

Program Guide

South Hills

Winter/Spring 2018

Mobile Program Guide

Call, email or register with the tap of your finger



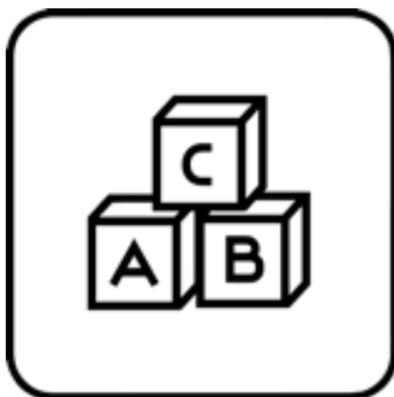
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**Membership & Info/
Holiday Hours**



**Jewish Life
Teens**



**Early Childhood/
Babysitting**



Children & Family



Sports, Aquatics & Dance



Camps



Fitness & Wellness



Adults

**THANKS TO OUR JCC FUNDERS AND
PARTNERS IN OUR MISSION**



membership

For Information - **Frieda Lalli**

Membership Director



flalli@jccpgh.org



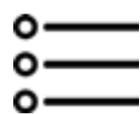
412-446-4774

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

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.

Platinum Membership Benefits

- Free yoga and TRX classes
- Up to 10% off personal training
- 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**

Hours

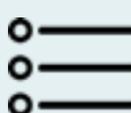
MONDAY-THURSDAY, 5:30 AM-10 PM

FRIDAY, 5:30 AM-6 PM

SATURDAY, 8 AM-6 PM

SUNDAY, 8 AM-6 PM

EARLY CHILDHOOD DEPARTMENT: MONDAY-FRIDAY, 7 AM-6 PM

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**JCC
PGH**

membership

MEMBER APPRECIATION WEEK

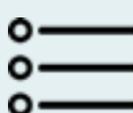
JANUARY 21-28

BRING A FRIEND FOR FREE



- Each day will have a specific theme
- FREE fitness classes to try
- Fitness class previews
- FREE fitness consultation
- Special treats to enjoy
- Raffles
- Bring a friend for FREE
- New members receive \$1 enrollment and FREE month on annual membership purchase
- Look for the week's schedule of events in early January.

Look for the week's schedule of events in early January. Contact Frieda Lalli, [412-446-4774](tel:412-446-4774) or flalli@jccpgh.org for additional information



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**JCC
PGH**

holidays

Christmas Eve and Christmas

Sunday, December 24 and Monday, December 25
Open 8 am-6 pm

New Year's Eve and New Year's Day

Sunday, December 31: Open 8 am-6 pm
Monday, January 1, 2018: 8 am-2 pm

Passover

Friday, March 30: Close at 5 pm
Saturday, March 31: Closed
Sunday, April 1: Fitness Center open 8 am-6 pm
Thursday, April 5: Close at 5 pm
Friday, April 6: Closed
Saturday, April 7: Fitness Center open 8 am-6 pm

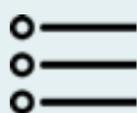
Shavuot

Saturday, May 19: Close at 5 pm
Sunday, May 20: Closed
Monday, May 21: Partial Opening 5:30 am-10 pm ECDC, Fitness

Memorial Day, Monday May 28

Fitness Center open 8 am-2 pm
Family Park open 11 am-7 pm

[View the holiday calendar »](#)

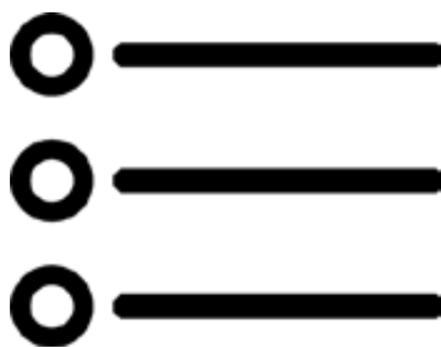
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JCC
PGH

jewish life



Jewish Life-Teens



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jewish life - teens

South Hills J Line: Grades 8-12

Chris Herman, cherman@jccpgh.org or **412-339-5395**

Engage in Jewish life through South Hills J Line, a powerful Jewish community for South Hills teens. Participants will explore topics and issues affecting Jews around the globe, tackle challenging questions about Jewish life, and develop leadership skills.

South Hills J Line will take place at Temple Emanuel and Beth El Congregation on Monday nights. Register online at JCCPGH.org/jlinepgh. Registration is open to non-JCC members.

Powered by Temple Emanuel, Congregation Beth El, South Hills Jewish Pittsburgh and the JCC to collaboratively engage South Hills Jewish teens.



Like J Line on Facebook

Israel Engagement Fellowship: grades 10-12

To apply, contact Chris Herman,
cherman@jccpgh.org or **412-339-5395**

Let's talk Israel! In this inaugural cohort of select high school students, you'll learn about Israel's geo-political climate, explore the wide diversity of Israel's cultures and religions, and get important facts about current trends on college campuses. We'll answer some of today's most pressing questions that college students grapple with: What does anti-Israel activity look like? How is it different than anti-Semitism? What can I do to make my campus and community a safer and more inclusive space?



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**JCC
PGH**

jewish life - teens

J-Serve: grades 6-12

Hannah Kalson, hkalson@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 or to join the teen Steering Committee (grades 10-12), contact Hannah Kalson.

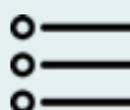
SUNDAY, MARCH 11

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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**JCC
PGH**

jewish life - teens

Diller Teen Fellowship: Grades 10-11

Stephanie Aaronson, saaronson@jccpgh.org or **412-697-3233**

The Diller Teen Fellows Program is Pittsburgh's premiere leadership development program for Jewish teens in grades 10 and 11.

Twenty students are selected and participate over 12 months.

Together with Karmiel & Misgav Diller Teen Fellows, we explore the Diller principles: Leadership, Jewish Identity, Jewish Peoplehood, Pluralism, Community Service and Israel with the purpose of developing active, effective leaders with a strong commitment to the Jewish people. Applications for the 2018-2019 cohort year will be available in March with an application deadline in May.

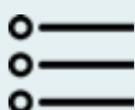
Website: jccpgh.org/diller



Visit the Diller Teen Fellowship on Facebook



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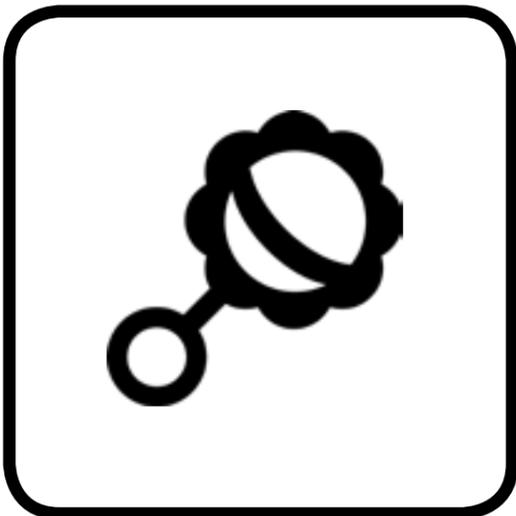
early childhood



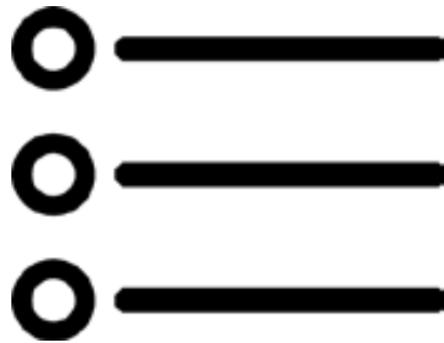
ECDC



Kindergarten



**Shortstop
Babysitting**



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For Information - **Kathy Revesz**

Director, ECDC



krevesz@jccpgh.org



412-278-1786

EARLY CHILDHOOD DEVELOPMENT CENTER

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."

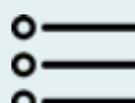
We provide countless opportunities for children to develop skills and confidence, as well as the environment and freedom for children to have fun!

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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ECDC

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

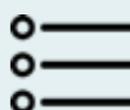
Full-time options for 2-year-olds

Preschoolers

Full-time options for ages 3-5



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**JCC
PGH**

Kindergarten

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.



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**JCC
PGH**

babysitting

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-Friday9 am-11:30 am

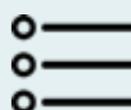
Monday-Thursday 5:30-8 pm

\$7/CHILD/HOUR; \$30/MONTH UNLIMITED USAGE (ONE PER CHILD)

PARENTS MUST STAY ON JCC PROPERTY.



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**JCC
PGH**

children & families



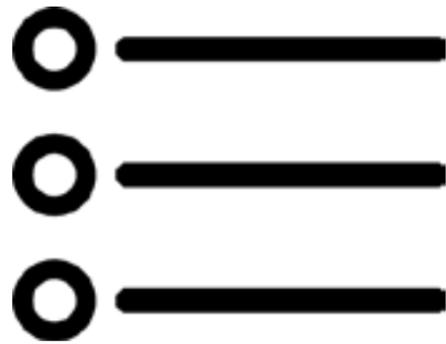
Children



Families



Special Needs



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children

For Information - Jason Haber



jhaber@jccpgh.org



412-278-1782

J DAYS: Grades K-6

J 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.

When school is canceled for inclement weather

If school is canceled due to inclement weather, we will conduct a J Day program. Please call the JCC at **412-278-1975** at 7 am to verify start time. We follow the Mt. Lebanon and Upper St. Clair school closings.

9 AM-3 PM

\$55/DAY/CHILD

BEFORE CARE (7-9 AM): \$8/DAY

AFTER CARE (3-6 PM): \$12/DAY

BEFORE AND AFTER CARE: \$15/DAY

Scheduled J Days

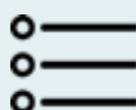
DECEMBER 26-29 • JANUARY 15 • FEBRUARY 16, 19

MARCH 26-30 • APRIL 2 • MAY 15, 28 • JUNE 13, 15

CHECK YOUR EMAIL FOR DETAILS ABOUT THE ACTIVITIES FOR EACH J DAY.



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**JCC
PGH**

children

KIDS NITE OUT

ages 4-12

Parents—enjoy a night out while the JCC takes care of the kids. Children are grouped by age. Activities include sports, music, arts & crafts, color wars and much more, with a sleepover coming in February.

SATURDAYS

6-10 PM

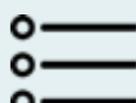
DATES TBA BY EMAIL

\$35/CHILD; \$15/SIBLING

\$50/COMMUNITY



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**JCC
PGH**

children

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.

When you book a party with the JCC, you will get a FREE Kids Nite Out.

Games Galore: ages 5 and under

Parchutes, Mr. Fox, Freeze Dance, Four Corners, Duck Duck Goose and more.

\$300

Sports Party

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

\$300

Swim Party: ages 5-12

Enjoy open swim time and games with your birthday guests.

\$300

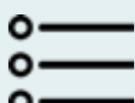
Craft Party

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

\$300 PLUS MATERIALS FEE



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**JCC
PGH**

children

Create Your Own Party

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

MINIMUM FEE: \$300

[Schedule a Birthday Party »](#)



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**JCC
PGH**

Families

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.

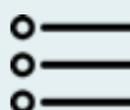
To volunteer the day of the carnival, contact Jason Haber, [412-278-1782](tel:412-278-1782) or jhaber@jccpgh.org.

SUNDAY, MARCH 4

JCC-SOUTH HILLS



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**JCC
PGH**

special needs

For Information - **Meredith Brown**

Program Development Coordinator



mbrown@jccpgh.org



412-697-3520

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.

Teen and Young Adult Center

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

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.

MONDAY-FRIDAY • 2-6 PM • YEAR-ROUND

PARTICIPANTS CAN ATTEND 1-5 DAYS PER WEEK



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**JCC
PGH**

special needs

Earl Latterman Family J.S.S.N. (Jewish Singles Support Network)

Call Marty 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 and 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

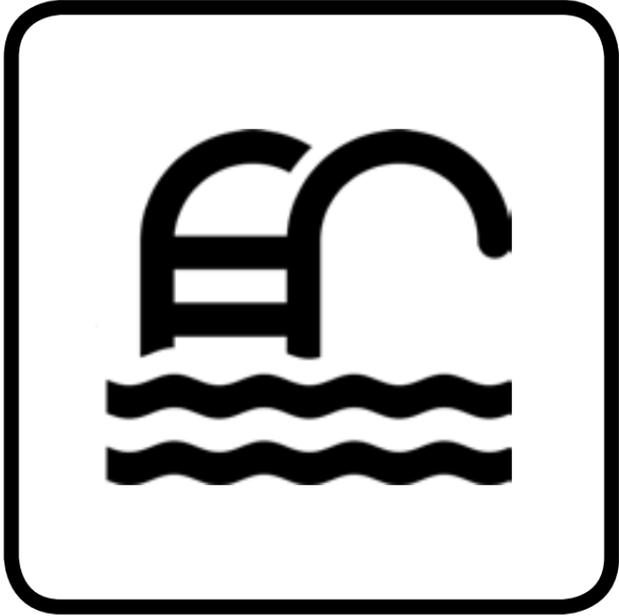
Gesher Program at Emma Kaufmann Camp

Contact Rachael Speck, rspeck@jccpgh.org or **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.



sports, aquatics & dance



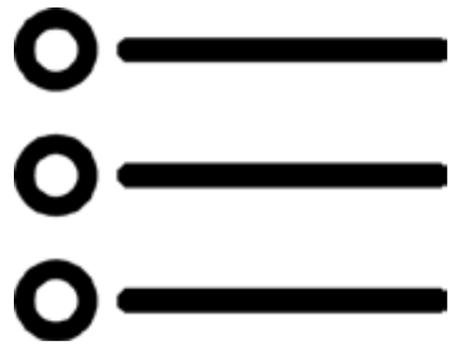
Aquatics



**preschool and
youth sports**



Dance



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aquatics

For Information - **Jamie Nathan**

Aquatics Director



jnathan@jccpgh.org



412-278-1790

AQUATICS OPEN HOUSE

SUNDAY, MARCH 11

10 AM-2 PM

For current JCC families and new families who may be interested in joining our spring and summer aquatic programs.

Schedule of events to follow.

Contact Jamie Nathan, jnathan@jccpgh.org, for more information

- Observe or participate in any of our aquatic programs offered that day
- Group swim lessons, aquatic exercise, swim team, summer camp
- Great opportunity to meet our swim instructors and swim coaches
- Free family swim 1:15-2 pm
- Snack and drinks provided
- New members receive \$1 enrollment and FREE month on annual membership purchase



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JCC
PGH

aquatics

swim lessons

SWIM LESSONS

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

Guppy and Me: Parent and child class: ages 6-30 months

Your child will build confidence in the water, sing songs and play with water appropriate toys. Parents along with the instructor will help their child learn to float and blow bubbles. Parents will also learn basic safety and swim skills to be comfortable with their child in the pool.

[View costs and times »](#)

Minnows (Level 1)

Introduction to organized swim lessons for ages 2-4 years old. Parents do not get into the water. Children will learn to put their face in the water in order to swim forward unassisted. They will also learn how front/back float with assistance and kick on their front/back.

[View costs and times »](#)

Goldfish (Level 2)

Children will learn how to front/back float without support and combine alternating arm and leg action on their front. They will kick on their back unassisted, tread water 15 seconds and front streamline one body length.

[View costs and times »](#)

aquatics

swim lessons

Dolphins (Level 3)

Children learn how to swim freestyle 10 yards, backstroke 10 yards and elementary backstroke 5 yards. They will also be introduced to breaststroke and be able to tread water for 30 seconds.

[View costs and times »](#)

Whales (Level 4)

Children learn how to swim freestyle 25 yards, backstroke 25 yards, elementary backstroke 10 yards and breaststroke 15 yards. They will tread water for one minute and be introduced to diving.

[View costs and times »](#)

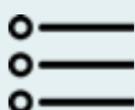
Sharks (Swim Team Readiness)

Your child will learn to swim freestyle 50 yds, backstroke 50 yards, breaststroke 25 yds and butterfly 15 yds. They will also be introduced to flip turns and racing starts.

[View costs and times »](#)



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JCC
PGH

aquatics swim lessons

Adult Swim Lessons

THURSDAYS

JANUARY 11-MARCH 15: \$140

MARCH 22-MAY 31: \$140

Beginner: 6:30-7 pm

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

[View costs and times »](#)

Stroke Refinement: 7-7:30 pm

For adults who are able to swim but want additional help with stroke technique.

[View costs and times »](#)

Private Swim Lessons

\$34/HALF HOUR

\$300/10 CLASSES

[Call to schedule one-on-one instruction »](#)

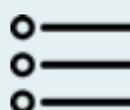
Private Group Lessons

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

\$17/PERSON/LESSON

[Call to schedule a private lesson »](#)

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JCC
PGH

aquatics

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.

MONDAYS AND FRIDAYS: 10-11 AM

TUESDAYS, WEDNESDAYS, THURSDAYS: NOON-1 PM

FREE FOR JCC MEMBERS

\$90/20 CLASSES/COMMUNITY

Contact Jamie Nathan for more information »

SilverSneakers® Splash

Jump in for a fun, shallow-water class that improves agility, flexibility and endurance. This is a great low-impact option. No swimming ability is required, and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SUNDAYS: 12:30-1:30 PM

MONDAYS AND THURSDAYS: 1-2 PM

NEW! Aqua Groove

The class will focus on endurance and resistance training in an enjoyable atmosphere set to music.

TUESDAYS • 11-11:45 AM

BEGINS JANUARY 2

NO FEE



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**JCC
PGH**

aquatics

TIDAL WAVE SWIM TEAM

Email tidalwavemembership@gmail.com

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. For more information, visit www.tidalwaveswimteam.org

LIFEGUARDING

Please call in February for winter dates.

[412-278-1790](tel:412-278-1790)

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

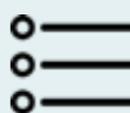
Upon completion, participants receive a 2-year certification in lifeguarding, first aid and CPR for lifeguards.

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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**JCC
PGH**

aquatics

Stingray Swimmers

Natalie Parker, Assistant Aquatics Director,
nparker@jccpgh.org or 412-278-1790

This program prepares participants for competitive swimming. Swimmers are required to attend both days and must be able to swim 50 yards freestyle, backstroke, and breaststroke and 25 yards butterfly. Dry land training will be a regular part of the schedule.

MONDAYS AND WEDNESDAYS

5:30-6:30 PM

JANUARY 8-MARCH 14: \$180

MARCH 19-MAY 30: \$180

JANUARY 8-MAY 30: \$320

HydroXfit Training for Competitive Swimmers

Natalie Parker, Assistant Aquatics Director,
nparker@jccpgh.org or 412-278-1790

Ages 10+

Dry land balance and core training as well as motor training to mimic the movements used in the pool.

Ages 12+

Dry land lower body, core, shoulder stability and push and pull training to strengthen the body, prevent injuries and become a more powerful swimmer. Contact Natalie to make an appointment.

\$150/10 SESSIONS/PERSON

2-3 PARTICIPANTS PER TRAINING SESSION



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**JCC
PGH**

preschool and youth sports

For Information - Steve Manns

Fitness and Wellness Director



smanns@jccpgh.org



412-278-1783

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 • 2:30-3 PM

JANUARY 8-MARCH 12: \$100

APRIL 2-MAY 21: \$80

[Register »](#)

Floor Hockey: ages 3-5

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

TUESDAYS, JANUARY 9-MARCH 13

\$100 • 2:30-3 PM

[Register »](#)



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**JCC
PGH**

preschool and youth sports

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 • 2:30-3 PM

JANUARY 10-MARCH 14: \$100

APRIL 4-MAY 23: \$80

[Register »](#)

Sports Sampler: ages 3-6

Children have fun learning the basics of various sports and enhanced body awareness.

SUNDAYS, JANUARY 7-MARCH 11

AGES 3-4: 10:30-11 AM

AGES 5-6: 11:15 AM-NOON

\$90

[Register »](#)

Little Hoopers Basketball: ages 3-8

Children learn the basics of basketball and good sportsmanship.

THURSDAYS

JANUARY 11-MARCH 15: \$90

MARCH 29-MAY 24: \$70

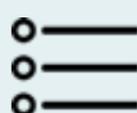
AGES 3-5: 3-3:30 PM

AGES 6-8: 3:45-4:15 PM

[Register »](#)



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**JCC
PGH**

preschool and youth sports

Tumbling: ages 3-8

Children learn gymnastic skills, gross motor skills, coordination and body awareness through games and special activities with Coach Kelli.

FRIDAYS

JANUARY 12 -MARCH 16: \$90

MARCH 30-MAY 25: \$70

AGES 3-5: 2:30-3 PM

AGES 6-8: 3:45-4:15 PM

Register »



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**JCC
PGH**

dance

For Information - **Kathy Wayne**

Dance Director



kwayne@jccpgh.org



412-339-5414

The Philip Chosky Performing Arts Program

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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**JCC
PGH**

dance

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.



dance

Preschool Classes

Click class name to view dates and pricing

Little Stars 1: ages 2½-3

[Register»](#)

Little Stars 2 - Creative Movement: ages 3-4

[Register»](#)

Shooting Stars Pre-Ballet and Tap: ages 4-5

[Register»](#)

School Age Classes

Click class name to view dates and pricing

Ballet/Tap 1: ages 5-6

[Register»](#)

Ballet/Tap 2: ages 6-8

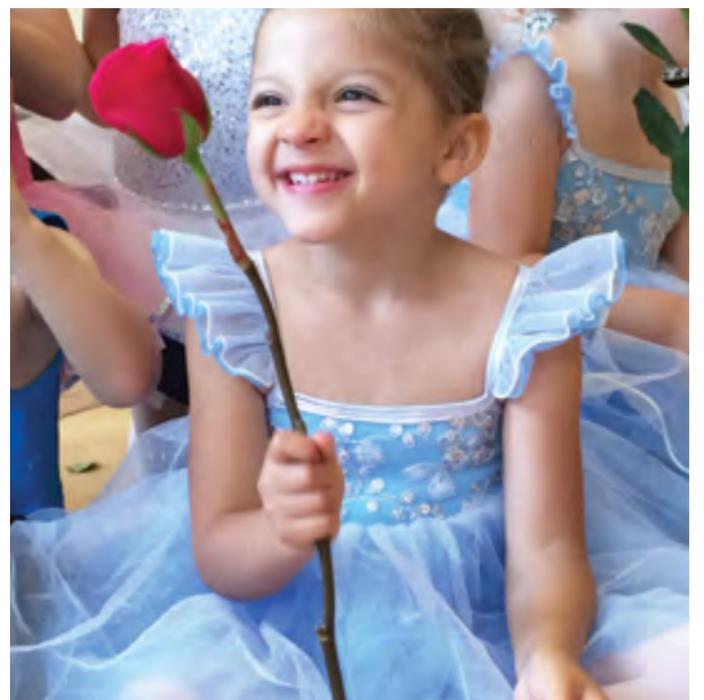
[Register»](#)

Private Dance Instruction

[Register»](#)

Duet Dance Lesson

[Register»](#)



Adult Classes

Click class name to view dates and pricing

[Beginning Tap »](#)

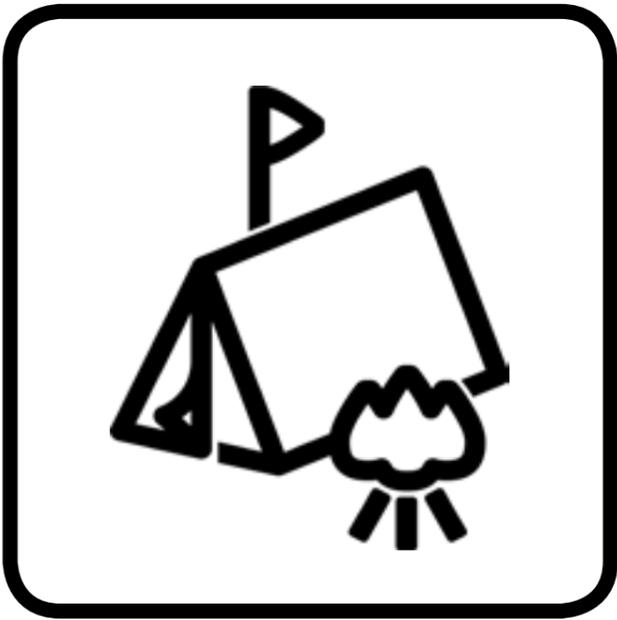
[Intermediate Tap »](#)

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**JCC
PGH**

camps



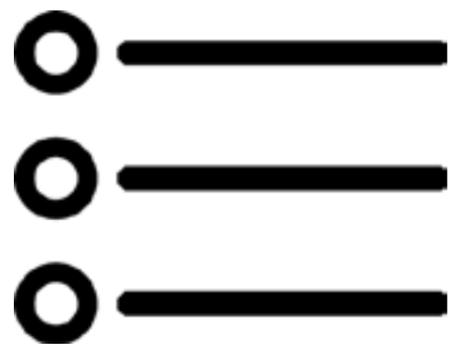
Day Camps



Emma Kaufmann Camp



Specialty Camps



Main Menu

day camps

For Information - Jason Haber

Department Director of Children, Youth and Family Services
South Hills



jhaber@jccpgh.org



412-278-1782

To register, visit [JCC Day Camp website](#).

CAMP DATES: JUNE 18-AUGUST 10, 2018

Register for Camp by the Week

Weeks do not need to be consecutive. Kosher-style lunches and afternoon snacks are included in all camp programs.

Register Early: It's Like Getting A Week Free

- If you register in October or November, you will be eligible for the lowest camp fees of the 2018 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, 2018.

Before- and After-Camp Care

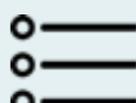
7-9 AM: \$50/WEEK OR \$15/DAY (DOES NOT INCLUDE BREAKFAST)

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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**JCC
PGH**

day camps

EARLY CHILDHOOD CAMPS

CAMP DATES: JUNE 18-AUGUST 10, 2018

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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**JCC
PGH**

day camps

CAMP SABRA

JUNE 18-AUGUST 10, 2018

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

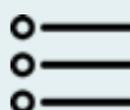
9 AM-3 PM

Children grow and flourish, encouraged by enthusiastic staff to explore new interests, cultivate skills and find new opportunities to engage, create and have fun. Campers receive Red Cross swim lessons, free swim and a kosher style lunch daily. Special event programming includes Color Wars, Wacky Wednesday, field trips and much more! With sports, aquatics, drama, nature, arts & crafts, Judaics and much more, campers enjoy an enriched, well-rounded experience in a beautiful and safe environment.

Field Trips

- J&R Day Camp (late stay)
- South Park
- Sabra campers will have the opportunity to participate in two overnights at the JCC.

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**JCC
PGH**

day camps

CAMP CHALUTZIM: Grades 3-6

JUNE 18-AUGUST 10, 2018

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 that 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

- Emma Kaufmann Camp (overnight)
- Sandcastle (late stay)
- J&R Day Camp (late stay)
- Washington Wild Things Baseball Game (overnight at the JCC)



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**JCC
PGH**

day camps

C.I.T. LEADERSHIP PROGRAM: Grades 7-10

JUNE 18-JULY 13, 2018

JULY 16-AUGUST 10, 2018

8:30 AM-3:30 PM

Register for 4-week blocks

Through training and weekly workshops, 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 teambuilding 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 program, a rebate will be awarded.

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

Attendance at the staff orientation week in June is mandatory.



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**JCC
PGH**

specialty camps

PERFORMING ARTS CAMP: Grades 2-8

JUNE 18-JULY 13, 2018

9 AM-3 PM

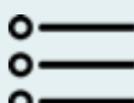
Register for 4-week block

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 12, at 7 pm. The musical will be chosen based on registration.

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



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**JCC
PGH**

specialty camps

ADVENTURE CAMPS: Grades 2-8

BY THE WEEK: JUNE 18-AUGUST 10

Campers will experience many different adventures in and around the Greater Pittsburgh area. Previous trips have included: Just Ducky Tour, Wave Pools, Kennywood, Sandcastle, Living Treasures Animal Park and many others. There will be occasional late pickup days based on the excursion. An overnight stay at Emma Kaufmann Camp, the JCC's overnight camp in West Virginia, will be offered during one of the weeks.

Campers will leave the JCC each day with grades grouped separately. On days with shorter excursions, campers spend time at the JCC with instructional or free swim, nature walks and arts & crafts.

Parents can choose all 8 weeks or pick and choose which they prefer. Due to bus/staffing/ and ticket purchases, all Adventure Camp registrations must be made by May 31, 2018.

Mini Adventure Camp: grades K-1

Each day will be a new adventure in the Pittsburgh area. Trips include Chuck E Cheese, mini golf, Snapology, Children's Museum and more. The day will include instructional swim when possible.

JULY 16-20 AND JULY 23-27

emma kaufmann camp

For Information - Stephanie Buzza



sbuzza@jccpgh.org



412-697-3550

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

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



www.emmakaufmanncamp.com



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JCC
PGH

emma kaufmann camp

Camp dates for Summer 2018

For campers entering grades 2-10

- 4 WEEKS (SESSION I) JUNE 17-JULY 13

For campers entering grades 5-10

- 3 WEEKS (SESSION II) JULY 15-AUGUST 7

For campers entering grades 2-6

- 2 WEEKS (SABRA/KINERET ALEPH) JUNE 17-29

For campers entering grades 2-4

- 2 WEEKS (SABRA BET) JULY 15-29

For campers entering grades 2-5

- 1 WEEK (FIRST EXPERIENCE) AUGUST 1-7



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JCC
PGH

fitness & wellness



Personal Training



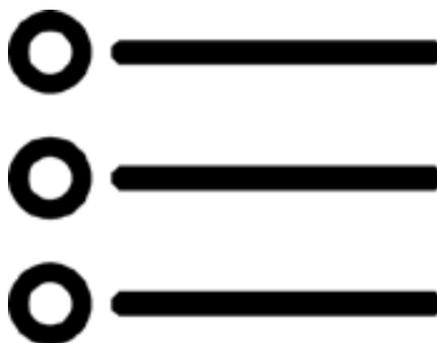
Fitness



Youth Fitness



Group Exercise



Main Menu

personal training

For Information - Steve Manns

Fitness and Wellness Director



smanns@jccpgh.org



412-278-1783

EVERY BODY DAY

Bring a friend and we'll waive the guest fee!

Special for new members: get a \$1 enrollment fee and one free month when you sign up.

GROUP POWER LAUNCH • 10:30 AM

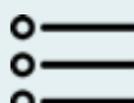
GROUP BLAST • 8 AM

GROUP ACTIVE • 9:15 AM

SPRINT CLUB • 1-3 PM



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**JCC
PGH**

personal training

One-on-One Private Workout

Live life to the fullest! Let us help you look good and feel great. Your personal trainer will customize a program designed just for you and guide you to experience a life-changing transformation through safe, enjoyable workouts. Get started today!

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

Trainer vs. Trainer

Join Team Mallery or Team Kelly for an 8-week program of small group training, with 16 training sessions, unlimited group ex classes, a nutrition consult, two mini-competitions and a party at the end for all competitors.

JANUARY 29-MARCH 24

\$225/PLATINUM MEMBER; \$250/GENERAL MEMBER

Team Mallery

THURSDAYS • 5:30 PM

SATURDAYS • 11 AM

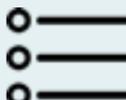
Team Kelly

WEDNESDAYS • 5:30 PM

FRIDAYS • 2 PM



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**JCC
PGH**

personal training

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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**JCC
PGH**

personal training

PERSONAL TRAINING FEES

Platinum Members

	Hour	Half
4-11 sessions	\$62	\$40
12-47 sessions	\$57	\$36
48+ sessions	\$52	\$32

General Members: Hour Half

4-11 sessions	\$68	\$44
12-47 sessions	\$63	\$40
48+ sessions	\$58	\$36

Ages 17 and under: Hour Half

4-11 sessions	\$54	\$35
12-47 sessions	\$52	\$33
48+ sessions	\$50	\$31

Single Sessions (hour)

Centerfit Platinum	\$64
General Member	\$72
Youth	\$56



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JCC
PGH

youth fitness

For Information - Steve Manns

Fitness and Wellness Director



smanns@jccpgh.org



412-278-1783

Teen Fitness Certification

This 90-minute orientation **MUST** be completed by teens prior to using the facility.

\$45/GROUP SESSION

FIRST SUNDAY OF THE MONTH, 1:30 PM

\$60/PRIVATE SESSION WITH A TRAINER

Contact Steve Manns, **412-278-1783** or smanns@jccpgh.org to schedule an appointment.

Register »

Spartan Edge Family: families with children ages 7 and up

Obstacle course training for the whole family! As participants gain more confidence, strength and coordination through cardiovascular exercises, additional equipment in the form of tires, sandbags, ropes and pull-up bars will be added.

Participants may choose to test their new skills as a family team at an official Spartan Race or locally sponsored SpartanEdge event.

SUNDAYS, JANUARY 7-FEBRUARY 25

11AM-12:30 PM

\$150/FAMILY



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**JCC
PGH**

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 • 4:30-5:30 PM

BEGINS JANUARY 9

\$5/SESSION; \$45/10 VISITS

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 10-FEBRUARY 7

6-7 PM • \$40

Register »

Girls on the Run: grades 3-5

Contact Steve Manns, smanns@jccpgh.org

The program nurtures confidence and a lifetime appreciation of fitness through dynamic lessons and running games, culminating with a celebratory 5K run.

MONDAYS AND WEDNESDAYS, MARCH 12-MAY 23

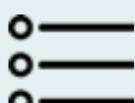
4:30-6 PM

\$175; REGISTER AT WWW.GIRLSONTHERUN.ORG

FINANCIAL AID IS AVAILABLE



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**JCC
PGH**

fitness

For Information - **Steve Manns**

Fitness and Wellness Director



smanns@jccpgh.org



412-278-1783

Next Steps

JCC Next Steps is a post-rehabilitation exercise program that will help you transition from physical therapy to long term fitness and wellness. Enroll for as little as \$33 per half hour when you purchase 10 sessions.

Contact Steve Manns, **412-278-1783** or smanns@jccpgh.org to schedule an appointment.

Primal Health Coaching

Primal Health Coaching supports maximum vitality and well-being through the integration of strategies across a broad spectrum of lifestyle dimensions including nutrition, fitness, sleep, stress management, sun, play and enrichment.

Contact Steve Manns, Certified Primal Health Coach, **412-278-1783** or smanns@jccpgh.org to schedule an appointment.

\$700/12 WEEKS

Small Group Spin

You and 2 other friends will be challenged on this mini-spin training session with Steve Manns. Contact Steve to schedule.

\$25/PERSON (MINIMUM OF TWO)



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**JCC
PGH**

fitness

Spartan Strong

Conquer mental and physical challenges in this group workout inspired by Spartan Race. Increase your strength, endurance, and mobility with an innovative combination of resistance training, bodyweight moves, dynamic stretching and cardio-focused drills. Push harder and unleash the Spartan in you.

MONDAYS AND WEDNESDAYS • 6:30 AM

\$10 DROP-IN; NO FEE FOR PLATINUM MEMBERS

Spartan SGX Training

Twelve weeks of intense training to prepare you for the ultimate physical test, the Spartan Race!

TUESDAYS AND THURSDAYS • 6:15- 7:15 PM

BEGINS JANUARY 9 FOR THE SPARTAN RACE MARCH 10

BEGINS MARCH 13 FOR THE JUNE 2 RACE

\$375 INCLUDES WEEKEND WARRIOR TRAINING DOES NOT INCLUDE THE COST OF THE RACE.

Weekend Warrior Training

In a time crunch? Come for weekend warrior training. A 90-minute session to prepare you for your first or 100th obstacle course race. Instructor is a Level 2 SpartanSGX coach.

SUNDAYS • 4-5:30 PM

ONGOING

\$200/12 SESSIONS; \$180/PLATINUM

\$25/DROP-IN; \$20/PLATINUM DROP-IN

fitness

Sprint Club

Half-hour high intensity program to increase bone density, stimulate lean muscle development and optimize fat metabolism. Many different modalities will be used to accomplish these goals.

SUNDAYS: 9:30-10 AM

WEDNESDAYS: 9:30-10 AM

THURSDAYS: 5:30-6 PM

\$5: NO FEE FOR PLATINUM MEMBERS

Pick-Up Basketball

BEGINS JANUARY 2

TUESDAYS AND THURSDAYS: 7-9:15 PM

SUNDAYS: 8-10:30 AM

NO FEE FOR MEMBERS

\$5/COMMUNITY

Introduction to Meditation

There are many benefits attributed to daily meditation practice, from reducing stress and improving concentration to lowering blood pressure and boosting the immune system. Each month we will have a short discussion followed by a 10-20 minute seated meditation in comfortable chairs. Please bring a notebook for journaling.

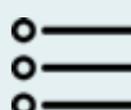
BEGINS JANUARY 9

2ND TUESDAY OF THE MONTH

2-3 PM • \$5/CLASS

CONFERENCE ROOM

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**JCC
PGH**

group ex

For Information - Elaine Cappucci

Fitness and Wellness Director



ecappucci@jccpgh.org



412-446-4773

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 and in the JCC lobby.*

[View group exercise fees and register »](#)

Absolute Abs*

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

SOCIAL HALL

Active Express*

Challenge your cardiovascular fitness with this 30-minute class. Appropriate for all levels.

DANCE STUDIO

Body Weight Training*

Body weight exercises, light weights and functional movement patterns to train for improvements in everyday, real life activities. Increase your strength, confidence, balance and agility to help you take on your environment more efficiently.

DANCE STUDIO



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**JCC
PGH**

group ex

Core Conditioning*

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

DANCE STUDIO

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 Blast*

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

DANCE STUDIO

Blast Express*

A 30-minute, high intensity workout using The Step.

DANCE STUDIO

Group Centergy*

A 60-minute journey that combines yoga and Pilates movements and enables you to center your energy and reduce stress.

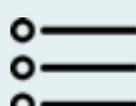
Group Power*

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

DANCE STUDIO



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**JCC
PGH**

group ex

Jungshin Athletic Flow

Jungshin Athletic Flow is a 60-minute high intensity interval workout that quickly moves the entire body, alternating conditioning with sword work, and can burn up to 900 calories in a class setting.

\$6/CLASS • DANCE STUDIO

FREE WITH PLATINUM MEMBERSHIP

Jungshin Calm

Jungshin Calm is a gentle, 45-minute workout intended for aging adults, pregnant women, and anyone wishing to experience sword training at a slower pace. Exercises will focus on strength, breath, range of motion and balance and can be performed standing or seated on a chair or a stability ball.

\$6/CLASS • DANCE STUDIO

FREE WITH PLATINUM MEMBERSHIP

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 \$36/session.

Yoga

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

\$9/CLASS • DANCE STUDIO

FREE WITH PLATINUM MEMBERSHIP

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**JCC
PGH**

group ex

Gentle Yoga

For those who wish to move at a slower pace. No yoga experience required.

\$6/CLASS • DANCE STUDIO

FREE WITH PLATINUM MEMBERSHIP

Power Yoga

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

\$9/CLASS • DANCE STUDIO

FREE WITH PLATINUM MEMBERSHIP

Zumba*

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

DANCE STUDIO

Zumba with Toning*

Latin beat meets body sculpting.

GYM



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**JCC
PGH**

group ex

The H.I.I.T List

Bonnie Livingston, blivingston@jccpgh.org or **412-278-1791**

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

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

\$10/CLASS

TRX Fusion

Add interval training to your TRX workout.

\$10/CLASS

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

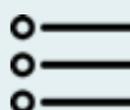
Monday-Friday 9 am-11:30 am

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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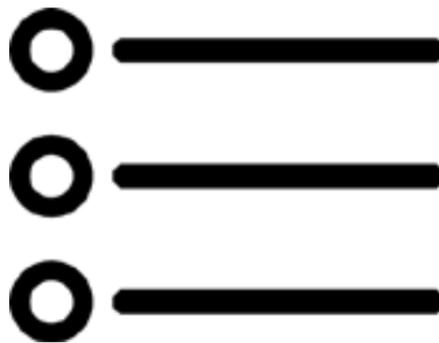
adults



AgeWell at the JCC



Adult Fitness



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agewell at the jcc

For Information - Elaine Cappucci

Health and Wellness Director



ecappucci@jccpgh.org



412-446-4773

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

DATES TO BE ANNOUNCED

SOCIAL HALL

AARP Smart Driver Safety Class

The AARP Smart Driver course is specifically designed for drivers age 50 and older. The course will help you receive a multi-year discount on your auto insurance; refresh your driving skills and your knowledge of the rules — and hazards — of the road; and reduce your chances of receiving a traffic violation or getting into an accident. Register at the Front Desk, but payment is made to the instructor on the first day of the course.

THURSDAY-FRIDAY, MARCH 15-16

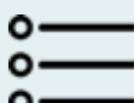
NOON-4 PM

\$15/AARP MEMBERS; \$20/OTHERS

Contact Elaine Cappucci at ecappucci@jccpgh.org
or **412-446-4773**



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**JCC
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agewell at the jcc

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

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

Call Amy Gold at **412-697-3528**

Discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with your doctor about your health.

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

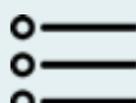
412-422-0400

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

www.AgeWellpgh.org



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adult fitness

For Information - Elaine Cappucci

Health and Wellness Director



ecappucci@jccpgh.org



412-446-4773

SENIOR ADULT HEALTH AND WELLNESS PROGRAMS

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

SilverSneakers® Classic

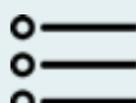
Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. A chair is used for support.



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SilverSneakers® Yoga

Move through a whole-body series of seated and standing yoga poses and breathing exercises. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash

Jump in for a fun, shallow-water class that improves agility, flexibility and endurance. This is a great low-impact option. No swimming ability is required, and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

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

This is a moderate-level, well-balanced exercise routine that will help increase your heart health, muscular endurance and strength, flexibility, and balance. All exercises are performed in a standing position with the option of using a chair for light support.

Silver&Fit® Explore

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!

adult fitness

Arthritis Exercise Program

Led by an Arthritis Foundation-trained instructor, this class covers a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs.

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. Beginners welcome.

TUESDAYS • SOCIAL HALL/DANCE STUDIO

BEGINNER: 11 AM-NOON

ADVANCED: NOON-1 PM

\$3/CLASS/MEMBER; \$5/COMMUNITY

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.

MONDAYS AND FRIDAYS: 10-11 AM

TUESDAYS, WEDNESDAYS, THURSDAYS: NOON-1 PM

NO FEE FOR MEMBERS

\$5/CLASS/COMMUNITY

\$90/20 CLASSES/COMMUNITY



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Zumba Gold

Zumba Gold recreates the Zumba experience for active older adults with easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Zumba Gold Toning

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up, leave exhilarated and empowered!

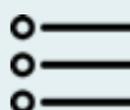
Balance

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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adult fitness

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, JANUARY 8-FEBRUARY 26

5:45-6:45 PM • \$64; \$72/COMMUNITY

Intermediate:

WEDNESDAYS, JANUARY 10-FEBRUARY 28

5:30-6:30 PM • \$64; \$72/COMMUNITY

DROP-IN FEE: \$9/MEMBER; \$13/COMMUNITY

Silver Show Tunes

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!

FRIDAYS, JANUARY 12-FEBRUARY 16

2-2:50 PM • DANCE STUDIO

\$30/SESSION/MEMBERS; \$42 SESSION/COMMUNITY

PWR!

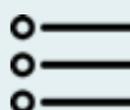
Parkinson's Wellness and Recovery is a program to counteract rigidity, bradykinesia, incoordination and loss of automaticity. Geared toward clients with Parkinson's but effective for all wanted to be able to function better while doing everyday activities.

TUESDAYS AND THURSDAYS, 1-1:50 PM

ONGOING

\$5/MEMBER; NO FEE FOR PLATINUM MEMBERS

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Pickleball

Pickleball is a paddle sport with combined elements of tennis, badminton and ping pong, and played on a doubles badminton court. With a small court and doubles play, it's the perfect sport for active seniors. Players from novice to advanced can play round robin games during the Sunday Round Robin times, or groups of players can reserve a court to play 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-2 PM

\$2/MEMBER; \$4/COMMUNITY



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