Membership, Sales and Services

Email: membership@jccpgh.org  
Phone: 412-697-3522

Email: registration@jccpgh.org  
Phone: 412-521-8010

Financial Assistance

Phone: 412-697-3525

Facility Rentals

sdavis@jccpgh.org

JCC Squirrel Hill

Phone: 412-521-8010

JCC South Hills

Phone: 412-278-1975

JCC’s Annual Fund

Click Here for Information, and to Donate

TTY

Phone: 412-208-9102

Winter/Spring 2020
holiday hours

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

New Year’s Eve and New Year’s Day
Tuesday, December 31: open 5:30 am-6 pm
Wednesday, January 1, 2020: Centerfit open 8 am-2 pm

Passover
Wednesday, April 8: close at 5 pm
Thursday, April 9: closed
Tuesday, April 14: close at 5 pm
Wednesday, April 15: closed

Memorial Day May 25
Fitness center open 8 am-2 am
Family Park open 11 am-7 pm

Shavuot
Thursday, May 28: close at 5 pm
Friday, May 29: closed

View the holiday calendar »
early childhood

ECDC

My Baby & Me

PJ Library

Main Menu
Annabelle Rubinstein Early Childhood Development Center

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

Learn More »

To schedule a tour, contact:
Liza Baron, Edward and Rose Berman Director
412-697-3530 or lbaron@jccpgh.org

To register: 412-697-3531

Booken Family Kabbalat Shabbat
Celebrated every Friday during the school year. Everyone is welcome.
9:30 AM
Enrichment Programs

Amazing Afternoons: PreK - Age 4-5
We explore a different theme - such as Our City, Children Around the World and My Amazing Body - each month, with classes and visitors related to each theme.

Mondays, Wednesdays and Fridays
1:30-3 PM
Through June 19
Fee pro-rated

Math and Science Afternoons: PreK - Age 4-5
We explore numbers, animals, maps, the solar system, the earth, chemistry, machines and navigation. These topics are made exciting with books, classroom projects and hands-on fun.

Tuesdays and Thursdays
1:30-3 PM
Through June 18
Fee pro-rated

REGISTER HERE
my baby and me

For Information - Ada Maria Mezzich
Director, Family Life Department

Email: amezzich@jccpgh.org
Phone: 412-339-5417

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

Mondays-Thursdays: 8:30 am-6:30 pm
Fridays, Saturdays and Sundays: 8:30 am-5:30 pm

Cecile Goldberg Levine Family Open Gym: ages 1-5
Play in the gym with balls, bikes and other equipment.

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

PJ Library: Free Jewish Bedtime Stories
Danielle West, dwest@jccpgh.org or 412-339-5403
Sign up for PJ Library and your children ages 6 months through 8 years will receive a free, high-quality children’s book or CD each month. Enrollment is FREE.
To register, visit PJLibrary.org and click on Pittsburgh and then choose “enroll in this community.”
Baby and Me Classes

Schmooze 'n Sing
The first 30 minutes of each session will be a topic-based discussion session facilitated by Ada Maria Mezzich, developmental specialist. The second 30 minutes will be a shared experience for caregiver and child that includes singing and fingerplays.

Baby Style: Newborn -12 months

**Tuesdays, 10:30-11:15 AM**
**Family Place, 3rd Floor, Kaufmann Building**
**No fee for members; $5/community**

Toddler Style: Ages 1-3

**Thursdays, 9:30-10:15 AM**
**Family Place, 3rd Floor, Kaufmann Building**
**No fee for members; $5/community**
**$20/5 classes; $40/10 classes**

*Drop-in class tickets must be purchased at the Centerfit desk beforehand and presented at each class. No refunds.*
Kindermusik

Please check the JCC schedule for holiday closings.
Kindermusik is a research-based early childhood music program for babies through age 7. Classes are in Room 307. Enroll at www.kathysmusic.com or call 412-345-5220. You can change classes any time, subject to availability. Please check JCCPGH.org for holiday closings.

Kindermusik Foundations Babies
Newborn-24 months with a caregiver, 45 minutes.
MONDAYS, 9:15 AM
WEDNESDAYS, 11:15 AM
FRIDAYS, 9:30 AM AND 11:30 AM

Kindermusik Level 2: ages 2-3
With a caregiver, 45 minutes.
MONDAYS, 10:15 AM
WEDNESDAYS, 9:15 AM
WEDNESDAYS (FOR AGES 0-3), 10:15 AM AND 6:15 PM
FRIDAYS, 10:30 AM

Kindermusik Level 3: ages 3-4
45 minutes. Caregiver joins last 15 minutes of class
MONDAYS, 11:15 PM

REGISTER HERE
my baby and me

Kindermusik Level 4: ages 5-6
Teaching children to read and write music with singing, ensemble and movement. 60 minutes, caregiver joins for the last 10 minutes of class.

**Wednesdays, 4:15 pm**

Piano Corner Group Piano Class: ages 4-5
45 minutes

**Wednesdays, 3:15 pm**

Introduction to Violin Group Class: ages 6-7
30 minutes
Student must provide own instrument.

**Wednesdays, 5:30 pm**

Kindermusik Fees

**Levels 1-3:** $65/month/member; $72/month/community,
**Siblings:** $5 off per month

**Level 4, Piano Corner and Introduction to Violin:**
$75/month/member; $82/month/community

Enroll through May 2020. You can change classes any time (subject to availability). If you need to pause your enrollment, written notice is required prior to the first of the new month to avoid incurring charges.

**Enroll at www.kathysmusic.com »**
children, youth/teens & families

After-School Clubhouse

Children's Programs

Youth/Teens

Special Needs

Main Menu
After-School Clubhouse

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

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

Learn more about Clubhouse »

For more information about scholarships, call 412-697-3525 »

REGISTER HERE

Children

For Information - Jamie Scott
Children/Youth/Family Department Director

Email: jscott@jccpgh.org
Phone: 412-697-3520

To Register - Katie Whitlatch

Email: kwhitlatch@jccpgh.org
Phone: 412-697-3540

Winter/Spring 2020
children

J-Days: PreK*- grade 6

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

**In-house J Days:**

$65/day/child; $55 if registered one week in advance

**Field Trip J Days:**

$75/day/child; $65 if registered one week in advance.

Registration is required by 5 pm of previous business day. J-Days are subject to cancellation if enrollment requirements are not met. Parents will be notified by email 24 hours in advance of cancellation. *All children must be potty trained.

Upcoming J-Days

December 23, 24, 26, 27, 30, 31
January 20, 27, 28
April 6, 7, 8, 10, 13, 28
June 15-19

Registration is required by 5 pm of previous business day.

Before and After Care

7:30-9 am: No charge
4-6 pm: $12 (No charge for 2019-20 Clubhouse members)

Learn More »

REGISTER HERE
Snow J Days
When schools are closed because of the weather, we are open! Gym time, swim time and more, available at a moment’s notice

Please call 412-521-8010 for details starting at 7 am.

7:30 AM–4 PM:
$40/DAY/CHILD
$35/DAY/CLUBHOUSE MEMBER

4–6 PM:
$12/DAY/CHILD
NO CHARGE FOR CLUBHOUSE MEMBERS
**Kids Nite Out: PreK - Grade 6**

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

**Saturdays • 6-9 PM**
- January 18
- February 15
- March 21
- May 9

$40; $35/Clubhouse Member
$18/Sibling; $9/Clubhouse Sibling

**JCC Purim Carnival**

**Sunday, March 8**
1-3 PM
Birthday Parties: Ages 4-10

Jamie Scott, jscott@jccpgh.org or 412-697-3520

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

$350

Awesome Arts & Crafts Party
Projects may include “wearable art,” sand art and tie-dying. Choose the theme and we’ll come up with a creative party.

Creative Cooking Party
Become a “chef” for the day. Learn easy and fun no-bake recipes and then taste-test them with your friends!

Create Your Own Party
Call us and we’ll make the arrangements!
Examples: science party, spa party.

Dance Party
Learn new dance games and enjoy old favorites. Don’t forget your dancing shoes!
Games Galore
A sports party for the younger set. Parachute play, Mr. Fox, Red Light/Green Light and Duck Duck Goose.

No Sleep Slumber Party
Party goers ages 7-10 are encouraged to wear their PJs while they participate in fun activities like pillow-case decorating, blanket-making, a fashion show and more!

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

Superstar Sports Party
We’ll lead the games—wiffleball, kickball, soccer, hockey, relay races and more—for a winning party.

Swim Party: ages 5-10
Open swim time, games and relay races in our beautiful indoor pool or at the Family Park outdoor pool during the summer.
Richard E. Rauh
Senior High Musical
Don’t miss the JCC’s Senior High Musical directed by Jill Machen.

Performances

**Thursdays, February 13 and 20 • 7:30 pm**
**Saturdays, February 15 and 22 • 8 pm**
**Sunday, February 16 • 2 pm**
The Second Floor: Grades 8-12

thesecondfloor@jccpgh.org

The Second Floor is the JCC Teen Center. Located upstairs in the JCC Robinson building, The Second Floor is open daily for unlimited snacks and coffee, vinyls, Netflix, PlayStation, Xbox and more! The Second Floor is the most coveted spot to hang out with friends, do homework, or host a youth group meeting. Our fridge is stocked with an assortment of food to keep you fueled and ready to tackle whatever the day throws at you. Our Peer Engagement Interns and staff are always here to greet you! Stop on by whether it’s just to grab a snack or converse with friends, we love to see new faces!

**MONDAY AND FRIDAY: 3-5 PM**
**TUESDAY-THURSDAY: 3-7 PM**

Teen Program Communities
(And how you can find yours)

The Second Floor has many opportunities for teens to be engaged in meaningful experiences, build lifelong friendships, and to develop into the future leaders that will make the world a better place. The Second Floor provides experiences that meet teens wherever they are at. Want to learn more about Judaism and Jewish life? — we’ve got that covered. Want to work on skills to be a more effective leader? — covered! Want to actively engage in making the world a better place? We’ve got that covered too. Whatever your interest, there’s something for everyone.
Get Your Think On!
Learning Programs

J Line • Grades 8-12

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

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

Modern Hebrew powered by J Line: grades 8-12

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

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

REGISTER HERE
teens

Brunch B’Yachad/Nosh and Know: grades 7-12
thesecondfloor@jccpgh.org

Our Nosh and Know series brings together teens to build kehillah (community) over a Sunday morning brunch. Each Nosh and Know has a special theme that brings together teens to learn, develop leadership skills, or create an impact in our community while we stuff our faces and enjoy each other’s company. Rotating menu options and guest speakers.
Be The Change
Volunteer Programs

J-Serve: grades 6-12

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

March 29, 2020

J-Serve Pittsburgh is an annual day of service learning for 6th-12th graders, planned by a teen steering committee and offering a wide array of service opportunities to participants from all over the greater Pittsburgh area. Last year, more than 300 teens came together in service (one of the largest J-Serve events in North America!), doing everything from preparing meals for families in need to packing craft kits for patients at Children’s Hospital to cleaning up Squirrel Hill’s streets, and much more.

Visit the J-Serve website »

J-Serve Pittsburgh is a partnership of the Jewish Community Center of Greater Pittsburgh, Repair the World: Pittsburgh, BBYO, and the Volunteer Center of the Jewish Federation of Greater Pittsburgh.
The Samuel M. Goldston Teen Philanthropy Project: grades 7-8

Alex Malanych, amalanych@jccpgh.org or 412-697-3233

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

New! Sunday Service: grades 8-12

thesefloor@jccpgh.org

Join the teen community on The Second Floor as we volunteer once a month on Sunday afternoons throughout the Pittsburgh community. We will learn about the different issues facing our community, make an impact in our neighborhood, and earn service hours!

January 19, February 16, March 8, April 26, May 17
Light The Way
Leadership Programs

Diller Teen Fellowship: grades 10-11
Alex Malanych, amalanych@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.

Chai Mitzvah: grades 9-11
Chris Herman, cherman@jccpgh.org or 412-339-5395
Grow your Judaism in Chai Mitzvah, a selective nine-month journey for teens to deep dive into Jewish learning with other Jewish teens engaged in an organized cohort experience. Reconnect, recharge, and re-examine your Jewish life.

REGISTER HERE
Pittsburgh Partnership Ambassador Program

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

During your time in the Pittsburgh Partnership Ambassador Program and in Karmiel & Misgav, Israel, you will volunteer with different youth organizations in the region to provide experiences centered around Jewish life in Pittsburgh and North America. Upon returning from Israel, you will serve as an ambassador to bring Israel and Jewish peoplehood experiences to our local teen community through ambassador work at the JCC. You will work closely with the shinshinim (18-year-old Israeli emissaries who defer their army service for one year to volunteer in Jewish communities).
Find Your Tribe

Niche Programs

**New!** ESPORTS: grades 8-12

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

Join the JCC Esports League. Also known as electronic sports, esports is organized, multiplayer, competitive video gaming on a scale that rivals and resembles traditional professional sports. Compete against your friends and teens from different JCCs across the country in Madden and Rocket League.

**New!** Israel Club: grades 8-12

Passionate about Israel? Curious to know what’s going on in Israel? Then the Israel Club is perfect for you! The Israel Club will meet once a month to have conversations and debate the hot topics in Israel’s society. The Israel Club will be facilitated by our four wonderful Shinshinim from Israel.

**Tuesdays • 4:30-6:30 PM**

**January 7, February 11, March 3, April 14, May 5**
teens

Rosh Chodesh: grades 9-10
thesecondfloor@jccpgh.org

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

REGISTER HERE
Community Programs

**New! Friday Shabbat on The Second Floor:** grades 8-12

**Email** thesecondfloor@jccpgh.org **to RSVP!**

Join us once a month as we bring our teen community together to build kehillah and enjoy a Shabbat feast together. Each Shabbat fest will include delicious food, great conversations and endless fun.

**Dates: Jan 17, Feb 21, Mar 20, April 24, May 22**

**Shulayim L’Shalom:** grades 7-12

**Hannah Weintraub, hannah.weintraub95@gmail.com**

The Hebrew word shulayim—meaning margins—contains within it the root letters for the Hebrew word shalom—peace. We cannot achieve true peace without engaging those at the margins of our communities. We invite teens to turn their diverse identities and experiences into sources of creativity, connection and empowerment during monthly meetings.

**Peer Corps with Repair the World:** grades 6-12

**Rachel Libros, rachel.libros@werepair.org**

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

FOR MORE YOUTH/TEENS PROGRAMS AT THE JCC

- Youth Sports
- Teen Fitness
- Basketball
- Emma Kaufmann Camp
- Yalla Balagan Teen Travel Camp
- Performing Arts Camp
- Dance

REGISTER HERE

Section Menu  Main Menu
For Information - Rachael Speck  
Program Development Coordinator, Children Youth & Family

Email: rspeck@jccpgh.org  
Phone: 412-697-3537

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.

Visit Our Website »

Earl Latterman Family Jewish Singles Social Network,  
Jewish Residential Services

Call 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 PM
special needs

Violet and Joseph Soffer Foundation and Family Special Olympics

Call Ellen McBride at 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 • NO FEE

Swimming

TUESDAYS • 5-6 PM • NO FEE

Gesher Program at Emma Kaufmann Camp

Aaron Cantor, acantor@jccpgh.org or 412-339-5412

The Gesher program serves high-functioning teens with special needs. Gesher participants engage in their favorite camp activities such as ropes course, water-tubing and horseback riding. Campers learn teamwork, independence and Jewish identity. Interaction with other campers and integration into activities with groups of all ages is a focal point of our program.
Gesher Young Adult Center

Rachael Speck, rspeck@jccpgh.org or 412-697-3537

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

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

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

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

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

For more information or to schedule a trial period, please contact Rachael Speck at 412-697-3537 or rspeck@jccpgh.org
center for loving kindness
For Information - Rabbi Ron Symons
Senior Director of Jewish Life

Email: rsymons@jccpgh.org
Phone: 412-697-3235

Our Goals

• Activate people to become engaged.
• Energize neighbors through cross-cultural programs to cross geographic borders and learn from each other.
• Work with clergy and spiritual leaders to strengthen the interfaith network of people of faith, hope and values.
• Show up for neighbors through our ‘ministry of presence’—moving in close to listen, laying down our defensiveness and offering up empathy instead—when one community experiences an event that causes trauma.

Voices and Values: End of Passover Social Justice Sing-in

As Passover comes to an end, we invite you to sing with Cantor Julie Newman, Cantorial Soloist Sara Stock Mayo and a variety of community organizations in an old-fashioned community sing-in. While most Passovers often begin with a luxurious meal and end with an unremarkable last taste of matzah, this year Passover will end with all of our voices together.

Thursday, April 16
7-8:30 PM

Find more upcoming events on Facebook:
XOXO: A Project About Love and Forgiveness

February–May, 2020

Originally organized by the Children’s Museum of Pittsburgh, XOXO lets us all join the conversation about love and forgiveness. Explore, interact and consider what makes us sad, mad, and happy and about what makes us feel connected. Think about love and forgiveness. And play. An interactive exhibit, XOXO offers opportunities for people of all ages to share, connect, converse, think and feel. It helps kids and families explore big questions and emotions and deal with them in positive ways:

- Explore the wonders of handwritten letters and write a note to someone special
- Draw or write what makes you angry or sad and release those feelings
- Answer prompts and leave your response with a collaborative collection
- Create care packages
- Pose with a loved one and take a photo in the Photo Op
sports, aquatics & dance

Aquatics
Swim Lessons
Dance
Tots & Preschool Sports
Youth Sports
Youth Basketball
Sports and Rec

Main Menu
Aquatic Fitness

For Information - Carla Likar
Aquatics Director

Email: clikar@jccpgh.org
Phone: 412-339-5429

Arthritis Foundation Aquatic Exercise
Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. Must have a physician’s referral to participate in this certified program.

Mondays, Wednesdays, Fridays • Noon-1 pm
Small Pool • No Fee

Shake, Splash and Roll
This low-impact aerobic class includes total body conditioning and toning, using water resistance to improve core strength and balance.

Mondays, Wednesdays, Fridays • 10:45-11:30 am
Small Pool • No Fee

Aqua Fit
This fast-paced aerobics class combines cardio, core, balance and strength training. Resistance equipment maybe used at the instructor’s discretion.

Mondays, Wednesdays, Fridays • 9-10 am
Large Pool • No Fee

REGISTER HERE

Section Menu  Main Menu

Winter/Spring 2020
SilverSplash
Short bursts of cardiovascular aerobic exercise are combined with a series of strength, flexibility and balance exercises using a specially designed SilverSneakers® kickboard.

TUESDAYS, THURSDAYS • 10:45-11:30 AM
SMALL POOL • NO FEE

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

TUESDAYS, THURSDAYS • 8-9 AM
SMALL POOL • NO FEE

Learn more about our Aquatic Fitness Programs »
swim lessons

For Information - Carla Likar
Aquatics Director

Email: clikar@jccpgh.org
Phone: 412-339-5429

JCC Sailfish Swim School
Click here for swim lesson schedule

Guppy and Me: ages 6-24 months
Parent/child class where songs and games are used to build confidence in the water.

Tadpoles: age 2
(Parents do not get in the water)
Children learn to get in and out of pool unassisted, blow bubbles, put their face in the water, practice front and back floats with support, explore arm and leg movements and kicking on their front and back with support.

Minnows: ages 3-5
Children learn to kick on their front and back and blow bubbles while putting their face in water. They practice front and back floats with minimal support and changing direction while walking, paddling or holding the wall.
swim lessons

Click here for swim lesson schedule

Jellyfish: ages 3-5
Children practice unsupported front and back floats (starfish float) and front glide with their face in for 1 body length—superman glide or streamline position.

Catfish: ages 3-5
Children combine arm and leg action for freestyle and backstroke. Beginner breathing techniques are introduced.

Starfish: ages 6-12
Children practice unsupported front and back floats and start to combine arms and legs for four strokes of freestyle.

Goldfish: ages 6-12
Children practice bobbing/treading while moving to safety in chest-deep water. Freestyle rotary breathing will be the main focus along with perfecting backstroke arms and legs.

Dolphins: ages 6-12
Children learn to swim underwater and tread in deep water. They practice freestyle with rotary breathing and backstroke. Breaststroke will be introduced.

Sharks: ages 6-12
Children refine freestyle and backstroke, perfect breaststroke and are introduced to butterfly and open turns.
Click here for swim lesson schedule

Aquadults: ages 13+
Aquadults classes are designed to help beginner swimmers regardless of their starting point. Aquadults group lessons are ideal for adults who have never learned to swim, have a fear or hesitation of the water or want to perfect their swimming stroke.

Beginner:
Get comfortable in the water, learn breathing and buoyancy techniques, floating, gliding, and kicking. The class will introduce freestyle, backstroke, and sidestroke.

Intermediate:
Learn breaststroke and refine freestyle and backstroke skills. Rotary breathing is introduced.

Advanced:
Focus on more advanced techniques, such as flip turns and refining of the four competitive strokes for efficiency and speed.

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

$37/HALF-HOUR
6 CLASSES/$33 EACH
10 CLASSES/$30 EACH
Squirrel Hill Sailfish: ages 6-12
Introduction to Competitive Swimming

Natalie Parker, nparker@jccpgh.org
Children practice all four competitive swim strokes. Emphasis is on competitive techniques such as streamline turns, finishes and endurance training.

Team Practice

Mondays and Wednesdays
January 13-May 20
4-5 pm • $200

JACK MORRIS INVITATIONAL SWIM MEET
Join us for the 10th annual swim meet honoring the memory of beloved swim teacher and coach Jack Morris. Participants include Squirrel Hill Swim Team members, any level 5 or 6 swimmers and Sailfish team members.

Sunday, February 9 • 2 pm
Ages 12 and under
JCC Squirrel Hill Pool

To make a contribution to the Jack Morris Endowment Fund for JCC Aquatics, call the JCC at 412-697-3510 or donate at JCCPGH.org.

The Jack Morris Endowment Fund provides scholarships for children to participate in JCC swimming programs.
swim teams

JCC Sailfish
Through August 2020

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

- PittsBurgh Group Sailfish: ages 7+
- Allegheny Group Sailfish: ages 7+
- Pennsylvania Group Sailfish: ages 10-18
- U.S. Group Sailfish: ages 13-18
- U.S. National Group

Masters
For adults interested in competitive swimming and harder workouts.

FEE PRO-RATED

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

SUNDAYS • FEE PRO-RATED

Sailfish Strength Training: ages 13+
Laurie Wood, lwood@jccpgh.org or 412-697-3509
Build total body strength using traditional weight training exercises to enhance swim performance with special attention to injury prevention of the shoulder. By appointment.

$150/10 SESSIONS

REGISTER HERE
dance

For Information - Kathy Wayne
Dance Director

Email: kwayne@jccpgh.org
Phone: 412-339-5414

The Philip Chosky Performing Arts Program
Our goal is to help your child gain poise, flexibility, strength and an appreciation for the art of dance.

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

Registration
Participants must be registered before the first class begins. If your child is in Level 3 or above, please call the Director to discuss your child’s placement.

Dance Recital
• Our annual dance recitals are held in May/June.
• Costumes are mandatory for participants in the dance recital and must be purchased by parents in January.
• Students must be registered by January to participate in the dance recital.

Learn more »

REGISTER HERE
dance

Ballet
Barre and center floor exercises; students advance based on their ability to perform given steps.

Tap
Rhythm, musicality and sound clarity skills are introduced; dancers learn a vocabulary of tap steps to be used to develop fun choreography.

Jazz
Jazz dance incorporates many styles, from modern dance, Broadway musicals and Hollywood movies, to street, folk and popular dance. Students must be at least 7 years old.

REGISTER HERE

Winter/Spring 2020
dance

Preschool Dance Classes
Click here to learn more about dates and pricing.

Creative Movement: ages 3-4
Pre-Ballet: ages 4-5
Pre-Ballet/Tap: ages 4-5

School Age Dance Classes
Click here to learn more about dates and pricing.

Ballet / Tap
Ballet/Tap 1: ages 5-6
Ballet/Tap 2: ages 6-7

Ballet / Tap / Jazz
Ballet/Tap/Jazz 4: ages 7-8
Ballet/Tap/Jazz 6: ages 8-10
Ballet/Tap/Jazz 7: ages 10-12
Ballet/Tap/Jazz 8: ages 11-13
Ballet/Tap/Jazz 9: ages 12-14
Ballet/Tap/Jazz 10: ages 13-18

REGISTER HERE
dance

Contemporary Dance Styles

LYRICAL JAZZ: AGES 11-18
HIP HOP: AGES 7-11

Pointe/Pre-Pointe (Must be approved by the Director)

Clubhouse Dance: grades 3-5
This is a fun dance club especially for Clubhouse kids. A beginner intro to dance and jazz style will be taught. Please wear comfortable clothing that you can move in. No dance recital.

TUESDAYS • 4:15-5 PM
JANUARY 7-APRIL 7
$140 • KDS

Musical Theater Jazz Dance: grades 5-9
Learn basic jazz and musical theater dance moves. Gain the confidence you need to perform and audition for musicals. Please wear comfortable clothing that you can move in. No dance recital.

FRIDAYS • 5-6 PM
JANUARY 10-APRIL 10
$140/MEMBER; /$170 COMMUNITY

REGISTER HERE
dance

Richard E. Rauh
Senior High Musical

Don’t miss the JCC’s Senior High Musical directed by Jill Machen.

Performances

THURSDAYS, FEBRUARY 13 AND 20 • 7:30 PM
SATURDAYS, FEBRUARY 15 AND 22 • 8 PM
SUNDAY, FEBRUARY 16 • 2 PM
Kaufmann Gym unless otherwise noted. Escorts provided for children in ECDC and Clubhouse.

**Cecile Goldberg Levine Family Open Gym:**
**Ages 1-5**
Play safely in the gym with balls, bikes and other equipment. Special themes first Sunday of each month.

**SUNDAYS, ONGOING • 10-11:30 AM**
**NO FEE FOR MEMBERS**
**NO REGISTRATION REQUIRED**
Tots

Tiny Tot Sports
Children learn various sports skills to enhance motor development. Participate in a different sport each week.

**THURSDAYS • 9-9:20 AM**
**JANUARY 9-FEBRUARY 27**
$80; $70 ECDC

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

**THURSDAYS • 9-9:20 AM**
**MARCH 12-APRIL 2**
$40; $35/ECDC

Tumbling Tots
Children will learn the basics of tumbling while focusing on their coordination, balance, flexibility and motor skills.

**THURSDAYS • 9-9:20 AM**
**APRIL 30-MAY 21**
$40; $35/ECDC
Preschool: ages 3-5

Tiny Tumblers
Children are introduced to the basics of tumbling in a fun and structured atmosphere. Balance beam, forward rolls, backward rolls, and other body awareness skills will be covered.

**Mondays • 3-3:30 PM OR 3:45-4:15 PM**
**January 6-February 24**
$90; $80/ECDC

**Thursdays • 3-3:30 PM OR 3:45-4:15 PM**
**March 12-April 2**
$50; $40/ECDC

**Wednesdays • 3-3:30 PM OR 3:45-4:15 PM**
**April 29-May 20**
$50; $40/ECDC

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

**Fridays • 3-3:30 PM**
**January 10-February 28**
$90; $80/ECDC
Super Shooters Soccer
Goal! Children develop motor, team and social skills while learning basic soccer skills and rules.
**TUESDAYS • 3-3:30 PM OR 3:45-4:15 PM**
**JANUARY 7-FEBRUARY 25**
**APRIL 28-MAY 19**
$50; $40 ECDC

**MONDAYS • 3-3:30 PM OR 3:45-4:15 PM**
**MARCH 9-30**
$50; $40 ECDC

Tiny T-Ball
Children learn the fundamentals of T-Ball, including hitting, catching and throwing.
**FRIDAYS • 3-3:30 PM**
**MARCH 13-APRIL 3**
$50; $40/ECDC

**MONDAYS • 3-3:30 PM OR 3:45-4:15 PM**
**APRIL 27-MAY 18**
$50; $40/ECDC
Little Penguins Hockey
Shoot and score! Children learn the basics of stick handling, passing, shooting and defense.

**WEDNESDAYS • 3-3:30 PM OR 3:45-4:15 PM**
**JANUARY 8-FEBRUARY 26**
$90; $80/ECDC

**TUESDAYS • 3-3:30 PM OR 3:45-4:15 PM**
**MARCH 10-31**
$50; $40/ECDC

**THURSDAYS • 3-3:30 PM OR 3:45-4:15 PM**
**APRIL 30-MAY 21**
$50; $40/ECDC

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

**THURSDAYS • 3-3:30 PM OR 3:45-4:15 PM**
**JANUARY 9-FEBRUARY 27**
$90; $80/ECDC

**WEDNESDAYS • 3-3:30 PM OR 3:45-4:15 PM**
**MARCH 11-APRIL 1**
$50; $40 ECDC

**FRIDAYS • 3-3:30 PM**
**MAY 1-22**
$50; $40 ECDC

[REGISTER HERE]
youth sports

For Information - Brandi D’Amico
Director, Sports and Recreation

Email: bdamico@jccpgh.org
Phone: 412-697-3532

Mighty Kicks Soccer: grades K-3
Mighty Kicks offers a high-energy, fun program that helps children develop coordination and confidence while also improving their soccer skills and playing ability. Coach Sam Bellin is current Allderdice High School Soccer coach. He was inducted into the Western PA Jewish Sports Hall of Fame in 2016.

Thursdays • 5-6 pm
January 9-February 27
$100; $85/Clubhouse

REGISTER HERE
Youth Tennis: grades K-6
Learn the skills and rules of the game from certified instructor Mark Haffner.

**Fridays**
- Introductory ............... 4-5 PM
- Intermediate ............... 5-6 PM

**January 10-February 28**
- $100; $85/Clubhouse

**March 13-April 3**
- $60; $50/Clubhouse

**Private Tennis and Rollerblading Lessons**
Learn from certified instructor Mark Haffner. By appointment.
- $46/hour; $28/half hour
youth basketball

For Information - Jesse Goleman
Director, Sports and Recreation

Email: jgoleman@jccpgh.org
Phone: 412-697-3538

Little Rookies Spring Clinic: grades K-2
This 6-week program places an emphasis on fun and teaches fundamental skills necessary for younger players to learn to play the game the right way.

Sundays • 2-2:45 PM
March 22-May 3 (No class April 12)
$75; $95/Community

Spring Skills Clinic: grades 3-8
This clinic is designed to get young players excited about basketball with age-specific drills focusing on the fundamentals in a fun and positive learning environment.

Sundays • 4-5 PM
March 22-May 3 (No class April 12)
$75; $95/Community
Robinson Gym
youth basketball

N.B.A. (No Boys Allowed) Skills Clinic: grades 3-8
High energy, enthusiasm and tons of fun create a clinic experience that girls of all ages and skill levels will love. Female coaches are role models in a competitive environment designed to instill self confidence.

Sundays • 3-4 PM
March 22-May 3 (No class April 12)
$75; $95/community
Robinson Gym

REGISTER HERE
youth basketball

Leagues

Jewish Teen Basketball League
Spend Sunday nights competing against teams from local synagogues. Check with your synagogue to see if they participate or call Jesse Goleman at 412-697-3538 for more details. There are divisions for both Middle School and High School teams.

**Sunday evenings**
**March 15-May 3**
**Games at 6 PM, 7 PM and 8 PM**

Middle School Spring League:
Boys and Girls grades 4-8
Teams will be formed, with league games and playoffs to follow. All players receive a team shirt.

**Thursdays, March 12-May 21**
**Games at 6 PM and 7 PM**
**$75/member; $95/community**
**Robinson Gym**

Boys High School Spring League: grades 8-12
Teams will be formed, with league games and playoffs to follow.

**Tuesdays and Thursdays**
**March 12-May 21**
**Games at 8 and 9 PM**
**$50/member; $60/community**
**Robinson Gym**

REGISTER HERE
Sports

All programs take place in the Kaufmann Gym unless otherwise noted.

Over 21 Recreational Basketball
Drop in for organized pick-up games.

**Tuesdays • 5-7 PM**  
**Saturdays • 10 AM-NOON**  
**Sundays • 8-10 AM**

**No Fee For Members**

Learn More »

Over 45 Recreational Basketball
Drop in for organized pick-up games.

**Saturdays • 8-10 PM**

**No Fee For Members**

Learn More »
Larry Ruttenberg Adult Basketball League
Call Jesse Goleman, 412-697-3538
**Wednesdays**
**Begins January 29**
$625/Team; open to the community

Coed Volleyball
**Thursdays • 7-10 PM**
**No fee for members**

Pickleball
**Call Alan Mallinger, 412-697-3545**
It’s a paddle sport for all ages and all athletic ability levels. Played on a badminton-sized court with a tennis style net, it has very simple rules and is easy to learn and play. Think oversized ping pong!

**Kaufmann Gym**
**Tuesdays • 11:30 AM-1:30 PM**
**Wednesdays • 11:30-1 PM**
**Fridays • 10:30 AM-12:30 PM**

**Robinson Gym**
**Monday-Friday**
**8 AM-Noon**
**Participants will have to set up the net themselves.**
Catchball for Women
Come join us for catchball open gym. Learn a new game while
having fun and meeting new people!
Day and time TBA
Contact Brandi D’Amico, bdamico@jccpgh.org or 412-697-3532

Maccabi Soccer
Call Jesse Goleman, 412-697-3538
Start prepping for the 2020 Maccabi Games!
SUNDAYS • 11 AM-NOON
JANUARY 5-FEBRUARY 2

Court Sports
Contact Alan Mallinger, 412-697-3545 or amallinger@jccpgh.org
Our two indoor courts are used for racquetball, handball and
squash. Members may reserve courts up to seven days in advance.
Reservations are taken during regular JCC hours at the Centerfit
desk, or call 412-339-5411.
The fee for court time is $4/hour and must be paid in full at the
Centerfit desk prior to play. Centerfit Platinum members play for
no charge. A general member or a guest must pay a $2 court fee
when playing with a Centerfit Platinum member.
Private Lessons

**Brandi D’Amico**, bdamico@jccpgh.org or **412-697-3532**

**Rollerblading**
Learn from teaching professional Mark Haffner. By appointment.
$46/HOUR; $28/HALF-HOUR

**Tennis**
Learn from teaching professional Mark Haffner. By appointment.
$46/HOUR; $28/HALF-HOUR

**Private Basketball Lessons: ages 10 +**
**Private Soccer Lessons: ages 10+**
Work closely with a qualified JCC instructor to improve your game.
Contact Jesse Goleman at **412-697-3538** to schedule your session.

**AGES 13+: $46 FOR A ONE-HOUR LESSON**
**AGES 12 AND UNDER: $28 FOR A HALF-HOUR LESSON**
Join Today for These Benefits

- Adults-only spa-style locker rooms, concierge services and discounts
- ALL Group Exercise, Yoga, Spinning and Pilates classes are FREE
- FREE Racquetball/Squash/Handball Court time
- DISCOUNT of up to 10% off Personal Training Contracts
- DISCOUNT on Massage up to 20%
- Steam, sauna and whirlpool
- Towel service, hair dryers and toiletries
- Free coffee and tea
Massage at Centerfit Platinum is a relaxing and rejuvenating experience, far removed from life’s fast pace. Our facilities include four private massage rooms.

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

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

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

**Sports**
Whether you are a serious athlete or just trying to get in shape, a sports massage can help you recover faster and prevent injuries. Restorative Perfect for runners or cyclists training for a race, this massage allows you to recover faster and train harder with less injury.

Call 412-697-3544 for an appointment
Restorative
Perfect for runners or cyclists training for a race, this massage allows you to recover faster and train harder with less injury.

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

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

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

Pregnancy
Reduces stress and anxiety, decreases swelling and relieves aches and pains.
Chair
Chair massage reduces stress and headaches while relaxing the muscles of your neck, back and arms.

Cupping
A unique massage modality used to loosen the soft tissue of your body called fascia. This is done with silicone cups that suction onto your body and lift the fascia, increasing blood flow and bringing more oxygen to the area.

**Massage Fees: Centerfit**

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Half Hour</td>
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<tr>
<td>Hour</td>
<td>$54</td>
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<tr>
<td>Aromatherapy</td>
<td>$70</td>
</tr>
<tr>
<td>10 Half-Hour Coupons (Platinum only)</td>
<td>$250</td>
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</tbody>
</table>

**GENERAL MEMBERS: ADD $10**

**COMMUNITY: ADD $20**

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

**Sundays**
January 5, February 2, March 1, April 5, May 3
4-6 PM

Learn more on our website »
Everybody Week
January 19-26

Join us in a celebration of the JCC community with a week of free events and giveaways.

Bring a friend for free and enjoy programs and classes, snacks, free massages, sports competitions and more!

REGISTER HERE

Winter/Spring 2020
Events

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 that they refer who joins the JCC in the months of February and March. The winner receives 6 months of Centerfit Platinum!

**Begins Sunday, January 19**
**Sign up: 8:30-10 am at the Personal Training Desk**
**No fee**

Indoor Triathlon: all ages
Compete individually or as a parent/child team. The events vary, depending upon age, from a 250-500 yard swim, 2-4 mile bike ride and a 1-2 mile walk/jog/run on the track.

**Sunday, January 26**
11:30 am-3 pm
**Register by January 9**
$25/under age 16; $30/age 16+
**Register after January 9:**
$30/under age 16; $35/age 16+
$50/community
classes

laurie wood, lwood@jccpgh.org or 412-697-3509

boot camp

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

tuesdays and thursdays • 6-6:45 am • kaufmann gym

january 7 - march 12
$200; $140/centerfit platinum

march 17 - may 21 (no class april 9)
$200; $140/centerfit platinum

barbell mechanics

proper lifting techniques for squats, bench press and deadlifts that will include functional warmups and progressive accessory exercises that will improve your form, technique and strength. ben weinberger, instructor.

mondays and wednesdays • 6 pm

january 6 - 29
$120
TRX class
The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You’re in control of how much you challenge yourself on each exercise, because you can simply adjust your body position to add or decrease resistance. Space is limited.

**Fridays • 8-8:45 AM**  
**January 10-March 13**  
$120; $99/CenterFit Platinum

Group Cycling Challenge
Geared toward endurance cyclists and competitive athletes. The emphasis is on endurance, cadence, climbing and sprints, as well as team exercises. Taught by endurance athlete Dan Holland.

**Tuesdays and Thursdays • 5:45-7 AM**  
**January 7-February 27**  
$200

*Community members can try one class for $15. Fee reimbursed if you join!*
High Intensity Interval Training

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

Saturdays .................. 8:30 AM
Sundays ..................... 9 AM
Mondays ..................... 8:30 AM
Tuesdays ..................... 6 PM
Wednesdays .................. 8:30 AM
Thursdays .................... 9 AM and 6 PM
January 5-April 25 (No class April 9, 14, 15)
$170; $140/Centerfit Platinum
Take as many classes as you like!

PT at the JCC

To schedule, call 412-697-3505.

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

Monday through Friday appointments
teen fitness

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

Teen Fitness Certification
This 1½-hour orientation MUST be completed by teens ages 13-15 prior to using the facility.

$45/orientation class
SATURDAY, JANUARY 18 ......................... NOON-1:30 PM
SUNDAY, FEBRUARY 23 ........................ NOON-1:30 PM
THURSDAY, FEBRUARY 20 .................. 4-5:30 PM
SUNDAY, MARCH 15 ......................... NOON-1:30 PM
THURSDAY, MARCH 26 ................... 4-5:30 PM

OR $60/private session with a trainer

Deck Time: ages 10-13
Have fun and exercise with your friends at the JCC. A JCC fitness instructor will lead you through a Workout of the Day.

TUESDAYS AND THURSDAYS • 4-5 PM
$5/SESSION; $45/10 VISITS

Teen HIIT: ages 12-16
A 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 • 4-4:45 PM
JANUARY 6-FEBRUARY 26 ..................... $125
MARCH 3-APRIL 23 .............................. $125
teen fitness

Sailfish Strength Training: ages 13+
Build total body strength using traditional weight training exercises to enhance swim performance with special attention to injury prevention of the shoulder. By appointment.

$150/10 SESSIONS

Barbell Mechanics
Proper lifting techniques for squats, bench press and deadlifts that will include functional warmups and progressive accessory exercises that will improve your form, technique and strength. Ben Weinberger, instructor.

 MONDAYS AND THURSDAYS • 4 PM
JANUARY 6-30 ........................................ $90
FEBRUARY 3-27 .................................... $90
MARCH 2-26 ........................................ $90
JANUARY 6-MARCH 26 ....................... $240

BeastMode Bootcamp
Speed, agility and strength training designed to help teens excel at their sport. Includes progression, injury prevention and improvement in exercise efficiency. Dan Holc, instructor.

TUESDAYS • 4 PM AND SATURDAYS • 11 AM
JANUARY 4-28 ........................................ $90
FEBRUARY 4-29 ..................................... $90
MARCH 3-28 ....................................... $90
JANUARY 4-MARCH 28 ....................... $240
DROP-IN: $15

REGISTER HERE
group exercise

For Information - Patti Sciulli
Director, Women’s Centerfit Platinum, Group Excercise and Wellness

Email: psciulli@jccpgh.org
Phone: 412-697-3507

View the monthly Group Exercise schedule »

WINTER GROUP EX LAUNCHES
Try these classes for FREE and bring a friend

• **GROUP CENTERGY:** **WEDNESDAY, JANUARY 8 • 9 AM**
• **GROUP FIGHT:** **FRIDAY, JANUARY 17 • 6:15 AM**
• **GROUP ACTIVE:** **FRIDAY, JANUARY 24 • 9:15 AM**
• **GROUP POWER:** **THURSDAY, JANUARY 30 • 9:15 AM**
• **GROUP CORE:** **TUESDAY, FEBRUARY 4 • 7:30 AM**
• **GROUP BLAST:** **WEDNESDAY, FEBRUARY 12 • 9 AM**

**Throwback Thursday**
Grab your legwarmers and join our Group Ex team as we grapevine our way through the eighties! Prizes for the best outfits—let’s get physical!

**THURSDAY, MARCH 12**
10:15 AM
group exercise

Classes
*Please see the monthly Group Exercise schedule for an up-to-date list of classes, days and times.*

**View the monthly Group Exercise schedule »**

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

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

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

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

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

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

**Blast 30**
30 minutes of high energy cardio training.

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

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

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

**Fight 30**
The Best of Fight, done in 30 minutes!

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

Zumba
Exciting Latin moves and rhythms.

Pilates and Yoga Therapy

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

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

Fees for One-on-One Pilates and Yoga Therapy:

CENTERFIT PLATINUM MEMBERS:
$60/1-HOURS SESSION
$110/TWO SESSIONS
3-5 SESSIONS: $50/SESSION

GENERAL MEMBERS:
$66/1-HOUR SESSION
$122/TWO SESSIONS
3-5 SESSIONS: $56/SESSION
group exercise

Fees for Group Exercise & Spinning

**CENTERFIT PLATINUM: NO Fee**

**GENERAL MEMBERS:**

$80/20 ADULT COUPONS

$53/20 TEEN COUPONS

DROP-IN: $5

Yoga and Pilates Classes

**CENTERFIT PLATINUM: NO Fee**

**GENERAL MEMBERS:** $140/20-SESSION PUNCH CARD

(GET ONE SESSION FREE WITH FILLED CARD)

$70/10-SESSION PUNCH CARD

DROP-IN: $9/MEMBER; $12/COMMUNITY

 REGISTER HERE

Winter/Spring 2020
wellness

For Information - Laurie Wood
Fitness Director

Email: lwood@jccpgh.org
Phone: 412-697-3509

Alexander Technique
Call Darlene Cridlin, 412-697-3517
Learn to use your body in more relaxed and efficient ways by focusing on your self-perception of movement. Carolyn Johnston, instructor.

Thursdays • 9:45-11:15 AM
Robinson Dance Studio
January 9-February 27
March 12-May 14, May 28-July 23
$80/Member; $100/Community

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

$55/One-Hour Session; $30/Follow-up Session
5 Follow-up Sessions: $140

REGISTER HERE
Healthy Heart Phase III Cardiac Rehabilitation

Call Marsha Mullen, 412-339-5415

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

Supervised times:
TUESDAYS AND FRIDAYS • 9:30-11:30 AM
$25/MONTH FOR SILVER SNEAKERS, SILVER & FIT AND
JCC GENERAL MEMBERS
$48/MONTH/COMMUNITY

Next Steps

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

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

$33 PER HALF HOUR /10 HALF-HOUR SESSIONS

Reiki

To schedule an appointment, call 412-697-3544

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

ONE-HOUR SESSION: $70; $60/CENTERFIT PLATINUM

REGISTER HERE
PWR!Moves™
Parkinson’s Exercise Program

Marsha Mullen, mmullen@jccpgh.org or 412-339-5415

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

Mondays and Thursdays • 11 am
January 13-April 2
Mondays: Kaufmann Dance Studio
Thursdays: Levinson Hall
$144

Beginner Tai Chi for all ages

Marsha Mullen, mmullen@jccpgh.org or 412-339-5415

Saturdays • 12:30-1:30 pm
February 15-April 18
$30/member; $40/community
Registration required

JCC and AgeWell members only

Wednesdays • 1:45-2:30 pm
February 5-April 8
$10/member
Registration required

REGISTER HERE
Advanced T’ai Chi for all ages

Marsha Mullen, mmullen@jccpgh.org or 412-339-5415

Chen style T’ai Chi alternates slow-motion movements with short, fast, explosive ones. There is much emphasis on internal power and spiral force. Some movements involve jumping in the air, kicking and punching similar to martial arts. Chen style is more demanding physically and usually executed with a lower stance. In the class, you train with traditional Chen style basic drills, hand forms and weapon forms. Instructor Hesheng Bao, PhD, founder and director of Win-Win Kung Fu Culture Center, has been practicing and teaching different styles of authentic traditional Tai Chi for many years.

Wednesdays • Kaufmann Dance Studio
February 5–April 8
1-1:45 PM
$30/members; $40/community
Registration required
personal training

For Information - Bill Herman
Director, Fitness and Wellness

Email: wherman@jccpgh.org
Phone: 412-697-3238

Leatrice and John M. Wolf Centerfit
One-on-One Private Workout
We will design a personalized exercise program to help you reach your goals. Your trainer will motivate you, keep you on track and make sure your workouts are safe, enjoyable and effective. Physician’s approval may be required. By appointment only.

Fitness Foundations Small Group Training
For anyone who wants to kickstart their journey to a healthier self, this small group training is for you! Gain knowledge, confidence to feel comfortable in the gym. Led by JCC Personal Trainer Ben Weinberger.

Tuesdays and Thursdays • 1 pm
January 7-30
February 4-27
March 3-31
April 2-30 (No class April 8)
Maximum of 8 participants
$165/general member; $150/Centerfit Platinum

REGISTER HERE
personal training

Change Happens Here!
Jump Start Your Weight Loss
Are you ready to take the next step on your weight loss journey? Get the support you deserve and jump start the process with some expert coaching from one of our talented trainers and our nutritionist! If you’re tired of a cookie-cutter approach and you’re ready for some powerful coaching focused on YOU and your individual goals and lifestyle, you’ll love this package.
6½ hours of personal training sessions plus 2 hours of nutrition counseling, with a combination of face-to-face, Facetime, phone calls or emails with a nutritionist

$275/CENTERFIT PLATINUM; $300/GENERAL

Youth Personal Training
A private workout session with a certified professional trainer or exercise physiologist. Weight management and sports-specific training also are available.
Stuart Weinbaum Shortstop Babysitting

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

Nurturing staff care for children ages 6 weeks to 5 years. Buy monthly or annual pass at the Centerfit Desk. Reservations are required at 412-697-3544. Space is limited.

**Location:** Kaufmann Building, upper level

**Monday-Friday • 8 AM-1 PM**

**Monday-Thursday • 5:30-8:30 PM**

**Centerfit Platinum Members:**

$35/month/child; $396/year/child

**General Members:**

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

**Drop-in:**

$12/hour/child

**No show fee:** $15

Call Patti Sciulli for information »
Day Camps
Performing Arts Camp
Early Childhood Camps
Emma Kaufmann Camp
Main Menu
Summer Day Camps

For Information - Rachael Speck
Division Director, Children, Youth & Family Division
Division Director, J&R Day Camp

Email: rspeck@jccpgh.org
Phone: 412-697-3537

www.jccpghdaycamps.com

J&R Day Camp: age 3-grade 5

Family Park, Monroeville
Monday-Friday: 9 AM-3:30 PM
June 22-August 21
Register by the week; weeks do not need to be consecutive

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

Before- and After-Camp Care

Robinson Building, JCC Squirrel Hill
7-9 AM: NO FEE
4-6 PM: $15/DAY; $75/WEek

To register, contact Katie Whitlatch, 412-697-3540 or kwhitlatch@jccpgh.org
Yalla Balagan Teen Travel Camp: Grades 6-8

Information: Hannah Kalson
hkalson@jccpgh.org or 412-339-5400

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

During three 3-week sessions, rising 6th, 7th, and 8th graders will embark on adventures to see Pittsburgh through new eyes, build relationships, do community service, and have plenty of fun, all grounded in Jewish values and learning.

Yalla Balagan has the best of both worlds: campers are part of the J&R camp community through their own special space at camp, as well as going out to explore Pittsburgh. Each session also includes exciting overnight or multi-day travel to other cities like New York, Cleveland and Washington, DC.
Specialty Camps: Grades 1-6

**Monday-Friday: 9 AM-3:30 PM**

**Jamie Scott**, 412-697-3520 or jscott@jccpgh.org

Campers explore special interests for a week at a time. Camps take place at the JCC in Squirrel Hill or at J&R (transportation provided).

**Campers will have the opportunity to:**

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

**Camp Sampler**

Families will have a chance to see what specialty camps are being offered for the summer of 2020. Sample the camps and sign up that day.

**Sunday, February 2**

1-3 PM
performing arts camp

For Information  - Kathy Wayne
Dance Director

Email: kwayne@jccpgh.org
Phone: 412-339-5414
www.jccpghdaycamps.com

Philip Chosky Performing Arts Program
Pre-Professional program for young performers: Grades 4-10

Monday-Friday • 9 AM-3:30 PM
June 22-July 17
Robinson Building
Early Bird: $1,580
After February 28: $1,680

Hone your craft with expert faculty and theater arts professionals. Lunch is provided.
performing arts camp

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

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

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

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

Skill-Building Workshops
Special workshops are led by local experts.

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

JULY 15, 16 AND 17

REGISTER HERE

Section Menu  Main Menu
For Information - Liza Baron
Edward and Rose Berman Director; Early Childhood Development Center

Email: lbaron@jccpgh.org
Phone: 412-697-3530

Early Childhood Day Camps

JUNE 22-JULY 17
JULY 20-AUGUST 13

Campers thrive in a safe, structured environment with outdoor and indoor activities appropriate for each developmental stage.

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

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

REGISTER HERE
early childhood camps

Camp K’Ton Ton: age 2-3
We offer our youngest campers structured activities that support the new-found freedoms of toddlers, including water play in wading pools in our enclosed playground.

**MONDAY-FRIDAY OPTIONS:**
7 AM-6 PM; 9 AM-3 PM; 9 AM-NOON

Camp Yeladim: ages 3-5
Children are introduced to the traditional JCC day camping experience. Campers have recreational swim in our indoor training pool with Red Cross Water Safety instructors and hold flagpole group time in the JCC’s Ostrow Palm Court.

**MONDAY-FRIDAY OPTIONS:**
7 AM-6 PM; 9 AM-3 PM; 9 AM-12:45PM

REGISTER HERE
EKC, the JCC’s overnight summer camp, is situated along Cheat Lake near Morgantown, West Virginia, providing myriad opportunities for 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.

**Camper Groups**
- Sabra: Grades 3-4
- Kineret: Grades 5-6
- Halutzim: Grades 7-8
- Teens: Grades 9-10

**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 eightweek 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.
Emma Kaufmann Camp

EKC Activities
Archery • Arts & Crafts • Basketball • The Blob • Canoeing/Kayaking • Ceramics • Chinuch (Judaics) • Climbing Tower • Cooking • Dance • 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

Camp dates for Summer 2020

For campers entering grades 2-10
4 WEEKS (SESSION I): SUNDAY-FRIDAY, JUNE 21-JULY 17

For campers entering grades 2-10
3 WEEKS (SESSION II): SUNDAY-TUESDAY, JULY 19-AUGUST 11

For campers entering grades 2-6
2 WEEKS (SABRA/KERET ALEPH): SUNDAY-FRIDAY, JUNE 21-JULY 3
2 WEEKS (SABRA/KERET BET): SUNDAY-SUNDAY, JULY 19-AUGUST 2

For campers entering grades 2-5
1 WEEK (FIRST EXPERIENCE):
WEDNESDAY-TUESDAY, AUGUST 5-11

To register:
Sarah Nutter, Business Manager
412-697-3550
snutter@jccpgh.org
AgeWell at the JCC is part of a unique partnership of AgeWell Pittsburgh and is a nationally accredited Senior Center. A one-time registration must be completed in Room 201. Bring a photo ID with your date of birth and proof of Allegheny County residency.

J Cafe
Come to the J Cafe for a delicious kosher lunch. 

**Mondays through Fridays; 11 am-1 pm, Levinson Hall**
Special pricing for those ages 60 + who are Allegheny County residents and who are registered with AgeWell at the JCC.

**Reservations preferred 24 hours in advance. Call 412-567-1715.**

View the weekly menu & monthly program calendar »

The JCC is under the supervision of the VAAD.
Life Skills & Education

Art Exploration Mini-series
Explore different mediums with various guest artists.

**WEDNESDAYS • 9:30 AM-1 PM**

DATES TBA

Lunch and Learn with Rabbi Ron Symons
Explore Jewish values in conversation with Rabbi Ron Symons, Senior Director of Jewish Life at the JCC.

**FIRST MONDAY OF THE MONTH**
**LEVINSON HALL B (NEXT DOOR TO J CAFE)**
**12:15-12:45 PM**

Yiddish Readings
Come hear jokes, sayings, proverbs and lists of words and phrases read in Yiddish and translated into English. You can speak Yiddish, even if only a little bit. Each “class” stands alone. Group leader is Ron Rager.

**TUESDAYS • 10-11 AM**

Jewish History Class
Led by Professor Alex Orbach.
Check Program Calendar for schedule

**FRIDAYS • 9:30-10:20 AM**
Current Events Class
Hear guest rabbis and speakers discuss politics and current events.

**FRIDAYS • 10:30-11:30 AM**

ESL (English as a Second Language) Classes
The ESL program is designed to improve English and teach different language skills. All levels welcome

**TUESDAYS, WEDNESDAYS, AND THURSDAYS**
**9 AM-NOON • ONGOING**
**ANN WYNBLATT, INSTRUCTOR**
**ROBINSON BUILDING, ROOM 161**

Intermediate ESL Classes

**TUESDAYS • 2 PM-3:30 PM**
**ONGOING**
**ASGHAR AGHBAR, INSTRUCTOR**
**ROOM 307**

CCAC Life Enrichment Programs for Older Adults
Lectures on Pittsburgh trolleys and local inventors as well as an informal support group, a digital photography class and a round-table discussion group.

**MARCH THROUGH MAY, DATES TBA**

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

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

AgeWell Pittsburgh is a collaborative program of the Jewish Association on Aging, the Jewish Community Center of Greater Pittsburgh and Jewish Family & Children's Service. AgeWell at the JCC is funded in part through the Area Agency on Aging, Department of Human Services, Allegheny County, and the Jewish Federation of Greater Pittsburgh. Additional support is provided by the Jack Buncher Foundation, the City of Pittsburgh’s Community Development Block Grant from Mayor Bill Peduto, Councilman Corey O’Connor, Councilman Dan Gilman and the Lillian and Jack Mervis Fund.
Community Services

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

Monday through Friday
9-11 AM and 1-3 PM

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

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

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

Legal Services
An attorney from Neighborhood Legal Services is available for consultation. Call 412-697-3517 for information and referral to this service.
agewell at the jcc

Russian Language Library
TUESDAYS • NOON-1 PM
ROOM 202

Volunteer Opportunity: CheckMates
There are a variety of volunteer opportunities at the JCC, including Checkmates Telephone Reassurance Program, J Cafe, Tablet Cafe and office support. Call Amy Gold, MSW, 412-697-3528.
Recreation

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

**LAST THURSDAY OF THE MONTH • 1:15 PM**

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

Chess for Beginners
Learn the basics of chess. Steven O’Connor, instructor.

**MONDAYS • 11AM-NOON**
**NO FEE**

Tablet Cafe
Stop by the Tablet Cafe to pursue online interests on your own. Thursdays an instructor is available to answer questions about any tech device you have. Light refreshments available.

**MONDAYS AND TUESDAYS • 9:30-11AM**
**CLASS: THURSDAYS • 9:30-11 AM**

Wednesday Afternoon at the Cinema
Watch newly released or classic movies on our big-screen television.

**WEDNESDAYS • 1:15 PM • ROOM 202**
Intermediate Bridge: Duplicate Treatments
Classes include: Cuebid Limit Raises, New Minor Suit Forcing, Jacoby 2NT and Help Suit Game Try. Judi Sonon, instructor.

**WEDNESDAYS • 9:30-11:30 AM**
**MARCH 25-MAY 13 (NO CLASS ON APRIL 15 AND 22)**
*$60/MEMBER; $75/COMMUNITY

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

**THURSDAYS • 10 AM • ROOM 307**

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

**THURSDAYS**
**BEGINNERS: 7:30-8 PM**
**OPEN DANCING STARTS AT 8 PM**
*$3 SUGGESTED DONATION

Got Shabbat Spirit?
Welcome the Sabbath with your friends and the children of the Early Childhood Development Center.

**FRIDAYS • 9:30 AM • OSTROW PALM COURT**
Nationally Recognized Programs

Caregiver Aging Mastery Program: ages 55+

Contact Maddie Barnes at 412-697-1186 or mbarnes@jccpgh.org

If you help a relative, friend or neighbor with household chores, errands, personal care, transportation or finances, you are a caregiver. Learn the art of staying healthy and happy on your caregiving journey.

Memory Training

UCLA Longevity Center©

Call 412-422-0400

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

$35

HomeMeds Medication Program

Partners in Care Foundation

Maddie Barnes, mbarnes@jccpgh.org or 412-697-1186

Designed to address medication safety and quality-of-life issues by screening for and resolving certain medication problems. By appointment only.

REGISTER HERE
agewell at the jcc

Walk with Ease
Arthritis Foundation®

Marsha Mullen, mmullen@jccpgh.org or 412-339-5415
This program promotes successful physical activity for people with arthritis.

Mondays, Wednesdays and Fridays
12:30-1:30 PM
April 6-May 18

Arthritis Exercise Program (30 minutes)
This class is led by an Arthritis Foundation trained instructor and covers a variety of range-of-motion and endurance-building activities. All of the exercises can be modified to meet participant needs.

Mondays • 9:30 AM
$1/class

Arthritis Foundation Aquatic Exercise
Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. Must have a physician's referral to participate in this certified program.

Mondays, Wednesdays, Fridays
Noon-1 PM • Small Pool
No fee
Health & Wellness

Blood Pressure Screenings

Wednesdays • 10-11 am
Levinson A

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

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

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

May, 2020 – exact date TBA
Sivitz Jewish Hospice Support Group
Facilitation provided by Sivitz Jewish Hospice.
To register, call Jan Kellough, MA, 412-422-5700

General Bereavement
Last Tuesday of the Month
3-4:30 PM • Room 202

Recently Bereaved Support Group
Thursdays, Room 202
3-4:30 PM

PWR!Moves™
Call Marsha Mullen, 412-339-5415
PWR!Moves is an evidence-based exercise program geared to people with Parkinson’s, designed to counteract its major symptoms, restore function and improve quality of life.
Mondays and Thursdays • 11 AM
January 13-April 2
Mondays, Kaufmann Dance Studio
Thursdays, Levinson Hall
$144
Beginner Tai Chi

Marsha Mullen, mmullen@jccpgh.org or 412-339-5415
Strengthen muscles, improve balance and promote relaxation with traditional Chinese exercise.

SATURDAYS • 12:30-1:30 PM
FEBRUARY 15-APRIL 18
$30/MEMBER; $40/COMMUNITY
REGISTRATION REQUIRED

JCC and AgeWell members only

WEDNESDAYS • 1:45-2:30 PM
FEBRUARY 5-APRIL 8
$10/MEMBER
REGISTRATION REQUIRED
Fitness Classes

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

SilverSneakers®

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

Silver&Fit®

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

Classic
Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

Yoga
Move through a whole-body series of yoga poses and breathing exercises. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity.

Circuit
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. A chair is used for support.

Splash
Jump in for a fun, shallow-water class that improves agility, flexibility and endurance. This is a great low-impact option. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.
Walking Club
Meet on the JCC track, Kaufmann Building. Build endurance and have fun with friends.

**MONDAYS • ONGOING • 12:30 PM**

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

**MONDAYS • 9 AM**

Walk 15®
This is a group exercise class for all ages and all fitness levels. Taking the best features from low impact, aerobic group exercise, Walk 15® is easy to follow, with walking-based “moves.” After you have completed a 45 minute class, you will have walked 3 miles. Lively music keeps you moving at a fat-burning pace and inspires you to get through the toughest part of the workout. If you are walking to the beat, then you are burning big calories!

**TUESDAYS • 11:45 AM**

KDS
$1; NO FEE FOR CENTERFIT PLATINUM MEMBERS