

Summer Mini-Guide

JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH

JUNE 2019

swimming



SWIM LESSONS

Contact Carla Likar 412-339-5429 or clikar@jccpgh.org

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.

Tadpoles: ages 2-3

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

Minnnows: ages 3-5

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

Jellyfish: ages 3-5

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

Catfish: ages 3-5

Children work independently on front and back floats and glides.

Starfish: ages 6-12

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

Goldfish: ages 6-12

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

Dolphins: ages 6-12

Rotary breathing and elementary backstroke are the primary focus of this class, taught in the large pool.

Sharks: ages 6-12

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

Squirrel Hill Stingray Swimmers: ages 6-12

Refine your strokes while learning aspects of competitive swimming.

Adult: ages 13+

Learn basic techniques and become a more confident, skilled swimmer.

CLASS SCHEDULE

No class July 4

Sundays

June 16-August 18	\$120
Guppy and Me	9-9:30 am
Tadpoles.....	9-9:30 am
Tadpoles.....	11-11:30 am
Minnnows.....	9:30-10 am
Minnnows.....	11:30 am-noon
Jellyfish.....	10-10:30 am
Catfish.....	10:30-11 am
Starfish	11-11:30 am
Goldfish.....	11:30 am-noon
Dolphins	noon-12:30 pm
Sharks	12:30-1 pm
Stingray Swimmers.....	12:30-1 pm
Adult.....	1-1:30 pm

**SWIM LESSONS AT
THE FAMILY PARK—
SEE BACK PAGE**

Mondays

June 17-August 19 **\$120**

Tadpoles.....	9:30-10 am
Minnnows.....	10:15-10:45 am
Tadpoles.....	3-3:30 pm
Starfish	3:30-4 pm
Jellyfish.....	4-4:30 pm
Catfish.....	4:30-5 pm
Goldfish.....	5:15-5:45 pm
Dolphins	5:45-6:15 pm
Stingray Swimmers.....	6:15-7 pm

Tuesdays

June 18-August 20 **\$120**

Tadpoles.....	9:15-9:45 am
Jellyfish	11:30 am-noon
Starfish	Noon-12:30 pm

Wednesdays

June 19-August 21 **\$120**

Tadpoles.....	9:15-9:45 am
Tadpoles.....	11:30 am-noon
Tadpoles.....	3-3:30 pm
Goldfish.....	12:30-1 pm

Thursdays

June 20-August 22 **\$108**

Guppy and Me.....	6:15-6:45 pm
Tadpoles.....	9:15-9:45 am
Tadpoles.....	3-3:30 pm
Minnnows	11:30 am-noon
Minnnows	3:30-4 pm
Jellyfish.....	4-4:30 pm
Catfish.....	4:30-5 pm
Starfish	5:15-5:45 pm
Goldfish.....	5:15-5:45 pm
Dolphins	5:45-6:15 pm
Sharks	5:45-6:15 pm
Stingray Swimmers.....	6:15-7 pm
Adults.....	7-7:30 pm

Classes with less than 3 participants may be changed or cancelled.

Private Swim Lessons

\$37/30 minutes
6 lessons/\$33 each
10 classes/\$30 each

AQUATIC FITNESS

Arthritis Aquatic Exercise

Gentle movements increase joint flexibility and range of motion. Must have a physician's referral to participate in this 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 aerobic exercise are combined with a series of strength, flexibility and balance exercises.

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 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

kids & families



MY BABY AND ME

Contact *Ada Maria Mezzich*,
412 339-5417 or
amezzich@jccpgh.org

Family Place

A community-maintained space for families with children ages newborn-4 years

Mondays-Thursdays
8:30 am-6 pm
Fridays, 8:30 am-5:30 pm
Saturdays, 8:30 am-5:30 pm
Sundays, 8:30 am-5:30 pm
JCC members only

Schmooze n' Sing

Drop-in classes. First part of each session includes topic-based discussion and socializing. The second part is a shared experience for caregiver and child that includes singing, finger plays and sensory activities specifically designed to promote development.

Baby Style: Newborn-12 months

Tuesdays, 10:30-11:15 am

Toddler Style: 1-3 years

Thursdays
9:30-10:15 am

Family Place, 3rd floor
No fee for members
\$5/community— tickets must be purchased at the JCC Centerfit desk and presented at each class.
No refunds.

KINDERMUSIK

Register at kathysmusic.com
or call 412-345-5220

45 minutes, with a caregiver
\$61/member; \$68/community
All classes are in Room 314
Kaufmann Building, 3rd floor

Baby Camp—Zoom

Newborn-24 months
June 3-26

Mondays: 9:15-10 am

Wednesdays: 9:15-10 am

Baby Camp—Rise and Shine

Newborn-24 months
July 8-31

Mondays: 9:15-10 am

Wednesdays: 9:15-10 am

Mixed Age Camp—Go, Go, Go

Newborn-4 years

June 3-26

Mondays: 10:15-11 am

Wednesdays: 10:15-11 am

Mixed Age Camp—Beach Days

Newborn-4 years

July 8-31

Mondays: 10:15-11 am

Wednesdays: 10:15-11 am

CHILDREN

Contact *Katie Whitlatch*
412-697-3540 or
kwhitlatch@jccpgh.org

Taste of Clubhouse

Learn about the JCC's after school program for children in grades K-6. It's an open house—come at your convenience. Meet the staff, tour the facility and participate in Clubhouse-style activities.

Sunday, August 4 • 1-3 pm

DANCE

Contact *Kathy Wayne*, 412-339-5414
or kwayne@jccpgh.org

Creative Movement: ages 3-4

Mondays: 4-4:30 pm

June 17-August 5

\$100

Pre-Ballet/Tap: ages 4-5

Mondays: 4:45-5:30 pm

June 17-August 5

\$105

Step it Up Dance Camp: grades 3-6

Monday-Friday

July 15-19

9 am-3:30 pm

Robinson Dance Studio

\$250

BASKETBALL

Contact *Jeremy Kelley*,
412-697-3538 or jkelley@jccpgh.org

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

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.

Mondays

Kaufmann Gym

Power 6:45-7:40 pm

Explosive..... 7:45-8:40 pm

June 17-August 5

\$35/class; \$175/7-week session

\$50/both classes;

\$225/7-week session

JCC BUILDING HOURS

Irene Kaufmann Building

Monday-Thursday,

5:30 am*-9:30 pm

Friday, 5:30 am*-6 pm

Saturday, 8 am-6 pm

Sunday, 8 am-6 pm

*Garage entrance only

Alex & Leona Robinson Building

Monday-Thursday, 7 am-6 pm

Friday, 7 am-6 pm

Saturday and Sunday: closed

Cashier Hours

Monday-Thursday, 8 am-6 pm

Friday, 8 am-6 pm

Saturday, 8 am-6 pm

Sunday, 8 am-6 pm

HOLIDAY HOURS

Memorial Day, Monday, May 27

Centerfit 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

Centerfit open 8 am-2 pm

Family Park open 11 am-7 pm

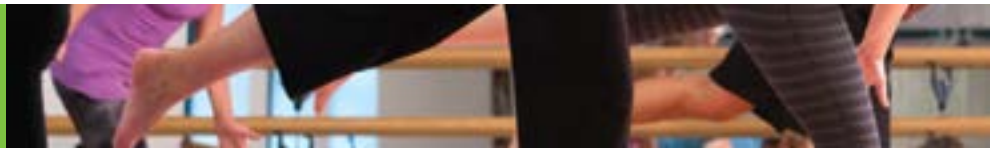
Labor Day

Monday, September 2

Centerfit open 8 am-2 pm

Family Park open 11 am-7 pm

fitness



GROUP EX CLASSES

Check at the Centerfit Desk for monthly schedule.

Summer Launches

Group Centergy

Wednesday, July 3 • 9 am

Group Active

Friday, July 12 • 9:15 am

Group Fight

Friday, July 17 • 6:15 am

Group Core

Friday, July 19 • 10:15 am

Group Power

Thursday, July 25 • 9:15 am

Group Blast

Wednesday, July 31 • 9 am

Group Exercise and Spinning Fees

Centerfit Platinum: No fee
General Members:
\$5/class; \$80/20 adult coupons
\$53/20 teen coupons

Yoga and Pilates Fees

Centerfit Platinum: No fee
General Members:
\$9/class/member; \$12/community
\$70/10-session punch card
\$140/20-session punch card

PERSONAL TRAINING

Fitness Foundations Small Group Training

Tuesdays and Thursdays
Noon-12:45 pm
June 4-28
\$165/general member
\$150/Centerfit Platinum

Team Training with Shawn

Learn new exercises to add to your workout routine plus get the motivational benefit of working out in a group.

Wednesdays and Fridays
June 5-July 26
10 am
\$300/general; \$250/Platinum

FITNESS

HIIT classes

High intensity workout targets all major muscle groups. Take as many classes as you want.

May 19-August 31
Sundays.....9 am
Mondays.....8:30 am
Tuesdays.....6 pm
Wednesdays.....8:30 am
Thursdays.....9 am & 6 pm
Saturdays.....8:30 am
\$180; \$150/Centerfit Platinum
Take as many classes as you like!

Boot Camp

Tuesdays and Thursdays
6-6:45 am
May 28-June 27
\$100/general member
\$70/Centerfit Platinum
July 9-August 29
\$160/general member
\$112/Centerfit Platinum

Teen Fitness Certification

Call Laurie Wood, 412-697-3509
This 90-minute orientation MUST be completed by teens prior to using the facility.
Sunday, July 21.....noon
\$45/orientation class or \$60 private session by appointment

Teen HIIT: ages 12-16

A JCC personal trainer will take you through high intensity total body movements in short bursts, for a huge calorie burn and tons of fun with your friends.
Mondays and Wednesdays
May 6-June 12 • 4-4:45 pm
\$95
June 17-July 17 • 11-11:45 am
\$80

WELLNESS

JCC Phase III Cardiac Rehabilitation

Call Marsha Mullen, 412-339-5415
Supervised times:
Mondays, Tuesdays, Fridays
9:30 am-11:30 am
\$25/month for SilverSneakers and JCC general members
\$48/month/AgeWell participants

Alexander Technique

Call Darlene Cridlin: 412-697-3517
Carolyn Johnston, instructor.
Thursdays.....RDS
July 11-August 29
9:45-11:15 am
\$80/session; \$100/community

Reiki

Reiki promotes stress reduction and relaxation. To schedule an appointment, call 412-697-3544.
\$70/one-hour session
\$60/Centerfit Platinum

Nutrition Counseling

Call Laurie Wood, 412-697-3509
\$55/one-hour session;
\$30/follow-up; 5 follow-ups: \$140

ADULT SPORTS

Contact Jeremy Kelley,
412-697-3538 or jkelly@jccpgh.org

Over 21 Recreational Basketball

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

Over 45 Recreational Basketball

Saturdays • 8-10 am
No fee for members

Larry Ruttenberg Adult Basketball League

ages 18+
An 8-game season plus playoffs and championship, with certified PIAA officials. T-shirts will be provided.
Wednesdays
6-10 pm
Begins June 5
\$625/team, Kaufmann Gym

Coed Pickup Volleyball

Thursdays • 7-9:30 pm
No fee

Pickleball

Contact Alan Mallinger,
412-697-3545 or
amallinger@jccpgh.org
It's a paddle sport for all ages and all athletic ability levels. Think oversized ping pong!
Tuesdays • 11:30 am-1:30 pm
Wednesdays • 11:30-1 pm
Fridays • 10:30 am-12:30 pm
Kaufmann Gym

STUART WEINBAUM SHORTSTOP BABYSITTING

Reservations are required at 412-697-3544.

Nurturing staff care for children ages 6 weeks to 5 years. Buy a monthly or annual pass 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

Babysitting services are available only while you are in our facility.



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**
5738 Forbes Avenue
Pittsburgh, PA 15217
JCCPGH.org

Family Park



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

SWIM LESSONS AT THE FAMILY PARK

We offer swim lessons on
Wednesday afternoons and
Saturday mornings.

Swim groups

• Minnows ages 3-4

Children become acclimated
to the water and work toward
unassisted floats and glides.

• Starfish ages 5-12

Students learn how to feel
comfortable with front and back
glides.

• Goldfish ages 5-12

Emphasis is on freestyle and
backstroke.

• Dolphins ages 5-12

Students improve skills and learn
rotary breathing.

Dates and Times

Saturdays

Session 1: June 15-July 13

no class July 6

Session 2: July 27-August 24

11:00-11:30 am Minnows

11:30 am-noon Starfish

Noon-12:30 pm Goldfish

12:30-1:00 pm Dolphins

Session 1: \$60/community

\$48/JCC and Summer Splash Pass

members

Session 2: \$75/community

\$60/JCC and Summer Splash Pass

members

Wednesdays

June 19-August 7

4:00-4:30 pm Minnows

4:30-5:00 pm Starfish

5:00-5:30 pm Goldfish

5:30-6:00 pm Dolphins

\$120/community

\$96/JCC and Summer Splash Pass

members

Private 30-minute lessons by appointment

Community: \$45/30 minutes

\$250/6 lessons; \$400/10 lessons

JCC and Splash Pass members:

\$37/30 minutes; \$198/6 lessons;

\$300/10 lessons

ACTIVITIES

For more information, contact

Natalie Parker, nparker@jccpgh.org.

For times, call 412-824-4740.

Sunday, June 16 • 1-1:30 pm

Swim Stroke Clinic

Improve your swim technique.

Thursday, July 4

Red, White and Blue Pool

Party

Fun and games for everyone.

Sunday, July 14 • 1-1:30 pm

Swim Stroke Clinic

Sunday, August 11 • 1-1:30 pm

Diving Clinic

Sunday, September 1

Closing Pool Party

Help us say goodbye to summer

2019!

Birthday Parties

Celebrate your birthday with us!

Saturdays or Sundays, 1-4 pm

• Use of pavilion and pools

• Mini-golf and swim games

• Certified lifeguard party host

Open to the community

Contact Carla Likar,

clikar@jccpgh.org

SPLASH PASS

Not a member? Use the Family

Park facilities from Memorial

Day to Labor Day with our

special Summer Splash Pass

(good for the Family Park only)

• Family of 3 or more: \$200

(no charge for nanny)

• Couple: \$175

• Individual: \$120

• 15% discount for senior

individuals and couples

To buy a pass, call the

Membership Office at

412-697-3522.

RENTALS AT THE FAMILY PARK

Rent the Family Park for company

picnics, parties, weddings, bar/bat

mitzvahs, banquets, retreats or any

special event. JCC membership is

not required.

Contact Stacey Davis

412-697-3503 or

sdavis@jccpgh.org

TO REGISTER: JCCPGH.ORG • 412-697-3522 • registration@jccpgh.org