

Summer Mini-Guide

JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH—SOUTH HILLS

JUNE 2016

Aquatics



SWIM LESSONS

Contact Jamie Nathan
412-278-1790, or
jnathan@jccpg.org

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

Water Babies: ages 6-24 months
Parent and child sing songs and play games to build confidence in the water.

Toddler Tadpoles: ages 2-4
An introduction to organized swim lessons and water exploration utilizing an elevated swim platform. Parents do not get into the water. Enrollment is limited to 6 toddlers per class.

Level 1: Introduction to Water Skills
Overcome fear, build confidence in the water, learn body positioning and arm/leg movement.

Level 2: Fundamental Aquatic Skills
Learn to float and recover to standing position without support. Begin to learn alternating arm and leg actions with face in the water without support.

Level 3: Stroke Development
Coordination of front and back crawl without support. Learn to side breathe during front crawl. Introduction to the butterfly stroke, sit dives and treading water for 30 seconds.

Level 4: Stroke Improvement
Improve strokes. Learn to swim front and back crawl 25 yards and butterfly 15 yards without assistance. Learn breaststroke and elementary backstroke. Begin work on kneeling dives and treading water for one minute.

Swim Team Readiness

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

Tuesdays

Session I: June 21-July 12 . . . \$44
Session II: July 19-August 9 . . . \$44

Toddler Tadpoles 4-4:30 pm
Level 1 4:30-5 pm
Level 2 5-5:30 pm
Level 3 5:30-6 pm
Level 4 6-6:30 pm

Sundays

June 19-July 24 \$66
Toddler Tadpoles 9 am
Level 1 9:30 am
Level 2 10 am
Water Babies 10:30 am
Level 3 11 am
Level 4 11:30 am
Swim Team Readiness Noon

Private Swim Lessons

Scheduled at your convenience.

\$34/half hour
\$300/10 lessons

Private Group Lessons

Open to all ages. 2-4 swimmers at about the same level. Half-hour lesson, scheduled at your convenience

\$15 /person/lesson
10-lesson package: \$150/person
(minimum 2, maximum 4)

WATER EXERCISE

Contact Jamie Nathan
412-278-1790, or
jnathan@jccpg.org

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.

June 1-17 and August 15-31

Monday and Friday, 10-11am
Tuesday, Wednesday, Thursday
Noon-1 pm

June 20-August 12 (during summer camp)

Monday, Thursday and Friday
8:30-9:30 am
Tuesday and Wednesday
2:45-3:45 pm

\$3/class/member
\$50/20-class card/member
\$5/class/community
\$90/20-class card/community

SilverSneakers® Splash

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

June 1-19 and August 14-31

Sundays, 12:30 pm
Mondays, 2:30 pm
Thursdays, 1 pm

June 20-August 11

Sundays, 12:30 pm
Mondays, 2:45 pm
Thursdays, 2:45 pm

TIDAL WAVE SWIM TEAM

Contact
tidalwavemembership@gmail.com

Ages 5-18

The JCC South Hills Tidal Wave is a competitive swim team for all levels of experience coached by Jackie Jones. Tidal Wave competes at AMS swim meets throughout the year. All swimmers are evaluated and placed in groups based on ability and age. Practices are offered daily to most groups.

CALL 412-278-1975 TO REGISTER OR AT JCCPGH.ORG



SUMMER CAMPS

REGISTER FOR SUMMER CAMPS BY THE WEEK

For fee information and to register, please contact Ann Haalman 412-278-1782, ahaalman@jccpgh.org.

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

Camps Sabra and Chalutzim are traditional day camp programs. Camp Ozrim is a pre-CIT program.

Week 1: June 20-24

Camp Sabra: grades K-2
 Performing Arts: grades 2-8*
 Camp Chalutzim: grades 3-6
 Camp Ozrim: grades 7-8
 CIT Leadership: grades 9-10*
 Adventure: grades 2-5

Week 2: June 27-July 1

Camp Sabra: grades K-2
 Camp Chalutzim: grades 3-6
 Camp Ozrim: grades 7-8
 Mini Adventure: grades PreK-1

Week 3: July 5-8

Camp Sabra: grades K-2
 Camp Chalutzim: grades 3-6
 Wet & Wild: grades 2-5
 Camp Ozrim: grades 7-8

Week 4: July 11-15

Camp Sabra: grades K-2
 Camp Chalutzim: grades 3-6
 Camp Ozrim: grades 7-8
 Wet & Wild: grades 6-8

Week 5: July 18-22

Camp Sabra: grades K-2
 Camp Chalutzim: grades 3-6
 Camp Ozrim: grades 7-8
 CIT Leadership: grades 9-10*
 Adventure: grades 2-8

Week 6: July 25-29

Camp Sabra: grades K-2
 Camp Chalutzim: grades 3-6
 Wet & Wild: grades 2-8
 Camp Ozrim: grades 7-8

Week 7: August 1-5

Camp Sabra: grades K-2
 Camp Chalutzim: grades 3-6
 Camp Ozrim: grades 7-8
 Mini Adventure: grades 6-8

Week 8: August 8-12

Camp Sabra: grades K-2
 Camp Chalutzim: grades 3-6
 Adventure: grades 6-8
 Camp Ozrim: grades 7-8

Performing Arts Camp: grades 2-8

You must register for 4-week block: June 20-July 15
 9 am-3 pm (Before & After Care Available)

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

Performing Arts Camp is a program of the Philip Chosky Performing Arts Program

Specialty Camps

Wet & Wild Camp: grades 2-8

Week 3: July 5-8
 Week 6: July 25-29
 Week 8: August 8-12

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

Adventure Camp: grades 2-8

Week 1: June 20-24
 Week 4: July 11-15
 Week 5: July 18-22

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

Mini Adventure Camp: Pre K-grade 1

Week 2: June 27-July 1
 Week 7: August 1-5

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

C.I.T. Leadership Program

Grades 9-10 • 8:30 am-3:30 pm

Register for 4-week blocks
 June 20-July 15
 July 18-August 12

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

A parent/camper interview with the camp director is required. Participants are strongly encouraged to attend the staff orientation week June 12-16.

CHILDREN'S BIRTHDAY PARTIES

Contact Ann Haalman, 412-278-1782, or ahaalman@jccpgh.org

Ages 4-12

Saturday and Sunday afternoons

Party Themes: Sports, Swimming (restrictions apply), Crafts, Create Your Own, Dance —Hip Hop, Princess Ballet and more

BEFORE AND AFTER CAMP SCHOOL'S OUT FUN DAYS

Register by the Day
 Contact Ann Haalman, 412-278-1782, or ahaalman@jccpgh.org

Grades K-6

Fun Days include games, gym time, free swim, field trip or special 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. Flyer with details will be mailed in May and mid-July.

Scheduled Fun Days

June 10 and June 13-17
 August 15-19
 August 22-26

9 am-3 pm
 \$55/day/child
 \$50: early registration discount fee applies if registration & payment are made by the deadline

Before Care (7-9 am): \$8/day
 After Care (3-6 pm): \$12/day
 Before and After Care: \$15/day

GOODMAN SHORTSTOP BABYSITTING

Call 412-278-1785 to register. 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-Wednesday
 9 am-11:30 am
 Thursday 8:30 am-11:30 am
 Friday 8:30 am-11:30 am
 Monday-Thursday
 5:30-8 pm

\$30/month unlimited usage (one/child) or \$7/child/hour

Advance reservations are required. Parents must stay on JCC property.

fitness



GROUP EXERCISE CLASSES

Call Judy Ryave, 412-278-1792
Check the Front Desk for an updated schedule.

- **Absolute Abs**
- **Boot Camp**
- **Cardio Dance**
- **Cardio Sculpt**
- **Core Conditioning**
- **Group Active**
- **Group Centergy**
- **Group Power**
- **Pilates**
- **Step Aerobics**
- **TRX**
- **Yoga**
- **Zumba**

Free Group Exercise Classes

These classes are included with your JCC membership: Absolute Abs, Cardio Dance, Cardio Sculpt, Group Power, Group Active, Core Conditioning, Step Aerobics and Zumba. Go to JCCPGH.org for up-to-date class schedule.

PLATINUM MEMBERSHIP

Get FREE fitness classes and 10% off personal training

\$35/month (paid with membership)

Absolute Abs

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

Cardio Dance

Cross train with this high energy, high intensity workout.

Cardio Sculpt

This class will get your heart pumping while sculpting and toning.

Group Power

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

Group Centergy

A 60 minute journey that combines yoga and Pilates, enabling you to center your energy and relieve stress.

\$8/class

Free with Platinum membership

TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training.

\$10/class

Free with Platinum membership

Pilates

Build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips and back.

\$8/class

FREE with Platinum membership

Pilates Reformer Training

By appointment. Achieve natural muscular balance, core strength and flexibility.

Yoga

Learn the essence of relaxation through stretches, postures and breathing techniques.

\$8/class

FREE with Platinum membership

Prenatal Gentle Yoga

This six-week series teaches safe, classic yoga poses specifically designed for use during all trimesters, or for anyone seeking gentle yoga.

Tuesdays • noon

June 28-August 2

\$48/member; \$60/community

Zumba

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

Boot Camp

This class will push you to the limit, incorporating high intensity, interval training.

\$10/class

FREE with Platinum membership

Group Active

Get all the fitness you need—cardio, strength, balance and flexibility—in just one hour. With inspiring music, adjustable dumbbells and body weight exercises and simple athletic movements, this class is for everyone

Zumba Toning

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

SENIOR ADULT EXERCISE CLASSES

Call Elaine Cappucci,
412-446-4773.

SilverSneakers® Classic

Move to the music with a variety of exercises designed to increase muscular strength and range of movement.

SilverSneakers® Circuit

Increase your cardiovascular and muscular endurance with a standing circuit workout.

SilverSneakers® Yoga

Move your whole body through a complete series of yoga poses. Chair support is offered.

SilverSneakers® Splash

Shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance.

Silver&Fit® Excel

Designed for active older adults who exercise regularly. The focus is on increasing strength, agility, reaction time, muscular strength and power.

Silver&Fit® Experience

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

Balance

A half-hour, low impact class designed to improve balance and increase core strength.

Zumba Gold®

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

Zumba Gold Toning®

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

Arthritis Foundation Tai Chi

The Sun style of Tai Chi includes sequences and exercises to improve mobility, balance, breathing and relaxation.

\$3/class/member

\$5/class/community

Arthritis Foundation Exercise Program

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

\$3/class/members

\$5/community

seniors



SUMMER BUILDING HOURS

Monday-Thursday,
5:30 am-9:30 pm
Friday, 5:30 am-6 pm
Saturday, 8 am-6 pm
Sunday, 8 am-6 pm

Holiday Hours

Monday, May 30

Fitness facilities
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, Fitness Center)

Monday, July 4

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

Labor Day

Monday, September 5

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

SENIOR ADULTS EXERCISE CLASS SCHEDULE

SUNDAY	10:00 am	Classic	Desiree
	11:00 am	Yoga	Desiree
	12:30 pm	Splash	Desiree
MONDAY	8:00 am	Circuit	Soad
	9:00 am	Classic	Soad
	10:15 am	Circuit	Bonnie
	11:30 am	Classic	Elaine
	12:00 pm	Zumba Gold	
TUESDAY		Toning	Bonnie
	2:45 pm	Splash*	Kathy
	9:00 am	Circuit	Bonnie
	10:00 am	Classic	Bonnie
	11:00 am	Tai Chi beginner	Gurney
WEDNESDAY	12:00 pm	Tai Chi advanced	Sandy
	8:00 am	Circuit	Soad
	9:00 am	Explore	Elaine
	10:00 am	Circuit	Elaine
	11:00 am	Classic	Debbra
THURSDAY	12:00 pm	Excel	Christina
	1:00 pm	Yoga	Desiree
	9:00 am	Circuit	Desiree
	10:00 am	Classic	Desiree
	11:00 am	Balance	Elaine
	12:00 pm	Zumba Gold	Bonnie
FRIDAY	2:45 pm	Splash*	Elaine
	8:00 am	Experience	Desiree
	9:00 am	Classic	Elaine
	10:00 am	Circuit	Debbra
	11:00 am	Classic	Debbra
SATURDAY	1:00 pm	Arthritis	Sandy
	9:15 am	Circuit	Gerrie/Joanne
	10:15 am	Classic	Gerrie/Joanne

Ballroom to Broadway

Call Elaine Cappucci,
412-446-4773

Let's dance the night away at the annual JCC dinner dance. From waltz to swing, ballroom to Broadway, Zumba to tap, JCC members have been dancing all year, and now it's time to celebrate! The dinner dance is open to all senior members. Following a buffet dinner, DJ Eric Wenning will spice up the night with dance tunes sure to bring out the Fred and Ginger in all of us!

Monday, June 20

5:30 -8:30 pm

\$15/member; \$20 guest

Please register and pay at the Front Desk by Monday, June 13.

*From June 20-August 11, Splash will be at 2:45 pm on Mondays and Thursdays. Before and after those dates, it will be at 2:30 pm on Mondays and 1 pm on Thursdays.