Dear Members,

Welcome to the Mandel JCC! Community is what we are all about. It’s in our name and in our mission, and it’s at the heart of our programs and services. The enclosed information is designed to better acquaint you with our offerings. This handbook can also be found on our website, www.mandeljcc.org.

We hope you and your family will take full advantage of the J’s offerings and we also hope that you will let us know if there is anything we can do to help you become more involved in our wide selection of programs. This is your J – a place where you can come to play, relax, learn, get fit and grow in a warm and welcoming atmosphere. Your ongoing support and membership are very important, and we look forward to seeing you often.

Sincerely,

Michael G. Hyman
President & CEO
About The J
The Mandel JCC is a dynamic, award-winning, non-profit organization that has been serving the greater Cleveland community since 1948. Membership is open to everyone, regardless of religion, race or special needs. The J provides exceptional services in fitness, wellness, recreation, early childhood education, summer day and overnight camps and cultural arts. As a non-profit, The J receives funding from the Jewish Federation of Cleveland, grants, donations and other public funding sources.

Building Days of Operation
The J is open 362 days a year. The J is closed three days per year in the Fall: two days in observance of Rosh Hashanah and one day in observance of Yom Kippur. The J’s Fitness, Wellness and Recreation facilities remain open on all other Jewish holidays. The J has limited hours on national holidays. Information on holiday hours and closings can be found at www.mandeljcc.org/hours.

Donations and Support
The J is a 501(c) 3 nonprofit organization that builds, strengthens and enhances the quality of life in our community through vital programs that touch families, individuals and the vulnerable. The Development Department whose responsibility is to raise funds that support agency operations also secures funding to provide financial assistance to more than 400 families and individuals in need each year so that they can participate in The J’s programs and services. The J receives generous donations and funds from a variety of sources including individuals, government grants, private foundations, corporate sponsorships, special events, endowment giving, capital projects and naming opportunities.

We are grateful to those individuals that support the annual campaign to help us achieve The J’s fundraising goals. While annual fundraising is critical, we ask that you think of us today as well as help us to secure the future by considering permanent support of our mission through your estate plans. If support of our mission is part of your estate planning, or if you are considering remembering the Mandel JCC in your will, please contact the Development Department at (216) 831-0700 ext. 1496.

Staying Informed
The J regularly updates www.mandeljcc.org, Facebook (www.mandeljcc.com/facebook) and Twitter (@mandeljcc) pages with important and timely information. The J sends out its program guide, OnCenter, to members’ homes and also regularly sends out email blasts with information about new programs, services and facility changes. The J relies on email to keep members up to date, so please make sure the Membership Desk has your current and correct email address. Please know The J will never sell or share your information and you may unsubscribe at any time. Visit The J’s website, “like” us on Facebook and follow us on Twitter and Instagram so you’re connected.

All info subject to change.
Financial Transactions on Shabbat and Jewish Holidays

Please note The J does not conduct financial transactions during Shabbat (Friday after 4 pm and all-day Saturday) and on Jewish holidays. If you are bringing a guest during these times, please stop by the Membership Desk and/or Fitness Service Desk, in advance, to purchase guest passes, towel cards, personal training, massages, etc.

Guest Policies

• Members and renewing members annually receive three complimentary one-day Guest Passes per family (Guest Passes may be picked up at the Membership Desk and expire 12 months from date of receipt.)
• For the safety and security of all, The J has a visitor management system:
  – All visitors, 16 and older, must present a valid driver’s license or photo ID to enter the building. Guests who will be using the Fitness or Aquatics facilities must also fill out a Guest Pass and sign a waiver of liability. Guests under the age of 18 must have a parent or guardian sign the liability waiver.
• Members can purchase additional one-day Guest Passes for $15 each. There is no limit to the number of Guest Passes that may be purchased by a member. However, guests may only use guest passes up to three times per 12-month period, after which they are encouraged to join. Guest passes are available for purchase at the Membership Desk during these hours:
  Monday – Thursday 8 am - 9 pm
  Friday & Sunday 8 am - 4 pm
We do not conduct financial transactions or sell guest passes on Shabbat (Fridays after 4 pm and all day Saturday) and on certain Jewish holidays. If you (or your children) anticipate bringing a guest during these times, please stop by the Membership Desk ahead of time to purchase a Guest Pass.
• Guests may use The Mandel JCC up to three times per 12-month period, after which they are encouraged to join to have access. An exception is made for out of town guests (more than 25 miles away.) Out of town guests are not limited to the number of times they may use the facility provided they have a valid guest pass or purchase a guest pass and can provide proof of residency (driver’s license, current Student ID or other photo ID.)

Guests under the age of 18 must have The J’s liability waiver signed by a parent or guardian. All guests ages 12 and under must be accompanied by an adult 18 years or older. For complete information about guest policies please visit www.mandeljcc.org/guest.

JCC Reciprocity

There are approximately 150 JCCs across North America, and when you travel out of town, most JCCs welcome you to use their facility for one week when you present your valid Mandel JCC membership card. Visit www.jcc.org for a complete listing of JCCs in North America. Restrictions may apply or differ at other JCCs so be sure to contact the visiting JCC prior to your trip. The J extends the same courtesy to guests from outside the Cleveland area when they present a valid JCC membership card with a picture ID.

Financial Assistance

The Mandel JCC’s goal is that no one is turned away from The J because of an inability to pay. Each year The J provides more than $400,000 in membership and camp financial assistance to more than 400 individuals and families in need in the community. Please note that those receiving financial assistance are required to purchase an annual membership and must reapply for financial assistance annually. In addition, financial assistance recipients are not eligible to purchase ancillary services such as personal training, small group training classes, Pilates Reformer sessions, or massages, etc. If you would like to learn more about financial assistance or apply for financial aid for membership or camp, please contact the Financial Services Administrator at (216) 831-0700, ext. 1313.

Customer Feedback

Please use the suggestion boxes located throughout the building to share your suggestions, complaints or compliments. Alternatively, you can email us at info@mandeljcc.org or call the Membership Manager at (216) 831-0700, ext. 1330 to discuss your concerns.

Member Referrals

A referral by a member is one of the highest compliments The J can receive. In appreciation for referrals of new members, incentives and/or gifts are offered throughout the year. New members must provide referring member’s name at the time of sale. For more information contact the Membership Desk.

Lost and Found

The J is not responsible for lost or stolen items. For the safety and security of all, please do not bring valuables to The J or leave valuables in the car. If you have misplaced or lost an item, please check at the Fitness Services Desk (lower level) or the Membership Desk. Belongings left overnight in lockers will be removed. All unclaimed lost and found articles are donated to charity.

Facility Rentals

Whether your function has 50 or 500 attendees, The J can accommodate your weddings, Bar and Bat Mitzvahs, special events, business meetings or corporate functions. The J features a wide selection of unique indoor and outdoor spaces and facilities that are ideal for any corporate or family event.

Truehaft Conference Center and Stonehill Auditorium

The Truehaft Conference Center, Stonehill Auditorium and the Simon and Rose Mandel Community Room are located on the west side of The J, off the Stonehill entrance. The facility includes a beautiful atrium and lobby ideal for receptions.

Multipurpose Rooms

The J has three multipurpose activity rooms located throughout the upper level that can be used to accommodate events for children and adults.

Outdoor Facilities

The J’s 10-acre campus includes four large outdoor shelters, two baseball diamonds, tennis courts and an open field that are available for rent.

Fitness and Recreation Facilities

The J’s gymnasium, pool, track and other fitness facilities can be rented and incorporated into your event.

Camp Wise Retreat Center and Conference Facilities

Facilities are available at The J’s 325-acre beautiful, rustic Camp Wise site in Chardon, Ohio (not available in summer months). Wise Retreat Center’s renovated facilities offer unique conference facilities for schools, synagogues and churches, and businesses. The facility features ideal indoor and outdoor spaces including cabins, a large dining hall, sports fields, a lake, swimming pool, a ropes course, hiking trails and program spaces. Halle Park, J-Day Camp’s Burton campsite, is also available for rentals.

Kashrut (Kosher) Policy

All food purchased or served at The J is certified kosher by Cleveland Kosher or other kosher supervisory sources. Subway at The J is strictly kosher. Please contact The J’s Conference Room scheduler at (216) 831-0700, ext. 1346 for a list of approved kosher caterers.

Solicitations

No solicitations are permitted within or on the grounds of The J for the purpose of selling goods or services without express permission from The J.

Organizations Housed at The J

BBYO is located by the Stonehill Auditorium. The BBYO experience gives students in grades 9-12 the opportunity to socialize, participate in leadership opportunities, explore Jewish identity, volunteer in the community, join a sports league and travel the world. Membership to The J for BBYO members is available at a special rate. BBYO Connect is the BBYO experience made just for middle school students in grades 6th, 7th and 8th grade. For more information, contact BBYO at (216) 360-0075 or email onr@bbyo.org.

Cuyahoga East Vocational Educational Consortium (CEVEC) based in Mayfield Heights, provides vocational and work training to high school aged students with disabilities from 16 school districts in the eastern Cuyahoga County area. The J serves as a full-time host site for CEVEC and 25 students, ages 16-22 with moderate to severe disabilities, receive daily vocational training at the Mandel JCC.
The J’s comprehensive, award-winning state-of-the-art facility offers everything you need to get fit, have fun and reach your fitness goals.

To contact the Fitness Center Staff call (216) 831-0700, ext. 1302 or email wellness@mandeljcc.org.

**Fitness Center**

**Age Requirements**

**Ages 13 and up:** Full access to the Fitness Center

**Ages 10-12:**
- Must be directly supervised by an adult when in the Fitness Center.
- Upon completion of two free Youth Jump Start Orientation Sessions youth can then use the cardio and Star Trac® selectorized equipment without direct adult supervision.
- Parent/guardian must remain in the building while youth are in the Fitness Center.
- Are not permitted in the following areas, unless supervised by a Mandel JCC Personal Trainer: – Advanced Training Area (free weights)
- Women Only fitness room (ages 13 and up)

**Children ages 9 and under:** Not permitted in the Fitness Center.

**Cardio equipment**
The J’s dramatic, 13,000-square-foot Fitness Center features cardio and strength training equipment from the nation’s leading manufacturers including Cybex®, StarTrac® and Precor®. The J’s wide selection of cardio equipment includes Star Trac treadmills, rowers, ellipticals, all-motion trainers, steppers, arc trainers, and bikes. Nearly every piece of cardio equipment has a personalized television. No personal fitness equipment may be brought into the Fitness Center.

**Advanced Training Area (Free Weights)**

**Age Requirements:**

**Ages 13 and up:** The J’s fully-equipped free-weight area includes multi-use benches, a 6-station cable pulley system and dumbbells up to 100 pounds.

**Selectorized Training Equipment**
The J’s strength training machines, also known as selectorized training equipment, offer a wide variety of exercise options that target one or several muscle groups. The StarTrac® Lock N’ Load system™ on select resistance equipment makes weight selection easy without the struggle of pins.

**HumanSport®**

State-of-the-art functional equipment designed to reflect human body mechanics. Its dynamic movement trains muscles from an infinite number of angles for a broader range of movement, strength, flexibility and balance. Every person, regardless of age or fitness level, can achieve improved strength and balance.

**Workout Towels**
The J provides free hand-sized towels to our members at the Fitness Welcome Desk and throughout the Fitness Center. If you plan to shower at The J, towels are available to rent (see page 13). Please return all used towels to the proper bins.

**Food and Beverages**

Drinking fountains and water coolers are available throughout the Fitness Center. Bottled drinks and snacks are available in the vending machines by the Fitness Welcome Desk. Food is not allowed in the fitness area, gymnasium, pool, fitness studios and racquetball courts. No glass containers permitted.

**Stretching Areas**

Designated stretching areas can be found on the first floor of the Fitness Center and on the mezzanine level looking over the Fitness Center.

**Women’s-Only Fitness Room**

A dedicated women’s-only fitness room, located off the personal training studio in the Fitness Center, provides a private workout experience with cardio equipment, free weights, exercise balls and floor mats.

**Fitness Center Etiquette**

For the health and safety of all, The J requires that fitness equipment be cleaned after each use. The J provides environmentally-friendly sanitation spray and towels for wiping off equipment. The fitness equipment electronics are very sensitive so please spray disinfectant on the towels and then wipe down the equipment. A 30-minute time limit may be imposed by Mandel JCC staff on cardio equipment during peak times.

**Personal Training**

**Age Requirements:** Ages 10 and up

The J’s experienced and talented team of certified personal trainers will devise a personalized regimen to help you achieve your goals quickly and safely. Sessions are designed around your schedule and availability. Personal training is available for individuals with special needs, seniors and youth. Personal training is also available in a small group setting. Members are not allowed to train other members or bring in their own personal trainers to the Fitness Center.

**Additional fee for personal training sessions or packages.** To schedule a session call (216) 831-0700, ext. 1302 or email wellness@mandeljcc.org.

**Fitness Jump Start**

New members receive up to three free workouts with a personal trainer. This includes two Fitness Center and one Aquatics workout. Our fitness professionals will help you get started or advance you in your exercise program. Our trainers will help you determine measurable and realistic fitness goals, provide you with your target heart rate, body fat percentage, BMI, and nutritional recommendations. Workouts will include, but are not limited to, top-of-the-line cardio, HumanSport, machine training, free weights, and TRX.

To schedule contact the Fitness Service Desk: (216) 831-0700 ext. 1302 - wellness@mandeljcc.org

This offer is limited to new members of the Mandel JCC and expires 30 days after join date.

**Personal Training Studio**

Personal trainers work with their clients in a private personal training studio with top-of-the-line equipment. Equipment in this area may not be removed and must only be used under direct supervision of a personal trainer.

**Small Group Training**

**Age Requirements:** Ages 13 and up

The J offers unlimited small group training classes taught by certified personal trainers and fitness professionals. Choose from TRX Suspension Training, Boxing, Chisel barbell strength, Obstacle Course training, Circuit Row and more. Classes are taught in a small group setting in the gymnasium. **Additional fee**

**Indoor Track**

**Age Requirements:**

**Ages 13 and up:** Full access

**Ages 10-12:** May walk or run on the track with a parent/guardian in the building

**Ages 7-9:** May walk or run on the track with direct adult supervision

The J has a wide banked, cushioned indoor track that covers 1/12 mile per lap (i.e. 12 laps = 1 mile). The indoor track is air tempered so it is comfortable on hot summer days. Strollers, wheelchairs and/or assisted walking devices are not permitted on the track. Infants must be carried hands-free in a front or back pack. Objects or balls may not be carried on or thrown from the track.

**Racquetball**

**Age Requirements:**

**Ages 13 and older:** Full access

**Ages 10-12:** May play with a parent/guardian in the building

**Ages 7-9:** May play with direct adult supervision

The J’s two racquetball courts can be reserved in advance by email or the same day in person at the Fitness Services Desk up to one week in advance. The J provides complimentary courts, goggles, balls and rackets. Eye protection should be worn for your safety. Time of play is limited to one court/hour for 1-2 players and one court/two hours for 2-4 players. Court time will be forfeited if reserved party arrives after 15 minutes of scheduled time. **Free** For reservations, contact the Fitness Service Desk at wellness@mandeljcc.org or call (216) 831-0700, ext 1302.

**Pickleball**

Pickleball is a combination of tennis, badminton and ping-pong. The game is played with a paddle and a whiffle ball on a short court. Pickleball is played in the gym and offered at various times during the week. For a complete schedule visit mandeljcc.org/pickleball

**Kid Kare Babysitting**

**Ages 2 months-9 years old**

The J provides safe and fun, fee-based babysitting services for children 2 months to 9 years of age in a convenient room adjacent to the Fitness Center. Staff is certified by...
Kid Kare Babysitting – continued
The American Red Cross. 24 hours advanced registration recommended and there is a two consecutive hour maximum. Drop-in begins ½ hour after Kid Kare opens. Fees vary and there are advance, monthly and drop-in prepayment options. Parents or guardians must remain at The J while their child is in Kid Kare. Additional fee
Ages 7-9: Free supervision during regular Kid Kare hours.
For Kid Kare hours visit mandeljcc.org/kidkare.
For reservations contact (216) 831-0700, ext. 1370.

Gymnasium/Indoor Basketball Courts
Age requirements:
Ages 13 and up: Full access to the Gym
Ages 10-12: May use the gym with a parent/guardian in the building.
Ages 9 and under: Must have direct adult supervision.
The J provides instructional lessons or clinics and free play on its large 4-court gymnasium, with 12 basketball hoops and bleacher seating. You’ll appreciate The J’s cushioned wood floor, which is easier on the joints. Open gym is available throughout the week. For an up-to-date schedule, visit www.mandeljcc.org/basketball.

Weekly Morning Drop-in Basketball
Age requirements:
Ages 18 and up
Ages 7-9: Free supervision during regular Kid Kare hours.
Ages 10-12: May use the gym with a parent/guardian in the building.
Ages 13 and up: Full access to the Gym

Basketballs may be brought from home or signed out free of charge
To sign out a basketball:
• Please go to the Fitness Service Desk (adjacent to the locker rooms).
• Present your drivers license or valid photo ID. IDs will be held until basketball is returned
• Children/teens without a photo ID must have a parent or guardian with a photo ID to sign out a basketball
• A basketball with a unique number will be assigned to you. The same numbered basketball must be returned to the Fitness Service Desk.
• When you bring back the basketball to the Fitness Service Desk your ID will be returned.

Important Fitness Contact Info
wellness@mandeljcc.org
(216) 831-0700
Massages ........................ ext. 1302
Personal Training ................ ext. 1302
Pilates ................................ ext. 1302
Towel rentals ........................ ext. 1302
Racquetball court reservations .... ext. 1302
Leagues and clinics ........................ ext. 1302
Group fitness class reservations ...... ext. 1365

Group Fitness Classes
Age requirements: Ages 13 and up
Achieve your fitness goals with The J’s group fitness program. The J offers a comprehensive selection of classes. Classes, held in three studios, are open to members 13 years and older. Most group fitness classes are FREE to members.
For a full list of classes visit www.mandeljcc.org/groupfitness or call (216) 831-0700, ext. 1365.

Group Fitness
Enjoy more than 80 free group exercise classes morning, noon and night in three studios. Classes are taught by talented and experienced instructors and include a large variety of exercise formats for all levels of fitness.
Exercise classes are one-hour in length (unless indicated otherwise) and equipment is provided. While most classes are free, a few specialty classes have fees. Free classes are drop-in and no registration is required. As a courtesy to all, please arrive on time — no one will be admitted 10 minutes after the start of class. Upon leaving class, please clean and return all equipment to its proper place. The current group exercise schedule can be found at www.mandeljcc.org/groupexercise.

Rzepka Studio
The J’s beautiful, sunlit, mirrored yoga studio and dedicated Pilates studio, offer a variety of Yoga and Pilates mat classes. For more information visit www.mandeljcc.org/groupexercise or call (216) 831-0700, ext. 1365.

Yoga Classes
Center your mind, strengthen your core and improve your flexibility in one of The J’s many Vinyasa Flow yoga classes. This style is called flow yoga, because of the smooth way the poses run together and become like a dance.

Private and Semi-Private Yoga
Learn proper Yoga postures and alignment in a safe and supportive environment from highly-trained and certified Yoga instructors. Beginner to advanced classes offered. Additional fee

Pilates Mat
The Pilates method of body conditioning is a unique system of stretching exercises that strengthen and tone muscles, improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape.

Pilates Reformer Studios in Rzepka and The Loft
Pilates Reformer Classes
Improve strength, flexibility, endurance and posture without stressing your joints. The J offers private and small group training on the Pilates Reformer in the Rzepka Fitness Studio and in the Pilates Loft (five students per class maximum). Each new member age 13 and up is offered a complimentary 45-minute demo with a certified Pilates instructor. Additional fee

Important Fitness Contact Info
pool@mandeljcc.org
(216) 831-0700
Swim lessons ........................ ext. 1004
Swim Accessories (goggles, swim caps, swim diapers) .................. ext. 1302

Small Group Training
Additional fee
See page 9
Youth Fitness Programming

There are so many ways for young fitness enthusiasts to get in shape at The J. The J offers clinics, sports leagues and specialized programs geared just for kids. For a complete list of offerings visit www.mandeljcc.org/ youthsports or call (216) 831-0700, ext. 1302.

Youth Personal Training

Age requirements: Ages 10 and up
Working with one of The J’s certified personal trainers is an excellent way for kids to learn the important role fitness plays in all aspects of life. Trainers can teach kids the fundamentals of fitness or help them prepare for a sports tryout. Kids will be educated on proper nutrition, cardiovascular health and how exercise can be fun! Training will take place in the gymnasium and Fitness Center. Additional fee

American Red Cross Swim Lessons

Age requirements: Ages 6 months – adult
Private, semi-private or group swim instruction. For the youngest swimmers, The J offers parent and child infant swim classes and infant and toddler survival swim. Through varying levels of classes, children will build confidence and endurance in the water and learn proper body positioning, strokes and technique. Additional Fee

Basketball Clinics

Age requirements: Grades K-11
The J offers a variety of youth clinics and leagues with top-notch, professional coaches from The National Basketball Academy (NBA) including:

- Leagues & clinics for all ages
- Drills, Skills & Play
- Mini Dribblers

Additional fee

Lockers

The J’s deluxe, locker rooms feature steam rooms and saunas as well as beautiful amenities including vanities, hair dryers, lockers, restrooms and showers with soap, shampoo and personal changing areas. Use of cell phones as cameras and/or cameras are not permitted.

All lockers have embedded combination locks so there’s no need to bring a lock from home. Please do not bring valuables into The J or leave them in your vehicle. The J is not responsible for lost or stolen items. All lockers are subject to search and may be opened by authorized Mandel JCC staff. Items left overnight will be removed. If you need assistance to use your locker, call ext. 1340.

Steam, Sauna & Whirlpools

Age requirements: Ages 18 and older
Spacious steam rooms and saunas are located inside the locker rooms. Two large, handicap-accessible whirlpools are located on the pool deck. Steam, sauna or whirlpool should not be used with medication that causes drowsiness or if you have any medical condition which makes such use inappropriate. Detailed rules and policies regarding the usage of whirlpools, steam and saunas are posted in the locker rooms and the pool area.

Members please carry your card with you at all times. All guests 16 and older are required to show a driver’s license or valid photo ID.

Kid Kare Babysitting

Ages 2 months – 9 years old
Kid Kare is a fee based babysitting service

- Children can be in Kid Kare up to 2 consecutive hours only.

Ages 7-9

- Free supervision during regular Kid Kare hours.

Kid Kare has free WiFi, kids can also bring their own electronic devices or do homework.
Floor Plan

Outdoor Facilities:
- Outdoor Pool, Children's Sprayground & Pool House
- Safran Park (outdoor camp shelters)
- Tennis Courts
- Preston's H.O.P.E. Handicap Accessible Playground
See inside back cover for outdoor site plan
Massages
Age requirements: Ages 18 and older
Relax and unwind with a J massage. Table massages are offered in private rooms located within the Men’s and Women’s locker rooms. Chair massages are offered in the Fitness Center lobby. Table and chair massages are provided by Licensed Massage Therapists (LMT) and/or experienced masseuses or masseurs under the supervision of an LMT. Club J members receive discounts on massage packages. Additional fee
Appointments can be made by calling the Fitness Service Desk at 216-831-0700 ext 1302 or 1337 or email wellness@mandeljcc.org.

Rock Steady Boxing –
Offered in collaboration with University Hospitals
Rock Steady Boxing, an internationally-recognized program, is aimed at helping to ease the tremors and movement problems of Parkinson’s disease and has been proven to help anyone, at any level of Parkinson’s, lessen their symptoms and lead a healthier life. It’s a unique exercise program, based on training used by boxing pros and adapted to people with Parkinson’s disease. It involves regular exercises, such as stretching, running, jump-roping, push-ups, balancing and lots of non-contact boxing, led by experienced fitness professionals referred to as coaches. No boxing experience is necessary and classes are open to all ages and fitness levels.
Free for members/ additional fee for non-members
For information visit mandeljcc.org/rocksteady or contact (216) 831-0700 ext 1302.

Recreation & Leagues

Recreation
Outdoor Tennis Courts
Age requirements: Ages 7 and older
The suspended Flex Court surface has shock absorbing materials which put less stress on a player’s joints. The all-weather court is self-draining and drying, so you can resume your game just minutes after a rain. For the safety and security of all, courts remain locked. Members can get the access code at the Membership Desk by presenting a valid membership card.

Indoor Triathlon, Biathlon & Kids Tri
The J’s annual Indoor Triathlon, Biathlon & Kids Tri, a fundraiser, is held every February and is open to casual athletes, serious triathletes, teams and families. The Indoor Triathlon & Biathlon is open to ages 10 and older. Participants take part in a 15-minute swim, 20-minute bike and 20-minute run. The Kids Tri is open to children ages 7-13. Participants take part in running, rowing machine and strength component; each heat is 10 minutes. Ideal for kids of all levels and abilities. Additional fee

Leagues, Clubs & Clinics
A variety of leagues, clubs and clinics for youth, teens and adults are offered throughout the year for an additional fee including:
• Racquetball • Softball
• Pickleball • Basketball
For information call ext. 1302 or visit mandeljcc.org

Basketball Clinics
Age requirements: Grades K-11
A variety of youth clinics and leagues with top-notch, professional coaches from The National Basketball Academy (tNBA) are offered including:
• Leagues & clinics for all ages
• Drills, Skills & Play
• Mini Dribblers
Additional fee

Members please carry your card with you at all times. All guests 16 and older are required to show a driver’s license or valid photo ID.
Aquatics

Enjoy year-round swimming in The J’s indoor and outdoor pools. The J also has a unique outdoor spray ground that is the perfect place for kids to play on a hot day. The J offers one of the best and most comprehensive aquatics programs in the area with a variety of private, semi-private and small group swim lessons and classes for infants, children and adults. All swim instructors are certified by the American Red Cross. The J reserves the right to evacuate the pools in the event of an emergency or any other safety reason. To register for swim classes and swim lessons, call (216) 831-0700, ext. 1004 or email pool@mandeljcc.org.

Indoor & Outdoor Pool Age Requirements:

Ages 13 and up: Full access to the indoor & outdoor pools
Ages 10-12: May use the pools with a parent/guardian in the building or on the property.
Ages 7-9: Must have direct adult supervision.
Ages 6 and under: Must have an adult with them in the pool unless in a supervised program.

Indoor Pool
The J’s indoor pool is 6 lanes, 25 meters long and ranges from 3 feet to 5 feet, 6 inches deep. Water temperature is set to a comfortable 84-86 degrees. Open swim and lap swim are available whenever the pool is open. The J also offers special hours for adults-only, women-only and men-only swim. For a swim schedule visit www.mandeljcc.org/indoorpool.

Steam, Sauna & Whirlpools
Age requirements: Ages 18 and older
Spacious steam rooms and saunas are located inside the locker rooms. Co-ed, handicap-accessible whirlpools are located on the pool deck and are available to members and guests ages 18 and over. Steam, saunas or whirlpool should not be used with medication that causes drowsiness or if you have any medical condition which makes such use inappropriate. Please note, detailed rules and policies regarding the usage of the pools, spray ground, sauna and whirlpools are posted throughout the facility.

Learn to Swim
American Red Cross Private/Semi private Swim Lessons
Age requirements: Ages 6 months and older
One of the area’s best and most comprehensive swim instruction programs are offered at The J. Options include private, semi-private and small group swim classes for infants, preschoolers, children and adults. The J offers a series of progressive swimming classes for all ages that teach water acclimation, kicking, submerging, face, floating, treading, basic water safety skills, breathing techniques and swim strokes. Additional fee

Infant Swim
Age requirements: Ages 6 months-2 years
For the youngest swimmers, The J offers infant & children water survival classes starting at age 6 months. These Parent and Me classes let parents help children get more comfortable in the water through games, songs and other activities. Swim diapers and rubber pants are required and can be purchased at The J’s Fitness Service Desk. Children must have a caregiver with them in the water until child is three years. Additional fee

J-Swim Academy
Age requirements: Ages 6+
For youth and teens who have mastered basic swim techniques and want to take their swimming skills to the next level. Additional fee

Swim Team Prep
Age requirements: Ages 6+
For children who want to make a school or community swim team. Must have completed Learn to Swim Level 5. Class is designed to enhance the skills needed to swim competitively. Additional fee

Red Cross Certified Water Safety and Lifeguard Training
Age requirements: Ages 15+
Certification courses are offered throughout the year including Red Cross Lifeguard Training, Water Safety Instructor (WSI) classes, CPR and AED courses. Additional fee

Important Aquatics Contact Info
(216) 831-0700 • pool@mandeljcc.org
Indoor Pool ................................ ext. 1308
Outdoor Pool ................................ ext. 1318
Group Swim Lessons ................... ext. 1004
Private Swim Lessons .................. ext. 1388
Swim Accessories (goggles, swim caps, swim diapers) ................... ext. 1302
Towel rentals ............................... ext. 1302
Pool Parties ................................ ext. 1308

Water Exercise Classes
Age requirements: Ages 13+
The J offers a number of water exercise classes for all skill levels. Many of The J’s water exercise classes are held in the shallow end of the pool where the water is waist or chest deep. The J’s classes provide a low-impact total body workout for building strong abdominals, sculpting, body toning, enhanced endurance and greater flexibility of joints. Water exercise is excellent for those with joint problems. Additional fee

Specialized Aquatics Classes
Age 13+
The combination of warm water and gentle movement provides remarkable benefits to people with pain or chronic diseases. Classes help improve range of motion, flexibility, and help increase circulation and build muscle strength. Aquatic therapy classes are also available for children, teens and adults with special needs. Additional fee

Multiple Sclerosis Water Exercise
Improve your range of motion and flexibility with this motivating workout. Multiple Sclerosis water exercise classes are approved by The National MS Society. Participants must be able to walk in chest-deep water. To register, call ext. 1004. Additional fee

Arthritis Water Exercise
Ideal for helping to increase circulation and build muscle strength. Arthritis classes are approved by the Arthritis Foundation. Participants must be able to walk in chest-deep water. To register, call ext. 1004. Additional fee

Aquatics Personal Training
Age requirements: Ages 13+
Whether you are recovering from an injury, surgery or want an alternative to a typical gym workout, The J offers exceptional aquatics personal training. The J’s program is tailored to meet your fitness needs and goals with highly-trained and certified staff. Water weights, noodles and belts can be used in training sessions. Participants must be comfortable in chest deep water. Each new member age 10 and up is offered one private complimentary workout with a certified aquatics personal trainer, a $65 value. Additional fee

Pool Deck Wheelchair – Indoor Pool Only
For members who need assistance The J has a wheelchair on the indoor pool deck that is able to go into the water. Members must be able to get in and out of the chair themselves or with the help of a caretaker. The J’s staff and guards cannot help with the wheelchair.

Outdoor Pool & Spray Ground
Open Memorial Day – Labor Day
The J’s outdoor pool is 6 lanes, 25 yards long and ranges from 3 feet to 6 feet deep. The pool and spray ground are open Memorial Day weekend through Labor Day. Lounge chairs and canopy shaded areas are provided complimentary to members and guests. The pool house offers family-friendly locker rooms with showers and restrooms (bring your own lock and towel). The J operates a snack bar with kosher food and drinks. The J does not conduct financial transactions on Shabbat (Friday at 4pm, all day Saturday and on Jewish holidays) so please remember to purchase snack and towel cards during regular business hours. Bring your membership card when using the outdoor pool, as members are required to swipe when entering.
• All guests who wish to use the outdoor pool must have a guest pass. To purchase a guest pass please visit the Membership Desk and sign a waiver of liability. Guests under the age of 18 must have a parent or guardian sign the liability waiver.
• All guests to the outdoor pool who have a guest pass and are 16 and older, must present a valid driver’s license or photo ID to enter the pool.

Swim Accessories
•  All guests to the outdoor pool who have a guest pass. To purchase a guest pass please have a guest pass.
•  All guests who wish to use the outdoor pool must have a guest pass. To purchase a guest pass please visit the Membership Desk and sign a waiver of liability. Guests under the age of 18 must have a parent or guardian sign the liability waiver.
•  All guests to the outdoor pool who have a guest pass and are 16 and older, must present a valid driver’s license or photo ID to enter the pool.
The J offers a wide array of recreational and social programs. For a complete schedule visit mandeljcc.org/arts

**Jewish Life and Culture**

This dynamic series of programs is designed to help people connect with Jewish culture, identity and thought. The J offers a full slate of classes, lectures, presentations, films and entertainment for adults, children, teens and the entire family. Some programs are free to members and others require an additional fee. For a complete schedule visit mandeljcc.org/arts

**Cleveland Jewish FilmFest**

The FilmFest, held every fall, offers a broad selection of international feature, documentary and short films with Jewish themes that screen at local theaters and venues including Shaker and Cedar Lee Cinemas. In addition to a showcase of outstanding films, the FilmFest also includes a special event for teens. **Additional fee**

For a complete schedule visit mandeljcc.org/filmfest

**Cleveland Jewish Book Festival**

Each November, the Book Festival, presented in partnership with the Cuyahoga County Public Library, showcases an array of local, national and international literary stars and emerging authors. Book lovers of all ages have the opportunity to hear from exceptional writers and enjoy a variety of book-related events including Community Read book club-style discussion at participating local library branches and a special event for families with young children. The Mandel JCC Festival of Jewish Books and Authors is presented with generous support from the Henry and Eugenia Green Family Foundation. **Additional fee**

For a complete schedule visit mandeljcc.org/bookfestival

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**Programs for Adults**

The J provides stimulating, interactive and entertaining programming for adults at any stage of life. Stay connected and engaged in the world through an exciting variety of programs.

**Lunch Plus at Warrensville Community Apartments**

The J offers a congregate hot kosher lunch six days a week for the frail and elderly, 60 and older at Warrensville Community Apartments (1500 Warrensville Center Road, Cleveland Heights). The J also offers other activities, informational lectures, field trips, blood pressure screenings, exercise classes, discussion groups, live musical entertainment, shopping excursions, special Jewish holiday celebrations and outings. Free round-trip transportation is available to pick up adults in nearby communities. Suggested donation for lunch is $1.50 a day.

**Senior Support Group for the Visually Impaired**

The J offers an exceptional and unique program for visually impaired adults, 60 and over. The group emphasizes socialization and encourages support and friendship. This program offers transportation, arts and crafts, friendship, entertainment, discussions and kosher lunch. Participants meet monthly at Warrensville Community Apartments (1500 Warrensville Center Road, Cleveland Heights).

**Men’s Club**

Men’s Club offers its members the chance to socialize and meet new friends while taking part in discussion groups and field trips. The club meets every Monday from 11 am to 12 pm and a bulletin with upcoming meeting details comes out two months in advance. Most of the members are retired and many are active volunteers who like to share their interests and hobbies. For more information, contact Steve Thompson at (440) 666-1805. **Additional fee**

**Family Place Membership**

A Non-Fitness Membership ideal for families with children ages Birth to Pre-K. This membership includes full use of Family Place and the Gross Motor Skills Activity Room whenever The J is open. In addition, enjoy teacher-facilitated, interactive programming six mornings per week with your little ones. In addition, Family Place Membership includes use of The J’s indoor pool with your preschool children on Sunday mornings and Drop-In Gym on Wednesday mornings. Children must be accompanied by a parent, grandparent or guardian at all activities. **For monthly fee contact the Membership Desk.**

**Kid Kare Babysitting**

Ages 2 months – 9 years old

The J provides safe and fun babysitting services in a convenient room adjacent to the Fitness Center. Free supervision during regular Kid Kare hours for youth 7-9. Staff is certified by The American Red Cross. Reservations 24 hours in advance are recommended. Parents or guardians must remain at The J while their child is in Kid Kare. For details see page 9 **Members Only, additional fee**

**For Families with Young Children**

**Early Childhood Programs – Half-Day Preschool and Full-Day Childcare**

Ages 18 months – Pre-K

The J’s award-winning program offers outstanding, state-certified half-day preschool and full-day child care in our beautiful classrooms. The J’s early childhood programs are uniquely designed to meet the physical, social, emotional and intellectual needs of your child. The J’s preschool ranked #1 in a national survey of large JCCs and is a 5-Star Step Up To Quality rated program. Tours are available year-round.

Call (216) 831-0700, ext. 1375. **Additional fee**

**Drop-In Play Rooms**

The J offers two, well-equipped rooms – The Debra Ann November Family Place & The Activity Room – off the lobby for drop-in play. Please note for both rooms, adult supervision is required at all times. Rooms are open throughout the day, however, they close for special events, classes and cleaning. **FREE for members**

**Gross Motor Skills Activity Room**

Offers a toddler-sized climbing wall and interactive, indoor climbing equipment that encourages imaginative and cooperative play. **FREE for members**

**Family Place**

Off the main hallway, offers a drop-in family activity room with lots of toys and games. **FREE for members**

**Family Place teacher-facilitated, interactive programming**

Six mornings per week, you and your little ones will love playing, singing, exploring and meeting new friends in our welcoming family play spaces. Activities include songs, music, movement and crafts and include play in The J’s gymnasium. On Sunday mornings splash and swim in The J’s indoor pool. Children must be accompanied by a parent, grandparent or guardian at all activities. For a complete schedule visit mandeljcc.org/earlychildhood. **FREE for members**

**Inflatables & Drop-In Gym**

Additional fee

**Birth to Pre-K Indoor Pool**

10 am - 12 pm

Splash in the pool with your little one! Children must be accompanied by an adult in the water. **FREE for members**

**Tot Shabbat**

Birth to Pre-K

10 - 10:30 am

Stonehill Ante Room

Welcome Shabbat with festive songs & traditional blessings. Challah making and free play after the music! This hour brings warmth, fun and promotes a sense of community. **Free & open to the community!**
**Programs for Youth & Teens**

The J hosts an amazing variety of camps, classes and programs for youth and teens. From swimming lessons to music classes, theatre, sports leagues, clinics, and more, there is something for everyone at The J. For more information call (216) 831-0700, ext. 1322 or info@mandeljcc.org.

**Programs for School-age Children**

**J Kids Club – Afterschool Care for Kids**

**Age requirements:** Grades K-6

The J provides safe, fun and stimulating state-licensed after-school care for children in grades K-6. This convenient program provides children with a wonderful enriching environment and participants can also take advantage of after school enrichment classes offered by The J at a special Kids Club rate.

**J Kids Club offers:**
- Free transportation from Beachwood schools
- Transportation from Orange schools (fees apply)
- Transportation from Gross Schechter Day School (fees apply)
- Mandel Jewish Day School students will be escorted to The J
- Flexible enrollment options – 1 to 5 days per week

**Important Kids Programs**

**Contact Info**

(216) 831-0700
J-Day Camps ……………………. ext. 1349
Playmakers Youth Theatre ……………… ext. 1494
Kid Kare Babysitting ……………… ext. 1370

**Important Kids Programs for Children and Teens with Disabilities**

The J provides opportunities for children and teens with emotional, physical and developmental disabilities and their families to take advantage of many of The J's programs and services, including Playmakers Youth Theatre, summer day camps, personal training and aquatic therapy.

**J Kids Club – Afterschool Care for Kids**

**Age requirements:** Grades K-6

The J also offers camps on national holidays and teacher workshop days Grades K-6

The J provides outstanding care in a safe, supervised setting during school vacation and teacher workshop days. Kids will have a blast swimming, playing in the gym, creating amazing art, cooking projects and more. **Additional fee**

**Camps for national holidays and teacher workshop days**

- Grades K-6
- The J also offers camps on national holidays and teacher workshop days such as Martin Luther King, Jr. Day and President’s Day. **Additional fee**

**Additional fee**

**Playmakers Youth Theatre**

**Age requirements:** Grades 2-12

The J's year-round youth theater program, located off-site at Fairmount Temple in Beachwood, provides children with opportunities to learn, grow and express themselves through creative dramas. The program helps build self-esteem and self-confidence, while promoting a strong sense of Judaism through the arts. Playmakers Youth Theatre boasts a season of four productions and classes including Intro to Drama, Master Classes and Audition Prep Classes. During the summer, children can continue having fun at The Francine and Benson Pilloff Family Playmakers Performing Arts Day Camp (see Day Camps.) For more information call (216) 831-0700, ext. 1349 or rhildebrandt@mandeljcc.org. **Additional fee**

**Playmakers Youth Theatre**

**Age requirements:** Grades K-12

The J offers an exceptional selection of summer camp options to match every child’s interest and talents. Camps provide opportunities for children to meet new friends, learn new skills and gain self-confidence in a fun, safe and digital-free environment. Camps are inclusive and offer children with disabilities the opportunity to fully participate in camp life. **For more information call (216) 831-0700, ext. 1349 or rhildebrandt@mandeljcc.org**

**Additional fee**

**Winter & Spring Vacation Camp at The J**

**Age requirements:** Grades K-5

Vacation camps at The J rock! The J provides outstanding care in a safe, supervised setting during school vacation and teacher workshop days. Kids will have a blast swimming, playing in the gym, creating amazing art, cooking projects and more. **Additional fee**

**Transportation from Orange schools (fees apply)**

- Mandel Jewish Day School students will be escorted to The J
- Flexible enrollment options – 1 to 5 days per week

**JCC Maccabi Games®**

**Age requirements:** Ages 13-16

This national, Olympic-style event attracts thousands of Jewish teens every summer. The Mandel JCC delegation of student athletes have the opportunity to travel to one of the host cities. This week-long experience promotes excellence in sports, community involvement and Jewish pride. **Additional fee**

**The JCC Maccabi ArtsFest**

is an arts experience for creative Jewish teens, featuring workshops in a variety of specialties with leading artists in each field. Mandel JCC delegation of student artists have the opportunity to travel to one of the host cities. This week-long experience promotes excellence in arts, community involvement and Jewish pride. **Additional fee**

**Anisfield Day Camp**

**Age requirements:** Grades K-6

Fully accredited by the American Camp Association (ACA), Anisfield is located on its rustic campsite in Burton (daily bus transportation provided). Campers enjoy a country camp experience with archery, tennis, canoeing, a low ropes course, arts and craft, archery, lake activities, and all new specialty tracks for all interests, all on an 80-acre camp site.

**Anisfield B’Ivrit (formerly Hebrew Immersion)**

**Age requirements:** Grades K-3

Campers learn to understand and speak Hebrew in a fun, traditional camp setting. All aspects of camp life (excluding instructional swim) are conducted solely in Hebrew.

**Francine and Benson Pilloff Family Playmakers Performing Arts Day Camp**

**Age requirements:** Grades K-9

This unique program, located at Fairmount Temple in Beachwood, encourages kids to stretch their imagination, take risks on stage, develop their creativity, and have a wonderful experience with classes and activities that promote self-confidence and a sense of teamwork. Campers enjoy learning the behind-the-scenes art of theater production along with the joys of performing, singing and dancing on stage. **Additional fee**

**SIT (Staff-In-Training)**

**Age requirements:** Grade 10

SITs are given the tools to become future leaders, role models, and J-Day Camp staff. The program offers teens entering tenth grade the opportunity to fully participate in camp life. **For more information call (216) 831-0700, ext. 1349 or rhildebrandt@mandeljcc.org.**

**Additional fee**

**Family**

(216) 831-0700

mandeljcc.org/kidsclub • mandeljcc.org/playmakers • mandeljcc.org/daycamps
Camp Wise
Overnight Camp

Age requirements: Grades 2–5
Located on a beautiful 325-acre lake site in Chardon, Camp Wise is an award-winning, nationally recognized camp. Kids have a blast, make life-long friends and grow to be their best selves in a safe and nurturing environment.
Camp staff hail from northeast Ohio and throughout North America, Israel, England and Australia. Mini sessions are offered for first-time campers in grades 2–5. While at camp, children take part in a wide variety of activities.
• water skiing
• hiking
• climbing
• kayaking
• canoeing
• archery
• street and roller hockey
• specialized sports instruction
For information about our award-winning camp visit campwise.org

Family Camp
In August, The J offers families a weekend away at Camp Wise in Chardon, OH. Take advantage of this wonderful opportunity to experience all the fun and adventures of camp and enjoy a traditional Camp Wise experience.
Additional fee
For dates, information and fees visit campwise.org

Women’s Weekend
Relax, unplug and have a blast at Women’s Weekend at Camp Wise in August. Kayak on the lake, relax by the pool, get creative in the art shack, tackle the rock wall, hike the trails, sample great food and drink or just sleep in – it’s all up to you! Join us for a fabulous all-inclusive weekend that will leave you feeling refreshed and reinvigorated.
Additional fee
For dates, information and fees visit campwise.org

Camp Chai
Camp Chai is a five-day overnight camp for adults with diverse needs. Adults who require varied levels of support come to camp with a dedicated group of camp staff and experience all the fun activities and programs that camp has to offer.
Additional fee
For dates, information and fees visit campwise.org

Important Camp Wise Contact Info
(216) 831-0700, ext 1350
wisekids@mandeljcc.org

The J is committed to providing a safe, healthy and welcoming environment for all members and guests. To promote safety and comfort for all, The J asks members and guests to act appropriately at all times when they are in the facility or participating in programs. To assure preservation of such an environment and also a safe and pleasant visit to The J, members and guests are required to follow all rules, regulations and directions as posted throughout the building and on the website, and may not engage in any prohibited actions, as defined below.

The J reserves the right, in the exercise of its sole discretion, to amend all rules, regulations and/or directions at any time without notice to members, including as are set forth in this Member’s Guide, and members must immediately comply with such amended rules, regulations and directions. The J reserves the right to suspend and/or terminate any membership at any time for any reason whatsoever, in its sole discretion, without giving prior notice to the member.

The J reserves the right to refuse membership to any applicant for any reason, including without limitation based on a prior suspension and/or termination of membership, and The J need not establish or communicate cause for such refusal. The J does not and shall not refuse membership solely on the basis of race, color, religion, gender, age, national origin, disability, marital status, sexual orientation or military status.

Prohibited actions specifically include:
• Inappropriate attire
• Angry or vulgar language, including swearing, name-calling or shouting
• Physical contact with another person in any angry, uncomfortable or threatening way
• Any demonstration of sexual activity or sexual contact with another person
• Harassment or intimidation by words, gestures, body language or other menacing behavior
• Photography, video or audio recording without prior approval of The J staff

Policies

Dress Code
Please dress appropriately for your activity. Wear closed-toe athletic shoes with non-marking soles in the workout areas. Swimsuits are required in pools and whirlpools. Babies are required to be in swim diapers. Shirts are required in all fitness areas. No jeans in the Fitness Center. Clothing with profane language or slogans is not permitted on The J's property.

Cell Phones, Camera and Video usage
Use of cell phones as a camera or video device in locker rooms and the Fitness Center is not permitted. Use of cell phones on fitness equipment is not permitted or where signs indicate they are not permitted. All company phones located in The J strictly are for business use only.
Policies

Rules and Policies
Throughout The J by the Fitness Center, track, fitness studios, pools, steam and sauna, gymnasium, outdoor tennis courts, etc. detailed signs are posted with complete rules and policies governing the use of these facilities. Please review these policies and guidelines before using the facilities.

Membership Agreement
For information regarding Membership Agreements, policies and terms please review your membership agreement or contact the Membership Desk.

Member Cancellation
Advanced written, in-person or email notification to infodesk@mandeljcc.org is required to cancel your membership. Notification received by the 20th of any month will be considered timely notice of your intent to cancel your membership at the end of the following calendar month. The last month's dues, paid at the time the month-to-month membership commenced, will be applied to the final month of membership. For questions please contact (216) 831-0700, ext. 0.

Membership Cancellation/Termination – Annual Members
Annual members can be canceled early only in the event of illness (inability to use facilities) or relocation of 25 miles or more from the Mandel JCC. Proof of relocation (e.g., lease, job offer, etc.) or medical issue (physician’s note) must be provided. Under no circumstances will The J provide a credit or reimbursement for non-use.

Program Cancellations
Guidelines for cancellations are set forth by the department area. Members who have fee-based classes that have been canceled will receive a refund. Refunds will not be made after the expiration dates associated with programs or if membership has lapsed.

Late or Returned Item Charges
A late fee will be assessed for returned checks, insufficient funds, closed accounts, frozen or declined credit cards or similar circumstances which result in late or delayed payment to The J. Members are responsible for providing accurate and updated information on their billing information to ensure timely receipt of payment. The J reserves the right to re-attempt collection of a member’s outstanding balance until such time as member’s account is current.

All Information Subject To Change