



Rady JCC

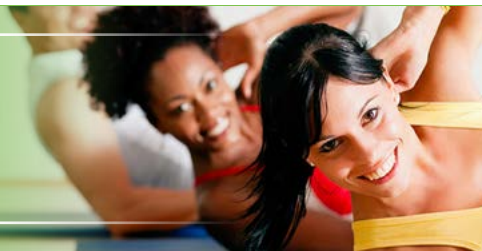
Digital Program e-Guide

November 18 - December 2, 2021



Click on program to register online

Adult Fitness



Group Fitness Classes

> [See Full Schedule and Register online](#)

Chair Yoga

Mondays 1:30-2:30 pm | Sept 27-Dec 6 (no class Oct 11)

Instructor: Michelle Reinheimer

Circuit Sculpt

Tuesdays | 11:00-11:45 am

Nov 9-30 (4 week trial class)

Instructor: Alex O

Fitness Walking

Mondays & Wednesdays | 11:00-11:30 am

Aquafit Combo

Tue | Thu | Fri | 9:15-10:00 am

Sat | 9:10-9:55 am

Indoor Soccer

Jewish Hockey League (Floor Hockey)

Basketball

> [Schedule](#)

Pickleball

> [Schedule](#)

Pilates

> [Schedule](#)

Active Living Older Adults



Small Group Training for Active Aging

Mondays & Thursdays | 11:05 am-12:00 pm

Oct 18-Dec 13

Instructor: Morrisa

\$128 M | \$160 NM

Wellness Series

Fall Prevention: Be Ready Be Steady

Presenter: Luana Whitbread, RN

Mon, Nov 22 | 11:45 am

Stay Young Club

A Wellness Program for Older Adults

NEW DAY - Mondays | 11:15 am - 1:00 pm

Begins Nov 29

Minds in Motion

Fridays | 10:00 am - 12:00 pm | Oct 15-Dec 3

PACE (People with Arthritis Can Exercise)

Wednesdays | 1:00 - 1:55 pm | Oct 6-Nov 24

Instructor: Claudia

Parkinson Exercise Program

Wednesdays | 2:15 - 3:15 pm | Oct 6-Nov 24

Instructor: Susan

Chair Yoga

Mondays | 1:30 - 2:30 pm | Sept 27-Dec 6

Instructor: Michelle

Bridge Mah Jongg - Drop In

Wednesdays | 12:30-3:30 pm

Adult Lounge | \$3 drop in fee

Cancer Management

Tuesdays and Thursdays | 11:00 am-12:15 pm



Click on program to register online

Children and Family Programs



Chanukah Extravaganza

Family Chanukah Party

Sun Nov 28 | 10:00 am - 12:00 pm

CHappy CHanukah + CHoliday Cheer Concert

Tue Nov 30 | 2:00 - 3:00 pm

Adult Paint Night

Wed Dec 1 | 6:30-8:30 pm

Chanukah Fun with Your Little One

Thu Dec 2 | 10:00-11:00 am

Chanukah Story Time, Crafts + Games

Sun Dec 5 | 10:30 am - 12:00 pm

Chanukah Candle Lighting

Every Evening at 4:00 pm - Mon Nov 29 - Fri, Dec 3
Across from the Membership Desk

Dynamic Illustrator

Art Class for 8-12 year olds

Tuesdays 5:30-7:00 pm | Oct 19-Dec 14

Baby & Me

Tuesdays | 9:30-10:30 am

Toddler & Me

Tuesdays | 10:45-11:45 am

Fit Together Parent and Baby AquaFit

Mondays 12:00-12:45 pm | Nov 1-Dec 13

Wednesdays 12:00-12:45 pm | Nov 3-Dec 15

Thursdays 12:00-12:45 pm | Nov 4-Dec 16

Fit Together Prenatal Aqua

Thursdays 7:30-8:30 pm | Nov 4-Dec 16

Lullaland

Sensory adventures for young minds

> [Register for Winter Term](#)

Aquatics



Lap Swim

All 5 lanes open | No pre-booking necessary

> [Pool Schedule](#)

Cultural Arts



African Drum Classes

Tuesdays | 7:30-8:30 pm

Nov 23 - Dec 14

With Jay Stoller of NAfro Dance

Contemporary Issues Through a Jewish Lens - Lecture Discussion Series

Thurs Nov 25 | 7:30 pm

Rabbi Matthew Leibl: "Chanukah Stories Never Told"

Blankets for Love

Sun, Nov 21 | 3:30 pm

Come together to make blankets for the Simkin Centre on Mitzvah Day

Youth Programs



TAL

Teens as Leaders: for Grades 10-12

Registration now open

> Contact [Laura Marjovsky](#) for more info & to apply

BBYO

> Click here for BBYO website

> Contact [Laura Marjovsky](#) with inquiries

Triple F

Programs for individuals with special needs

Sundays | 2:00-5:00 pm

Ages 14-21 and Ages 21+



Click on program to register online

ENVELOPE AUCTIONS ARE BACK!

In support of the

WIN! Authentic Mitch Marner Autographed Toronto Maple Leafs Jersey

NOTICE

2021 Annual General Meeting
 Monday, December 13, 2021 | 6:00 p.m.
 Asper Jewish Community Campus – Multi-purpose Room
 123 Doncaster Street
 ZOOM OPTION: A secure Zoom link will be emailed to you prior to the AGM

RSVP by Friday, December 10: ltreiss@radyjcc.com

Personal Training

Rady JCC’s qualified personal trainers can design a program specifically to meet your needs:

- Help you learn how to properly use the equipment in the fitness area
- Give you proper guidance on the types of exercises you should be doing for your fitness level and goals
- Ensure you are exercising safely
- Help you reach your fitness goals quicker
- Address pain related to muscle imbalances and poor posture
- Kick start your training regiment

Intro Special: \$129*
1 CONSULT + 2 SESSIONS

REGULAR TRAINER FEES			
SESSIONS	INDIVIDUAL		PARTNER
	30 MIN	60 MIN	60 MIN
1	\$42	\$57	\$90
5	\$40	\$55	\$87
10	\$38	\$52	\$80

MASTER TRAINER FEES			
SESSIONS	INDIVIDUAL		PARTNER
	30 MIN	60 MIN	60 MIN
1	\$45	\$60	\$95
5	\$43	\$58	\$90
10	\$40	\$55	\$84

* Valid for new members or new personal training clients only. Non-transferable. **► Contact [Morrisa Klein](#)**

Athletic Therapy Now Available at the Rady

Contact Michelle to book a session

Membership has its Privileges!

Not only do Rady JCC members have the privilege of registering for programs early, but they also enjoy discounted fees on those programs.

Refund Policy: Please note all refunds are subject to a \$20 admin fee. Refunds will only be issued up to 7 days prior to start date of program unless the withdrawal is for medical reasons. Refunds will be issued in the form of a Rady JCC gift card to be used for a future program.

More membership information [here](#)
Contact [Robyn Lieberman](#) with inquiries

	Cost Monthly
Youth (11 and under)	\$21
Teen (12-17 years)	\$31
Student (18+)	\$37
Young Adult (18-35)	\$48
Senior (65+)	\$56
Individual Adult (36-64)	\$62
One-Parent Family	\$80
Senior Couple (65+)	\$96
Adult Couple	\$105
Family	\$114

Staff

Rob Berkowits, Executive Director
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Shirly Pelich, Assistant Director, David & Ruth Asper Early Learning Centre
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Joanna Young, Assistant Child Care Director
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Board

[> See Photo](#)

Lindsay Sawyer Fay, Immediate Past President
GINNA SAPOZHNIK, President
Don Haid, Senior Vice-President
Alex Levine, Vice-President Finance
Adam Nepon, Vice-President

Directors

Yale Chochinov
Marianna Fradkov
Marty Greenfeld
Charles Guberman
Fay-Lynn Katz

Alex Lifshits
Lisa Manning
Tannis Mindell
Jannah Rittberg
Nathan Weltman

Director at Large
Murray Gilfix



Hours of Operation

Monday-Thursday
6:00 am - 9:00 pm

Friday
6:00 am - 7:00 pm

Saturday & Sunday
8:00 am - 6:00 pm

Vision

The Rady Jewish Community Centre aspires to be a vibrant and welcoming community where Jewish culture and values flourish, where families and friendships are strengthened, where healthy and active lifestyles are encouraged and where we contribute to the well-being of the entire community by ensuring our programs and services are available to all.

Mission

The Rady Jewish Community Centre's mission is to be the centre of the community providing the best in Jewish culture, fitness and wellness programs for all stages of life.



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