



WINTER 2019 PROGRAMS



CHANGE HAPPENS HERE

SAVE THE DATE



All of the partying,
none of the studying

Presenting Sponsor PNC BANK

Co-Chairs
LORI & BOB SHURE
MARLA & MICHAEL WERNER

THE CAMPUS STORE IS OPEN!

Contact Fara Marcus: 412-339-5413 Event website: bidpal.net/bignightu



CONTENTS

AgeWell at the JCC	27
Aquatics	6
Basketball	15
Camps	22
Children	12
Dance	10
Early Childhood	4
Fitness	16
Group Exercise	18
Personal Training	17
Preschool Sports	14
Shortstop Babysitting	20
Special Needs	9
South Hills Jewish Pittsburgh	26
Sports & Rec	20
Swim Lessons	7
Teens	21
Thanks to our Sponsors	31

FOR MORE INFORMATION

General Inquiries
412-278-1975

Membership
412-446-4774
membershipsouthhills@jccpgh.org

Financial Assistance
412-697-3525

Donations
412-697-3510

Employment
412-339-5418

JCC South Hills Fax
Fax: 412-446-0146

JCC Squirrel Hill Phone
412-521-8010

Rentals
412-697-3503

HOURS

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

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

HOLIDAY HOURS

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

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

Passover
Friday, April 19: close at 5 pm
Saturday, April 20: closed
Thursday, April 25: close at 5 pm
Friday, April 26: closed

Memorial Day May 27
Fitness Center: 8 am-2 pm
Family Park: 11 am-7 pm

Shavuot
Saturday, June 8: close at 5 pm
Sunday, June 9: closed

The JCC is open and accessible to everyone, regardless of age, race, religion, national origin, sexual orientation, gender identity, gender expression or special need by welcoming individuals of all backgrounds, embracing their uniqueness and diversity under our communal tent.

The JCC is an Equal Opportunity Employer and does not unlawfully discriminate on the basis of any status or condition protected by applicable federal or state law.



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.



For information and to schedule a tour
Kathy Revesz, Director, ECDC
krevesz@jccpgh.org
 412-278-1786

The JCC's Early Childhood Development Center is a warm, welcoming and diverse community for children 6 weeks to 5 years old. At our ECDC you can trust your child is safe, secure and engaged by nurturing professionals who encourage your child to grow and thrive.

We offer a program that views young children as capable and full of potential, as people with complex identities, individual strengths and capacities, and unique social, linguistic and cultural heritages. We believe that discovery and play are a young child's most important "work." We provide countless opportunities for children to develop skills and confidence, as well as the environment and freedom for children to have fun!

Our staff considers parents our partners. We welcome your input and strive for ongoing communication between home and school. Together, we can foster your child's feelings of self-worth, independence and success.

At ECDC, we promote universal values, encourage children to appreciate diversity and provide an environment that promotes acceptance and a sense of belonging.

WHAT MAKES ECDC SPECIAL

- Indoor swimming pool with structured water play
- Double-court gymnasium with physical education classes
- Jewish holidays and customs
- Two fenced-in age-specific playgrounds for toddlers and ages 2-5
- MARCI LYNN BERNSTEIN outdoor playground with wheelchair access
- Escorts to JCC enrichment classes
- Gross motor play in our gym
- Nature with Scott Conservancy
- Music with Sally Mathews
- Jewish culture with Karen Morris



AGE GROUPS AND SCHEDULES

Monday through Friday
 7 am-6 pm or 9 am-3 pm

Infants: 6 weeks through 14 months old
 Tots: 14 months to 2 years
 Toddlers: 2-year-olds
 Preschoolers: ages 3-5

Kindergarten Readiness

Full-time option for children who need another year of preschool or who just miss the cut-off for kindergarten due to their birth date. The program includes instruction in math, literacy and art, as well as Judaics, music, nature and swim lessons. The children go on monthly field trips to places such as the Duquesne Incline, Mt. Lebanon Police Department, Mt. Lebanon Fire Department and the park.

KINDERGARTEN ENRICHMENT

Our enrichment program for kindergartners has morning and afternoon options. Children explore monthly themes such as Pittsburgh, Children Around the World and Our Amazing Selves through projects, field trips and special visitors. The program includes music, nature and swim lessons. Space is limited.





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.



Jamie Nathan, Aquatics Director
 jnathan@jccpgh.org or 412-278-1790

CLASS DATES

No classes April 21-25: Passover

Sunday classes

January 6-March 10 \$140
 March 17-May 19 \$126

Monday classes

January 7-March 11 \$140
 March 18-May 20 \$126

Tuesday classes

January 8-March 12 \$140
 March 19-May 28 \$140

Wednesdays

January 9-March 13 \$140
 March 20-May 29 \$140

Thursdays

January 10-March 14 \$140
 March 21-May 30 \$140

CLASS DAYS AND TIMES

Guppy and Me: ages 6-30 months

Your child will build confidence in the water, sing songs and play with water appropriate toys. Parents along with the instructor will help their child learn to float and blow bubbles. Parents will also learn basic safety and swim skills to be comfortable with their child in the pool.

Sundays 11 am

Minnows (Level 1): ages 2-4

Parents do not get into the water. Children learn to put their face in the water, how to front/back float with assistance and kick on their front/back.

Sundays 10 am
 Mondays 10 am, 2:30 pm
 Tuesdays 5 pm
 Wednesdays 2:30 pm
 Thursdays 10 am

Goldfish (Level 2)

Children learn how to front/back float without support and combine alternating arm and leg action on their front. They will kick on their back unassisted, tread water 15 seconds and front streamline one body length.

Sundays 10:30 am
 Mondays 10:30 am
 Tuesdays 5:30 pm
 Thursdays 10:30 am

Dolphins (Level 3)

Children learn how to swim freestyle 10 yards, backstroke 10 yards and elementary backstroke 5 yards. They will also be introduced to breaststroke and be able to tread water for 30 seconds.

Sundays 11:30 am
 Tuesdays 6 pm
 Wednesdays 5 pm
 Thursdays 11 am

Whales (Level 4)

Children learn how to swim freestyle 25 yards, backstroke 25 yards, elementary backstroke 10 yards and breaststroke 15 yards. They will tread water for one minute and be introduced to butterfly stroke and diving.

Sundays Noon
 Wednesdays 5:30 pm
 Thursdays 11:30 am and 5 pm

Sharks (Swim Team Readiness)

Your child will learn to swim freestyle 50 yards, backstroke 50 yards, breaststroke 25 yards and butterfly 15 yards. They will also be introduced to flip turns and racing starts.

Sundays 12:30 pm
 Thursdays 5:30 pm

Adult Swim Lessons

For adults who have limited swimming experience or who are able to swim but want additional help with stroke technique.

Tuesdays, 6:30-7:15 pm
 January 15-February 5 \$80
 February 19-March 12 \$80
 March 26-April 16 \$100
 April 30-May 21 \$80

Private Swim Lessons

Call to schedule one-on-one instruction.

\$34/half-hour class
 \$300/10 half-hour classes

Private Group Lessons

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

\$17/person/lesson

Jamie Nathan, Aquatics Director
jnathan@jccpgh.org or 412-278-1790

American Red Cross Lifeguarding

Learn the skills to become a certified lifeguard. Must swim 300 yards continuously using the following strokes—100 yards front crawl, 100 yards breaststroke, 100 yards either front crawl or breaststroke, surface dive to the bottom and retrieve a 10-lb brick, swim with brick to the shallow end of the pool. Call Jamie for dates.

\$230/member; \$250/community

Upon completion, participants receive a 2-year certification in lifeguarding, first aid and CPR for lifeguards.

Lifeguarding Recertification

Recertification class includes lifeguarding, first aid and CPR/AED. Must have a current lifeguarding certificate. Call Jamie for dates.

\$155/member; \$175/community

Stingray Swimmers: ages 6-12

Natalie Parker, Assistant Aquatics Director
nparker@jccpgh.org or 412-278-1790

Be a part of our non-competitive swim group. Learn swim team skills such as diving, endurance, and efficient stroke technique in a fun, relaxed environment. Exercise, socialize with friends and discover what you can achieve. Swimmers are required to attend both days per week and must be able to swim 25 yards freestyle, backstroke and breaststroke and 10 yards butterfly.

Mondays and Wednesdays 5:15-6 pm
\$75/month
January 7-May 22

Splashball: ages 5-12

Splashball introduces the sport of water polo, in a fun, easy-to-learn experience that will motivate kids to swim and stay fit. Children must swim at a Level 3 minimum.

Thursdays, 6:30-7:15 pm
January 31-March 14..... \$140
April 4-May 23..... \$140

HydroXfit Training for Competitive Swimmers: ages 10+

Natalie Parker, Assistant Aquatics Director
nparker@jccpgh.org or 412-278-1790

Dry land lower body, core, shoulder stability and push and pull training to strengthen the body, prevent injuries and become a more powerful swimmer. By appointment.

\$150/10 sessions/person
2-3 participants per training session

AQUATIC FITNESS

Arthritis Aquatic Program

Our heated pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. Must have a physician's referral to participate in this program.

Mondays and Fridays 10-11 am
Tuesdays and Wednesdays Noon-1 pm
No fee for members; \$90/20 classes/community

SilverSneakers® Splash

Jump in for a fun, shallow-water class that improves agility, flexibility and endurance. This is a great low-impact option. No swimming ability is required, and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Sundays..... 12:30-1:30 pm
Mondays and Thursdays 1-2 pm
No fee

Aqua Groove

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

Fridays 11 am-noon
No fee

Aqua HIIT

Water-based high intensity interval training challenges your whole body while improving your coordination, endurance and power.

Mondays 6:30-7:30 pm
No fee



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

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.

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 Geshher program serves high-functioning teens with special needs. Geshher 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



dance

PHILIP CHOSKY PERFORMING ARTS PROGRAM

Kathy Wayne, Dance Director
kwayne@jccpgh.org
412-339-5414

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.

Philosophy

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

Dress Code Requirements

Hair must be pulled back, longer hair should be in a bun or pony tail.

Ages 3-4

- Pink or Black leotard
- Pink tights
- Pink ballet slippers (no foam slippers) required for ballet class
- Black tap shoes required for tap class

Ages 5 and up

- Pink or black leotard
- Ballet skirts are permitted
- Pink or black tights
- Pink ballet slippers (no foam slippers) required for ballet class
- Black tap shoes required for tap class

Boys

- Black pants or tights
- White T-shirt

Ballet

Classes consist of barre and center floor exercises. Students advance based on their ability to perform given steps.

Tap

Rhythm, musicality and sound clarity skills are introduced; each level builds on the previous one. Dancers learn a vocabulary of tap steps that will be used to develop fun and interesting choreography. Students advance based on their ability to perform given steps.

Annual Dance Recital

This year the recital will be held at the JCC Squirrel Hill. Date TBA.

PRESCHOOL CLASSES

Little Stars 1: age 2½-3

A series of music and creative movement classes that celebrate your child's natural ability to move in an expressive way. These weekly 30-minute classes are designed to engage children through group and individual participation, which is vital for early childhood development.

Thursdays, 10:30-11 am
January 10-May 16..... \$225

Little Stars 2 Creative Movement: ages 3-4

Our tiny dancers will build strength, flexibility and body awareness, as well as gross motor skills, coordination and posture. A blend of basic dance movement and the use of props make this a fun beginner class.

Fridays, 3-3:30 pm
January 11-May 17..... \$225

Shooting Stars Pre-Ballet and Tap: ages 4-5

Beginning tap and ballet skills and terminology are taught with an emphasis on coordination and musicality.

Wednesdays
3:30-4:15 pm
January 9-May 15..... \$234

DANCE FOR BOYS

Dance requires physical strength and provides a great workout for the mind. Boys can get the following benefits from taking a dance class: gross motor skill development, self-expression, total body workout, improved balance, flexibility, coordination, strength and endurance—all important for sports—as well as better posture, increased discipline and focus, and music appreciation.

Boys Tap Too: ages 4-6

A fun beginner all-boys tap dance class. This is a great way to improve rhythm skills and musicality.

Wednesdays, 2-2:30 pm
January 9-May 15..... \$225

Tumble N Dance: ages 4-6

A combination creative movement and tumbling class.

Fridays, 1:30-2pm
January 11-May 17..... \$225

SCHOOL-AGE CLASSES

Ballet/Tap 2: ages 6-8

Fridays, 4-5 pm
January 11-May 17..... \$270

Ballet/Tap 3: ages 6-8

Fridays
5-6 pm
January 11-May 17..... \$270

Private Dance Instruction

\$50/hour; \$320/8 one-hour classes
\$25/half hour; \$175/8 half-hour classes

Duet Dance Lesson

\$45/hour; \$280/8 one-hour classes
\$25/half hour; \$160/8 half-hour classes

ADULT CLASSES

Beginning Tap

Wednesdays, 6-7 pm
January 9-March 13..... \$90; \$100/community
March 20-May 15..... \$81; \$90/community

Intermediate Tap

Wednesdays, 5-6 pm
January 9-March 13..... \$90; \$100/community
March 20-May 15..... \$81; \$90/community
Drop-in: \$10; \$14/community

Silver Show Tunes

Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!

Fridays, 2-2:50 pm
January 11-February 15
February 22-March 29
Dance Studio
\$30/session; \$42/session/community

Line Dance

Learn all the popular line dances and a few more in this lively class.

Fridays, 1-2 pm
January 11-March 1
March 8-May 3
No class April 26
\$35/session; \$48/community
Drop in: \$6; \$8/community



children

Jason Haber, 412-278-1782
jhaber@jccpgh.org

J DAYS

Grades K-6

J Days are offered when Mt. Lebanon and/or the Upper St. Clair schools are not in session. J Days include games, gym time, free swim, special field trip or in-house activity and snack. Bring a dairy lunch, beverage, swim suit, towel and gym shoes. No extra spending money is necessary.

No school, no problem! When school is canceled for inclement weather, we will conduct a J Day program.

Please call the JCC, 412-278-1975, at 7 am to verify start time. We follow the Mt. Lebanon and Upper St. Clair school closings.

9 am-3 pm
 \$55/day/child

Before and After Care

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

Scheduled J Days

January 21, 22
 February 18
 April 15-19, 22
 May 21
 June 11-14

Check your email for details about the activities for each J Day.

KIDS NITE OUT

Ages 3-12

Parents enjoy a night out while the JCC takes care of the kids. Children are grouped by age. Activities include sports, music, arts & crafts, color wars and much more, with a sleepover in February and June.

Saturdays
 6-10 pm
 January 26
 February 16 (sleepover)
 March 9
 April 13
 June 1 (sleepover)

\$35/child; \$15/sibling
 \$50/community
 Sleepover: \$50; \$25/sibling; \$70/community

BIRTHDAY PARTIES

Ages 2-12

Celebrate your child's birthday at the JCC South Hills. We set up and clean up, and supply paper products, invitations and supervision. All parties are two hours and cost \$300. Parties are priced for up to 20 children. Additional guests: \$4 each for Sports and Swim; \$10 each for Crafts. Maximum guest count is 30, children and adults included.

Includes a free one-day guest pass for families of your invited guests for the day of the party

PARTY THEMES

Games Galore: ages 5 and under

Parachutes, Mr. Fox, Freeze Dance, Four Corners, Duck Duck Goose and more.

Sports Party

Wiffleball, kickball, soccer, hockey, relay races and more.

Swim Party: ages 5-12

Relay races, cannon ball competitions and much more.

Craft Party

Choose a theme and we'll come up with the projects to fit.

Extra materials fee

Create Your Own Party

We provide the space, supervision and party supplies—you provide the program and refreshments.

Minimum fee: \$300

When you book a party with the JCC, you will get a FREE Kids Nite Out for one child.





preschool sports

Steve Manns, smanns@jccpgh.org
412-278-1783

Growing up Gritty Part 2: ages 3-6

Growing Up Gritty is a physical education program that works to develop positive mindset through movement. Spinning, crawling, jumping, balancing, rolling and climbing are first introduced as separate skills, then combined for practical purposes in the form of games and challenges. Critical thinking and emotional control are explored through discussion and activity. This is a class designed to extend learning into other areas beyond the physical.

Tuesdays and Thursdays
February 26-May 23

Age 4 3:15-3:45 pm
Ages 5-6 2:45-3:15 pm
\$220
No class April 16, 18, 23, 25

Little Ninjas: ages 3-5

Ed Feldman, head youth instructor of the Pennsylvania Martial Arts Academy, offers an introduction to martial arts. Children learn self-defense, coordination and body awareness. Uniforms are not mandatory.

Mondays 2:30-3 pm
January 14-March 4 \$80
March 25-May 13 \$80

Basketball: ages 3-5

Our JCC youth sports coach teaches children the basics of basketball and good sportsmanship.

Fridays 2:30-3 pm
January 25-May 24
\$150
No class April 19, 26

Mighty Kicks Soccer: age 3-5

Mighty Kicks is a nationwide soccer franchise with an innovative curriculum that introduces the positive character strengths proven to have a direct impact on achievement and success in sports, school and life. Kids develop motor, team and social skills while learning the game of soccer with Coach Sam Bellin.

Wednesdays 2:30-3 pm
January 9-February 27 \$80
March 20-May 8 \$80



basketball

McConnell Basketball Academy

Steve Manns, smanns@jccpgh.org
412-278-1783

The JCC South Hills is partnering with the McConnell Basketball Academy to provide elite basketball training in form shooting, ball handling, passing, first step moves, finishing moves, footwork and timing, as well as conditioning. Kids will have the opportunity to work directly with legendary Coach Tim McConnell and Coach Rico to enhance their overall skills in all elements of the game.

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 sessions: \$120; \$140/non-JCC members

8 sessions: \$200; \$220/non-JCC members

Walk-in: \$35

Coach McConnell is a highly acclaimed Western Pennsylvania basketball coach who has made McConnell the trademark name in basketball throughout Pittsburgh, as well as nationally. In addition to being one of the "winning-est" coaches in Western PA, Coach McConnell has helped develop his own children into highly successful players. Currently, son TJ is a starting point guard in the NBA with the Philadelphia 76ers.

Coach Unrico Abbondanza was a 4-year starter for Lock Haven University. During his time there, he amassed 1,400 points and was able to establish school records in points, rebounds, assists and steals. Rico was a 3 time All-PSAC player and was most commonly known for his ability to get to the hoop with high flying finishes.



Fitness

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



EVENTS

Every Body Day

Bring a friend for free. Special for new members: get a \$1 enrollment fee and one free month when you sign up.

Sunday, January 20

Be JCC's Biggest Mover

Join our Biggest Mover competition and get moving! We will have weekly events, drawings, challenges and feedback. Participants will earn 1 point for every workout with a limit of 5 workouts per week and 5 points for each friend they refer who joins the JCC in the months of February and March. The winner receives 6 months of Platinum membership.

Begins Sunday, January 20

Sign up: 8:30-10 am

No fee

The 30/30 Series: Nutrition and Fitness

How you eat, drink and move plays a major role in keeping your health at its peak. This six-week program includes a 30-minute workout and 30 minutes devoted to nutrition—health tips, recipes, meal plans, and more. Led by Dana Kennedy, licensed nutritionist and certified group fitness instructor.

Mondays, 1-2 pm

January 21-February 25

\$60

Loft

8-week Yoga Challenge

Get 2 months of unlimited yoga classes for \$80! Before and after photos in six yoga poses will provide the feedback needed to take your yoga practice to the next level. Register and get your pose assessment Sunday, January 20. Contact Bonnie Livingston to schedule your appointment at 412-278-1781.

January 20-March 16

\$80

Spa Date Night

We'll entertain the kids while you and your partner/spouse enjoy Partner Yoga followed by hands-on instruction in massage.

Monday, February 11

6:30-8:30 pm

Social Hall

\$30/couple; children's program additional fee

PERSONAL TRAINING

Bonnie Livingston, blivingston@jccpgh.org
412-278-1781

One-on-One Private Workout

Live life to the fullest! Let us help you look good and feel great. Your personal trainer will customize a program designed just for you and guide you to experience a life-changing transformation through safe, enjoyable workouts. Get started today!

Fitness Assessment

Our trainers evaluate cardiovascular fitness, muscular strength, endurance and flexibility, in addition to testing blood pressure and body fat composition.

\$20; \$10/retest

\$5/body fat composition only

Personal Exercise Prescription

If you are stuck in an exercise rut or not getting the results you want, consider an exercise prescription. If you can work out and follow a program without instruction, this is a great alternative to personal training that includes:

- One-hour assessment and consultation with personal trainer
- Individualized six-week training program
- Weekly phone consultation
- Personal training session at the end of six weeks to measure progress

\$150

Additional prescriptions \$75

- Individualized six-week training program
- Weekly phone consultation
- Personal training at the end of six weeks

PERSONAL TRAINING FEES

Adults	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	
Adult	\$72	
Age 17 and under	\$56	

Discount of up to 10% for Platinum Fitness members



WELLNESS

Bonnie Livingston, blivingston@jccpgh.org
412-278-1781

Mindfulness Practice

Mindfulness is the psychological process of bringing one's attention to the present moment, which can be developed through training. Practitioners frequently experience greater well-being and reduction of stress. Each month we'll introduce various exercises which can be practiced through self-study. Please bring notebook/journal and pen.

First Thursday of the month
7-9 pm
Free for members; \$5/community

Massage, Reflexology and Reiki

Relax and rejuvenate with our new body therapy offerings. To schedule an appointment, call 412-278-1781.

\$37/half-hour session; \$27/Platinum

Next Steps

Steve Manns, smanns@jccpgh.org or
412-278-1783

JCC Next Steps is a post-rehabilitation exercise program that will help you transition from physical therapy to long-term fitness and wellness.

Primal Health Coaching

Steve Manns, smanns@jccpgh.org or
412-278-1783

Primal Health Coaching supports maximum vitality and well-being through the integration of strategies across a broad spectrum of lifestyle dimensions including nutrition, fitness, sleep, stress management, sun, play and enrichment.

\$700/12 weeks; even-week sessions are a half-hour and odd weeks are an hour

Jungshin Calm

A gentle 45-minute workout for anyone wishing to experience beginner-level martial arts-based sword training using a 41" wooden sword. Focus will be on strength, breath, range of motion and balance. Participants will have the option to stand or sit on a stability ball or chair.

Mondays 3:15-4 pm
January 21-March 11
\$32; \$6 walk-in

GROUP EXERCISE

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

Classes marked with an asterisk* are FREE to all JCC members. ALL classes are free for Platinum members. Complete schedule available at JCCPGH.org and in the JCC lobby.

Fees

Spartan Strong, Sprint Club \$5
Beginner Yoga, Jungshin Calm \$6
Yoga, Power Yoga \$9
Boot Camp, TRX, TRX Fusion \$10

Absolute Abs*

Forget those ordinary old sit-ups. This 50 minute class will take your core workout to another level. With a little creativity and a stability ball, you will get a core you adore!

Active Express*

This class will give you a great light impact cardio session in 30 minutes using the step, with moves choreographed to fun and inspiring music.

Body Weight Training*

Get your morning started with body weight exercises, light weights and functional movement patterns to train for improvements in everyday, real life activities.

Boot Camp

This intense, high-energy class will get your weekend off to a great start! Work on strength, cardio, endurance and functional fitness with a variety of drills and equipment in our gym.

Core Conditioning*

Get a stronger core in this 30 minute focused class that includes a blend of strength, stability and traditional core exercises.

Group Active *

Group Active is perfect if you are new to exercise or have not exercised in a long time. Also ideal for the super busy and fit who need to get it all—cardio, strength, balance, and flexibility—in just one hour. Get stronger, more fit and healthier with inspiring music, adjustable dumbbells, weight plates, body weights and simple athletic movements. Activate your life!

Group Blast*

Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. Have a Blast!

Group Centergy*

Group Centergy will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Group Power*

Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best! Power Up!

Gentle Yoga

Learn the essence of relaxation through stretches, postures and improved breathing techniques in this 45-minute class.

IT Express*

Get in a quick workout in this 30-minute, interval training class that combines strength training with high intensity cardio bursts. With great music and old school moves, you will get your morning off to a great start.

Spartan Strong

Come to Spartan Strong to build your readiness, stamina, accountability, tenacity and resilience. Conquer mental and physical challenges in this group workout inspired by the Spartan Race.

Step

Try this high intensity class using the step bench to get you moving, challenging your legs, core and cardiovascular system.

TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training. The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises.

TRX Fusion

All the benefits of the TRX class, with interval training added in, so this class takes your TRX training to the next level.

Yoga

Excellent for all levels from beginner to advanced, this class is a flowing, dynamic yoga practice that cultivates presence by connecting movement with breath and focuses on body alignment, physical conditioning and mindfulness.

Zumba *

A workout like no other, this Latin dance-based class mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a total body workout that combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, with great music and lots of fun.

GOODMAN SHORTSTOP BABYSITTING

Register by calling 412-278-1785; leave a voice mail.

Babysitting is available for children 6 weeks to 5 years of age while parents exercise. Buy coupons at the Front Desk.

Hours

Sunday 9:30 am-12:30 pm
Monday-Friday 9 am-11:30 am
Monday-Thursday 5:30-8 pm

\$7/child/hour; \$30/month unlimited usage (one per child).

Parents must stay on JCC property.

TEEN FITNESS CERTIFICATION

Steve Manns, smanns@jccpgh.org or 412-278-1783

This 90-minute orientation MUST be completed by teens ages 13-15 prior to using the fitness equipment.

\$45/group session

First Tuesday of the month, 6 pm

\$60/private session with a trainer

SPORTS READINESS

Steve Manns, smanns@jccpgh.org or 412-278-1783

Basketball Conditioning

Work on your off-court condition with certified NASM-Performance Enhancement Specialist Steve Manns. Focus on physical and mental conditioning, aerobic and anaerobic conditioning, stabilization, strength and power. Conditioning can be done in a group or individual setting.

Spartan SGX Training

Step out of your training box and try something that prepares you for the obstacles of life and the obstacle on a race course. The class includes the Spartan Strong group ex class on Sunday mornings at 10:30 am.

Tuesdays and Thursdays, 5:30-6:30 pm

February 26-April 4

\$60/Platinum; \$120/general member;

\$180/community

April 9-June 6

\$90/Platinum; \$180/general member;

\$270/community

Does not include the cost of the race.

Youth Sports Conditioning

Conditioning for high school athletes during your off season. By appointment.

MAF (Maximum Aerobic Function) Cardio Training

Have you hit a plateau in your cardio training? Are you always tired and hungry after workouts? In this class, you will find your maximum aerobic function and use your own fat for training instead of energy from food. You will need a smart phone and a Polar H7, H10 or similar heart rate monitor. This can be done as personal training or group training with your friends. Email smanns@jccpgh.org for details.

SPORTS & REC

Steve Manns, smanns@jccpgh.org or 412-278-1783

Ping Pong

Learn the basics with JCC member Eloy Nepo. Wednesdays, 6:45-8 pmSocial Hall

Game Play

Second and fourth Sundays of the month 12:30-2:30 pmSocial Hall

Free for members; \$5/community

Pick-up Volleyball

Come play volleyball with your pals.

Sundays, 4-6 pm

Free for members; \$5/community

Pick-up Basketball

Sundays, 8-10 am

Tuesdays and Thursdays, 7:15-9:15 pm

Side B of the Gym

Free for members; \$5/community

Pickleball

Pickleball is a paddle sport with combined elements of tennis, badminton and ping pong, played on a doubles badminton court. Players from novice to advanced can play round robin games during the Saturday drop-in times, or groups of players can reserve a court to play on Tuesday afternoons.

Saturday Drop-in

First and third Saturday of each month

12:15-2:15 pm in the Gym

\$2/member; \$5/community

Tuesday Court Time

Must be reserved in advance at the Front Desk.

412-278-1783



teens

J Line South Hills: grades 8-10 JCCPGH.org/jlinesh

Chris Herman, cherman@jccpgh.org or 412-339-5395

J Line South Hills, the community-wide Jewish learning experience for teens, brings Judaism to life in a way that is relevant, enriching and fun, with Jewish values "front row and center." J Line South Hills empowers teens to embrace their Jewish identity, grapple with challenging life questions and improve the world in their own way.

Wednesday evenings, 6:15-8:30 pm

J Line South Hills is a partnership of the JCC of Greater Pittsburgh, Congregation Beth El, Temple Emanuel and South Hills Jewish Pittsburgh.

J Line South Hills Modern Hebrew: grades 8-12

Hebrew has been the "official" language of the Jewish People for thousands of years. To feel a part of that people, and get what we are about, there is no more direct way than to speak the language of our people. J Line South Hills is offering a weekly beginners Modern Hebrew class taught by Karen Morris.

Monday evenings, 6:30-8 pm
\$360

Diller Teen Fellowship: grades 10-11

Stephanie Aaronson, saaronson@jccpgh.org or 412-697-3233
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.

J Line South Hills Change Agents: grades 11-12

Chris Herman, cherman@jccpgh.org or 412-339-5395

Change Agents is a 9-month leadership workshop centered on creating an impact in the South Hills community. It will focus on developing students as strong leaders. The group meets once a month for two hours. The experience will be facilitated by Robyn Markowitz Lawler and Alex Zissman, professional staff members of Hillel JUC, an organization that engages Jewish students at Pitt and CMU.

Meets monthly on Tuesday evenings
6-8 pm

J-Serve 2019: Grades 6-12 Sunday, April 7

Hannah Kalson, hkalson@jccpgh.org or 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). Join us for another amazing year of J-Serve Pittsburgh!

J-SERVE is a partnership of the JCC of Greater Pittsburgh, Repair the World: Pittsburgh, BBYO, and the Volunteer Center of the Jewish Federation of Greater Pittsburgh



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.



day camps

Jason Haber, jhaber@jccpgh.org
412-278-1782

REGISTER FOR CAMP BY THE WEEK

Camp dates: June 17-August 9, 2019
Weeks do not need to be consecutive.
Kosher-style lunches and afternoon popsicles are included in all camp programs.

WHAT'S IN OUR BACKYARD

- Gaga Pit
- 9 Square
- Volleyball Court
- 4 Square
- Foam Machine

BEFORE- AND AFTER-CAMP CARE

- 7-9 am: \$50/week or \$15/day (does not include breakfast)
- 3-6 pm: \$75/week or \$20/day
- Both: \$115/week
- Register for eight weeks of Before- and After-Camp Care before June 1 and get a discounted rate of \$105/week.

EARLY CHILDHOOD CAMPS

Camp dates: June 17-August 9, 2019

Camp K'Ton Ton: age 2

Campers are introduced to the water through daily swim time in the pool and water play activities. They enjoy visits to activity specialists such as nature, music, sports and crafts.

9 am-12:30 pm and 9 am-3 pm

Two days/week: Tuesdays and Thursdays

Three days/week:

Mondays, Wednesdays and Fridays

Five days/week: Monday through Friday

Before- and After-Camp Care available

7-9 am, includes breakfast; 3-6 pm

Camp Yeladim: ages 3-4

Yeladim campers are divided into age-appropriate groups. They participate in both instructional swim lessons and free swim daily. Campers also enjoy a variety of additional specialist activities each day such as nature, music, sports and crafts.

9 am-12:30 pm

9 am-3 pm

Two days/week: Tuesdays and Thursdays

Three days/week:

Mondays, Wednesdays and Fridays

Five days/week: Monday through Friday

Before- and After-Camp Care available

7-9 am, includes breakfast; 3-6 pm

CAMP SABRA

Half-Day Program (includes lunch)

9 am-12:30 pm

For children entering kindergarten

Full-Day Program

9 am-3 pm

For children entering grades K-2

Register by the week

Weeks do not need to be consecutive

June 17-August 9, 2019

Campers have Red Cross swim lessons, free swim and a kosher-style lunch daily. Special event programming includes Color Wars, Wacky Wednesday and field trips. With sports, aquatics, drama, nature, arts & crafts and Judaics, campers enjoy an enriched, well-rounded experience in a beautiful and safe environment.

Field Trips

- J&R Day Camp (late stay)
- Idlewild
- South Park
- Sabra campers will have the opportunity to participate in two overnights at the JCC.



CAMP HALUTZIM

Grades 3-6
9 am-3 pm

Register by the week
Weeks do not need to be consecutive
June 17-August 9

Halutzim provides children with an enriching summer filled with sports, drama, nature, arts & crafts, Judaics and much more. Campers take Red Cross swim lessons and have free swim and a kosher style lunch daily. Halutzim campers choose a different *chug* (hobby) each week and spend 45 minutes each day with a specialist in their area of interest.

Special event programming includes color wars, Wacky Wednesdays and field trips.

Field Trips

- Emma Kaufmann Camp (overnight)
- Splash Lagoon
- J&R Day Camp (late stay)
- South Park

S.I.T. LEADERSHIP PROGRAM

Grades 7-10
8:30 am-3:30 pm
Register by the week

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

Staff-in-training participate in team-building exercises with their fellow SITs, share responsibility for a group of campers with a junior and senior counselor, lead a weekly activity with their group and participate in a community mitzvah project. A parent/camper interview with the camp director is required. Attendance at the staff orientation week in June is mandatory.

PERFORMING ARTS CAMP

Grades 2-8
July 15-August 9
9 am-3 pm

Campers are part of a complete musical show, from rehearsals to set production to opening night. Training in theater, music and dance culminates with a performance the last week of camp. The musical will be chosen based on registration.

ADVENTURE CAMPS

Grades 2-8
Register by the week: June 17-August 9

Campers will experience many different adventures in and around the Greater Pittsburgh area. Previous trips have included: Just Ducky Tour, Wave Pools, Kenneywood, Sandcastle, Living Treasures Animal Park and many others. There will be occasional late pickup days based on the excursion. An overnight stay at Emma Kaufmann Camp, the JCC's overnight camp in West Virginia, will be offered during one of the weeks.

On days with shorter excursions, campers spend time at the JCC with instructional or free swim, nature walks and arts & crafts.

Parents can choose all 8 weeks or pick and choose which they prefer. Due to bus/staffing/ and ticket purchases, all Adventure Camp registrations must be made by May 31.



emma kaufmann camp

Sarah Nutter, snutter@jccpgh.org
412-697-3550 or (summer) 304-599-4435

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 2-10
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



south hills jewish pittsburgh

Rob Goodman, 412-278-1780
shjpinfo@jccpgh.org

South Hills Jewish Pittsburgh (SHJP) is the community engagement division of the JCC South Hills. Now in its 5th year, SHJP strives to create a vibrant, interconnected, inspired and engaged South Hills Jewish Community.

Through innovative programming, community grants, social media and other communication platforms, SHJP creates opportunities for South Hills Jews to become more engaged and to do "more Jewish together."

SHJP connects the more than 10,000 South Hills Jews with each other, the JCC, synagogues and other community agencies, through cultural, educational, social, political and Jewish holiday activities across all denominational, age and demographic groups.

For a complete list of events, activities and programs, not only at the JCC but throughout the South Hills, visit southhillsjewishpittsburgh.org

COMING EVENTS

Registration: southhillsjewishpittsburgh.org

Generations Speaker Series

Hosted by the Holocaust Center of Pittsburgh
Monday, January 7, 7 pm
JCC South Hills Social Hall,

Legacy Letters—Writing What We Believe For The Next Generation

with Rabbi Ron Symons
Thursdays, January 10, 17, 24, 6:30-8:30 pm
JCC South Hills Social Hall,
\$30 JCC member/\$45 community
for all 3 sessions

South Hills Community Purim Carnival

Sunday, March 17, 12:15-2:30 pm
JCC South Hills, no fee for admission/lunch,
game tickets extra

South Hills Community Purim Extravaganza

Wednesday, March 20, 5:30 pm
Beth El Congregation
1900 Cochran Road, Pgh15220

South Hills Grand Purim Celebration

Hosted by Chabad of the South Hills
Thursday, March 21, 5 pm
JCC South Hills Social Hall

South Hills Healthy Living Series: Healthy Living For The Brain & Body

Hosted by Amy Dukes,
Jewish Association on Aging (JAA)
Thursday, March 28, 7 pm
JCC South Hills Social Hall

South Hills Celebrates Israel

Monday, May 6, 5-8 pm
JCC South Hills

AgeWell at the JCC

At the JCC South Hills, we are here to help seniors stay fit—physically, mentally and socially. We encourage seniors to try any and all of our many fitness and wellness program offerings. Classes are held daily; please see the schedule posted at JCCPGH.org or at the Front Desk. In addition to our fitness classes, we offer a range of evidence-based health and wellness programs throughout the year to help you be your best you. We are here to provide a space for people to come together, meet new friends, learn new skills and grow in mind, body and spirit.





agewell at the jcc

Elaine Cappucci, Health and Wellness Director
 ecappucci@jccpgh.org
 412-446-4773

HEALTH AND WELLNESS

SilverSneakers® 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.

SilverSneakers® 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.

SilverSneakers® Yoga

Move through a whole-body series of seated and standing 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 will promote stress reduction and mental clarity.

SilverSneakers® Splash

Jump in for a fun, shallow-water class that improves agility, flexibility and endurance. This is a great low-impact option. No swimming ability is required, and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Silver&Fit® Excel

This is a very active cardio class designed for active older adults who exercise regularly. The focus is on increasing strength, agility, reaction time, muscular strength and power.

Silver&Fit® Experience

This is a moderate-level, well-balanced exercise routine that will help increase your heart health, muscular endurance and strength, flexibility and balance. All exercises are performed in a standing position with the option of using a chair for light support.

Silver&Fit® Explore

Participating in this class will help increase your heart health, muscular endurance and strength, flexibility and balance. If you are looking for a gentle workout with seated exercise options, this class is for you!

Arthritis Exercise Program

Led by an Arthritis Foundation-trained instructor, this class covers a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs.

Mondays 2-3 pm
 \$3/class/member; \$5/community
 Social Hall

Arthritis Foundation Tai Chi

This body-mind exercise enhances balance, concentration and agility and is effective for arthritis and fall prevention. A structured warm-up is followed by a traditional tai chi sequence. The class is done standing; however, all the exercises can be done using chairs. Beginners welcome.

Tuesdays,
 Beginner: 11 am-noon Social Hall
 Advanced: Noon-1 pm Dance Studio
 \$3/class/member; \$5/community

Arthritis Foundation Aquatic Program

Our heated pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. Must have a physician's referral to participate in this certified program.

Mondays and Fridays 10-11 am
 Tuesdays, Wednesdays, Thursdays
 Noon-1 pm
 No fee for members
 \$5/class/community
 \$90/20 classes/community

PWR!Moves

Parkinson's Wellness and Recovery

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.

Tuesdays and Thursdays 1 pm
 Begins February 5
 \$5/member; \$7/community
 Social Hall

Balance

A half-hour, low-impact class designed to improve balance and increase core strength. The combination of core work and balance training for older adults is crucial for fall prevention, improved posture and coordination.

Thursdays 11-11:30 am
 Social Hall

Zumba Gold

Zumba Gold recreates the Zumba experience for active older adults with easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Thursdays Noon-1 pm
 Gym

Zumba Gold Toning

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass).

Mondays Noon-1 pm
 Gym

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

Call Amy Gold at 412-697-3528

Discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with your doctor about your health.

Thursdays 1-3:30 pm
 May 2-June 6
 Social Hall

RECREATION AND LIFE SKILLS

Beginning Tap

Wednesdays, 6-7 pm
 January 9-March 13 \$90; \$100/community
 March 20-May 15 \$81; \$90/community

Intermediate Tap

Wednesdays, 5-6 pm
 January 9-March 13 \$90; \$100/community
 March 20-May 15 \$81; \$90/community
 Drop-in: \$10; \$14/community

Silver Show Tunes

Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!

Fridays 2-2:50 pm
 January 11-February 15
 February 22-March 29
 Dance Studio
 \$30/session; \$42 session/community

Line Dance

Learn all the popular line dances and a few more in this lively class.

Fridays 1-2 pm
 January 11-March 1
 March 8-May 3
 No class April 26
 \$35; \$48/community
 Drop in: \$6; \$8/community



Book Discussion Group

Once a month we will get together to talk books: What's new, what's good. All readers welcome!

Third Tuesday of each month
1-2 pm, Conference Room

AARP Smart Driver Class

The AARP Smart Driver course is specifically designed for drivers age 50 and older. The course will help you receive a multi-year discount on your auto insurance; refresh your driving skills and your knowledge of the rules — and hazards — of the road; and reduce your chances of receiving a traffic violation or getting into an accident. Register at the Front Desk, but payment is made to the instructor on the first day of the course.

Thursday-Friday,
March 28-29
Noon-4 pm
\$15/AARP members; \$20/others

A Matter of Balance

This program is designed to help older adults reduce the fear of falling and increase physical activity to reduce fall risk.

Tuesdays
March 5-April 23
2-4 pm
Social Hall

Sustain-DPP (Diabetes Prevention Program)

This program helps older adults at high risk for diabetes make positive changes in their eating habits, physical activity and weight. Over two years, there will be group sessions, conference calls and health assessments with a goal of achieving weight loss, increased physical activity and healthy lifestyle behavior changes. Screenings begin in January.

CHECKMATES

CheckMates recruits volunteers age 60+ and welcomes referrals of loved ones and friends who could benefit from a weekly phone call. If you know of an older adult who would appreciate a weekly, friendly phone call or would like to volunteer for this special peer-led telephone reassurance program, please call Amy Gold, MSW, 412-697-3528.

AGEWELL PITTSBURGH

Call 412-422-0400 or visit AgeWellpgh.org

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

Thanks 2018 Big Night Sponsors

\$25,000 Presenting Sponsor

PNC Bank

\$15,000

A&L BMW, Jaguar, Land Rover & The Lamfrom Family

Chris, Claire and Ben Akers

Highmark® Blue Cross Blue Shield

\$10,000

Erica and Billy Goodman

Leatrice and John Wolf Philanthropic Fund of the Jewish Federation of Greater Pittsburgh

The Marks Family

Nancy and Woody Ostrow

Hilary S. Tyson and Charles Porter

Lori and Jimmy Ruttenberg

Suzanne and Brian Schreiber

UPMC & UPMC Health Plan

\$7,500

BetéAvon Kosher Dining Services

Lauren and Jason Kushner

Oxford Development Company

Square Café

\$5,000

Betsy and Marc Brown

Buchanan Ingersoll & Rooney

Clark Hill PLC

Elyse and Marty Eichner

Full Bowl Catering

Giant Eagle

Hyman Family Foundation

The Karp Family Foundation

Ellen and Jack Kessler

KeyBank

Lamar Advertising

Cindy Goodman-Leib and Scott Leib

CJ and Bob Liss

Jeffrey B. Markel and Carol Robinson

Orr's Jewelers

Peoples Gas

Pittsburgh Business Times

Pittsburgh City Paper

Pittsburgh Jewish Chronicle

Polyconcept North America

Rita and Andrew Rabin

The Donald & Sylvia Robinson Family Foundation

Linda and Ken Simon

Trust-Franklin Press Co.

WYEP / WESA

\$2,500

All Occasions Party Rental

Lauren and Scott Americus

big Burrito Restaurant Group

Cathy Reifer and Sam Braver

Common Plea Catering

Exceptional Exteriors and Renovations Inc.

Fireman Creative

Mary Pat and Eric Friedlander

Gray Phoenix

Ina and Larry Gumberg

Hens and Chicks

Anna Hollis and Gregg Kander

Carole and Jerry Katz

Sue Berman Kress and Doug Kress

Patty and Stan Levine

Mosaic Linens

NuGo Nutrition

Pittsburgh Oral Surgery, P.C.

PJ Dick Incorporated / Trumbull Corporation / Lindy Paving

Nancy Bernstein and Robert Schoen

Signature Financial Planning

Silk & Stewart Development Group

Jane Hepner and Leonard Silk

Carole Bailey and Andrew Stewart

Ingrid and Eric Smiga

Phil and Zach Sonnenklar

St. Moritz Building Services

The Wilson Group, LLC

Traction Rec

Nancy and Jim Wolf

Thank you to our Legacy Society Members

Our Legacy donors are people who want to ensure a vibrant, thriving community center that will enhance the lives of future generations. Be a part of the JCC's Legacy Society with others who share your commitments and values.

Contact Fara Marcus, Director of Annual Giving at 412-339-5413 or fmarcus@jccpgh.org



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

**Jewish Community Center
of Greater Pittsburgh
South Hills**
345 Kane Boulevard
Pittsburgh, PA 15243

THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

- AgeWell Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh and the United Way of Southwestern Pennsylvania. Additional funding is provided by The Fine Foundation, The Pittsburgh Foundation, and an anonymous donor. Government support is provided by the Area Agency on Aging, Department of Human Services, Allegheny County. AgeWell Pittsburgh is a collaborative program of the Jewish Association on Aging, the Jewish Community Center of Greater Pittsburgh and Jewish Family & Community Services.
- American Jewish Museum is supported in part by the Allegheny Regional Asset Board, the Anna L. Caplan & Irene V. Caplan Fund of the Jewish Federation of Greater Pittsburgh, the Robert C. and Gene B. Dickman Fund, Ira and Nanette Gordon Curator Enrichment Fund, Edward N. and Jane Haskell Endowment Creative Projects Fund, the Nancy Bernstein and Robert Schoen Fund, the Speyer Family Foundation Endowment Fund, Pennsylvania Partners in the Arts, and individual support.
- Basketball programs are supported in part by the Allen "Ace" Aizenberg Basketball Fund, the Jock Rosenberg Fund, the Larry Ruttenberg Fund and the Shapera Endowment Fund.
- Center for Loving Kindness and Civic Engagement programs are supported in part by Blu Dot Foundation, Heinz Endowments, Jewish Healthcare Foundation, the Opportunity Fund, The Pittsburgh Foundation, individual support and anonymous support.
- Clubhouse After-School Program is supported in part by the Massey Charitable Trust. Additional support is provided by the Curtis & Joelle Krasik, Ladies Hospital Aid Society and Scott & Laurie Krasik After School Care Fund.
- Early Childhood Development Centers are supported in part by the Pittsburgh Jewish Pre-Kindergarten Educational Improvement Foundation of the Jewish Federation of Greater Pittsburgh and Keystone STARS/ Pennsylvania Early Learning Keys to Quality. Additional support is provided by Massey Charitable Trust, the Ginsberg Family Fund for Children's Programs, the Miriam and Paul Kossis Early Childhood Equipment Replacement Fund, the Mark Allen Robinson Day Care Center Endowment Fund and the James H. and Nancy H. Wolf Philanthropic Fund.
- Family Holiday Camps are supported in part by the National Center to Encourage Judaism.
- Fitness and Wellness Department is supported in part by the Jack and Esther Bergman Fund.
- Gesher Program at Emma Kaufmann Camp is generously supported in part by The Edith L. Trees Charitable Trust.
- JCC Camps are supported in part by The Philip Chosky Charitable and Educational Foundation, Massey Charitable Trust, the Morris and Fannie Skilken Foundation, Staunton Farm Foundation and The Edith L. Trees Charitable Trust.
- Jewish Teen Programming in the Department of Jewish Life is supported in part by The Jewish Federation of Greater Pittsburgh.
- Maccabi Games, South Hills Day Camp, James and Rachel Levinson Day Camp, Emma Kaufmann Camp, the Early Childhood Development Center/Squirrel Hill, Children and Family programming, basketball, aquatics and fitness activities/Squirrel Hill, and physical education in South Hills are supported in part by The Jewish Sports Hall of Fame.
- South Hills Jewish Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh.
- Special Needs Department is supported in part by the Herman and Rebecca Fineberg Fund for People with Special Needs. Additional funding is provided by the Edna and Larry Abelson Fund for Special Needs, the Raymond and Elizabeth Bloch Educational and Charitable Foundation, the Ralph Davidson Special Needs Fund, the Zola Hirsch Fund for Special Needs and the Robert Spiegel Memorial Endowment Fund.
- Youth programming is supported in part by Massey Charitable Trust.