Program Guide
Squirrel Hill
Winter/Spring 2017

Welcome to Our NEW Mobile Program Guide
Call, email or register with the tap of your finger
Membership, Sales and Services

Email: membership@jccpgh.org  Phone: 412-697-3522

Financial Assistance
Jane Stokar
Phone: 412-697-3525

Employment
Karen Kozel
Phone: 412-339-5410

Facility Rentals
Stacey Davis
Phone: 412-697-3503

TTY
Hearing Impaired
Phone: 412-446-4777

JCC Squirrel Hill
Phone: 412-521-8010

JCC South Hills
Phone: 412-278-1975

JCC’s Annual Fund
Click Here for Information, and to Donate

The JCC Scholarship Fund is supported in part by a grant from the Linda and Stuart Nord Family Foundation.

Main Menu
ECDC

For Information - Liza Baron
Edward and Rose Berman Director
Early Childhood Development Center

Email: lbaron@jccpgh.org
Phone: 412-697-3530

Annabelle Rubinstein Early Childhood Development Center
Children grow and thrive in a program enriched with language, reading, math, science, art, music and fun.
Learn More »

Booken Family Kabbalat Shabbat
Celebrated every Friday during the school year; 10:30am

Grandparents and Special Friends Shabbat
Join us for singing and dancing. Call Liza Baron for dates.

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 a Keystone STARS/PA Early Learning Keys to Quality.

Additional support is provided by Massey Charitable Trust as well as funding from the Ginsberg Family Fund for Children’s Programs, the Miriam and Paul Kossis Early Childhood Equipment Replacement Fund, the Mark Allen Robinson Day Care Center Endowment Fund and the James H. and Nancy H. Wolf Philanthropic Fund.
Enrichment Programs

Amazing Afternoons • PreK - Age 4
We explore a different theme - such as Our City, Children Around the World and My Amazing Body - each month, with classes and visitors related to each theme.

**Mondays, Wednesdays and Fridays; 1:30-3 PM**
Through June 9
$1,215 (Pro-rate offered mid-year)

Math and Science Afternoons • PreK - Age 4
We explore numbers, animals, maps, the solar system, the earth, chemistry, machines and navigation. These topics are made exciting with books, classroom projects and hands-on fun.

**Tuesdays and Thursdays; 1:30-3 PM**
Through June 8
$830 (Pro-rate offered mid-year)

To schedule a tour, contact:
Liza Baron, Edward and Rose Berman Director
412-697-3530 or lbaron@jccpgh.org

or Gina Crough, Assistant Director
412-567-8422 or gcrough@jccpgh.org

To register, contact Mary Marcelle,
Registrar, at 412-697-3531 or mmarcelle@jccpgh.org
my baby and me

For Information - Lauren Bartholomae  
Director, Family Life Department

Email: lbartholomae@jccpgh.org  
Phone: 412-339-5417

Drop-In Groups

Family Place Open Play Time
MONDAYS-THURSDAYS: 8:30 AM-8:30 PM  
FRIDAYS: 8:30 AM-5:30 PM  
SATURDAYS: 8:30 AM-6:30 PM  
SUNDAYS: 8:30 AM-5:30 PM  
JCC members only

Sing and Schmooze:
Baby Style: Newborn - 12 months
The first 30 minutes of each session will be a topic-based discussion session facilitated by Ada Maria Mezzich, developmental specialist. The second 30 minutes will be a shared experience for caregiver and child that includes singing, fingerplays and sensory activities specifically designed to promote infant development.

TUESDAYS, 10:30-11:30 AM; FAMILY PLACE  
No fee for members; $5/community

Shabbat Style: Newborn - 5 years
Shabbat stories, songs and prayers.
FRIDAYS, 10-10:30 AM  
JANUARY 13, FEBRUARY 10, MARCH 10, APRIL 14, MAY 12
my baby and me

**Toddler Style: Ages 1-3**
The first 30 minutes of each session will be a topic based discussion session facilitated by Ada Maria Mezzich, developmental specialist. The second 30 minutes will be a shared experience for caregiver and child which will include singing, fingerplays, and activities specifically designed to promote toddler development.

**Thursdays, 9:30-10:30 AM and 11 AM-Noon, Family Place**
No fee for members; $5/Community

**Preschool Schmooze: Caregivers of ages 3-6**
A topic-based schmooze session about caring for this age group

**Tuesdays, 9:30-10:30 PM**
**January 3, February 7, March 7, April 4, May 2**
No fee, open to the community
my baby and me

Classes
Advance registration is required for all classes and special events. Class fees are non-refundable.

Bring Your Baby to Yoga:
Newborns - 10 Months (pre-crawling)
Thursdays, 10:30 am; January 12-March 2
Register »

Tot Yoga
Ages 14 months -3 years (strong walkers)
Tuesdays, 10:30 am; January 10-February 28
Register »

Tiny Tot Soccer
Ages 18 months-3 years (must be walking comfortably)
Sundays, 9:45-10:15 am
January 8-March 12
$75; $90/community
Register »

Tiny Tot Gym Sampler
Ages 18 months-3 years (must be walking comfortably)
Fridays, 10-10:30 am
January 13-March 17
$75; $90/community
Register »
my baby and me

Kindermusik

Please check the JCC schedule for holiday closings.

Kindermusik Cuddle and Bounce
Newborn - 12 months, with a caregiver
**Wednesdays, 11:15 am; Through May 17**

Kindermusik Sing and Play
Newborn - 24 months, with a caregiver
**Sundays, 9:30 am; Through May 21**
**Mondays, 9:15 am and 11:15 am; Through May 15**
**Wednesdays, 9:15 am; Through May 17**
**Fridays, 9:30 am; Through May 19**

Kindermusik Wiggle and Grow
18 months - 3 years, with a caregiver
**Sundays, 10:30 am; Through May 21**
**Mondays, 10:30 am; Through May 15**
**Wednesdays, 10:15 am and 6:30 pm; Through May 17**
**Fridays, 10:30 am; Through May 19**

Kindermusik Laugh and Learn: ages 3-4
**Sundays, 11:30 am; Through May 21**
**Mondays, 12:45 pm; Through May 15**
**Fridays, 11:30 am; Through May 19**

Enroll at www.kathysmusic.com »
PJ Library

For Information - Lauren Bartholomae
Director, Family Life Department

Email: lbartholomae@jccpgh.org
Phone: 412-339-5417

Families with children 6 months through 8 years of age; sign up for PJ Library »
Children ages 9 to 12; sign up for PJ Our Way »

PJ Adventureland: ages 6 and under
PJ Library’s fourth annual superhero/mitzvah party! Come dressed as your favorite superhero and enjoy cape- and mask-making, face painting, a dance party and more!

Sunday January 22; 10-11:30 AM
Free
Register »

Pancakes Before Passover: ages 10 and under
Enjoy a pancake breakfast, crafts, games and more!

Sunday April 9; 10-11:30 AM
$5/eater in advance, $10/eater at the door
children, youth & family

- After-School Clubhouse
- Children
- Youth/Teens
- Special Needs

Main Menu
Clubhouse After-School Program
Grades K-6
The JCC Clubhouse combines top-quality facilities with trained, caring, creative staff. We offer a wide variety of stimulating activities in our tournament-size gyms, heated indoor swimming pools and in our various clubs. Children are grouped into age-appropriate homerooms.

Learn more about Clubhouse »
Transportation
Contact your child’s school and fill out a PM Drop-off Form requesting the JCC as your afternoon drop-off location.

Membership
JCC membership is required to become a “member” of Clubhouse. Scholarships are available for those who qualify. For more information about scholarships, call 412-697-3525 »

Clubhouse Family Fun Nights
Join other Clubhouse families and staff to meet one another and engage with staff members outside of the daily program.

Clubhouse’s Got Talent
Join us for a talent show and light refreshments. Wednesday, February 1; 6-7:30 pm

Clubhouse Staff-In-Training Program: ages 15-17
Clubhouse after-school program is looking for teens who would like to work with elementary-aged kids, gain insight from community professionals, receive community service hours and child care training, and become a future leader of the Pittsburgh community. Teens will volunteer at least two days per week at the program and have a weekly meeting with the group on topics such as child behavior and development, social action, resume and college application writing, interview skills, inclusion and more. Applications for this program will be sent to homes in the summer. An interview is required for participation in the program.

Clubhouse is supported in part by the Massey Charitable Trust. Additional support is provided by the Curtis & Joelle Krasik and Scott & Laurie Krasik After School Care Fund.
children

For Information - Meredith Brown
Program Development Coordinator, Children Youth & Family

Email: mbrown@jccpgh.org
Phone: 412-697-3520

To Register - Lauren Goldman

Email: lgoldman@jccpgh.org
Phone: 412-697-3540

Kids Nite Out: PreK - Grade 6

Enjoy a Saturday night out while your child has fun with us! The evening includes dinner, sports, crafts, swimming and a movie. Children will be grouped by age. When children in grades 2-6 go “out on the town,” they return to the JCC by 9 pm (transportation included). Kids in grades PreK-1 will have fun at the JCC. All children must be potty trained.

January 14: Superhero Party, Out on the Town: Zone 28
March 25: Popcorn and PJs, Out on the Town: Mystery Destination
May 20: Camp Style, Out on the Town: J&R Day Camp

Saturdays, 6-10 PM

$36; $31/Clubhouse member; $9/sibling;
$5 additional walk-in fee
Out on the Town: $5 additional fee
**Kids Nite Out Mini Edition**
Just like Kids Nite Out, but shorter!
Dinner, swimming and fun activities.

**February 18:** Mystery Night  
**April 22:** Mini-Ball  
**Saturdays, 6-9 PM**  
$30; $25/Clubhouse member; $5/sibling

**Register for Kids Nite Out »**

*Registration is required by 5 pm of the previous business day.*

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**J-Wednesdays • PreK - grade 6**

*Email Lauren Goldman for information*

**Wednesdays, 4:30-5:30 PM**  
$10/person

**January 18:** Pinterest Night  
**February 15:** Easy Experiments  
**March 1:** Super Service  
**April 5:** Challah Bake  
**May 17:** Mini-Camp

*Registration is required 24 hours in advance.  
PreK children must be fully potty trained*
Birthday Parties • Ages 4-10

Contact 412-697-3534 or birthdayparties@jccpgh.org

Our staff enthusiastically leads your party from beginning to end. Book it, arrive and enjoy! The price includes juice, paper goods, set-up and clean-up, balloons, kosher cake and staff supervision. The base price is for 15 children including the birthday child. Each additional participant: $10.

Not a member? Not a problem! An additional $75 for any party.

Awesome Arts & Crafts Party
Projects may include “wearable art,” sand art and tie-dying. Choose the theme and we’ll come up with a creative party.

$325

Creative Cooking Party
Become a “chef” for the day. Learn easy and fun no-bake recipes and then taste-test them with your friends!

$325

Create Your Own Party
Call us and we’ll make the arrangements!
Examples: science party, spa party, PJ party.

$325

Dance Party
Learn new dance games and enjoy old favorites. Don’t forget your dancing shoes!

$300
More Birthday Parties

**Games Galore**
A sports party for the younger set. Parachute play, Mr. Fox, Red Light/Green Light and Duck Duck Goose.

$300

**Superstar Sports Party**
Wiffleball, kickball, soccer, hockey, relay races and more. Let us lead the games for a winning party.

$300

**Swim Party: ages 5-10**
Open swim time, games and relay races in our beautiful indoor pool or at the Family Park outdoor pool during the summer.

$300

Schedule a Birthday Party »
children

J-Days • PreK - grade 6
J-Days offer themed programming and a safe space for children to have a structured day off when school is not in session. Please send a dairy lunch, swimsuit and towel each day. All children must be potty trained.

Upcoming J-Days
January 23, 24; February 17, 20
April 10*, April 12-14, April 18; June 13-16
*ENDS AT 4 PM

In-house J Days:
$65/day/child; $55 if registered one week in advance

Field Trip J Days:
$75/day/child; $65 if registered one week in advance

$5 discount for 2016-17 Clubhouse members. Registration is required by 5 pm of previous business day.

Before and After Care
7:30-9 am: no charge
4-6 pm: $12 (no charge for 2016-17 Clubhouse members)

Learn More »

Snow J Days
When schools are closed because of the weather, we are open! Gym time, swim time and more, available at a moment’s notice

Please call 412-697-3500 for details starting at 7 am.
7:30 AM-4 PM
$30/day/child; $25/day/Clubhouse member
4-6 pm: $12; no charge for 2016-17 Clubhouse members

Winter/Spring 2017
Winter/Spring 2017

Camp 365
Don't miss this super incentive: J&R, Noar Bogrim and Performing Arts Camps' Early Bird Registration ends Tuesday, February 28!

Free Family Fun Day
Join all the JCC’s day camps for a fun-filled day of video arcade games. Receive a ONE DAY ONLY rate when you sign up for Summer 2017.

Sunday, January 15 • 2-4 PM
Dave and Busters
180 E. Waterfront Drive, Homestead, PA 15120

Bowling for J&R
Join us at the bowling area of Zone 28, (formerly Fun Fest). Meet and greet with new and returning families in this casual and entertaining setting.

Sunday, April 23
2-4 PM
2525 Freeport Rd, Pittsburgh, PA 15238

Snyder Family Purim Carnival
Sunday, March 12
1-4 PM
Youth programming is supported in part by a grant from Massey Charitable Trust.
Kids Klub: K-grade 6
Call Meredith Brown at 412-697-3520
Kids Klub—where Facetime is more than an app! Join us for monthly programs and events.

**Sunday, January 8:** All Sorts of Sports

**Sunday, February 12:** Games ‘N At (Field Trip)

**Sunday, March 26:** Harry Potter

**Sunday, April 23:** Super Snapology

**Sunday, May 21:** May Madness

**TOSS (Tikkun Olam Super Stars): grades 3-6**
Call Meredith Brown at 412-697-3520
Tikkun Olan Super Stars is designed for altruistic, community-minded children who are looking to improve the Greater Pittsburgh area while earning community service hours for school. Based on *tikkun olam*, the Jewish concept of repairing the world, TOSS participants will engage in monthly service-learning programs that teach the value and meaning of giving back to the community. Programs include volunteering for community events, food banks and charities.

**Sunday afternoons**
**February 19, March 5, April 2, May 7**

**Richard E. Rauh Senior High Musical**
Don’t miss the JCC’s Senior High Musical directed by Jill Machen.
Performances:
- Thursdays, February 16 & 23 ..........................................................7:30 pm
- Saturdays, February 18 & 25 .................................................................8 pm
- Sunday, February 19 ................................................................................2 pm
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.

Visit Our Website »

**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**
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
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.
jewish life

Jewish Life for Teens

Hebrew for Adults

Holidays

American Jewish Museum

Main Menu
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 or 412-697-3233
Teen Leadership Council is a body of youth group leaders representing more than ten 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.
jewish life - teens

Rosh Hodesh - It’s a Girl Thing: Grades 6-7
Ariel DiFelice, 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 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 »
Teen Repair Corps: Grades 9-12

Chris Herman, 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, 412-697-3552 or mrosenberg@jccpgh.org

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.
jewish life - teens

The Second Floor
Ariel DiFelice, 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 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 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.
HaZamir Pittsburgh: Grades 8-12
To request an audition, please contact Carolyn Gerecht, 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 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. J-Serve takes place in more than 90 cities all over the world annually. 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.

Sunday, March 19

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.
jewish life - teens

Diller Teen Fellowship: Grades 10-11

Chris Herman, 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

KMR BBYO - Andrew Exler

KMR Regional Director

Email: 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
- BBYO International Convention in Dallas, Texas: February 16-20
- Regional Convention: March 25-26
- Beau Dance @ Fox Chapel Golf Club: May 12
hebrew for adults

For Information - Rabbi Ron Symons
Senior Director of Jewish Life

Email: rsymons@jccpgh.org
Phone: 412-339-5395

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.
holidays

**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.
holidays

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 »
Archie Rand: Sixty Paintings from the Bible

January 9–March 31

Artist and Jewish scholar Archie Rand depicts sixty stories from the Old Testament with seriousness, irreverence and skill. Employing an uncomplicated visual style and using contemporary vocabulary, he masterfully repositions ancient verses that address human history as well as the timeless struggles humans are doomed to repeat.

Describing the connection between his biblical narratives and religious subject matter, art historian Samantha Baskind explains, “Crucially, Rand’s series is not didactic religious art akin to that made by Old Masters such as Raphael, but a post-modern artistic conception that also tries to universalize some of the Bible’s archetypal stories, delineating basic human emotions and issues such as power, faith, humility, sexuality, and family dynamics.” Rand’s distinct mashup of comics, pulp-style drawing and biblical narrative generate a visually stunning and thoughtful body of work. Sixty Paintings from the Bible was originally curated by Samantha Baskind, professor of Art History at Cleveland State University.
Rochelle Blumenfeld: The Hill District Paintings

April 13 - July 30

Widely known as an abstract painter, Blumenfeld recently completed a series of representational paintings, The Hill District Paintings, depicting her family’s businesses, Sam Reznik & Sons and Fairman Wallpaper & Paint Company. Both were located in Pittsburgh’s Hill District until the 1950s when they were affected by Pittsburgh Urban Redevelopment Authority’s plans for development of the Lower Hill. Blumenfeld spent her childhood between the two businesses, and her paintings vividly capture the stores’ details, inventory, the spirit of the mid-twentieth century, and the overall neighborhood vibe. The series depicts a visual record of the Reznik and Fairman families and their story of becoming Americans, establishing small business and being a core part of the Hill’s community.

Major funding for the American Jewish Museum provided by the Allegheny Regional Asset Board, the Anna L. Caplan & Irene V. Caplan Fund of the Jewish Federation of Greater Pittsburgh, the Robert C. and Gene B. Dickman Fund, Ira and Nanette Gordon Curator Enrichment Fund, Edward N. and Jane Haskell Endowment Creative Projects Fund, the Nancy Bernstein and Robert Schoen Fund, the Speyer Family Foundation Endowment Fund, Pennsylvania Partners in the Arts, and individual support.

We maximize accessibility of services for people of all abilities. For more information, contact Cathy Samuels at 412-697-3501
sports, aquatics & dance

Aquatics
Swim Lessons
Dance
Preschool Sports
Youth Sports
Youth Basketball
Sports and Rec
Main Menu
For Information - Jemma Cherep
Aquatics Director

Email: jcherep@jccpgh.org
Phone: 412-339-5429

Arthritis Foundation Aquatic Exercise
MONDAYS, WEDNESDAYS, FRIDAYS • NOON-1 PM
SMALL POOL • NO FEE

Shake, Splash and Roll
MONDAYS, WEDNESDAYS, FRIDAYS • 10:45-11:30 AM
SMALL POOL • NO FEE

Aqua Fit
MONDAYS, WEDNESDAYS, FRIDAYS • 9-10 AM
LARGE POOL • NO FEE

Ai Chi
Ai Chi is a gentle, relaxing water movement practice using a variety of postures in the water.
MONDAYS AND WEDNESDAYS • 7:45-8:30 PM • SMALL POOL

SilverSplash
TUESDAYS, THURSDAYS • 10:45-11:30 AM
SMALL POOL • NO FEE

Aqua WalkOut
TUESDAYS, THURSDAYS • 8-9 AM
SMALL POOL • NO FEE
Aquatics - Fitness

Aqua Dance
Aqua Dance offers a fun, challenging, j water-based, body-toning workout, combining fast and slow rhythms with resistance training.

Thursdays, 7-8 PM
January 12-March 30.................................................................$68
April 6-May 25..............................................................................$45
$6/drop-in

Learn more about our Aquatic Fitness Programs »
swim lessons

For Information - Jemma Cherep
Aquatics Director

Email: jcherep@jccpgh.org
Phone: 412-339-5429

Group Swim Lessons

Parent / Child: ages 6-36 months
Songs and games are used to build confidence in the water! Child must be 6 months of age; no swim experience necessary.
View times and cost »

Toddler Tadpoles: ages 2-3
An introduction to organized swim lessons and water explorations. A teaching platform enables children to stand in the pool without assistance. Child must be 2 years old; no swim experience necessary.
View times and cost »

PreK Level 1: ages 3-5
Build confidence in the water, learn body positioning, floating, and kicking. Child must be 3 years old and comfortable in the water. (not swimming yet)
View times and cost »
Swim Lessons

PreK Level 2: ages 3-5
Learn the basics of front crawl, back crawl, elementary backstroke, and treading. Child must be able to swim 2-3 body lengths by themselves.

View times and cost »

PreK Level 3: ages 3-5
Learn and coordinate strokes taught in Level 2. Child must be able to swim 5-10 body lengths and take a breath while continuing to swim.

View times and cost »

Youth Level 1: ages 6-12
Build confidence in the water, learn body positioning, floating and kicking. Child must be 6 years old; no swim experience necessary.

View times and cost »

Youth Level 2: ages 6-12
Learn proper form and specific elements of front crawl, back crawl, elementary backstroke, and treading. Child must be able to swim 5-10 body lengths and take a breath while continuing swimming.

View times and cost »

Youth Level 3: ages 6-12
Coordinate strokes taught in Level 2 with a focus on rotary breathing and circle swimming longer distances. Child must know the basics of freestyle and backstroke and swim 10-15 yards continuously.

View times and cost »
Youth Level 4: ages 6-12
Build endurance by swimming elementary back stroke, front crawl and back crawl. Learn the basics of breast stroke and butterfly. Child must know the basics of rotary breathing for freestyle and be able to tread for 30 seconds.

View times and cost »

Swim Team Readiness (formerly Level 5): ages 6-12
Prepare for the Swim Team or just coordinate and refine all your strokes! Child must know the basics of freestyle, backstroke, breaststroke, and butterfly.

View times and cost »

Adult Beginners: ages 13+
It’s never too late to learn to swim! Learn basic techniques and become a more confident, skilled swimmer. Must be age 13 or older; no swim experience necessary.

View times and cost »

Private Swim Lessons
$37/HALF-HOUR;
6 CLASSES/$33 EACH
10 CLASSES/$30 EACH
Email Jemma Cherep »
Swim Teams

Squirrel Hill Swim Team: Ages 6-12
Call Samantha Winkelmann, Assistant Aquatics Director, 412-697-3546
This team is designed to prepare participants for a competitive swimming environment. Swimmers must be evaluated by appointment.

**Mondays and Wednesdays**
**Through May 24 • 4-5 pm**
**Fee pro-rated**

Register »

Jack Morris Invitational Swim Meet
Join us for the 8th annual swim meet honoring the memory of beloved swim teacher and coach Jack Morris. Participants include Squirrel Hill Swim Team members, any level 5 or 6 swimmers and Sailfish team members.

**Sunday, February 12 • 2 pm**
**Ages 12 and under**
**JCC Squirrel Hill Pool**

To make a contribution to the Jack Morris Endowment Fund for JCC Aquatics, call the JCC at 412-697-3510 or donate at JCCPGH.org.

*The Jack Morris Endowment Fund provides scholarships for children to participate in JCC swimming programs.*
swim teams

JCC Sailfish
Through August 2017 • Fee pro-rated
For Information, contact Al Rose

Phone: 412-906-2853
website: www.jccsailfish.org

Pittsburgh Group Sailfish: ages 7-13
For beginning competitive swimmers who have passed their American Red Cross swimmers test.

Allegheny Group Sailfish: ages 8-14
Swimmers must meet USA BB/B times and workout set time standards. Swimmers compete locally.

Pennsylvania Group Sailfish: ages 10-18
Instructions will focus on all strokes, starts, turns, race planning and faster set swimming. Swimmers compete locally and regionally. Attendance is taken.

U.S. Group Sailfish: ages 13-18
Swimmers must have advanced skills and have the willingness to commit to excellence. Swimmers compete locally and nationally. Attendance is taken.

U.S. National Group
Swimmers must have Senior Nationals, Junior Nationals or Super Sectional times. Swimmers compete nationally and locally. Attendance is taken. Number of swimmers is very limited.
swim teams

Masters
For adults interested in competitive swimming and harder workouts.

View Costs and Register »
The Philip Chosky Performing Arts Program
Our goal is to help your child gain poise, flexibility, strength and an appreciation for the art of dance.

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.
dance

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.

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.

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.

Learn more »
Preschool Classes
*Click class name to view dates and pricing*

- Creative Movement: ages 3-4 »
- Pre-Ballet: ages 4-5 »
- Pre-Ballet/Tap: ages 4-5 »

School Age Classes
*Click class name to view dates and pricing*

**Ballet / Tap**
- Level 1: ages 5-6 »
- Level 2: ages 6-7 »

**Ballet / Tap / Jazz**
- Level 3: ages 7-8 »
- Level 4: ages 8-9 »
- Level 5: ages 9-10 »
- Level 6: ages 10-12 »
- Level 7: ages 11-13 »
- Level 8: ages 13-18 »

**Pointe/Pre-Pointe**

**Contemporary Dance Styles**
- Lyrical Jazz: ages 11-18 »
- Hip Hop: ages 7-11 »
preschool sports

For Information - Jeremy Kelley
Director, Sports and Recreation

Email: jkelley@jccpgh.org
Phone: 412-697-3538

Kaufmann Gym unless otherwise noted. Escorts provided for children in ECDC and Clubhouse.

Cecile Goldberg Levine Family Open Gym
Ages 1-5
Play safely in the gym with balls, bikes and other equipment. Special themes first Sunday of each month.

Sundays, ongoing • 10-11:30 AM
No fee for members
No registration required

Tiny Tot Sports: ages 3-6
Children learn the basics of various sports and enhanced body awareness with Coach Brooks.

Sundays
Basketball: January 8-March 12
Tennis: March 26-May 28
Ages 3-4: 10:30-11 AM
Ages 5-6: 11:15 AM-noon
$90/$75 ECDC
Register »
preschool sports

Tiny Stars Tennis: ages 3-5
Start your child early with our fun tennis program with Coach Brooks. Racquets provided.

**Mondays, 3-3:30 PM**

**January 9-March 13:** $90/$75 ECDC
Register »

**March 27-May 22:** $70/$55 ECDC
Register »

Tumbling Tots: ages 3-5
Children learn gymnastic skills, gross motor skills, coordination and body awareness through games and special activities with Coach Mark.

**Tuesdays, 3-3:30 PM**

**January 10-March 14:** $90/$75 ECDC
Register »

**March 28-May 23:** $70/$55 ECDC
Register »

Mighty Kick Soccer: ages 3-6
Kids develop motor, team and social skills while learning soccer with Coach Sam Bellin.

**Wednesdays, 3-3:30 PM**

**January 11-March 15:** $100
Register »

**March 29-May 24:** $80
Register »

Free Demo Class:
**Wednesday, January 4 • 3-3:30 PM**
preschool sports

**Little Penguins Hockey: ages 3-5**
Shoot and score! Children will learn the basics of stick handling, passing, shooting and defense with Coach Brooks.

**THURSDAYS, 3-3:30 PM**

**January 12- March 16:** $90/$75 ECDC  
[Register »](#)  

**March 30-May 25:** $70/$55 ECDC  
[Register »](#)

**Tiny Hoopers Basketball: ages 3-5**
Children learn the basics of basketball and good sportsmanship with Coach Mark.

**FRIDAYS, 3-3:30 PM**

**January 13- March 17:** $90/$75 ECDC  
[Register »](#)  

**March 31-May 26:** $70/$55 ECDC  
[Register »](#)
youth sports

For Information - Jeremy Kelley
Director, Sports and Recreation

Tiny Stars Tennis: ages 6-8
Start your child early with our fun tennis program with Coach Brooks. Racquets provided.

**Mondays, 3:45-4:15 PM**
**January 9-March 13:** $90/$75 Clubhouse
Register »
**March 27-May 22:** $70/$55 Clubhouse
Register »

Floor Hockey: ages 9-12
**Mondays, 4:30-5:30 PM**
**January 9-March 13:** $100/$75 Clubhouse
Register »

Flag Football: ages 9-12
This is a great combination of instruction and game play.

**Mondays, 4:30-5:30 PM**
**March 27-May 22:** $80/$65 Clubhouse
Register »

Phone : 412-697-3538
Email : jkelley@jccpgh.org

For Information - Jeremy Kelley
Director, Sports and Recreation
youth sports

Tumbling: ages 6-8
Children learn gymnastic skills, gross motor skills, coordination and body awareness through games and special activities with Coach Mark.

TUESDAYS, 3:45-4:15 PM
JANUARY 10-MARCH 14: $90/$75 Clubhouse
Register »
MARCH 28-MAY 23: $70/$55 Clubhouse
Register »

Fun ‘N Fit: ages 8-12
This fitness training program includes interval training and age-appropriate workouts. Personal records will be kept.

TUESDAYS, 4:30-5:30 PM
JANUARY 10-MARCH 14: $100/$75 Clubhouse
Register »
MARCH 28-MAY 23: $80/$65 Clubhouse
Register »

Little Penguins Hockey: ages 6-8
Shoot and score! Children will learn the basics of stick handling, passing, shooting and defense with Coach Brooks.

THURSDAYS, 3:45-4:15 PM
JANUARY 12-MARCH 16: $90/$75 Clubhouse
Register »
MARCH 30-MAY 25: $70/$55 Clubhouse
Register »
youth sports

Soccer League with Sam Bellin: grades K-5
Thursday, 5-6 PM
January 12-March 16: $100
Register »

Kickball League: ages 9-12
Thursday, 4:30-5:30 PM
March 30-May 25: $80/$65 Clubhouse
Register »

Tiny Hoopers Basketball: ages 6-8
Children learn the basics of basketball and good sportsmanship with Coach Mark.
Friday, 3:45-4:15 PM
January 13-March 17: $90/$75 Clubhouse
Register »
March 31-May 26: $70/$55 Clubhouse
Register »

Youth Tennis
Learn the skills and rules of the game from certified instructor Mark Haffner.
Friday
Introductory: 4-5 PM
Intermediate: 5-6 PM
January 13-March 17: $100; $75/Clubhouse
March 31-May 26: $80; $65/Clubhouse
Register »
youth sports

Private Tennis and Rollerblading Lessons
Learn from certified instructor Mark Haffner.

By appointment
$40/hour; $25/half hour
NEW
Explosive and Power Training with the Scoring Factory: ages 10-18
The well-respected local Scoring Factory, brings their training program to the JCC. The Explosive program helps players develop their ability to rapidly change direction, improve short-burst explosiveness and increase jumping ability. The Power program increases upper-body strength with intense exercises.

Mondays • April and May
POWER: 6:15-7:10 PM
EXPLOSIVE: 7:15-8:10 PM
$35/class; $175/7-week session
$50/both classes; $225/7-week session

Little Rookies Spring Basketball Clinic: grades K-2
This 6-week program places an emphasis on fun and teaches fundamental skills necessary for younger players to learn to play the game the right way. All players receive a T-shirt.

Sundays, March 26-May 7
3:15-4 PM • Robinson Gym
$75/member; $90/community
Register »
youth basketball

Spring Skills Clinic: Boys and Girls: grades 3-6
This clinic is designed to get young players excited about basketball with age-specific drills focusing on the fundamentals in a fun and positive learning environment.

Sundays, March 26-May 7
2-3 PM • Robinson Gym
$75/member; $90/community
Register »

Private Basketball Lessons: ages 10+
Individual training is an effective means for a player to improve his/her game. A qualified JCC instructor will work closely with both the player and his/her parents to develop and implement programs that provide measurable results. Contact Jeremy Kelley at 412-697-3538 for more details or to schedule your session.
$40/one-hour lesson ages 13+
$25/half-hour lesson ages 10-12
youth basketball

Leagues

Jewish Teen Basketball League
Spend Sunday nights competing against teams from local synagogues. Check with your synagogue to see if they participate or call Mark Pattis at 412-697-3559 for more details. There are divisions for both Middle School and High School teams.

**SUNDAY EVENINGS, FEBRUARY 12-APRIL 30**

Register »

Middle School Spring League: Boys and Girls grades 5-8
Teams will be formed, with league games and playoffs to follow. All players receive a team shirt. Keep basketball season going!

**TUESDAYS, MARCH 21-MAY 23**
**GAMES AT 7 PM • ROBINSON GYM**
$75/member; $100/community

Register »

High School Spring League: Boys and Girls grades 8-12
Teams will be formed, with league games and playoffs to follow. All players receive a team shirt. Keep basketball season going!

**TUESDAYS AND THURSDAYS, MARCH 21-MAY 25**
**GAMES AT 7 AND 8 PM • ROBINSON GYM**
$75; $100/community

Register »

Basketball programs are supported in part by the Allen “Ace” Aizenberg Basketball Fund with additional support from the Larry Ruttenberg Fund of the Jewish Federation of Greater Pittsburgh and the Shapera Endowment Fund.
Sports

All programs take place in the Kaufmann Gym unless otherwise noted.

Over 21 Recreational Basketball
Drop in for organized pick-up games.

**Tuesdays, 5-7 PM and Sundays, 8-10 AM**
No fee for members

Learn More »

Larry Ruttenberg Adult Basketball League
**Wednesday nights; Begins February 1**
$600/team
Register Your Team »

Coed Volleyball
**Thursdays, 7**
No fee for members

Coed Soccer
**Mondays, 8-10 PM**
No fee for members
**Pickleball**

Call Alan Mallinger, 412-697-3545

It’s a paddle sport for all ages and all athletic ability levels. Played on a badminton-sized court with a tennis style net, it has very simple rules and is easy to learn and play. Think oversized ping pong!

**Tuesdays • 11 AM -1 PM**  
**Fridays • 10:30 AM-12:30 PM**  
No fee for members

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**Private Lessons**

Call the Cashier, 412-697-3526

**Rollerblading**

Learn from teaching professional Mark Haffner. By appointment.  
$40/hour; $25/half-hour

**Basketball**

Contact Jeremy Kelley, 412-697-3538.  
$40/hour; $25/half-hour

Learn more about JCC Sports and Rec »
Court Sports

Contact Alan Mallinger, 412-697-3545 or amallinger@jccpgh.org

Our two indoor courts are used for racquetball, handball and squash. Members may reserve courts up to seven days in advance. Reservations are taken during regular JCC hours at the Centerfit desk, or call 412-339-5411.

The fee for court time is $4/hour and must be paid in full at the Centerfit desk prior to play. Centerfit Platinum members play for no charge. A general member or a guest must pay a $2 court fee when playing with a Centerfit Platinum member.

2nd Annual JCC Squash Invitational

Call Laurie Wood, 412-697-3509.

Junior Division, beginner ages 9-13
Adults 3.0 levels
Adults 4.0 levels

Trophies will be awarded to the top player in each category. Snacks will be provided. T-shirts to all participants.

Sunday, April 9 • 9 AM-2 PM
Registration fee: $50

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.
fitness & wellness

Centerfit Platinum

Massage

Fitness

Youth Fitness

Group Excercise

Wellness

Personal Training

Main Menu
Join Today for These Benefits

- Adults-only spa-style locker rooms, concierge services and discounts
- ALL Group Exercise, Yoga, Spinning and Pilates classes are FREE
- FREE Racquetball/Squash/Handball Court time
- DISCOUNT of up to 10% off Personal Training Contracts
- DISCOUNT on Massage up to 20%
- Steam, sauna and whirlpool
- Towel service, hair dryers and toiletries
- Free coffee and tea
Massage at Centerfit Platinum is a relaxing and rejuvenating experience, far removed from life’s fast pace. Our facilities include four private massage rooms.

**Swedish**
The most common form of massage, used to promote general relaxation, improve circulation and ease everyday aches and pains.

**Trigger Point**
Also known as myotherapy or neuromuscular therapy, concentrated pressure is applied to “trigger points” (painful irritated areas in the muscle) to break cycles of spasm and pain.

**Deep Tissue**
Chronic patterns of tension in the body are released through slow strokes and deep finger pressure on contracted areas in the deeper layers of muscle tissue.

**Sports**
Whether you are a serious athlete or just trying to get in shape, a sports massage can help you recover faster and prevent injuries. Restorative Perfect for runners or cyclists training for a race, this massage allows you to recover faster and train harder with less injury.

Call 412-697-3544 for an appointment
massage

Pre- and Post-Event
A short, stimulating massage 15-45 minutes before your big event is directed toward the parts of your body that will be involved in the exertion. Post-event massage, given within an hour or two of the event, helps normalize the body’s tissue.

Aromatherapy
Plant materials and aromatic oils, including essential oils, and other aromatic compounds are used to enhance psychological and physical well-being.

Hot Stone
Heated smooth stones are placed on certain points to warm and loosen tight muscles and balance energy centers in the body.

Reflexology
Pressure is applied to certain points on the foot corresponding to organs and systems in the body.

Pregnancy
Reduces stress and anxiety, decreases swelling and relieves aches and pains.

Chair
Chair massage reduces stress and headaches while relaxing the muscles of your neck, back and arms.
Massage Fees

**Centerfit**

- Half Hour ........................................................................................................................................ $27
- Hour ............................................................................................................................................ $54
- Aromatherapy .......................................................................................................................... $70
- Hot Stone .................................................................................................................................... $70
- 10 Half-Hour Coupons (Platinum only) ..................................................................................... $250

General members: add $10
Community: add $20

**Mother-Daughter Days**

Enjoy Centerfit Platinum with your mother, daughter or granddaughter. Children must be at least 13 years old. Schedule massages for the two of you on these days and enjoy a 20% discount!

**Sundays**

**January 8, February 5, March 5, April 2, May 7**

4-6 PM

Learn more on our website »
fitness

For Information - Laurie Wood
Fitness Director

Email: lwood@jccpgh.org
Phone: 412-697-3509

Classes

Boot Camp
A structured, high-intensity workout modeled after military-style training. For the exerciser who wants additional motivation and a huge calorie burn.

TUESDAYS AND THURSDAYS, 6-6:45 AM
JANUARY 10-MARCH 16

Register »

Group Cycling Challenge
Geared toward endurance cyclists and competitive athletes. The emphasis is on endurance, cadence, climbing and sprints, as well as team exercises. Taught by endurance athlete Dan Holland.

TUESDAYS AND THURSDAYS, 5:45-7 AM
JANUARY 10-FEBRUARY 28

Community members can try one class for $15. Fee reimbursed if you join!
Fencing
This is a great introduction to the fantastic sport of Olympic Fencing. The physical and mental benefits of fencing include coordination, agility, balance, flexibility, strength, cardiovascular endurance, focus, hand-eye coordination and problem solving. All fencing equipment is provided; please wear athletic clothing (long pants) and athletic shoes. The instructor is Iana Dakova, a professional fencer and a member of the Bulgarian National Team from 1984-1991.

**Tuesdays: Ages 5+**
4-5 PM
January 10-February 28: $120
Register »
March 7- April 4: $75
Register »

**Wednesdays: Teens and Adults**
8:15-9:15 PM
January 11-March 1: $120
Register »
March 8-April 5: $75
Register »

Jump Start Your Weight Loss
Work with a personal trainer and a dietitian for a workout and eating plan—guaranteed to get you closer to your goal.

3 PERSONAL TRAINING SESSIONS; 1-HOUR APPOINTMENT WITH A JCC DIETITIAN, PLUS A 30-MINUTE FOLLOW-UP
$199/Centerfit Platinum; $215/general member
(20% savings by bundling these services)
Healthy Heart Phase III Cardiac Rehabilitation

For information, call Marsha Mullen at 412-339-5415

With a physician’s approval, you can exercise in Centerfit. Marsha Mullen, MS ATC, will guide you through an individualized exercise program using your physician’s recommendations.

Supervised times: Mondays, Wednesdays and Fridays
9:30-11:30 AM
$48/month for community
$25/month for SilverSneakers, Silver&Fit and JCC general members
$125/year/Centerfit Platinum

Email Marsha Mullen for more information »

Mobility and Yoga For Runners

This 90-minute workshop is designed to help runners recover from soreness and improve flexibility from the repetitive motions of running. We will also cover a few breathing techniques to help our focus during tedious training periods. Whether you are training for the marathon or you’re a weekend warrior, mobility is something that needs attention every day. You will leave this class with a bag full of new tips, tricks and tools to get the most out of your training.

Sunday, February 5
11 AM-12:30 PM
$15; $25/community

Register »
**Inverted Views**

Yoga inversions such as shoulder stand, headstand, handstand and forearm balances can be very beneficial to your health when executed with compassion and respect for the body’s needs. This 4 part series will help you improve strength and confidence in moving towards these advanced postures. Each one hour session will include a warm up, strength or skill, “playtime” free form practice, and a yoga flow. Each part will build upon the previous week, and it is expected that take-home exercises will be practiced between sessions. All four parts must be taken to successfully complete the clinic.

**Thursdays, 9 am**  
**February 9, 16, 23, and March 9**

Register »

**Sundays, 11 am**  
**February 12, 19, 26, and March 12**  
$100

Register »
fitness - events

Indoor Triathlon: all ages
Compete individually or as a parent/child team. The events vary, depending upon age, from a 250-500 yard swim, 2-4 mile bike ride and a 1-2 mile walk/jog/run on the track.

Sunday, January 29 • 11:30 AM-3 PM
Register by January 8: $20/under age 16; $25/age 16+
Register after January 8: $25/under age 16; $30/age 16+
$50/community

Register youth »
Register adult »

Be JCC’s Biggest Mover
Join our Biggest Mover competition and participate in classes, exercise and swim. We will have weekly events, drawings, challenges and feedback. Earn 1 point for every workout with a limit of 5 workouts per week and 5 points for each friend that you refer who joins the JCC in the months of February and March. The winner receives a 6 months of Centerfit Platinum!

Begins Sunday, January 8 • No fee
Sign up: 8:30-10 AM at the Personal Training Desk

Compete in the Gauntlet
Step into the “Gauntlet” and test your all-around fitness! Great overall fitness includes endurance, strength, speed, power, and coordination—the “Gauntlet” competition will test all of these. This challenge will consist of several separate workouts focused on hitting each and every aspect of fitness.

Sunday, March 19 (All day event – starts at 11:30 am)
$20/ages 12-17; $30/adults; $50/community
youth fitness

Teen Fitness Certification

Contact Laurie Wood, 412-697-3509 or lwood@jccpgh.org

This 1½-hour orientation MUST be completed by teens prior to using the facility. Another option for certification is one hour with a personal trainer.

$45/orientation class

Monday, January 9 • 5-6:30 PM
Saturday, January 21 • 11 AM-12:30 PM
Monday, February 13 • 5-6:30 PM
Saturday, March 11 • 11 AM-12:30 PM
Monday, March 20 • 5-6:30 PM

OR $60/private session with a trainer

Register»

Fun ‘N Fit: ages 8-12

Call Mark Pattis, 412-697-3559

This fitness training program includes interval training and age-appropriate workouts. Personal records will be kept.

Tuesday, 4:30-5:30 PM
January 10-March 14
$100/$75 Clubhouse

Register»

March 16-May 28
$80/$65 Clubhouse

Register»
youth fitness

**Deck Time: ages 10-13**
Exercise with your friends under the supervision of JCC personal trainers, who will create a Workout of the Day.

**TUESDAYS AND THURSDAYS • 4-5 PM**
**THROUGH MAY 18**
$5/session; $45/10 visits

**Upper Deck**
**TUESDAYS AND THURSDAYS • 5-6 PM**
**JANUARY 10-FEBRUARY 2: $60**
Register»
**FEBRUARY 7-MARCH 2: $60**
Register»
**MARCH 7-30: $60**

**Teen TRX: ages 10+**
The TRX Suspension Trainer leverages gravity and your body weight to perform hundreds of exercises. You’re in control of how much you challenge yourself, because you can simply adjust your body position to add or decrease resistance. Space is limited.

**WEDNESDAYS, JANUARY 11-MARCH 1 • 6-7 PM**
$65
Register»

**Sailfish Strength Training: for swimmers ages 13+**
Contact 412-697-3238 or dmay@jccpgh.org
Build total body strength using traditional weight training exercises to enhance swim performance with special attention to injury prevention of the shoulder. By appointment.

10 sessions/$150
group exercise

For Information - Patti Sciulli
Director, Women’s Centerfit Platinum, Group Exercise and Wellness

Email: psciulli@jccpgh.org  Phone: 412-697-3507

View the monthly Group Excercise schedule »

New!

Group Blast
60-minute athletic workout using balance drills, lateral drills and quickness drills.

Group Exercise and Spinning Fees
$5/class
$45/10 classes
$80/20 classes; $53 for teens
Centerfit Platinum: no fee
Please see the monthly Group Excercise schedule for an up-to-date list of classes, days and times.

View group excercise fees and register »
Winter Launches:
Try these classes for Free and Bring a Friend

**Group Active**
One class that gives you everything you need—cardio, strength, balance and flexibility.

**Monday, January 23 • 9:15 am**

**Group Centergy**
A 60-minute journey of yoga and Pilates while moving to music, designed to help you center your energy, reduce stress and smile.

**Wednesday, January 11 • 9 am**

**Group Core**
Trains you like an athlete in 30 action-packed minutes. Challenges you like never before. Prevent back pain, improve athletic performance and get ripped abs!

**Sunday, February 5 • 10:30 am**

**Group Power**
This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with simple, athletic movements such as squats, lunges, presses and curls.

**Sunday, February 5 • 8 am**

**Group Fight**
Group Kick brings it on! This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level.

**Sunday, February 5 • 9:15 am**
group exercise

Special Beginner Spin Classes
**THURSDAYS**
**January 19, February 16, March 23, April 20**

3rd Annual Throwback Thursday
“Stepping” Back into the 80s. Prize for the best costume.
**Thursday, March 16**
10:30 AM
Bring a friend for free

Stuart Weinbaum Shortstop Babysitting
Babysitting services are available only while you are in our facility.

Nurturing staff care for children ages 6 weeks to 5 years. Buy monthly or annual pass at the Centerfit Desk. Reservations are required at 412-697-3544. Space is limited.

**LOCATION: KAUFMANN BUILDING, UPPER LEVEL**
**Monday-Friday, 8 AM-1 PM**
**Monday-Thursday, 6-8:30 PM**

$25/month/child/Platinum member
$35/month/child/general member
$288/year/child/Platinum member
$408/year/child/general member
$10/child drop-in fee
$12/no-show fee

Call Patti Sciulli for information »
Pilates and Yoga
Please see the monthly Group Exercise schedule for an up-to-date list of classes, days and times.

Pilates and Yoga Class Fees
No fee/Centerfit Platinum members

General members:
$140/20-session punch card
(get one session FREE with filled card)
$70/10-session punch card
$9/drop-in; $12/community

View Pilates and Yoga class fees »
wellness

One-on-One Pilates
Focus on increasing flexibility and strength to build more defined, longer, leaner muscles. Mat and Reformer training available. Call 412-697-3507 to schedule your appointment.

Yoga Therapy
Yoga can be an effective method of healing sore joints, tight muscles, unhealthy posture patterns and chronic pain, as well as speeding recovery from surgery. Call 412-697-3507 to schedule your appointment.

Fees for One-on-One Pilates and Yoga Therapy

**Centerfit Platinum members:**
$60/1-hour session; $110/two sessions
3-5 sessions: $50/session ($150-$250)

**General members:**
$66/1-hour session; $122/two sessions
3-5 sessions: $56/session ($168-$280)
wellness - classes

Alexander

Call Jeanne Ronschke at 412-697-3515

Learn to use your body in more relaxed and efficient ways by focusing on your self-perception of movement. Carolyn Johnston, instructor.

View Cost and Register »

Thursdays, Robinson Dance Studio, 9:30-11 AM
January 5-February 23

Muscle Activation Techniques

Make an appointment with our MAT-certified specialist Joe DeAntonis, MS at 412-697-3509

MAT corrects body alignment and improves functional capabilities, decreasing pain and reducing the risk of injury.
$85/member; $100/community

Mat Reinforcement

A hybrid of MAT and exercise.
$45/half hour;
$42.50 each/12-47 sessions;
$40 each/48+sessions

Learn more about Wellness at the JCC »
wellness

Reiki
Reiki is a natural Japanese healing technique that promotes stress reduction and relaxation. It is an energy-based touch therapy that liberates the body's natural healing abilities.

$70/one-hour session; $60/Centerfit Platinum

To schedule an appointment, call the concierge, 412-697-3544

T’ai Chi
Doris Putkovich, Instructor.
Learn a traditional t’ai chi form and experience the proven benefits to mind and body while enjoying a pleasurable, relaxing group experience.

$30/members; $35/community

Wednesdays, Kaufmann Dance Studio, 1-1:45 pm
April 19-June 28

Massage
View massage details »
Nutrition

Online Weight Loss Course
If you are looking for a program that you can do on your own time, this class is for you. This 8-week course is conducted online with one phone or in-person meeting with Deborah Brooks, MS, RD. It includes weekly online check-ins, virtual weigh-ins, links to motivating articles, recipes, and blogs, and personalized online coaching and problem solving. You can also keep food records on the site of your choice and receive feedback and suggestions about your food choices.

START YOUR 8 WEEKS ANY TIME
$125

Register »

Back to Nutrition Basics
If you are unsure where to start or how to achieve your nutrition goals, then this is the class you need. This 4-week course with JCC Dietitian Brittany Reese, MS, RDN, LDN, will provide information, tools, and discussions about basic nutrition information in a world saturated with varied and complex nutrition advice. Inperson and online options are available to fit your schedule.

WEDNESDAYS • 7 PM • DATE TBA
$150 in person; $125 online option
Hold Your Staff Retreat at the JCC
Re-energize your staff by treating them to private fitness and wellness classes and a chance to relax in a whirlpool or sauna. We provide the facilities, services and staff to make your staff retreat a useful, enjoyable and enriching experience.

Private Fitness Parties
Start with a fitness class of your choice and relax in the whirlpool and sauna. Party packages include a one-hour private class for up to 20 people and exclusive use of the studio space for an additional hour. Additional studio time, cake, light lunch/snacks, balloons, set-up and clean-up are available at an additional charge.
$100 and up
Call Patti Sciulli at 412-697-3507 for more information.

Healthy Living
Join JCC Dietitian Brittany Reese, MS, RDN, LDN to explore the components of healthy living. This course will focus on ways of achieving nutrition goals and creating healthier food and exercise habits. Both in-person and online options are available.

Mondays • 11 am or 7 pm • Date TBA
$150 in person; $125 online option

Nutrition Counseling
Determine what you should be eating, based on your individual concerns.
$55/one-hour session; $30/followup
Buy a group of 5 followups to keep you on track for $140
Physical Therapy: PT at the JCC

To schedule, call 412-697-3505.

- Dr. Scott Rosen, Physical Therapist, Clinical Director
- Kristin Lerro, Physical Therapist Assistant
- Kyle Hitz, Rehab Aide

Located on the lower level of the JCC across from the Centerfit Desk. Monday through Friday appointments. Please call for hours and to schedule.
personal training

For Information - Jason Stowell
Director, Fitness and Wellness

Email: jstowell@jccpgh.org
Phone: 412-697-3521

Leatrice and John M. Wolf Centerfit
One-on-One Private Workout
One of our dedicated fitness experts will design a personalized exercise program to help you reach your goals and see results. 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.

Youth Personal Training
A private workout session with a certified professional trainer or exercise physiologist. Weight management and sports-specific training also are available.
personal training

HIIT Classes
High Intensity Interval Training alternates periods of short intense exercise with less intense recovery periods. KettleBell Cardio targets all your major muscle groups. TRX® Suspension Trainer™ leverages gravity and your body weight to enable hundreds of exercises for every fitness goal.

$200; $165/Centerfit Platinum
Take as many classes as you like!

January 8–May 26

Sundays, 9 AM
Mondays, 8:30 AM
Wednesdays, 7:30 AM
Thursdays, 9 AM

Register »

TRX class
The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You’re in control of how much you challenge yourself on each exercise, because you can simply adjust your body position to add or decrease resistance. Space is limited.

Fridays, January 6–March 31
8–8:45 AM

$120/general; $99/platinum

Register »

Funding for Fitness and Wellness equipment is supported in part by the Jack and Esther Bergman Fund.
summer day camps

For Information - Lewis Sohinki
Director, Children, Youth & Family Division
Director, J&R Day Camp

Email: lsohinki@jccpgh.org
Phone: 412-697-3537

J&R Day Camp: age 3-grade 5
Family Park, Monroeville
Monday-Friday: 9 am-3:30 pm
2-Week Camp Sessions; June 19-August 18

James & Rachel Levinson Day Camp provides children with an enriching summer filled with sports, arts, nature, Judaics, cookouts, swimming, ropes course, biking, tennis and more. Children participate in age-appropriate activities with qualified, professional supervisory staff and caring CPR/AED-certified counselors. At J&R we promote an environment of respect, cooperation and caring where children can discover new interests and talents every day. Fee includes lunch, a camp shirt and bus transportation.

Before- and After-Camp Care
Robinson Building, JCC Squirrel Hill
7:30-9 am: No Fee
3:30-6 pm: Additional Cost
To register, contact Lauren Goldman, 412-697-3540, or lgoldman@jccpgh.org
J&R Stepping Stones Half-Day Camp: Ages 3, 4 and PreK age 5

Family Park, Monroeville
Monday-Friday: 9 AM-1 PM
June 19-July 14

The Stepping Stones program is a developmentally appropriate, half-day camp. Children take a dedicated bus with seat belts and bus counselors to and from the JCC in Squirrel Hill. They follow a schedule that is suitable for young children. Campers are in groups of 10 to 12 with a senior counselor, a junior counselor and a counselor-in-training and are part of our Pre-Kindergarten Unit, Karmiel.

Before and After Stepping Stones

JCC Squirrel Hill
7:30-9 AM: Robinson Building, no fee
1-6 PM: EDCD, additional cost.
To Register, contact Mary Marcelle, 412-697-3531, or mmarcelle@jccpgh.org

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.
Specialty Camps: Grades 1-8

**Monday-Friday: 9 AM-3:30 PM**  
**July 17-August 8**

To Register, contact Meredith Brown, 412-697-3520, or mbrown@jccpgh.org

Camps explore special interests for a week at a time. Camps takes place at the JCC in Squirrel Hill or at J&R. Camps are presented through partnerships with organizations such as Mad Science, Snapology, Mighty Kicks Soccer, USA Karate, Directors’ Cut Kids International, Pittsburgh Bullets Semi-Pro Basketball Team, Schenley Golf Club and Hi-Tech Learning.

**Campers will have the opportunity to:**

- Focus on specific skill development
- Camper choice activities
- Trained experts and coaches ensure each camper receives individual attention
- Great indoor & outdoor facilities
- Kosher lunch provided daily
- Recreational swim daily

**Before-and-After-Camp J-Days**

**Robinson Building, JCC Squirrel Hill**  
**Monday-Friday: 9 AM-4 PM**

Before camp starts and after it ends, join us at the JCC for daily trips to fun places plus swimming, gym time and arts & crafts. Bring a dairy lunch, swimsuit and towel.

To Register, contact Meredith Brown, 412-697-3520, or mbrown@jccpgh.org
Noar and Bogrim Travel Camps: Grades 5-9

**Family Park, Monroeville**
**Monday-Friday: 9 AM-3:30 PM**
**June 19-July 14, 2017; July 17-August 11**

Campers enjoy time with friends while building new relationships, gaining independence and becoming part of a team. Day trips include Linsly Outdoor Center for adventure on the high ropes course and Emma Kaufmann Camp in Morgantown, WV, as well as Sandcastle, Kennywood and Pittsburgh Pirates baseball games. Fifth- and sixth-graders are grouped separately from seventh through ninth-graders. Leadership development and individual growth are encouraged and fostered.

**Transportation**
Transportation to and from the Family Park is included from central locations. Upon registration, we will provide a list of options to choose from. Camp counselors from Noar and Bogrim as well as J&R Day Camp provide supervision to campers on the buses every day. Central location pickups are between 8:30 and 9 am and dropoffs are between 4 and 4:30 pm.

**The Big Trip**
During the third week of each session, Noar/Bogrim campers embark on a five-day Big Trip out of town. Each getaway includes travel by coach buses and overnight accommodations in Jewish Community Centers. All meals are provided, with most dietary needs being met (kosher, vegetarian). Our staff contact parents in advance of each trip to answer questions and help prepare the camper to be away from home. Campers call home at least one time during the five-day getaway.
performing arts camp

For Information - Kathy Wayne
Dance Director

Email: kwayne@jccpgh.org
Phone: 412-339-5414

Philip Chosky Performing Arts Program
Pre-Professional program for young performers

Grades 4-10

Monday-Friday; 9 AM-3:30 PM
June 19 - July 14
Robinson Building

Hone your craft with expert faculty and theater arts professionals. Lunch is provided.

Acting
Theater games as well as drama and vocal exercises help campers learn to express themselves. Workshops with professionals from the Pittsburgh theater community may include: Acting for the Camera, Stage Combat, Makeup, Shakespeare and more.

Dance
Through the study of technique and choreography, campers learn how to break down a complicated routine into manageable steps. They gain flexibility, strength and stamina, explore various dance styles, and learn how to survive a dance audition.
performing arts camp

Voice
Campers work on music skills and musical theater repertoire, which are showcased in the final production.

Faculty
The camp faculty includes professionals in a variety of fields from the Pittsburgh theater community.

Skill-Building Workshops
Special workshops are led by local experts.

Performances
Performances are held at the JCC during the last week of camp.
early childhood camps

For Information - Liza Baron
Edward and Rose Berman Director;
Early Childhood Development Center

Email: lbaron@jccpgh.org
Phone: 412-697-3530

June 19-July 14, 2017; July 17-August 11, 2017

Campers thrive in a safe, structured environment with outdoor and indoor activities appropriate for each developmental stage.

Your child will enjoy:
• Daily music and movement with our music educator
• Building and discovering with a variety of materials and tools
• Arts & crafts experiences with a studio educator
• Special programs with Carnegie Science Center, Children’s Museum, National Aviary and Officer Friendly
• Experiments with a nature and science specialist
• Large motor skill games in our gym
• Israeli dancing and Shabbat

Activities are connected to weekly themes and special guests. There is an intergenerational Kabbalat Shabbat at Weinberg Terrace every Friday. All camps include a kosher lunch and snacks.
early childhood camps

Camp K’Ton Ton: age 2
We offer our youngest campers structured activities that support the new-found freedoms of toddlers, including water play in wading pools in our enclosed playground.

Camp Days Options
- Monday - Friday
- Monday, Wednesday and Friday
- Tuesday and Thursday

Camp Times
7 AM-6 PM; 9 AM-noon; 9 AM-3 PM

Camp Yeladim: ages 3-5
Children are introduced to the traditional JCC day camping experience. Campers have recreational swim in our indoor training pool with Red Cross Water Safety instructors and hold flagpole group time in the Ostrow Palm Court.

Monday-Friday
7 AM-6 PM; 9 AM-12:30PM; 9 AM-3 PM

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.
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

**Contact Stephanie Buzza, 412-697-3550, or sbuzza@jccpgh.org**
**Summer: 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.*
Adults

AgeWell at the JCC  Adult Fitness

Main Menu
AgeWell at the JCC

For Information - Sybil Lieberman
Director, AgeWell at the JCC

Email: slieberman@jccpgh.org
Phone: 412-697-3514

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

Website: www.AgeWellpgh.org
Phone: 412-422-0400

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. AgeWell at the JCC is funded in part through the Area Agency on Aging, Department of Human Services, Allegheny County, and the Jewish Federation of Greater Pittsburgh. Additional support is provided by the Jack Buncher Foundation, the City of Pittsburgh’s Community Development Block Grant from Mayor Bill Peduto, Councilman Corey O’Connor, Councilman Dan Gilman and the Lillian and Jack Mervis Fund.

Accredited by
National Institute of Senior Centers
AgeWell at the JCC Programs
AgeWell at the JCC Senior Center program is part of a unique partnership of AgeWell Pittsburgh. AgeWell at the JCC is a nationally accredited Senior Center Focal Point, funded in part through Allegheny County, Department of Human Services, Area Agency on Aging.

New!
Collage Class with Lila Hirsch Brody
Collage is for everyone—whether you feel like you have artistic skill or not. Join Lila as she shows you how creative you can be—while having an enjoyable experience! Class size limited.

Wednesdays, January 18-February 22
9:30 AM-NOON
$105/person

Intermediate and Advanced Acrylic Painting
Learn mixed media techniques and collage. Current students have first priority for registration. New students must meet with the instructor to assess their skill level. Lila Hirsch Brody, Instructor.

Wednesdays, April 19-June 28
9 AM-NOON; 12:30-3:30 PM
$180
Outings and Programs for Active Adults
Check us out for group trips, out-of-building activities and events. Keep fresh on what’s happening in Pittsburgh’s cultural scene, including local expeditions. Considering a new hobby? Salsa dancing, painting, or photography may be in your future. Interested in the bottled delights or culinary happenings? Dine out with a group, or participate in a beer or wine tasting event. Details will be promoted in the following months.

For more information contact Debbie Marcus: 412-339-5405, dmarcus@jccpgh.org, or stop in the AgeWell at the JCC Office, Room 201.

Live Music Performances by Local Professional Musicians
Watch for upcoming dates for live music performances by local professional musicians. MusicianFest is sponsored by the National Council on Aging, in partnership with the Music Performance Trust Fund.
agewell at the jcc

J Cafe
Come to the J Cafe for a delicious kosher lunch.

**Mondays through Fridays; 11 am-1 pm, Levinson Hall**
Special pricing for those ages 60+ who are Allegheny County residents and who are registered with AgeWell at the JCC.

**Reservations preferred 24 hours in advance. Call 412-567-1715, no later than 10 am.**

View the weekly menu & monthly program calendar »

*The JCC is under the supervision of the VAAD.*

Wechsler Bridge Program
Call Jeanne Ronschke, 412-697-3515

Duplicate Bridge
Advanced bridge for serious players. Please bring a partner. Gary Goetz, Director.

**Wednesdays, ongoing; noon-3:30 pm • $7**

Intermediate Bridge: “Thinking Bridge”
Course focuses on defensive strategies such as third hand play, signaling, attitude, count, suit preference, leads and discards and Rule 11. Judi Sonon, instructor.

**Wednesdays, March 15-May 17 • 9:30-11:30 am**
$55/member; $70/community

The JCC is under the supervision of the VAAD.
Ongoing Programs

The following programs are supported by Allegheny County Area Agency on Aging (ACAAA) and are open to anyone who is 60 years of age or older and a resident of Allegheny County.

A one-time registration must be completed in Room 201. Bring a photo ID with your date of birth and proof of residency.

Lunch and Learn with Rabbi Ron Symons

Call 412-697-3514 for the schedule

Enjoy your J Cafe lunch while exploring Jewish values in conversation with Rabbi Ron Symons, Senior Director of Jewish Life at the JCC. With lots of room for your opinions, these conversations will bridge the wisdom of the Jewish People with our concerns of everyday life.

Mondays; 12:15-12:45 PM
Levinson Hall B (Next door to J Cafe)

Mind-Full Monday Lectures

Guest speakers on pertinent subjects.

Mondays, 1:15 PM • Levinson B
agewell at the jcc

**Wednesday Afternoon at the Cinema**
Watch newly released or classic movies on our big-screen television.

**Wednesdays, 1:15 PM • Room 202**

**Book Review with Helen-Faye Rosenblum**
Join us for a lively discussion led by writer, teacher and reviewer Helen-Faye Rosenblum.

**Tuesdays, January 10, March 14, May 9
1:15 PM • Room 202**

**MindMatters**
*For more information, contact Darlene Cridlin, 412-697-3517 or dcridlin@jccpgh.org*
MindMatters is an educational program presented once a month via webcast. After the presentation, the audience can ask questions of the presenter. This program is offered through the Pennsylvania Department of Aging and Central PA PBS station WITF.

**Wednesdays, 10 AM
January 11, February 8, March 8, April 19 May 10, June 14
Room 318**
agewell at the jcc

PALS Book Club
Join in monthly discussions. Books are supplied at the beginning of the month.

LAST THURSDAY OF THE MONTH; 1:15 PM
ROOM 204

PALS Book Clubs are supported by Highmark® and the Allegheny County Library Association.

Got Shabbat Spirit?
Welcome the Sabbath with your friends and the children of the Early Childhood Development Center.

FRIDAYS, 10:30 AM; OSTROW PALM COURT

Tablet Cafe
Call Darlene Cridlin, 412-697-3517 or dcridlin@jccpgh.org
Stop by the Tablet Cafe on Mondays and Tuesdays to experience a relaxed time to pursue online interests on your own. Every Thursday the Tablet Cafe Class will have an instructor available to answer your questions about any tech device you have. Light refreshments available.

MONDAYS AND TUESDAYS • 9:30-11 AM
CLASS: THURSDAYS • 9:30-11 AM
ROOM 204
Information and Assistance Hours
Got questions? We have answers! Come to the AgeWell at the JCC Office, Room 201. Walk-ins welcome; appointments preferred.

Monday through Friday
9-11 AM and 1-3 PM

Transportation
Register for OPT/ACCESS, bus passes and Elder Express. Bring photo ID with your date of birth and proof of residency.

Room 201

Voter Registration
Register to vote, change your party or change your address with the Department of Elections.

Room 201

Legal Services
An attorney visits the JCC to assist with legal issues.

Call Jeanne Ronschke, 412-697-3515, for an appointment on the second Friday of each month.
Elder Express
Elder Express provides regularly scheduled van service to people age 65 and older. If you live in the 15217 zip code and are registered with Access, you are automatically registered for Elder Express. You will need to set up an e-purse account with Access. Get a schedule in Room 201.

Jacob Wolhendler Wellness Program

Keeping Up With Dr. Paul Caplan
Dr. Caplan brings a world of knowledge and expertise to medical topics.

Third Monday of the Month
1:15 PM • Room 204

Blood Pressure Screenings
Every Other Wednesday
10-11 AM • Begins January 4
Facilitated by a registered nurse from the Jewish Association on Aging Centers for Rehabilitation, a program of AgeWell Pittsburgh.

CheckMates
If you know an older adult who would appreciate a weekly, friendly phone call or would like to volunteer

Call Amy Gold, MSW at 412-697-3528
Better Choices, Better Health: Chronic Disease Self-Management Program

Better Choices, Better Health is another name for the Chronic Disease Self-Management Program that was developed at Stanford University more than 20 years ago and has been implemented all across the United States. In a Stanford study, people who participated in the program demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. They also spent fewer days in the hospital, and there was also a trend toward fewer outpatient visits and hospitalizations.

There is no charge for this 6-week workshop. All workshop participants get the companion book, “Living a Healthy Life with a Chronic Condition.” Light refreshments are provided throughout, with a graduation celebration at the end!

Watch for upcoming Spring dates.

Contact Amy Gold to be placed on an interest list: 412-697-3528, agold@jccpgh.org, or stop in the AgeWell at the JCC Program Office, Room 201.
Support Groups

Sivitz Jewish Hospice
Facilitation provided by Sivitz Jewish Hospice.

To register, call Jan Kellough, MA, 412-422-5700

General Bereavement
Last Tuesday of the Month
3-4:30 PM • Room 204

Recently Bereaved Support Group
Thursdays, March 2-April 6
Room 204 • 3-4:30 PM

Immigrant Assistance Program
Supported in part by Anita and Sam Michaels

Russian Language Library
Tuesdays, Noon-1 PM
Room 202
Judaics And Discussion

Hebrew Literature
Readings from a variety of Hebrew periodicals with Dave Dinkin.
**TUESDAYS • 10-11 AM**

Schmooze about Jews in the News
Join Dave Dinkin as he discusses the latest local, national and international news… with a Jewish twist.
**TUESDAYS • 11 AM-NOON**

Yiddish Conversation
Join Group Leader Mary Marks and speak Yiddish with your friends.
**TUESDAYS • 10-11 AM**

Israeli Folk Dancing
Cherie Maharam and Lynn Berman lead a class for beginners and then a dance-by-request session in the Kaufmann Dance Studio.
**THURSDAYS • 7:30 PM**
$3 SUGGESTED DONATION

Jewish History Class
Led by Professor Alex Orbach.
**Call 412-697-3514 to check the schedule.**
**FRIDAYS • 9:30-10:20 AM**

Current Events Class
Hear guest rabbis and speakers discuss politics and current events.
**FRIDAYS • 10:30-11:30 AM**

View our website »
adult fitness

For Information - Sharon Feinman
Asst. Director, AgeWell at the JCC

Email: sfeinman@jccpgh.org
Phone: 412-697-3533

General Fitness Classes

Namaste Yoga
Increase flexibility, balance, and find relaxation.
$1/class

Senior T’ai Chi Beginner’s Drop-in class
Strengthen muscles, improve balance and promote relaxation with traditional Chinese exercise.
Sponsored in part by ACAAA. Doris Putkovich, Instructor.

WEDNESDAYS, KAUFMANN DANCE STUDIO
1:45-2:30 PM, ONGOING
BEGINNING FEBRUARY 1
Wellness Programs

Memory Training • UCLA Longevity Center©
Call 412-422-0400
Group discussions, memory checks, and skill-building exercises for people with mild memory concerns. Each course is 2 hours, once a week, for 4 consecutive weeks.
$35

Walk with Ease • Arthritis Foundation®
Call 412-339-5415
This program promotes successful physical activity for people with arthritis. Each course is 1 hour, 3 times per week, for 6 consecutive weeks. Call for dates.

HomeMeds Medication
Assurance Partners in Care Foundation
Call 412-697-3517
Bring in your prescription and over-the-counter medications and home remedies to the JCC for an assessment. By appointment only.

Caregiver Aging Mastery Program
Call 412-697-3517
The Aging Mastery Program (AMP) is a behavior change incentive program for aging well. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Classes are once a week for 12 weeks.

Wednesdays, January 11-March 29 • 6-8 PM
Sundays, April 23-July 16 • 10 AM-NOON
SilverSneakers® classes (except for Splash) and Silver&Fit® Zumba Gold are open to everyone if space permits for a fee of $1. For those not registered with SilverSneakers® or Silver&Fit®, participants need to be age 60, Allegheny County residents and registered with AgeWell at the JCC.

SilverSneakers®
SilverSneakers® is free to adults ages 65+ who use Highmark Security Blue, Freedom Blue, Medigap Blue, AARP, or Health Options Program through the Public School Employees Retirement System as their insurance provider (some restrictions apply). Participants receive a general membership to the JCC.

Pick up the most recent Senior Adult Group Exercise schedule in Room 201.

SIGN UP FOR SILVERSNEAKERS®
MONDAY THROUGH FRIDAY
9-11 AM AND 1:30-3:30 PM
adult fitness

SilverSneakers® Programs

**Classic**
Increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support.

**Yoga**
Using a chair for support, increase flexibility, build endurance and learn how to relax and think more clearly.

**Circuit**
Standing non-impact choreography alternating with standing upper body strength work with hand-held weights, tubing bands and a ball. Note: This class is for people who are comfortable standing to exercise for 30-40 minutes at a time.

**Splash**
Enhance quality of life and daily function using specifically designed SilverSneakers® kickboards. No swimming ability is required for this safe, fun and effective program.
Silver&Fit

Silver&Fit is free to adults ages 65+ who have American Specialty Health (ASH) as a product on their insurance program (Advantra, Health America, UPMC for Life). Participants receive a general membership to the JCC. Some restrictions apply.

Arthritis Exercise Program (30 minutes)
This class uses movements created by physical therapists that address pain and fatigue while increasing strength.

$1/class

Arthritis Foundation Aquatic Class
Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. This program is certified by the Arthritis Foundation.

THIS CLASS IS OPEN TO ALL JCC MEMBERS
SMALL POOL

Zumba Gold
Zumba Gold® classes provide modified, low-impact moves for active older adults. Sneakers are required. Free to Silver&Fit Members, all others pay $1 at the class if space permits.

KAUFMANN DANCE STUDIO