



# JCC Moments

Embracing Our Community

## A message from our Executive Director, Andrew Levy

It's with pleasure that I introduce you to JCC Moments. This endeavour is meant as a reflection of our vibrant community, a celebration of shared experiences that shape our collective JCC journey, and a reminder of all the special moments – past, present and future – that make the JCC like a second home for so many of us in the community. We share these moments with you and hope you will share your moments with us.



## March Moments

- A Deeper Dive: The Lifelong Impact of Aquatics Programs
- From Strength to Strength: Personal Growth through Fitness
- Get into Group Ex: Member Favourite Classes for all Fitness Levels

## A Deeper Dive into Our JCC Aquatics Programs

Swimming at the JCC isn't just a popular pastime—learning how to swim is a vital life skill that keeps our community afloat - literally.

"Through our swim lessons and water safety programs at the JCC, we aim to empower individuals of all ages with the skills and knowledge necessary to navigate aquatic environments with confidence and caution," says Kevin Power, director of aquatics at the Prosserman JCC. "By fostering a deep appreciation and awareness of water safety, we not only protect lives but also enhance the enjoyment and freedom that comes with being skilled in the water."

“By fostering a deep appreciation and awareness of water safety, we not only protect lives but also enhance the enjoyment and freedom that comes with being skilled in the water.”



Sara Gladstone is a figure synonymous with passion, dedication, and transformation within our Master Swim program. Sara's journey is not just about mastering the strokes but about embracing the aquatics world as a lifelong commitment.

But what truly sets Sara's story apart is her advocacy for continuous learning and leadership in aquatics. "Swimming is more than a sport; it's a lifesaver, a confidence builder, and a way to lead. I've seen children transform into responsible young adults, taking on lifeguard and instructor roles, carrying forward the legacy of safety and mentorship."



[Read More about Aquatics Programs at the JCC](#)

## From Strength to Strength: Eileen and Leah Jadd's Fitness Journey

Eileen Jadd's journey with the JCC began nearly three decades ago. She wasn't just seeking a fitness experience, but a community that embraced her as a new mother. Her story reflects the JCC's evolution from a wellness hub to a cornerstone of community and cultural enrichment. It's a tale of transformation, shared with her daughter, Leah, who has woven her own story within these walls, from a spirited youth at Centre Camp to a champion of member engagement and experience in her professional role today.



Their story isn't just about physical strength, but the strength of a community that supports, nurtures, and grows together. Leah's journey, marked by joyous childhood memories and personal growth, highlights the JCC's role in shaping lives beyond the gym. It's a testament to the JCC's commitment to being more than a fitness center—it's a home for lifelong connections and memories.

[Learn More About Eileen & Leah's JCC Experience](#)

## Get into Group Ex – Members share their personal bests!

Our members join the JCC for many different reasons. Some join looking to create meaningful connections with others in the community; some are introduced to the JCC through their child's participation in our daycare, supplementary Hebrew schools or popular summer camp offerings; and many arrive at the JCC to work on their overall health, wellness and fitness. Once they experience our state-of-the-art fitness centre and the many diverse fitness programs the JCC has to offer, each will have a story to tell about their favourite JCC fitness experience. Here are a few examples that speak to the diversity of our fitness offerings and the people who make them special at the JCC.



Andrea Pines is a beloved member of our Prosserman JCC community where she is not only an active member, but a very popular fitness instructor. Andrea's passion for fitness begins with her commitment to building community engagement through health and wellness.

Shalom Kane's story is one of remarkable resilience. Following an injury, Shalom found solace and strength in the practice of Iyengar Yoga and Therapeutic Yoga at the JCC.



Heather Kestenbaum has found a second home at JCC, where the doors are wide open to everyone, regardless of ability.

Twenty-five years ago, Adele Nissan began her journey with us as a cycle instructor. Today, she remains a vibrant part of our fitness community, participating in a range of classes.



[Read More About Finding Your Favourite Classes at the JCC](#)

As we celebrate these stories, we invite you to share your own JCC moments. Each story is a thread in the fabric of our community, and we're eager to hear yours. Let's continue to build our community together, one moment at a time. Your stories are the heart of our JCC, and we look forward to connecting with many more with you.