JCC PROGRAMS

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

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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 FAQS
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 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. 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 social 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 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
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
April 20-May 20
5 weeks: $50 for one day/week
$90 for both days/week
**Beginners T’ai Chi**
Learn and practice basic stances, breathing methods and moving styles with popular Qi and common T’ai Chi hand forms for wellness and fitness.

Saturdays • 12:15-1 pm
June 5-August 14 (NO class on July 3)
10 weeks: $45/member
**Class is limited to 20 participants. NO DROP INS.**

Please register at the Centerfit Desk.
Contact Marsha Mullen for more information
412-339-5415 • mmullen@jccpgh.org

**Other Options**
• Try a Pop In fitness class: see schedule on MINDBODY
• Virtual live and on demand fitness classes
  Go to Virtual JCCPGH

**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 8 am at the JCC 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 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/session

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.
Make a Spash at the Family Park!
You and members of your household will be able to enjoy up to a 4-hour time slot!

- Olympic-size outdoor swimming pool
- Diving board
- Walk-in baby pool with rainbow mushroom sprays

Open to JCC Members - Weekends with 2 sessions/day
May 29-September 5

Session I – 11 am-3 pm
Session II – 3:30-7:30 pm

Learn more: [https://jccpgh.org/event/enjoy-family-park](https://jccpgh.org/event/enjoy-family-park)
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

J&R DAY CAMP IS FULL!
To join the waitlist, email rspeck@jccpgh.org
- Child’s Name
- Grade Entering in Fall ’21
- Weeks you would like to attend

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SUMMER DAY CAMPS

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

Click HERE to view Day Camps Brochure

Questions: Jamie Scott
412-697-3520 • jscott@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: Rachael Speck
412-697-3537 • rspeck@jccpgh.org

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
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

Squirrel Hill Dance Camps
In person, socially distanced dance camp is back for experienced dancers seeking an immersive dance experience. Camp is in the Robinson Dance Studio.

Advanced Dance Camp: ages 12-18
Classes include ballet, tap, jazz and pointe/pre-pointe. Must have 3-4 years minimum ballet training.
Monday, Wednesday and Friday
August 2-13 • 1-4 pm
Limit 12 students
$270

Intermediate Dance Camp: ages 10-14
Classes include ballet, tap and jazz. Must have 2-4 years minimum ballet training.
Monday, Wednesday and Friday
August 2-13 • 10 am-1 pm
Limit 12 students
$270

Questions: Kathy Wayne
412-339-5414 • kwayne@jccpgh.org
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
412-339-5412 • acantor@jccpgh.org

**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
Until further notice, AgeWell at the JCC will continue to operate on its existing schedule of providing Meals TO Go and Delivery, virtual programs through Virtual Senior Academy, as well as 1:1 appointments for information and referral and/or registration.

For details about our summer schedule, please click 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.
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.