



Rady JCC

Digital Program e-Guide OCTOBER 9 - 23, 2020



One-click Registration Click on program to register online

Children & Family Programs



POP-UP DRIVE-IN MOVIES

In partnership with Jewish Federation of Winnipeg

Saturday, Oct 24 | 7:00 pm: *Onward*

Sunday, Oct 25 | 7:00 pm: *A Matter of Size*

\$40/car per show: Members

\$45/car per show: Non-Members

Advance bookings required

[CLICK HERE FOR TICKETS and more details](#)

LULLALAND

Sundays | Oct 18 - Nov 29 | 9:30 am

Sundays | Oct 18 - Nov 29 | 10:45 am

Tuesdays | Oct 20 - Dec 1 | 10:15 am

These classes are suitable for little walkers up to 2 1/2 years old. The term will run for 7 weeks.

Registration is now open: lullalandsensory.ca

BEYACHAD: ROBYN BRAHA SCHOOL OF DANCE AT THE RADY JCC

With support of the Lisa Cohen Israeli Dance Program

September 2020 - April 2021

Programs available for preschool to teens include: Intro to Dance, Israeli Dance, Hip Hop and Advance Technique. Each class requires a mandatory \$50 costume deposit, payable upon registration. No refunds or gift cards available.

Youth Programs



TEEN KICKBOXING Ages 10-16

Tuesdays | 4:15-5:15 pm | Oct 20-Nov 10

Cardio, kickboxing, and strength training

YOUTH YOGA Ages 10-16

Mondays | 4:15-5:15 pm | Oct 19-Nov 9

Adult Learning



JEWISH BUSINESS NETWORK

Thu Oct 22 | 12:00 pm | VIA ZOOM

Speaker: Alex Zlatin, CEO, Maxim Software Systems
Marketing Shifts in the COVID-19 Era

Pre-register by Oct 20: imarjovsky@radyjcc.com

PARENTING FORUM

Tue Nov 24 | 7:30 pm | VIA ZOOM

Speaker: Jay Greenfeld, Ph.D., C.Psych, Registered Psychologist, Mind Matters Clinic

Adjusting to our new normal: Managing parent stress and uncertainty during the pandemic

Pre-register by Nov 20: imarjovsky@radyjcc.com



Cultural Arts

BOOK FESTIVAL IN YOUR LIVING ROOM

Live

Virtual Author Talks and Live Q&As
Presented with MJCCA

Click on date to register.

**Note: Online registration page shows EST time zone.
The times shown below are Winnipeg time zone.**

Thu Oct 15 | 7:00 pm: Steve Madden – The Cobbler:
How I Disrupted an Industry, Fell from Grace and Came
Back Stronger Than Ever

Fri Oct 16 | 11:30 am: Yotam Ottolenghi – Ottolenghi
Flavor: A Cookbook

Mon Oct 19 | 7:00 pm: Jonathan Safran Foer – We are
the Weather: Saving the Planet Begins at Breakfast

Thu Oct 22 | 7:00 pm: Judy Gold – Yes, I Can Say That

Sun Nov 8 | 12:00 pm: Natan Sharansky and Gil Troy –
Never Alone

Sun Nov 8 | 7:00 pm: Joan Lunden – Why Did I Come
Into This Room? A Candid Conversation About Aging In
Conversation with Holly Firfer, CNN Journalist

Mon Nov 9 | 7:00 pm: Esther Safran Foer – I Want You
to Know We're Still Here: A Post Holocaust Memoir In
Conversation with One of Her Sons

Tue Nov 10 | 12:00 pm: Rachel Beanland – Florence
Adler Swims Forever: A Novel

Tue Nov 10 | 7:00 pm: Dale Berra – My Dad, Yogi

Thu Nov 12 | 1:00 pm: Michael Oren – The Night Archer
and Other Stories

Sun Nov 15 | 2:00 pm: Raffi Berg – Red Sea Spies: The
True Story of Mossad's Fake Diving Resort

Thu Nov 19 | 7:00 pm: Michael J. Fox – No Time Like the
Future

Sun Nov 22 | 12:00 pm: Melissa Clark – Kid in the
Kitchen: 100 Recipes and Tips for Young Home Cooks

Wed Dec 2 | 6:30 pm: Ina Garten – Modern Comfort
Food

Adult Fitness



GROUP FITNESS

Click [HERE](#) for Group Fitness Schedule

Note: Advanced registration is required for ALL classes as limited capacity will be in affect per session. The capacity in the cycle studio is 10 and 15 in the upstairs studio.

LAP SWIMMING

Click [HERE](#) for Lap Pool Schedule

Note: All lap lanes must be booked [online](#). Bookings can be made up to 72 hours in advance. Maximum 1 swimmer per lane (or 2 swimmers per lane if from same household).

GYM SCHEDULE

Click [HERE](#) for Gym Schedule

Note: Advance registration required for ALL activities - Register [online](#). Bookings can be made up to 72 hours in advance (excluding private badminton lessons).

REFORMER PILATES

Click [HERE](#) for Pilates Schedule

Reformer Pilates is a boutique style experience within a club. Our intimate setting ensures that you receive more attention during classes, improving your strength, flexibility and mobility more quickly than in larger classes. (Class will run with a minimum of 2 participants and a maximum of 3.)

SMALL GROUP TRAINING

Occupational Training (Instructor: Scott Magnus)

Sundays | 9:00 am | Oct 25-Nov 15

\$49 M | \$56 NM (4 weeks)

High Performance Football/Hockey

(Instructor: Scott Magnus)

Wednesdays | 7:30 pm | Oct 28-Nov 18

\$49 M | \$56 NM (4 weeks)

HIIT (Instructor: Kevin Roy)

Wednesdays | 6:00 am | Oct 28-Nov 18

\$49 M | \$56 NM (4 weeks)

HIIT (Instructor: Kevin Roy)

Tuesdays | 5:00 pm | Oct 27-Nov 17

\$49 M | \$56 NM (4 weeks)



Click on program to register online

Older Adult Programs



PREMIUM AQUA

Fridays | 9:40-10:35 am | Oct 9-Nov 27
\$32 (8 weeks) (Instructor: Mary)

CHAIR YOGA

Tuesdays | 2:00 pm | Oct 13-Dec 1
\$90 M | \$115 NM (Instructor: Rosa)

MS PARKINSON'S

Previously called MS Action

Fridays | 1:00 pm | Oct 9-Nov 27
\$64 M | \$80 NM (Instructor: Kevin Roy)

SMALL GROUP TRAINING

Health Management and Active Aging
(Instructor: Kevin Roy)
Thursdays | 1:00 pm | Oct 29-Nov 19
\$49 M | \$56 NM (4 weeks)

Swimming Lessons



Learn to swim with your very own instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Red Cross Swim Kids badges, Red Cross Preschool Stickers or focus on specific swimming skills.

[Swimming Lessons Schedules](#) **HERE**

[Swimming Lessons Descriptions](#) **HERE**

[COVID-19 Safety Requirements](#) **HERE**

Time to Train! Intro to Personal Training

Experience the benefits of Personal Training with 3 sessions:

- 1 Consult
- 2 – 60 minute Personal Training Sessions



Intro Special
\$129

For more information contact **Morrissa Klein, Fitness Services Manager: mklein@radyjcc.com | 204.477.7540**

Valid for new members or new personal training clients only. Value Pack members not eligible. Non-transferable.



THE ISRAEL-UNITED ARAB EMIRATES NORMALIZATION AGREEMENT



In partnership with JCC Association of North America



BENJAMIN KRASNA
Deputy Head of Mission of Israel to the U.S.

SPEAKER



YAAKOV KATZ
Editor-In-Chief of The Jerusalem Post

MODERATOR

THURSDAY, OCT 22 | 11:00 AM

> CLICK HERE TO REGISTER

CONTACT US

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To those who have continued their membership or recently reactivated, **Thank You!**
We encourage you to come use our classes and services because YOU make our community thrive!
If you are currently on freeze and would like to reactivate, please email rlieberman@radyjcc.com
Let's continue to work together to fulfill our mission! We need community now more than ever.

HOURS OF OPERATION

Mon-Thu 6 am - 9 pm
Friday 6 am - 7 pm
Saturday 8 am - 5 pm
Sunday 8 am - 5 pm

