Swim Lessons

Contact Sarah Grimm: sgrimm@jccpgh.org

Guppy and Me
ages 6 months-2 years
Parent and child explore the water and learn safe behaviors in the water through songs and play.

Tadpoles: ages 2-3
Children learn to become comfortable in the water through songs and games. Parents do not get in the water.

Minnows: ages 3-5
Children become comfortable in the water through blowing bubbles, digging arms and splasy feet.

Jellyfish: ages 3-5
Children begin to explore the water more independently, learn to push off unassisted and do back floats.

Catfish: ages 3-5
Children work independently on front and back floats and glides.

Starfish: ages 6-12
Build confidence in the water, learn body positioning, floating and kicking.

Goldfish: ages 6-12
Freestyle, backstroke and beginner breathing are the main focus in this class.

Dolphins: ages 6-12
Rotary breathing and elementary backstroke are the primary focus of this class.

Sharks: ages 6-12
Breaststroke and butterfly are the primary focus in this class.

Swim Class Schedule
Sundays: July 10- August 28
Guppy and Me/Tadpole ...........9 am
Minnows ...................................9:30 am
Jellyfish ...................................10:00 am
Catfish ...................................10:30 am
Starfish ..................................11:00 am
Goldfish ................................11:30 am
Dolphins ......................... 12 pm
Sharks ......................................12:30 pm

JCC Members: $120
Community Members: $160*
*Community members may take one session of group lessons. To enjoy more lessons, contact JCC Membership to join!

Group Ex

Elaine Cappucci
eccapucci@jccpgh.org
We offer a variety of Group Ex classes designed to help you move better, feel stronger and stay healthy, including:
• Group Active
• Group Centergy
• Group Power
• Absolute Abs
• Mobility/Strength
• Step Aerobics
• TRX
To see the full schedule and description of our classes visit jccpgh.org/jccpghvirtual-liveschedules

Outdoor Group Ex

Steve Manns
smanns@jccpgh.org
The JCC backyard is the perfect setting for outdoor exercise. Join us on Sunday mornings to get a great workout, or to prepare yourself for running the JCC’s third annual Steel City Showdown.
Register in advance on MINDBODY

Deka Fire
Deka Fire combines 10 bodyweight exercises to give you a full-body functional fitness workout.
Sundays • 9 am
June 19, July 10, July 24

Aqua Arthritis
Mondays • 9:30 am

Aqua Aerobics
Tuesday • 2:30 pm
Fridays at noon

Spartan Strong
This variable intensity hour-long experience will push you and unleash your inner Spartan by increasing strength, endurance and mobility through a combination of bodyweight moves, dynamic stretching and cardio-focused drills using the Spartan Pancake sandbag.
Sundays • 9 am
July 17, August 7

Animal Flow
With Laura Wise
Animal Flow is ground-based, primal movement training using bodyweight to increase stability, strength, coordination, focus, mobility, endurance and more. In this introductory class you will learn a few of the basic terms and skills of this unique program. We will drill the skills and grow to flow them together as a group.
Wednesday, June 29 • 7 pm
Sunday, July 31 • 9 am

To Register: JCCPGH.FORCE.COM OR REGISTRATION@JCCPGH.ORG / 412-339-5432.
PERSONAL TRAINING
Steve Manns
smanns@jccpgh.org
Your personal trainer will customize a program just for you and guide you to a life-changing transformation through safe, enjoyable workouts. Get started today!

BASKETBALL
Steve Manns
smanns@jccpgh.org
Private and Small Group Lessons ages 10+
with Unrico Abbondanza
Wednesdays, by appointment
1 player: $60/hour/member; $65/community
2 players: $40/player/hour; $55/community
3 players: $35/player/hour; $40/community
4 players: $30/player/hour; $35/community

Clinics
With Unrico Abbondanza and Dante Calabria
Sundays, pre-registration required
Girls and Boys K-grade 3 • 9-10 am
Girls grades 4-11 • 10-11:15 am
Boys grades 4-11
11:15 am-12:30 pm

OLDER ADULT GROUP EXERCISE
Elaine Cappucci, ecappucci@jccpgh.org or
Tai Chi
Tuesdays ongoing
Beginner: 11 am-noon
Intermediate: Noon-1 pm
$3/class/member

PWR!Moves Parkinson’s Wellness and Recovery
Steve Manns
smanns@jccpgh.org
PWR!Moves is an evidence-based exercise program geared to people with Parkinson’s.
Through August 29
Mondays and Wednesdays
1-2 pm
Social Hall
$3/class/member

SilverSneakers® Classes
To see the full schedule and description of our classes visit jccpgh.org/jccpghvirtual-schedules

Classic
Increase strength, endurance and mobility using hand-held weights, elastic tubing, and a ball, and a chair for seated exercises and standing support.

Circuit
Strength training with hand-held weights, elastic tubing and a ball alternated with low-impact aerobic segments.

Yoga
Yoga poses and movement, restorative breathing and a final relaxation are performed sitting and standing with a chair for support.

PICKLEBALL
Steve Manns
smanns@jccpgh.org
Come play on our indoor court! Six people per session can register and play round-robin style
Tuesdays ..........................10-11:30 am
Tuesdays ............................12-1:30 pm
Wednesdays ..................10-11:30 am
Thursdays ..........................12-1:30 pm
$5/person
Register in advance on MINDBODY

Pickleball Lessons and Clinics
Elaine Cappucci
ecappucci@jccpgh.org
Learn to play from a certified pickleball pro. Beginner and intermediate clinics are scheduled as requested. Please contact the Front Desk at 412-278-1975 to be placed on the waiting list.

Private One-hour Lessons
1 player: $60/member; $65/non-member
2 players: $50/member; $55/non-member
3 players: $45/member; $50/non-member
4 players: $40/member; $45/non-member

BUILDING HOURS
Monday-Thursday, 6 am-8 pm
Friday, 6 am-6 pm
Saturday, 8 am-1 pm
Sunday, 8 am-1 pm
Pool
Closes at 6 pm on weekdays

FAMILY PARK HOURS
Opening Day: May 28
Saturdays: 11 AM-7 PM
Sundays: 11 AM-7 PM
Mondays: 4-7 PM
Wednesdays: 4-7 PM

Holidays
Memorial Day: Monday, May 30
Independence Day: Monday, July 4
Labor Day: Monday, September 5
11 am-7 pm

TO REGISTER: JCCPGH.FORCE.COM OR REGISTRATION@JCCPGH.ORG / 412-339-5432.