

Summer Mini-Guide

JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH • SOUTH HILLS

JUNE 2018

swimming



SWIM LESSONS

Contact Jamie Nathan
jnathan@jccpgh.org
412-278-1790

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

No class July 4

Goldfish Lessons: ages 2-4

Introduction to organized swim lessons. (Parents do not get into the water.) Children will learn to blow bubbles, put their face in the water, float on their front/back and swim using front crawl. They will also learn to kick on their back and tread water.

Sundays, 10:30 am	
June 17-August 5.....	\$112
Monday-Friday	9 am
June 18-29	\$140
July 2-13	\$126
July 16-27	\$140
July 30-August 10.....	\$140

Guppy and Me: Parents and children ages 6-30 months

Children 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.

Sundays, 11 am	
June 17-August 5.....	\$112

Whales Stroke Development: ages 5-8

Children will learn how to swim 10 yards of freestyle and backstroke and 5 yards of breast stroke. They will also be introduced to butterfly and be able to tread water for 30 seconds.

Sundays, 11:30 am	
June 17-August 5.....	\$112
Monday-Friday 11 am	
June 18-29	\$140
July 2-13.....	\$126
July 16-27	\$140
July 30-August 10.....	\$140

Private Group Lessons

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

\$17/person/lesson

Private Swim Lessons

Scheduled at your convenience.

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

AQUATIC FITNESS

Contact Jamie Nathan
jnathan@jccpgh.org
412-278-1790

Arthritis 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. You must have a physician's referral to participate in this program.

Free for JCC members
\$90/20 classes/community

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. A SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Aqua Groove

This high-intensity class will focus on endurance and resistance training in an enjoyable atmosphere set to music

Class Schedule During Camp June 18- August 10

Splash

Sundays, 12:30 pm
Mondays and Thursdays, 11:45 am

Aqua Groove

Tuesdays, 11 am

Arthritis

Wednesdays, noon
Fridays, 11 am

Class Schedule

Before and After Camp June 1-17 and August 11-31

Splash

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

Aqua Groove

Tuesdays, 11 am

Arthritis

Mondays, 10 am
Tuesdays and Wednesdays, noon
Fridays 10 am

TIDAL WAVE SWIM TEAM

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.tidalwav swimteam.org

TO REGISTER: 412-278-1975 OR JCCPGH.ORG

kids & families



SUMMER CAMPS

For more information and to register for camp, contact Jason Haber, Camp Director, at 412-278-1782 or jhaber@jccpgh.org

Early Childhood Camps

Camp K'Ton Ton: age 2
Camp Yeladim: ages 3-4

Our professional staff works to create an environment in which every child can build self-confidence, make friends, acquire new skills and experience fun activities.

- Swimming in our indoor pool with Red Cross water safety instructors twice a day
- Outdoor nature activities through our partnership with Scott Conservancy
- Playing on our playground
- Creating with our art specialist
- Kosher-style snacks and lunch are provided.

Register by the week

9 am-12:30 pm: \$225/week
9 am-3 pm: \$325/week
Two, three or five days a week

Camp Sabra

For children entering Kindergarten
Half-Day Program • 9 am-12:30 pm
\$260/week

Grades K-2
Full-Day Program • 9 am-3 pm
\$385/week

Our traditional day camp features a variety of activities with an emphasis on Jewish values and group dynamics. Campers receive Red Cross swim lessons and a kosher-style lunch daily. Activities may include free swim, sports, games, arts & crafts, nature and Judaics. Special event programming includes carnivals, parades, holiday celebrations and color war. Field trips are scheduled to J&R on July 17 and to a Wild Things game on July 27.

Camp Chalutzim

Grades 3-6
\$410/week

Chalutzim provides children with an enriching summer filled with sports, nature, arts & crafts, Judaics and much more. Campers take Red Cross swim lessons and have free swim and a kosher style lunch daily. Chalutzim campers choose a different *chug* (hobby) each week and spend 45 minutes each day with a specialist in their area of interest. Special event programming includes color wars, Wacky Wednesdays and field trips.

Field Trips

- Emma Kaufmann Camp (overnight)
- Sandcastle (late stay)
- J&R Day Camp (late stay): July 17
- Washington Wild Things Baseball Game (overnight at the JCC): July 27

CIT Leadership Program

Grades 7-10 • 8:30 am-3:30 pm
\$205/week

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

Counselors-in-training participate in team-building exercises with their fellow CITs, share responsibility for a group of campers with a junior and senior counselor and lead a weekly activity with their group. After successfully completing the program, a rebate is awarded. An interview with the camp director is required prior to registration. Attendance at staff orientation is mandatory.

Performing Arts Camp

Grades 2-8
9 am-3 pm • July 16-August 10
\$1,640

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 evening August 9. The musical is chosen based on registration.

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

Mini Adventure Camp

Grades K-1 • 9 am-3 pm
July 16-20 and July 23-27
\$440/week

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

Art Camp

Grades 1-8
9 am-3 pm • June 18-July 13
\$400/week; All four weeks: \$1,400
Non-members: add \$50 per week

Each week of art camp will have a different focus—drawing, painting, mixed media and contemporary world art. The fourth week of camp, there will be in an art exhibit in the Social Hall that all family members are invited to visit.

Adventure Camp

Grades 2-8
9 am-3 pm • June 18-August 10
\$540/week

Campers experience adventures in and around the Greater Pittsburgh area. Trips may include Just Ducky Tour, Wave Pools, Kennywood, Sandcastle and Living Treasures Animal Park. There are occasional late pickup days based on the excursion. An overnight stay at Emma Kaufmann Camp, the JCC's camp in West Virginia, will be offered July 5.

On days with shorter excursions, campers spend time at the JCC with instructional or free swim, nature walks, sports and arts & crafts. Due to bus/staffing and ticket purchases, all Adventure Camp registrations must be made by May 31.

BEFORE AND AFTER CAMP J DAYS

Grades K-6
No School, No Problem!
Register by the Day
Call 412-278-1975.

Each day includes games, gym time, free swim, crafts and a special field trip or in-house activity. Children should bring a lunch, beverage, swim suit, towel, gym shoes and clothing appropriate for outdoor play each day.

August 13-24

9 am-3 pm
\$55/day/child
Before Care (7-9 am): \$8/day
After Care (3-6 pm): \$12/day
Both: \$15/day

fitness

GROUP EXERCISE CLASSES

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

Check the Front Desk or JCCPGH.org for an updated schedule.

- Absolute Abs
- Body Weight Training
- Core Conditioning
- Express Classes
- Gentle Yoga
- Group Active
- Group Blast
- Group Centergy
- Group Power
- TRX
- Yoga
- Zumba

Free Group Exercise Classes

These classes are included with your JCC membership: Absolute Abs, Body Weight Training, Express classes, Group Active, Group Blast, Group Centergy, Group Power, Core Conditioning and Zumba.

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!

Express Classes

Challenge your cardiovascular fitness with these 30-minute classes, appropriate for all levels.

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

Group Blast

An energetic cardio workout using The Step to train for fitness, agility, coordination and strength.

Group Centergy

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

Group Power

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

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

Yoga and Power Yoga

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

\$9/class

FREE with Platinum membership

Gentle Yoga

For those who wish to move at a slower pace; no yoga experience is required.

\$6/class

FREE with Platinum membership

Zumba

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

Teen Fitness Certification

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

First Tuesday of the month, 6 pm
June 5, July 3, August 7

\$45/group session;

\$60/private session with a trainer by appointment

Spartan Strong Workout

All-new Spartan Strong Workout Tour will challenge your mind and train your body during 2 hours with top Spartan Coaches.

Register: register.chronotrack.com/r/36787

Sunday, August 12• 9-11 am
\$10: ages 14 and up
No fee for ages 13 and under

SENIOR ADULT EXERCISE CLASSES

Contact Elaine Cappucci,
ecappucci@jccpgh.org or
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® Explore

Designed for active older adults who are just getting started or are returning to exercise.

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

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
9-11:30 am

Thursday 8:30-11:30 am

Friday 8:30-11:30 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.

TO REGISTER: 412-278-1975 OR JCCPGH.ORG



Beneficiary Agency of
Jewish Federation
OF GREATER PITTSBURGH



United Way
Impact Fund AWARD FOR
EXCELLENCE

Non-Profit Org.
U.S. Postage
PAID
Permit No. 290
Pittsburgh, PA

**Jewish Community Center
of Greater Pittsburgh
South Hills**

345 Kane Boulevard
Pittsburgh, PA 15243

**FAMILY PARK
SCHEDULE**

**259 Rosecrest Drive
Monroeville, PA
15146-4041**

**Opening Day
Saturday, May 26**
11 am-7 pm

**Monday, May 28
Memorial Day**
11 am-7 pm

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

May 29-June 8
Weekdays: closed

June 11-August 17
Monday-Friday: 4-7 pm

August 20-31*
Monday-Friday: 12:30-7 pm
***Contingent on weather
and staffing; call
412-521-8010 to make
sure the pool is open.**

**Independence Day
Wednesday, July 4**
11 am-7 pm

**Labor Day
Monday, September 3**
(Last day of the season)
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	Heather
	9:00 am	Classic	Elaine
	10:15 am	Circuit	Bonnie
	11:30 am	Classic	Gerrie
	11:45 am	Splash*	Desiree
TUESDAY	12:00 pm	Zumba Toning	Bonnie
	2:00 pm	Arthritis	Sandy
	9:00 am	Circuit	Bonnie
	10:00 am	Classic	Sylvia
	11:00 am	Tai Chi beginner	Gurney
WEDNESDAY	Noon	Tai Chi advanced	Sandy
	8:00 am	Circuit	Heather
	9:00 am	Explore	Elaine
	10:00 am	Circuit	Elaine
	11:00 am	Classic	Kelly
THURSDAY	1:00 pm	Yoga	Desiree
	9:00 am	Circuit	Desiree
	10:00 am	Classic	Desiree
	11:00 am	Balance	Elaine
	11:45 am	Splash*	Desiree
FRIDAY	Noon	Zumba Gold	Bonnie
	8:00 am	Experience	Desiree
	9:00 am	Classic	Desiree
	10:00 am	Circuit	Elaine
	11:15 am	Classic	Kelly
SATURDAY	Noon	Excel	Christina
	9:15 am	Circuit	Gerrie/Joanne
	10:15 am	Classic	Gerrie/Joanne

**JCC SOUTH HILLS
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

**Memorial Day,
Monday, May 28**
Fitness Center open 8 am-2 pm
Family Park open 11 am-7 pm

Wednesday, July 4
Fitness Center open 8 am-2 pm
Family Park open 11 am-7 pm

**Labor Day
Monday, September 3**
Fitness Center open 8 am-2 pm
Family Park open 11 am-7 pm

***Splash Schedule During
Camp June 18- August 10**

Mondays and Thursdays
11:45 am-12:30 pm
Sundays, 12:30 pm

**Splash Schedule
June 1-17 and August 11-31**

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

TO REGISTER: 412-278-1975 OR JCCPGH.ORG