Fall 2018 PROGRAMS

JCC PGH

NURTURING PEOPLE
CONNECTING COMMUNITY
EACH DAY
THROUGH EVERY AGE
INSPIRED BY JEWISH VALUES

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8

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On the cover: ***Jen, our fitness blogger, with her trainer Mike***

HOURS

Irene Kaufmann Building
Monday-Thursday, 5:30 am-10 pm
Friday, 5:30 am-6 pm
From 5:30-7 am: use Forbes Garage Entrance
Saturday, 8 am-6 pm
Sunday, 8 am-6 pm

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

Alex & Leona Robinson Building
Monday-Thursday, 7 am-10 pm
Friday, 7 am-6 pm
Saturday, 8 am-6 pm
Sunday, 8 am-6 pm

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

Membership Office Hours
Monday-Thursday, 8 am-8 pm
Friday, 8 am-5 pm
Sunday, 9 am-5 pm

FOR MORE INFORMATION

Membership Sales and Services
412-697-3522

Financial Assistance
412-697-3525

Employment
Jennifer DiGirolamo, 412-339-5418

TTY (hearing impaired)
412-208-9102

JCC South Hills
412-278-1975

HOLIDAY HOURS

Labor Day, Monday, September 3
Centerfit open 8 am-2 pm
Family Park in Monroeville, 11 am-7 pm

Rosh Hashanah
Buildings close at 5 pm on Sunday, September 9
Closed Monday, September 10
Closed Tuesday, September 11

Yom Kippur
Buildings close at 5 pm on Tuesday, September 18
Closed Wednesday, September 19

Sukkot
Buildings close at 5 pm on Sunday, September 23
Closed Monday, September 24

Shemini Atzeret
Buildings close at 5 pm on Sunday, September 30
Closed Monday, October 1

Thanksgiving, Thursday, November 22
Centerfit open 8 am-2 pm

Christmas Eve and Christmas
Monday, December 24: open 5:30 am-6 pm
Tuesday, December 25: open 8 am-6 pm
ECDC closed

New Year's Eve and New Year's Day
Monday, December 31: open 5:30 am-6 pm
Tuesday, January 1, 2019:
Centerfit open 8 am-2 pm

FACILITY RENTALS AT THE JCC

The JCC is the perfect place to hold your special event. We have facilities that can be customized for your event and meet your needs for 10 to 350 guests.

Special pricing for JCC members.

Contact Stacey Davis, Rental Coordinator
sdavis@jccpgh.org

SAVE THE DATE:
123RD JCC ANNUAL MEETING
THURSDAY, SEPTEMBER 6
6:30 PM

Aquatics

JCC Aquatics is more than just a pool: we are an education center, a social hub and a place for fun. Our friendly, qualified staff provides a clean, safe environment to educate the community on the benefits and importance of health, wellness, and safety in the water.

▼ **For information**
Carla Likar, clikar@jccpgh.org
412-339-5429

SWIM LESSONS

Group Swim Lesson Prerequisites

Parent/Child: ages 6-36 months
Child must be at least 6 months of age; no swim experience necessary

Toddler Tadpoles: ages 2-3
Child must be 2 years old; no swim experience necessary

PreK Level 1: ages 3-5
Child must be 3 years old and comfortable in the water (not swimming yet)

PreK Level 2: ages 3-5
Child must be able to swim 2-3 body lengths

PreK Level 3: ages 3-5
Child must be able to swim 5-10 body lengths and take a breath while continuing to swim

Youth Level 1: ages 6-12
Child must be 6 years old; no swim experience necessary

Youth Level 2: ages 6-12
Child must be able to swim 5-10 body lengths and take a breath while continuing swimming

Youth Level 3: ages 6-12
Child must know the basics of freestyle and backstroke and swim 10-15 yards continuously

Youth Level 4: ages 6-12
Child must know the basics of rotary breathing for freestyle and be able to tread for 30 seconds

Swim Team Readiness: ages 6-12
Child must know the basics of freestyle, backstroke, breaststroke and butterfly

Adult Beginners
Must be age 13 or older; no swim experience necessary

CLASS DATES

Sunday classes
September 9-December 16 ..... $180

Monday classes
September 17-December 17 ..... $144
No class September 24 and October 1

Tuesday classes
October 9-December 18 ..... $132

Wednesday classes
September 12-December 19 ..... $168
No class September 19

Thursday classes
September 13-December 20 ..... $168
No class on November 22

CLASSES

Parent & Child: ages 6-36 months

Songs and games are used to build confidence in the water.

Sundays ..... 9-9:30 am
Wednesdays ..... 6-6:30 pm
Thursdays ..... Noon-12:30 pm

Toddler Tadpoles: ages 2-3

An introduction to organized swim lessons and water exploration. A teaching platform enables children to stand in the pool without assistance.

Sundays ..... 9-9:30 am
Sundays ..... 11-11:30 am
Mondays ..... 9:30-10 am
Mondays ..... 5-5:30 pm
Tuesdays ..... 10:15-10:45 am
Tuesdays 11:30-noon
Wednesdays ..... 10:15-10:45 am
Wednesdays ..... 4:30-5 pm
Thursdays 11:30-noon
Thursdays ..... 3:30-4 pm

PreK Level 1: ages 3-5

Build confidence in the water, learn body positioning, floating and kicking.

Sundays ..... 9:30-10 am
Sundays ..... 11:30 am-noon
Mondays ..... 10-10:30 am
Mondays ..... 4-4:30 pm
Mondays ..... 5:30-6 pm
Wednesdays ..... 9:30-10 am
Wednesdays ..... 3-3:30 pm
Wednesdays ..... 5-5:30 pm
Thursdays ..... 3-3:30 pm

PreK Level 2: ages 3-5

Learn the basics of front crawl, back crawl, elementary backstroke and treading.

Sundays ..... 10-10:30 am
Mondays ..... 4:30-5 pm
Tuesdays ..... Noon-12:30 pm
Wednesdays ..... 3:30-4 pm
Wednesdays ..... 5:30-6 pm
Thursdays ..... 12:30-1 pm

PreK Level 3: ages 3-5

Learn and coordinate strokes taught in Level 2.

Sundays ..... 10:30-11 am
Wednesdays ..... 4-4:30 pm
Thursdays ..... 4-4:30 pm

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Youth Level 1: ages 6-12
Build confidence in the water, learn body positioning, floating and kicking.

Sundays.....11-11:30 am
Thursdays.....5-5:30 pm

Youth Level 2: ages 6-12
Learn proper form and specific elements of front crawl, back crawl, elementary backstroke and treading.

Sundays.....11:30 am-noon
Thursdays.....5:30-6 pm

Youth Level 3: ages 6-12
Coordinate strokes taught in Level 2 with a focus on rotary breathing and circle swimming longer distances.

Sundays.....Noon-12:30 pm
Thursdays.....6-6:30 pm

Youth Level 4: ages 6-12
Build endurance by swimming elementary back stroke, front crawl and back crawl. Learn the basics of breast stroke and butterfly.

Sundays.....12:30-1 pm
Mondays.....4-4:30 pm
Thursdays.....4:30-5 pm

Swim Team Readiness: ages 6-12
Prepare for the swim team or refine all your strokes.

Sundays.....12:30-1 pm
Thursdays.....4:30-5 pm

Adult Beginners: ages 13+
It's never too late to learn to swim. Learn basic techniques and become a more confident, skilled swimmer.

Sundays.....1-1:30 pm
Thursdays.....6:30-7 pm

Private Swim Lessons
Group lessons don't fit in your busy schedule? Try private lessons. Our instructors will work with you or your child's needs.

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

AQUATIC FITNESS

Arthritis Foundation Aquatic Exercise
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, Wednesdays, Fridays
Noon-1 pm.....Small pool
No fee

Shake, Splash and Roll
This low-impact aerobic class includes total body conditioning and toning.

Mondays, Wednesdays, Fridays
10:45-11:30 am.....Small pool
No fee

Aqua Fit
This high-intensity aerobics class features water plyometrics and resistance equipment.

Mondays, Wednesdays, Fridays
9-10 am.....Large pool
No fee

SilverSplash
Short bursts of cardiovascular aerobic exercise are combined with a series of strength, flexibility and balance exercises using a specially designed SilverSneakers® kickboard.

Tuesdays, Thursdays
10:45-11:30 am.....Small pool
No fee

Aqua WalkOut
Enjoy gentle, slow movements in the warm water. Walk forward, backward and sideways as arms assist your movements. Stay as long as you like—this group has the warm water pool space for an hour.

Tuesdays, Thursdays
8-9 am.....Small pool
No fee

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

Thursdays, 7-8 pm
September 13-December 20
$75; $6/drop-in

SQUIRREL HILL SWIM TEAM: AGES 6-12

Minimum Skills Day
Those interested in participating in this year's Squirrel Hill Swim Team must attend this program.

Wednesday, August 29
4-5:30 pm

Team Practice
Coached by former college swim coach Carly Hicks, the team is designed to prepare participants for a competitive swimming environment. Swimmers must attend the Minimum Skills Day or be evaluated by appointment. Those who do not complete the Minimum Skills program can register for Swim Team Readiness during the same time slot and join the team in January at a pro-rated fee.

Mondays and Wednesdays
September 12-December 19
4-5 pm
$180
No practice September 19, 24, October 1

JCC SAILFISH
September 2018-August 2019

For more information about requirements and practice times, days and locations, contact Coach Al Rose, 412-906-2583 or al@jccsailfish.org

Stroke School: ages 8-13
Learn the four competitive strokes and how to swim faster. Enrollment limited to 24 swimmers.

Tuesday, September 4:
Freestyle and Backstroke

Wednesday, September 5:
Breaststroke and Butterfly

Thursday, September 6:
Review all strokes

4-5 pm
$90

Pittsburgh Group Sailfish: ages 7+
For beginning competitive swimmers. Swimmers learn all strokes, starts and turns and compete locally. Summer practice is optional.

$470

Allegheny Group Sailfish: ages 7+
Swimmers should have some competitive background and meet USA swimming time standards of BB/B. Swimmers compete locally. Training will focus on all strokes, starts and turns as well as aerobic swimming. Attendance is taken.

$535

Pennsylvania Group Sailfish: ages 10-18
Swimmers must have competitive background and meet USA swimming time standards of at least BB/B. Swimmers compete locally and regionally. Training will focus on all strokes, starts, turns, race planning and faster set swimming. Attendance is taken.

$620

U.S. Group Sailfish: ages 13-18
Swimmers must have advanced skills and have the willingness to commit to excellence. Swimmers will compete locally and nationally. Attendance is taken. Head Coach will have the final say as to who will be in this group.

$800

U.S. National Group
Swimmers that have made Sectionals are eligible for this group. Swimmers compete locally and nationally. Swimmers must demonstrate the high level of work required to stay in this group. Attendance is taken. Head Coach will have the final say as to who will be in this group.

$820

Masters
For adults interested in competitive swimming and harder workouts.

$380

Adult Conditioning
For adults interested in fitness through swimming. Practices move outdoors to the Family Park in Monroeville from May to August.

Sundays
$260

Fitness

Enriching the lives of every body by providing innovative fitness and wellness programming, reflective of Maimonedes' 12th-century words, *guf bari v'shalem*—the health of the soul cannot be achieved without taking care of the body.

PERSONAL TRAINING

Bill Herman, wherman@jccpgh.org
412-697-3238

One-on-One Private Workout

We will design a personalized exercise program to help you reach your goals. Your trainer will motivate you, keep you on track and make sure your workouts are safe, enjoyable and effective. Physician's approval may be required. By appointment only.

Youth Personal Training

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

Fitness Foundations Small Group Training

For anyone who wants to kickstart their journey to a healthier self, this small group training is for you! Led by Michael Kroll, JCC Personal Trainer.

Tuesdays and Thursdays, 1 pm
October 2-25
Maximum of 8 participants
$165/general member; $150/Centerfit Platinum

Personal Training Fees

Centerfit Platinum	Hour	Half
4-11 sessions	$62	$40
12-47 sessions	$57	$36
48+ sessions	$52	$32
General Member	**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
Ages 17 and under	$56

Payment options

- Choose the number of sessions, either single sessions or purchase 4 or more for a discounted rate.
- You may make up missed appointments as long as you call 24 hours in advance to cancel.
- Contracts (if greater than one month) may be paid in monthly installments.

Trainer vs Trainer New Competition

Join Team Shawn or Team Zach 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.

Team Shawn
Wednesdays, 7 pm and Saturdays, 9:30 am

Team Zach
Mondays and Wednesdays, 6 am

October 2-November 26
$250; $225/Centerfit Platinum

Jump Start Your Weight Loss

Work with a personal trainer and a dietitian for a workout and eating plan to get you closer to your goal.

3 personal training sessions
1-hour appointment with a JCC dietitian plus a 30-minute follow-up
$215; $199/Centerfit Platinum
(20% savings by bundling these services)

FITNESS CLASSES

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

No Classes on September 10, 11, 19, 24, October 1 and November 22

Boot Camp

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

Tuesdays and Thursdays ..... 6-6:45 am
September 4-November 15
Kaufmann Gym
$200; $120/Centerfit Platinum

November 27-December 20
$80; $48/Centerfit Platinum

TRX Class

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

Fridays ..... 8-8:45 am
September 7-November 16
$110; $90/Centerfit Platinum

Group Cycling Challenge

Geared toward endurance cyclists and competitive athletes, with an emphasis on endurance, cadence, climbing and sprints, as well as team exercises. Taught by endurance athlete Dan Holland.

Tuesdays and Thursdays ..... 5:45-7 am
October 30-December 20
$150—Community members can try one class for $15—fee reimbursed if you join!

High Intensity Interval Training

High Intensity Interval Training is 45 minutes of short intense exercise followed by recovery periods. KettleBell Cardio targets all your major muscle groups. TRX® Suspension Trainer™ leverages gravity and your body weight to enable hundreds of exercises for every fitness goal.

Saturdays ..... 8:30 am
Sundays ..... 9 am
Mondays ..... 8:30 am
Tuesdays ..... 6 pm
Wednesdays ..... 8:30 am
Thursdays ..... 9 am and 6 pm

September 2-December 22
$170; $140/Centerfit Platinum
Take as many classes as you like!

YOUTH FITNESS

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

Teen Fitness Certification

This 1½-hour orientation MUST be completed by teens ages 13-15 prior to using the facility; another option is one hour with a personal trainer.

$45/certification class
Monday, September 17 ..... 5-6:30 pm
Saturday, October 13 ..... 11 am-12:30 pm
Monday, October 22 ..... 5-6:30 pm
Monday, November 5 ..... 6-7:30 pm
Monday, November 19 ..... 4-5:30 pm
Thursday, December 6 ..... 5-6:30 pm
Saturday, December 15 ..... 10-11:30 am

OR $60/private session with a trainer

Deck Time: ages 10-13

Have fun exercising with your friends in Centerfit. A JCC fitness instructor will lead you through a Workout of the Day.

Tuesdays and Thursdays ..... 4-5 pm
Begins October 4
$5/session; $45/10 visits

Upper Deck: ages 13-16

Small group training with more advanced weight training techniques in addition to boot camp and HIIT training.

By appointment; minimum group of 3
$60/8 sessions

Fencing: ages 5+

This is a great introduction to Olympic Fencing. All equipment is provided; please wear athletic clothing (long pants) and athletic shoes. The instructor is Iana Dakova, a professional fencer and a member of the Bulgarian National Team from 1984-1991.

Tuesdays ..... 4:30-5:30 pm
October 2-November 20
Katz stage, Robinson Building
$120

Girls on the Run: grades 3-5

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

Mondays and Wednesdays ..... 4:30-6 pm
September 17-December 6 ..... KDS
$160; register at www.girlsontherun.org beginning September 5
No class September 19 and 24, October 1

Teen TRX: ages 10+

The TRX Suspension Trainer™ leverages gravity and your body weight to perform hundreds of exercises. Space is limited.

Wednesdays ..... 6-7 pm
September 26-November 14
$80

Sailfish Strength Training: ages 13+

Build total body strength using traditional weight training exercises to enhance swim performance with special attention to injury prevention of the shoulder. By appointment.

$150/10 sessions

WELLNESS PROGRAMS

Alexander Technique

Call Darlene Cridlin, 412-697-3517

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

Thursdays, 9:45-11:15 am
Robinson Dance Studio
September 20-November 8
$80/member; $100/community
November 29-December 20
$40/member; $50/community

Healthy Heart Phase lll Cardiac Rehabilitation

Call Marsha Mullen, 412-339-5415.

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

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

Mechanotherapy

Mechanotherapy corrects body alignment and improves functional capabilities, decreasing pain and reducing the risk of injury. Make an appointment with specialist, Joe DeAntonis, MS, at 412-697-3509.

$95/hour/member; $120/community
5 sessions: $450; 10 sessions: $850
$55/half-hour/member
5 sessions: $250; 10 sessions: $450

Next Steps

Jason Stowell, jstowell@jccpgh.org
412-697-3521

This post-rehabilitation exercise program helps you transition from physical therapy to long-term wellness. Our staff will work with your physical therapist to develop an exercise program tailored to your needs.

$33 per half hour /10 half-hour sessions.

Online Weight Loss Course

This 8-week course is conducted online with one phone or in–person meeting with Deborah Brooks, MS, RD.

$125: Start your 8 weeks any time

Nutrition Counseling

Determine what you should be eating, based on your individual concerns.

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

PWR!Moves™ Parkinson's Exercise Program

Call Marsha Mullen, 412-339-5415.

PWR!Moves is an evidence-based exercise program geared to people with Parkinson's, designed to counteract its major symptoms, restore function and improve quality of life.

Mondays and Thursdays, 11 am
October 8-November 15
Mondays, Kaufmann Dance Studio
Thursdays, Levinson Hall
$72/member; $96/community
$10/drop-in

Reiki

To schedule an appointment, call 412-697-3544.

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

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

T'ai Chi

Call Darlene Cridlin, 412-697-3517

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

Wednesdays, 1-1:45 pm
Kaufmann Dance Studio
September 5-November 14,
No class September 19
$30/members; $35/community

group ex classes

FALL PREVIEW WEEK
SEPTEMBER 2-8
A great opportunity to try everything that we have to offer, plus lots of surprises and prizes, pop-up classes, fusion classes—all FREE for JCC members and your guests.

▼ **For information**
Patti Sciulli, psciulli@jccpgh.org
412-697-3507

FALL GROUP EX LAUNCHES

Try these classes for FREE and bring a friend

- Group Power
  Monday, September 17 • 9:15 am
- Group Centergy
  Wednesday, October 3 • 9 am
- Group Fight
  Friday, October 12 • 6:15 am
- Group Active
  Friday, October 12 • 9:15 am
- Group Blast
  Wednesday, October 17 • 9 am
- Group Core
  Friday, October 19 • 10:15 am

Special class: Turkey Burner
November 22 • 9-10:30 am

GROUP EX CLASSES

We're committed to improving the quality of your life through group exercise. We will get you motivated and keep you motivated! We will deliver a memorable experience each and every time! We will improve your mobility, strength, flexibility, balance and endurance. We will get you moving and keep you moving!

Please see the monthly Group Excercise schedule for an up-to-date list of classes, days and times. Available at the Centerfit Desk or online at JCCPGH.org

Pilates
Create a body that is long and lean with flat abdominals and a strong back.

Yoga
Improve strength and flexibility through stretches, postures and breathing techniques.

Yoga Flow
Seated meditation, breathing exercises and a variety of postures. Suitable for all students from beginners and up.

Pilates and Yoga Therapy

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

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

Spinning
A high intensity, sweat-inducing workout on a stationary bike that imitates a real ride (minus the breaks) with climbs, sprints and coasts. Reservations are required and may be made up to seven days in advance. Two hours advance notice of cancellation required; "no shows" will be charged $5.

Group Active
One class that gives you all the training you need—cardio, strength, balance and flexibility—in just one hour. Activate your life with Group Active.

Group Blast
60 minutes of cardio training using The Step to improve fitness, agility, coordination and strength.

Blast 30
30 minutes of high energy cardio training.

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

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

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

STEWART S. WEINBAUM SHORTSTOP BABYSITTING

Nurturing staff care for children ages 6 weeks to 5 years while parents exercise. Buy monthly or annual passes at the Centerfit Desk. Space is limited. Located in the Kaufmann Building upper level.

Monday-Friday .....8 am-1 pm
Monday-Thursday ..... 5:30-8:30 pm

General Members
$50/month/child; $576/year/child

Centerfit Platinum Members
$35/month/child; $396/year/child

Drop-in
$12/hour/child; no-show fee: $15

Reservations are required at 412-697-3544.

You must remain in the building while using JCC babysitting.

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

Zumba
Exciting Latin moves and rhythms.

FEES

Group Exercise & Spinning
Centerfit Platinum: No fee
General Members:
$80/20 adult coupons
$53/20 teen coupons
Drop-in: $5

Yoga and Pilates Classes
Centerfit Platinum: No fee
General Members:
$140/20-session punch card
(get one session FREE with filled card)
$70/10-session punch card
Drop-in: $9/member; $12/community

Fees for One-on-One Pilates and Yoga Therapy
Centerfit Platinum:
$60/1-hour session; $110/two sessions
3-5 sessions: $50/session

General members:
$66/1-hour session; $122/two sessions
3-5 sessions: $56/session

centerfit platinum

JOIN TODAY FOR THESE BENEFITS

- Adults-only spa-style locker rooms, concierge services and discounts
- ALL Group Exercise, Yoga, Spinning and Pilates classes are FREE
- FREE Racquetball/Squash/Handball Court time
- DISCOUNT of up to 10% off Personal Training Contracts
- DISCOUNT up to 20% on Massage
- Steam, sauna and whirlpool
- Towel service, hair dryers and toiletries
- Free coffee and tea

To join, contact the Membership Office, 412-697-3522 or membership@jccpgh.org

MASSAGE

Call 412-697-3544 for an appointment.

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

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

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

Sports
Whether you are a serious athlete or just trying to get in shape, a sports massage can help you recover faster and prevent injuries.

Restorative
Perfect for runners or cyclists training for a race, this massage allows you to recover faster and train harder with less injury.

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

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

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

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

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

Massage Fees

Centerfit

Half Hour $27
Hour $54
Aromatherapy $70
10 Half-Hour Coupons (Platinum only) $250
General members: add $10
Community: add $20

Mother-Daughter Days

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

Sundays
September 2, October 7, November 4, December 2
4-6 pm

PT@THE JCC

Dr. Scott Rosen, Physical Therapist, Clinical Director. Located on the lower level of the JCC across from the Centerfit Desk. Open to the community.

To schedule, call 412-697-3505.
Monday through Friday appointments.

sports and rec

▼ **For information**
Jeremy Kelley, jkelley@jccpgh.org
412-697-3538

SPORTS

Over 21 Recreational Basketball

Drop in for organized pick-up games.

Tuesdays ..... 5-7 pm
Saturdays ..... 10 am-noon
Sundays ..... 8-10 am
No fee for members

Over 45 Recreational Basketball

Drop in for organized pick-up games.

Saturdays ..... 8-10 am
No fee for members

Larry Ruttenberg Adult Basketball League

Wednesdays
Begins October 10
$625/team; open to the community

Coed Volleyball

Thursdays
7-10 pm
No fee for members

Pickleball

Call Alan Mallinger, 412-697-3545.

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

Tuesdays, 11 am-1 pm
Fridays, 10:30 am-12:30 pm
Kaufmann Gym
No fee for members

PRIVATE LESSONS

Call the Cashier, 412-697-3526.

Rollerblading

Learn from teaching professional Mark Haffner. By appointment.

$46/hour; $28/half-hour

Tennis

Learn from teaching professional Mark Haffner. By appointment.

$46/hour; $28/half-hour

Private Basketball Lessons: ages 10 +

Work closely with a qualified JCC instructor to improve your game. Contact Jeremy Kelley at 412-697-3538 to schedule your session.

Ages 13+: $46 for a one-hour lesson
Ages 12 and under: $28 for a half -hour lesson

COURT SPORTS

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

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

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

Tots, Preschool and Youth Sports: page 19

Basketball

Basketball and the JCC have gone hand-in-hand for over a century in the city of Pittsburgh. We understand and appreciate the value that organized sports can play in people's lives, no matter their age or skill level. Our experienced coaches—both adult volunteers and young adult staff members—include many who have come up through the program themselves and have experienced first-hand what the JCC basketball program is all about.

For information
Jeremy Kelley, jkelley@jccpgh.org
412-697-3538

Little Rookies Skills Clinic: grades K-2

This 6-week program places an emphasis on fun and teaches fundamental skills necessary for younger players to learn to play the game the right way. All players receive a T-shirt.

Sundays • 2-2:45 pm
September 9-October 14
$75; $95/community

Youth Skills Clinic: grades 3-8

Get back on the court and ready for the upcoming basketball season! Our JCC coaches will get you back in game shape and ready to be your best. Skills, drills, competitions and games are included in this exciting mini-camp.

Sundays • 4-5 pm
September 9-October 14
$75; $95/community

N.B.A. (No Boys Allowed) Skills Clinic: grades 3-8

High energy, enthusiasm and tons of fun create a clinic experience that girls of all ages and skill levels will love. Female coaches are role models in a competitive environment designed to instill self confidence.

Sundays • 3-4 pm
September 9-October 14
$75; $95/community

Explosive and Power Training with the Scoring Factory: ages 10-18

The well-respected local Scoring Factory brings their training program to the JCC. The Explosive program helps players develop their ability to rapidly change direction, improve short-burst explosiveness and increase jumping ability. The Power program increases upper-body strength with intense exercises.

Tuesdays
Power ..... 6:45-7:40 pm
Explosive ..... 7:45-8:40 pm
Begins August 14; no class September 11, 18
$35/class; $175/7-week session
$50/both classes; $225/7-week session

Private Basketball Lessons: ages 10 +

Work closely with a qualified JCC instructor to improve your game. Contact Jeremy Kelley at 412-697-3538 to schedule your session.

Ages 13+: $46 for a one-hour lesson
Ages 12 and under: $28 for a half -hour lesson

Little Champ Super Hoopers: grades K-2

Participants learn the fundamentals of basketball including dribbling, passing and shooting throughout this 14-week program. Teams are formed with an emphasis on learning and having fun. T-shirts for all players.

Sundays
November 4-February 24, 2019
$160; $220/community
Kindergarten ..... 1-2 pm
Grade 1 ..... 2:15-3:15 pm
Grade 2 ..... 3:30-4:30 pm

Harry B. Davis Basketball Clinic and League: grades 3-8

This 16-week program teaches the game using a combination of skills, drills and instruction and includes exhibition games and league play.

Players are evaluated by trained coaches and administrators and then placed onto teams based on grade and skill level. Regular season games are followed by playoffs, championships and an end-of-season awards ceremony for all players.

Coaches and referees are in high school, college and older, and selected by an interview process. They take part in a pre-season training program as well as in-season training sessions.

Saturdays
November 3-Monday, March 4, 2019
$200; $250/community

Grades 3-4 ..... 1-2 pm
Grades 5-6 ..... 2:15-3:15 pm
Grades 7-8 ..... 3:30-4:30 pm

League Only
December 1-Monday, March 4, 2019
$160; $200/community

New! N.B.A. (No Boys Allowed) Winter Clinic and League: Girls ONLY Grades 3-8

For the first time, our N.B.A. (No Boys Allowed) program will include a winter session similar to the Harry B Davis Clinic. This 14-week program will teach girls the game of basketball by focusing on the fundamentals in a social yet competitive environment. Female coaches and role models will facilitate drills, games and activities designed to build self-confidence on and off the court. This league combines great teaching, high energy, enthusiasm and tons of fun into a clinic experience girls of all ages and skill levels will love.

Sundays, 4:30-6 pm
November 4 –February 24, 2019
$160; $220/community

Travel Teams: grades 5-12

Selected players represent the JCC in competition against other organizations throughout the greater Pittsburgh area. Teams play 1-2 games and have 1-2 practices per week throughout the season, October through March.

In addition to practices and games, 7th-graders and up will take part in an in-season weight training program in JCC Centerfit to supplement their on-court training throughout the season.

All players MUST attend one tryout session to be considered for selection. There is no fee to try out; team fee is for those who are selected. Team members must purchase uniforms for an additional fee. All teams compete in a post-season tournament in early March at the JCC.

Tryouts for Boys: Sunday, October 7 and Tuesday, October 9

Boys: grades 5-6 ..... 6-7:15 pm
Team fee $175

Boys: grades 7-8 ..... 7:15-8:30 pm
Team fee $225

Ace Aizenberg Boys Varsity and JV
Grades 9-12 ..... 8:30-10 pm
Team fee $300

Tryout for Girls: Monday, October 8

Girls: grades 5-6 ..... 6-7:15 pm
Team fee $175

Girls: grades 7-8 ..... 7:15-8:30 pm
Team fee $225

LEAGUES

Middle School Fall League: Boys and Girls grades 5-8

Teams will be formed, with league games and playoffs to follow. All players receive a team shirt.

Tuesdays and Thursdays ..... Robinson Gym
September 4-October 25
No games on September 11 and 18
Games at 6 pm and 7 pm
$75/member; $95/community

High School Fall League: Boys and Girls grades 8-12

Teams will be formed, with league games and playoffs to follow.

Tuesdays and Thursdays ..... Robinson Gym
September 4-October 25
No games on September 11 and 18
Games at 8 and 9 pm
$50/member; $60/community

Basketball Coaches: grades 9-12

Coaches must be 16 years old as of November 1, 2018. Coaches attend mandatory training sessions throughout the season. Contact Jeremy Kelley at jkelley@jccpgh.org if you are interested.

tots and preschool sports

▼ **For information**
Brandi D'Amico, bdamico@jccpgh.org
412-697-3532

TOTS

Tiny Tot Soccer: Strong walkers up to age 2

Children learn basic soccer skills while focusing on enhancing their motor, team and social skills.

Fridays ..... 9:30-9:50 am
October 19-December 14
$80; $70/ECDC

Tumbling Tots: Strong walkers up to age 2

Children learn basic tumbling skills while focusing on their motor, team and social skills, with an emphasis on coordination and balance.

Fridays ..... 10-10:20 am
October 19-December 14
$80; $70/ECDC

CECILE GOLDBERG LEVINE FAMILY OPEN GYM: AGES 1-5

Play in the gym with balls, bikes and other equipment.

Sundays, 10-11:30 am
No fee; no registration required

PRESCHOOL

Fall Sports Sampler: ages 3-5

Participate in a different sport every week. Sports include tumbling, tennis, hockey, basketball and soccer.

Thursdays ..... 3-3:30 pm
Thursdays ..... 3:45-4:15 pm
Fridays ..... 3-3:30 pm
September 6-28
$40; $35/ECDC and Clubhouse

Little Penguins Hockey: ages 3-5

Shoot and score! Children learn the basics of stick handling, passing, shooting and defense.

Mondays ..... 3-3:30 pm
October 15-December 10
$90; $80/ECDC and Clubhouse

Tiny Tumblers: ages 3-5

Children are introduced to the basics of gymnastics in a fun and structured atmosphere.

Tuesdays ..... 3-3:30 pm
Tuesdays ..... 3:45-4:15 pm
October 16-December 11
$90; $80/ECDC and Clubhouse

preschool and youth sports

Super Shooters Soccer: ages 3-5

Goal! Children develop motor, team and social skills while learning basic soccer skills and rules.

Wednesdays ..... 3-3:30 pm
Wednesdays ..... 3:45-4:15 pm
October 17-December 12
$90; $80 ECDC and Clubhouse

Tiny Stars Tennis: ages 3-5

Children learn tennis skills and partner play through fun games and activities. Emphasis is on balance, movement and eye-hand coordination.

Thursdays ..... 3-3:30 pm
Thursdays ..... 3:45-4:15 pm
October 18-December 13
$90; $80/ECDC and Clubhouse
No class November 22

Tiny Hoopers Basketball: ages 3-5

Children learn the basics of basketball: dribbling, passing and shooting, plus the rules of the game.

Fridays ..... 3-3:30 pm
October 19-December 14
$90; $80/ECDC and Clubhouse

YOUTH

Girls on the Run: grades 3-5

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 ..... 4:30-6 pm
September 17-December 5 ..... KDS
$160; register at www.girlsontherun.org beginning September 5
No class September 19 and 24, October 1

Youth Tennis: grades 3-6

Learn the skills and rules of the game from certified instructor Mark Haffner.

Fridays
Introductory ..... 4-5 pm
Intermediate ..... 5-6 pm
October 19-December 14
$100; $85/Clubhouse members

Private Tennis and Rollerblading Lessons

Learn from certified instructor Mark Haffner. By appointment.

$46/hour; $28/half hour

performing arts

PHILIP CHOSKY PERFORMING ARTS PROGRAM

▼ **For information**
Kathy Wayne, kwayne@jccpgh.org
412-339-5414

DANCE

Philosophy
Our goal is to help children gain poise, flexibility, strength and an appreciation for the art of dance.

Director
Kathy Wayne, Dance Director, is a graduate of Point Park College with a B.A. in dance. Her professional credits include Tokyo Disneyland, Caesar's Atlantic City and many productions with the Pittsburgh Playhouse.

Dress Code Requirements
Hair must be pulled back in a bun; shorter hair back with a headband.

Ages 3-4
- Pink leotard (no attached skirt)
- Pink tights
- Pink ballet slippers (no foam slippers) required for ballet class
- Black tap shoes required for tap class

Ages 5 and up: any style leotard in the following colors:
- Ballet/Tap Level 1: White leotard
- Ballet/Tap Level 2: Pink leotard
- Ballet/Tap Level 4: Lilac leotard
- Ballet/Tap Level 5: Baby blue leotard
- Ballet/Tap Level 6: Royal blue leotard
- Ballet/Tap Level 7: Burgundy leotard
- Ballet/Tap Level 8: Navy leotard
- Ballet/Tap Level 9: Black leotard
- Black jazz pants are acceptable for jazz and hip hop
- Pink tights for ballet classes
- Ballet slippers (no foam slippers) required for ballet class
- Black tap shoes required for tap class
- Black jazz shoes required for jazz class

Boys
- Black jazz pants
- White T-shirt
- Ballet shoes required for ballet class
- Tap shoes required for tap class

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.

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 by 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.

KDS: Kaufmann Dance Studio
RDS: Robinson Dance Studio

PRESCHOOL DANCE CLASSES

No classes on Monday, September 24,
Monday, October 1 and Thursday, November 22

Creative Movement: ages 3-4

Mondays, 12:30-1 pm ..... KDS
September 17-October 22 ..... $50
October 29-December 17 ..... $100
September 17-May 13 ..... $345

Thursdays, 3-3:30 pm ..... KDS
September 13-October 25 ..... $88
November 1-December 20 ..... $88
September 13-May 16 ..... $368

Pre-Ballet: ages 4-5

Thursdays, 3:30-4 pm ..... KDS
September 13-October 25 ..... $88
November 1-December 20 ..... $88
September 13-May 16 ..... $368

Pre-Ballet/Tap: ages 4-5

Mondays, 4:30-5:15 pm ..... KDS
September 17-October 22 ..... $52
October 29-December 17 ..... $104
September 17-May 13 ..... $360

Tuesdays, 3:15-4 pm ..... RDS
October 9-December 18 ..... $143
October 9-May 14 ..... $348

SCHOOL AGE DANCE CLASSES

No classes on Monday, September 24,
Monday, October 1 , Wednesday, September 19
and Thursday, November 22.

Ballet/Tap 1: ages 5-6

Mondays, 4:15-5:15 pm ..... RDS
September 17-October 22 ..... $60
October 29-December 17 ..... $120
September 17-May 13 ..... $420

Ballet/Tap 2: ages 6-7

Wednesdays, 4:15-5:15 pm ..... RDS
September 12-October 24 ..... $90
October 31-December 19 ..... $105
September 12-May 15 ..... $438

Ballet/Tap/Jazz 4: ages 7-8

Fridays, 4:15-5:45 pm ..... KDS
September 14-October 26 ..... $120
November 2-December 21 ..... $105
September 14-May 17 ..... $465

Ballet/Tap/Jazz 5: ages 8-10

Wednesdays, 5:15-6:45 pm ..... RDS
September 12-October 24 ..... $102
October 31-December 19 ..... $119
September 12-May 15 ..... $496

Ballet/Tap/Jazz 6: ages 10-12

Tuesdays, 4:15-5:45 pm ..... RDS
October 9-December 18 ..... $187
October 9-May 17 ..... $493

Ballet/Tap/Jazz 7: ages 11-13

Thursdays, 4:15-6:30 pm ..... RDS
September 13-October 25 ..... $168
November 1-December 20 ..... $168
September 13-May 16 ..... $736

Ballet/Tap/Jazz 8: ages 12-14

Mondays, 5:15-7:15 pm ..... RDS
Ballet and Jazz
Wednesdays, 6:45-8:45 pm ..... RDS
Ballet and Tap
September 17-October 24 ..... $135
October 29-December 19 ..... $216
September 17-May 15 ..... $806

Ballet/Tap/Jazz 9: ages 13-18

Tuesdays ..... RDS
Jazz ..... 5:45-6:45 pm
Ballet ..... 6:45-7:45 pm
Tap ..... 7:45-8:45 pm
Thursdays, RDS: Ballet ..... 6:30-8 pm
September 13-October 25 ..... $165
November 1-December 20 ..... $210
September 13-May 16 ..... $928

Lyrical Jazz: ages 11-18

Mondays, 7:15-8:15 pm ..... RDS
September 17-October 22 ..... $60
October 29-December 17 ..... $120
September 17-May 13 ..... $420

Hip Hop: ages 7-11

Fridays, 4-4:45 pm ..... RDS
September 14-October 26 ..... $105
November 2-December 21 ..... $105
September 14-May 17 ..... $429

Beginner Acro for Dancers: ages 7-11

Fridays, 4:45-5:45 pm ..... RDS
September 14-October 26 ..... $120
November 2-December 21 ..... $105
September 14-May 17 ..... $462

Ballet Variation

Must be approved by the Director
Thursdays, 8-9 pm ..... RDS
September 13-October 25 ..... $120
November 1-December 20 ..... $105
September 13-May 16 ..... $448

PERFORMING ARTS CAMP

▼ **For information**
Kathy Wayne, kwayne@jccpgh.org
412-339-5414

Pre-Professional Program for Young Performers
Acting • Dance • Voice

Grades 4-10
Monday-Friday, 9 am-3:30 pm
June 17-July 12, 2019
Robinson Building
Hone your craft with expert faculty and theater arts professionals. Lunch is provided.

Acting

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

Dance

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

Voice

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

Faculty

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

Skill-Building Workshops

Special workshops are led by local experts.

Performances

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

MIDDLE SCHOOL MUSICAL

Don't miss the JCC's Middle School Musical directed by Kathy Wayne. Anyone in grades 5-8 who is interested in auditioning should call Kathy Wayne at 412-339-5414.

Audition Date
Sunday, September 23 ..... 1-4:30 pm

Call Back Date
Sunday, September 30 ..... 1-4:30 pm

Show Dates
Wednesday, December 12 ..... 7 pm
Thursday, December 13 ..... 7 pm
Saturday, December 15 ..... 7:30 pm
Sunday, December 16 ..... 2 pm

RICHARD E. RAUH SENIOR HIGH MUSICAL

Stay tuned for audition date announcements coming this fall.

Summer Camps

JCC camps provide the ideal environment for children to learn, develop independence, and gain confidence and a sense of self. Our unique summer programming prepares campers and staff for life's journeys through meaningful connections, personal growth, instilling values and delivering fun.

J&R DAY CAMP

Lewis Sohinki, lsohinki@jccpgh.org
412-697-3537

Register: Katie Whitlatch, kwhitlatch@jccpgh.org
412-697-3540
jccpghdaycamps.com

Age 3-grade 5
Family Park, Monroeville
Monday-Friday: 9 am-3:30 pm
June 17-August 16, 2019
Register by the week; weeks do not need to be consecutive

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

Before- and After-Camp Care
Robinson Building, JCC Squirrel Hill

7:30-9 am: no fee
3:30-6 pm: additional cost

J&R STEPPING STONES HALF-DAY CAMP: AGES 3, 4 AND PREK AGE 5

Family Park, Monroeville
Monday-Friday: 9 am-1 pm
June 17-July 19, 2019

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

NOAR AND BOGRIM TRAVEL CAMPS

Register: Katie Whitlatch, kwhitlatch@jccpgh.org 412-697-3540

Grades 5-9
Family Park, Monroeville
Monday-Friday: 9 am-3:30 pm
June 17-August 16, 2019

Campers enjoy time with friends while building new relationships, gaining independence and becoming part of a team. Day trips include Linsly Outdoor Center for adventure on the high ropes course and Emma Kaufmann Camp in Morgantown, WV, as well as Sandcastle, Kennywood and Pittsburgh Pirates baseball games.

Fifth- and sixth-graders are grouped separately from seventh through ninth-graders. Leadership development and individual growth are encouraged and fostered.

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

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

SPECIALTY CAMPS

Lewis Sohinki, lsohinki@jccpgh.org 412-697-3537

Grades 1-6
Monday-Friday: 9 am-3:30 pm

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

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

emma kaufmann camp

▼ For information
Stephanie Buzza, sbuzza@jccpgh.org 412-697-3550 or (summer) 304-599-4435
emmakaufmanncamp.com

EKC, the JCC's resident overnight camp, is situated along Cheat Lake near 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.

First Experience: grades 2-5

First Experience is a one-week introduction to the EKC overnight camping experience with a goal of helping campers become comfortable staying away from home.

SIT (Staff-in-Training) Program

SITs travel to Israel for 21 days of their eight-week commitment, participating in *tikkun olam* projects and Shabbat weekends, visiting the Kotel and Yad Vashem, plus much more. Returning to camp, SITs participate in four weeks of program planning and supervision of campers as they complete their training experience.

EKC ACTIVITIES

- Archery • Arts & Crafts • Basketball • The Blob
- Canoeing/Kayaking • Ceramics
- *Chinuch* (Judaics)
- Climbing Tower • Drama • Heated Pool
- Horseback Riding • Israeli Culture
- Lacrosse • Maccabi Color War
- Mountain & BMX Biking
- The Rave • Robotics• Shabbat • Singing
- Soccer • Tennis • *Teva* (Nature)
- Tubing • Water Skiing • Zip Line

Session Dates 2019

For campers entering grades 2-10
4 weeks (Session I) June 16-July 12

For campers entering grades 5-10
3 weeks (Session II) July 14-August 6

For campers entering grades 2-6
2 weeks (*Sabra/Kineret Aleph*) June 16-28

For campers entering grades 2-4
2 weeks (*Sabra Bet*) July 14-28

For campers entering grades 2-5
1 week (First Experience) July 31-August 6

Early Childhood Development Center

Young children are offered daily opportunities to encounter many types of materials, many points of view, working actively with hands, minds, and emotions, in a context that values the expressiveness and creativity of each child in the group. Together we're helping to raise future citizens of the world who will advocate for themselves, welcome guests to the table and be upstanders for friends and strangers alike.

Annabelle Rubinstein Early Childhood Development Center

To schedule a tour of the Early Childhood Development Center, contact Liza Baron, Edward and Rose Berman Director
412-697-3530/lbaron@jccpgh.org
or Gina Crough, Assistant Director
412-567-8422/gcrough@jccpgh.org
To register, call 412-697-3531.

Children grow and thrive in a program enriched with language, reading, math, science, art, music and fun. We believe that discovery and play are young children's most important "work," preparing them for the academic and life challenges ahead.

Our Approach

ECDC's approach to early learning is inspired by the ideas and practices developed in Reggio Emilia, Italy, for the education of young children. This program— based on the principles of respect, responsibility and community through exploration and discovery in a supportive and enriching environment—resonates with the JCC mission. ECDC's curriculum recognizes each child's voice and strives to provide a beautiful environment, small groups for children to do their work, and access to a wide variety of learning materials.

Our Core Beliefs and Values

- Children are constructivist learners
- Early Childhood educators are professionals
- Our families are our partners
- Our environment is an inspiration for inquiry

Our Educators Make the Difference

Our talented and dedicated staff is committed to ensuring each child's happiness, safety and growth. It is our priority to employ experienced and creative staff who meet our high standards and reflect our value of lifelong learning. Our educators work together as a team to ensure all of our children are highly engaged in the education process for our school.

Skilled JCC specialists teach aquatics, physical education, music, and Jewish and Israeli culture. ECDC is visited weekly by a counselor from JFCS to support educators and children in the classroom environment.

Our Facility

ECDC is housed in a dedicated, fully secured wing of the JCC. ECDC children make use of facilities in the entire JCC campus including indoor heated pools, full-size gymnasiums and the enclosed outdoor Marci Lynn Bernstein Playground.

Age Groups and Schedules

ECDC is a preschool with before- and after-school extended day options, enrichment classes and summer camps for children ages 6 weeks to 5 years old. We offer a wide range of scheduling choices from 7 am-6 pm every weekday.

- Infants: Full-time care, 6 weeks through 14 months old
- Tots: Full- and part-time options for 12 months through 2 years
- Toddlers: Full- and part-time options for 2-year-olds
- Preschoolers: Full- and part-time options for 3- and 4-year-olds
- Pre-Kindergarten: Full- and part-time options for 4- and 5-year-olds

ENRICHMENT PROGRAMS

Amazing Afternoons: PreK age 4-5

We explore a different theme—such as Our City, Children Around the World and My Amazing Body—each month, with classes and visitors related to each theme.

Mondays, Wednesdays and Fridays, 1:30-3 pm
September 5-June 14
$1,190

Math and Science Afternoons: PreK age 4-5

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

Tuesdays and Thursdays, 1:30-3 pm
September 4-June 13
$810

Booken Family Kabbalat Shabbat

Celebrated every Friday during the school year. Everyone is welcome.

10:30 am

EARLY CHILDHOOD DAY CAMPS

June 17-July 12, 2019
July 15-August 8, 2019

Campers thrive in a safe, structured environment with outdoor and indoor activities appropriate for each developmental stage. Your child will enjoy:

- Daily music and movement with our music educator
- Building and discovering with a variety of materials and tools
- Art experiences with our studio educator
- Special programs with Carnegie Science Center, Children's Museum, National Aviary and Officer Friendly
- Experiments with our nature and science specialist
- Large motor skill games in our gym
- Israeli dancing and Shabbat

Activities are connected to weekly themes and special guests. There is an intergenerational Kabbalat Shabbat at Weinberg Terrace every Friday at 9:30 am. All camps include a kosher lunch and snacks.

Camp K'Ton Ton: ages 2-3

We offer our youngest campers structured activities that support the new-found freedoms of toddlers, including water play in wading pools in our enclosed playground.

Monday-Friday options:
7 am-6 pm
9 am-noon
9 am-3 pm

Camp Yeladim: ages 3-5

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

Monday-Friday options:
7 am-6 pm
9 am-12:45 pm
9 am-3 pm

special needs

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

Lewis Sohinki, lsohinki@jccpgh.org
412-697-3537

Monday-Friday, 2-6 pm, Year-round
Participants can attend 1-5 days per week

Led by Lynne Carvell, the Teen and Young Adult Center at the JCC in Squirrel Hill provides afternoon programming for teens and young adults who face physical, intellectual or mild emotional and behavioral challenges.

The program includes a variety of activities—sports, art projects, dancing, singing, movement games, excursions to the Carnegie Library and swimming. The focus is on participants' growth and development of life skills.

Lynne Carvell has coordinated the JCC Teen and Young Adult Program since 2007. She has many years of experience working with children and adolescents with intellectual disabilities in a variety of settings. Prior to working at the JCC, she worked for Western Psychiatric Institute and Clinic as a therapeutic staff support person and as a TSS at the JCC's after-school Clubhouse program.

All interested potential members can try the program for a three-day trial period with their parent(s) or caregiver.

For more information or to schedule a trial period, please contact Lewis Sohinki at 412-697-3537 or lsohinki@jccpgh.org.

GESHER PROGRAM AT EMMA KAUFMANN CAMP

Rachael Speck, rspeck@jccpgh.org
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.

Earl Latterman Family Jewish Singles Social Network, a program of Jewish Residential Services

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 twice monthly for programming meetings overseen by a staff advisor and enjoys outings and activities they have developed on the alternating Tuesdays in the community.

Tuesdays
6:30-7:30

Violet and Joseph Soffer Foundation and Family Special Olympics

Ellen McBride, 412-731-6185

Free 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

Swimming
Tuesdays, 5-6 pm

my baby and me

▼ **For information**
Ada Maria Mezzich, amezzich@jccpgh.org
412-339-5417

FAMILY PLACE

A community-maintained space in the Kaufmann Building, 3rd floor, for JCC members with children ages 4 and under.

Mondays-Thursdays: 8:30 am-7 pm
Fridays, Saturdays and Sundays:
8:30 am-5:30 pm
JCC members only

MOMMY AND ME CLASSES

Schmooze 'n Sing, Baby Style: Newborn-12 months

For the first part of class, we socialize and discuss various parenting topics. Then caregivers and children engage in singing, dancing, finger-plays and sensory activities designed to promote infant development.

Tuesdays, 10:30-11:30 am
No fee for members; $5/community
Family Place, 3rd floor

Schmooze n' Sing, Toddler Style: ages 1-3

For the first part of class, we socialize and discuss various parenting topics. Then caregivers and children engage in singing, dancing, finger-plays and sensory activities designed to promote toddler development.

Thursdays, 9:30-10:30 am
No fee for members
Family Place, 3rd floor

$5/community
$20/5 classes; $40/10 classes
Drop-in class tickets must be purchased at the Centerfit desk beforehand and presented at each class. No refunds.

KINDERMUSIK

Kindermusik is a research-based early childhood music program for babies through age 7. Classes are 45 minutes long and take place in Room 307. Kathy's Music has been offering classes since 2009.

Kindermusik Foundations Level 1 for Babies

Newborn-24 months with a caregiver
Mondays ..... 9:15 am, 11:15 am
Wednesdays ..... 11:15 am
Fridays ..... 9:30 am, 11:30 am
Sundays ..... 9:30 am

Kindermusik Level 2 for Toddlers

Ages 2-3 with a caregiver
Mondays ..... 10:15 am
Wednesdays ..... 9:15 am
Wednesdays (for ages 0-3) ..... 10:15 am
Fridays ..... 10:30 am
Sundays ..... 10:30 am

Kindermusik Level 3 for Preschoolers

Ages 3-4, caregiver joins last 15 minutes of class
Mondays ..... 12:45 pm
Wednesdays ..... 12:45 pm
Sundays ..... 11:30 am

Kindermusik Level 4: ages 5-6

60 minutes
Wednesdays ..... 4:15 pm

Piano Corner Group Piano Class: ages 4-5

45 minutes
Wednesdays ..... 2 pm, 3 pm

Introduction to Violin Group Class: ages 6-7

30 minutes
Wednesdays ..... 5:30 pm

Kindermusik Fees

Levels 1-3: $61/month/member; $68/month/community, Siblings: $5 off per month

Level 4, Piano Corner and Introduction to Violin: $68/month/member; $75/month/community

Enroll through May, 2019. You can change classes any time (subject to availability). If you need to discontinue, written notice is required prior to the first of the new month to avoid incurring charges.

To register: kathysmusic.com or 412-344-5220

SPORTS

Tot sports classes are with a caregiver, take place in the Kaufmann Gym, and are for strong walkers through age 3.

Tiny Tot Sports

Each week includes a different sport, such as tennis, soccer or basketball, is introduced to enhance coordination development.

Mondays ..... 11-11:30 am
October 15-December 10
No class November 19
$75/JCC member; $90/community

PJ LIBRARY: FREE JEWISH BEDTIME STORIES

Sign up for PJ Library and your children ages 6 months through 8 years will receive a free, high-quality children's book or CD each month. Enrollment is FREE.
To register, visit PJLibrary.org and click on Pittsburgh and then choose "enroll in this community."

PJ OUR WAY

Children ages 8½-11 can choose a new Jewish-themed book each month. To register, visit pjourway.org and choose "New? Sign Up!"

Danielle West, dwest@jccpgh.org
412-339-5403

CECILE GOLDBERG LEVINE FAMILY OPEN GYM: AGES 1-5

Play in the gym with balls, bikes and other equipment.

Sundays, 10-11:30 am
No fee; no registration required

children

AFTER-SCHOOL CLUBHOUSE

Lewis Sohinki, 412-697-3537
lsohinki@jccpgh.org

Register: Katie Whitlatch,
kwhitlatch@jccpgh.org
412-697-3540

Our Clubhouse after-school program provides creative and fun activities and homework support as well as the down time that kids need after a long day at school.

Clubhouse takes full advantage of the JCC's facilities, from gyms and heated indoor swimming pools to homerooms, art rooms and play rooms in a dedicated area—the Clubhouse.

Open to everyone, our diverse group of children learn and grow with one another. Clubhouse cultivates an understanding of Jewish cultural heritage through the celebration of Shabbat and Jewish holidays.

Our Staff

Clubhouse is staffed by caring and creative young adults who get to know your child and respond to his or her individual interests and needs. All staff are at least 18 years old, with extensive background in child care, child development or human services.

Homework

Based on parent preferences, children will complete all homework before participating in activities, or may finish homework at home.

Dates and Times

Clubhouse is Monday through Friday, from the time school ends until 6 pm. The program begins at the end of the summer when Pittsburgh Public Schools begin and follows local private and public school calendars.

Encouraging an Active, Healthy Lifestyle

With support from the Ladies Hospital Aid Society, we get moving in so many ways:

- Sports and Rec staff lead physical activities for each grade level three times a week.
- A certified dietitian works with kids to create healthy no-bake recipes as well as teaching basic cooking and nutrition skills.
- Grades 3-6 participate in a fun, healthy-living course that equips kids with skills and knowledge about eating better and moving more.
- Our Walking Bus: Clubhouse kids and staff walk from their bus stops or from school to the JCC. We walk more than a cumulative 17,500 miles a year!
- We offer healthy kosher snacks such as fresh fruit, crackers, yogurt, pita and cereal.

Transportation and Attendance

- Our staff meet children at their designated bus stops and escort them to the JCC. Children whose school is in walking distance of the JCC (St. Edmund's and Colfax) are picked up at school.
- Children being dropped off are met at the building entrance and escorted to Clubhouse.
- Children are checked in by the staff member(s) meeting them at their designated stop. If your child is marked absent, our staff will call you to double-check attendance.

JCC Enrichment Classes

Children scheduled for these classes during Clubhouse hours will be escorted to and from their classes by Clubhouse staff and assisted with changing their clothes if necessary.

When School is Not in Session

Clubhouse families receive special rates for J Days and Snow Days when school is not in session and for Kids Nite Out Saturday evening programs. J Day programs can include field trips to the Carnegie Science Center, Fun Fore All and other venues.

Schools We Currently Serve

Colfax K-8, Community Day School, Environmental Charter School, Falk School, Ellis School, Linden Elementary, St. Bede, St. Edmund's Academy, Winchester Thurston and New Church School.

If your child's school is not on this list, please call us to discuss transportation options.

Typical J Days Field Trip Schedule

7:30-9 am: Drop off in the Robinson Building
9-9:45 am: Kids Choice activities
9:45-10 am: Staff introductions, rules, bathroom break
10 am-1 or 2 pm: Destination and special activities
2:30-3:30 pm: Kids Choice activities, such as swimming, gym games, crafts, board games, no bake cooking and more
3:30 pm: Meet in grade appropriate rooms
4 pm: Pickup from J Day/After care begins
4-6 pm: After care activities; follow Clubhouse daily schedule

J DAYS

Grades PreK-grade 6

J Days offer themed programming and a safe space for children to have a structured day off when school is not in session. Please send a dairy lunch, swimsuit and towel each day.

In-house J Days: $65/day/child; $55 if registered one week in advance
Field Trip J Days: $75/day/child; $65 if registered one week in advance. Registration is required by 5 pm of previous business day.

Before and After Care

7:30-9 am: no charge
4-6 pm: $12 (no charge for 2018-19 Clubhouse members)

J-Days are subject to cancellation if enrollment requirements are not met. Parents will be notified by email 24 hours in advance of cancellation. All children must be potty trained.

Upcoming J Days

August 20-24, 2018

Snow J Days

When schools are closed because of the weather, we are open! Gym time, swim time and more, available at a moment's notice. Please call 412-521-8010 for details starting at 7 am.

7:30 am-4 pm
$40/day/child
$35/day/Clubhouse member
4-6 pm: $12 (no charge for Clubhouse members)

KIDS NITE OUT

PreK-grade 6

Parents enjoy a night out while the JCC provides a safe, supervised and fun environment for kids. Children are grouped by age and the night ends with a movie to wind down. Dinner and swimming are included.

Saturdays • 6-10 pm
October 13, December 8

Grades PreK-1

$40; $36/Clubhouse member; $18/sibling; $9/Clubhouse sibling

"Out on the Town" for grades 2-6

$50; $45/Clubhouse member; $18/sibling; $9/Clubhouse sibling

"Day of" registrations and walk-ins not accepted due to staffing requirements

Kids Nite Out Mini Edition

Just like Kids Nite Out, but shorter! Dinner, swimming and fun activities.

Saturdays, 6-9 pm
September 22, November 10
$35; $30/Clubhouse member; $9/sibling
PreK-grade 6 (PreK children must be fully potty trained)

Registration is required by 5 pm of the previous business day

BIRTHDAY PARTIES

Email birthdayparties@jccpgh.org.

Ages 4-10

Our staff enthusiastically leads your party from beginning to end. Book it, arrive and enjoy! The price includes juice, paper goods, set-up and clean-up, balloons, kosher cake and staff supervision. The base price is for 15 children including the birthday child. Each additional participant: $10. Maximum guest count is 30, children and adults included.

Awesome Arts & Crafts Party

Projects may include "wearable art," sand art and tie-dying. Choose the theme and we'll come up with a creative party.
$325

Creative Cooking Party

Become a "chef" for the day. Learn easy and fun no-bake recipes and then taste-test them with your friends!
$325

Create Your Own Party

Call us with your idea and we'll make the arrangements. Examples: science party, spa party.
$325

Dance Party

Learn new dance games and enjoy old favorites. Don't forget your dancing shoes!
$300

Games Galore

A sports party for the younger set. Parachute play, Mr. Fox, Red Light/Green Light and Duck Duck Goose.
$300

Gotta Catch 'Em All

A Pokemon themed party at the JCC for ages 6-10. Participants will create their own Pokemon card, go on a Pokemon Scavenger Hunt, and play games like "Pika, Pika, Chu!"
$325

Junior Chef

Calling all aspiring chefs! There will be three rounds of Top Chef activities, including mystery ingredients, themes and presentation. Dishes will be judged, and everyone eats the creations!
$325

No Sleep Slumber Party

Party goers ages 7-10 are encouraged to wear their PJs while they participate in fun activities like pillow-case decorating, blanket-making, a fashion show and more!
$325

Private Movie Screening

Host a screening with a movie of your choice in our big-screen theater setting at the JCC. Your guests will munch on popcorn mix they make themselves.
$325

Superstar Sports Party

We'll lead the games—wiffleball, kickball, soccer, hockey, relay races and more—for a winning party.
$300

Swim Party: ages 5-10

Open swim time, games and relay races in our beautiful indoor pool or at the Family Park outdoor pool during the summer.
$300

teens

THE SECOND FLOOR: GRADES 8-12

facebook.com/thesecondfloorpgh
instagram: jccsecondfloor
thesecondfloor@jccpgh.org

Located upstairs in the Robinson building, The Second Floor is open daily for teens to enjoy unlimited snacks and coffee, vinyls, Netflix, Playstation, Xbox, and more. The Second Floor is the most coveted spot to chill with friends, do homework or have meetings for youth groups. Lounge on our comfortable couch or be productive at the coffee bar while sipping on a yummy cafe latte—compliments of us! Our fridge is stocked with an assortment of food to keep you fueled and ready to tackle whatever the day throws at you. Our Peer Engagement Interns and staff are always here to greet you. Stop by whether it's just to grab a snack or converse with friends—we love to see new faces!

The Second Floor Peer Engagement Internship: grades 10-12

thesecondfloor@jccpgh.org

Hey you! Yes, you. You, with the passion to engage others, the big smile, love for Judaism, and creative brain. Say hello to your perfect fit—a 10-month paid internship through The Second Floor. Interns serve as connectors and builders of Jewish life in Pittsburgh. You will learn a variety of "tool kit skills," create events for the teen community, and enjoy a social environment as you welcome your peers to The Second Floor space. For information on how to apply for the 2019-2020 school year, contact thesecondfloor@jccpgh.org.

GET YOUR THINK ON!

J Line at the JCC: grades 8-12

Hannah Kalson, hkalson@jccpgh.org
412-339-5400

facebook.com/jlinepgh
twitter: @jlinepgh
instagram: jlinepgh

Do you want to get more involved in social justice and Judaism? Learn about Jewish history in Pittsburgh? Chat with Israeli teens or get elective credit for studying modern Hebrew? Explore these topics and much more at J LINE, the JCC's community-wide Jewish learning experiences for teens. Join other 8th-12th graders from all over Pittsburgh on The Second Floor in learning about what interests YOU most as a Jewish teen today.

Modern Hebrew powered by J Line: grades 8-12

Hannah Kalson, hkalson@jccpgh.org
412-339-5400

Converse like an Israeli! Are you eager to brush up on your Hebrew skills, or maybe even finally learn to read and write in Hebrew? Teen Hebrew at J Line blends online, classroom-based and one-on one learning in a rigorous but welcoming setting. And, if you are in a Pittsburgh Public School, you can earn high school elective credit.

Side By Side: Judaism, Christianity, and Islam: grades 8-10

Hannah Kalson, hkalson@jccpgh.org

What do Judaism, Christianity, and Islam have in common? What makes them unique? And how can we put our shared values into action to make meaningful change in our world? Gather monthly with other teens and leaders from Pittsburgh's Jewish, Christian and Muslim communities to learn about each other, tackle issues relevant across religions, and explore how we can work together. Discuss, discover, relate, imagine, and learn together.

BE THE CHANGE

J-Serve/J-Serve Steering Committee 2019: grades 6-12

Hannah Kalson, hkalson@jccpgh.org
412-339-5400

J-Serve Pittsburgh is an annual day of service learning, planned by a teen steering committee and offering a wide array of service opportunities to participants from all over the greater Pittsburgh area. Last year, more than 300 teens came together in service (one of the largest J-Serve events in North America!), doing everything from preparing meals for families in need to packing craft kits for patients at Children's Hospital to cleaning up Squirrel Hill's streets, and much more. Join us for another amazing year of J-Serve Pittsburgh!

April 7, 2019

J-SERVE 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

The Samuel M. Goldston Teen Philanthropy Project: grades 7-8

thesecondfloor@jccpgh.org

Seven workshops exploring a number of non-profit agencies help teens learn how to make the world a better place. Each workshop is tailored to a meaningful topic ranging from Jewish values to budgeting and grant making. Teens make friends from different schools and neighborhoods, allowing them to build a deeper understanding of tzedakah. Meets monthly.

LIGHT THE WAY

The Second Floor Teen Board: grades 9-12

Chris Herman, cherman@jccpgh.org

Composed of passionate teen leaders (this could be you!), The Second Floor Teen Board guides the JCC's Second Floor teen programming and community involvement through creating events, collaborating with other community student organizations, and planning engagement strategies. The board meets once a month on the Second Floor from September to May. The teen board is responsible for planning a teen community event each semester that will bring teens from across the Pittsburgh Jewish community together in a fun and dynamic way. If you are interested in developing as a leader, join one of the program's community leadership teams.

Diller Teen Fellowship: grades 10-11

Stephanie Aaronson, saaronson@jccpgh.org
facebook.com/pittsburghdillerteens / instagram:dillerpittsburgh
JCCPGH.org/diller

The Diller Teen Fellows Program is Pittsburgh's premier leadership development program. Twenty students are selected and participate for a year with the purpose of developing active, effective leaders with a strong commitment to the Jewish people.

FIND YOUR TRIBE

Rosh Chodesh: grades 6-9

thesecondfloor@jccpgh.org

Rosh Hodesh, a partner program with Moving Traditions, helps teach girls the power of community and the ability of Jewish wisdom and practice to foster personal expression and to inspire all people to work for a more just and inclusive world. Through discussion, arts and crafts, creative ritual, games and drama, the girls and their leaders draw on Jewish values to explore issues such as body image, friendship, relationships, family, competition and stress. Meets monthly.

Shevet: grades 8-9

thesecondfloor@jccpgh.org

Shevet, a partner program with Moving Traditions, focuses on the questions that teen boys ask as they journey toward manhood and connects these questions to the ethical, spiritual and psychological insights of Judaism. The Shevet curriculum connects Jewish ideas, stories and ethics to the most challenging issues in the lives of teen boys: competition, aggression, power, academic stress and risk-taking. Shevet balances play with engaging debate in a safe environment that teen boys enjoy. Meets monthly.

Teens For Social Change: grades 8-12

Chris Herman, cherman@jccpgh.org

A place for teens who care deeply about social issues facing their lives to come together and work to make a difference in our community.

New! Pittsburgh Teens for Israel: grades 9-12

Chris Herman, cherman@jccpgh.org

Students for Israel is a group of students who share their love of Israel by organizing social, cultural and political events on The Second Floor at the JCC and in the community. Students work with two Israeli post-high school students serving as *shinshinim* in the Pittsburgh community. A *shinshin* is an 18-year-old emissary sent by the Israeli government and the Jewish Agency for Israel to communities abroad with the goal of educating people of all ages about Israel and Israeli culture. Together, students will build meaningful experiences centered on Israel such as the teen *Yom Ha'aztmaut* (Israel's Independence Day) celebration.

LGBTQIA+: grades 9-12

Chris Herman, cherman@jccpgh.org

This is a safe space open for all students to explore the intersections between Judaism and LGBTQIA+ spectrum identities.

COMMUNITY-BASED PROGRAMMING

BBYO

kmr@bbyo.org | 412-446-4781

BBYO Keystone Mountain Region (KMR) is comprised of seven chapters in the greater Pittsburgh area and West Virginia, representing over 250 Jewish teens in our area. By becoming a member of BBYO, teens are afforded the opportunity to make new friends and experience local programming in their communities, regional programming such as dances, community service days, sports events, and conventions, and international programming at large scale conferences and BBYO summer experiences. All that's left to do now is join us!

Want to change the lives of young Jewish teens? Give back to the community? Expand your network? Volunteer as a BBYO advisor in KMR. It's one of the most rewarding experiences you'll ever have! Visit bbyo.org to learn more.

Peer Corps: grades 6-12

rachel.libros@werepair.org

Peer Corps is a mentorship program inviting Jewish teens and *b'nai mitzvah* students from all denominations to build deep relationships with one another and engage in community- based volunteering.

american jewish museum &

Untitled, *Charlee Brodsky, 2017*

▼ For information
Melissa Hiller, mhiller@jccpgh.org
412-697-3231

AMERICAN PATRIOT: PHOTOGRAPHS BY CHARLEE BRODSKY, POETRY BY JIM DANIELS

October—December, 2018

American Patriot includes photographs by Brodsky of American flags that she finds in residential neighborhoods throughout southwestern PA, northern WV and eastern Ohio. Daniels' poems are rousing interpretations of Brodsky's photos. Through the symbolism of the American flag, their collaboration wrestles with the complexities of life in 21st century America and the very nature of patriotism and American values.

Charlee Brodsky is a fine art documentary photographer and a professor of photography at Carnegie Mellon University. Visit charleebrodsky.com and thespotpress.com to learn more.

Jim Daniels' seventeenth book of poems, *The Middle Ages*, was recently released by Red Mountain Press in 2018. A native of Detroit, Daniels is the Thomas Stockham University Professor of English at Carnegie Mellon University.

ROCK STARS: LEONARD BERNSTEIN

This program is presented in collaboration with Bach Choir of Pittsburgh. An artist, activist and humanitarian, Bernstein declared shortly after President Kennedy's assassination: "This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before." Honoring Bernstein's centennial celebration, concert selections will explore his life and activism. Visit leonardbernstein.com/at100orbachchoirpittsburgh.org/ for more information and to buy tickets.

Saturday, November 10, 8 pm
Sunday, November 11, 4 pm
Katz Performing Arts Center

FILM SERIES

Becoming American: A Documentary Film and Discussion Series on Our Immigration Experience

This six-week program features documentary films designed to encourage an informed discussion of immigration issues. The JCC is one of thirty-two sites nationwide to host this program series. Visit becoming-american.org for more information.

Presented in collaboration with Duquesne University and Jewish Family & Community Services, made possible by a major grant from the National Endowment for the Humanities: Exploring the Human Endeavor. "Becoming American" is a project of City Lore in collaboration with the Immigration and Ethnic History Society and the International Coalition of Sites of Conscience.

Mondays, 6:30 pm
Free and open to all

JCC Katz Performing Arts Center:
October 8, 15 and 22

Duquesne University College Hall:
October 29, November 5 and 12

OCTOBER 8 • 6:30 pm • JCC
THE CENTURY OF IMMIGRATION: 1820-1924
Film 1: *New York, A Documentary Film: Episode 4, The Power and the People*
Co-Produced and Directed by Ric Burns, 1999
Running time for excerpt: 36 minutes

Episode 4 of this series, acclaimed by the New York Daily News as "a masterpiece," studies the great wave of immigration that began in the late 19th century, tripled New York's population and transformed the city and the nation demographically, culturally and politically.

center for loving kindness

Film 2: *The Jewish Americans: Episode 2, A World of Their Own*
Written, produced and directed by
David Grubin, 2008
Running time for excerpt: 25 minutes

This segment from the multi-award winning series explores in greater depth the story of one of the groups that made up the great wave of immigration described in Program One.

OCTOBER 15 • 6:30 pm • JCC
PROMISE AND PREJUDICE
Film: *Welcome to Shelbyville*
Produced and directed by Kim A. Snyder, 2009
Running time: 67 minutes

This powerful documentary takes an in-depth look at Shelbyville, a small Tennessee town in the heart of the Bible Belt, as it grapples with discrimination in the face of changing demographics.

OCTOBER 22 • 6:30 pm • JCC
BETWEEN TWO WORLDS: IDENTITY AND ACCULTURATION
Film: *The New Americans, Episode 1, The Nigerians*
Produced by Steve James and Gita Saedi, directed by Steve James, 2004
Running time for excerpt: 34 minutes

In this intimate series with "the richness and density of a Dickens novel" (Los Angeles Times), Steve James, co-producer of the acclaimed documentary feature, *Hoop Dreams*, turns his camera on the struggles of the Nwidor family to make their way as new immigrants in America.

OCTOBER 29 • 6:30 pm
HELP WANTED? IMMIGRATION AND WORK
Film: *Destination America, Episode 1, The Golden Door*
Written and Produced by Stephen Stept and David Grubin, 2005
Running time: 54 minutes

In this first episode from the acclaimed four-part series on immigration, historians Donna Gabaccia and Janet Nolan, among others, provide a historical context for America's longstanding and sometimes conflicted relationship with immigrant labor.

NOVEMBER 5 • 6:30 pm • Duquesne University
FAMILY AND COMMUNITY
Film: *My American Girls*
Produced and directed by
Aaron Matthews, 2001
Running time: 62 minutes

Described by the Los Angeles Times as "packed with uncommon honesty and humor," this intimate cinema-verite documentary captures the contradictions of contemporary immigrant life in America, showcasing the rewards and the costs of assimilation.

NOVEMBER 12 • 6:30 pm • Duquesne University
IMMIGRATION AND POPULAR CULTURE
Film: *The Search for General Tso*
Produced by Jennifer 8. Lee and Amanda Murray, directed and written by
Ian Cheney, 2014
Running time for excerpt: 57 minutes

As much an immigration history as a culinary one, this entertaining and informative documentary uses the ubiquitous Americanized Chinese dish, General Tso's chicken, as a lens onto a larger story of migration, adaptation and innovation in American popular culture.

HIGH HOLIDAYS OF HOPE

Ron Symons, rsymons@jccpgh.org
412-697-3235

Tekiyah! A Rosh Hashanah Forum on Social Justice

Hear from community leaders, engage in a structured conversation about our community needs, hear the shofar in a creative way that connects to social justice and enjoy creative snacks.

Monday, September 10
(Rosh Hashanah afternoon)
2-3:30 pm, Katz Performing Arts Center

Yizkor: A Yom Kippur Memory Circle for Personal Strength

Find comfort and inspiration from Jewish inspired poetry and liturgy, hear from three practitioners experienced in helping people move from loss to rebuilding and share in the recitation of *yizkor* and *kaddish* prayers

Wednesday, September 19
(Yom Kippur afternoon)
2-3:30 pm, Katz Performing Arts Center

Both events are free and open to the public.
Casual dress

agewell at the jcc

Darlene Cridlin, dcridlin@jccpgh.org
412-697-3517

AgeWell at the JCC is part of a unique partnership of AgeWell Pittsburgh and is a nationally accredited Senior Center. A one-time registration must be completed in Room 201. Bring a photo ID with your date of birth and proof of Allegheny County residency.

High Holiday Bake Sale

A selection of cakes and round challah will be for sale. Please stop by Room 201 for a bake sale order form after August 1.

Order forms due: August 24
Distribution: September 6-7
Room 201, 1-6 pm.

ARTS & HUMANITIES

Acrylic Painting with Lila Hirsch Brody

Learn mixed media techniques and collage. New students must speak with the instructor to assess their skill level. Lila Hirsch Brody, Instructor.

Wednesdays, 9:30 am-1 pm
Dates TBA
$195

Art for a Cause

Exhibit by a group of regional artists including Zivi Aviraz, Lila Hirsch-Brody, Kathy Depasse, Joel Kranich, Lilli Nieland, Phiris (Kathy) Sickels, David Sparks, Susan Sparks, Dirk VandenBerg and Francine VandenBerg. Artwork is on display and for sale in the Robinson Building. A percentage of sales goes to the JCC's Zola Hirsch Fund for Special Needs.

Through September 21

PALS Book Club

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

Last Thursday of the month, 1:15 pm
Room 204

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

Book Review with Helen-Faye Rosenblum

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

Tuesdays, 1:15 pm
October 9, November 13
Room 202

LIFE SKILLS & EDUCATION

Mind-Full Monday Lectures

Guest speakers on pertinent subjects.

Mondays, 1:15 pm
Check Program Calendar for schedule

Lunch and Learn with Rabbi Ron Symons

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

Mondays, 12:15-12:45 pm
Levinson Hall B (Next door to J Cafe)
Check Program Calendar for schedule

Schmooze about the News

Join Dave Dinkin as he discusses the latest local, national and international news.

Tuesdays, 11 am-noon

Yiddish Readings

Join the conversation with group leader Ron Rager.

Tuesdays, 10-11 am

Jewish History Class

Led by Professor Alex Orbach.
Check Program Calendar for schedule
Fridays, 9:30-10:20 am

Current Events Class

Hear guest rabbis and speakers discuss politics and current events.

Fridays, 10:30-11:30 am

MindMatters

MindMatters is an educational program presented by lecturers and experts on various subjects via webcasts. After the presentation there will be a discussion.

Second Wednesday of the month, 10 am
Room 318

This program is offered through the Pennsylvania Department of Aging and Central PA PBS station WITF.

COMMUNITY SERVICES

Information and Assistance Hours

Questions? We have answers! Come to the AgeWell at the JCC Office, Room 201. Walk-ins welcome; appointments preferred.

Monday through Friday
9-11 am and 1-3 pm

Transportation

Register for OPT/ACCESS, bus passes and Elder Express in Room 201. Bring photo ID with your date of birth and proof of Allegheny County residency.

Elder Express

Elder Express provides regularly scheduled van service to people age 65 and older who live in the 15217 zip code. You will need to set up an e-purse account with Access. Get a schedule in Room 201.

Voter Registration

Register to vote, change your party or change your address with the Department of Elections in Room 201.

J CAFE

Come to the J Cafe for a delicious kosher lunch.

Mondays through Fridays
11 am-1 pm, Levinson Hall

Special pricing for those ages 60 + who are Allegheny County residents and who are registered with AgeWell at the JCC. Reservations preferred 24 hours in advance. Call 412-567-1715.

View the weekly menu and monthly program calendar at JCCPGH.org

The JCC is under the supervision of the VAAD.

Legal Services

An attorney from Neighborhood Legal Services is available for consultation. Call 412-697-3517 for information.

Volunteer Opportunity: CheckMates

If you know an older adult who would appreciate a weekly, friendly phone call or would like to volunteer for this peer-led telephone reassurance program, call Amy Gold, MSW, 412-697-3528.

Russian Language Library

Tuesdays • Noon-1 pm
Room 202

AgeWell Pittsburgh

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

Call 412-422-0400 or visit AgeWellpgh.org

RECREATION

CCAC Classes

Arts & Crafts, Fraud Prevention, Restoration & Relaxation, Stress Less with Therapy Pets, Lecture on Pittsburgh Trolleys

Dates TBA

Chess for Beginners

Learn the basics of chess: how the game is played, opening principles, tactical and positional concepts and more. Steven O'Connor, instructor.

Mondays, 11am-noon
New class begins October 22
No fee

Tablet Cafe

Stop by the Tablet Cafe on Mondays and Tuesdays to experience a relaxed time to pursue online interests on your own. Every Thursday the Tablet Cafe Class will have an instructor available to answer your questions about any tech device you have. Light refreshments available.

Mondays and Tuesdays, 9:30-11am
Class: Thursdays, 9:30-11 am
Room 204

Wednesday Afternoon at the Cinema

Watch newly released or classic movies on our big-screen television.

Wednesdays, 1:15 pm
Room 202

Intermediate Bridge: "Thinking Bridge"

Students analyze hands and draw conclusions from the bidding, opening lead and defensive signals. Class will discuss each hand after it is played. Judi Sonon, instructor.

Wednesdays
September 5-October 31
9:30-11:30 am
$60/member; $75/community

JCC Choral Group

Open to AgeWell at the JCC members who like to sing. New participants are welcome.

Thursdays, 10 am
Room 307

Israeli Folk Dancing

Cherie Maharam and Lynn Berman lead a lively class in the Kaufmann Dance Studio.

Thursdays
Beginners: 7:30-8 pm
Open dancing starts at 8 pm
$3 suggested donation

Outings and Programs for Active Adults

Considering a new hobby? Salsa dancing, painting, or photography may be in your future. Interested in the bottled delights or culinary happenings? Dine out with a group, or participate in a beer or wine tasting event.

To get your name on the email list, contact Debbie Marcus: 412-339-5405, dmarcus@jccpgh.org, or stop in the AgeWell at the JCC Office, Room 201.

Got Shabbat Spirit?

Welcome the Sabbath with your friends and the children of the Early Childhood Development Center.

Fridays, 10:30 am
Ostrow Palm Court

NATIONALLY RECOGNIZED PROGRAMS

Aging Mastery Program: ages 55+

Contact Marsha Mullen to register: 412-339-5415 or mmullen@jccpgh.org

A behavior change incentive program for aging well. Modest lifestyle change can produce big results; people can be empowered and supported to cultivate health and longevity.

Memory Training

UCLA Longevity Center©

Call 412-422-0400

Group discussions, memory checks, and skill-building exercises for people with mild memory concerns. Each course is 2 hours, once a week, for 4 consecutive weeks.

$35

Walk with Ease

Arthritis Foundation®

Call 412-339-5415.

This program promotes successful physical activity for people with arthritis. Each course is 1 hour, 3 times per week, for 6 consecutive weeks.

Mondays, Wednesdays and Fridays
12:30 pm
Begins October 8

HomeMeds Medication

Assurance Partners in Care Foundation

Call 412-697-3533.

Bring in your prescription and over-the-counter medications and home remedies to the JCC for an assessment. By appointment only.

Healthy Steps for Older Adults

This half-day program introduces steps on how to reduce falls and improve overall health. Please call Sharon Feinman at 412-697-3533 to place your name on the interest list.

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

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

Better Choices, Better Health was developed at Stanford University and has been implemented across the United States. There is no charge for this 6-week workshop. All participants get the companion book, "Living a Healthy Life with a Chronic Condition." Light refreshments are provided, with a graduation celebration at the end.

Arthritis Exercise Program (30 minutes)

This class is led by an Arthritis Foundation trained instructor and covers a variety of range-of-motion and endurance-building activities. All of the exercises can be modified to meet participant needs.

$1/class

Arthritis Foundation Aquatic Exercise

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, Wednesdays, Fridays
Noon-1 pm.....Small pool
No fee

HEALTH & WELLNESS

Flu Shot Clinics

Flu (regular and high dose), pneumonia and shingles vaccines will be administered at the JCC by pharmacists from Giant Eagle Pharmacy. Sign up in Room 201. Please bring your insurance card to the clinic.

Thursday, September 13, 10 am-1 pm
Tuesday, October 16, 11 am-2 pm

Total Brain Health

The Total Brain Health course empowers wellness by using practical and effective cognitive interventions.

A 16-week class will begin in late September

Keeping Up With Dr. Paul Caplan

Dr. Caplan brings a world of knowledge and expertise to medical topics.

Third Monday of the month, 1:15 pm
Room 204

Blood Pressure Screenings

Wednesdays, 10-11 am
Room 204

Sivitz Jewish Hospice Support Group

Facilitation provided by Sivitz Jewish Hospice. To register, call Jan Kellough, MA, 412-422-5700.

General Bereavement

Last Tuesday of the month
3-4:30 pm; Room 204

Recently Bereaved Support Group

Thursdays, Room 204
November 1-December 6
No meeting November 22
3-4:30 pm

PWR!Moves™

Call Marsha Mullen, 412-339-5415.

PWR!Moves is an evidence-based exercise program geared to people with Parkinson's, designed to counteract its major symptoms, restore function and improve quality of life.

Mondays and Thursdays, 11 am
October 8-November 15
Mondays, Kaufmann Dance Studio
Thursdays, Levinson Hall
$72/member; $96/community; $10/drop-in

Senior T'ai Chi Beginner's Drop-in class

Strengthen muscles, improve balance and promote relaxation with traditional Chinese exercise. Doris Putkovich, instructor.

Wednesdays, Kaufmann Dance Studio
1:45-2:30 pm, ongoing
Begins September 5

FITNESS CLASSES

Marsha Mullen, mmullen@jccpgh.org

412-339-5415

For those not registered with SilverSneakers® or Silver&Fit®, participants need to be age 60, Allegheny County residents and registered with AgeWell at the JCC. SilverSneakers® classes (except for Splash) and Silver&Fit® Zumba Gold are open to everyone if space permits for a fee of $1 per class.

SilverSneakers®

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

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

Sign up for SilverSneakers® Monday through Friday, 9-11 am and 1:30-3:30 pm.

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.

Yoga

Move through a whole-body series of 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 promotes stress reduction and mental clarity.

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.

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®

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

Zumba Gold

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

Kaufmann Dance Studio.

Namaste Yoga

Increase flexibility, balance, and find relaxation.

$1/class

Walking Club

Meet on the JCC track. Build endurance and have fun with friends.

Mondays ongoing, 12:30 pm

Inner Balance

A half-hour class based on an exercise protocol demonstrated to be effective in preventing falls, and improving balance and flexibility

Mondays, 9 am

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