

JCC PROGRAMS



SOUTH HILLS

TO REGISTER

412-339-5432

registration@jccpgh.org

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Aquatics

Book Festival

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Emma Kaufmann Camp

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10.27 Healing Partnership

South Hills Hours

Monday through Friday • 6 am-6 pm

Saturday and Sunday • 8 am-1 pm

[CLICK HERE TO VIEW FAQS](#)



Beneficiary Agency of
Jewish Federation
OF GREATER PITTSBURGH



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.](#)

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.

DAY CAMPS

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



DAY CAMPS

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**



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

NOTE: Some sessions may be full!
For info about available spots, please
contact 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

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



CENTER FOR LOVING KINDNESS



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](https://www.facebook.com/centerforlovingkindnesspgh)



[@centerforlovingkindnesspgh](https://www.instagram.com/centerforlovingkindnesspgh)

SOFA SPIRITUALITY

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.



Inviting Diverse People of Faith into Learning and Dialogue—from Our Own Living Rooms

10.27 HEALING PARTNERSHIP



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](https://1027healingpartnership.org) 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
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for their exceptional support
of the JCC's ongoing life sustaining and
life enhancing work this year.

Beneficiary Agency of
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