

# JCC SPRING PROGRAMS

## SOUTH HILLS

### TO REGISTER

412-339-5432

[registration@jccpgh.org](mailto:registration@jccpgh.org)

### Contents

|                             |   |
|-----------------------------|---|
| Aquatics.....               | 2 |
| Basketball .....            | 4 |
| Book Festival.....          | 7 |
| Day Camps South Hills.....  | 5 |
| Emma Kaufmann Camp.....     | 6 |
| Fitness Classes.....        | 3 |
| J-SERVE 2021 .....          | 6 |
| Personal Training .....     | 3 |
| Spartan Family.....         | 4 |
| Sports .....                | 4 |
| Virtual Senior Academy..... | 9 |

### South Hills Hours

Monday through Friday • 6 am-6 pm

Saturday and Sunday • 8 am-1 pm

[CLICK HERE TO VIEW FAQS](#)

V I R T U A L



### Great Content on a New Platform

Members have access to all of our Virtual Live and On-Demand Group Exercise and SilverSneakers classes on Virtual JCCPGH

Set up your account and access classes [HERE](#)

<https://jccpgh.force.com/>



## 2 AQUATICS

### Private Swim Lessons

Private lessons are offered in the indoor pool  
Monday through Friday: 9 am-5 pm

Contact Carla Likar to schedule  
[clikar@jccpgh.org](mailto:clikar@jccpgh.org)  
412-697-3546

#### Details

- Clients (and their parents) will go through the screening process upon entry to the building.
- Children are to be accompanied by 1 person to the swim lesson. Additional siblings will not be admitted.
- Participants will wait in the lobby for the instructor to grant them access.
- The general locker rooms are open at this time. Lockers and showers are now available with distancing and cleaning protocols in place.
- Parents will not be allowed to stay in the pool area for the lesson; they will be asked to work out or return to their car.
- Please cancel your lesson and stay home if anyone in your house is feeling ill or has a fever.

### Lap Swimming

Reserve your lap swim time on [MINDBODY](#).



#### The JCC is committed to everyone's safety:

- Masks are required to be worn at the JCC at all times
- Health screening when entering the JCC
- Social distancing maintained
- Disinfecting stations throughout fitness center
- Hands free hand sanitizer stations throughout building
- Hands free water bottle filling stations
- Clean air monitoring

## 3 FITNESS

### PERSONAL TRAINING YOUR WAY

#### On site or virtual:

- In person in dedicated, safe spaces at the JCC
- Online
- Outdoors at the JCC, weather permitting

To register: [ecappucci@jccpgh.org](mailto:ecappucci@jccpgh.org)

### Small Group TRX Training

Mondays, 10 am • March 15-April 19

Thursdays, 9 am and 10 am • March 18-April 22

\$72

To register, call 412-339-5432 or email [registration@jccpgh.org](mailto:registration@jccpgh.org)

### Health and Wellness Coaching

Optimize your health and lifestyle goals shaped by your core values.

Contact Steve at [smanns@jccpgh.org](mailto:smanns@jccpgh.org)

### POP-IN CLASSES

Offered outdoors under the pavilions in our big back yard. Register for pop-in classes on [MINDBODY](#)

#### Pop-in Spartan Strong with Steve

Based on the Spartan Race, the class combines strength, endurance and mobility exercises with stretching and cardio-focused drills.

Tuesdays • 10-10:45 am

#### Pop-in Interval Training with Elaine

Kettlebell-based strength training and short cardio intervals combine to give you a complete workout.

Wednesdays • 12 -12:45 pm

#### Pop-In Group Fight with Rachael

This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level.

Fridays • 9-10 am

#### Pop-In Boot Camp with Medardo

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

Saturdays • 9-10 am

(no class Saturday, April 3)

## 4 SPORTS

### **Private Basketball Personal Training: ages 10+**

Get back on the court and improve your skills!

Private and small group lessons are available with Unrico Abbondanza, a 4-year starter for Lock Haven University and a three-time All-PSAC player.

Wednesdays, Thursdays, Saturdays and Sundays, by appointment.

1 player: \$60/hour

2 players: \$40/player/hour

3 players: \$35/player/hour

4 players: \$30/player/hour

**For more information and to register:**  
[smanns@jccpgh.org](mailto:smanns@jccpgh.org)

### **Reserve the Gym for Hoop Time**

JCC members may reserve a court for a 50-minute time slot. Usage is limited to one member or one household up to 5 members. Reservations must be made on [MINDBODY](#); times vary.

### **Spartan Family**

It's time to get your kids away from the computer and get them (and you) outside to play! Sunday mornings will be an adventure in the JCC backyard. Coach Steve will teach you and your child (age 5 -8) how to get gritty and dirty while learning the basics of obstacle course racing and character building skills that will help you on a race course or at home. Parent participation is required. Class will go on rain or shine!

Coach Steve is a Level 2 SpartanSGX Coach, Spartan Obstacle Specialist and Spartan Strong Instructor. He is also our race director for the Steel City Challenge.

### **Outdoors in the South Hills JCC Backyard**

Sundays • 11-11:45 am

April 11-May 15

\$90

# 5 DAY CAMPS SOUTH HILLS

## South Hills Day Camp

June 14 – August 6

Register by the week; weeks do not need to be consecutive

Kosher-style lunch and afternoon popsicles are included in all camp programs

### Camp Sabra: Grades K-2

9 am-3 pm

### Camp Halutzim: Grades 3-6

9 am-3 pm

### Staff-in-training Leadership Program

Grades 7-10

8:30 am-3:30 pm

4-week minimum (do not need to be consecutive)

## Basketball Camp

Grades K-4

June 28-July 2

Monday-Friday

9 am-noon (lunch not included)

Noon-3 pm add-on (lunch included)

## Performing Arts Camp

Grades 2-8 (3-week session)

July 19-August 6

Monday-Friday

### Rates

Sabra full day: \$390

Halutzim: \$390

Performing Arts: \$400

Basketball: \$300

Basketball add-on: \$125

Staff in Training: \$210

Non-members add \$50 per week

**For more information, contact Emma Litwak  
412-278-1782 • [elitwak@jccpgh.org](mailto:elitwak@jccpgh.org)**

**Register for camp at  
[jccpghdaycamps.com](http://jccpghdaycamps.com)**

## 6 EMMA KAUFMANN CAMP



EKC, the JCC's overnight summer camp, is situated along Cheat Lake near Morgantown, West Virginia, providing myriad opportunities for sports and recreational activities on land and water.

EKC camping programs, with an emphasis on Jewish values, are for kids entering grades 2 through 11. Activities include swimming, climbing tower, sports, waterskiing, cooking, theatre, music, canoeing, water sports, ceramics, arts & crafts, mountain biking, camping, horseback riding, dance, archery and more!

Our program is designed to promote connections, values, growth and fun for everyone involved!

For first time campers, and those in grades 2-6, we offer 2-week and 1-week options, in addition to our full sessions.

**Dates and rates for summer 2021:**  
[emmakaufmanncamp.com](http://emmakaufmanncamp.com)

**To learn more, contact Camp Director Aaron Cantor**  
[acantor@jccpgh.org](mailto:acantor@jccpgh.org) • 412-339-5412

## J-SERVE 2021: GRADES 6-12

**Virtual and In Person on April 11, 2021**  
**Contact [spesi@jccpgh.org](mailto:spesi@jccpgh.org)**

J-Serve is an annual day of service taking place in over 90 countries around the world. J-SERVE offers a wide array of service opportunities to participants from all over the greater Pittsburgh area. Join us on April 11, 2021 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, BBYO, and The Jewish Federation of Greater Pittsburgh.*

# 7 BOOK FESTIVAL

## Book Festival Live in Your Living Room

We are pleased to join JCCs from all around the nation in offering this exciting book and author series of the MCJCC Atlanta and the National JCC Literary Consortium.

### For details and registration information:

<https://jccpgh.org/book-and-author-series/>

### **Lisa Scottoline, *Eternal: A Novel***

Sunday, March 21 • 8 pm

Ticket: \$6 • Ticket and copy of book: \$36 (includes tax and shipping)

### **Tim Shriver, *The Call to Unite***

In conversation with Deepak Chopra

Monday, March 22 • 7 pm

Ticket: Free. Book plus virtual ticket: \$32

### **Sue Monk Kidd, *The Book of Longings***

Thursday, March 25 • 8 pm

Ticket: \$11 • Ticket and paperback copy of book: \$25 (includes tax and shipping) Book purchase includes signed bookplate!

### **Sharon Stone, *The Beauty of Living Twice***

Thursday, April 1 | 8 pm

Ticket and copy of book: \$36 (includes tax and shipping)

### **CNN Anchor Brooke Baldwin, *Huddle: How Women Unlock Their Collective Power***

Wednesday, April 7 • 8 pm

Ticket: FREE • Ticket and copy of book: \$36 (includes tax and shipping) Book purchases include signed bookplate!

### **Daniel Lee, *The SS Officer's Armchair: Uncovering the Hidden Life of a Nazi***

Sunday, April 11 • 2 pm

Ticket: FREE • Ticket and copy of book: \$35 (includes tax and shipping)

## 8 BOOK FESTIVAL

### **Jenny Lawson, Broken**

Tuesday, April 13 • 8 pm

Ticket and copy of book: \$36  
(includes tax and shipping)

### **Tovah Feldshuh, Lilyville: Mother, Daughter, and Other Roles I've Played**

Thursday, April 15 • 8 pm

Ticket: Free. Ticket and copy of book: \$36 (includes tax and shipping) Book purchases include signed bookplate!

### **Robert Lefkowitz, M.D., A Funny Thing Happened...**

Sunday, April 25 • 8 pm

Ticket: \$6  
Ticket and copy of book: \$36  
(includes tax and shipping)

### **Hadassah Lieberman, Hadassah: An American Story**

Sunday, May 2 • 8 pm

Ticket: \$6  
Ticket and copy of book: \$36  
(includes tax and shipping)

### **Pam Jenoff, The Woman with the Blue Star: A Novel**

Thursday, May 6 • 8 pm

Ticket: \$6  
Ticket and paperback copy of book: \$25 (includes tax and shipping)

### **Judy Batalion, The Light of Days: The Untold Story of Women Resistance Fighters in Hitler's Ghettos**

Monday, May 10 • 8 pm

Ticket: FREE  
Ticket and copy of book: \$36  
(includes tax and shipping)

### **Paula Shoyer, The Instant Pot Kosher Cookbook**

Thursday, May 13 • 7:30 pm

Ticket: \$6  
Ticket and copy of book: \$30,  
(includes tax and shipping)

### **Senator Amy Klobuchar, Anti-Trust: Taking on Monopoly Power from the Gilded Age to the Digital Age**

Wednesday, May 19 • 8:00 pm

Ticket: \$36  
Ticket and copy of book: \$6 (includes tax and shipping)



# 9 VIRTUAL SENIOR ACADEMY

## AgeWell at the JCC Presents: Virtual Senior Academy Online Classes for Everyone

### Social Justice: Eternal Values Applied to Contemporary Issues with Rabbi Ron Symons

Tuesdays

12:15-12:45 pm

Through April 27

### Quarantine Stories Art and Quarantine Stories with Melissa Hiller

Thursdays

12:15-12:45 pm

Through April 29

### Dance Party

Dance down memory lane with popular dances and music of the 60s, 70s and 80s. The dances include the Monkey, Twist, Jerk, Mashed Potatoes, Temptation Walk and more. Class will also feature a warm-up and cool down. Wear comfortable clothing and shoes. No experience is needed. Let's party together and celebrate through dance and music! Class led by Norma Jean, dance enthusiast and graduate of Point Park University's Dance/Arts Management program.

Wednesdays • 10 -10:45 am

March 31-April 21`

### Nutrition and You

Wednesdays (times vary)

Join Nutrition students from the University of Pittsburgh as they discuss nutrition-centered topics and share how you can make informed food choices and develop sustainable healthy habits.

**If you are interested in joining:**

**Sign up on the Virtual Senior Academy website**  
<https://virtualsenioracademy.org/>

**For more details, email Maddie Barnes**  
**at [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or call 412-697-1186**