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HOURS
Monday-Thursday: 5:30 am-9:30 pm
Friday: 5:30 am-6 pm
Saturday: 8 am-6 pm
Sunday: 8 am-6 pm
Early Childhood Development Center
Monday-Friday: 7 am-6 pm
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:
Fitness center 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
Monday, 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
FOR MORE INFORMATION
General Inquiries
412-278-1975
Membership
412-446-4774
membershipsouthhills@jccpgh.org
Financial Assistance
412-697-3525
Donations
412-697-3510
Employment
412-339-5418
JCC South Hills Fax
Fax: 412-446-0146
JCC Squirrel Hill Phone
412-521-8010
Rentals
412-697-3503
The JCC is open and accessible to everyone, regardless of age, race, religion, national origin, sexual orientation, gender identity, gender expression or special need by welcoming individuals of all backgrounds, embracing their uniqueness and diversity under our communal tent.

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

Young children are offered daily opportunities to encounter many types of materials and many points of view. They work actively with their hands, minds and emotions, in an environment that values their expressiveness and creativity. Together we’re helping to raise future citizens of the world who will advocate for themselves, welcome guests to the table and be upstanders for friends and strangers alike.

For information and to schedule a tour
Gina Crough, Associate Director
Early Childhood Development Center
gcrough@jccpgh.org
412-278-1786

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

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

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

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

WHAT MAKES ECDC SPECIAL

- Indoor swimming pool with structured water play
- Double-court gymnasium for indoor gross motor play
- Jewish holidays and customs
- Two fenced-in age-specific playgrounds
- MARCI LYNN BERNSTEIN outdoor playground with wheelchair access
- Escorts to JCC enrichment classes
- Nature hikes in the Scott Conservancy
- Storytelling and drama with Sally Mathews
- Jewish culture with Karen Morris

AGE GROUPS AND SCHEDULES

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

Infants: ages 6 weeks through 14 months
Tots: ages 14 months to 2 years
Toddlers: age 2
Preschoolers: ages 3-5
Kindergarten Readiness

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

KINDERGARTEN ENRICHMENT

Our enrichment program for kindergartners has morning and afternoon options. Children explore Judaiscs, storytelling and a variety of topics through projects, field trips and special visitors. The program includes nature and swim lessons. Space is limited.

NEW CLASS FOR YOUNG FAMILIES!

Schmooze n’ Sing, Toddler Style:
ages 1-3
Frieda Lalli, 412-446-4774 or flalli@jccpgh.org

A movement and music class for toddlers. For the first part of the class, we socialize and discuss relevant parenting topics. The second part of the class children and caregivers actively engage in musical exploration. Activities include singing, movement, rhythm instruments and musical games designed to promote musical learning.

Thursdays, 9:45-10:30 am
Begin January 9
No fee for members
$5/class community

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REGISTER ONLINE: JCCPGH.ORG • FOR QUESTIONS: 412-278-1975

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Aquatics

JCC Aquatics is more than just a pool: We are an education center, a social hub and a place for fun. Whether you are a beginner or an accomplished swimmer, our friendly, qualified staff will assist you in reaching your goals. At the JCC, everyone can experience the benefits of swimming—from health and wellness to the important life skill of learning to be safe in and around the water.

For information
Jamie Nathan, jnathan@jccpgh.org
412-278-1790

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.

Jellyfish: ages 3-5
Children practice five continuous bobs. They 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.

Private Swim Lessons
Group lessons don’t fit in your busy schedule? Try private lessons. Our instructors will work with you or your child’s needs.
$37/half-hour; 6 classes/$33 each
10 classes/$30 each

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.

CLASSES AND PROGRAMS JANUARY-MAY 2020
BACK TO CONTENTS
REGISTER ONLINE: JCCPGH.ORG • FOR QUESTIONS: 412-278-1975
special needs

The JCC serves individuals with special needs by mainstreaming them into regular JCC programs such as day and overnight camp as well as providing programs dedicated to their needs. We encourage every interested person with a disability to participate.

GESHER PROGRAM AT EMMA KAUFMANN CAMP
Aaron Cantor, acantor@jccpgh.org
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.

EARL LATTERMAN FAMILY JEWISH SINGLES SOCIAL NETWORK
Jewish Residential Services
Marty Brown, 412-422-6720

A social group for young adults, ages 20 and up, with mild to moderate developmental disabilities. The group meets twice monthly for programming meetings overseen by a staff advisor. On alternating Tuesdays they enjoy outings and activities they have planned.

VIOLET AND JOSEPH SOFFER FOUNDATION AND FAMILY SPECIAL OLYMPICS
Ellen McBride, 412-731-6185

Free individualized training for Special Olympics. Special Olympics is for anyone over age 8 with cognitive delays.

Basketball
Sundays, Noon-1 pm

Swimming
Tuesdays, 5-6 pm
dance

PHILIP CHOSKY PERFORMING ARTS PROGRAM
Kathy Wayne, Dance Director
kwayne@jccpgh.org
412-339-5414

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

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

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

Ages 3-4
• Pink or Black leotard
• Pink tights
• Pink ballet slippers (no foam slippers) required for ballet class
• Black tap shoes required for tap class

Ages 5 and up
• Pink or black leotard
• Ballet skirts are permitted
• Jazz pants permitted
• Pink or black tights
• Pink ballet slippers (no foam slippers) required for ballet class
• Black tap shoes required for tap class
• Black jazz shoes required for jazz class

Boys
• Black pants or tights
• White T-shirt

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

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

PRESCCHOOL CLASSES
Little Stars 1: ages 2½-3
A series of music and creative movement classes that celebrate your child’s natural ability to move in an expressive way. These weekly 30-minute classes are designed to engage children through group and individual participation, which is vital for early childhood development.

Wednesdays
3:30-3:45 pm
January 8-May 13 ........................................... $225

Little Stars 2 Creative Movement: ages 3-4
Our tiny dancers will build strength, flexibility and body awareness, as well as gross motor skills, coordination and posture. A blend of basic dance movement and the use of props make this a fun beginner class.

Fridays, 3:30-4 pm
January 10-May 15 ........................................... $225

Shooting Stars Pre-Ballet and Tap: ages 4-5
Beginning tap and ballet skills and terminology are taught with an emphasis on coordination and musicality.

Wednesdays
3:30-4:15 pm
January 8-May 13 ........................................... $234

SCHOOL-AGE CLASSES
Ballet/Tap 1: ages 6-8
Fridays
4-5 pm
January 10-May 15 ........................................... $270

Ballet/Tap 3: ages 9-10
Fridays
5-6 pm
January 10-May 15 ........................................... $270

Private Dance Instruction
$50/hour; $320/8 one-hour classes
$25/half hour; $175/8 half-hour classes

Duet Dance Lesson
$45/hour; $280/8 one-hour classes
$25/half hour; $160/8 half-hour classes

ADULT CLASSES
Line Dance
Learn all the popular line dances and a few more in this lively class.

Fridays, 1-2 pm
January 10-May 22
Drop in: $5/member; $8/community

Adult Tap
It’s never too late to learn to tap dance! Get a fun cardio workout while you tap your troubles away!

Beginner: Wednesdays, 6-7 pm
Intermediate: Wednesdays, 5-6 pm
January 8-May 20
Dance Studio
Drop-in fee: $10/member; $14/community

Silver Show Tunes
Learn some new moves and sing to your heart’s content. Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!

Fridays, 2-2:50 pm
January 10-February 14
February 21-March 27
Dance Studio
$30/session/members; $42 session/community
**BIRTHDAY PARTIES**

**Ages 2-12**

Celebrate your child’s birthday at the JCC South Hills. We set up and clean up, and supply paper products, invitations and supervision. All parties are two hours and cost $350. Parties are priced for up to 20 children. Additional guests: $4 each. Maximum guest count is 30, children and adults included.

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

**Games Galore: ages 5 and under**

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

**Sports Party**

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

**Swim Party: ages 5-12**

Relay races, cannon ball competitions and much more.

Create Your Own Party

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

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

**KIDS NITE OUT**

**Ages 3-12**

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

Saturdays
6-10 pm
$40/child; $20/sibling
$60/community
Sleepovers: $75/child; $35/sibling; $100/community
Dates TBA

**Scheduled J Days**

January 20, 21
February 17
April 6, 10, 13
May 25
June 10-12, 15-19

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

**J DAYS**

**Grades K-6**

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

When school is canceled for inclement weather

No school, no problem! We will conduct a J Day program. Please call the JCC, 412-278-1975, at 7 am to verify start time. We follow the Mt. Lebanon and Upper St. Clair school closings.

9 am-3 pm
$65/day/child
Before Care (7-9 am): $8/day
After Care (3-6 pm): $15/day
Before and After Care: $20/day

Create Your Own Party

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

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

**REFER A FRIEND TO CAMP FOR BIG SAVINGS**

For each week of camp your friends register for, you will get a $25 credit on your JCC account. They must be new campers who have never attended a JCC camp before and/or have not been a JCC member in the past two years. Be sure to tell them to mention your name when they register.

*Credits will be given by September 1, 2020. Must be a 5-day program.
preschool sports

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

 Wee Little Wrestling: ages 3-5
 Our JCC sports coach teaches the basics of wrestling to build body awareness, coordination and confidence. Kids will also learn anti-bullying strategies to set and respect personal boundaries, as well as how to be assertive when seeking help.
 Mondays, 2:30-3 pm
 January 20-March 9
 $80
 March 30-May 18
 $80

 Growing up Gritty: ages 4-5
 Growing Up Gritty is a physical education program that works to develop positive mindset through movement. Spinning, crawling, jumping, balancing, rolling and climbing are first introduced as separate skills, then combined for practical purposes in the form of games and challenges.
 Tuesdays and Thursdays
 January 28-April 3
 2:30-3 pm
 $120

 Little Kickers Soccer: ages 3-5
 Kids develop gross motor skills, teamwork and social skills while learning the basics of soccer.
 Wednesday 2:30-3 pm
 January 8-February 26
 $80
 March 18-May 6
 $80

 Little Hoopers Basketball: ages 3-5
 Children learn the basics of basketball and good sportsmanship.
 Fridays
 January 17-April 3
 2:30-3 pm
 $120

 T-Ball: age 3-4
 Children learn the basics of T-Ball and good sportsmanship.
 Fridays
 April 17-May 22
 2:30-3 pm
 $60

 basketball

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

 Expert coaches John Miller and Unrico Abbondanza lead the JCC’s basketball program, training kids in all aspects of the game, from form shooting, ball handling, passing and first step moves to finishing moves, footwork and timing.

 Coach Miller won more than 630 games during his career at Riverside and Blackhawk High Schools, as well as four state championships and eight WPIAL titles. Coach Abbondanza was a 4-year starter for Lock Haven University and a three-time All-PSAC player.

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

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

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

 4 sessions: $120; $140/non-JCC members
 8 sessions: $200; $220/non-JCC members
 Walk-in: $35
Fitness

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

PERSONAL TRAINING

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

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

New! One-on-one Private Yoga and Mindfulness Coaching
Personal training fees apply.

Fitness Assessment
Our trainers evaluate cardiovascular fitness, muscular strength, endurance and flexibility, in addition to testing blood pressure and body fat composition.
- $20; $10/retest
- $5/body fat composition only

Next Steps
JCC Next Steps is a post-rehabilitation exercise program that will help you transition from physical therapy to long-term fitness and wellness. Enroll for as little as $33 per half hour when you purchase 10 sessions.

Personal Exercise Prescription
If you are stuck in an exercise rut or not getting the results you want, consider an Exercise Prescription. If you can work out and follow a program without instruction, this is a great alternative to personal training that includes:
- One-hour assessment and consultation with personal trainer
- Individualized six-week training program
- Weekly phone consultation
- Personal training session at the end of six weeks to measure progress
- $150

Additional Prescriptions
- Individualized six-week training program
- Weekly phone consultation
- Personal training at the end of six weeks
- $75

PERSONAL TRAINING FEES

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<td>Ages 17 and under</td>
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<td>Age 17 and under</td>
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</tbody>
</table>

Discount of up to 10% for Platinum Fitness members

WELLNESS

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

20/20 Vision Quest to Better Health
Join Bonnie Livingston as we break down the steps to weight loss and a healthy lifestyle, using dot journals to set and track goals.

Mondays, 6-7 pm
January 20–March 9
$40; free for personal training clients with 6+ sessions

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

First Thursday of the month 5:30-6:30 pm
Free for members; $5/community

Guided Meditation
All are welcome to this 30-minute free guided meditation to reduce stress and learn techniques to help quiet the mind, increase focus, improve clarity and generate well-being.

Second, third and fourth Thursday of the month 5:30 pm
No fee
Balancing Moods Yoga
Tuesdays
Begins January 7
4 pm
$2/members; $15/community

Chair Massage and Reiki
$1/minute
10-, 15-, 20- or 30-minute options

Primal Health Coaching
Steve Manns, smanns@jccpgh.org or 412-278-1783
Primal Health Coaching supports maximum vitality and well-being through the integration of strategies across a broad spectrum of lifestyle dimensions including nutrition, fitness, sleep, stress management, sun, play and enrichment.
$700/12 weeks; even week sessions are a half-hour and odd weeks are an hour

GROUP EXERCISE
Elaine Cappucci
ecappucci@jccpgh.org
412-446-4773
Classes marked with an asterisk* are FREE to all JCC members. ALL classes are free for Platinum members. Complete schedule available at JCCPGH.org and in the JCC lobby.

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

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

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

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

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

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

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

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

PLATINUM MEMBERSHIP
If you participate in many fitness activities, you will save money!
Join Today For These Benefits
• All group exercise classes are free, including boot camp, yoga and TRX
• Up to 10% off personal training
• Access to the Platinum facilities and discount on massage in Squirrel Hill
To become a Platinum member, contact Frieda Lalli at 412-446-4774

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

HIIT Express*
Get in a quick workout in this 30-minute, high intensity interval training class that combines strength training with high intensity cardio bursts. Great music and old school moves will get your morning off to an invigorating start.

Stretch and Strength*
Yoga-based movement and functional exercises will help you get stronger and more flexible.

Spartan Strong*
This circuit boosts mental and physical strength, improves conditioning and agility and burns fat. It provides the intensity you need to conquer your first race, move your fitness to the next level and conquer life.

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

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

GOODMAN SHORTSTOP BABYSITTING
Register by calling 412-278-1785; leave a voice mail.
Babysitting is available for children 6 weeks to 5 years of age while parents exercise. Buy coupons at the Front Desk.

Hours
Sunday _______________ 9:30 am-12:30 pm
Monday-Friday ____________ 9 am-11:30 am
Monday-Thursday __________ 5:30-8 pm
$7/child/hour
$30/month unlimited usage (one per child).
Parents must stay on JCC property.

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

Zumba*
This Latin dance-based class mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a total body workout that combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, with great music and lots of fun.
TEEN FITNESS CERTIFICATION
Steve Manns, smanns@jccpgh.org or 412-278-1783
This 90-minute orientation MUST be completed by teens ages 13-15 prior to using the fitness equipment.
$45/group session
First Tuesday of the month, 6 pm
$60/private session with a trainer

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

Ping Pong
Sundays, 3-5 pm
Free for members; $5/community

Pick-up Volleyball
Tuesdays, 7-9 pm
Please call before coming
Free for members; $5/community

Pick-up Basketball
Sundays, 8-10 am
Side B of the Gym
Free for members; $5/community

J Line South Hills: grades 8-10
JCCPGH.org/jlinesh
Hannah Kalson, hkalson@jccpgh.org
412-339-5400
J Line South Hills is a partnership of the Jewish Community Center, Congregation Beth El, Temple Emanuel, and South Hills Jewish Pittsburgh.

J-Serve: grades 6-12
Sunday, March 29
Hannah Kalson, hkalson@jccpgh.org
412-339-5400
J-Serve Pittsburgh is an annual day of service learning planned by a teen steering committee and offering a wide array of service opportunities to participants from all over the greater Pittsburgh area. Last year, more than 300 teens came together in service, one of the largest J-Serve events in North America!
Join us for another amazing year of J-Serve Pittsburgh!
J-SERVE is a partnership of the Jewish Community Center of Greater Pittsburgh, Repair the World Pittsburgh, B'Nai Yeshurun, and the Volunteer Center of the Jewish Federation of Greater Pittsburgh

Diller Teen Fellowship: grades 10-11
Alex Malanych, amalanych@jccpgh.org
412-697-3233
facebook.com/pittsburghdillerteens
instagram.com/dillerpittsburgh
JCCPGH.org/diller
The Diller Teen Fellowship 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.
Summer Camps

JCC camps provide the ideal environment for children to learn new skills, develop independence, and gain confidence and a sense of self. Our unique summer programming prepares campers and staff for life’s journeys through meaningful connections, personal growth, instilling values and delivering fun.

REGISTER FOR CAMP
BY THE WEEK
JUNE 22-AUGUST 14

Register now: Early bird ends February 28
Weeks do not need to be consecutive.
Kosher-style lunches and afternoon popsicles are included in all camp programs.

With sports, aquatics, drama, nature, arts & crafts and Judaics, campers enjoy an enriched, well-rounded experience in a safe environment. Chalutzim campers choose a different chug (hobby) each week and spend 45 minutes each day with a specialist in their area of interest. All campers have swim lessons, free swim and a kosher-style lunch daily. Special events include Color Wars, Wacky Wednesday and field trips.

New in 2020
- Imagination Playground
- Archery
- Cooking

What we do at camp
- Swim Lessons every day
- Free Swim • Arts & Crafts
- Sports • Music
- Judaics • Nature
- Garden • Color War
- Wacky Wednesdays
- Flagpole • Beach Parties
- Sleepovers • Foam Parties
- Daily Popsicles

Field Trips
- J&R (PreK-grade 6)
- South Park (PreK-grade 6)
- Splash Lagoon ( K-grade 6)
- Idlewild (K-grade 6)
- Emma Kaufmann Camp (grades 3-6)

What's in our backyard
- Gaga Pit
- 9 Square
- Volleyball Court
- Foam Machine
- Scott Conservancy
- Garden

CAMP SABRA: GRADES K-2
Half-Day Program (includes lunch)
9 am-12:30 pm
For children entering kindergarten

CAMP CHALUTZIM: GRADES 3-6
9 am-3 pm

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

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

REGISTER ONLINE: JCCPGH.ORG • FOR QUESTIONS: 412-278-1975
EARLY CHILDHOOD CAMPS
June 22-August 14
Camp K’Ton Ton: age 2
Camp Yeladim: ages 3-4
K’Ton Ton campers are introduced to the water through daily swim time in the pool and water play activities. Yeladim campers are divided into age-appropriate groups. They participate in both instructional swim lessons and free swim daily. Early childhood campers enjoy visits to activity specialists such as nature, music, sports and crafts.
9 am-12:30 pm
9 am-3 pm
Before- and After-Camp Care:
7-9 am, includes breakfast; 3-6 pm

PERFORMING ARTS CAMP
Grades 2-8
9 am-3 pm
4-week program
July 20-August 14
Campers are part of a complete musical show, from rehearsals to set production to opening night. Training in theater, music and dance culminates with a performance the last week of camp. The musical will be chosen based on registration.

ADVENTURE CAMPS
Grades 4-8
Register by the week: June 22-August 14
Campers will experience many different adventures in and around the Greater Pittsburgh area. Previous trips have included: Just Ducky Tour, Wave Pools, Kennywood, Sandcastle, Living Treasures Animal Park and many others. There will be occasional late pickup days based on the excursion. An overnight stay at Emma Kaufmann Camp, the JCC’s overnight camp in West Virginia, will be offered during one of the weeks.
On days with shorter excursions, campers spend time at the JCC with instructional or free swim, nature walks and arts & crafts.
A parent/camper interview with the camp director is required. Attendance at the staff orientation week in June is mandatory.

S.I.T. LEADERSHIP PROGRAM
Grades 7-10
8:30 am-3:30 pm
4-week minimum (do not need to be consecutive)
June 22-August 14
Through training and weekly workshops, staff-in-training learn the responsibilities of a day-camp counselor, develop a spirit of volunteerism, and learn the impact that they can have on their community, develop stronger social skills and develop their own strengths and skills while working with children.
Staff-in-training participate in team-building exercises with their fellow SITs, share responsibility for a group of campers with a junior and senior counselor, lead a weekly activity with their group and participate in a community mitzvah project.
A parent/camper interview with the camp director is required. Attendance at the staff orientation week in June is mandatory.

For information
Aaron Cantor, acantor@jccpgh.org
412-339-5412
EKC, the JCC’s resident overnight camp, is situated along Cheat Lake near Morgantown, West Virginia, providing opportunities for a myriad of sports and recreational activities on land and water. EKC camping programs, with an emphasis on Jewish values, are for kids entering grades 2 through 10.

First Experience: grades 2-5
First Experience is a one-week introduction to the EKC overnight camping experience with a goal of helping campers become comfortable staying away from home.

SIT (Staff-in-Training) Program
SITs travel to Israel for 21 days of their eight-week commitment, participating in tikkun olam projects and Shabbat weekends, visiting the Kotel and Yad Vashem, plus much more. Returning to camp, SITs participate in four weeks of program planning and supervision of campers as they complete their training experience.
AgeWell at the JCC

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

For information
Rob Goodman, 412-446-4461
shjpinfo@jccpgh.org

South Hills Jewish Pittsburgh (SHJP) is the community engagement division of the JCC South Hills. SHJP strives to create a vibrant, interconnected and inspired South Hills Jewish community.

All events are free and take place at the JCC South Hills unless otherwise noted. Register at southhillsjewishpittsburgh.org

Good Deeds Day
In partnership with the Volunteer Center of the Jewish Federation of Greater Pittsburgh
Sunday, March 29 • 10-11:30 am

Adopt-A-Highway Cleanup
In partnership with the Volunteer Center of the Jewish Federation of Greater Pittsburgh
Tuesday, April 21 • 11 am-noon
Cochran Road, Mt. Lebanon

South Hills Celebrates Israel
Thursday, April 30 • 5:30-7:30 pm

South Hills Tikkun Leil Shavuot
Thursday, May 28 • 8-9:30 pm

SOUTH HILLS HEALTHY LIVING SERIES

Getting Through The Holidays Mindfully & Stress-Free
With Elaine Cappucci and Bonnie Livingston, JCC South Hills Fitness
Thursday, December 19 • 7 pm

Real Food and Sensible Fitness Made Simple
With Steve Manns, JCC South Hills Fitness
Thursday, January 30 • 7 pm

Playtime For Kids, Adults and Seniors
With Rachael Speck, JCC Children, Youth and Family Director
Thursday, February 20 • 7 pm

Elder Care – Ask The Experts
Thursday, March 26 • 7 pm

Stay Safe in the Water
With Carla Likar and Jamie Nathan, JCC Aquatics Department
Thursday, May 14 • 7 pm
agewell at the jcc

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

FITNESS

SilverSneakers® Classic
Increase muscle strength and range of movement, and improve activities for daily living. You’ll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers® Circuit
Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

SilverSneakers® Yoga
Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

SilverSneakers® Splash
In this fun, shallow-water exercise class you’ll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

BOOM® Move
This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

BOOM® Muscle
This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

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

Tuesdays and Thursdays, 1 pm
Social Hall
$5/member; $7/community

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

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

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

Mondays, noon-1 pm
Gym

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

Tuesdays and Thursdays, 1 pm
Social Hall
$5/member; $7/community

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

Thursdays, 11-11:30 am
Social Hall

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

Thursdays, noon-1 pm
Gym

AgeWell Pittsburgh
AgeWell Pittsburgh offers a one-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging. AgeWell Pittsburgh is a collaboration of the Jewish Association on Aging, the JCC of Greater Pittsburgh and JFCS Jewish Family and Community Services.

Call 412-422-0400 or visit AgeWellpgh.org
RECREATION AND LIFE SKILLS

Line Dance
Learn all the popular line dances and a few more in this lively class.
Fridays, 1-2 pm
January 10-May 22
Drop in: $5/member; $8/community

Adult Tap
It's never too late to learn to tap dance! Get a fun cardio workout while you tap your troubles away!
Beginner: Wednesdays, 6-7 pm
Intermediate: Wednesdays, 5-6 pm
January 8-May 20
Dance Studio
Drop-in fee: $10/member; $14/community

Silver Show Tunes
Learn some new moves and sing to your heart's content. Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!
Fridays, 2-2:50 pm
January 10-February 14
February 21-March 27
Dance Studio
$30/session/members; $42 session/community

Book Discussion Group
Once a month we will get together to talk books: What's new, what's good. All readers welcome!
Third Tuesday of each month
1-2 pm, Conference Room

AARP Smart Driver Class
The 8-hour course will help you receive a multi-year discount on your auto insurance; refresh your driving skills and your knowledge of the rules — and hazards — of the road; and reduce your chances of receiving a traffic violation or getting into an accident. Register at the Front Desk, but payment is made to the instructor on the first day of the course.
Thursday-Friday
March 26-27
12:30-4:30 pm
Social Hall
$15/AARP members; $20/others

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

Orr's Jewelers
Peoples Gas
Pittsburgh Brewing Company
Pittsburgh City Paper
Pittsburgh Jewish Chronicle
Polyconcept North America
The Donald & Sylvia Robinson Family Foundation
Linda and Ken Simon
Trust-Franklin Press Co.
WYEP / WESA

Spring Break $2,500
All Occasions Party Rental
big Burrito Restaurant Group
Cathy Reifer and Sam Braver
Betsy and Marc Brown
Common Plea Catering
Dickie, McCamey & Chilcote, P.C.
Exceptional Exteriors and Renovations Inc.
Stefani Pashman and Jeremy Feinstein
Mary Pat and Eric Friedlander
Gray Phoenix
Ina and Larry Gumberg
Henderson Brothers, Inc.
Hens and Chicks
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Ellen and Jack Kessler
Sue Berman Kress and Doug Kress
Lauren and Jason Kushner
Patty and Stan Levine
Littles Shoes
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THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

AgeWell Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh and the United Way of Southwestern Pennsylvania. Additional funding is provided by The Fine Foundation, The Pittsburgh Foundation, and an anonymous donor. Government support is provided by the Area Agency on Aging, Department of Human Services, Allegheny County. AgeWell Pittsburgh is a collaborative program of the Jewish Association on Aging, the Jewish Community Center of Greater Pittsburgh and Jewish Family and Community Services.

American Jewish Museum is supported in part by the Allegheny Regional Asset Board, the Anna L. Caplan & Irene V. Caplan Fund of the Jewish Federation of Greater Pittsburgh, the Robert C. and Gene B. Dickman Fund, Ira and Nanette Gordon Curator Enrichment Fund, Edward N. and Jane Haskell Endowment Creative Projects Fund, the Nancy Bernstein and Robert Schoen Fund, the Speyer Family Foundation Endowment Fund, Pennsylvania Partners in the Arts, and individual support.

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Early Childhood Development Centers are supported in part by the Pittsburgh Jewish Pre-Kindergarten Educational Improvement Foundation of the Jewish Federation of Greater Pittsburgh and Keystone STARS/Pennsylvania Early Learning Keys to Quality. Additional support is provided by Massey Charitable Trust, the Ginsberg Family Fund for Children’s Programs, the Miriam and Paul Kossis Early Childhood Equipment Replacement Fund, the Mark Allen Robinson Day Care Center Endowment Fund and the James H. and Nancy H. Wolf Philanthropic Fund.

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JCC Camps are supported in part by The Philip Chosky Charitable and Educational Foundation, Massey Charitable Trust, the Morris and Fannie Skilken Foundation and The Edith L. Trees Charitable Trust.

Jewish Teen Programming in the Department of Jewish Life is supported in part by The Jewish Federation of Greater Pittsburgh.

Maccabi Games, South Hills Day Camp, James and Rachel Levinson Day Camp, Emma Kaufmann Camp, the Early Childhood Development Center/Squirrel Hill, Children and Family programming, basketball, aquatics and fitness activities/Squirrel Hill, and physical education in South Hills are supported in part by The Jewish Sports Hall of Fame.

South Hills Jewish Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh.

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