

6 THINGS FOR YOU TO DO AT THE JCC THIS SUMMER

Everyone can have a big splash of fun at the JCC SOUTH HILLS this summer. Don't miss these awesome activities!

1. GET FIT!

Win-Win in Our 100 Days of Summer Fitness Challenge

The more you work out (and there are so many ways to work out at the JCC!) the better you'll feel – and you'll help the JCC become a 3-peat winner of this fun fitness challenge!



2. SWIM AND SPLASH

Come learn to swim (American Red Cross-certified instructors provide a full menu of group and private swim lessons), swim laps or play in our beautiful 25-yard, 6 lane heated indoor pool, year-round.



3. MCCONNELL BASKETBALL ACADEMY

Register at the Front Desk. Classes are ongoing: you can join at any time.

Sundays
 Boys and girls: K-grade 3 10:30-11:30 am
 Girls: grades 4-9 11:30 am-1 pm
 Boys: grades 4-9 1-2:30 pm

Wednesdays
 Girls: grades 4-9 6-7:30 pm
 Boys: grades 4-9 7:30-9 pm

4. MORE FITNESS

We want everybody to feel healthy and fit, so we've developed several new classes to add to our already robust fitness and wellness offerings. Try Ping Pong, Pickleball, Yoga and Moonlight Yoga, Group Exercise, Jungshin Calm, TRX, Zumba and Introduction to Meditation.



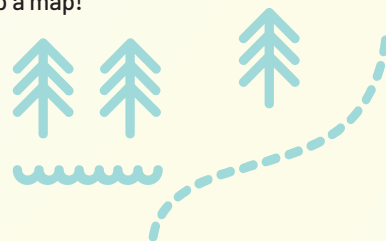
5. PLAY OUTSIDE & INSIDE

We have THREE playgrounds in our "backyard:" Two fenced-in age-specific playgrounds for toddlers and ages 2-5, and the Marci Lynn Bernstein outdoor playground with wheelchair access.

Shoot some hoops, practice ball skills, or just play a good game of tag in our double-court gymnasium. See desk staff for open gym schedule.

6. TAKE A HIKE

Our backyard adjoins Scott Conservancy, which maintains two miles of trails in the Kane Woods nature area for community use. We've mapped out some paths so you can start and finish your walk/run at the JCC. Stop by the Front Desk and pick up a map!



AND MAKE SURE YOUR KIDS HAVE A PHENOMENAL SUMMER AT A JCC CAMPS!

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Learn more: Stop by the Front Desk or call 412-278-1975