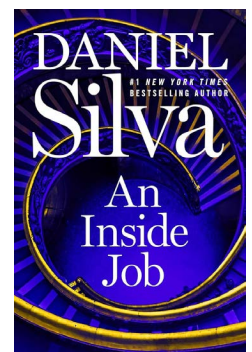
As we wrap up our spring season, please note that our final facilitated meeting will be in May. We will take a brief hiatus over the summer, but we invite you to join us in June for a special planning session to help select the books for our upcoming season.

We look forward to launching our new lineup in September!

Free and Open to the Community | Uptown

AN INSIDE JOB
BY DANIEL SILVA
Tuesday, May 19,
1:30-3PM

BOOK PLANNING
SESSION
Tuesday, June 23,
1:30-3PM



ADULT

For more information about our Active Adult programs and events, please visit nojcc.org.



LUNCH AND LEARN WITH THE RABBI

Enjoy a light lunch and a fascinating discussion with a different local Jewish leader each month. Space is limited, so please RSVP for each event you wish to attend.

\$3 Members, \$5 Non-Members | Uptown

RABBI KATIE BAUMAN
FROM TOURO SYNAGOGUE
Thursday, May 7, 12-1:30PM

RABBI SILVERMAN
FROM TOURO SYNAGOGUE
Thursday, June 4, 12-1:30PM

RABBI COHEN-HENRIQUEZ
FROM SHIR CHADASH
Thursday, August 6, 12-1:30PM

MIND MATTERS

Mind Matters is a brain health course for individuals 50 years and older.

The course incorporates memory techniques and cognitive stimulation, reading and discussion, physical exercise, social engagement and mindfulness. Together we keep up to date on the latest research into how we keep our brains healthy into our later years, and we support each other as we put these findings into practice in class.

\$138 Members and Non-Members | Uptown
Tuesdays, April 21 - May 26, 10AM-2PM

WEEKLY PROGRAMS

KNIT ONE, CROCHET TOO

Come knit and crochet along with us. Beginners are welcome; we will get you started. Already an expert? Share your expertise with the group. Bring your works in progress and some show and tell items. Other handcrafts are also welcome.

Free and open to the community | Uptown
Mondays, 10-11AM

GAMES DAY

Join us for Mah Jongg, Rummikub or Bridge. Bring your lunch; dessert and coffee are provided.

Free and open to the community | Uptown
Tuesdays, 12-3PM

SENIOR CHAIR EXERCISE

Designed for seniors at all levels and abilities, this stretching and strength training class allows you to exercise from a chair or standing. Wear comfortable clothes and closed toe shoes. Check with your doctor before starting any exercise program.

Free for Members, \$2 Non-Members | Uptown
Mondays, Tuesdays, Thursdays, 10:45-11:45AM

BETTER BALANCE

Low impact balance and exercises which can help prevent falls by improving one's ability to control and maintain body position, whether you are moving or still.

Free for Members, Non-Members \$2 | Uptown
Wednesdays, 10:45-11:30AM

GUIDED MEDITATION

This class will take place on chairs and begins with soft stretching and yoga. It will then move to guided meditation, led by a certified yoga and meditation instructor. Class will conclude with the group processing what they experienced.

Free for Members, \$2 Non-Members | Uptown
Fridays, 10:45-11:30AM

MONTHLY PROGRAMS

MEMORY CAFE

Join us for a fun and supportive social gathering for people living with memory changes and their caregivers.

This is a shared program—not a drop-off service—where you can both connect with others who understand, try new activities, and enjoy light snacks in a non-judgmental environment.

1st Tuesday of each month

Free and open to the community | Uptown
Tuesdays, 2-3:30PM

***Due to Summer Camp at the J, Current Events Group and Men's Group will be on pause until August.

CURRENT EVENTS GROUP

Meet others to discuss current news and events. No particular viewpoint is required, just an interest in what's going on in the world. Bring an open mind.

***NOTE: Current Events Group is not meeting in June or July but will resume in August.

2nd Tuesday of each month

Free and open to the community | Uptown
Tuesdays, 1-2PM

MEN'S GROUP

The JCC Men's Group is a monthly discussion group for retired gentlemen to create community and conversations.

Meeting on the first Friday of each month, this group provides an opportunity for men to come together to connect, reminisce and explore a range of topics with their peers.

***NOTE: Men's Group is not meeting in June or July but will resume in August.

1st Friday of each month

Free and open to the community | Uptown
Fridays, 1-2PM



ADULT

For more information about our Active Adult programs and events, please visit nojcc.org.



Mindfulness in Wellness and Illness with Dr. Jayashree Rao

Wednesdays,
July 22-September 9,
12:30-2PM

MINDFULNESS IN WELLNESS AND ILLNESS

Through guided meditation and brief exercises, participants will learn to develop mindfulness that will help them experience the present moment during everyday activities. Although no specific outcome is promised, participants typically report feeling more focused, more “in-tune” with themselves and others. In addition, research suggests significant beneficial effects in dealing with stress, anxiety, depression, high blood pressure, chronic pain, and diabetes.

About the Instructor: Dr. Jayashree Rao is a retired pediatric endocrinologist, who spent thirty years teaching, researching, and practicing medicine at LSU Health Sciences Center and Children’s Hospital. For the past several years, Dr. Rao has practiced and led others in practicing mindfulness, employing techniques learned in the Mindfulness-Based Stress Reduction (MBSR) course offered by Dr. Dave Potter.

Free and open to the community | Uptown
Wednesdays, July 22-September 9, 12:30-2PM

MORRIS BART SR. LECTURE SERIES

Join us for an enriching afternoon of learning and community. This monthly series features engaging speakers who are experts in their fields, presenting on a wide range of cultural, historical, and community-focused topics. From The Ella Project’s work with local artists to timely discussions on banned books, each session offers a unique opportunity for learning. A catered kosher lunch is served before each lecture.

Free for Members, \$10 Non-Members | Uptown

A LIFE IN FRAMES: PHOTOGRAPHY AND MY ETHIOPIAN-ISRAELI JOURNEY

Monday, May 11, 12-2PM

THE RAINBOW FLEUR DE LIS: QUEER NEW ORLEANS HISTORY

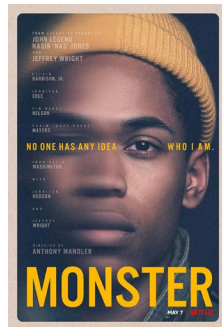
Monday, June 8, 12-2PM

ARON CULLOTA: TULANE AI

Monday, July 13, 12-2PM

JOEL DINERSTEIN: JEWISH AMERICANS AND THE DIASPORA

Monday, August 10, 12-2PM



MOVIE DAY

Settle in for an afternoon at the movies. Our monthly matinee series brings you a curated selection of acclaimed, star-studded films, from gripping dramas to heartwarming true stories. It’s the perfect midday escape, and it’s completely free for both members and the community. *RSVP by the Monday before each show so we can save you a seat.*

Free and Open to the Community | Uptown

MONSTER

Thursday, May 28, 12-2:15PM

THE UNLIKELY PILGRIMAGE OF HAROLD FRY

Thursday, June 25, 12-2:15PM

OPERATION MINCEMEAT

Thursday, July 30, 12-2:15PM

TRAIN DREAMS

Thursday, August 27, 12-2:15PM



MOVIE SCREENING: THE ROOTS THAT BIND US

The Roots that Bind Us is a documentary by the Promise of Justice Initiative (PJI) that examines the history of non-unanimous juries in Louisiana, highlighting how this law, rooted in slavery and designed to exclude Black voices, continues to impact the justice system and incarcerate individuals today.

The documentary will be followed by a Q&A/teach-in about the bills in the legislative sessions led by PJI. Dessert and coffee will be served.

Free and open to the community | Uptown
Thursday, May 14, 12:30-2:30PM

HOLIDAY CELEBRATIONS!



SHAVUOT LUNCHEON

Join us for a delicious catered, dairy luncheon celebrating the harvest holiday of Shavuot which is best known for the giving of the Torah on Mount Sinai. Learn about the holiday and how it is celebrated around the world. *Please RSVP by Monday, May 18.*

\$3 Members, \$5 Non-Members | Uptown
Thursday, May 21, 12-2PM

FOURTH OF JULY PARTY

Celebrate the Fourth of July with your friends at the J. Enjoy your favorite summer treats along with some musical entertainment. *Please RSVP by Monday, June 29.*

\$3 Members, \$5 Non-Members | Uptown
Thursday, July 3, 12-2PM

ADULT

For more information about our Active Adult programs and events, please visit nojcc.org.



MAH JONGG: LEARN TO PLAY

This six-session class is perfect for Mah Jongg beginners or those who need a refresher course. Learn the game using the National Mah Jongg League rules. A current year Mah Jongg card will be provided as well as Mah Jongg sets to play with. No experience is necessary.

Register online at nojcc.org/adultclasses

Please note: Participants MUST be able to attend the first class in order to register for this series.



\$100 Members, \$125 Non-Members | Uptown

SERIES #1

- May 4-14, 6-8PM
- Week 1 & 2: Mondays, Wednesdays, Thursdays
- Instructor: Renee Zack

SERIES #2

- May 18-28, 6-8PM
- Week 1: Monday, Tuesday, Wednesday
- Week 2: Tuesday, Wednesday, Thursday
- Instructor: Sheila Moragas

MUSEUM VISITS

OGDEN: VICINAL VISIONS

Dusti Bongé, Ida Kohlmeyer & Dorothy Hood Vicinal Visions presents the works of Dusti Bongé, Ida Kohlmeyer and Dorothy Hood from the collection of **Ogden Museum of Southern Art**, highlighting three visionary women who helped expand the boundaries of abstraction in the American South. Though each of these Southern artists developed their own distinct visual language, their work shares a spirit of experimentation and Modernist sensibilities, refracted through individual lenses of personal experience and place. *Please RSVP by Monday, June 15.*

Free to Louisiana Residents on Thursdays, Courtesy of The Helis Foundation.

Thursday, June 18, 1-2PM

NOMA: ROBERT GORDY, OUTSIDE THE MAINSTREAM

Although best known today for his prints and late monotypes, Gordy worked in a range of media throughout his career. This exhibition, the first in-depth presentation of the artist's work at NOMA in over four decades, shares selections from Gordy's career from the 1950s until his death in 1986. Meet your friends for lunch at Café NOMA at noon and then a docent will lead us through the exhibition. *Please RSVP by Monday, July 21.*

Free to Louisiana Residents on Wednesdays, Courtesy of The Helis Foundation.

Wednesday, July 22, 12-2PM

NOMA: SÈVRES MAGNIFIQUE, FRENCH PORCELAIN FROM THE COLLECTION OF THOMAS B. LEMANN

France's royal porcelain factory at Sèvres, on the outskirts of Paris, has for nearly 300 years produced both decorative and useful ceramic objects of exemplary craft. Creating vases, tea sets, plates, and bowls that signified wealth, power and opulence to the 18th-century French court at Versailles, Sèvres factory artists worked alongside chemists and the best sculptors of the Rococo era to produce fine porcelain with luscious glazes in a range of colors. *Please RSVP by Monday, August 17.*

Free to Louisiana Residents on Wednesdays, Courtesy of The Helis Foundation.

Wednesday, August 19, 12-2PM



FITNESS & SPORTS

For more information about our Fitness programs, please visit nojcc.org.

IN METAIRIE

Explore a diverse lineup of adult yoga, teen athletic conditioning, and community nutrition workshops.

TEEN FIT ACADEMY: SUMMER BREAK

Strength and Conditioning is ideal for 12-15 year olds who want to train at the next level.

Focus will be on strength training, building endurance, speed, and agility. See the boost in your child's strength, power, and confidence!

\$250 Members, \$300 Non-Members | Metairie
Monday, Tuesday, Wednesday
June 15-17, 12:30-3:30PM

SMART EATING ESSENTIALS

We're helping you take charge of your health this summer with a two-part nutrition series at the Metairie J. Whether you're managing a diagnosis or just want to shop smarter, we've got you covered.

Join us for two essential summer workshops designed to simplify your nutrition

Free and Open to the Community | Metairie

HEALTHY EATING FOR PRE-DIABETICS AND DIABETICS

Tuesday, June 16, 12:30-1:30PM

GROCERY STORE SURVIVAL: SHOP LIKE A NUTRITION PRO

Tuesday, July 14, 12:30-1:30PM

FOREVER FIT

Designed for adults who want to stay strong, mobile, and fit as they age. By combining aerobic conditioning, strength training, core work, balance exercises, and stretching, this class is well-rounded for total fitness.

\$15 Members, \$20 Non-Members | Uptown
Thursdays, 1:30-2:30PM

POOLSIDE YOGA: A MEMBERSHIP APPRECIATION EVENT

Join us for an energizing yoga set against the calming backdrop of the pool and fresh open air. Feel the breeze, soak in the peaceful vibes, and flow through a session designed to wake up your body and clear your mind.

Free for Members Only | Uptown
Saturday, June 6, 8:30AM-9:30PM

TEEN FIT ACADEMY: SUMMER CAMP

Hybrid Performance Training Week is a 5-day athletic training camp designed to improve strength, speed, conditioning, and overall athletic performance in teenage athletes. This program blends weight room training with field-based speed and agility development.

This is a week-long high-performance training camp focused on developing complete athletes and emphasizes speed mechanics, strength development, agility, conditioning, and injury prevention.

\$250/1 Week, \$1200/Full 6 Weeks Members | Uptown

\$325/1 Week, \$1800/Full 6 Weeks Non-Members | Uptown

Monday-Friday (6 Weeks)
July 6 - August 14, 10AM-1PM



BASKETBALL

Visit nojcc.org/adultsports to learn more and to signup!

3-ON-3 SUMMER BASKETBALL TOURNAMENT

Our Co-Ed 3-on-3 Basketball Tournament is happening June 20th from 9 AM - 2 PM. Bring your own team or show up solo and we'll place you on one. Either way, you're in the game!

Expect quick match ups, high energy, and competitive fun where every possession counts. Grab your spot and come ready to hoop!

\$5 Members, \$15 Non-Members | Uptown
Saturday, June 20, 9AM-2PM

MELLOWBALL

Mellowball is a half-court, 3-on-3, basketball league for members 30 years and older. The ten-game regular season is followed by a single-elimination playoff. Players must be registered and paid in full by start date to be placed on a team. Teams will be assigned by the sports department.

\$100 Members, \$145 Non-Members | Uptown
Wednesdays, July 1 - September 2, 6-9PM

YABL

YABL is a full-court, 5-on-5, young adult basketball league. The ten-game regular season is followed by a single-elimination playoff. Games will be officiated and statistics kept. Players must be registered and paid in full by start date to be placed on a team. Teams will be assigned by the sports department.

\$100 Members, \$150 Non-Members | Uptown
Mondays, June 29 - August 31, 6-9PM



ROCK STEADY BOXING

Rock Steady Boxing (RSB) is a non-contact, boxing-inspired fitness program designed specifically to improve the quality of life for people with Parkinson's disease.

It uses tailored, high-intensity, and often loud training to combat symptoms like tremors, stiffness, and balance loss.

Classes are geared toward building strength, speed, and endurance while providing a supportive, community-based environment.

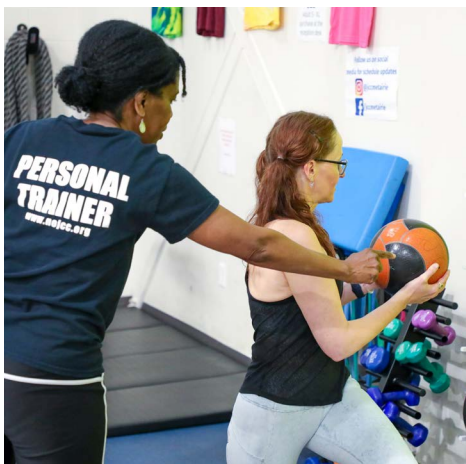
\$15/1 Class, \$60/5 Classes, \$100/10 Classes
Members Only | Uptown

Tuesdays, Thursdays, Sundays
June 2 - September 6, 10AM-11AM



FITNESS & SPORTS

For more information about our Fitness programs, please visit nojcc.org.



2026 PERSONAL TRAINING PRICING

GETTING STARTED

Our personal trainers will assess your fitness level, tailor workouts to help you reach your goals, and provide instruction on safe and effective ways to perform exercises and use equipment.

Visit nojcc.org/personaltraining to complete our Personal Training Inquiry Form.

Email the form to uptowntraining@nojcc.org (for Uptown), metairietraining@nojcc.org (for Metairie), or drop the form off at your preferred location.

You will be contacted by our personal training coordinator to discuss schedule, goals, and preferences.

		COST PER PACKAGE	COST PER SESSION
PERSONAL TRAINING PACKAGE (Uptown & Metairie)	1 SESSION	\$80	\$80
	3 SESSIONS	\$210	\$70
	6 SESSIONS	\$400	\$66.67
	10 SESSIONS	\$600	\$60
	20 SESSIONS	\$1,100	\$55
GROUP RATES (Uptown & Metairie)	2 CLIENTS		
	10 SESSIONS	\$400 Per Client	\$40
	20 SESSIONS	\$675 Per Client	\$33.75
PILATES REFORMER RATES (Uptown)	5 SESSIONS	\$375	\$75
	10 SESSIONS	\$700	\$70
	20 SESSIONS	\$1,300	\$65
	10 SESSIONS (Duet)	\$500 Per Client	\$50
YOGA RATES (Uptown)	5 SESSIONS	\$350	\$70
	10 SESSIONS	\$650	\$65
	20 SESSIONS	\$1,200	\$60
	10 SESSIONS (Duet)	\$500 Per Client	\$50
REIKI RATES (Uptown)	5 SESSIONS	\$350	\$70
	10 SESSIONS	\$650	\$65
	20 SESSIONS	\$1,200	\$60
	10 SESSIONS (Duet)	\$500 Per Client	\$50
HALF-HOUR SESSIONS (Metairie)	10 SESSIONS	\$330	\$33
	20 SESSIONS	\$615	\$30.75

FITNESS & SPORTS

For more information about our Fitness programs, please visit noicc.org.

MEET OUR PERSONAL TRAINERS

Visit noicc.org/staff-directory/personal-training to learn more about our Metairie and Uptown personal trainers.

Reach your fitness goals with a nationally certified personal trainer. Over time, you will experience a workout progression that will ensure you will be consistently challenged, leaving no chance to plateau.



Dre Smith
Personal Trainer
Uptown



Evan Dogru
Personal Trainer
Uptown



Ivan Blazquez
Personal Trainer
Uptown



Jane Fitzpatrick
Personal Trainer
Uptown



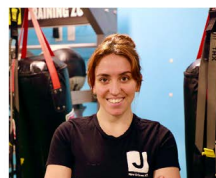
Julia Brown
Personal Trainer
Uptown



Kamal Simmons
Personal Trainer
Uptown



Louis Kong
Pilates Instructor
Uptown



Meghan Lovelace
Personal Trainer
Uptown



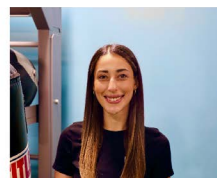
Mitchell Parker
Personal Trainer
Uptown



Monica Charlton
Personal Trainer
Uptown



Monique de la Cour
Personal Trainer
Uptown



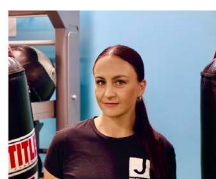
Nadia Lynn
Personal Trainer
Uptown



Napoleon Benoit
Personal Trainer
Uptown



Sierra Claire Mizart
Pilates Instructor
Uptown



Sophia Rabinovitz
Personal Trainer
Uptown



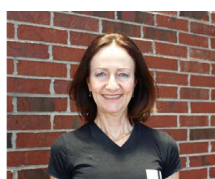
Tim Davis
Personal Trainer
Uptown



Nicholas Zanders
Personal Trainer
Metairie



Ann Cortazzo
Private Yoga Instructor
Metairie



Celinda Melgar
Personal Trainer
Metairie



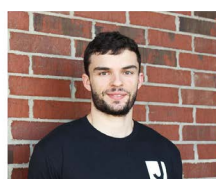
Denise Thornton
Wellness Director and
Personal Trainer
Metairie



Diana Garciacano
Personal Trainer
Metairie



Jacoby Green
Personal Trainer
Metairie



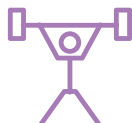
Joseph Bellott
Personal Trainer
Metairie



Julian Bartholomew
Personal Trainer
Metairie



Patricia Fortier
Personal Trainer
Metairie



DID YOU KNOW?

Group exercise classes are included in your Universal Gold Membership! Whether you prefer the energy of the Group Ex studio, the focus of the Mind/Body room, or the low-impact benefits of Aqua Fit in the pool, you have full access to our expert-led sessions as part of your member benefits.



BRING YOUR EVENT TO THE JCC

Looking for a flexible, affordable
venue in Uptown New Orleans?

The JCC offers indoor and outdoor rental
spaces perfect for events of all sizes—from meetings
and mitzvahs to dinners and performances.

nojcc.org/rentals

HOST THE PERFECT BIRTHDAY PARTY AT THE JCC

Let the JCC host your next
stress-free birthday party!

Our pool parties are the perfect summer-only
addition. Sit back and relax while our team
manages the setup, decorations, and cleanup.

nojcc.org/birthdays

VOLUNTEER AT THE JCC

Whether you're newly retired or simply have a few hours to spare,
the JCC invites you to give back in ways that matter.

READ TO CHILDREN | TUTOR STUDENTS | LEAD PEER GROUPS | HELP AT COMMUNITY EVENTS

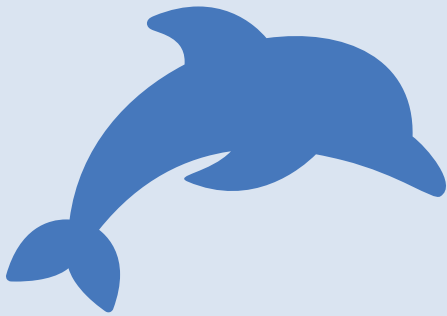


nojcc.org/volunteer

AQUATICS

For more information about our Aquatic programs, please visit noicc.org.

DOLPHIN'S SWIM TEAM PRACTICE SCHEDULE



The JCC Dolphin swim team is a developmental swim program ages 5-18 who can swim 25 yards entirely and independently. The team is made up of swimmers of all skill levels - from beginners to experienced competitors refining their technique. The Dolphins emphasize growth, teamwork and fun as much as performance.

\$240 Members Only | Uptown & Metairie

UPTOWN JCC

Practice begins Monday, May 11th

MONDAYS AND WEDNESDAYS

Ages 9 and 10 | 4-5PM

Ages 11+ | 5-6PM

TUESDAYS AND THURSDAYS

Ages 5 and 6 | 4-5PM

Ages 7 and 8 | 5-6PM

THURSDAYS (beginning in June)

Ages 9+ | 6-7PM

METAIRIE JCC

Practice begins Tuesday, May 12th

TUESDAYS AND THURSDAYS (May)

Ages 5-8 | 4-5PM

Ages 9+ | 5-6PM

MONDAYS, TUESDAYS, AND THURSDAYS (June)

Ages 5-8 | 4-5PM

Ages 9+ | 5-6PM



2026 SWIM MEET SCHEDULE

The Dolphin's compete in four local swim meets proudly wearing their team colors and mascot. The meets spark excitement and every personal best is celebrated like a victory. Our swim team is built on sportsmanship, dedication and a share love of the water.

DUAL SWIM MEETS

Wednesday, June 3, NOLTC vs. JCC (Away)

Wednesday, June 10, JCC vs. MIM (Home)

Wednesday, June 17, PT vs. JCC (Hosted at the JCC)

Wednesday, June 24, JCC vs. SYC (Home)

CITY SWIM MEET

Monday, June 29, (UNO)

SUMMER SWIM PROGRAM

These two week sessions will help beginners become more acclimated and comfortable in the water by working on fundamental swimming skills. Participants in this program will work on these lifesaving skills: treading, breath control, floating, and survival swim. Ages 3-5

\$200 Members, \$250 Non-Members | Uptown

SESSION #1

Tuesdays & Thursdays

June 2-11, 4-4:30PM & 4:30-5PM

SESSION #2

Tuesdays & Thursdays

June 16-25, 4-4:30PM & 4:30-5PM

SESSION #3

Tuesdays & Thursdays

July 7-16, 4-4:30PM & 4:30-5PM

SESSION #4

Tuesdays & Thursdays

July 21-30, 4-4:30PM & 4:30-5PM



AQUATICS

For more information about our Aquatic programs, please visit nojcc.org.

SPLASH INTO SUMMER OPENING MOTHER'S DAY!

AT THE UPTOWN & METAIRIE POOLS

RECREATIONAL SWIMMING BEGINS SUNDAY, MAY 10

SUNDAY FUN DAYS

Dive into Sunday Fundays for the ultimate poolside experience! Enjoy an entire day of fun, music, and family time, creating unforgettable memories and strengthening connections by the water.

Free for Members Only | Uptown & Metairie
Sunday, June 28, 9:30AM-6PM
Sunday, July 26, 9:30AM-6PM

COCKTAILS & CANNONBALLS: J ON THE MOVE FUNDRAISER

Make a splash at our Cocktails & Cannonballs poolside event an adults only night of fun, relaxation, and good vibes. Enjoy refreshing drinks, delicious food, and a lively atmosphere with games and prizes, all included with your ticket.

This special evening also supports our J on the Move community outreach program, helping us bring weekly fitness and wellness activities to local elementary schools during their PE time. Grab your friends, unwind by the water, and be part of a night that gives back!

\$40 Members, \$50 Non-Members | Uptown
Thursday, August 27, 4:30-8PM



GUEST POLICIES

The JCC is delighted to welcome guests of current members for a nominal fee.

Guests must be **accompanied by a JCC member at all times**. The same guest may visit the JCC up to three times annually. nojcc.org/guest

Members must be 18 or older to bring in a guest and must be present to check them in.

Guests ages 16 and older must present appropriate identification.

All guests and visitors must sign in. It takes a few moments to register a guest in our system and complete the appropriate forms. Please allow ample time before a class or service to accommodate this process.

You can speed the process by having your guest pre-register before their visit to the JCC. Please allow up to 48 hours for your guest registration to be processed.

UPTOWN: Members can bring up to two guests (ages 16 and older) per visit to the fitness center, Pasternack Family Gymnasium, or Oscar J Tolmas Aquatics Complex. Guests under 18 are not permitted to use the 2nd floor locker rooms.

METAIRIE: Members can bring up to two guests (ages 16 and older) per visit to the fitness center or the basketball/pickleball courts.



LOOKING FOR MORE?

Our Uptown facility offers year-round lap swim, aqua fit, and swim lessons.

nojcc.org/aquatics



AQUATICS

For more information about our Aquatic programs, please visit nojcc.org.

MEET OUR WATER SAFETY INSTRUCTORS

Visit nojcc.org/staff-directory/aquatics to learn more about our Metairie and Uptown aquatics team.

Reach your swimming goals with a certified Water Safety Instructor. From your child's first splashes to advanced stroke refinement, our expert staff provides a structured progression that ensures every swimmer builds the confidence, strength, and life-saving skills needed to stay safe and thrive in the water.



Kathleen Kehoe Kennair
Aquatics Director
Uptown and Metairie



Caitlin Bruno
Water Safety Instructor
Uptown



Debbie Jura
Water Safety Instructor
Uptown



Greg Jennings
Aquatics Manager
Uptown



Haley Hoskin
Water Safety Instructor
Uptown



Hart Kelly
Aquatics Program
Coordinator



Klare Beach
Water Safety Instructor
Uptown



Melinda Kirshner
Water Safety Instructor
Uptown



Olivia Courville
Water Safety Instructor
Uptown



Tai Sutherland
Water Safety Instructor
Uptown

DID YOU KNOW?

All JCC group swim lessons are taught by American Red Cross Certified Water Safety Instructors. Our team doesn't just teach laps—they focus on a logical progression of aquatic development, ensuring every student builds life-saving skills in a nurturing environment.



BODEGA

New Orleans

at the J Cafe

**BODEGA WILL BE
SERVING OUR MEMBERS
ALL SUMMER LONG!**

May 11 - September 27

Saturday & Sunday: 9:30AM-6PM

Monday-Thursday: 11AM-7PM

Friday: 11AM-3PM

BREAKFAST

Scrambled Egg & Cheddar
on toasted challah

Bagel & cream cheese

- Add lox
- Add tomato, onion, and capers

Grilled banana bread
w/Greek yogurt

SNACKS

Grilled pita w/hummus
and za'atar

Vegetarian corn dog

French fries

- Make them LOADED w/
tahini + hot sauce + herbs

Watermelon & feta skewers

Crispy corn ribs w/ tajin

Hal's Potato Chips
(2oz bags, assorted flavors)

Locally-Baked Soft Pretzel

- Add house-made
nacho cheese

LUNCH

Grilled cheese (w/chips)

- Cheddar, Swiss, and
local honey on challah

Peanut Butter & Jelly on
toasted challah (w/chips)

Flatbread w/tomato, basil,
and mozzarella

Flatbread w/goat cheese,
fig jam, Manchego, roasted
green peppers, and roasted
artichoke hearts

Roasted Eggplant Sandwich
(w/chips)

- Roasted eggplant,
roasted red bell peppers,
fresh mozzarella, fresh
basil, and romesco sauce
on grilled sourdough

Falafel pita (w/chips)

- Cucumber, tomato,
tahini, yogurt sauce,
and optional hot sauce

Israeli Salad

- Add grilled salmon

FROZEN

Homemade popsicles
(rotating flavors)

There's Always Banana Pops

- Frozen banana,
on a stick, dipped
in chocolate

Frozen Iced Coffee

Frozen Strawberry Lemonade

Frozen (Virgin) Pina Colada

Fruit & Yogurt Smoothie

- Add protein

DRINKS

Soda (Coke, Diet Coke,
Sprite, Orange)

Gatorade

Iced Tea

Lemonade

Cold Brew Coffee

Water

Polar Seltzer

NEW ORLEANS
JEWISH COMMUNITY CENTER

Six Decades Strong: Our Iconic Building Turns 60

Join us throughout 2026 as we celebrate the anniversary of this cherished St. Charles Avenue structure. The building we know today was constructed in 1966 on the site of the former Jewish Orphans' Home (built in 1885) and has welcomed generations of New Orleanians through its doors.

Over the coming year, we look forward to exploring and sharing the history of this site as well as the community and leaders who have sustained our beloved JCC.



What's Your JCC Memory? Tell Us!

Email Rachel Zoller at rachelz@nojcc.org to share your JCC memory.

Be sure to include the year of your memory and your name!

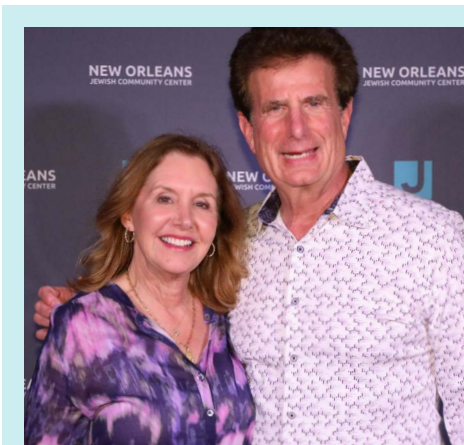


JEWISH CULTURE

Visit nojcc.org/iewishculture to learn more about our community events, cultural arts series, and resources.

The Cathy and Morris Bart JEWISH CULTURAL ARTS SERIES

The Jewish Cultural Arts Series starts again this Fall! Keep your eyes and ears open for upcoming dates and times. nojcc.org/culturalarts



THE CATHY AND MORRIS BART JEWISH CULTURAL ARTS SERIES

The New Orleans JCC gratefully acknowledges Cathy and Morris Bart for their generous sponsorship of the Jewish Cultural Arts Series.

Their support brings enriching Jewish authors, music, and films to our community, fostering cultural appreciation for all.

We thank them for their commitment to bringing these free Jewish cultural events to our community.

HOLIDAY & COMMUNITY EVENTS

Throughout the year, the JCC holds holiday celebrations and commemorative events that are open to the entire community. Here are a few...

ADLOYADAH PURIM CARNIVAL

The JCC celebrates Purim with a carnival called Adloyadah. Adloyadah celebrates Jewish survival and is similar to celebrations held in Israel. Open to the entire community, the JCC is transformed into a carnival complete with rides, music, Israeli food, hamantashen (special Purim treats), and New Orleans snowballs. Wear a costume, eat some delicious food, enjoy the music and have a blast!

YOM HA'SHOAH

Local educators and Holocaust survivors come together to create a program and memorial service designed to educate the public about the horror of the Nazi regime and to teach the importance of tolerance. Holocaust survivors take a leading role in planning the Yom Ha'shoah Memorial Program and providing living testimony about their own experiences in an effort to ensure that such crimes are never repeated.

YOM HA'ATZMAUT

Celebrate Israel's Birthday with music, folk dancing, and Israeli food. This JCC event, in cooperation with local synagogues and Jewish organizations, keeps growing and changing — just like Israel itself. Yom Ha'Atzmaut gives the JCC the opportunity to celebrate Israel's Independence Day with the entire community and educate the public on the Jewish Homeland.

CHANUKAH CELEBRATION

Our annual Chanukah Celebration always features a fun, family-friendly concert by a popular Jewish artist or musical group. Past events have featured musicians as varied as David Broza and Craig Taubman to a cappella groups SIX13 and the Maccabeats. All ages enjoy the festive celebration and delicious Chanukah treats.

JEWISH CULTURE

Visit [noicc.org/jewishculture](https://noicc.org/ jewishculture) to learn more about our community events, cultural arts series, and resources.

2026 JEWISH HOLIDAYS & OBSERVANCES

*Visit noicc.org/holidayhours as some holidays may impact operation hours.

SHABBAT



Every Friday eve
through Saturday eve

***SHAVUOT**

May 22-23
Friday-Saturday
Begins at sunset May 21



***ROSH
HASHANAH**

SEPTEMBER 12-13
Tuesday-Wednesday
Begins at sunset September 11

***YOM KIPPUR**

September 21
Thursday
Begins at sunset September 20

***SUKKOT**



September 26-27
Tuesday-Wednesday
Begins at sunset September 25

***SHEMENI ATZERET
& SIMCHAT TORAH**

OCTOBER 3-4
Tuesday-Wednesday
Begins at sunset October 2



CHANUKAH

DECEMBER 5-12
Monday-Monday
Begins at sunset December 4



PURIM

MARCH 3
Monday
Begins at sunset March 2

***PASSOVER**



APRIL 2-9
Thursday-Thursday
Begins at sunset April 1



SUPPORT THE NEW ORLEANS JCC

For more information please contact our Director of Advancement, Elizabeth Smith, at esmith@nojcc.org.

By supporting the New Orleans JCC, you can ensure we remain a hub for Jewish life, art, culture, and education while continuing to serve both the vibrant Jewish community and the broader community.

ENHANCING OUR COMMUNITY

In the coming year and beyond, we are excited to expand our programming to offer more learning opportunities, a renewed focus on health and wellness, and diverse cultural offerings. We also aim to enhance our role and visibility as a contributor to the cultural fabric of New Orleans and the welfare of our city.

Our community relies on the New Orleans JCC for transformative programming and lasting connections. Thank you for joining us in this important mission.

CORPORATE SPONSORSHIP PROGRAM

We collaborate with corporate and individual donors who share our vision, enabling the JCC to fulfill its mission of creating a stronger and more interconnected community. Through our corporate sponsorship opportunities, we facilitate meaningful engagement for our partners. By providing exposure at various events and programs through diverse marketing and communication efforts, our partners can establish new relationships, attract prospective clients, and gain access to our membership base.

GIVE TO THE J

The New Orleans JCC is not only a place where you build stronger relationships with your family and friends, but where you help build a stronger, healthier community.

Invest in the JCC to make an impact on and improve the lives of others in the community. Visit nojcc.org/donate to learn more.



Coming Soon!

HEALTH CLUB RENOVATION

ULTIMATE RECOVERY

Fully renovated Saunas, Steam Rooms, and a brand-new Cold Recovery Space.

ENHANCED AMENITIES

Increased locker availability, upgraded lounge seating, and modernized shower facilities.

THOUGHTFUL DESIGN

A total reconfiguration to better serve our growing, diverse membership.

As we launch our exciting and much-needed health club renovation, we also celebrate the 60th anniversary of our beloved St. Charles Avenue building. This milestone is an opportunity to reaffirm our commitment to creating vibrant, healthy spaces for generations to come. More than revitalizing a facility, we are shaping the next chapter of our community's history.

- Rebecca Friedman



Elizabeth Smith, Director of Advancement
esmith@nojcc.org • (504) 897-0143 ext. 221

ADVERTISING RATE CARD

Elevate your brand through impactful community connection.



REACH THOUSANDS WHERE THEY LIVE, WORK, AND PLAY

Put your business front and center with our highly connected community. From our flagship e-newsletter to high-traffic gymnasium and poolside banners, we offer multi-channel platforms designed to build brand loyalty and drive results.

- 13.8K Weekly Newsletter Subscribers
- 62% Newsletter Open Rate (Industry Leading!)
- 300K+ Annual Visitors to our Uptown and Metairie Campuses
- 10.8K Monthly Website Visitors



ADVERTISE WITH THE JCC

Elevate your brand in front of over 13,000 loyal members and 1,000+ daily visitors.

Visit nojcc.org/sponsor to learn more about advertising opportunities. All proceeds support NOJCC community programming.

For inquiries, contact Elizabeth Smith
All advertising proceeds support JCC community programming.



nojcc.org



NEW ORLEANS



FOLLOW US ON
SOCIAL MEDIA

New Orleans Jewish Community Center – UPTOWN

5342 St. Charles Avenue, New Orleans, LA 70115 • (504) 897-0143

Goldring-Woldenberg Jewish Community Center – METAIRIE

Goldring-Woldenberg Jewish Community Campus, Harry and Jeanette Weinberg Building
3747 W. Esplanade Avenue, Metairie, LA 70002 • (504) 887-5158

