**SWIM LESSONS**

**SQUIRREL HILL**

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

**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 blowing bubbles, digging arms and splashing feet.

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

**Minnows: ages 3-5**
Children become comfortable in the water through songs and games. Parents do not get in the water.

**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, taught in the large pool.

**Sharks: ages 6-12**
Breaststroke and butterfly are the primary focus in this class, taught in the large pool.

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**SWIM LESSONS FAMILY PARK**

**Saturday Sessions**
Ages 4-5 ................. 11-11:30 am
Ages 6-10:
Beginner ............. 11:30 am-12 pm
Intermediate .......... 12-12:30 pm
June 4-25 ......................... $60
July 9-30 ......................... $60
August 6-27 ................... $60

**Monday sessions**
Ages 4-5 .................. 5-5:30 pm
Ages 6-10:
Beginner .................. 5:30-6 pm
Intermediate .......... 6-6:30 pm
June 6-27 .................. $60
July 11-August 1 .......... $60
August 8-29 ............... $60

**Private 30-Minute Swim Lessons by Appointment**
JCC and Splash Pass members
$42/30 minutes
$210/6 lessons
$320/10 lessons

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**Sunday Swim Clinics**

**11:30 am-Noon**

**Ages 6+, you must pass a deep water test**

June 12: Freestyle Streamlines, Flip Turns and Starts
June 19: Backstroke Diving and Starts
June 26: Backstroke Streamlines and Flip Turns
July 10: Breaststroke Diving and Starts
July 17: Breaststroke Streamlines and Flip Turns
July 24: Butterfly Diving and Starts
July 31: Butterfly Streamlines and Flip Turns

**$15 per class; $70 /all 7 clinics**

**FREE AQUATIC FITNESS SQUIRREL HILL**

**Aqua Fit**
This high-intensity aerobics class features water plyometrics and resistance equipment.
Mondays, Wednesdays, Fridays
Noon-12:45 pm
Small pool

**SilverSplash**
Short bursts of aerobic exercise are combined with a series of strength, flexibility and balance exercises.
Monday-Friday
11:11:45 am
Small pool

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**STEEL CITY SHOWDOWN**

Our challenging obstacle course race at the JCC’s 100-acre Family Park in Monroeville.

**Sunday, August 21**
$60 for 8:00-8:15 am heats
$55 for all other heats
Ages 13+

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**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**
Independence Day: Monday, July 4
Labor Day: Monday, September 5
11 am-7 pm

**SUMMER SPLASH PASS**
Use the Family Park facilities from Memorial Day through Labor Day— for non-members
Family (2 adults and 4 kids): $300
Individual (ages 14-64): $200
Senior (65+): $175
Splash Pass members can bring guests (member must be present at sign-in):
Family: $30
Individual: $10
Senior: $5
To buy a pass, call the JCC Membership Office at 412-697-3522.

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**PERFORMING ARTS**
**CAMP PERFORMS “MATILDA JR.”**
Wednesday, July 20 • 7 pm
Thursday, July 21 • 2 and 7 pm
Friday, July 22 • 2 pm
Katz Performing Arts Center
For information: Kathy Wayne
Kwayne@jccpgh.org
412-339-5414

**FITNESS**
**HIIT the Hills**
High Intensity Interval Training and Climbs followed by an active recovery class in our Recovery Room.
Friday, June 10
6:15am with Laurie and Annie
7:30 am with Evan and Annie
No fee for Platinum members
Register on MindBody

**Group Ex Launches**
Group Power • 8:15 am
Group Fight • 9:30 am
Sunday, June 26
Group Core • 5:30 pm
Wednesday, July 6
Group Active • 9:15 am
Friday, July 8
Group Blast • 8:45 am
Group Centergy • 10 am
Saturday, July 16

**Recovery Room**
Dedicated space to aid in active and passive recovery for total body wellness. Use a variety of Hyperice, Normatec and Meditation equipment in addition to stretching and relaxation spaces.
$50 /month/ General
$25/month /Platinum
$15 drop in

**Mat Pilates**
A low impact mat class focused on building strength, stability and flexibility throughout the body with a focus on the core.
Tuesdays • 8 am
June 14-July 12 (no class July 5)
Thursdays • 5:30 pm
June 16 -July 7
$60 Platinum; $80 General

**Stretch and Roll**
A full-body stretching and foam rolling class class that targets specific muscles and tendons to stretch in order to increase flexibility and reduce tension.
Wednesdays • 9 am
June 15-July 6
$30 Platinum; $40 General

**Active Recovery**
A low intensity total body class that focuses on reducing muscle tightness, knots and myofascial release. Foam rollers, lacrosse balls, yoga straps and static and dynamic stretching will be used.
Fridays • 7:30 am
June 17-July 8
$30 /Platinum; $40 /General

**Personal Training**
Bill Herman, wherman@jccpgh.org
412-697-3238
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!

**Equipment Orientations**
Weekly meetings for members and a trainer to review how to use weight machines. No registration required.
Wednesdays • 6-6:30 pm
with Barbara
Saturdays • 11-11:30 am
with Eli
Through August 1

**Styku 3D Body Composition Scan**
Elie Golin, egolin@jccpgh.org
Meet with one of our fitness professionals and receive a state-of-the art full body scan that delivers readings ranging from body fat percentage and BMI to bicep circumference and customized calorie recommendations for your goals.
$30 for 1 scan ; $100 for 4 scans
Complimentary with personal training packages

**BASKETBALL**
Men’s Pick up
Saturdays • 10 am-noon
Sundays • 8-10 am

**PICTLEBALL**
Marsha Mullen
mmullen@jccpgh.org
412-339-5415
Instruction
Short lesson for beginners or new players. All players welcome.
Tuesdays
11:30 am-1pm
Open Play
Fridays
8:45 am-12:45 pm
Kaufmann Gym
Players who are age 60+ need to register with AgeWell at the JCC in order to participate. All players need to show proof of vaccination.

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