TO REGISTER
412-339-5432
registration@jccpgh.org

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South Hills Hours
Monday through Friday • 6 am-6 pm
Saturday and Sunday • 8 am-1 pm

CLICK HERE TO VIEW FAQS
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

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
- Air purifiers
**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
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. 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](https://www.mindbodyonline.com).

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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

Health and Wellness Coaching
Optimize your health and lifestyle goals shaped by your core values.

Contact Steve at smanns@jccpgh.org

POP-IN CLASSES

Offered outdoors. 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.

Sundays • 8-8:45 am
Tuesdays • 10-10:45 am

Pop-in Group Active with Elaine
One hour of cardio (using the step). Strength, flexibility and balance training set to fun music.

Thursdays • 10-11 am
(bring your own weights and mat)

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 through May 21 • 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
Zumba Gold Pop-In with Bonnie
Easy to follow choreography set to upbeat music will get you moving.
Thursdays • 5-5:45 pm

SPARTAN STRONG
Are you Spartan Strong?
Whether you want to get strong to participate in our upcoming Steel City Showdown obstacle course race, or whether you want to be strong for life, we can help you in two ways:

1 – Join Coach Steve in person for the Spartan Strong class on Sundays at 8AM in the South Hills.
Register on MINDBODY

2 – Join us for the South Hills Spartan Workout Tour Event on Sunday, August 1st.

To register, click HERE

For more information about the Spartan Strong class and Workout Tour, or the upcoming Steel City Showdown race, contact Steve Manns at smanns@jccpgh.org
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

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.
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)

SOUTH HILLS DAY CAMP IS FULL!
To join the waitlist, email elitwak@jccpgh.org
- Child’s Name
- Grade Entering in Fall ’21
- Weeks you would like to attend
**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

Register for camp at jccpghdaycamps.com
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

**NOTE:** Some sessions may be full!
For info about available spots, please 
[contact acantor@jccpgh.org](mailto:acantor@jccpgh.org)
Book Festival
Live in Your Living Room
We are pleased to join JCCs from all around the nation in offering this virtual 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/

Senator Amy Klobuchar, Anti-Trust: Taking on Monopoly Power from the Gilded Age to the Digital Age
Wednesday, May 19 • 8 pm
Ticket: $11
Ticket and copy of book: $36 (includes tax and shipping)
Register HERE

Andrew McCarthy, Brat, An ’80s Story
Monday, May 24 • 8 pm
Ticket: $6
Ticket and copy of book: $36 (includes tax and shipping)
Register HERE

Jennifer Weiner, That Summer
Thursday, May 27 • 8 pm
Ticket: $6
Ticket and copy of book: $36 (includes tax and shipping)
Register HERE
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

Quarantine Stories: Art and Quarantine Stories with Melissa Hiller
Thursdays
12:15-12:45 pm

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:
Click HERE to sign up on the Virtual Senior Academy website

For more details, email Maddie Barnes at mbarnes@jccpgh.org or call 412-697-1186
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. We strengthen the fabric of community by amplifying the long held values of “Love Your Neighbor as Yourself” and “Do Not Stand Idle While Your Neighbor Bleeds”, as we redefine neighbor from a geographic term to a moral concept.

Even as we pivoted in implementation as a result of the pandemic, we remain committed to our core strategies:

• Build relationships through shared experiences
• Provide support and space for healing from violence and hate
• Raise awareness and act on critical issues
• Grow consistent public presence

Find out about Center for Loving Kindness programs and events at https://jccpgh.org/center-for-loving-kindness/

centerforlovingkindnesspgh
@centerforlovingkindnesspgh
Sofa Spirituality, a new era of interfaith dialogue in partnership with Christian Associates of Southwest PA, invites diverse people of faith and hope into learning and dialogue—all on Zoom from the comfort of our own living rooms. Sofa Spirituality allows people of faith and hope, curiosity and interest, to learn about each other while being in dialogue with each other. The intimate style of Sofa Spirituality affords each one of us to have a seat on the sofa and a voice in the conversation.

Find out more at sofaspirituality.org

The JCC’s Center for Loving Kindness is supported, in part, by the Heinz Endowments, Opportunity Fund, The Pittsburgh Foundation, and individual support. Sofa Spirituality is supported, in part, by The Russell Berrie Foundation.
The 10.27 Healing Partnership is the coordinating agency for the community’s response to the October 27, 2018 synagogue mass shooting in Pittsburgh, PA. Its mission is to foster a sense of community well-being by providing opportunities for reflection, support and connection for individuals and their loved ones impacted by the October 2018 attack and others who experience hate-induced trauma. For more information, visit 1027healingpartnership.org

The 10.27 Healing Partnership has opened up its space on the 3rd floor of the Kaufmann building (5738 Forbes Avenue) again for limited number of visitors and are enthusiastic about having people come in who are seeking a healing space or supportive counseling. Visit the 10.27 Healing Partnership website and follow them on social media to see the wide variety of programs offered and the partnerships established with other organizations who are doing healing work during the pandemic.
THANK YOU TO OUR PARTNERS

We Thank
The Jewish Federation of Greater Pittsburgh & The Jewish Healthcare Foundation
for their exceptional support of the JCC’s ongoing life sustaining and life enhancing work this year.