

# Program Guide

## South Hills

### Winter/Spring 2017

Welcome to Our NEW Mobile Program Guide  
*Call, email or register with the tap of your finger*



DIGITAL VOLUME 1.2

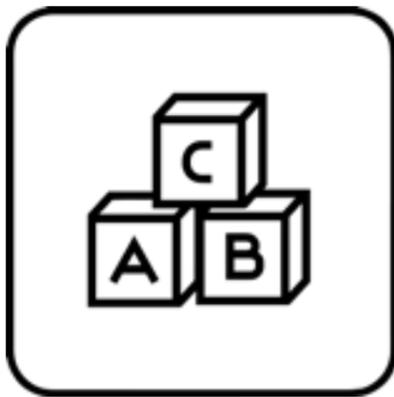
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# membership

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## For Information - Frieda Lalli

Membership Director



**Email :**  
[flalli@jccpgh.org](mailto:flalli@jccpgh.org)



**Phone :**  
412-446-4774

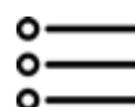
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### JCC Membership Includes:

- FREE** State-of-the art Fitness Center with circuit training
- FREE** 25-yard indoor pool with handicap accessible private bathroom and water-powered chair lift
- FREE** Double-court gymnasium
- FREE** Outdoor swimming pool at the Family Park in Monroeville
- FREE** Group fitness classes
- FREE** In-depth orientation in the Fitness Center
- FREE** Outdoor adaptive playground
- FREE** Wireless Internet
- FREE** Kabbalat Shabbat
- FREE** Access to JCC Squirrel Hill facility, *Centerfit Platinum is an additional fee*
- FREE** Family programs

### Members have access to:

- Early Childhood Development Center, *Starting at 6 weeks*
- Day camp and overnight camp
- Private and group swimming lessons, arthritis aquatic exercise program, water aerobics classes, swim team
- Sports leagues, classes, skills training, one-on-one training for all ages
- Dance classes starting at age 2
- Personal training
- School's Out programs
- Babysitting



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# membership

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## Refer Your Friends to the JCC for Big Savings

For more information, please call **412-446-4774**

YOU get one month FREE for each membership referral. EACH FRIEND gets one month FREE upon joining (General Membership)

**Be sure your friends give us your name when they join.**

*Valid for new members or lapsed memberships of greater than one year. Not valid for SilverSneakers®, Ultimate Fitness, Silver&Fit and Prime memberships.*

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## Platinum Membership Benefits

- Free Group Centergy, yoga and Pilates classes
- Up to 10% off personal training
- Free TRX and Boot Camp classes
- Access to the Platinum facilities in Squirrel Hill
- Discounts on massage in Squirrel Hill

To become a Platinum member,  
contact Frieda Lalli at **412-446-4774**



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# jewish life



**Jewish Life Teens**



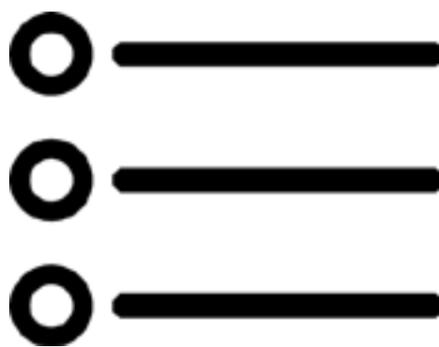
**BBYO**



**Hebrew**



**Holidays**



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# jewish life - teens

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## For Information - Rabbi Ron Symons

Senior Director of Jewish Life



Email :  
[rsymons@jccpgh.org](mailto:rsymons@jccpgh.org)



Phone :  
412-339-5395

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*Programs listed here take place at the JCC in Squirrel Hill*

## J Line • Grades 8-12

Carolyn Gerecht, [412-339-5400](tel:412-339-5400)



Email :  
[cgerecht@jccpgh.org](mailto:cgerecht@jccpgh.org)



Like J Line on  
Facebook

Engage in Jewish life at the JCC through J Line, a powerful Jewish learning community for teens. Practice your Hebrew, explore ongoing current events affecting Jews around the globe, sign up for a ceramics class or service project, or improve your leadership skills through J Line's weekly classes and programs. The program runs September through April.

**Register for J Line »**

*All JCC and local synagogue members receive a 10% discount.*

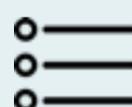
## Teen Leadership Council

Chris Herman, [cherman@jccpgh.org](mailto:cherman@jccpgh.org) or [412-697-3233](tel:412-697-3233)

Teen Leadership Council is a body of youth group leaders representing more than 10 Jewish teen organizations from around greater Pittsburgh. The council meets periodically throughout the year, coming together to build relationships, support each other and learn together.



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# jewish life - teens

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## **Rosh Hodesh - It's a Girl Thing: Grades 6-7**

Ariel DiFelice, [adifelice@jccpgh.org](mailto:adifelice@jccpgh.org) or **412-697-3518**

Led by Sara Stock Mayo, the program uses Jewish teachings and practices to give girls a place to feel safe, articulate their deepest concerns, consider the impact of gender on their daily lives, have fun, and be “real” with their peers. Through discussion, arts & crafts, creative ritual, games and drama, the girls and their leaders draw on Jewish values to explore issues the girls care about most, such as body image, friendship, relationships, family, competition, and stress.

**MEETS MONTHLY**

## **Shevet Achim - The Brotherhood: Grades 8-9**

Ariel DiFelice, [adifelice@jccpgh.org](mailto:adifelice@jccpgh.org) or **412-697-3518**

Led by Chaim Steinberg, this program creates a “guy space” for boys to explore what masculinity and being Jewish mean to them. Clowning and horseplay are balanced with deep discussions of what Judaism has to say about the ethical challenges of their everyday lives in an honest, relevant and “cool” way.

**MEETS MONTHLY**

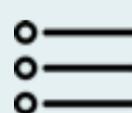
## **JTeenpgh.com**

Use this website to see program calendars and descriptions and meet the leaders of greater Pittsburgh's many Jewish youth organizations. The website was created by Pittsburgh's Youth Professional Network and the Teen Leadership Council of teen youth organization leaders.

**Visit [JTeenpgh.com](http://JTeenpgh.com) »**



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# jewish life - teens

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## The Second Floor

Ariel DiFelice, [adifelice@jccpgh.org](mailto:adifelice@jccpgh.org) or **412-697-3518**

Featuring amenities like Netflix, Playstation, coffee makers, lounge chairs, a bright color palate and 30-foot white board wall, the Second Floor is the perfect spot for homework, creative projects, or just quality time with friends. Free and open to all teens Monday through Thursday. Hours align with JCC holidays and closings.



**Like The Second Floor on Facebook**

## Goldston Teen Philanthropy: grades 7-8

Ron Symons, [rsymons@jccpgh.org](mailto:rsymons@jccpgh.org) or **412-339-5395**

Seven workshops exploring a number of non-profit agencies help teens learn how to make the world a better place. Each workshop is tailored to a meaningful topic ranging from Jewish values to budgeting and grant making. Teens make friends from different schools and neighborhoods, allowing them to build a deeper understanding of *tzedakah*.



**Like Goldston Teen Philanthropy on Facebook**

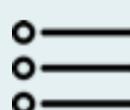
## Certificate in Elementary Jewish Education

Carolyn Gerecht, [cgerecht@jccpgh.org](mailto:cgerecht@jccpgh.org) or **412-339-5400**

This training program with monthly meetings is designed for Jewish high school students who currently work in religious school classrooms and who may be interested in extra teacher training to boost their resumes. All students who complete the program receive a \$100 stipend.



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# jewish life - teens

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## HaZamir Pittsburgh: Grades 8-12

To request an audition, please contact Carolyn Gerecht, [cgerecht@jccpgh.org](mailto:cgerecht@jccpgh.org) or **412-339-5400**

Learn Jewish music, make friends from around the world, and perform in world-class venues. HaZamir Pittsburgh rehearses Jewish choral music on Sunday afternoons at the JCC in preparation for a spring performance with more than 400 other teens from around the world at Carnegie Music Hall or Lincoln Center in New York City.



**Like HaZamir Pittsburgh on Facebook**

## J-Serve: grades 6-12

Carolyn Gerecht, [cgerecht@jccpgh.org](mailto:cgerecht@jccpgh.org) or **412-339-5400**

J-Serve Pittsburgh is a teen-led day of Jewish community service, attended each year by nearly 300 Jewish teens from all over greater Pittsburgh. Teens can volunteer at more than 15 service locations, playing bingo with the elderly, gardening, making food, visiting the sick, and more.

For more information about joining the teen Steering Committee, or to join our mailing list, please contact Carolyn Gerecht, [cgerecht@jccpgh.org](mailto:cgerecht@jccpgh.org)

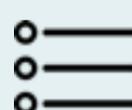
**SUNDAY, MARCH 19, 2017**

**Visit the J-Serve website »**

*J-Serve Pittsburgh is a partnership of the Jewish Community Center of Greater Pittsburgh, Repair the World: Pittsburgh, BBYO, and the Volunteer Center of the Jewish Federation of Greater Pittsburgh.*



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# jewish life - teens

## KMR BBYO - Andrew Exler

KMR Regional Director



**Email :**  
[aexler@bbyo.org](mailto:aexler@bbyo.org)



**Phone :**  
412-446-4781

BBYO is a youth leadership and social organization with 6 chapters in Pittsburgh: AZA for boys and BBG for girls. Keystone Mountain Region (KMR) includes Pittsburgh and Charleston and Morgantown, West Virginia.

### 2017 Upcoming Events

- New Member Weekend @ Adat Shalom: January 27-29, 2017
- BBYO International Convention in Dallas, Texas: February 16-20, 2017
- Regional Convention: March 25-26, 2017
- Beau Dance @ Fox Chapel Golf Club: May 12, 2017

## Diller Teen Fellowship: Grades 10-11

Chris Herman, [cherman@jccpgh.org](mailto:cherman@jccpgh.org) or 412-697-3233

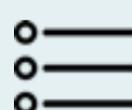
Diller's goal is to develop future generations of active, effective leaders with a strong Jewish identity, commitment to the Jewish people, respect for pluralism and love of Israel. Funded by the Helen Diller Family Foundation and the Jewish Federation of Greater Pittsburgh.



**Visit the Diller Teen Fellowship on Facebook**



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# jewish life - teens

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## Teen Repair Corps: Grades 9-12

Chris Herman, [cherman@jccpgh.org](mailto:cherman@jccpgh.org) or 412-697-3233

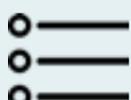
Teen Repair Corps is a monthly volunteer program planned and facilitated by teens for teens. Teen Repair Corps strives to get teens involved in meaningful volunteer opportunities to broaden awareness of needs in our community. Each month a new opportunity and activity will be featured to expose you to many different forms of community activism.

## Peer Engagement Interns: Grades 10-12

Meital Rosenberg, [mrosenberg@jccpgh.org](mailto:mrosenberg@jccpgh.org) or 412-697-3552

Peer Engagement Interns is an 8-month paid internship for teens to have ownership in The Second Floor space and build a strong community of Jewish students. Interns serve as connectors between The Second Floor and Jewish teens in the community, utilizing their own social networks and building relationships with Jewish students. Interns receive monthly training on engagement and communication, and are also enabled to create programs and design the space.

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# hebrew

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## For Information - Rabbi Ron Symons

Senior Director of Jewish Life



**Email :**  
[rsymons@jccpgh.org](mailto:rsymons@jccpgh.org)



**Phone :**  
412-339-5395

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## Aleph Isn't Tough: An Introduction to Hebrew

Rabbi Ron Symons will guide you as you enter or re-enter the world of Hebrew reading designed to help you feel more comfortable in services no matter the synagogue. Using the book, *Aleph Isn't Tough*, you will be introduced to the letters and vowels of the Hebrew alphabet with the goal of developing your ability to decode written Hebrew words as well as to ground the learning of Hebrew in the broader sense of its use in Jewish life, ritual, study and tradition.

## Intermediate Hebrew 1 and 2

Run in traditional Ulpan immersion style, Hebrew is the only language spoken. Prerequisite: 2 years of Beginner and Conversational Hebrew or its equivalent. Individual class placement occurs through a one-on-one call with instructor Nira Lion.

## Advanced Adult Hebrew

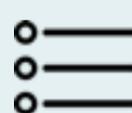
Selections and readings from modern Hebrew literature and the current Israeli press are read and discussed. Hebrew is the only language spoken. Instructor: Haya Feig.

**WEDNESDAYS**

**AUGUST 31-DECEMBER 7**



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# holidays

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## Shabbat

Shabbat is a day of rest and spiritual enrichment, a time to devote ourselves to higher pursuits. Join us on Fridays at 10 am to celebrate with the Early Childhood Development Center.

## Tu B'Shevat

**Saturday, February 11**

Tu B'shevat (15th day of Shevat) is the New Year for trees, marking the start of spring in Israel. School children there plant thousands of saplings. Traditionally in the Diaspora we eat dried fruit symbolizing the fruits of Israel.

## Purim

**Sunday, March 12**

Purim derives its name from the word "Pur," meaning lot. It recalls the lots that Haman, Prime Minister of Persia, cast to determine the most favorable month and day for the execution of the Jews of Persia. This diabolical scheme was foiled by the intervention of the Persian queen, Esther, and her uncle, Mordecai, who were both Jewish. Purim is a festival of joy, and young and old dress up in costumes to celebrate.

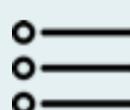
## Passover

**April 10-18**

Passover commemorates the deliverance of the Jewish people from slavery in Egypt. It is known as Chag HaMatzot (the feast of unleavened bread) in remembrance of the time when the children of Israel left Egypt so hurriedly there was no time for the dough to rise.



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# holidays

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## Shavuot

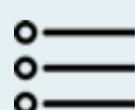
**Wednesday, May 31**

Shavuot commemorates the anniversary of the day G-d gave the Torah to the entire Israelite nation assembled at Mount Sinai some 3,300 years ago. Traditionally individuals celebrate the holiday by engaging in learning. To honor this tradition, the JCC in partnership with the Agency for Jewish Learning and the Jewish Federation of Greater Pittsburgh hosts annual community-wide study sessions.

[View the holiday calendar »](#)



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# early childhood

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## For Information - [Kathy Revesz](#)

Director, ECDC



**Email :**  
[krevesz@jccpgh.org](mailto:krevesz@jccpgh.org)



**Phone :**  
412-278-1786

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## Our Program

The JCC's Early Childhood Development Center is a "home away from home" for children 6 weeks to 5 years old. At ECDC, you can trust that your child is safe, secure and appropriately challenged, nurtured by professionals who encourage your child to grow and thrive.

At ECDC, we promote Jewish values, encourage children to appreciate diversity and provide an environment that promotes acceptance and a sense of belonging.

We offer a program predictable enough to satisfy a child's need for routines yet diverse enough to broaden his or her horizons with exciting new experiences. We believe that discovery and play are a young child's most important "work."

We provide countless opportunities for children to develop skills and confidence, as well as the environment and freedom for children to have fun!

## Our Staff

Our staff respect the uniqueness of each child and consider parents our partners. We welcome your input and strive for ongoing communication between home and school. Together, we can foster your child's feelings of self-worth, independence and success.



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# early childhood

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## What makes ECDC special

- Indoor swimming pool with instructional swim
- Double-court gymnasium with physical education classes
- Jewish holidays and customs
- Two fenced-in age-specific playgrounds for toddlers and ages 2-5
- Marci Lynn Bernstein outdoor playground with wheelchair access
- Escorts to JCC enrichment classes
- Gym
- Nature program with Scott Conservancy
- Music class with Sally Mathews
- Judaics with Laura Alpern

## Age Groups and Schedules

**MONDAY THROUGH FRIDAY**

**7 AM-6 PM OR 9 AM-3 PM**

### **Infants**

Full-time care for babies, starting at 6 weeks through 14 months

### **Tots**

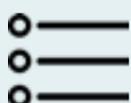
Full-time options for ages 14 months to 2 years

### **Toddlers**

Full-time options for 2-year-olds

### **Preschoolers**

Full-time options for ages 3-5

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# early childhood

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## Kindergarten Readiness

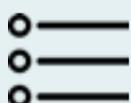
Full-time option for children who need another year of preschool or who just miss the cut-off for kindergarten because of their birth date. The program includes instruction in math, literacy and art, as well as Judaics, music, nature and swim lessons. The children go on monthly field trips to places such as the Duquesne Incline, Mt. Lebanon Police Department, Mt. Lebanon Fire Department and the park.

## Kindergarten Enrichment

Our enrichment program for kindergartners has morning and afternoon options. Children explore monthly themes such as Pittsburgh, Children Around the World and Our Amazing Selves through projects, field trips and special visitors. The program includes music, nature and swim lessons. Space is limited.

*Major funding for Early Childhood programming is provided by the Pittsburgh Jewish Pre-Kindergarten Educational Improvement Foundation of the Jewish Federation of Greater Pittsburgh and Keystone STARS/PA Early Learning Keys to Quality with additional support from Massey Charitable Trust.*



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# children & families



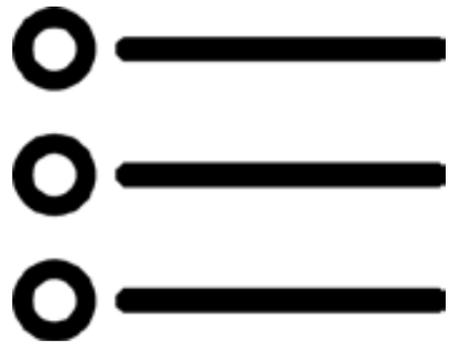
**Children**



**Families**



**Special Needs**



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# children

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## For Information - [Ann Haalman](#)

Director, Children and Family Services



**Email :**  
[ahaalman@jccpgh.org](mailto:ahaalman@jccpgh.org)



**Phone :**  
412-278-1782

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## Birthday Parties

### Ages 4-12

Celebrate your child's birthday at the JCC South Hills. We set up and clean up and supply paper products, invitations and supervision. Registration is on a first-come, first-served basis. All parties are 90 minutes long except for swim parties, which are two hours. Parties are priced for up to 20 children. Additional guests: \$4 each for Sports and Swim; \$10 each for Crafts.

**Includes a Free One-Day Guest Pass for families of your invited guests; Good for the day of the party only.**

### Sports Party

Wiffleball, kickball, soccer, hockey, relay races and more.

**\$250**

### Swim Party

Enjoy open swim time and games with your birthday guests.

**\$250**

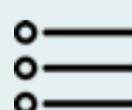
### Craft Party

Choose a theme and we'll come up with the projects to fit.

**\$250 plus materials fee**



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# children

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## Dance Party

Princess Ballet, Barbie Hip Hop, Daisy Disco and more.

**\$250 plus the cost of a dance instructor**

## Carnival Party

Carnival games, prizes and cotton candy.

**\$300**

## Create Your Own Party: Minimum fee

We provide the space, supervision and party supplies—you provide the program and refreshments.

**\$250**

**Schedule a Birthday Party »**

## Goodman Shortstop Babysitting

Register by calling **412-278-1785**; leave a voice mail.

Babysitting is available for children 6 weeks to 5 years of age.  
Buy coupons at the Front Desk.

Sunday ..... 9:30 am-12:30 pm

Monday-Friday ..... 9 am-11:30 am

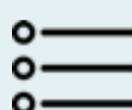
Monday-Thursday ..... 5:30-8 pm

**\$7/child/hour; \$30/month unlimited usage (one per child)**

*Parents must stay on JCC property.*



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# children

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## **Sitters on Saturday/ Kids Nite Out**

**SATURDAYS; 5-10 PM**

**JANUARY 7, FEBRUARY 4, MARCH 4, APRIL 1, MAY 6, JUNE 3**

**\$35/per child; \$25/sibling**

### **Guest Policy**

A member may bring one non-member guest (someone whose family has never been a member of the JCC in the past), for a fee of \$40, to a Sitters on Saturday or a Kid's Nite Out Program. A child may only attend one time as a guest. There is a limit of 5 guests per program. Members' spaces will not be sacrificed for guests.

### **Sitters on Saturday: ages 3-7**

We will have a pizza and salad supper, play in the gym, swim, play games, do arts & crafts, watch a movie and have a fun snack.

### **Kids Nite Out: ages 8-12**

The evening includes a pizza dinner, organized sports such as soccer, Pickleball and splash ball, manicures, pedicures, hair braiding, a movie and a decadent snack.

Both programs take place at the same time but with separate and different activities. Children should bring a bathing suit and towel. Registration is required by the Thursday before the program. No drop-ins will be accepted.

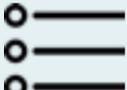
### **Companion Program for Siblings: ages 18-35 months**

Games, crafts, gym time, snack and a movie but no swimming.

**\$30/SIBLING**

**Call Ann Haalman to Sign Up »**

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# children

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## School's Out Fun Days: Grades K-6

Fun Days are offered when Mt. Lebanon and/or the Upper St. Clair schools are not in session. Fun Days include games, gym time, free swim, special field trip or in-house activity and snack. Bring a dairy lunch, beverage, swim suit, towel and gym shoes. No extra spending money is necessary. Pre-registration required; no drop-ins accepted. Flyers will be mailed with program details.

**9 AM-3 PM**

**\$55/day/child; \$50/early registration discount fee**

Before Care (7-9 am): \$8/day

After Care (3-6 pm): \$12/day

Before and After Care: \$15/day

## December 2016 Fun Days

**FRIDAY, DECEMBER 23**

In-House — Perler Fusion Beads Craft

**MONDAY, DECEMBER 26**

In-House — Herb Garden Creations

**TUESDAY, DECEMBER 27**

Field trip to see "Sing"

**WEDNESDAY, DECEMBER 28**

In-House — Clothespin Art

**THURSDAY, DECEMBER 29**

Field trip to Chuck E Cheese

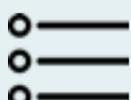
**FRIDAY, DECEMBER 30**

Field trip to Princess Lanes

**MONDAY, JANUARY 2**

In-House — "The Secret Life of Pets"

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# children

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## Scheduled Fun Days

Look to your mail for a flyer with specifics.

**JANUARY 16, 20**

**FEBRUARY 17, 20**

**MARCH 24**

**APRIL 10-14, 17**

**MAY 16, 26**

**JUNE 9, 12-16**

## When school is canceled for inclement weather

If school is canceled due to inclement weather, we will conduct a School's Out Fun Day program. Please call the JCC at 7 am to verify start time. We follow the Mt. Lebanon and Upper St. Clair school closings.

[Click for information and to register »](#)



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# Families

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## Purim Carnival

Carnival games, bounce house, prizes, Purim treats and more. Hosted by Beth El Congregation of the South Hills, Temple Emanuel of South Hills, JCC-South Hills, South Hills Jewish Pittsburgh, Chabad of South Hills and BBYO.

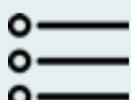
To volunteer the day of the carnival, contact **Ann Haalman** at **412-278-1782**.

**SUNDAY, MARCH 12**

**JCC-SOUTH HILLS**



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# special needs

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## For Information - **Meredith Brown**

Program Development Coordinator



**Email :**  
**[mbrown@jccpgh.org](mailto:mbrown@jccpgh.org)**



**Phone :**  
**412-697-3520**

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The following programs are offered at the Squirrel Hill branch of the JCC unless otherwise noted.

The JCC serves individuals with special needs by mainstreaming them into regular JCC programs such as day camp as well as providing programs dedicated to their needs. We encourage every interested person with a disability to participate.

## **Earl Latterman Family J.S.S.N.**

### **Jewish Singles Support Network**

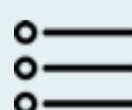
Call Marti Brown at **412-422-6720**

A social group for young adults, ages 20 and up, with mild to moderate developmental disabilities. This group meets weekly for programming meetings overseen by a staff advisor and enjoys programs they have developed.

**TUESDAYS; 6:30-7:30 PM**



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# special needs

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## **Violet and Joseph Soffer Foundation**

### **Family Special Olympics**

Call Ellen McBride at **412-731-6185**

Individualized training for Special Olympics. Special Olympics is for anyone over age 8 with cognitive delays. Please call for start dates.

#### **Basketball**

**SUNDAYS; NOON-1 PM; NO FEE**

#### **Swimming**

**TUESDAYS; 5-6 PM; NO FEE**

## **Teen and Young Adult Center**

**MONDAY-FRIDAY, 2-6 PM; YEAR-ROUND**

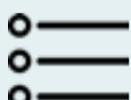
**Participants can attend 1-5 days per week**

Led by Lynne Carvell, the Teen and Young Adult Center at the JCC in Squirrel Hill provides afternoon programming for teens and young adults who face physical, intellectual or mild emotional and behavioral challenges. The program includes a variety of activities— sports, art projects, dancing, singing, movement games, excursions to the Carnegie Library and swimming. The focus is on participants' growth and development of life skills.

All interested potential members can try the program for a three-day trial period with their parent(s) or caregiver.

For more information or to schedule a trial period, please contact Meredith Brown at **412-697-3520** or **[mbrown@jccpgh.org](mailto:mbrown@jccpgh.org)**

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# special needs

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## Gesher Program at Emma Kaufmann Camp

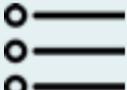
Contact Rachael Speck, Assistant Director,  
Emma Kaufmann Camp, **412-697-3539**

The Gesher program serves high-functioning teens with special needs. Gesher participants engage in their favorite camp activities such as ropes course, water-tubing and horseback riding. Campers learn teamwork, independence and Jewish identity. Interaction with other campers and integration into activities with groups of all ages is a focal point of our program.

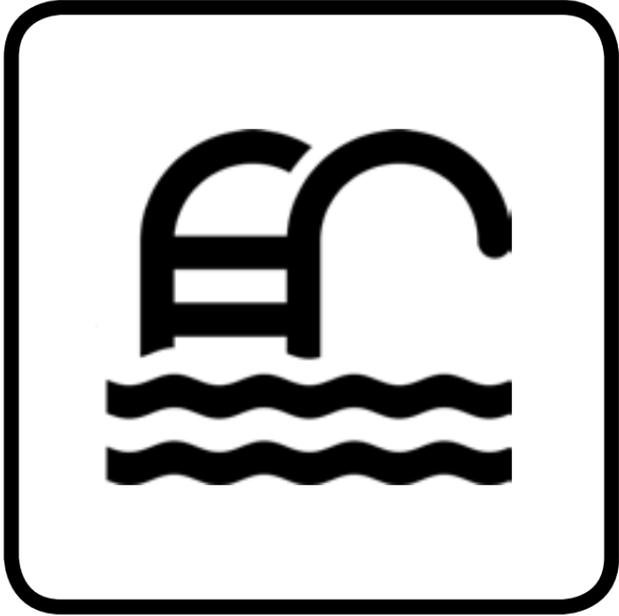
*Major funding for the Gesher Program is provided by The Edith L. Trees Charitable Trust. The Special Needs Department is supported in part by a grant from the Herman and Rebecca Fineberg Fund for People with Special Needs with additional support from the Edna and Larry Abelson Fund for Special Needs, the Raymond and Elizabeth Bloch Educational and Charitable Foundation, the Ralph Davidson Special Needs Fund, the Zola Hirsch Fund for Special Needs and the Robert Spiegel Memorial Endowment Fund.*



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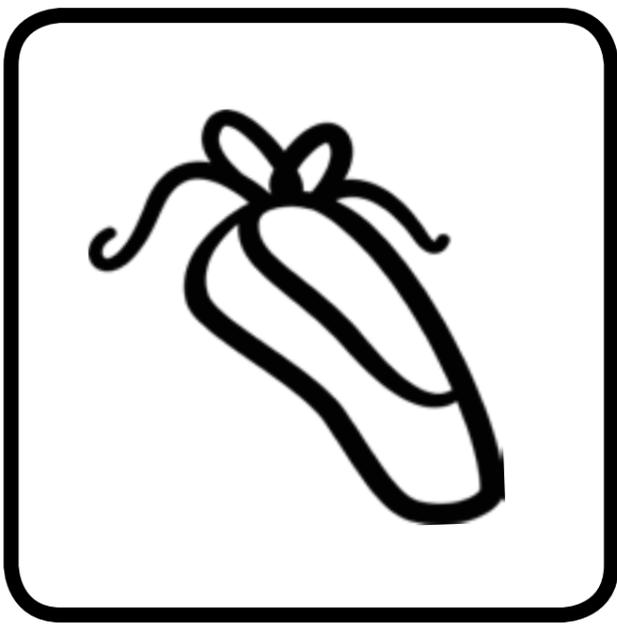
# sports, aquatics & dance



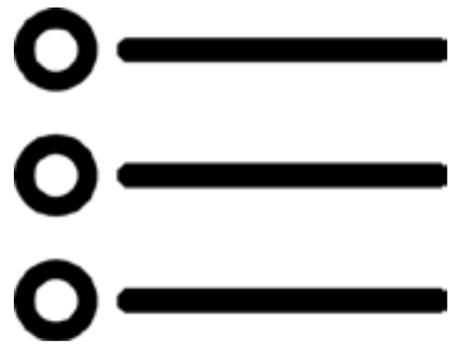
**Aquatics**



**Youth Sports**



**Dance**



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# aquatics swim lessons

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**For Information - Jamie Nathan**

Aquatics Director



**Email :**  
[jnathan@jccpgh.org](mailto:jnathan@jccpgh.org)



**Phone :**  
412-278-1790

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## Swim Lessons

We use the American Red Cross Learn-to-Swim program.

### Water Babies: ages 6-24 months

Parent and child sing songs and play games to build confidence in the water.

[View costs and times »](#)

### Toddler Tadpoles: ages 2-3

An introduction to organized swim lessons and water exploration utilizing an elevated swim platform. Parents do not get into the water. Enrollment is limited to 6 toddlers per class.

[View costs and times »](#)

### Level 1: Beginner Water Skills

Overcome fear, build confidence in the water, learn body positioning and arm/leg movement.

[View costs and times »](#)

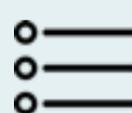
### Level 2: Fundamental Aquatic Skills

Learn to float and recover to standing position without support. Begin to learn alternating arm and leg actions with face in the water without support.

[View costs and times »](#)



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# aquatics

# swim lessons

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## Level 3: Stroke Development

Coordination of front and back crawl without support. Learn to side breathe during front crawl. Introduction to the breast stroke, sit dives and treading water for 30 seconds.

[View costs and times »](#)

## Level 4: Stroke Improvement

Improve strokes. Learn to swim front and back crawl 25 yards and butterfly 15 yards without assistance. Learn breaststroke and elementary backstroke. Begin work on kneeling dives and treading water for one minute.

[View costs and times »](#)

## Swim Team Readiness

Build endurance to swim front crawl with side breathing and back crawl, butterfly and breaststroke. Learn flip turns for front and back crawl, refine open turns for breaststroke and butterfly.

[View costs and times »](#)

## Adult Swim Lessons

**Beginner:** For adults who have a fear of the water or have limited swimming experience.

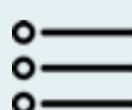
[View costs and times »](#)

**Stroke Refinement:** For adults who are able to swim but want additional help with stroke technique.

[View costs and times »](#)



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# aquatics swim lessons

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## Private Swim Lessons

**Call to schedule one-on-one instruction »**

## Private Group Lessons

Open to all ages; minimum of 2 and maximum of 4 swimmers at about the same level. Half-hour lesson.

**Call to schedule a private lesson »**

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## Tidal Wave Swim Team: Ages 5-18

The JCC South Hills Tidal Wave is a competitive swim team for all levels of experience. Tidal Wave competes at AMS swim meets throughout the year. Make new friends, build self esteem and hone your swimming skills.

All swimmers are evaluated and placed in groups based on ability and age. Practices are offered daily to most groups.



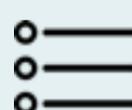
**Email : [tidalwavemembership@gmail.org](mailto:tidalwavemembership@gmail.org)**



**website : [www.tidalwaveswimteam.org](http://www.tidalwaveswimteam.org)**



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# aquatics

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## aquatic fitness

### Arthritis Foundation Aquatic Program

Our heated pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. Must have a physician's referral to participate in this certified program

**Contact Jamie Nathan for more information »**

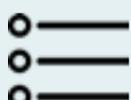
### SilverSneakers® Splash

Call **412-278-1975** for days and times

Using specially designed SilverSneakers® kickboards, perform water moves to develop strength, balance and coordination and improve agility, range of motion and cardiovascular conditioning. No swimming ability is required for this safe, fun, effective program.



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# aquatics

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## Lifeguarding

Please call Jamie Nathan at **412-278-1790** for spring dates.

### American Red Cross Lifeguarding

Learn the skills to become a professional lifeguard. Must swim 300 yards continuously using the following strokes—100 yards front crawl, 100 yards breaststroke, 100 yards either front crawl or breaststroke, surface dive to the bottom and retrieve a 10-lb brick, swim with brick to the shallow end of the pool.

**\$230/MEMBER; \$250/COMMUNITY**

Upon completion, participants receive a 2-year certification in lifeguarding, first aid and CPR for lifeguards.

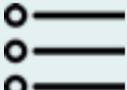
### Lifeguarding Recertification

Recertification class includes lifeguarding, first aid and CPR/AED. Must have a current lifeguarding certificate.

**\$155/member; \$175/community**



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# youth sports

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## For Information - **Bonnie Livingston**

Fitness and Wellness Director



**Email :**  
[blivingston@jccpgh.org](mailto:blivingston@jccpgh.org)



**Phone :**  
**412-278-1781**

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### **Little Ninjas: ages 3-5**

Ed Feldman, head youth instructor of the Pennsylvania Martial Arts Academy, offers an introduction to martial arts. Children learn self-defense, coordination and body awareness. Uniforms are not mandatory.

**MONDAYS, JANUARY 9-MARCH 13, 2:30-3 PM**

[View cost and register »](#)

### **Floor Hockey: ages 3-5**

Our JCC youth sports coach Justin Cicco teaches children the basics of hockey and good sportsmanship.

**TUESDAYS, JANUARY 10-MARCH 14, 2:30-3 PM**

[View cost and register »](#)

### **Mighty Kicks Soccer: age 3-5**

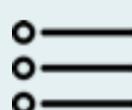
Mighty Kicks is a nationwide soccer franchise with an innovative curriculum that introduces the positive character strengths proven to have a direct impact on achievement and success in sports, school and life. Kids develop motor, team and social skills while learning the game of soccer with Coach Sam Bellin.

**WEDNESDAYS, JANUARY 11-MARCH 15, 2:30-3 PM**

[View cost and register »](#)



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# youth sports

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## Tiny Tots Tennis

JCC Youth Sports Coach Justin Cicco introduces children to the game of tennis in a playfully fun program appropriately designed for preschoolers.

**THURSDAYS, JANUARY 12-MARCH 16, 2:30-3 PM**

[View cost and register »](#)

## Pee Wee Basketball: ages 3-5

Our JCC youth sports coach teaches children to dribble, pass and shoot plus the basics of basketball and good sportsmanship.

**FRIDAYS, JANUARY 13-MARCH 17, 2:30-3:30 PM**

[View cost and register »](#)

*The Jewish Sports Hall of Fame supports membership and program scholarships, Maccabi Games, South Hills Day Camp, James and Rachel Levinson Day Camp, Emma Kaufmann Camp, the Early Childhood Development Center/Squirrel Hill, Children and Family programming, basketball and fitness activities/Squirrel Hill, and physical education in South Hills.*



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# dance

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## For Information - **Kathy Wayne**

Dance Director



**Email :**  
[kwayne@jccpgh.org](mailto:kwayne@jccpgh.org)



**Phone :**  
412-339-5414

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## **The Philip Chosky Performing Arts Program**

**RDS: Robinson Dance Studio or KDS: Kaufmann Dance Studio**

### **Director**

Kathy Wayne, Dance Director, is a graduate of Point Park College with a B.A. in dance. Her professional credits include Tokyo Disneyland, Caesar's Atlantic City and many productions with the Pittsburgh Playhouse.

### **Philosophy**

Our goal is to help your child gain poise, flexibility, strength and an appreciation for the art of dance.

### **Dress Code Requirements**

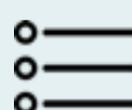
Hair must be pulled back in a bun; shorter hair back with a headband. Each level has its own dress code.

### **Registration**

Participants must be registered before the first class begins. If your child is in Level 3 or above, please call the Director to discuss your child's placement for this year.



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# dance

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## Dance Recital

Our annual dance recitals are held in May/June. Costumes are mandatory for participants in the dance recital and must be purchased by parents in January. Students must be registered in January to participate in the dance recital.

## Ballet

Barre and center floor exercises; students advance based on their ability to perform given steps.

## Tap

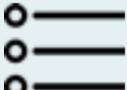
Rhythm, musicality and sound clarity skills are introduced; dancers learn a vocabulary of tap steps to be used to develop fun choreography.

## Jazz

Jazz dance incorporates many styles, from modern dance, Broadway musicals and Hollywood movies, to street, folk and popular dance. Students must be at least 7 years old.



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# dance

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## Preschool Classes

Click class name to view dates and pricing

[Little Stars 1: ages 2½-3 »](#)

[Little Stars 2 - Creative Movement: ages 3-4 »](#)

[Pre-Ballet/Tap: ages 4-6 »](#)

[Shooting Stars Pre-Ballet and Tap: ages 4-5 »](#)

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## School Age Classes

Click class name to view dates and pricing

[Ballet/Tap 2: ages 6-8 »](#)

[Private or Duet Dance Instruction »](#)

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## Adult Classes

Click class name to view dates and pricing

[Core Ballet Barre »](#)

[Adult Tap »](#)

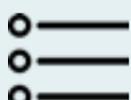
## Introduction to Ballroom/Latin Dancing

[Ballroom 1 »](#)

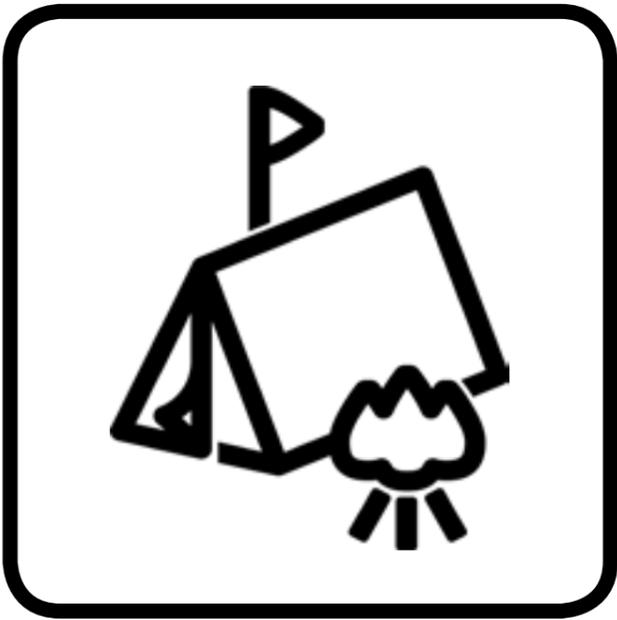
[Ballroom 2 »](#)

[Swing »](#)

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# camps



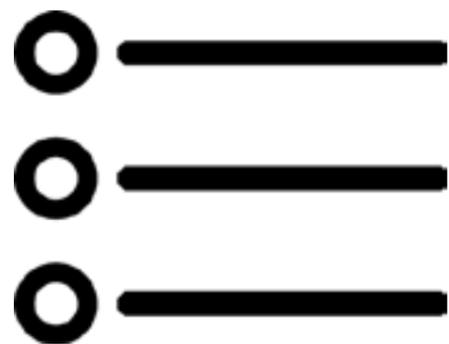
**Day Camps**



**Emma Kaufmann Camp**



**Specialty Camps**



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# day camps

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## For Information - [Ann Haalman](#)

Director, Children and Family Services



**Email :**  
[ahaalman@jccpgh.org](mailto:ahaalman@jccpgh.org)



**Phone :**  
**412-278-1782**

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## Register for Camp by the Week

Weeks do not need to be consecutive. The more weeks you register for, the lower the fee per week will be.

**CAMP DATES: JUNE 19-AUGUST 11, 2017**

Kosher-style lunches and afternoon snacks are included in all camp programs.

## Register Early: It's Like Getting A Week Free

If you register through January 31, you will be eligible for the lowest camp fees of the 2017 season and have the option of a 6-month payment plan. You do not need to register for exact dates—just the number of weeks. If you need to cancel, you will receive a full refund (less a \$25 administrative fee), if you cancel prior to May 20, 2017.

For fee information and to register, please contact Ann Haalman, Camp Director at **412-278-1782** or [ahaalman@jccpgh.org](mailto:ahaalman@jccpgh.org)

## Before- and After-Camp Care

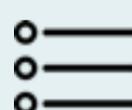
**7-9 am: \$50/week or \$15/day (does not include breakfast)**

**3-6 pm: \$75/week or \$20/day; Both: \$115/week**

*Register for eight weeks of Before- and After-Camp Care before June 1 and get a discounted rate of \$105/week.*



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# day camps

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## After-Camp School's Out Fun Days: Grades K-6

### Sign up by the day!

Each day includes games, gym time, free swim, crafts and a special field trip or in-house activity. Children should bring a lunch, beverage, swim suit, towel, gym shoes and clothing appropriate for outdoor play each day. Children need not bring any money; we take care of everything.

**JUNE 9, 12-16, AUGUST 14-18, 21-25**

**9 AM-3 PM**

**\$55/day/child; \$50/day/child early registration discount**

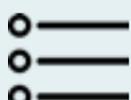
*Look to your mail for details.*

*Daily before and after care available*

*Major funding for JCC summer camps is provided in part by The Philip Chosky Performing Arts Program, the Jewish Federation of Greater Pittsburgh, Massey Charitable Trust, Morris & Fannie Skilken Family Foundation and The Edith L. Trees Charitable Trust.*



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# day camps

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## Early Childhood Camps

CAMP DATES: JUNE 19-AUGUST 11, 2017

### Camp K'Ton Ton: age 2

Campers are introduced to the water through daily swim time in the pool and water play activities. They enjoy visits to activity specialists such as nature, music and crafts.

9 AM-12:30 PM; 9 AM-3 PM

TWO DAYS/WEEK: TUESDAYS AND THURSDAYS

THREE DAYS/WEEK: MONDAYS, WEDNESDAYS AND FRIDAYS

FIVE DAYS/WEEK: MONDAY THROUGH FRIDAY

### Before- and After-Camp Care available

7-9 AM, INCLUDES BREAKFAST; 3-6 PM

### Camp Yeladim: ages 3-4

Yeladim campers are divided into age-appropriate groups. They participate in both instructional swim lessons and free swim daily. Campers also enjoy a variety of additional specialist activities each day such as nature, music and crafts.

9 AM-12:30 PM; 9 AM-3 PM

TWO DAYS/WEEK: TUESDAYS AND THURSDAYS

THREE DAYS/WEEK: MONDAYS, WEDNESDAYS AND FRIDAYS

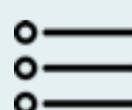
FIVE DAYS/WEEK: MONDAY THROUGH FRIDAY

### Before- and After-Camp Care available

7-9 AM, INCLUDES BREAKFAST; 3-6 PM



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# day camps

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## Camp Sabra

**JUNE 19-AUGUST 11, 2017**

**Register by the week (weeks do not need to be consecutive)**

### **Half-Day Program**

For children entering kindergarten

**9 AM-12:30 PM**

### **Full-Day Program**

For children entering grades K-2

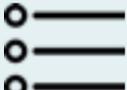
**9 AM-3 PM**

Our traditional day camp features a variety of activities with an emphasis on Jewish values and group dynamics. Campers receive Red Cross swim lessons and a kosher-style lunch daily. Activities may include free swim, sports, games, arts & crafts, nature, drama, Judaics, Israeli culture and dance.

Special event programming includes carnivals, parades, holiday celebrations and Olympic-style activities. Each camper selects from a variety of chugim (hobbies) such as drama, sports, arts & crafts, dance, camp newspaper, jewelry-making, nature and much more.



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# day camps

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## Camp Chalutzim: Grades 3-6

**JUNE 19-AUGUST 11, 2017**

**9 AM-3 PM**

**Register by the week (weeks do not need to be consecutive)**

**Chalutzim offers older campers traditional day camp activities:**

Daily Red Cross swim lessons, free swim, sports, arts & crafts, nature, drama, Judaics and Israeli culture, as well as a specialty period which may include newspaper, photography, drum karaoke, PowerPoint and balloon art.

Special event programs may include carnivals, holiday celebrations and Olympic-style activities.

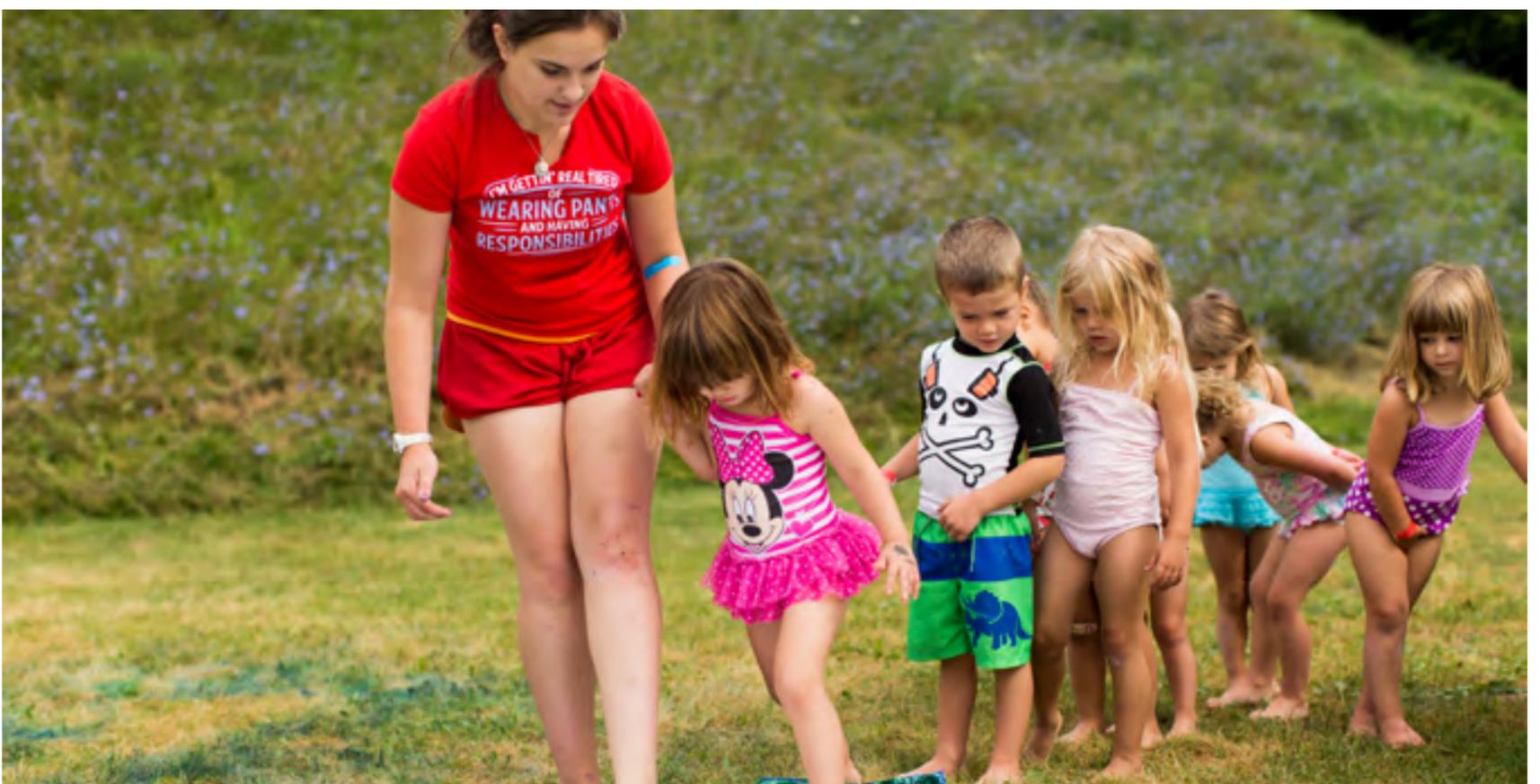
### **Camp Chalutzim Field Trips (tentative)**

**Week 1: Mini Golf**

**Week 3: Overnight at EKC**

**Week 6: Sandcastle (late return)**

**Week 8: Kennywood (late return)**



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# day camps

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## Camp Ozrim: Grades 6-8

### Pre-CIT Program

JUNE 19-AUGUST 11

9 AM-3 PM

**Register by the week (weeks do not need to be consecutive)**

Ozrim combines traditional day camp activities with a counselor-in-training program. Campers are placed with a group in the morning to learn the ins and outs of being a counselor.

In the afternoons, they participate in camp activities such as specialties and swimming.

A parent/camper interview with the camp director is required.

### Ozrim Field Trips (tentative)

Week 1: Mini Golf

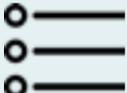
Week 3: Overnight at EKC

Week 6: Sandcastle (late return)

Week 8: Kennywood (late return)



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# day camps

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## C.I.T. Leadership Program: Grades 9-10

**JUNE 19-AUGUST 11, 2017**

**8:30 AM-3:30 PM**

**Register by the week, minimum of 4 consecutive weeks**

Through training and weekly work-shops, counselors-in-training learn the responsibilities of a day-camp counselor, develop a spirit of volunteerism, and learn the impact that they can have on their community, develop stronger social skills and develop their own strengths and skills while working with children.

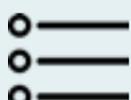
Counselors-in-training participate in team-building exercises with their fellow CITs, share responsibility for a group of campers with a junior and senior counselor, lead a weekly activity with their group and participate in a community mitzvah project. After successfully completing the 4- or 8- week program, a rebate will be awarded.

A parent/camper interview with the camp director is required.

Participants are strongly encouraged to attend the staff orientation week, June 12-16.



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# specialty camps

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The Specialty Camp day is from 9 am-3 pm except when there are field trips and overnights. Camps include swim lessons when the schedule allows. Specialty campers enjoy free swim, sports, arts & crafts, nature, Israeli culture and dance. Lunch is provided.

## Performing Arts Camp: Grades 2-8

**9 AM-3 PM**

**JUNE 19-JULY 14, 2017**

**REGISTER FOR 4-WEEK BLOCK**

Campers are part of a complete musical show, from rehearsals to set production to opening night. Training in theater, music and dance culminates with a performance on Thursday, July 13, at 7 pm. The musical will be chosen based on registration.

*Performing Arts Camp is a Program of The Philip Chosky Performing Arts Program.*

## Wet & Wild Camp: Grades 2-8

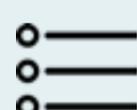
**WEEK 3: JULY 3-7, 2017**

**WEEK 6: JULY 24-28, 2017**

**WEEK 8: AUGUST 7-11, 2017**

Campers will experience many different water thrills! Adventures may include day trips to Moraine State Park, fishing in the Allegheny River, Sandcastle and Settler's Cabin Wave Pool. They may travel to EKC for an overnight and enjoy lake activities. There will be late pickups on some days.

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# specialty camps

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## Adventure Camp: Grades 2-8

**WEEK 1: JUNE 19-23, 2017**

**WEEK 4: JULY 10-14, 2017**

**WEEK 5: JULY 17-21, 2017**

Campers travel every day to a new destination. Adventures may include zip-lining, Monster Golf, horseback riding, climbing wall, Wheeling Park, Tour-Ed Mine, bowling and laser tag. There will be late pickups on some days.

## Mini Adventure Camp: Pre K-grade 1

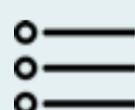
**WEEK 2: JUNE 26-30, 2017**

**WEEK 7: JULY 31-AUGUST 4, 2017**

Each day will bring new adventures with field trips to a children's theater (Little Lake or South Park), Blue Ribbon Farms, mini golf at Sunset Golf Center and Chuck E Cheese. The day includes instructional and/or free swim and time with our Nature, Crafts, Hip Hop & Tumbling, Singing and Israeli Culture Specialists throughout the week.

*Major funding for JCC summer camps is provided in part by The Philip Chosky Performing Arts Program, the Jewish Federation of Greater Pittsburgh, Massey Charitable Trust, Morris & Fannie Skilken Family Foundation and The Edith L. Trees Charitable Trust.*

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# emma kaufmann camp

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## For Information - Sam Bloom

EKC Director



**Email :**  
[sbloom@jccpgh.org](mailto:sbloom@jccpgh.org)



**Phone :**  
412-339-5412

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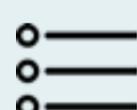
EKC, the JCC's resident overnight camp, is situated along Cheat Lake in Morgantown, West Virginia, providing opportunities for a myriad of sports and recreational activities on land and water. EKC camping programs, with an emphasis on Jewish values, are for kids entering grades 2 through 10. One- to eight-week sessions include First Experience and Specialty Camps.

## EKC Activities

- Archery • Arts & Crafts
- Basketball • The Blob
- Canoeing/Kayaking
- Chinuch (Judaics)
- CIT/Israel Experience
- Climbing Tower • Drama
- Heated Pool
- Horseback Riding • Israeli Culture
- Lacrosse • Maccabi Color War
- Mountain & BMX Biking
- Pottery • The Rave
- Shabbat • Singing • Soccer
- Tennis • Teva (Nature)
- Tubing • Water Skiing • Zip Line



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# emma kaufmann camp

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## Camp dates for Summer 2017

### For campers entering grades 2-10

- 4 WEEKS (SESSION 1) JUNE 18-JULY 14
- 3 WEEKS (SESSION 2) JULY 16-AUGUST 8
- 7 WEEKS (BOTH) JUNE 18-AUGUST 8

### For campers entering grades 2-4

- 2 WEEKS (SABRA ALEPH) JUNE 18-30
- 2 WEEKS (SABRA BET) JULY 16-30
- 1 WEEK (FIRST EXPERIENCE) AUGUST 2-8

### For campers entering grades 5-6

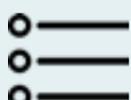
- 2 WEEKS (KINERET ALEPH) JUNE 18-30

Contact Stephanie Buzza, [412-697-3550](tel:412-697-3550), or [sbuzza@jccpgh.org](mailto:sbuzza@jccpgh.org)

Summer: [304-599-4435](tel:304-599-4435)

*Major funding for JCC camps is provided by The Philip Chosky Charitable and Educational Foundation, Massey Charitable Trust, the Morris and Fannie Skilken Foundation and The Edith L. Trees Charitable Trust.*

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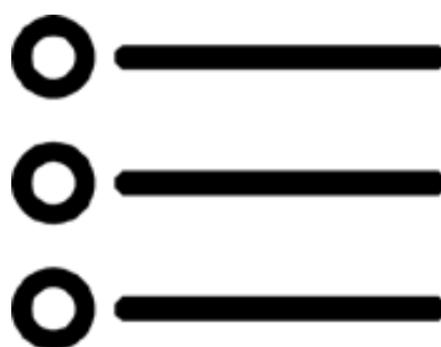
# fitness & wellness



**Fitness**



**Group Exercise**



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# fitness

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## For Information - **Bonnie Livingston**

Fitness and Wellness Director



**Email :**  
[blivingston@jccpgh.org](mailto:blivingston@jccpgh.org)



**Phone :**  
412-278-1781

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## Fitness Open House

**SUNDAY, JANUARY 15**

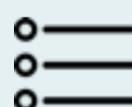
**10 AM-2 PM**

Get off to the right start at our fitness open house to find out how to make this year your healthiest ever!

- Meet one-on-one with personal trainers
- Sample group exercise classes like TRX, Group Power, Group Blast and Zumba
- Get a FREE Body Fat analysis
- Nutrition Tips
- Receive a class pass for all group exercise classes for FREE, January 16-20
- FREE refreshments served in "The Loft"



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# fitness

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## Personal Training

### One-on-One Private Workout

Your trainer will motivate you, keep you on track and make sure your workouts are safe, enjoyable and effective.

Physician's approval may be required. By appointment only.

### Fitness Assessment

Our trainers evaluate cardiovascular fitness, muscular strength, endurance and flexibility, in addition to testing blood pressure and body fat composition.

**\$20; \$10/retest**

**\$5/body fat composition only**

## Personal Exercise Prescription

If you are stuck in an exercise rut or not getting the results you want, consider an exercise prescription. If you can work out and follow a program without instruction, this is a great alternative to personal training that includes:

- One-hour assessment and consultation with personal trainer
- Individualized six-week training program
- Weekly phone consultation
- Personal training session at the end of six weeks to measure progress

**\$150**

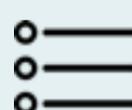
### Additional prescriptions

- Individualized six-week training program
- Weekly phone consultation
- Personal training at the end of six weeks

**\$75**



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# group ex

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## For Information - **Judy Ryave McGuire**

Fitness Coordinator



**Email :**  
[jryave@jccpgh.org](mailto:jryave@jccpgh.org)



**Phone :**  
412-278-1792

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*Classes marked with an asterisk\* are free to all JCC members. ALL classes are free for Platinum Fitness members. Complete schedule available at [JCCPGH.org](http://JCCPGH.org) and in the JCC lobby.*

### **Absolute Abs\***

Forget those ordinary old sit-ups. Get a core you adore!

**SOCIAL HALL**

### **Cardio Dance\***

Cross train with this high energy, high intensity workout.

**GYM**

### **Core Ballet Barre**

A blend of traditional Pilates mat work and an energizing Ballet Barre workout will help you achieve a long lean dancer's body with this toning class.

**\$8/CLASS; DANCE STUDIO**

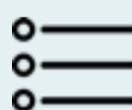
### **Core Conditioning\***

Whittle your middle with a blend of strength, stability and traditional core exercises, all levels are welcome.

**DANCE STUDIO**



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# group ex

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## **Group Active\***

Group Active is for everyone. This class gives you all the fitness training you need—cardio, strength, balance and flexibility—all in just one hour. Great music combined with excellent moves will keep you coming back for more.

**DANCE STUDIO**

## **Group Centergy**

A combination of yoga and Pilates movements enables you to center your energy and reduce stress.

**\$8/CLASS, DANCE STUDIO**

## **Group Power\***

This 60-minute barbell program strengthens all your major muscles with simple, athletic movements such as squats, lunges, presses and curls.

**DANCE STUDIO/SUNDAYS, GYM**

## **Pilates Reformer Training**

Achieve natural muscular balance, core strength and flexibility, reduce joint and lower back tension, and increase circulation, energy and awareness.

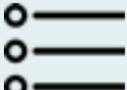
*Various contract options are available with training starting as low as \$33/session.*

## **Step Aerobics\***

Step up and down on an adjustable platform, challenge your legs and work up a good sweat.

**DANCE STUDIO**

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# group ex

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## Yoga

Learn relaxation and improve strength and flexibility through stretches, postures and breathing techniques.

**\$8/CLASS; DANCE STUDIO**

## Power Yoga

This class focuses on body alignment, physical conditioning and mindfulness. Excellent for all levels from beginners to advanced.

**\$8/CLASS, DANCE STUDIO**

## Zumba\*

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves.

**DANCE STUDIO**

## Zumba with Toning\*

Latin beat meets body sculpting.

**GYM**

## Zumba Kids

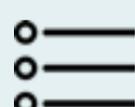
A fun program for kids with songs and dances using the Zumba Fitness concept. Kids are invited to wear comfortable clothes and shoes and join the party.

**\$48/6-WEEK SESSION**

**DANCE STUDIO**



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# group ex

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## The H.I.I.T List

Call Judy Ryave McGuire, **412-278-1792**

High Intensity Interval Training (HIIT) is a technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods.

### TRX • \$10/class

TRX Suspension Training uses your own body weight to build muscle, balance, core stability and flexibility.

### TRX Fusion • \$10/class

Add interval training to your TRX workout.

### Boot Camp • \$10/class

This class is a full body workout that will push you to the limit, incorporating endurance, strength and power.

### Group Blast

An energetic workout using the Step to train agility, coordination and strength.

## DANCE STUDIO

### Goodman Shortstop Babysitting

Register by calling **412-278-1785**; leave a voice mail.

Babysitting is available for children 6 weeks to 5 years of age.

Buy coupons at the Front Desk.

Sunday ..... 9:30 am-12:30 pm

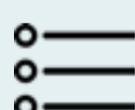
Monday-Friday ..... 9 am-11:30 am

Monday-Thursday ..... 5:30-8 pm

**\$7/child/hour; \$30/month unlimited usage (one per child)**

*Parents must stay on JCC property.*

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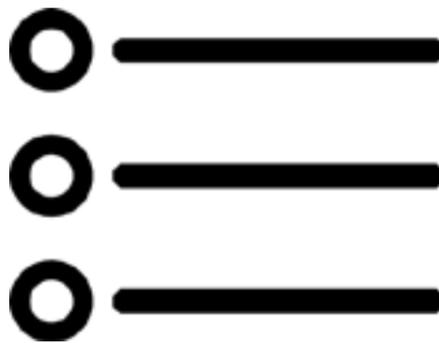
# adults



**Adult Fitness**



**AgeWell at the JCC**



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# adult fitness

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## For Information - Elaine Cappucci

Health and Wellness Director



Email :  
[ecappucci@jccpgh.org](mailto:ecappucci@jccpgh.org)



Phone :  
412-446-4773

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## Senior Adult Exercise Classes

*Classes are held daily; please see the schedule posted at JCCPGH.org and at the Front Desk.*

### SilverSneakers® Classic

A chair-based class designed to increase muscular strength, range of motion and functional activities of daily living. With an optional seated format, exercises can be adapted for various fitness levels.

**SOCIAL HALL**

### SilverSneakers® Circuit

A standing class alternating segments of low-impact cardio movement with muscular strength and flexibility exercise.

**SOCIAL HALL**

### SilverSneakers® Yoga

Exercises are performed either seated in a chair or standing and include postures, stretching and movement combined with restorative breathing.

**SOCIAL HALL**

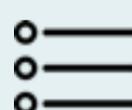
### SilverSneakers® Splash

A group water fitness class to increase agility, range of motion and cardiovascular conditioning. Kickboards are provided; no swimming ability is necessary.

**POOL**



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# adult fitness

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## Silver&Fit® Excel

This is a very active cardio class! Excel is designed for active older adults who exercise regularly. The focus is on increasing strength, agility, reaction time, muscular strength and power.

## Silver&Fit® Experience

Silver& Fit Experience is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance.

## Silver&Fit® Explore

Silver&Fit Explore is designed for older adults who are just getting started or are returning to an exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. If you are looking for a gentle workout with seated exercise options, this class is for you!

## Arthritis Exercise Program

Seated and standing gentle range-of-motion exercises which can help improve joint flexibility, increase muscular strength, and improve ability to do everyday activities.

**\$3/class/members; \$5/community**

**FRIDAYS, 1-2 PM; SOCIAL HALL**

## Arthritis Foundation Tai Chi

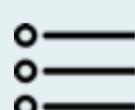
This body-mind exercise enhances balance, concentration, agility and ease. A structured warm-up is followed by a traditional tai chi sequence. The class is done standing; however, all the exercises can be done using chairs.

**\$3/class/member; \$5/community**

**TUESDAYS, SOCIAL HALL/DANCE STUDIO**

**BEGINNER: 11 AM-NOON; ADVANCED: NOON-1 PM**

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# adult fitness

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## Arthritis Foundation Aquatic Program

Our heated pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. Must have a physician's referral to participate in this certified program.

**No fee for members**

**\$5/class/community; \$90/20 classes/community**

**MONDAYS AND FRIDAYS: 10-11 AM**

**TUESDAYS, WEDNESDAYS, THURSDAYS: NOON-1 PM**

## Zumba Gold

Move and groove your way to a healthy body. This Latin dance-inspired workout for seniors is choreographed for beginners and serious dancers.

**THURSDAYS; NOON-1 PM**

**GYM**

## Zumba Gold Toning

Make body-sculpting a party with this calorie-burning, strength-training class appropriate for active seniors and beginners.

Learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

**MONDAYS; NOON-1 PM**

**GYM**

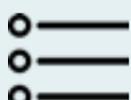
## Balance

A half-hour, low-impact class designed to improve balance and increase core strength. The combination of core work and balance training for older adults is crucial for fall prevention, improved posture, and coordination.

**THURSDAYS; 11-11:30 AM**

**SOCIAL HALL**

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# agewell at the jcc

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## Programs

### Adult Tap

It's never too late to learn to tap dance!  
Get a fun cardio workout while you tap your troubles away!

#### Beginner:

MONDAYS, 6-6:45 PM

JANUARY 9-FEBRUARY 27 AND MARCH 6-MAY 1

**\$60; \$70/community**

#### Intermediate:

WEDNESDAYS, 5:30-6:30 PM • DANCE STUDIO

JANUARY 11-MARCH 1 AND MARCH 8-MAY 3

**\$80; \$90/community**

**Drop-in fee: \$9/member; \$13/community**

### Silver Show Tunes

**Email Elaine Cappucci for information**

Learn some new moves and sing to your heart's content.  
Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!

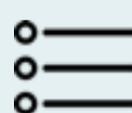
**\$30/session/members; \$42 session/community**

FRIDAYS, 2-2:50 PM • DANCE STUDIO

JANUARY 13-FEBRUARY 17



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# agewell at the jcc

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## Introduction to Ballroom/Latin Dancing

Learn ballroom dance for exercise; a cruise, wedding or school dance; social etiquette or just for fun! Learn basic steps and patterns in the four most popular dances: foxtrot, swing/freestyle, waltz and cha cha/salsa. **Instructor: Kathy Burchill**

### Ballroom 1

**THURSDAYS, 6:15-7:15 PM; JANUARY 12-MARCH 2**  
**\$85; \$120/community**

### Ballroom 2

Ballroom 1 required. Review Ballroom 1 and add new patterns.  
**THURSDAYS, 7:15-8:15 PM; JANUARY 12-MARCH 2**  
**\$85; \$120/community**

### Swing

Ballroom 1 required. Review Ballroom 1 and add new patterns.  
**THURSDAYS, 6:15-7:15 PM; MARCH 9-30**  
**\$42; \$60/community**

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## AARP Smart Driver Safety Class

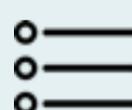
This course fulfills requirements for a continuing insurance discount from any auto insurer doing business in Pennsylvania. Payment is made to the instructor on the first day of class, by cash or check. You must attend both sessions to receive a completion certificate.

### [View Cost and Register »](#)

**THURSDAY-FRIDAY, MARCH 9-10; NOON-4 PM**  
**\$15/AARP members; \$20/others**



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# agewell at the jcc

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## Pickleball

Pickleball is a simple paddle game played using a perforated, slow-moving ball over a tennis-type net on a badminton-sized court. Players from novice to advanced can play round robin games during the Sunday drop-in times.

Groups of players can reserve court times on Tuesday afternoons.

## Sunday Drop-in

FIRST AND THIRD SUNDAY OF EACH MONTH

NOON-2 PM IN THE GYM

**\$2/member; \$4/community**

## Tuesday Court Time

MUST BE RESERVED IN ADVANCE AT THE FRONT DESK.

NOON-1:30 PM; 1:30-3:30 PM

**\$8/court in the Gym; \$10/community**

## Caregiver Aging Mastery Program

This 12-week course provides caregivers with tools to stay healthier and happier in the caregiving journey. It's offered free of charge thanks to a generous grant from the Pennsylvania Department of Aging. Please register in advance at the Front Desk.

SUNDAYS, 1-3 PM • SOCIAL HALL

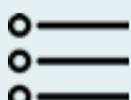
JANUARY 8-APRIL 9 (NO CLASS JANUARY 29 AND MARCH 12)

## Book Discussion Group

Once a month we will get together to talk books: what's new, what's good, what's not.

THIRD TUESDAY OF EACH MONTH; 1-2 PM • CONFERENCE ROOM

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# agewell at the jcc

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## Talks on Tuesday

Join us one Tuesday afternoon per month for lunch and to hear a lecture on topics of interest. Schedule of talks will be posted at the start of each month.

### **Better Choices, Better Health: Chronic Disease Self-Management Program**

Discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with your doctor about your health. Call Amy Gold at **412-697-3528**.

**DATE TBA; NO FEE**

## CheckMates

CheckMates recruits volunteers age 60+ and welcomes referrals of loved ones and friends in the community who could benefit from a weekly phone call. If you know of an older adult who would appreciate a weekly, friendly phone call or would like to volunteer for this special peer-led telephone reassurance program, please call Amy Gold, MSW, **412-697-3528**.

## AgeWell Pittsburgh

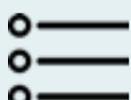
Call **412-422-0400** or visit **AgeWellpgh.org**

AgeWell Pittsburgh offers a one-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging.

*AgeWell Pittsburgh is a collaborative program of the Jewish Association on Aging, the Jewish Community Center of Greater Pittsburgh and Jewish Family & Children's Service.*

*Major funding for AgeWell Pittsburgh is provided in part by the Jewish Federation of Greater Pittsburgh and the United Way of Allegheny County. Additional funding is provided by a grant from the Jack Buncher Foundation, The Fine Foundation and The Pittsburgh Foundation. Government support is provided by the Area Agency on Aging, Department of Human Services, Allegheny County.*

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