

SQUIRREL HILL

# Program Guide

FALL 2024

JCC  
PGC  
HC



# JCC PROGRAM GUIDE SQUIRREL HILL

To Register for classes & programs:

[jccpgh.force.com](http://jccpgh.force.com)

"JCC Pittsburgh" app. Learn more [HERE](#)

## Questions:

[registration@jccpgh.org](mailto:registration@jccpgh.org) or 412-339-5432

## Operating Hours

Monday through Thursday • 6 am-9:30 pm

Friday • 6 am-6 pm

Saturday and Sunday • 8 am-5 pm

## Holiday Hours

**Labor Day Mon. September 2:** Closed except for Fitness Center 8 am-2 pm and Family Park 11 am- 7 pm

**Rosh Hashanah Eve Wed. Oct. 2:** Close at 5 pm

**Rosh Hashanah Thurs. Oct 3:** Closed

**Rosh Hashanah Fri. Oct 4:** Closed

**Yom Kippur Eve Fri. Oct. 11:** Close at 5 pm

**Yom Kippur Sat. Oct 12:** Closed

**Sukkot Eve Wed. Oct. 16:** Close at 5 pm

**Sukkot Thurs. Oct 17:** Closed

**Shemini Atzeret/Simchat Torah Eve**

**Wed. Oct. 23:** Close at 5 pm

**Shemini Atzeret/Simchat Torah**

**Thurs. Oct 24:** Closed

**Thanksgiving Day Thurs. Nov. 28:**

Closed except for Fitness Center 8 am-2 pm

**Christmas Eve Tuesday, Dec. 24:**

Agency open 6 am to 5 pm

**Christmas Wednesday, Dec. 25:**

Agency open 8 am to 5 pm

**New Year's Eve Tuesday, Dec. 31:**

Agency open 8 am-3 pm

**New Year's Day Monday, Jan. 1:**

Closed except for Fitness Center 8 am-2 pm

Facility operations and programming are subject to change in accordance with national, state and local health and safety guidelines.

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# MEMBERSHIP

## JCC ANNUAL MEETING

Wednesday, September 4 • 5 pm  
Levinson Hall, JCC Squirrel Hill.

Please join us!

## JCC: IT'S ALL HERE!

### JCC members enjoy great facilities

- Two heated indoor pools: 25-yard lap pool and training pool
- Interactive cardio equipment, including Precor and Peloton
- Weight training rooms with upgraded functional and Olympic lifting equipment including Free Motion, Rogue and Hammer Strength
- Adults only spa style locker rooms with lounge, sauna and whirlpool, towel service, hair dryers and toiletries
- 2 full court gymnasiums
- Indoor walking and running track
- Free WiFi
- Recovery Room suite of restorative equipment

### Use of JCC facilities at other locations:

- JCC South Hills branch with **ON YOUR MARK FITNESS DEKA** classes, indoor pool, fitness center, gym and programs for all ages.
- **SUMMER:** Outdoor Olympic-size pool and zero-entry baby pool at 100-acre Family Park in Monroeville.

# MEMBERSHIP



## JCC MEMBERS HAVE ACCESS TO A VARIETY OF PROGRAMS AND CLASSES:

- Robust schedule of varied modality MOSSA licensed classes as well as Pilates, Spinning, HIIT and Boot Camp.
- Virtual schedule of live and on demand group exercise classes
- Personal Training
- Children's sports, dance, swimming, fitness classes
- Early Childhood Development Center
- Day and overnight camps
- After school programs
- Teen Center programs and lounge
- Gesher Young Adult Inclusion Program
- AgeWell at the JCC, a nationally accredited Senior Center program

**For more information, call 412-697-3522  
or email [membership@jccpgh.org](mailto:membership@jccpgh.org)**

*Scholarship program supported in part by the  
Linda and Stuart Nord Family Foundation*

# AQUATICS



## JCC SAILFISH SWIM SCHOOL

For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429

[Register for swim lessons](#)

### CLASS TYPES

#### **Guppy and Me: ages 6 months-2 years**

(Parent in the water). 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.

#### **Minnows: ages 3-5**

Children become comfortable in the water by blowing bubbles, digging arms and splashy 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 begin to explore the water more independently; with front and back arm strokes.

#### **Starfish: ages 6-12**

Build confidence in the water, and learn body positioning, floating and kicking.

#### **Goldfish: ages 6-12**

Freestyle, backstroke and rotary breathing are the main focus in this class.

#### **Dolphins: ages 6-12**

Bilateral 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.

# AQUATICS

For more info, contact Alycia Miller,  
[amiller@jccpqh.org](mailto:amiller@jccpqh.org) or 412-339-5429

[Register for swim lessons](#)

## CLASS DAYS AND TIMES.

### Guppy and Me: ages 6 months-2 years

Sundays 9-9:30 am

Mondays 6-6:30 pm

### Tadpoles: age 2-3

Sundays 9-9:30 am

Mondays 10-10:30 am

6-6:30 pm

Wednesdays 10-10:30 am

### Minnows: ages 3-5

Sundays 9:30-10 am

Mondays 10-10:30 am

Tuesdays 5-5:30 pm

Wednesdays 10:30-11 am

### Jellyfish: ages 3-5

Sundays 10-10:30 am

Mondays 2:15-2:45 pm

Tuesdays 5:30-6 pm

Wednesdays 10:30-11 am

### Catfish: ages 3-5

Sundays 10:30-11 am

Mondays 10:30-11 am

Tuesdays 6-6:30 pm

Wednesdays 2:15-2:45 pm

### Starfish: ages 6-12

Sundays 11-11:30 am

Tuesdays 4-4:30 pm

### Goldfish: ages 6-12

Sundays 11:30 am-Noon

Tuesdays 4:30-5 pm

### Dolphins: ages 6-12

Sundays Noon-12:30 pm

Wednesdays 5-5:30 pm

### Sharks: ages 6-12

Sundays 12:30-1 pm

Wednesdays 5:30-6 pm

# AQUATICS

For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429

## CLASS DATES

Sunday classes	Member rate
September 15-December 15	\$210
Monday classes	Member rate
September 16-December 16	\$210
Tuesday classes	Member rate
September 17-December 17	\$210
Wednesday classes	Member rate
September 18-December 18	\$210

## Aquadults: ages 13+

Aquadults classes are designed to help beginner swimmers regardless of their starting point. Aquadults group lessons are ideal for adults who have never learned to swim, have a fear or hesitation of the water or want to perfect their swimming stroke.

### Full Sessions:

Beginner	Mondays	6:30-7 pm	\$210
Intermediate	Mondays	7-7:30 pm	\$210
September 16-December 16			

### Mini Sessions:

Beginner	Thursdays	6:30-7 pm	\$105
Intermediate	Thursdays	7-7:30 pm	\$105
November 7-December 19 (No class on November 28)			

## Private Swim Lessons

30 minutes	\$42
Six 30-minute sessions	\$210
Ten 30-minute sessions	\$320

[Register for Private Swim Lessons HERE](#)

[Check out pool schedule HERE](#)



# AQUATICS

## JCC SAILFISH SWIM TEAMS

For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429

### ● Squirrel Hill Sailfish: ages 5-12 Introduction to Competitive Swimming

Children practice all four competitive swim strokes. Emphasis is on competitive techniques such as streamline turns, finishes and endurance training. Children must try out to participate.

**Mondays and Wednesdays 4:15-5 pm • \$240**  
**September 9-December 14**

Tryouts at the Family Park, Monroeville  
Aug. 25 and 26 • 6 pm

[Register HERE](#)

### ● Chipmunk Swim Team: ages 6-7

Children will practice swimming skills in the small pool. Emphasis will be working on technique and building endurance.

**Wednesdays 4:15-5 pm • \$120**  
**September 13-December 13**

### Jimmy Goldman Masters Swim Team Program JCC Squirrel Hill

Swimming with a friend is more fun!  
Join others for lunch time workouts coached by  
Alycia Miller.

**Tues.-Thurs. 11:30 am-12:30 pm; Sun. 1:30-2:30 pm**  
**Sept. 10-Dec. 19 • \$250**

For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429



# AQUATICS

## JCC COMPETITIVE SWIM TEAMS

**For more information about requirements, practice times, days and locations for the following teams, contact Coach Al Rose, 412-906-2583 or [al@jccsailfish.org](mailto:al@jccsailfish.org)**

Adult conditioning	\$500
Pittsburgh Group Sailfish: ages 7+	\$675
Allegheny Group Sailfish: ages 7+	\$775
Pennsylvania Group Sailfish: ages 10-18	\$900
PA Plus	\$1,100
U.S. Group Sailfish: ages 13-18	\$1,200
U.S. National Group	\$1,200

*Fees run all year from Sept. 2024-Aug. 2025*

### **Tryouts at the Family Park:**

Aug. 25 • 9:30 am and Aug. 26 • 6 pm

[Register HERE](#)

### **Single Gender Swim**

Male only    Sun. 4-5 pm & Tues. 8:30-9:30 pm

Female only    Sun. 3-4 pm & Thurs. 8:30-9:30 pm

### **Aqua Aerobics Classes**

**Beginning September 1 \$10/class**

**or included for Centerfit Platinum members**

**Aqua Chi:** A graceful class that improves blood circulation, releases tension, corrects posture and provides a sense of active relaxation. Intensity: light to moderate

**Aqua Fit:** High-intensity aerobic exercise that uses the water's natural resistance to build strength and endurance.

**Aqua Flow:** Focuses on balance and coordination with yoga adaptations and light movement. Intensity: Light

**Aqua HIIT:** Weight stations using drag force to increase stability and overall strength. For all ages and for those that are looking to strength train in a cool and refreshing way. Intensity: moderate

**All other Aqua Aerobics classes are included with the general membership.**

### **Pool schedule**

[Register on JCC Pittsburgh" app. Learn more HERE](#)

# SPORTS

For more info, contact Brandi Tedesco,  
[btedesco@jccpgh.org](mailto:btedesco@jccpgh.org) or 412-697-3532

## Pickleball • Ages 18+

Drop-in Pickleball offers adults a fun and flexible way to stay active. Whether you're a seasoned player or new to the game, come join others on the court for friendly, informal matches. It's a perfect chance to enjoy the sport, improve your skills, and connect with fellow pickleball enthusiasts.

Mon.-Fri. 8-11 am Robinson Gym  
Sept. 30, 2024-May 16, 2025

**\$10/class; Free for Centerfit Platinum members**

**20 pass punch: \$200**

[Register on the "JCC Pittsburgh" app.](#)  
[Learn more HERE](#)

## Basketball

### Men's Pickup Basketball • Ages 21+

Saturdays	10 am-12 pm
Sundays	8-10 am
Tuesdays	6-8 pm

### Kaufmann Gym

Members only; no registration required.



# YOUTH SPORTS



**CECILE GOLDBERG LEVINE  
FAMILY OPEN GYM  
Enjoy family gym time!  
Ages 1 to 5**

Sundays 10-11:30 am  
No fee; no registration required.

*Youth Sports will return later this fall!*

For more info, contact Brandi Tedesco,  
[btedesco@jccpgh.org](mailto:btedesco@jccpgh.org) or 412-697-3532

# DANCE

## THE PHILIP CHOSKY PERFORMING ARTS PROGRAM



For more info, contact Kathy Wayne,  
[kwayne@jccpgh.org](mailto:kwayne@jccpgh.org) or 412-339-5414

[Register for Dance Classes](#)

[Class Descriptions and Dress Code](#)

### EARLY CHILDHOOD DANCE CLASSES

#### • Creative Movement-Preschool: Ages 3-4

Tuesdays	3:30-4 pm	KDS	\$232
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Sept. 10-Dec. 17

#### • Pre-Ballet/Tap: Ages 4-5

Tuesdays	1:15-2 pm	KDS	\$260
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Sept. 10-Dec. 17

Thursdays	1:15-2 pm	KDS	\$192
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Sept. 12-Dec. 19

### SCHOOL AGE DANCE CLASSES

#### • Ballet/Tap 1: Kindergarten Ages 5-6

Wednesdays	4:30-5:15 pm	RDS	\$210
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Sept. 11-Dec.18

#### • Ballet/Tap 2: Ages 6-7

Mondays	4:30-5:30 pm	RDS	\$300
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Sept. 9-Dec.16

# DANCE

For more info, contact Kathy Wayne,  
[kwayne@jccpgh.org](mailto:kwayne@jccpgh.org) or 412-339-5414

## • Ballet/Tap/Jazz 3: Ages 8-10

Mondays	5:30-7 pm	RDS	\$375
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Sept. 9-Dec.16

## • Ballet/Tap/Jazz Intermediate: Ages 11-13

Tuesdays 4:30-6 pm & Thursdays 4:30-6:30 pm		RDS	\$455
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Sept. 10-Dec.19

## • Ballet/Tap/Jazz/Modern Advanced: Ages 14-18

Tuesdays 6:15-9 pm & Thursdays 6:30-9 pm		RDS	\$588
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Sept 10-Dec.19

Must be approved by the dance director if you haven't been in this class previously.

## • Jazz: Ages 9-13

Wednesdays	7-8 pm	RDS	\$240
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Sept. 11-Dec. 18

## • Hip Hop 1: Ages 5-8

Wednesdays	5:15-6 pm	RDS	\$210
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Sept. 11-Dec. 18

## • Hip Hop 2: Ages 9-13

Wednesdays	6-7 pm	RDS	\$240
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Sept. 11-Dec.18

## • Lyrical Dance: Ages 11-18

Fridays	5-6 pm	RDS	\$240
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Sept. 13-Dec. 20

## • Pointe: Ages 13-18

Fridays	4-5 pm	KDS	\$240
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Sept.13-Dec. 20

## • Contemporary Dance: Ages 11-18

Mondays	7-8 pm	RDS	\$300
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Sept. 9-Dec. 16

# DANCE



For more info, contact Kathy Wayne,  
[kwayne@jccpgh.org](mailto:kwayne@jccpgh.org) or 412-339-5414

## K&M DANCE COMPANY Company Class

Ages 10-18 Sun. 12:30-1:30 pm RDS \$230  
Sept. 15-Dec.15

Participants must be approved by Kathy Wayne.

Dance Company Solo \$455

Dance Company Duet \$420

Dance Company Trio \$420

**This is a 7 week program**

## Dance Company Small Group

Max capacity: 6

RDS \$250

## Dance Company Large Group

RDS \$280

**This is a 7 week program**

## ADULT DANCE CLASSES

### • Adult Ballet

Sundays 11:30 am-12:30 pm RDS \$80  
Sept. 15-Nov. 3

# FITNESS

## LEATRICE AND JOHN M. WOLF CENTERFIT

For more info, contact

Laurie Wood, [lwood@jccpgh.org](mailto:lwood@jccpgh.org) or 412-697-3509

Evan Aiello, [eaiello@jccpgh.org](mailto:eaiello@jccpgh.org) or 412-697-3523

### Group Ex Classes

- Group Active
- Group Blast
- Group Centergy
- Yoga
- Group Core
- Spinning
- Group Fight
- Group Power
- Zumba

**\$10/class; Free for Centerfit Platinum members**

[Register on the "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

### In-Person Group Ex schedule

#### Fall 2024 Launch Events

Group Core	Tuesday, Sept. 24	7:30 am
Group Power	Tuesday, Sept. 24	8 am
Group Fight	Sunday, Sept. 29	9:30 am
Group Centergy	Wednesday, Oct. 9	8 am
Group Blast	Wednesday, Oct. 9	9 am
Group Active	Monday, Oct. 21	9:15 am

### Kaufmann Dance Studio





# FITNESS

For more info, contact Annie Kostovny,  
[akostovny@jccpgh.org](mailto:akostovny@jccpgh.org)

## • ON YOUR MARK FITNESS HIIT classes (ongoing)

Now included in Centerfit Platinum Membership

Mondays	6:15 am, 8 am & 4 pm
Tuesdays	7 am, 8:30 am & 6 pm
Thursdays	6:30 am & 9 am
Fridays	8:30 am & 4pm
Saturdays	8:30 am
Sundays	9 am

**\$10/class; Free for Centerfit Platinum members**

[Register on the "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

## • Boot Camp (ongoing)

For more info, contact Bill Herman,  
[wherman@jccpgh.org](mailto:wherman@jccpgh.org) or 412-697-3238

Now included in Centerfit Platinum Membership  
Structured, high-intensity workout modeled after  
Military-style training. For the exerciser who needs  
additional motivation and a huge calorie burn.

Wednesdays	6 am
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**\$10/class; Free for Centerfit Platinum members**

[Register on the "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

## • Machine Orientation

Contact Jeff Purcell, [jpurcell@jccpgh.org](mailto:jpurcell@jccpgh.org)

Learn how to use the weight and cardio machines  
with a certified Personal Trainer.

Wednesdays	9-9:45 am
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Sundays	9-9:45 am
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**No registration required, no fee.**

**Meet on the couches in the Weight Room**

## • Styku 3D Body Composition Scan

Contact William Herman, [wherman@jccpgh.org](mailto:wherman@jccpgh.org)

The Styku body scan, given by one of our fitness  
professionals, is 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**

# FITNESS

## • Fitness & Wellness Foundations

For more info, contact Laurie Wood, [lwood@jccpgh.org](mailto:lwood@jccpgh.org)

### **This program is for:**

- Sedentary individuals who want to begin an exercise program
- Individuals who have been diagnosed with a chronic disease or risk factors for disease including cardiovascular risk factors
- Pre/post orthopedic surgery candidates
- Individuals transitioning from physical therapy or cardiac rehabilitation
- Individuals who want to use exercise and lifestyle modification to prevent disease

### **Program Includes:**

- Customized evaluation
- 2 weekly small group training sessions with medical fitness experts for 8 weeks
- Nutrition education
- Access to indoor pools, all JCC fitness facilities, strength and cardiovascular equipment and JCC amenities

### **Small Group Training Sessions:**

Mondays • 10 am-11:30 am or 1 pm-2 pm

Wednesdays • 9:30 am-11:15 am

Thursday • 1 pm-2 pm

[More info HERE](#)

## • Beginners Tai Chi - All Ages

For more info, contact Marsha Mullen,

[mmullen@jccpgh.org](mailto:mmullen@jccpgh.org) or 412-339-5415

This class will focus on the most widely practiced form in the world, the 24-posture Simplified Taiji Form. The soft, circular movements gives the beginner an easy to-learn introduction to the essential elements of Taiji while minimizing the risk of pain or injury.

Saturdays 12:15-1 pm

**Sept. 7-Dec. 21. No Class on Oct. 12.**

**\$70**

[Register on the "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

# FITNESS



## RECOVERY ROOM

**Now included in Centerfit Platinum Membership**

For more info, contact Annie Kostovny,  
[akostovny@jccpgh.org](mailto:akostovny@jccpgh.org)

Dedicated room with equipment 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.

## CLASSES

Pilates	Mondays	9-9:45 am
	Tuesdays	8:30-9:15 am
	Thursdays	10:45-11:30 am
Yoga Stretch	Wednesdays	8:15-9 am
Active Recovery	Wednesdays	10-10:45 am
Vinyasa Flow	Wednesdays	5-6 pm
Stretch and Roll	Thursdays	8:30-9:15 am

**\$10/ class, free for Centerfit Platinum Members**

[Register on the "JCC Pittsburgh" app.](#)  
[Learn more HERE](#)

# FITNESS

For more info, contact Annie Kostovny,  
[akostovny@jccpgh.org](mailto:akostovny@jccpgh.org)

## PRIVATE CLASSES

### • One on One Assisted Stretch and Recovery

Work with a recovery specialist who will guide you through a customized stretch and Hypervolt session to help you meet your body's wellness and recovery goals: increasing flexibility, reducing muscle and joint discomfort, and improving athletic performance

**General member: \$270; Platinum member: \$240**  
**6 sessions, 30 minutes each**

### • One on One Pilates

A private, low-impact reformer and mat-based workout focused on building strength, stability, and flexibility throughout the body with a focus on the core.

#### Pricing (60 min. sessions)

	Centerfit Platinum members	General members
1 session	\$65	\$75
5 sessions	\$315	\$365
10 sessions	\$600	\$700

### • One on One Yoga

An individual program that is tailored specifically for your needs. Your instructor will help you to work towards even your loftiest yoga goals and take your yoga practice to the next level.

#### Pricing (60 min. sessions)

	Centerfit Platinum members	General members
1 session	\$65	\$75
5 sessions	\$315	\$365
10 sessions	\$600	\$700

# PERSONAL TRAINING

- **Personal Training**

For more info, contact Annie Kostovny,  
[akostovny@jccpgh.org](mailto:akostovny@jccpgh.org) 412-697-3238

Work out with confidence! Let us help you feel great. Your Personal Trainer will design a program just for you, tailored to add years to your life and life to your years. Get started today!

- **Complimentary Fitness Assessment**

For more info, contact Bill Herman,  
[wherman@jccpgh.org](mailto:wherman@jccpgh.org) or 412-697-3238

## **Meet with one of our certified Personal Trainers to go over the following:**

- An assessment of your current fitness level, including endurance, flexibility and strength.
- An optional full body composition test with Styku technology, including BMI, body fat, measurements and more.
- A personalized and realistic timeline to achieve your goals.
- A customized analysis of your strengths and weaknesses.
- An overview of cardio and weight equipment.



# PERSONAL TRAINING

## WELLNESS & NUTRITION COACHING WITH CAROLYN KONTOS, MS, ACC

This Program focuses on building sustainable healthy habits, guided by the latest nutrition science and a keen understanding of behavior change.

By integrating nutrition, exercise, and mental well-being you will get long-term results, and have the skills to adapt to every change or stress in life.

- Expert Guidance and Customized Coaching
- Realistic Goals & Healthy Habits
- Ongoing Support
- Educational Resources

### **Kick Starter - 1 month - \$300**

This 30-day bootcamp is designed to help you get unstuck and develop a plan to take charge of your health through improved nutrition.

- Initial 45-min. assessment
- Personalized plan and tools
- Three 45-min. sessions
- Weekly email check-ins

### **Balanced Living - 3 month - \$525**

This 90-day program is designed to help you adopt sustainable nutrition and lifestyle habits for long term health balance.

- Initial 50-min. assessment
- Personalized plan and tools
- Bi-weekly 30-min. sessions
- Unlimited email and text support

For more info, contact Carolyn Kontos,  
[ckontos@jccpgh.org](mailto:ckontos@jccpgh.org)

# YOUTH FITNESS

For more info, contact Annie Kostovny,  
[akostovny@jccpgh.org](mailto:akostovny@jccpgh.org) 412-697-3238

- **Deck Time Ages 10-13**

Have fun training with your friends while doing a workout of the day with a JCC Trainer.

*Will return later this fall!*

- **Teen Fitness Certification**

This 45 minute orientation must be completed by teens ages 13-15 prior to using the facility.

**\$50/by appointment only**



# CENTERFIT PLATINUM



## Join Today for These Benefits

- Adults-only spa-style locker rooms with sauna, steam room and whirlpool
- FREE: All Group Exercise, Small Group Training, Recovery Room, Yoga and Spinning classes and use of Recovery Room.
- Discount of up to 10% off Personal Training Contracts
- Discount on Massage
- Towel service, hair dryers and toiletries
- Free Starbucks coffee

**To join, contact the Membership Office, 412-697-3522 or [membership@jccpgh.org](mailto:membership@jccpgh.org)**

## MASSAGE

Contact Evan Aiello [eaiello@jccpgh.org](mailto:eaiello@jccpgh.org)

or 412-697-3523 or

Jen Goldston [jgoldston@jccpgh.org](mailto:jgoldston@jccpgh.org)

or 412-246-2033 to schedule.

- Swedish
- Trigger Point
- Deep Tissue
- Sports
- Restorative
- Chair

## Massage Fees

	Centerfit Platinum members	General members
Half Hour	\$37.50	\$45
Hour	\$75	\$90
10 half-hour sessions	\$350	(Just for Platinum)



# ON YOUR MARK FITNESS

## AT THE JCC SOUTH HILLS



JCCPGH  
DEKA AFFILIATE

### DEKA IS FOR YOU

The DEKA Training System is a form of functional fitness that supports everyday life through the basic movements of lifting, carrying, pushing, pulling, kneeling, jumping, climbing and getting down on the ground and standing back up.

Certified coaches provide a curated experience where specific modifications to each exercise are made to accommodate every level of fitness - from beginner to elite athlete. DEKA's unique approach in gamifying fitness through competitions and challenges emphasizes training with purpose and fosters community both within and across fitness centers all over the region.

### DEKA CLASSES

#### DEKA Forge (Strength and Power): **FORGE**

A Forge class is where you will build lean muscle. This circuit is 30 seconds work/30 seconds rest.

#### DEKA Burn (Anaerobic Conditioning): **BURN**

This is your time to sweat and burn calories. The Burn circuit is 60 seconds work/30 seconds rest.

#### DEKA Grit (Endurance/Stamina): **GRIT**

Build Grit and train to go longer, farther, and faster. The Grit circuit is 90 seconds work/30 seconds rest.

[Learn more HERE](#)

# ON YOUR MARK FITNESS

For more info, contact Kelly Hont, [khont@jccpqh.org](mailto:khont@jccpqh.org)

**ON YOUR MARK FITNESS**  
at the **JCC South Hills**, Pittsburgh's DEKA  
affiliate, hosts daily classes, challenges and  
quarterly competitions.

[More info HERE](#)

## FALL FEST: DEKA'S ONE YEAR ANNIVERSARY PARTY

Fitness and Fun for the whole family!

**Saturday, October 19 • 8 am - 1 pm:**  
**DEKA Mile**

**Sunday October 20 • 8 am - 1 pm:**  
**DEKA Strong**

**Save the date, more details to come!**

*\*In conjunction with Fall Fest weekend*



  
**THE WILSON GROUP**

# AGEWELL FITNESS

For more info, contact Marsha Mullen,  
[mmullen@jccpgh.org](mailto:mmullen@jccpgh.org) or 412-339-5415

## • SilverSneakers®

SilverSneakers® is free for adults ages 65+ who use Highmark, Gateway, Humana, UPMC for Life and other plans. Participants receive a general membership to the JCC.

For those not registered with SilverSneakers®, Renew Active® or Silver&Fit®: Participants need to be age 60 or older, Allegheny County residents and registered with AgeWell at the JCC. SilverSneakers® classes (except for Splash) are open to everyone if space permits.

**Pick up the most recent Senior Adult Group Exercise schedule in Room 201 or [click here.](#)**

## Classes

- Classic
- Classic/Balance
- Yoga
  - Gentle Chair Yoga
- Circuit
- Boom Move (high-intensity dance workout)
- Boom Muscle (tone muscles, build strength)

## • PWR! Parkinson's Wellness and Recovery!

PWR!Moves is an evidence-based exercise program geared to people with Parkinson's.

Mon. & Thurs. 11:45 am-12:45 pm

1st Session: September 9 - October 14

**10 sessions \$50**

2nd Session: October 28 - December 12

**12 sessions \$60**



# AGEWELL FITNESS

For more info, contact Marsha Mullen,  
[mmullen@jccpgh.org](mailto:mmullen@jccpgh.org) or 412-339-5415

## • On the Move: Group Exercise for Improved Mobility in Older Adults®

On the Move is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking.

Thursdays	10 am	Levinson Hall	Free
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## • Arthritis Foundation Exercise Program

This exercise program uses movements created by physical therapists that address pain and fatigue while increasing strength and balance.

Endorsed by Silver&Fit®.

Wednesdays	11:15 am	Levinson Hall	Free
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## • AgeWell Beginners Tai Chi

Learn and practice basic stances, postures & breathing methods from traditional Tai Chi and Qi Gong techniques to enhance your wellness and fitness.

Tuesdays	12:30- 1:15 pm	Kaufmann Dance Studio	\$32 per session
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No drop-ins; must register

September 10 - October 29 - eight sessions



# AGEWELL FITNESS

For more info, contact Marsha Mullen,  
[mmullen@jccpgh.org](mailto:mmullen@jccpgh.org) or 412-339-5415

## • Pickleball

A fun sport that combines many elements of tennis, badminton and ping-pong.

Tuesdays 11:30 am-1 pm Kaufmann Gym  
Beginner lesson on one court.  
Open play on the second court.

Fridays 8:45 am-12:45 pm Kaufmann Gym  
Open play for all levels

No equipment needed - if you are 60+ years old you need to register at AgeWell in Room 201.

## • Israeli Folk Dance

Come learn traditional and new Israeli Folk dances!

Sundays 2:30 - 4:20 pm Kaufmann Dance Studio \$5 per session

ALL ages are welcome.  
No registration is needed.



# AGEWELL AT THE JCC



*Our office is in Room 201.*

*We are open 9 am-5 pm Monday-Friday.*

*Walk-ins welcome, appointments preferred.*

**AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership with AgeWell Pittsburgh.**

**AgeWell Pittsburgh, a collaborative program of the JCC, the Jewish Association on Aging and Jewish Family & Community Services, offers a one-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging to maximize health and independence for older adults.**

**Call 412-422-0400 or visit [AgeWellpgh.org](http://AgeWellpgh.org)**

## **SERVICES:**

### **• In-Person Lunches**

Delicious Kosher lunch for Allegheny County residents age 60+ who are registered with AgeWell at the JCC.

Mondays- Fridays 11 am-1 pm J Cafe  
Contact Darlene Cridlin, LCSW, at 412-697-3517 or [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) for details on how to sign up and get more information.

**[Menus can be found HERE](#)**

### **• Information & Assistance**

Questions? We have answers!

Contact Amy Gold, MSW, [agold@jccpgh.org](mailto:agold@jccpgh.org) or 412-697-3528

### **• Transportation Services**

OPT and ACCESS transportation.

For information contact Darlene Cridlin, LCSW, [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517

### **• Voter Registration**

Registration forms are available through AgeWell at the JCC. Contact Darlene Cridlin, LCSW, at 412-697-3517 or [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) for information

# AGEWELL AT THE JCC



## • Legal Services

For information, contact Darlene Cridlin, LCSW, [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517

## • CheckMates

CheckMates is a telephone reassurance program consisting of older adult volunteers making weekly phone calls to other older adults who may be isolated, homebound or lonely. Through our trained volunteers and social workers, we can connect those CheckMate recipients with additional support and community resources in order to help them remain independent and in their own homes. If you would like to volunteer to make calls or are interested in receiving calls, contact Amy Gold, MSW, at [agold@jccpgh.org](mailto:agold@jccpgh.org) or 412-697-3528

## OTHER VOLUNTEER OPPORTUNITIES

If you are interested in volunteering to support our other AgeWell programs, please contact Amy Gold, MSW, [agold@jccpgh.org](mailto:agold@jccpgh.org) or 412-697-3528.

## ONGOING PROGRAMS

### • Chess

Mondays      11 am-12 pm      Room 202

For info, contact Darlene Cridlin, LCSW, [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517

# AGEWELL AT THE JCC

## • Choral Group

Fridays 12 pm Levinson Hall B

For info, contact Darlene Cridlin, LCSW, 412-697-3517 or [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org)

## • Discussion Group

Tuesdays 10-11 am Room 202

Come and connect in a weekly roundtable discussion group. Meet other AgeWell members, exchange ideas and comments on various topics selected by this self-led group.

For info, contact Darlene Cridlin, LCSW, [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517

## • Weekly Movies

Wednesdays 1 pm Room 202

Weekly movie screenings at the JCC. A mix of new releases and older classics will be shown. For more information, contact Beth Rudel, [brudel@jccpgh.org](mailto:brudel@jccpgh.org) or 412-339-5407

## • Blood Pressure Screenings

2nd & 4th 11 am-12 pm Palm Court  
Wednesday  
of the month

For info, contact Darlene Cridlin, LCSW, [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517

## • One-On-One Tech Tutoring

Need help with your tablet or laptop? Got questions about your cell phone? We have volunteer tech tutors who are here to help. These sessions are one-on-one and by appointment only. For more information or to make an appointment, contact Maddie Barnes, [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or 412-697-1186





# AGEWELL AT THE JCC



## • Page Turners Book Club

Last Monday of each month 11 am

**Room 310 or online on the [virtualsenioracademy.org](https://virtualsenioracademy.org)**

The facilitator, Randy Detweiler, is a book enthusiast and AgeWell volunteer.

*For exact dates and book titles, contact Maddie Barnes at [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or 412-697-1186*

## • Scrabble Club

Mondays 1:30 pm Room 202

*For more information, contact Beth Rudel, [brudel@jccpgh.org](mailto:brudel@jccpgh.org) or 412-339-5407*

## • Coffee & Conversations with Amy

Last Thursday 1:15 pm Room 202  
of each month

Join AgeWell staff member Amy Gold, MSW for monthly coffee and conversation! Amy will start the conversation centered around different topics that impact older adults across our community and then we will have an open discussion where we can share different points of view and offer local resources related to that month's topic. *Contact Amy Gold, MSW, at 412-697-3528, [agold@jccpgh.org](mailto:agold@jccpgh.org) or 412-697-3528*

# AGEWELL AT THE JCC

## • Doc Talks

Monthly, dates vary 1 pm

Join local doctors for a monthly “Doc’Talk”. Rotating medical professionals will cover a variety of topics important to older adults and their health and well-being. September’s topic is “Fall Prevention” with Nurse Joselyn Rosenberg from Robert Morris University, and it will take place on Tuesday, Sept. 10 from 1-2 pm in Room 202 and on the Virtual Senior Academy website. For other dates and guest speaker information, contact Maddie Barnes at 412-697-1186 or [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org).

## • Handy Andy

Monthly, dates vary

**Room 202 or online at [virtualsenioracademy.org](http://virtualsenioracademy.org)**  
Join local radio personality, ‘Mr. True Value”- Andy Amrhein from Evey True Value. Handy Andy covers a variety of topics important to you and recommends his favorite products to do the jobs around your home that you have questions about. *For more information, contact Beth Rudel, [brudel@jccpgh.org](mailto:brudel@jccpgh.org) or 412-339-5407*

## • Observational Art Series with Liz

Monthly, dates vary

Monthly, dates vary. AgeWell members of all skill levels are welcome. The instructor will review the basics of observational drawing and painting using different mediums.

*For more information, contact Liz Sherlock at 412-278-1785 or [lsherlock@jccpgh.org](mailto:lsherlock@jccpgh.org)*

## • Science Cafe

Monthly, dates vary

**Streaming in Room 202 and online on the [virtualsenioracademy.org](http://virtualsenioracademy.org)**

Join Portland, Oregon resident Dr. Amanda Duncan for an educational science series. Amanda has a PhD in engineering and a long-time interest in discussing topics in science and technology that affect public policy and our view of the universe. *Questions about this program? Contact Maddie Barnes at [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or 412-697-1186.*

# AGEWELL AT THE JCC



## • Dr. Elizabeth Rodenz Presentations

Monthly, dates vary

Dr. Elizabeth Rodenz is an educator, editor, executive coach, workshop facilitator, management consultant, entrepreneur, writer/author and an AgeWell JCC member. Topics for presentations change monthly. *For more information, contact Maddie Barnes at 412-697-1186 or [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org)*

## • Jewish History

Fridays 10-11 am Room 202

Presented by Alex Orbach, Associate Professor Emeritus, University of Pittsburgh. Questions? Contact Darlene Cridlin, LCSW, [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517

## • Weekly Torah Readings with Rabbi Teitlbaum

Fridays 12 pm J Cafe

Questions? Contact Darlene Cridlin, LCSW, [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517

## • Ethics of our Fathers with Rabbi Yehudah Gorkin

Mondays 12 pm J Cafe

Questions? Contact Darlene Cridlin, LCSW, [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517

# AGEWELL AT THE JCC

## • Seniors for Safe Driving

Tuesday, October 1 1-4 pm Room 202

This course could lower the cost of your car insurance! PennDOT approved, for drivers age 55+, minimum 5% discount for 3 years. Classroom instruction only.

**Class is \$17**

To register and pay visit [seniorsforsafedriving.com](http://seniorsforsafedriving.com) or call 1-800-559-4880. Questions? Contact Maddie Barnes at [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or 412-697-1186.

## • Chromebook Computer Classe

Tuesdays 1-3 pm Room 202

October 15-December 3

Are you in need of a computer device and lessons? Our friends from the Anna Middleton Waite Learning Center have a series for you! This will be an 8-week series on using a Google Chrome Book. Participants who attend all 8 classes will be eligible to keep the Chromebook at the end.

To sign up for this program, contact Maddie Barnes at [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or 412-697-1186.

## • Let's Play Bridge!

Thursdays 9-10:45 am J Cafe

This class is for intermediate Bridge players. Kathy Mulligan, bridge player and JCC member, will supervise the sessions.

Contact Maddie Barnes at [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or 412-697-1186 to sign up.

## ENCORE JOB + VOLUNTEER FAIR

**Thursday, September 5, 10 am-12 pm  
Palm Court.**

Looking for a new job or volunteer opportunity? Come to the "Encore" Job + Volunteer Fair to learn about current opportunities.

Questions?

Contact Maddie Barnes at [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or 412-697-1186.

# AGEWELL AT THE JCC

## • Medicare 101 Presentations

### AARP session:

Tuesday, Sept. 17      1-2 pm      Room 202

### PA Medi:

Tuesday, Oct. 8      1-2 pm      Room 202

As the open enrollment period approaches, representatives from AARP and PA Medi will review the basics of Medicare, and what you should consider when choosing a plan. *For more information, contact Maddie Barnes at 412-697-1186 or [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org).*

## • Living Large with ADHD

Mondays,      11 am-12:30 pm      Room 318  
Sept. 9-30

Join ADHD Life Coach Suzetta Large to learn about management strategies and coaching techniques for living with Attention-deficit/hyperactivity disorder. *For more information, contact Beth Rudel at [brudel@jccpgh.org](mailto:brudel@jccpgh.org) at 412-339-5407.*

## • Internet Basics Series: How to Navigate Online Safely and Effectively

Monthly, dates vary

These presentations will cover topics like how to search the internet using different browsers, how to use Artificial Intelligence tools like Chat GPT, and how to avoid scams and keep personal information safe while using the internet. The presenters are Judy and Michael Yublosky. These presentations will also be available on [virtualsenioracademy.org](http://virtualsenioracademy.org). *For more information, contact Maddie Barnes at 412-697-1186 or [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org)*

## • Travels with Reverend Phil

Monthly, dates vary

Join AgeWell member Rev. E. Philip "Phil" Wilson for a report on his recent travels around the world. Phil is a retired United Methodist minister, raised in Wilkinsburg and now residing in Squirrel Hill, he has lived abroad and traveled to over 60 countries. *For more information, contact Maddie Barnes at 412-697-1186 or [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org)*

## VIRTUAL SENIOR ACADEMY (VSA)

The VSA offers classes Monday-Friday online on [virtualsenioracademy.org](http://virtualsenioracademy.org) Some classes are in hybrid format and also take place in person at the JCC. Go to the website for more information.

### Classes Include:

- Rounding the Bases
- Nutrition 101
- Coffee Chats
- Bingo
- Medicare 101
- Intergenerational conversations
- Health education series

To see the full list of classes and sign up, go to [www.virtualsenioracademy.org](http://www.virtualsenioracademy.org)

Questions? Email [helpvsa@jccpgh.org](mailto:helpvsa@jccpgh.org)



**Registration for Senior Center activities and services must be completed in Room 201 by appointment. Bring a photo ID with your date of birth and proof of Allegheny County residency.**

**For more info, contact Darlene Cridlin [dcridlin@jccpgh.org](mailto:dcridlin@jccpgh.org) or 412-697-3517.**

# EARLY CHILDHOOD



## ANNABELLE RUBINSTEIN EARLY CHILDHOOD DEVELOPMENT CENTER

Children grow and thrive in a program enriched with language, reading, math, science, art, music and fun. We believe that discovery and play are young children's most important "work," preparing them for the academic and life challenges ahead.

### Our Approach

ECDC's approach to early learning is inspired by the ideas and practices developed in Reggio Emilia, Italy, for the education of young children. This program—based on the principles of respect, responsibility and community through exploration and discovery in a supportive and enriching environment—resonates with the JCC mission. ECDC's curriculum recognizes each child's voice and strives to provide a beautiful environment, small groups for children to do their work, and access to a wide variety of learning materials.

### Our Core Beliefs and Values

- Children are constructivist learners
- Early Childhood educators are professionals
- Our families are our partners
- Our environment is an inspiration for inquiry

[Learn more HERE](#)

**Spaces are limited for the 2024/2025 school year. Waitlist applications are always welcome. Visits must be scheduled in advance. For more information, please contact Director Liza Baron at [lbaron@jccpgh.org](mailto:lbaron@jccpgh.org) or 412-697-3530.**  
***\*Director Endowed by Rose and Ed Berman***

# EARLY CHILDHOOD

For more info, Contact Liza Baron, [lbaron@jccpgh.org](mailto:lbaron@jccpgh.org)

## Our Educators Make the Difference

Our talented and dedicated teaching team is committed to ensuring each child's happiness, safety and development. It is our priority to employ experienced and creative educators who meet our high standards and reflect our value of lifelong learning. Our educators work together as a team to ensure children are engaged in daily, meaningful exploration with one another.

Physical education, music, the arts, Jewish culture and nature are integrated into a child's day.

Additional sports, dance and aquatics classes are available to enrolled ECDC families. These programs are offered during the school day and are lead by our sports, recreation and aquatics staff. Classes are only for ECDC children for an extra fee.

## A few more things that make ECDC special

- Values-based exploration of Jewish holidays and customs through an age and culturally appropriate lens in every classroom

- A dedicated studio space for the creative arts

- Daily gross motor play in our double-court gymnasium

### •**Marci Lynn Bernstein outdoor playground**

- Neighborhood and community-based outdoor exploration

- Booken Family Kabbalat Shabbat celebrated every Friday during the school year. Everyone is welcome!

### •**Justin Mark Library**

## Age Groups and Schedules

ECDC operates year round from 8 am-5:30 pm every weekday.

Infants	6 weeks+
Tots	1 & 2-year-olds
Toddlers	2 & 3-year-olds
Preschoolers	3 & 4-year-olds
Pre-Kindergarten	4 & 5-year-olds



# CHILDREN'S PROGRAMS

For more info, contact Abbey Plumb  
[aplumb@jccpgh.org](mailto:aplumb@jccpgh.org) or 412-339-5409.

## CLUBHOUSE AFTER SCHOOL PROGRAM Grades K-6

Monday-Friday 3-6 pm  
September 3, 2024 through June 12, 2025

The Clubhouse after school program provides care for children grades K-6 through fun and engaging activities and homework support after a day of school.

Our program is focused on ensuring the mental, physical and emotional well-being of children by providing meaningful opportunities to engage with peers and choose activities based on their own interests.

Activities include sports, STEM, arts, etc.

**\*Pricing is based on the number of days per week**

3 days	\$3,470
4 days	\$4,170
5 days	\$4,700

**Spaces are limited for the 2024-2025 school year. Waitlist inquiries are always welcome.**



# CHILDREN'S PROGRAMS

For more info, contact Abbey Plumb [aplumb@jccpgh.org](mailto:aplumb@jccpgh.org) or 412-339-5409

## KIDS NITE OUT • PreK- Grade 6

Saturdays 6-9 pm

**\$30/child per session**

Enjoy a Saturday night out while your child has fun with us! Programs are held monthly from October through April, with dinner and swimming provided.

October 19 February 15

November 16 March 8

December 14 April 5

January 18

## J DAYS • Prek-Grade 6

J Days are programmed with field trips and in-house activities such as swimming, gym time, arts & crafts, and other fun activities.

**\$75 per day per child**

J Days take place when school is off, following Pittsburgh Public School calendar and considering private school calendars as well.

### 9 am-4 pm

Mon., October 14 Thurs., January 23

Tuesd., October 15 Fri., January 24

Tues., November 5 Mon., February 17

Mon., November 11 Mon., March 31

Wed., November 27 Fri., April 11

Mon., December 2 Mon., April 14

Mon., December 23 Tues., April 15

Thurs., December 26 Wed., April 16

Fri., December 27 Thurs., April 17

Mon., December 30 Fri., April 18

Tues., December 31 Mon., April 21

Thurs., January 2 Tues., May 20

Fri., January 3

**Before-Care: 8-9 am. No cost.**

**After-Care: 4-6 pm. \$15 per day per child (no charge for Clubhouse members)**

# CHILDREN'S PROGRAMS



## **BIRTHDAY PARTIES: AGES 4-11**

Our staff enthusiastically leads birthday parties from beginning to end!

Birthday party themes include swimming, creative cooking, arts & crafts, games galore, private movie screenings, STEM, Sports and more.

**Birthday parties are offered September 14, 2024 through June 8, 2025.**

*More information:*

*Abbey Plumb [aplumb@jccpgh.org](mailto:aplumb@jccpgh.org) or 412-339-5409*

## **Birthday Party Packages**

**Blue:** \$349 - up to 15 guests -\$15/additional guest  
Party room (2 hours)

Staff to lead activities, set up and clean up.

**Swim and Sports parties**

**Silver:** \$419 - up to 15 guests -\$15/additional guest  
Party room (2 hours)

Staff to lead activities, set up and clean up

Decorations for the party theme.

**Swim, Sports, Arts and Crafts, STEM and Cooking parties**

**Gold:** \$499 - up to 20 guests -\$15/additional guest  
Party room (2 hours)

Staff to lead activities, set up and clean up

Decorations for the party theme

Snack and birthday cake provided.

**Swim, Sports, Arts and Crafts, STEM, Cooking and custom parties**

**For more information on Clubhouse, J Days, and all Children's programming, contact Abbey Plumb at [aplumb@jccpgh.org](mailto:aplumb@jccpgh.org) or 412-339-5409.**

# J&R DAY CAMP



For more information, contact Camp Director Rachael Speck, [rspeck@jccpgh.org](mailto:rspeck@jccpgh.org) or 412-697-3537

## J&R DAY CAMP

J&R Day Camp, located in Monroeville, PA, is an inclusive camp environment that offers premier programming and activities for school-aged children in kindergarten through 8th grade. Our child-centered environment focuses on creating community and enriching the lives of our campers, families and staff. We serve children through meaningful experiences that focus on building connections, instilling Jewish values, fostering growth and having fun.

- 350 campers per week, 1:7 staff to camper ratio
- Transportation and food provided
- Daily swim lessons
- Aftercare offered daily 3-6 pm for an additional fee
- Accredited by the American Camp Association

## 2025 DATES

**Registration for Summer 2025 opens on September 17!**

Week 1	June 23- 27
Week 2	June 30-July 3 (closed July 4)
Week 3	July 7-11
Week 4	July 14-18
Week 5	July 21-25
Week 6	July 28-August 1
Week 7	August 4-8
Week 8	August 11-15

**\$500/member per week**

**\$550/non-member per week**

**5% sibling discount if siblings register for 4 weeks or more**

**Learn more: [JCCPGHDAYCAMPS.COM](http://JCCPGHDAYCAMPS.COM)**

# SPECIALTY CAMPS



For more information, contact Brandi Tedesco, [btedesco@jccpgh.org](mailto:btedesco@jccpgh.org) or 412-697-3520.

## SPECIALTY CAMPS

At JCC Specialty Camps, kids get the chance to focus on the things they love to learn and do. Led by expert instructors and enthusiastic staff, Specialty Camps provide campers opportunities to explore interests and gain knowledge, skills and proficiency. Choose from a variety of exciting one-week options, and customize the summer based on your child's interests and your family's schedule.

Specialty Camps are held at the JCC in Squirrel Hill and at the Family Park in Monroeville (transportation provided.)

**July 7-August 15, 2025**

For more information visit [jccpghdaycamps.com](http://jccpghdaycamps.com)

# PERFORMING ARTS CAMP



For more information, contact Kathy Wayne, [kwayne@jccpgh.org](mailto:kwayne@jccpgh.org) or 412-339-5414.

## **Rising Stars: Grades 4-10** **Pre-professional program for young performers**

Hone your craft with theater professionals! Theater classes as well as drama and vocal exercises help campers learn to express themselves. Through the study of dance technique and choreography, campers learn how to break down a complicated routine into manageable steps. Campers work on music skills and musical theater repertoire, which are showcased in a final production. JCC's Performing Arts Camp provides students with a substantial musical theater experience with expert instruction and training in all aspects of musical theater— acting, voice and dance.

### **4-week day camp 2025 Dates**

June 16 to July 11  
Monday to Friday

9 am- 3:30 pm

**MEMBER PRICE: \$1,680**

**NONMEMBER PRICE: \$1,880**

**Registration opens in January 2025.**

**[JCCPGHDAYCAMPS.COM](http://JCCPGHDAYCAMPS.COM)**

# EMMA KAUFMANN CAMP



EKC, the JCC's premier overnight camp, nestled along Cheat Lake near Morgantown, West Virginia, provides countless opportunities for sports and recreational activities on land and water.

EKC programs, with an emphasis on Jewish values, are for children entering grades 2 through 10.

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 campers in grades 2-6, we offer 2-week options or 1-week options in addition to our full sessions.

## [2025 Dates and Rates](#)

**Be sure to ask about special pricing for first-time campers.**

*To learn more, contact Camp Director Aaron Cantor, [acantor@jccpgh.org](mailto:acantor@jccpgh.org) or 412-339-5412*

[emmakaufmanncamp.com](http://emmakaufmanncamp.com)

# MUSICALS



## **PHILIP CHOSKY PERFORMING ARTS PROGRAM PRESENTS: RICHARD E. RAUH SENIOR HIGH SCHOOL MUSICAL**

**Grades 9-12**

For more info, contact Maria Carson, [mcarson@jccpgh.org](mailto:mcarson@jccpgh.org)

High School students sing, act, and dance in this theatrical experience!

## **PHILIP CHOSKY PERFORMING ARTS PROGRAM MIDDLE SCHOOL MUSICAL**

**Grades 4-8**

Contact Maria Carson, [mcarson@jccpgh.org](mailto:mcarson@jccpgh.org)

Middle School students sing, act, and dance in a full-length musical number! This is the place for budding actors, dancers, and/or singers to hone their skills and shine on stage.

More information about this amazing program and 2025 show dates coming soon!



# TEENS



## THE SECOND FLOOR TEEN MEMBERSHIP

**Grades 6-12**

[Facebook](#)   [Instagram](#)

For more info, contact Jenna Baker, [jbaker@jccpqh.org](mailto:jbaker@jccpqh.org)

The Second Floor Teen Center is open Monday-Thursday from 2-5:30 pm and Friday from 2-5 pm. We have FREE coffee, snacks, food, video games, art supplies, and community! Come hang out after school, enjoy one of our pop-up programs, or swing by to grab a snack to go! The Second Floor Teen Center is staffed by professional educators and a dedicated staff of teenage Peer Engagement Interns.

General JCC Membership is not required to become a Teen Member of The Second Floor Teen Center. This membership enables teens to access the Teen Center when we are open.

Hours may be adjusted due to staffing and community needs. Come talk to a staff member during open hours and get signed up for a free membership!

# TEENS

## Cafe Ivrit with the Israeli Shinshinim!

### Grades 6-12

Meet and hang out with young adults from Israel!

**Dates and times TBD.**

For more info, contact Maria Carson, [mcarson@jccpgh.org](mailto:mcarson@jccpgh.org)

## High School Now, College Later! Grades 9-12

The Second Floor Teen Center has a variety of programs and services for high school-aged students to maximize their high school career and think through their college application project. We will be talking with educators and professionals in the field about:

- Managing stress while juggling high school and college applications
- How to have the best college application possible
- How to apply for the colleges, this will maximize your chances of admission and will give you the college experience for which you are looking
- How to begin cultivating and creating the best resume possible while in high school.
- How to deal with hot topics on college campuses, such as anti-semitism, anti-Israel sentiment, and staying safe and healthy on and off campus.

**Programs and services are still being finalized. Stay tuned!**

For more info, contact Maria Carson, [mcarson@jccpgh.org](mailto:mcarson@jccpgh.org)

## Dungeons and Dragons

For middle schoolers and younger high schoolers, join us for a tabletop adventure while simultaneously learning about social-emotional programming.

Tuesdays 4-5:30 pm

Sept. 10-June 10, 2025

**Free**

[Register HERE](#)

For more info, contact Maria Carson, [mcarson@jccpgh.org](mailto:mcarson@jccpgh.org)

# TEENS

## **Nazun: Challah for Hunger Grades 6-12**

Make and sell challah with The Second Floor! The proceeds will go to a local nonprofit organization.

This is a free program for anyone grades 6-12.

Help us repair the world and learn a bit about Jewish culture while you are at it!

**We will meet from 4-5 pm on the following Thursdays:**

August 29

January 16

September 12

March 20

November 14

May 22

December 12

June 5

[Register HERE](#)

For more info, contact Maria Carson, [mcarson@jccpgh.org](mailto:mcarson@jccpgh.org)



# TEENS

## The She'elot Fellowship Grades 9-12

Come join us for Jewish textual study and a free meal! Teens who complete a certain number of sessions will receive a \$250.00 stipend. We read Jewish texts centered on a "Big Question" and discuss them. All who are interested in learning about Jewish responses to various texts are welcome.

**We will meet from 5-6:30 pm on the following Thursdays:**

September 26                      February 6 & 20

October 10                         March 27

November 7 & 21                 April 24

December 19                      May 8

January 9 & 23

[Register HERE](#)

For more info, contact Maria Carson, [mcarson@jccpgh.org](mailto:mcarson@jccpgh.org)

## Shabbat Experiences Club Grades 6-8

Join us for a monthly club where we have an interesting experience right before Shabbat!

**We will meet from 3-5 pm on the following Fridays:**

Pre-Club Hangout 3-4 pm  
Programming 4-5 pm

September 27                      February 14

November 8                        March 28

December 20                      April 25

January 17                         May 23

[Register HERE](#)

## Preparing for College Applications 101

Join us with Eva Gelman of MyCollegeQuest to learn about the college application process.

Perfect for high school sophomores, juniors, seniors and their parents.

Wednesday, September 18

5:30 pm-7 pm

JCC Squirrel Hill, Board Room

**Free**

[Register HERE](#)

# TEENS

## Peer Engagement Intern Program

**Ages 16+ (Participant must be in High School)**

Maria Carson, [mcarson@jccpgh.org](mailto:mcarson@jccpgh.org)

Are you looking for a job and an internship where you will learn about event planning, emotional intelligence, group dynamics, nonprofit management, and Jewish education?

We have a Peer Engagement Internship for high school students over the age of 15! Interns come to regular training programs, participate in our program, and staff the space.

This is a paid position.

**Timing is variable and flexible, but intern training sessions will take place on the following Wednesdays from 4-5:30:**

September 18

April 16

November 6

May 14

January 8

June 4

March 20



# TEENS



For more info, contact Rebecca Kahn, [rkahn@jccpgh.org](mailto:rkahn@jccpgh.org)

## **Pittsburgh Diller Teen Fellows Grades 9-10**

[Facebook](#)   [Instagram](#)

The Pittsburgh Diller Teen Fellows program is a premiere leadership cohort experience for a select group of Jewish participants across Pittsburgh.

**Applications for the 2024-2025 Cohort are now closed. Applications for the 2025-2026 Cohort will open in the Spring of 2025**

## **Samuel M. Goldston Teen Engagement Project Grades 8-10**

Rebecca Kahn, [rkahn@jccpgh.org](mailto:rkahn@jccpgh.org)

The Samuel M Goldston Teen Engagement project is for Jewish 8th-10th graders who want to make a positive impact in the greater Pittsburgh community. In just 8 sessions, beginning in September, Goldston participants will become engaged community leaders by learning about Tikkun Olam, the Jewish values that matter most to them, and how they can make a real impact in our community.

**This program will take place the following Tuesdays:**

Sept. 24	5-6:30 pm	
	6-6:30 pm	Parents invited for the final 30 minutes
Oct. 1, 8, 15, 22	5-6:30 pm	
Nov. 19	5-6:30 pm	
Dec. 3	5-6 pm	Wrap-Up Session
	6-7 pm	Graduation (Parents and Families Invited)

Apply [HERE](#)



## GESHER YOUNG ADULT PROGRAM

For more information, contact Rachael Speck, [rspeck@jccpgh.org](mailto:rspeck@jccpgh.org) or 412-697-3537.

**Mondays, Wednesdays, Thursdays  
and Fridays 3-6 pm  
JCC Squirrel Hill**

**Limited spaces available**

The Gesher Young Adult Program provides afternoon activities for young adults with varying physical, intellectual, and developmental disabilities. We provide focused attention to each participant with an emphasis on socialization skills, physical fitness and gross motor development and life skills. Participants learn the importance of teamwork, independence and relationship building while enjoying the JCC's fully equipped meeting rooms, dance studio, gym and swimming pool.

We also provide a program on Thursdays focused on technology skill building. Participants learn how to use devices to communicate online, access information, word processing functions and use software and applications for art projects, pictures, digital images and games. If there is a skill or interest your participant is interested in learning, we encourage you to share that with us. This program is open to all participants, regardless of ability level.

# AMERICAN JEWISH MUSEUM



*Being Good exhibition, photo of artist  
Vanessa German by Lynn Johnson*

**AMERICAN JEWISH MUSEUM IS SUPPORTED  
IN PART BY THE ANNA L. CAPLAN & IRENE V.  
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**NEW EXHIBITION:**

**JUDY ROBINSON  
AND KARA SNYDER:  
THE ART OF FRIENDSHIP**

**September 4 – December 20, 2024**

**More Details coming soon!**



# JEWISH LIFE

## FALL ADULT HEBREW CLASS

For more info, contact Rabbi Hindy Finman  
[hfinman@jccpgh.org](mailto:hfinman@jccpgh.org)

Wednesdays 6:15-7:45 pm Room 202,  
Kaufmann Building,  
JCC Squirrel Hill

**\$200 for eight classes**

The class is for Hebrew speakers who can speak and read Hebrew on an intermediate level and higher.

**Instructor:** Haya Feig

September 11, 18 & 25

October 9 & 30

November 6, 13 & 20

[Register HERE](#)

## A SEASON OF HOPE

For more info, contact Rabbi Hindy Finman  
[hfinman@jccpgh.org](mailto:hfinman@jccpgh.org)

### • Preparing the Heart and Mind: Rosh Chodesh Elul

Join the 10.27 Healing Partnership and the JCC for a program to center and ground ourselves in Jewish learning and calming practices. This year the High Holidays will take place near October 27th and the first-year commemoration of October 7th. This program will help us all to embrace all the different facets of this season, from sorrow to joy. We invite Jewish Pittsburgh to join us for meditative wellness activities and Jewish learning designed to increase thoughtfulness, care, and introspection. We will end the program with a communal shofar blowing!

Tues., Sept. 3 5:30-7:30 pm Third floor, Kaufmann  
Building, JCC Squirrel  
Hill

**Free and open to all adults, members and non-members**

[Register HERE](#)

## • The Complexities of Israeli Arab Shared Societies: An Evening with Mohammad Darawshe

Please join us for a presentation and discussion about the complexities of the Israeli Arab shared societies. Mohammad Darawshe is a visiting scholar and peace builder from Israel. Q&A to follow.

Wed., Sept. 18    7-8:30 pm    Levinson Hall,  
Kaufmann Building,  
JCC Squirrel Hill

[RSVP: tinyurl.com/darawshe](https://tinyurl.com/darawshe)

## • Rosh Hashanah 5785 ~ 2024 Start the New Year with a Mitzvah!

Join the Center for Loving Kindness to make care kits to give to people in need of kindness.

3 opportunities to get involved:

### **DONATE:**

A gift card or items for care kits or shop our Amazon wishlist.

[Amazon Wishlist HERE](#)

### **PACK:**

Care kits with us this Rosh Hashanah

Thurs., Oct. 3            3:00–4:15 pm    Levinson Hall,  
JCC Squirrel Hill

*All ages event*

[Register HERE](#)

### **DELIVER**

Deliver care kits to our community partners serving Pittsburghers experiencing housing and food insecurity. More details will follow once you register.

*For more info, contact Rabbi Hindy Finman*

[hfinman@jccpgh.org](mailto:hfinman@jccpgh.org)

# PJ LIBRARY



## PJ LIBRARY

For more info, contact Rabbi Hindy Finman at [hfinman@jccpgh.org](mailto:hfinman@jccpgh.org)

PJ Library sends free Jewish children's books to families across the world every month. We know that something magical happens when parents sit down together to read with their children. PJ Library shares Jewish stories that can help your family talk together about values and traditions that are important to you. A program of the Harold Grinspoon Foundation, PJ Library is made possible through partnerships with philanthropists and local Jewish organizations. Families raising kids from birth through 9 years old with Judaism as part of their lives are welcome to sign up. PJ Library welcomes all Jewish families, whatever your background, knowledge, or family make-up, or observance may be.

In addition to books, PJ Library in Pittsburgh provides family programming to strengthen connections to Judaism and build relationships with other Jewish families.

[PJ Library Website](#)



## JCCPGH Center for Loving Kindness

### **Become a Project UPstander Volunteer**

An UPstander is a person who could be a bystander, yet when the opportunity presents itself, decides to stand UP for a neighbor. UPstanders are community members who provide acknowledgment, understanding and support for neighbors facing challenges as a result of hateful acts, natural disasters, violence, or intolerance that threaten the integrity of their community.

#### **The way it works:**

- When a need presents itself, JCC's Center for Loving Kindness sends out an email alert announcing the UPstander volunteer opportunity.
- Each opportunity is stand-alone— we are grateful for the role you play at any time, with no commitment to volunteer on a regular basis.

#### **UPstanders have:**

- Registered Hill District neighbors for COVID vaccines
- Hosted COVID vaccine clinics
- Planted vegetable gardens in East Liberty
- Distributed non-partisan voting information
- Cooked for new Afghan neighbors
- Supported a Christmas Open House gathering in Wilkinsburg

### **Become an UPstander**

*For more information, contact:*

*Melissa Hiller, [mhiller@jccpgh.org](mailto:mhiller@jccpgh.org)*

*Linda McCullough, [lmccullough@jccpgh.org](mailto:lmccullough@jccpgh.org)*

# 10.27 HEALING PARTNERSHIP



For more information call 412-697-3534 or email [info@1027healingpartnership.org](mailto:info@1027healingpartnership.org)

We provide support, connection, and opportunities for reflection for individuals and their loved ones impacted by the October 2018 attack and others who experience hate-induced trauma.

## **Trauma-informed Yoga: ages 15+**

Participate in gentle yoga with a skilled and caring yoga instructor experienced in trauma-informed care. Experience an hour of gentle and calming yoga, and learn yoga you can do at home and in stressful situations, including while seated.

Wednesdays

4-5 pm

May 29-September 25

**Free. No registration is needed.**

## **Reiki-infused Sound Bathing**

Immerse yourself in the soothing tones of crystal and Tibetan singing bowls expertly played by Shawn Fertitta. Throughout the session, you will delve into the fundamentals of mindfulness and discover the serene art of Reiki, a Japanese relaxation technique. This experience is tailored to calm your mind, body, and soul, promoting optimal healing. Whether you're seeking to alleviate stress and concerns in today's hectic world, this class is designed for anyone ready to embrace tranquility.

Monday, Aug. 19

12:30-1:30 pm

**Free.**

[Register HERE](#)



# 10.27 HEALING PARTNERSHIP

## **Drum Circles: ages 15+**

The 10.27 Healing Partnership hosts drop-in, no registration required community conscious and expressive drum circles led by Stephanie and Bob Miller. Come and experience the healing power of music and build community! No skill is needed to participate. All are welcome, the events are free, and instruments will be provided.

## **JCC Squirrel Hill**

### **10.27 Healing Partnership Suite**

Mondays

7-8 pm

Aug. 12, Sept. 9, Oct. 14, Nov. 11, and Dec. 9

**Free. No registration is needed.**

[More info HERE](#)

## **KAUFMANN BUILDING, JCC SQUIRREL HILL 5738 Forbes Ave, Pittsburgh, PA 15217**

More information and scheduling for all of our programs can be found at

[1027healingpartnership.org](http://1027healingpartnership.org)

## **Forest Bathing: Meditative Walks in the Woods: All ages**

Forest bathing is not about literal baths—the idea is to “bathe” in the sounds and sights of nature.

Join us for one or all three sessions of this healing, consciousness-building forest bathing series. We will take gentle walks through Mellon Park while nurturing our connection to the natural world through reflective practices.

Monday, Sept. 9

9:30 am-11 am

Mellon Park Walled Garden

**Free.**

[Register HERE](#)

# FACILITIES RENTAL

For more information, contact Chris Herman at [cherman@jccpqh.org](mailto:cherman@jccpqh.org) or 412-339-5395

## THE JCC IS THE PERFECT PLACE TO...

Are you looking for the perfect space for an upcoming event? Need a gym for your team to practice? Or a place to throw the best B'nai Mitzvah party in town!?!

JCC facilities are available to rent during and after business hours for members and non-members! The JCC will customize your rental experience to meet your vision. From sophisticated brilliance to casual fun, the possibilities are limited only by your imagination.

### Events We Host

- **Bat, Bar and B'nai Mitzvot**
- **Birthday Parties**
- **Team Practices**
- **Corporate Gatherings**
- **Pool Parties**
- **End of Year Banquets**
- **...and more!**



Save the date!



**BIG NIGHT**  
**OLYMPICS**

MARCH 1, 2025

OPEN TO EVERYONE



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*As of 2/28/24*

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AgeWell Pittsburgh is supported in part by Jewish Federation of Greater Pittsburgh and the United Way of Southwestern Pennsylvania. Additional funding is provided by The Jack Buncher Foundation, The Fine Foundation, Henry Hillman Foundation, National Council on the Aging, and an anonymous donor. Government support is provided by the Area Agency on Aging, Department of Human Services, Allegheny County. AgeWell Pittsburgh is a collaborative program of the Jewish Association on Aging, the Jewish Community Center of Greater Pittsburgh and Jewish Family and Community Services.

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