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FOR MORE INFORMATION
Membership
412-697-3522

Financial Assistance
412-697-3525

Employment
412-339-5418

Facility Rentals
sdavis@jccpgh.org

TTY (hearing impaired)
412-208-9102

JCC South Hills
412-278-1975

HOURS

Irene Kaufmann Building
Monday-Thursday, 5:30 am-10 pm
Friday, 5:30 am-6 pm
From 5:30-7 am: use Forbes Garage Entrance
Saturday, 8 am-6 pm
Sunday, 8 am-6 pm

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

Alex & Leona Robinson Building
Monday-Thursday, 7 am-10 pm
Friday, 7 am-6 pm
Saturday, 8 am-6 pm
Sunday, 8 am-6 pm

Cashier Hours
Monday-Thursday, 8 am-8 pm
Friday, 8 am-6 pm
Saturday, 8 am-6 pm
Sunday, 8 am-6 pm

Membership Office Hours
Monday-Thursday, 8 am-8 pm
Friday, 8 am-5 pm
Saturday, 8 am-6 pm
Sunday, 9 am-5 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:
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
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.

**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

**Tadpoles: age 2**
(Not for the pool)
Children learn to kick in and out of pool unassisted, and treading, 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 in 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.

**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.

**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.

**CLASS DATES**
No classes April 8-15 in observance of Passover

**Sunday classes**
January 5-March 8 .................................................. $125
March 15-May 17 ................................................. $96

**Monday classes**
January 6-March 9 .................................................. $125
March 16-May 18 .................................................. $96

**Tuesday classes**
January 7-March 10 .................................................. $125
March 17-May 26 .................................................. $96

**Wednesday classes**
January 8-March 11 .................................................. $125
March 18-May 20 .................................................. $96

**Thursday classes**
January 9-March 12 .................................................. $125
March 19-May 21 .................................................. $96

**CLASS DAYS AND TIMES**

**Guppy and Me: ages 6-24 months**

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Times</th>
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<tbody>
<tr>
<td>January 9-March 11</td>
<td>9:30-10 am</td>
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<tr>
<td>January 12-March 15</td>
<td>10:15-10:45 am</td>
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<tr>
<td>March 15-May 18</td>
<td>11:30-noon</td>
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<td>March 18-April 3</td>
<td>10:15-10:45 am</td>
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<tr>
<td>April 19-May 22</td>
<td>3:30-4 pm</td>
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**Guppy and Me: ages 6-24 months**

<table>
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<tr>
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**Tadpoles: age 2**

<table>
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<td>April 19-May 22</td>
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### Classes and Programs • January-May 2020

**AQUATIC FITNESS**

**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 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

**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

**JCC sailfish swim team**

### 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

### JCC SAILFISH

**Through August 2020**

*For more information about requirements and practice times, days and locations, contact Coach Ali Rose, 412-906-2583 or ali@jcossalish.com*

- 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

**JACK MORRIS INVITATIONAL SWIM MEET**

Join us for the 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.
Fitness

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

PERSONAL TRAINING
Bill Herman, wherman@jccpgh.org
412-697-3238

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.

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

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

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

FITNESS CLASSES
Laurie Wood, lwood@jccpgh.org
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
January 7-March 12
Kaufmann Gym
$200; $140/Centerfit Platinum
March 17-May 21
$200; $140/Centerfit Platinum
No class April 9

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

Personal Training Fees

<table>
<thead>
<tr>
<th></th>
<th>Hour</th>
<th>Half</th>
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<tbody>
<tr>
<td>Centerfit Platinum</td>
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<tr>
<td>4-11 sessions</td>
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<td>$40</td>
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<tr>
<td>Ages 17 and under</td>
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<tr>
<td>4-11 sessions</td>
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<tr>
<td>Single Sessions</td>
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<tr>
<td>Centerfit Platinum</td>
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<tr>
<td>General Member</td>
<td>$72</td>
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<tr>
<td>Ages 17 and under</td>
<td>$56</td>
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Payment options
- Choose the number of sessions, either single sessions or purchase 4 or more for a discounted rate.
- You may make up missed appointments as long as you call 24 hours in advance to cancel.
- Contracts (if greater than one month) may be paid in monthly installments.

REGISTER ONLINE: JCCPGH.ORG • FOR QUESTIONS: REGISTRATION@JCCPGH.ORG OR 412-697-3522
**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 ........................................... 8:45 am
- January 10-March 13
- $120; $99/Centerfit Platinum

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

- Tuesdays and Thursdays 6:30-7 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!

**Teens Fitness**

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

- $45/certification 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 exercising with your friends in Centerfit, 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

**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

**WELLNESS PROGRAMS**

**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; Robinson Dance Studio.

- Thursdays, 9:45-11:15 am
- January 9-February 27
- March 12-May 14, May 28-July 23
- $80/member; $100/community

**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 SilverSneakers, Silver&Fit and JCC general members
- $48/month/community

**Next Steps**

**Jason Stowell, jstowell@jccpgh.org**

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

**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

**PWR!Moves Parkinson’s Exercise Program**

**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

**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.

- $70/one-hour session; $60/Centerfit Platinum

**Beginner Tai Chi**

**Call Marsha Mullen, mmullen@jccpgh.org**

412-339-5415

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

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

**Advanced T’ai Chi for all ages**

**Call Marsha Mullen, mmullen@jccpgh.org**

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. 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
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!

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

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 up to 20% on Massage
• Steam, sauna and whirlpool
• Towel service, hair dryers and toiletries
• Free coffee and tea
To join, contact the Membership Office, 412-697-3522 or membership@jccpgh.org

MASSAGE
Call 412-697-3544 for an appointment.

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.

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
Half Hour .......................................................... $27
Hour................................................................. $54
Aromatherapy......................................................... $70
10 Half-Hour Coupons (Platinum only) ........ $250
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

PT@THE JCC, POWERED BY JAA
Dr. Scott Rosen, Physical Therapist, Clinical Director. Located on the lower level of the JCC across from the Centerfit Desk. Open to the community.
To schedule, call 412-697-3505.
Monday through Friday appointments.
STEWART S. WEINBAUM
SHORTSTOP BABYSITTING
Nurturing staff care for children ages 6 weeks to 5 years while parents exercise. Buy monthly or annual passes at the Centerfit Desk. Space is limited. Located in the Kaufmann Building upper level.
Monday-Friday ......................... 8 am-1 pm
Monday-Thursday ................... 5:30-8:30 pm
General Members
$50/month/child; $576/year/child
Centerfit Platinum Members
$35/month/child; $396/year/child
Drop-in
$12/hour/child; no-show fee: $15
Reservations are required at 412-697-3544.
You must remain in the building while using JCC babysitting.

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 EX CLASSES
We’re committed to improving the quality of your life through group exercise. We will get you motivated and keep you motivated! We will deliver a memorable experience each and every time! We will improve your mobility, strength, flexibility, balance and endurance. We will get you moving and keep you moving!

Please see the monthly Group Exercise schedule for an up-to-date list of classes, days and times. Available at the Centerfit Desk or online at JCCPGH.org

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.

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 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 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 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!

FEES
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

Fees for One-on-One Pilates and Yoga Therapy
Centerfit Platinum:
$60/1-hour session; $110/two sessions
3-5 sessions: $50/session
General members:
$66/1-hour session; $122/two sessions
3-5 sessions: $56/session

Zumba
Exciting Latin moves and rhythms.
For information
Jesse Goleman, jgoleman@jccpgh.org
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
March 22-May 3 ................................. 2-2:45 pm
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. ..................Robinson Gym
March 22-May 3 ................................. 4-5 pm
No class April 12
$75/member; $95/community

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..................Robinson Gym
March 22-May 3
No class April 12
3-4 pm
$75; $95/community

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 ............................Robinson Gym
March 12-May 21
Games at 6 pm and 7 pm
$75/member; $95/community

Boys High School Spring League:
grades 8-12
Teams will be formed, with league games and playoffs to follow.
Tuesdays and Thursdays .......Robinson Gym
March 12-May 21
Games at 8 and 9 pm
$50/member; $60/community

Basketball
Basketball and the JCC have gone hand-in-hand for over a century in the city of Pittsburgh. We understand and appreciate the value that organized sports can play in people’s lives, no matter their age or skill level. Our experienced coaches—both adult volunteers and young adult staff members—include many who have come up through the program themselves and have experienced first-hand what the JCC basketball program is all about.
preschool and youth sports

For information
Brandi D’Amico, bdamico@jccpgh.org
412-697-3532

TOTS
Strong walkers up to age 2

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 Tots 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

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

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

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

Tots

Tiny T-Ball
Children learn the fundamentals of T-Ball, including hitting, catching and throwing.

Fridays
March 13-April 3
3-3:30 pm
$50; $40/ECDC

Mondays, 3-3:30 pm or 3:45-4:15 pm
April 27-May 18
$50; $40/ECDC

YOUTH

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

YOUTH:

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

March 11-April 1
$50; $40 ECDC

Fridays, 3-3:30 pm
May 1-22
$50; $40 ECDC

Tiny T-Ball
Children learn the fundamentals of T-Ball, including hitting, catching and throwing.

Fridays
March 13-April 3
3-3:30 pm
$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

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 the Allerdice High School soccer coach. He was inducted into the Western PA Jewish Sports Hall of Fame in 2016.

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

Introductory ............................. 4-5 pm
Intermediate ............................. 5-6 pm

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
May 1-22
$60; $50/Clubhouse

Private Tennis and Rollerblading Lessons
Learn from certified instructor Mark Haffner. By appointment.

$46/hour; $28/half hour
For information
Brandi D'Amico, bdamico@jccpgh.org
412-697-3532

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
Monday-Friday
8 am-noon
Participants will have to set up the net themselves.

Robinson Gym
Tuesdays • 11:30 am-1:30 pm
Wednesdays • 11:30 am-1 pm
Fridays • 10:30 am-12:30 pm

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.

Over 21 Recreational Basketball
Drop in for organized pick-up games.
Tuesdays 7-10 pm
Saturdays 10 am-noon
Sundays 1-4 pm
No fee for members

Over 45 Recreational Basketball
Drop in for organized pick-up games.
Saturdays 8-10 am
No fee for members

Larry Ruttenberg Adult Basketball League
Call Jesse Goleman, 412-697-3538.
Wednesdays
Begin January 29
$625/team; open to the community

Maccabi Soccer
Call Jesse Goleman, 412-697-3538.
Start prepping for the 2020 Maccabi Games!
Sundays, 11 am-noon
January 5-February 2

Coed Volleyball
Thursdays 7-10 pm
No fee for members

PRIVATE LESSONS
Brandi D'Amico, bdamico@jccpgh.org
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

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.

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

DANCE
Philosophy
Our goal is to help children 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.

Dress Code Requirements
Hair must be pulled back in a bun; shorter hair back with a headband.

Boys
• Black jazz pants
• White T-shirt
• Ballet shoes required for ballet class
• Tap shoes required for tap class

Girls ages 3-4
• Pink leotard (no attached skirt)
• Pink tights
• Pink ballet slippers (no foam slippers) required for ballet class
• Black tap shoes required for tap class

AGES 5 AND UP: any style leotard in the following colors:
• Ballet/Tap Level 1: White leotard
• Ballet/Tap Level 2: Pink leotard
• Ballet/Tap Level 4: Lilac leotard
• Ballet/Tap Level 6: Royal blue leotard
• Ballet/Tap Level 7: Burgundy leotard
• Ballet/Tap Level 8: Navy leotard
• Ballet/Tap Level 9 and 10: Black leotard
• Black jazz pants are acceptable for jazz and hip hop
• Pink tights for ballet classes
• Ballet slippers (no foam slippers) required for ballet class
• Black tap shoes required for tap class
• Black jazz shoes required for jazz class

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.

RDS: Robinson Dance Studio
KDS: Kaufmann Dance Studio
**PRESCHOOL DANCE CLASSES**

**Creative Movement: ages 3-4**
- Mondays, 12:30-1 pm   KDS  $225
- January 6-May 11   $225
- January 7-May 19   $285

**Ballet/Tap: ages 4-5**
- Mondays, 3:30-4:15 pm   KDS  $225
- January 6-May 14   $225

**Ballet/Tap/Jazz: ages 7-8**
- Fridays, 4:15-5:15 pm   KDS  $225
- January 6-May 21   $323

**Ballet/Tap/Jazz: ages 8-10**
- Wednesdays, 5:15-6:15 pm   RDS  $323
- January 8-May 20

**Ballet/Tap/Jazz: ages 10-12**
- Tuesdays, 4:15-5:45 pm   RDS  $323
- January 7-May 19

**Ballet/Tap/Jazz: ages 11-13**
- Thursdays, 4:15-6:30 pm   RDS  $456
- January 9-May 21

**SCHOOL AGE DANCE CLASSES**

**Ballet/Tap/Jazz 1: ages 5-6**
- Mondays, 4:15-5:15 pm   RDS  $285
- January 6-May 18

**Ballet/Tap 2: ages 6-7**
- Wednesdays, 4:15-5:15 pm   RDS  $285
- January 8-May 20

**Ballet/Tap/Jazz 4: ages 7-8**
- Fridays, 4:15-5:45 pm   KDS  January 10-May 22  $323

**Ballet/Tap/Jazz 6: ages 8-10**
- Wednesdays, 5:15-6:45 pm   RDS  $323
- January 8-May 20

**Ballet/Tap/Jazz 8: ages 11-13**
- Thursdays, 4:15-6:30 pm   RDS  $456
- January 9-May 21

**Ballet/Tap/Jazz 9: ages 12-14**
- Mondays, 5:15-7:15 pm   RDS  $513
- Wednesdays, 6:45-8:45 pm   RDS
- Ballet and Tap  January 6-May 20  $513

**Ballet/Tap/Jazz 10: ages 13-18**
- Mondays, 8:15-9:15 pm   RDS
- Thursdays, 6:45-7:45 pm   RDS
- Tuesdays, 6:30-7:30 pm   RDS
- Thursdays, 7:30-8:30 pm
- January 6-May 21  $513

**Lyrical Jazz: ages 11-18**
- Tuesdays, 7:45-8:45 pm   RDS
- January 7-May 19  $285
- January 10-May 22  $285

**Pointe/Pre-Pointe**
- Must be approved by the Director
- Mondays, 7:15-8:15 pm   RDS
- January 6-May 18  $285

**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   KDS
- January 7-April 7
  - $140

**Musical Theater Jazz Dance: grades 5-8**
- 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   RDS
- January 10-April 10
  - Early Bird: $1,580
  - After February 28: $1,680

**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

**PERFORMING ARTS CAMP**

**For information**
- Kathy Wayne, kwayne@jccpgh.org
- 412-339-5414

**Pre-Professional Program for Young Performers**
- Acting • Dance • Voice

**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.

**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**
- July 15, 16 and 17
Summer Camps

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

J&R day camp

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

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

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.

J&R Early Bird ends February 28

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Before- and After-Camp Care
Robinson Building, JCC Squirrel Hill
7-9 am: no fee
4-6 pm: $15/day; $75/week
YALLA BALAGAN
TEEN TRAVEL CAMP
Information: Hannah Kalson
hkalson@jccpgh.org or 412-339-5400
Register: Katie Whitlatch,
kwhitlatch@jccpgh.org or 412-697-3540

Grades 6-8
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
Jamie Scott, 412-697-3520
jscott@jccpgh.org

Grades 1-6
Monday-Friday
9 am-3:30 pm

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).
- 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

early childhood 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 our 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.

Camp K’Ton Ton: ages 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-12:45 pm

REGISTER ONLINE: JCCPGH.ORG • FOR QUESTIONS: REGISTRATION@JCCPGH.ORG OR 412-697-3522

CLASSES AND PROGRAMS • JANUARY-MAY 2020
emma kaufmann camp

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

Emma Kaufmann Camp, the JCC's overnight camp, has been a home-away-from-home for generations of children and teens. Located 70 miles south of Pittsburgh in the beautiful hills and forests along Cheat Lake in Morgantown, West Virginia, EKC provides the perfect setting for adventures, sports and recreational activities on land and water; the perfect environment for each camper to learn, grow and develop independence, confidence and a sense of self. Founded in 1908, EKC is one of the oldest Jewish overnight camps in the United States. Rich in traditions, EKC is a place where families send their children year after year and generation after generation; where each camper, new and returning, is welcomed as part of an inclusive community experience.

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

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

We assign campers to a unit based on the grade they will enter at the end of the summer. Sabra, Kineret and Halutzim campers sleep in cabins of 8-12 campers grouped together by units. Every cabin is equipped with bathrooms and showers. Teens live in Teen Village, nestled in the woods about 300 yards from the center of camp, with a bathhouse, recreation hall and 25 electricity-equipped platform tents accommodating six people each.

Life in Teen Village is an excellent opportunity for 9th and 10th graders to accept responsibilities and freedom that go along with growing up and becoming adults.

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 tikun 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.

Important Details
- West Virginia University Hospital is 10 minutes from camp. Camp health care staff includes a head nurse, around-the-clock Registered Nurses, an Emergency Medical Technician and a physician-in-residence.
- Kosher-style meals are prepared by a licensed food service on the premise with vegetarian alternatives. Food allergy safeguards are enforced, including a completely separate gluten-free kitchen.
- A commercial laundry picks up and delivers once or twice a session.
- Bus transportation is provided from the Pittsburgh area, Maryland, Virginia, Washington D.C., Philadelphia, Harrisburg, Cleveland, Columbus and Cincinnati based on registration.
- Campers also fly to camp from Florida, California, New York and other states and receive travel fee reimbursement from us. Transportation is provided to and from the Pittsburgh and Morgantown airports.
- Our CampMinder.com enables parents to view camp photos, send email and purchase care packages.
- Tuition covers all camp fees including transportation, meals, canteen, laundry service and out-of-camp trips.

Living Jewishly at EKC
Living Jewishly at EKC encompasses the tradition of hachnasat orchim, welcoming children of all backgrounds. Values rooted in our Jewish heritage set the tone for daily life at camp. Understanding Jewish values encourages our campers and staff to live more mindfully and to develop strong Jewish identities.

Our Jewish values include kavod (respect), derekh eretz (appropriate behavior), rachmanut (compassion), tzedakah (righteousness) and gemilut chasadim (acts of loving kindness).

On Friday evenings, we welcome Shabbat with dinner, songs and programs. After Saturday morning services, campers enjoy a day of special programs and quiet activities. Shabbat concludes with Havdallah.

Session Dates 2020
For campers entering grades 2-10
4 weeks (Session 1)
Sunday-Friday, June 21-July 17
For campers entering grades 2-10
3 weeks (Session 2)
Sunday-Tuesday, July 19-August 11
For campers entering grades 2-6
2 weeks (Sabra/Kineret Aleph)
Sunday-Friday, June 21-July 3
2 weeks (Sabra/Kineret 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
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.

Our Approach
ECDC’s approach to early learning is inspired by the ideas and practices developed in Reggio Emilia, Italy, for the education of young children. This program—based on the principles of respect, responsibility and community through exploration and discovery in a supportive and enriching environment—resonates with the JCC mission. ECDC’s curriculum recognizes each child’s voice and strives to provide a beautiful environment, small groups for children to do their work, and access to a wide variety of learning materials.

Our Core Beliefs and Values
• Children are constructivist learners
• Early Childhood educators are professionals
• Our families are our partners
• Our environment is an inspiration for inquiry

Our Educators Make the Difference
Our talented and dedicated staff is committed to ensuring each child’s happiness, safety and growth. It is our priority to employ experienced and creative staff who meet our high standards and reflect our value of lifelong learning. Our educators work together as a team to ensure all of our children are highly engaged in the education process for our school.

Skilled JCC specialists teach aquatics, physical education, music, and Jewish and Israeli culture. ECDC is visited weekly by a counselor from Jewish Family and Community Services to support educators and children in the classroom environment.

Our Facility
ECDC is housed in a dedicated, fully secured wing of the JCC. ECDC children make use of facilities in the entire JCC campus including indoor heated pools, full-size gymnasiums and the enclosed outdoor Marci Lynn Bernstein Playground.

Age Groups and Schedules
ECDC is a preschool with before- and after-school extended day options, enrichment classes and summer camps for children ages 6 weeks to 5 years old. We offer a wide range of scheduling choices from 7 am-6 pm every weekday:
• Infants: Full-time care, 6 weeks through 14 months old
• Tots: Full- and part-time options for 12 months through 2 years
• Toddlers: Full- and part-time options for 2-year-olds
• Preschoolers: Full- and part-time options for 3- and 4-year-olds
• Pre-Kindergarten: Full- and part-time options for 4- and 5-year-olds

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

Booken Family Kabbalat Shabbat
Celebrated every Friday during the school year. Everyone is welcome.
9:30 am
my baby and me

For information
Ada Maria Mezzich, amezzich@jccpgh.org
412-339-5417

FAMILY PLACE
A community-maintained space in the Kaufmann Building, 3rd floor, for JCC member families with children ages 4 and under.

Mondays-Thursdays
8:30 am-6:30 pm

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

JCC members only

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

BABY AND ME CLASSES

Schmooze ’n Sing, Baby Style:
newborn-12 months
For the first part of class, we socialize and discuss various parenting topics. Then caregivers and children engage in singing, dancing, finger-play and sensory activities designed to promote infant development.

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

Schmooze ’n Sing, Toddler Style:
ages 1-3
For the first part of class, we socialize and discuss various parenting topics. Then caregivers and children engage in singing, dancing, finger-play and sensory activities designed to promote toddler development.

Thursdays, 9:30-10:15 am
No fee for members
Family Place, 3rd floor, Kaufmann Building

$5/community
$20/5 classes; $40/10 classes
Drop-in class tickets must be purchased at the Centerfi t desk, Garage level beforehand and presented at each class. No refunds.

KINDERMUSIK
Kindermusik is a research-based early childhood music program for babies through age 7. Classes are in Room 307. 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, 11:30 am

Kindermusik Level 2: ages 2-3
With a caregiver; 45 minutes.

Mondays ........................................... 10:15 am
Wednesdays ................................... 9:15 am

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

Mondays ........................................... 11:15 am

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

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

Wednesdays ................................... 5:30 pm

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

Wednesdays ................................... 3:15 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.

To register: kathysmusic.com or 412-345-5220

PJ LIBRARY: FREE JEWISH BEDTIME STORIES
Danielle West, dwest@jccpgh.org
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.”
For information
Jamie Scott
jscott@jccpgh.org
412-697-3520

AFTER-SCHOOL CLUBHOUSE
Register: Jamie Scott
jscott@jccpgh.org
412-697-3520

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.

Our Staff
Clubhouse is staffed by caring and creative young adults who get to know your child and respond to his or her individual interests and needs. All staff are at least 18 years old, with extensive background in child care, child development or human services.

Homework
Based on parent preferences, children will complete all homework before participating in activities, or may finish homework at home.

JCC Enrichment Classes
Children scheduled for these classes at the JCC during Clubhouse hours will be escorted to and from their classes by Clubhouse staff and assisted with changing their clothes if necessary.

When School is Not in Session
Clubhouse families receive special rates for J Days and Snow Days when school is not in session and for Kids Nite Out Saturday evening programs. J Day programs can include field trips to the Carnegie Science Center, Fun Fore All and other venues.

Schools We Currently Serve
Cofax K-8, Community Day School, Environmental Charter School, Falk School, St. Bede, St. Edmund's Academy, New Story, Greenfield and Montessori School.

if your child's school is not on this list, please call us to discuss transportation options.

J DAYS
Grades 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.

Before and After Care
7:30-9 am: no charge
4-6 pm: $12 (no charge for 2019-20 Clubhouse members)
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

HOURS AND PRICES
J Days offer 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.

PreK-grade 6

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 (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.

Saturday, 6-9 pm
January 18
February 15
March 15
May 9

$40; $35/Clubhouse member
$18/sibling;$9/Clubhouse sibling

JCC PURIM CARNIVAL
Sunday, March 8
1-3 pm
BIRTHDAY PARTIES

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

Ages 4-10
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 with your idea 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.

THE SECOND FLOOR
facebook.com/thesecondfloorpgh
instagram.com/thesecondfloorpgh
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 at the JCC: grades 8-12
Hannah Kalson, hkalson@jccpgh.org
412-339-5400
facebook.com/jlinepgh
instagram.com/jlinepgh

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
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.
New! Israel Club: grades 8-12
Tuesdays, 4:30-6:30 PM
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.
January 7, February 11, March 3, April 14, May 5

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.

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 shalom—peace—contains within it the root letters for hannah—weintraub95@gmail.com—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.

MORE TEEN PROGRAMS
AT THE JCC

Teen Fitness ..............................................p. 10
Basketball ..............................................p. 17
Emma Kaufmann Camp ..............................p. 28
Yalla Balagan Teen Travel Camp ..................p. 26
Senior High Musical ..................................p. 22
center for loving kindness

For more information
Rabbi Ron Symons, rsymons@jccpgh.org
412-697-3235
The JCC’s Center for Loving Kindness is the town square where residents, municipalities and community organizations enter into dialogue, and people get involved to strengthen the fabric of community

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

American Jewish Museum
For more information
Melissa Hiller
mhiller@jccpgh.org
412-697-3231

XOXO: A Project About Love and Forgiveness
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
February–May, 2020

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 Young Adult Center
Rachael Speck, rspeck@jccpgh.org
412-697-3537

Monday–Friday, 2–6 pm, year-round
Participants can attend 1–5 days per week
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.

For more information or to schedule a trial period, please contact Rachael Speck at 412-697-3537 or rspeck@jccpgh.org.

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 developed.

Tuesdays
6:30–7:30 pm

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
For information
Darlene Cridlin, LCSW, dcridlin@jccpgh.org
412-697-3517
AgeWell at the JCC 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.

**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

**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.

**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 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 at designated locations to people age 65 and older who live in the 15217 zip code. 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 phone consultation. Call 412-697-3517 for information and referral to this service.

**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 and monthly program calendar at JCCPGH.org
The JCC is under the supervision of the VAAD.

**Volunteer Opportunity: CheckMates**
If you know an older adult who would appreciate a weekly, friendly phone call or would like to volunteer for this peer-led telephone reassurance program, call Amy Gold, MSW, 412-697-3528.

**Russian Language Library**
Tuesdays, noon-1 pm
Room 202

**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
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

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

Thursday
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.

Arthritis Exercise Program (30 minutes)
This class 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

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

Walk with Ease
Arthritis Foundation©
Marsha Mullen, mmullen@jccpgh.org
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

HomeMeds Medication Program
Partners in Care Foundation
Maddie Barnes, mbarnes@jccpgh.org
412-697-1186
Designed to address medication safety and quality-of-life issues by screening for and resolving certain medication problems. By appointment only.

Arthritis Exercise Program (30 minutes)
This class 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

AgeWell Pittsburgh
AgeWell Pittsburgh offers a one-stop resource 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
**FITNESS CLASSES**

**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
- $14

**Beginner Tai Chi**
Marsha Mullen, mmullen@jccpgh.org
412-339-5415

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

**JCC and AgeWell members only**
- $10/member
- Registration required

**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. Some restrictions apply.

**Silver&Fit**
Silver&Fit is free to adults ages 65+ who have American Specialty Health (ASH) as a product on their insurance program. Participants receive a general membership to the JCC. Some restrictions apply.

**Fitness Classes**
Marsha Mullen, mmullen@jccpgh.org
412-339-5415

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.

**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
- $1; no fee for Centerfit Platinum members

**Walking Club**
Meet on the JCC track, Kaufmann Building. Build endurance and have fun with friends.

- Mondays, 12:30 pm
- $30/member; $40/community
- Registration required

**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

**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
- $14

**Beginner Tai Chi**
Marsha Mullen, mmullen@jccpgh.org
412-339-5415

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

**JCC and AgeWell members only**
- $10/member
- Registration required

**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, 12:30 pm
- $30/member; $40/community
- Registration required

**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
- $1; no fee for Centerfit Platinum members

**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

**Thanks**

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- The Segal Family

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