



Membership Services

The Simon Family JCC offers BENEFITS like never before... The Simon Family JCC serves the recreational, cultural, and social needs of the entire community...spanning every age group, religious affiliation and economic status. Although supported primarily by member dues and fees, the Simon Family JCC serves both the Jewish and overall community. Most cultural events, educational programs and exhibits are open to the public. In addition, the Simon Family JCC is a beneficiary of the United Jewish Federation of Tidewater and of the United Way of South Hampton Roads.

Membership Benefits

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| <ul style="list-style-type: none"> ○ Unlimited use of Fitness Center with Cybex Eagle Strength, Free Weights and State of the Art Cardiovascular Equipment ○ Silver Sneakers Senior Fitness Program ○ Access to fitness trainers ○ Three sessions with a personal trainer ○ Men's and Women's locker rooms both equipped with Steam and Sauna rooms ○ Gymnasium with basketball courts ○ Outdoor Playgrounds ○ Outdoor Aquatic Center with Water Park and Outdoor Lap Pool | <ul style="list-style-type: none"> ○ Unlimited Group Exercise, Yoga and Pilates Classes ○ Weight loss classes – with “Get Real” Weight Management Program ○ Unlimited Group Cycling classes ○ Unlimited Water Fitness classes ○ Indoor Cardio and Therapy Pools ○ Babysitting Services while you work out ○ Complimentary Towel Service ○ Cardo Café – Healthy Food for a Healthier You ○ 6 Tournament Quality Tennis Courts ○ Kid's Night Out (3rd Saturday of each month from 6-10pm) |
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New members each receive the following free of charge when they join:

A Free Fitness Assessment at any time (we recommend having a fitness assessment every 6 months to track your progress) to assess your cardiovascular fitness, flexibility, body fat, weight, strength and blood pressure. This will help the trainer better design a program for your fitness needs. In addition you will receive three Free Personal Training Sessions with one of our personal trainers. Each member will be taken through a personalized Kick Start workout with the personal trainer according to your fitness goals and needs. **Please Call (757) 321-2338 or stop by the front desk to schedule your appointments.**

Hours of Operation

Facility Hours

Monday thru Thursday

5:30am- 9:30pm

Friday 5:30am - 4pm [September-March]

Saturday 9-3pm [September-March]

Friday 5:30am -6pm [April-September]

Saturday 9-6pm [Summer Months]

Sunday 8am-6pm

Pool closes ½ hour before facility closes

Kid- Fit Hours

Monday – Thursday 3:30-6:45pm [September-June]

Monday-Friday 9am-12pm [June-September]

Babysitting Hours

(6 weeks – 6yrs)

Monday thru Thursday

8:30am - 1:30pm and 3:30 - 7:30pm

Friday 8:30am- 1:30pm

Sunday 9:00am – 1:00pm

Zone Hours

(6yrs and up)

Monday – Thursday 3:30pm-7:30pm

Sunday 9:00 am – 1:00pm

Kid Fit Schedule

The Fit Zone will help children and teenagers build strength, cardiovascular endurance, flexibility and confidence while having fun. Fit Zone workouts will focus on encouraging the JCC youth to be active and make healthy choices throughout the day. Rotating activities include fitness games, interactive nutritional games, aerobic activity and agility training to help physical development. The Fit Zone is staffed with a fitness instructor at all times. Parents must sign their children in and out of the Fit Zone and must remain in the building while children 11 and under are participating. A complimentary service to members.

Class times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sundays
Fall 3:30-6:45pm	Ages 5-12	Ages 5-12	Ages 5-12	Ages 5-12		
Winter 3:30-6:45pm	Ages 5-12	Ages 5-12	Ages 5-12	Ages 5-12		
Spring 3:30-6:45pm	Ages 5-12	Ages 5-12	Ages 5-12	Ages 5-12		
Summer 9am-12pm	Ages 6-12	Ages 6-12	Ages 6-12	Ages 6-12	Ages 6-12	

Membership Dues

(Memberships are for 12 Consecutive Months)

Membership Type	Monthly Fee	Annual Fee
Family	\$85	\$1020
Single Parent Family	\$78	\$936
Couple	\$75	\$900
Senior Adult (ages 65 & older)	\$54	\$648
Adult (ages 26-64)	\$60	\$720
Young Adult (ages 16-25)	\$41	\$492
Corporate Family	\$68	\$816
Corporate Adult	\$48	\$576

Joining Fees: All new memberships pay a \$75 joining fee for family-couple and \$50 joining fee for single

Family Memberships: Includes school-age children and full-time students age 22 and under

Corporate Rates: Apply to those corporations that have 5 or more employees

Payment Options: The Simon Family JCC accepts checks, cash, VISA, MasterCard, Discover for annual payments and VISA, MasterCard, Discover or Electronic Fund Transfer from checking and savings accounts for monthly payments.

Current Participating Corporations

<p>ABS Technologies Amerigroup AVIS Booz Allen Hamilton CHKD Checked Flag City employees of Chesapeake City employees of Norfolk City employees of Virginia Beach Clark Nexsen Cox Communications Dominion Virginia Power ECPI EMG Acquisition Group/Worker's Choice Entercom Communications</p>	<p>ESRG EVMS GAO Heartland Home Health Hercules Real Estate Hunt Homes Konikoff Family Dentistry Kramer Tire Landmark Design Group Max Media MSA Norfolk Naval Shipyard Northrop Grumman Old Dominion University Regent University</p>	<p>Rehabilitation Associates Samuel I. White, P.C. Sentara Sentara Living Senior Citizens Shaheen & Shaheen St. Gregory's School Streco Fibres Stroud, Pence & Associates Susan G. Komen TCC Tidewater Mortgage Corp. UPS Zim Shipping</p>
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Facility Highlights

Cardo

Membership Service Desk and Program Information Center
Lounge Area and Klezmer Music/Reading Room
Cardo Café and Vending Machines
Wireless Internet access and ATM Machine

Indoor/Outdoor Pools

Lane heated lap pool for lap swimming
Outdoor Water Park
Hydroriders (Group Cycling)
Swimming Lessons
Stroke Improvement

Group Exercise

Group Cycling Classes
Yoga and Pilates Classes
Group Exercise Classes

Babysitting

Babysitting area for ages 6 Weeks to 6 years Indoor
Adventure Center
Infant and Toddler Rooms

Zone

Computer Lab
Kid's Fitness Center
Kid's Fitness Classes with nutrition
Centers with manipulatives and games
Art Room

Strelitz Early Childhood Center Preschool

Nondenominational, welcoming ages 2 - 4 years old
Professional staff with low student-teacher ratios
Large classrooms with bathrooms and sinks
Outdoor and indoor play areas for motor development
Music and physical education
Library
Aquatics
Children's cooking center
Computers and preschool software in each classroom
Extended day and Full Care options
Is your child still in diapers? NO PROBLEM!

Fitness Center

Complimentary Towel Service
Cybex Free Weight Equipment:
State-of-the-Art Cybex Eagle Strength Equipment and
State-of-the-Art Cardiovascular Equipment
Abdominal Floor Area with stability balls, medicine balls
and resistant bands
Cardio Theatre and Personal Trainers

Gymnasium

Full Size Adult Basketball Courts
Volleyball Equipment
Basketballs and Volleyballs are available at the Front Desk

Men's/Women's Locker Rooms

Extra Large Lockers
Showers, Saunas, and Steam Rooms
Weighing Scale
Family Changing Rooms with showers
Locker Packages available

Outdoor Areas

Tennis Courts
Basketball Courts
Soccer Field
Miniature Golf and Playground

Program Rooms

Children's Dance and Activity Studio
Children's Activity Playroom (Beginnings Program)
Multi-Purpose Room with Stage

Age Guidelines

General Facility: Children ages 11 and older are permitted in the facility without a parent.

Key Fobs: All members ages 14 and older will receive a key fob to enter the building.

Aquatics Center: Children ages 8 and older who have passed the swim test may use the pool with a parent in the building.

Kid Fit Center (Fit Zone): Children ages 5 (Fall/Winter) 6 (summer) and older may use the Kid Fit center during assigned days and times.

Fitness Center

Teenagers 13-15 who have completed all 5 Teen Weight Lifting sessions may work out in the fitness center without an adult present. (With good behavior) Ages 13-14 who **have not** taken Teen Weight Lifting cannot work out in the fitness center. Age 15 must have an adult with them at all times in the fitness center. (Parent confirms age if asked) Teenagers 16 years and older may workout without an adult present and without having taken Teen Weight Lifting. (May be asked for I.D.). 12 years and under are welcome in Kid Fit, The Zone, gym or pool if they have completed a swimming test. Teen Weight Lifting Sessions Ongoing cost: \$50 for 5 sessions Call Starr Kimmer at 321-2322 for an appointment.

Locker Rooms: Children 5 and under may use the locker rooms with a parent of the opposite sex. Children 6 and older MUST use the Family Changing Rooms with parents of the opposite sex.

Financial Assistance

It is the philosophy of the JCC that no one is ever denied membership because of an inability to pay the membership dues. If there are special circumstances that require adjustments and/or special assistance, please contact the Membership Services Director and request a confidential interview.

Shabbat and Holidays

The Simon Family JCC is closed on Friday evening in honor of Shabbat. In addition, the Simon Family JCC is closed for the following Jewish Holidays: Rosh Hashanah, Yom Kippur, Sukkot, Shemini Artzeret/Simchat Torah, the first and last two days of Passover and Shavuot. Jewish Holiday closings begin at sundown the day before the holiday and end after sundown on the day of the holiday.

Address and Phone and Fax Information

The Marilyn and Marvin Simon Family Jewish Community Center
5000 Corporate Woods Drive, Suite 100
Virginia Beach, Virginia 23462

Located on the Reba and Sam Sandler Campus of the Tidewater Jewish Community

Phone: (757) 321 - 2338

Fax: (757) 489 - 4427

Website: www.simonfamilyj.org