

Summer Mini-Guide

JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH • SOUTH HILLS

JUNE 2019

swimming



SWIM LESSONS

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

CLASS DATES AND FEES

Sunday classes

June 16-August 18\$140

Monday classes

June 17-August 19\$140

Tuesday classes

June 18-August 20 \$140

CLASS DAYS AND TIMES

Guppy and Me: ages 6 months-2 years

Parent and child explore the water and learn safe behaviors in the water through songs and play.

Sundays9:30 am

Tuesdays9 am

Tadpoles: ages 2-3

Children learn to become comfortable in the water through songs and games. Parents do not get in the water.

Sundays 10 am

Mondays9 am

Minnows: ages 3-5

Children become comfortable in the water through blowing bubbles, digging arms and splashy feet.

Sundays 10:30 am

Mondays9:30 am

Jellyfish: ages 3-5

Children begin to explore the water more independently, learn to push off unassisted and do back floats.

Sundays 11 am

Mondays 9:30 am

Starfish: ages 6-12

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

Sundays 11:30 am

Tuesdays 9:30 am

Goldfish: ages 6-12

Freestyle, backstroke and beginner breathing are the main focus in this class.

Sundays Noon

Tuesdays9:30 am

Dolphins: ages 5-12

Rotary breathing and elementary backstroke are the primary focus of this class.

Sundays 11:30 am

Tuesdays 6 pm

Sharks: ages 5-12

Breaststroke and butterfly are the primary focus in this class, taught in the large pool.

Sundays Noon

Tuesdays 6:30 pm

South Hills Stingray Swimmers

Refine your strokes while learning aspects of competitive swimming.

Tuesdays 5:15 pm
\$185

Private Swim Lessons

Scheduled at your convenience.

\$37/half hour
\$198/6 lessons
\$300/10 lessons

AQUATIC FITNESS

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

Arthritis Aquatic Program

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

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

SilverSneakers® Splash

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

Aqua Groove

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

Class Schedule During Camp June 17- August 9

Splash

Sundays, 12:30 pm
Mondays and Thursdays, noon

Arthritis

Tuesdays, noon
Wednesdays, noon

Aqua Groove

Fridays, noon

Class Schedule Before and After Camp June 1-16 and August 10-31

Splash

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

Arthritis

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

Aqua Groove

Fridays, 11 am

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

kids & families



EARLY CHILDHOOD CAMPS

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

Camp K'Ton Ton: age 2

Camp Yeladim: ages 3-4

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

Early Childhood Fees by the Week

M-F • 9 am -3 pm.....	\$325
MWF • 9 am-3 pm	\$225
T-TH • 9 am-3 pm.....	\$200
M-F • 9 am-12:30 pm	\$250
MWF • 9 am-12:30 pm.....	\$175
T-TH • 9 am-12:30 pm	\$125

SUMMER CAMPS

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

Camp Sabra: grades K-2

Half-Day Program for children entering kindergarten

9 am-12:30 pm (includes lunch)

Full-Day Program for children entering grades K-2 9 am-3 pm

Register by the week June 17-August 9

Each day campers take swim lessons, gather at flagpole, have free swim and a kosher-style lunch. With sports, a Gaga pit, garden, aquatics, drama, nature, tie dye, arts & crafts and Shabbat every Friday, campers enjoy a well-rounded experience in a safe environment. Special event programming includes Color Wars, Wacky Wednesday and field trips.

Field Trips and Overnights

- JCC's J&R Day Camp in Monroeville (late stay)
- Idlewild
- South Park
- One overnight at the JCC South Hills

Camp Halutzim: grades 3-6

9 am-3 pm

Register by the week June 17-August 9

Halutzim provides children with an enriching summer filled with sports, drama, nature, arts & crafts, Judaics and much more. Each day, campers take American Red Cross-approved swim lessons and have free swim and a kosher style lunch. Halutzim campers choose a different *chug* (hobby) each week and spend 45 minutes daily with a specialist in their area of interest, such as sports, arts & crafts or nature. Special event programming includes Color War, Wacky Wednesdays and field trips.

Field Trips and Overnights

- JCC's Emma Kaufmann Camp in Morgantown, WV (overnight)
- Splash Lagoon
- JCC's J&R Day Camp in Monroeville (late stay)
- South Park

S.I.T. Leadership Program: grades 7-10

June 17-August 9
8:30 am-3:30 pm

Staff-in-training learn the responsibilities of a day-camp counselor and develop a spirit of volunteerism as well as stronger social 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 camper care associate, lead a weekly activity with their group and participate in a community mitzvah project. A prospective parent/SIT interview with the camp director is required. Attendance at the staff orientation week in June is mandatory.

Adventure Camp: grades 2-8

Register by the week
June 17-August 9
9 am-3 pm with some late pickups

Planned outings include Kennywood, Sandcastle, Carnegie Science Center, Splash Lagoon, Idlewild, Fun Slides Carpet Skate Park, J&R Day Camp 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.

Due to bus, staffing and ticket purchases, all Adventure Camp registrations must be made by May 31.

Basketball Camp: grades K-5

9 am-noon (lunch not included)
July 8-12: Grades K-2
July 15-19: Girls grades 3-5
July 22-26: Boys grades 3-5
After-Basketball camp:
Noon-3 pm (lunch included)

The focus is on basketball fundamentals and skill development—dribbling, passing, catching, pivoting, lay-ups, ball agility and correct shooting form. Camp is headed by Coach Rico Abbondanza of Score-USA Basketball.

Camp Fees by the week

Sabra Half Day	\$260
Sabra Full Day	\$410
Halutzim	\$435
Adventure Camp	\$540
SIT: Grades 8-10.....	\$210
Performing Arts Camp is a 4-week program, July 15-August 9...	\$1,600

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.

AFTER CAMP J DAYS

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

Children should bring a lunch, beverage, swim suit, towel, gym shoes and clothing appropriate for outdoor play each day.

August 12-16, 19-23

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

MCCONNELL BASKETBALL ACADEMY

Steve Manns, smanns@jccpgh.org
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/community
8 sessions:
\$200; \$220/community
Walk-in: \$35

fitness



GROUP EXERCISE CLASSES

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

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

- Absolute Abs
- Core Conditioning
- Express Classes
- Beginner Yoga
- Group Active
- Group Centergy
- Group Power
- TRX
- Yoga
- Zumba

Free Group Exercise Classes

These classes are included with your JCC membership: Absolute Abs, BOOM Muscle, Express classes, Group Active, Group Centergy, Group Power, Core Conditioning and Zumba.

Platinum Membership

Get FREE fitness classes and 10% off personal training

\$38/month (paid with membership)

Absolute Abs

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

BOOM Muscle

Thirty minutes of athletic-based exercises that tone muscle and build strength

Express Classes

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

Group Active

Get all the fitness you need—cardio, strength, balance and flexibility—in just one hour. movements, this class is for everyone

Group Centergy

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

Group Power

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

TRX

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

\$10/class

FREE with Platinum membership

Yoga and Power Yoga

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

\$9/class

FREE with Platinum membership

Beginner Yoga

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

\$6/class

FREE with Platinum membership

Moonlight Yoga

Come flow in our back yard under the full moon, weather permitting, for an hour of vinyasa yoga. Socialize after class around the fire pit with adult refreshments.

8-9 pm

Monday, June 17

Tuesday, July 16

Thursday, August 15

\$5/member; \$15/community

Zumba

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

FITNESS AND SPORTS & REC

Teen Fitness Certification

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

First Tuesday of the month: 6 pm
June 4, July 2, August 6

\$45/group session;

\$60/private session with a trainer by appointment

Pickleball

Saturday Round Robin

June 1, 15, July 6, 20

August 3, 17

12:15-2:15 pm in the Gym

\$2/member; \$5/community

Tuesday Matches/Court Time

\$2/member; \$5/community

Only one court is available.

Courts must be reserved in advance at the Front Desk.

Ping Pong

Sundays • 3-5 pm

Social Hall

Free to members; \$5/community

SENIOR ADULT EXERCISE CLASSES

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

SilverSneakers® Classic

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

SilverSneakers® Circuit

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

SilverSneakers® Yoga

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

SilverSneakers® Splash

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

Balance

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

Zumba Gold®

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

Zumba Gold Toning®

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

Arthritis Foundation Tai Chi

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

\$3/class/member

\$5/class/community

Arthritis Foundation Exercise Program

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

\$3/class/members

\$5/class/community

GOODMAN SHORTSTOP BABYSITTING

Call 412-278-1785 to register.

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

Monday–Friday • 9–11:30 AM
Monday–Thursday • 5:30–8 PM
Sunday • 9:30 AM–12:30 PM

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

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



Beneficiary Agency of
Jewish Federation
OF GREATER PITTSBURGH



United Way
Impact Fund
AWARD FOR
EXCELLENCE



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

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

FAMILY PARK HOURS OF OPERATION

**261 Rosecrest Drive
Monroeville, PA
15146-4041
412-824-4740**

**Opening Day
Saturday, May 25**
11 am-7 pm

**Monday, May 27
Memorial Day**
11 am-7 pm

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

May 28-June 7
Weekdays: closed

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

June 10-August 16
Monday-Friday: 4-7 pm

August 19-31*
Monday-Friday: 12:30-7 pm
***Contingent on weather
and staffing; call
412-521-8010 to make
sure the pool is open.**

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

**Labor Day
Monday, September 2**
(Last day of the season)
11 am-7 pm

SENIOR ADULT EXERCISE CLASS SCHEDULE

SUNDAY	10:00 am	Classic	Desiree
	11:00 am	Yoga	Desiree
	12:30 pm	Splash	Desiree
MONDAY	8:00 am	Circuit	Joanne
	9:00 am	Classic	Elaine
	10:15 am	Circuit	Bonnie
	11:15 am	Classic	Gerrie
	Noon	Splash*	Desiree
	Noon	Zumba Toning	Bonnie
TUESDAY	2:00 pm	Arthritis	Sandy
	9:00 am	Circuit	Bonnie
	10:00 am	Classic	Sylvia
	11:00 am	Tai Chi beginner	Sandy
	Noon	Tai Chi advanced	Sandy
WEDNESDAY	8:00 am	Circuit	Joanne
	9:00 am	Classic	Elaine
	10:00 am	Circuit	Elaine
	11:15 am	Classic	Kelly
	1:00 pm	Yoga	Desiree
	THURSDAY	9:00 am	Circuit
FRIDAY	10:00 am	Classic	Desiree
	11:00 am	Balance	Elaine
	Noon	Splash*	Desiree
	Noon	Zumba Gold	Bonnie
	8:00 am	Circuit	Desiree
	9:00 am	Classic	Desiree
SATURDAY	10:00 am	Circuit	Elaine
	11:15 am	Classic	Kelly
	9:15 am	Circuit	Gerrie/Joanne
	10:15 am	Classic	Gerrie/Joanne

JCC SOUTH HILLS SUMMER BUILDING HOURS

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

HOLIDAY HOURS

**Memorial Day,
Monday, May 27**
Fitness Center open 8 am-2 pm
Family Park open 11 am-7 pm

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

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

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

***Senior Adult Splash Schedule
During Camp
June 17- August 9**
Sundays, 12:30 pm
Mondays and Thursdays, noon
**Before and After Camp
June 1-16 and August 10-31**
Sundays, 12:30 pm
Mondays and Thursdays, 1 pm

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