



Bar Mitzvah Training Program Overview

Like any milestone, the Bar Mitzvah is an event worth preparing for. In the months leading up to the big day, the Rabbi will guide your son along the process to becoming a Jewish adult.

The Bar Mitzvah training program includes two tracks: Preparation for the Bar Mitzvah Ceremony itself, and the Jewish Discovery course.

Bar Mitzvah Ceremony preparation sessions are always one-on-one. Jewish Discovery classes may be held either individually or in groups.

Each class is thirty minutes long. Additional classes may be scheduled if needed.

Note: The role of the Rabbi is to advise and coach the Bar Mitzvah boy. This includes creating an achievable Torah Reading goal, assessing the student's progress at each lesson, and assisting with the sermon.

Above all, success depends on consistent review by the Bar Mitzvah boy. This review is done at home, using Chabad.org's excellent [Torah Reading Trainer](#). **One-on-one classes with the Rabbi are not intended to replace this review.** It is crucial that parents encourage their son to study regularly, and support him in his preparations.

Ceremony Preparation

- **Liturgy Practice:** Familiarizing the Bar Mitzvah boy with the blessings over the Torah, the Shema, and any other sections of the prayers that he will be reciting aloud.
- **Torah Reading Coaching:** Assessing Bar Mitzvah boy's Hebrew reading skills, creating an achievable Torah goal, assigning a study schedule, and evaluating the Bar Mitzvah boy's progress at each lesson.

***Note:** The Bar Mitzvah training program is not designed to catch the student up on the basics of Hebrew reading. The Rabbi will assess the Bar Mitzvah boy's reading skills to determine the level of Torah Reading that is right for him.*

- **Speech Writing:** Drafting a speech for the Bar Mitzvah boy, along with smaller sermonettes to deliver during Torah Reading, if applicable.
- **Speech Preparation:** Coaching the Bar Mitzvah boy in speaking and delivery.



Jewish Discovery Course

- **Tefillin Training:** Teaching the Bar Mitzvah boy to put on Tefillin on his own
- **Discovery Lessons:** One-on-one discussions with the Rabbi to explore the role the Bar Mitzvah boy will assume as a Jewish adult. Subjects include the history of the Jewish people, the significance of the Jewish soul, Mitzvot, and other general knowledge.

Requirements

Unlike most synagogues, Chabad of Laguna Niguel does not require two years of membership in order to do a Bar Mitzvah. However, in view of the spiritual significance of the Bar Mitzvah, we do ask that the Bar Mitzvah boy and his parents commit to the following:

- **Purchase his own pair of Tefillin**, which the Rabbi will teach him to put on, from a reputable scribe. We recommend Rabbi Yisroel Benshimon, based in LA; his catalog can be viewed [here](#).
- **Practice putting them on at least fifteen times prior to the Bar Mitzvah**, with a parent signing off on the provided page in their son's booklet.
- **Attend Shabbat services at least one Shabbat per month during the training period.**
- **Participate in Cteen events** during the preparation period, and in the year following the Bar Mitzvah. This includes the weekly Cteen Sundae club and seasonal events.

Tuition Cost

The charge for the complete Bar Mitzvah Training Program is \$1000, payable in cash, check, or credit.

Please select a payment option that works for you on your Bar Mitzvah Lesson Application form.