

Summer Mini-Guide

JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH

JUNE 2016

aquatics



SWIM LESSONS

Call Meryl Surks, 412-339-5429

No classes Sunday June 12,
Sunday July 3 and Monday July 4

Parent & Child: ages 6-36 months

Parent and child explore the water and begin to learn safe behaviors in the water with songs and games.

Sundays, 10:30-11 am
June 19-August 14..... \$88

Wednesdays, 6-6:30 pm
June 15-August 17..... \$110

Toddler Tadpoles: ages 2-3

Sundays, 11-11:30 am
June 19-August 14..... \$88

Mondays, 10-10:30 am
June 13-August 15..... \$99

Wednesdays, 10-10:30 am
June 15-August 17..... \$110

Thursdays, 4-4:30 pm
June 16-August 18..... \$110

Level 1 Pre-K: ages 3-5

Overcome fear, build confidence in the water, learn body positioning, floating and kicking.

Sundays, 11:30 am-noon
June 19-August 14..... \$88

Sundays, noon-12:30 pm
June 19-August 14..... \$88

Tuesdays, 11:30 am-noon
June 14-August 16..... \$110

Wednesdays, 3-3:30 pm
June 15-August 17..... \$110

Wednesdays, 6:30-7 pm
June 15-August 17..... \$110

Level 2 Pre-K: ages 3-5

Learn front crawl, back crawl, elementary back stroke and treading.

Sundays, 12:30-1 pm
June 19-August 14..... \$88

Wednesdays, 3:30-4 pm
June 15-August 17..... \$110

Level 3 Pre-K: ages 3-5

Learn and coordinate strokes taught in Level 2 with a focus on breathing to the side during front crawl.

Sundays, 1-1:30 pm
June 19-August 14..... \$88

Wednesdays, 4-4:30 pm
June 15-August 17..... \$110

Level 1 Youth: ages 6-12

Overcome fear, build confidence in the water, learn body positioning, floating and kicking.

Sundays, 9-9:30 am
June 19-August 14..... \$88

Thursdays, 5-5:30 pm
June 16-August 18..... \$110

Level 2 Youth: ages 6-12

Learn front crawl, back crawl, elementary back stroke and treading.

Sundays, 9:30-10 am
June 19-August 14..... \$88

Thursdays, 5:30-6 pm
June 16-August 18..... \$110

Level 3 Youth: ages 6-12

Focus on breathing to the side during front crawl.

Sundays, 10-10:30 am
June 19-August 14..... \$88

Thursdays, 6-6:30 pm
June 16-August 18..... \$110

Level 4: ages 6-12

Build endurance by swimming elementary back stroke, front crawl and back crawl. Learn the basics of breast stroke and sidestroke.

Sundays, noon-12:30 pm
June 19-August 14..... \$88

Wednesdays, 4:30-5 pm
June 15-August 17..... \$110

Level 5: Ages 6-12

Coordination and refinement of strokes; introduction to butterfly.

Sundays, 12:30-1 pm
June 19-August 14..... \$88

Level 6: ages 6-12

Continue refinement of strokes and swim with greater efficiency, power and smoothness over greater distances.

Sundays, 1-1:30 pm
June 19-August 14..... \$88

Adult Beginners

Sundays, 1:30-2 pm
June 19-August 14..... \$88

Private Swim Lessons

\$37/half-hour
6 classes/\$33 each
10 classes/\$30 each

\$74/hour
6 classes/\$66 each
10 classes/\$60 each

FOR SWIMMERS AT THE FAMILY PARK

Jeremy Banachoski, 412-697-3546

FREE Dolphin Clinic: ages 6-14

Learn the basics of diving through a progression of kneeling to standing dives.

Sundays
June 19-August 7
3 pm

FREE Roly Poly Clinic: ages 6-14

Learn how to use an effective, quick flip turn in your lap swimming.

Sunday, July 10
2 pm

FREE Stroke Improvement Clinic: ages 6-14

You must be able to swim 25 yards continuously. Focus is on backstroke, breaststroke and freestyle.

Sunday, July 24
2 pm

FREE Polo Skills Clinic: Ages 6-14

Learn water polo skills of throwing, catching, treading, defense & offense. Conclude with a mini scrimmage.

Sunday, August 7
2 pm

CALL 412-521-8011 PLUS THE EXTENSION

REGISTER AT 412-697-3526 OR AT JCCPGH.ORG

kids & families



CHILDREN

Call Meredith Brown,
412-697-3520

J Nights: grades K-6

June 2: Pool Party

July 7: GLOWGA (Glow in the Dark Yoga)

August 4: Candy Science

Program: \$10/person

Optional Dinner: \$5/person

Kids Nite Out: PreK-grade 6

Enjoy a Saturday night out while your child has fun with us!

Dinner, swimming and a movie are all included in the festivities.

PreK Children must be potty trained.

June 18: Summer Daze

July 16: Under the Sea

August 20: Luau Party

\$36; \$31/2015-16 Clubhouse

members; \$9/sibling; \$5

additional walk-in fee

Taste of Clubhouse

Learn about the JCC's after school program for children in Kindergarten-grade 6.

- Meet the staff
- Tour the facility
- Participate in Clubhouse-style activities including Gaga, wacky sports, no-bake cooking, puppet-making and more!
- Open house—come at your convenience.

Sunday, July 24 and

Sunday, August 14

1-3 pm

MY BABY AND ME

Call Lauren Bartholomae,
412-339-5417

Family Place Playtime

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

The first 20 minutes is for caregiver and child with singing and fingerplays. This is followed by a discussion facilitated by a developmental specialist.

Baby Style:

Newborn-12 months

Tuesdays, 10:30-11:30 am

Toddler Style: 1-3 years

Thursdays

9:30-10:30 am and 11am-noon

No fee for members;

\$5/community

KINDERMUSIK

Register at kathysmusic.com or call
412-344-0535

All classes are 4 weeks, 45 minutes, with a caregiver

Around the House:

Newborn-age 1

Mondays • June 6-27

9:15 am

Wednesdays • June 8-29

9:15 am, 11:15 am, 6 pm

\$57; \$64/community

Family All Around Me:

Newborn-age 1

Mondays • July 11-August 1

9:15 am

Wednesdays • July 6-27

9:15 am, 11:15 am, 6 pm

\$57; \$64/community

Rhymes Around Town ages 2-3

Mondays • June 6-27

10:15 am

\$57; \$64/community

Silly All Over: ages 2-3

Mondays • July 11-August 1

10:15 am

\$57; \$64/community

Rhymes Around Town

Family Class: ages newborn-5

Mondays • June 6-27

11:15 am

Wednesdays • June 8-29

10:15 am

\$57; \$64/community

Silly All Over Family Class ages newborn-5

Mondays • July 11-August

11:15 am

Wednesdays • July 6-27

10:15 am

\$57; \$64/community

MY BABY AND ME SWIM TIME

Bring your little ones (age 4 and under) and plenty of sunscreen; we will provide snacks and water.

Wednesdays and Fridays,

10 am-1 pm

June 22-August 19

No fee; JCC members and

Splash Pass holders only

PJ Library Bagels and Books at the Family Park

Enjoy a bagel brunch, PJ Library

Storytime, arts & crafts and

swimming in the mushroom

pool. Appropriate for children

under 5.

Sunday, July 10

10 am

\$5/eater (member); \$8/eater

(community)

PJ Library Painting and Pool Party at the Family Park

Come to the Family Park for a

one of a kind "no paintbrush"

painting party. We will also have

storytime, snacks, and time for

swimming. Appropriate for

children under 5

Sunday, August 14

10 am

\$5/painter (member); \$8/painter

(community)

SUMMER SKILLS BASKETBALL CLINIC

Boys and girls grades 1-8

Call Jeremy Kelley, ext. 3538.

Improve your basic skills in a fun

and energetic setting. Weekly

awards will be given.

Thursdays

6-7 pm

Kaufmann Gym

June 16-July 21

\$75; \$100/community

DANCE

Call Kathy Wayne, 412-339-5414

Creative Movement: ages 3-4

Mondays

June 20-August 15

4-4:30 pm

\$92

Pre-Ballet/Tap

Mondays

June 20-August 15

4:45-5:30 pm

\$96

Advanced Dance Camp: ages 11-18

Tuesday-Friday

June 14-17

11:30 am- 4:30 pm. RDS

\$300

Ultimate Dance Camp: ages 8-10

Tuesday-Friday

June 14-17

9 am-noon RDS

\$180

Ballet Boot Camp: ages 11-18

Monday-Friday

August 22-26

11:30 am-4:30 pm RDS

\$375

Frozen Dance Camp: ages 4-6

Monday-Friday

August 22-26

9 am -noon RDS

\$250

fitness



GROUP EX CLASSES

Check at the Centerfit Desk for monthly schedule.

Summer Launches

Group Centergy

Wednesday, June 22
9 am

Group Fight

Sunday, July 17
9:30 am

Group Power

Sunday, July 17
8:15 am

Group Active

Monday, July 11
9:15 am

Group Core

Sunday, July 17
10:30 am

Group Exercise and Spinning Fees

Centerfit Platinum: No fee
General Members
\$5/class; \$80/20 adult coupons
\$53/20 teen coupons

Yoga and Pilates Fees

Centerfit Platinum: No fee
General Members:
\$140/20-session punch card
\$70/10-session punch card
Drop-in: \$9/member;
\$12/community

PERSONAL TRAINING

HIIT classes

High intensity workout targets all major muscle groups.

June 13-August 5
\$80/general member;
\$60/Centerfit Platinum member

Boot Camp

Tuesdays and Thursdays
6-6:45 am
June 28-July 28
\$100; \$60/Centerfit Platinum member

Bioage Testing

The bioage assessment is performed by JCC Personal Trainer Marsha Mullen, MS.

\$150; \$75/retest

Bioage Combo

Includes the test, dietitian appointment, follow-up, 3 personal training hours and a retest.

\$400/Centerfit Platinum
\$420/general member

Jump Start Your Weight Loss

Work with a personal trainer and a dietitian.

3 personal training sessions
1 hour with a JCC dietitian plus a 30-minute follow-up
\$199/Centerfit Platinum
\$215/general member

Signature Sessions

These sessions are highly specialized to maximize results.

\$175/6 sessions

Teen Fitness Certification

Call Laurie Wood, 412-697-3509
This 90-minute orientation MUST be completed by teens prior to using the facility.

Monday, June 20 • 4-5:30 pm
\$45/orientation class
or \$60 private session by appointment for one hour

JCC Phase III Cardiac Rehabilitation

Call Marsha Mullen, 412-339-5415

Supervised times:

Mondays, Wednesdays, Fridays
9:30 am-noon

\$48/month for community
\$25/month for SilverSneakers
\$10/month for seniors
\$125/year/Centerfit Platinum

WELLNESS

Alexander Technique

Call Jeanne Ronschke,
412-697-3515

Carolyn Johnston, instructor.

Thursdays RDS
June 2-July 21 • 9:45-11:15 am
\$80; \$100/community

Reiki

Reiki promotes stress reduction and relaxation. To schedule an appointment, call 412-697-3544.

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

Nutrition Counseling

Call Laurie Wood, 412-697-3509

\$55/one-hour session;
\$30/follow-up; 5 follow-ups: \$140

Muscle Activation Techniques

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

STEWART WEINBAUM SHORTSTOP BABYSITTING

Call 412-339-5404, to make a reservation.

Monday-Friday, 8 am-1 pm

Evening Babysitting
Monday to Thursday,
6-8:30 PM

Centerfit Platinum
\$25/month/child; \$288/year/child

General Members
\$30/month/child;
\$348/year/child

Drop-in
\$10/hour/child

You must remain in the building while using JCC babysitting.

No-show fee: \$12/hour.

ALLEGHENY AND CHESAPEAKE PHYSICAL THERAPY

- Dr. Scott Rosen, Physical Therapist, Clinical Director
- Kristin Siksa, Physical Therapist Assistant
- Patricia Murphy, PT
- Rebecca Stratmoen-Smith, PT, DPT

Located on the lower level of the JCC across from the Centerfit Desk. To schedule, call 412-697-3505.

Monday, Wednesday and Friday: 7 am-5 pm
Tuesday and Thursday:
9 am -7 pm

ADULT SPORTS

Call Jeremy Kelley, 412-697-3538.

Over 21 Drop-in Recreational Basketball

Tuesdays • 5-7 pm
No fee for members

Men's Over 30 Basketball

Sundays • 8-10 am
No fee for members

Coed Pickup Volleyball

Thursdays • 7-9 pm
No fee

Larry Ruttenberg Adult Basketball League: ages 18+

An 8-game season plus playoffs and championship, with certified PIAA officials. T-shirts will be provided.

Wednesdays
6-10 pm
Begins June 1
\$600/team, Kaufmann Gym

Pickleball

Call Alan Mallinger, 412-697-3545.

It's a paddle sport for all ages and all athletic ability levels. Think oversized ping pong!

Wednesdays • 10-11:30 am
Fridays • 10:30 am-noon
Kaufmann Gym

Family Park



FAMILY PARK HOURS

Opening Day:
Saturday, May 28
11 am-7 pm

Monday, May 30
Memorial Day
11 am-7 pm

Saturday, June 11
Close at 5 pm for Shavuot

Sunday, June 12
Closed for Shavuot

Weekend Hours all summer:
Saturdays, 11 am-7 pm
Sundays, 11 am-7 pm

May 28-June 17
Weekdays: closed

June 20-August 19
Mondays, Tuesdays, Thursdays:
4-7 pm
Wednesdays: 4-8 pm
Friday: closed

August 22-September 2*
Mondays, Tuesdays, Thursdays:
12:30-7 pm
Wednesdays: 12:30-8 pm
Fridays: 12:30-6 pm

***Contingent on weather and staffing; call 412-521-8010 to make sure the pool is open.**

July 4
11 am-7 pm

Monday, September 5
11 am-7 pm

ENJOY THE FAMILY PARK FACILITIES

Alan Mallinger, 412-824-4740
259 Rosecrest Drive
Monroeville, PA 15146-4041

- Olympic-size outdoor swimming pool
- Diving board
- Walk-in baby pool with rainbow mushroom sprays
- Tennis courts and hiking trails
- Poolside grass and lounge chair areas
- Picnic area with grills
- Playground and ball fields
- 9-hole miniature golf course
- Vending area
- Ample parking

SNACKS

Hot dogs, pizza bagels, ice cream and sno-cones will be available at the Front Desk.

SUMMER SPLASH PASS

The community can use the Family Park facilities from Memorial Day to Labor Day with our special Summer Splash Pass (good for the Family Park only)

Family/\$300
Couple/\$250
Individual/\$150

To buy a pass, call the Membership Office at 412-697-3522.

RENTALS AT THE FAMILY PARK

The JCC's Henry Kaufmann Family Park in Monroeville encompasses more than 100 acres. The park includes swimming pools, recreational facilities and pavilions in a private, forested environment.

Rent the Family Park for company picnics, parties, weddings, bar/bat mitzvahs, banquets, retreats or any special event. JCC membership is not required.

For rental information
Contact Stacey Davis
412-697-3503 or
sdavis@jccpgh.org

SUMMER BUILDING HOURS

Irene Kaufmann Building
Monday-Thursday,
5:30 am*-9:30 pm
Friday, 5:30 am*-6 pm
Saturday, 8 am-6 pm
Sunday, 7:45 am-6 pm
*Garage entrance only

Early Childhood Department
Monday-Friday, 7 am-6 pm

Alex & Leona Robinson Building
Monday-Thursday, 7 am-6 pm
Friday, 7 am-6 pm
Saturday and Sunday: closed

Cashier Hours
Monday-Thursday, 8 am-6 pm
Friday, 8 am-6 pm
Saturday, 8 am-6 pm
Sunday, 8 am-6 pm

HOLIDAY HOURS

Memorial Day
Monday, May 30
Centerfit open 8 am-2 pm
Family Park open 11 am-7 pm

Saturday, June 11
Close at 5 pm for Shavuot

Sunday, June 12
Closed for Shavuot

Monday, June 13
Partial opening 5:30 am-9:30 pm
(ECDC, Clubhouse, J Cafe, Fitness Center)

Monday, July 4
Centerfit open 8 am-2 pm
Family Park open 11 am-7 pm

Labor Day
Monday, September 5
Centerfit open 8 am-2 pm
Family Park open 11 am-7 pm