

JCC SPRING PROGRAMS



SQUIRREL HILL

TO REGISTER

412-339-5432

registration@iccpgh.org

Contents

Aquatics	3
Book Festival.....	10
Dance	5
Day Camps Squirrel Hill and Monroeville	7
Emma Kaufmann Camp.....	9
Fitness	4
J-Serve 2021	5
Personal Training	4
Sports	6
Virtual Senior Academy.....	12

Operating Hours

Monday through Thursday • 6 am-8 pm

Friday • 6 am-6 pm

Saturday and Sunday • 8 am-1 pm

[CLICK HERE TO VIEW FAOS](#)



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/>



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 AQUATICS

Private lessons

Private lessons will be offered in the indoor small pool.

Monday-Friday: 9 am-6 pm

Saturday and Sunday: 8:30 am-1 pm

Contact Carla Likar to schedule

clikar@jccpgh.org

412-697-3546

Details

- Enter: Centerfit Entrance through the Forbes Avenue garage
- 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 Pool 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.

Guppy and Me Group Lessons

Parents get in the water with their child and classes are led by an on-deck instructor. The class is designed to acclimate swimmers through song and play.

Session 1 March 14, 21, April 11,18

Session 2 May 2-23

Ages 6 months-1 year 9-9:30 am

Ages 1-2 9:45-10:15 am

Ages 2-3 10:30-11 am

\$50

Lap Swimming

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

4 FITNESS

Personal Training Your Way On Site or Virtual

You can choose to work with a trainer:

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

Register:

- For returning clients: Concierge@jccpgh.org
- For new clients: Laurie Wood lwood@jccpgh.org

Boot Camp with Bill

This fast-paced class mixes strength training and muscular endurance for an intense workout using your own body weight and minimal equipment. In the Kaufmann Gym.

Tuesdays and Thursdays • 6-6:45 am

April 20-May 20

5 weeks: \$50 for one day/week

\$90 for both days/week

HIIT in Garage Area with Bill

Short bursts of intense exercise followed by short recovery periods. A variety of equipment will be used to ensure a total body workout.

Tuesdays and Thursdays • 9-9:45 am

April 20-May 20

5 weeks: \$50 for one day/week

\$90 for both days/week

Teen HIIT with Annie: ages 11-14

Join Annie for a fun HIIT class using kettlebells, TRX, bands and more.

Tuesdays and Thursdays • 4-4:45 pm

March 23-April 15

4 weeks: \$40 one day/week; \$80 for both days/week

April 20-May 20

5 weeks: \$50 for one day/week

\$90 for both days/week

Other Options

- Try a Pop In fitness class: see schedule on [MINDBODY](#)
- Virtual live and on demand fitness classes
Go to [Virtual JCCPGH](#)

5 DANCE



Dance classes will be held in person, in small groups. Dancers will remain at least 6 feet apart throughout the class. If classes cannot be held in person, they will be held virtually.

Contact Kathy Wayne, kwayne@jccpgh.org

Ballet/tap/jazz: ages 7-9

Tuesdays 5:15-6:30 pm

March 16 –May 18

\$180

***Intermediate Ballet/tap/jazz ages 10-14**

Wednesday and Friday 4:30-6 pm

March 17-May 19

*No class April 2

\$285

Advanced Ballet/tap ages 13-18

Tuesdays 6:45-8:45 pm

and Wednesdays 6:15-8:15 pm

March 16-May 19

\$315

J-SERVE 2021: GRADES 6-12

Virtual and In Person on April 11, 2021

Contact 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.

6 SPORTS

Private Basketball Personal Training: ages 10+

Get back on the court and improve your skills with Marcus Robinson. He is a professional athlete, coach, trainer and mentor with 10+ years of playing and professional training experience in the tri-state area.

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:
concierge@jccpgh.org**

Sports of All Sorts: ages 3-5

Led by Coach Brandi, kids play alongside their parents while learning sports skills in basketball, soccer, and more. Parent participation is required.

Sundays • 10-10:30 am

May 2-16

\$36/session

Super Shooters Spring Soccer Clinic: K-grade 2

Led by Coach Brandi, young players learn basic soccer skills such as dribbling, ball control and passing. Parent participation is required.

Sundays • 11-11:45 am

May 2-16

\$45

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.

7 SUMMER DAY CAMPS



Camp registration
jccpghdaycamps.com

J&R Day Camp

Age 4-grade 5 • Family Park, Monroeville

June 21-August 20

Monday-Friday • 9 am-3:30 pm

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

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

Rates

1 week: \$400

2 weeks: \$800

3 weeks: \$1,200

4 weeks: \$1,600

5 weeks: \$2,000

6 weeks: \$2,400

7 weeks: \$2,800

8 weeks: \$3,200

9 weeks: \$3,600

*Non-members add \$50 per week

Questions: Rachael Speck
412-697-3537 • rspeck@jccpgh.org

Specialty Camps

Grades 1-6

Squirrel Hill • Family Park

July 6-August 20

Monday-Friday • 9 am-3:30 pm

Non-members add \$50 per week

View Day Camps Brochure:

flipsnack.com/jccdaycamps/jcc-pgh-day-camps.html

Questions: Jamie Scott
412-697-3520 • jscott@jccpgh.org

8 SUMMER DAY CAMPS

Performing Arts Camp: grades 4-10

Squirrel Hill

June 21-July 16

Monday-Friday • 9 am-3:30 pm

Lunch provided

PAC rates

\$1,680 /JCC member; \$1,880 /non-member

Questions: Kathy Wayne

412-339-5414 • kwayne@jccpgh.org

Misgav Day Camp: grades 6-8 Middle School Experience

June 21– August 20, register by the week

- Traditional J&R Day Camp activities
- New programming including Venture Outdoors, Movement and Nutrition, Snapology and more!
- Based at the Family Park in Monroeville with transportation provided

\$400 per week

To register:

https://jccpgh.formstack.com/forms/jandrregistration2020_regular_rate

Ascend one-week Climbing Specialty Camp: grades 6-8

July 26-30

- Climbing and outdoor adventure activities at J&R
- Climb, boulder and rappel at ASCEND Pittsburgh
- Culmination day trip to Coopers Rock

\$450

To register:

https://jccpgh.formstack.com/forms/specialty_camps_2021_registration_form

9 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

To learn more, contact
Camp Director Aaron Cantor
acantor@jccpgh.org
412-339-5412

10 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)

11 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)

12 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 or call 412-697-1186