

Program Guide



JCC Squirrel Hill

FALL 2023

JCC PROGRAM GUIDE SQUIRREL HILL

TO REGISTER FOR CLASSES
& PROGRAMS: jccpgh.force.com

Questions:
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

SAVE THE DATE
JCC 128th Annual Meeting
JCC Squirrel Hill
Thursday, August 31, 5:30 pm

Holiday Hours

Monday, Sept. 4: Labor Day Closed except for
Fitness Center 8 am-2 pm and Family Park 11 am- 7 pm

Friday, Sept. 15: Rosh Hashanah Eve Close at 5 pm

**Saturday, Sept. 16 & Sunday, Sept. 17:
Rosh Hashanah** Closed

Sunday, Sept. 24: Yom Kippur Eve Close at 5 pm

Monday, Sept. 25: Yom Kippur Closed

Friday, Sept. 29: Sukkot Eve Close at 5 pm

Saturday, Sept. 30: Sukkot Closed

Friday, Oct. 6: Shmini Atzeret/Simchat Torah Eve
Close at 5 pm

Saturday, Oct. 7: Shmini Atzeret/Simchat Torah Closed

Thursday, Nov. 23: Thanksgiving Closed except for
Fitness Center 8 am-2 pm

Sunday, Dec. 24: Christmas Eve
Agency open 8 am to 5 pm

Monday, Dec. 25: Christmas Agency open 8 am to 5 pm

Sunday, Dec. 31: New Year's Eve Agency open 8 am to 5 pm

Monday, Jan. 1: New Year's Day 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 Members enjoy use of our 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 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

For more information, call 412-697-3522 or email membership@jccpgh.org

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

AQUATICS



JCC SAILFISH SWIM SCHOOL

Contact Anna Watterson at awatterson@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: age 2-3

Children learn to become comfortable in the water through songs and games.

Minnows: ages 3-5

Children become comfortable in the water through 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; front and back arm strokes.

Starfish: ages 6-12

Build confidence in the water, 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

Contact Anna Watterson at awatterson@jccpgh.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

Thursdays 6-6:30 pm

Tadpoles: age 2-3

Sundays 9-9:30 am

Mondays 10-10:30 am

Wednesdays 10-10:30 am

Thursdays 6-6:30 pm

Minnows: ages 3-5

Sundays 9:30-10 am

Tuesdays 5-5:30 pm

Wednesdays 10:30-11 am

Thursdays 10-10:30 am

Jellyfish: ages 3-5

Sundays 10-10:30 am

Mondays 2:15-2:45 pm

Tuesdays 5:30-6 pm

Thursdays 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

Thursdays 4-4:30 pm

Goldfish: ages 6-12

Sundays 11:30 am-Noon

Thursdays 4:30-5 pm

Dolphins: ages 6-12

Sundays Noon-12:30 pm

Thursdays 5-5:30 pm

Sharks: ages 6-12

Sundays 12:30-1 pm

Thursdays 5:30-6 pm

AQUATICS

Contact Anna Watterson at awatterson@jccpgh.org
or 412-339-5429

CLASS DATES

Sunday classes

Member rate

September 10-October 29 \$105

November 5-December 17 \$105

(no class on September 17)

Monday classes

Member rate

September 11-October 23 \$90

November 6-December 18 \$105

(No classes on September 25)

Tuesday classes

Member rate

September 12-October 24 \$105

November 7-December 19 \$105

Wednesday classes

Member rate

September 13-October 25 \$105

November 8-December 20 \$105

Thursday classes

Member rate

September 14-October 26 \$105

November 2-December 21 \$105

(No class November 23)

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.

| | | | |
|----------|----------|-----------|-------|
| Beginner | Tuesdays | 6:30-7 pm | \$105 |
|----------|----------|-----------|-------|

| | | | |
|--------------|----------|-----------|-------|
| Intermediate | Tuesdays | 7-7:30 pm | \$105 |
|--------------|----------|-----------|-------|

Sept. 12-Oct. 24; Nov. 7- Dec. 19

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

Contact Anna Watterson at awatterson@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 12-December 14**

Tryouts at the Family Park, Monroeville
Aug. 28 • 9:45 am, Aug. 29 • 6 pm

● Chipmunk Swim Team: ages 6-7

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

**Tuesdays 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
Anna Rose Watterson.

**Mon.-Thurs. 11:30 am-12:30 pm
Sept. 11-Dec. 21 • \$250**

Contact Anna Watterson, awatterson@jccpgh.org

Anna Rose has had the privilege of working alongside national level coaches and swimmers from all different types of aquatic programming. Before moving back to Pittsburgh, she was a full-time coach with Waterloo Swimming, ranked in the top 100 fastest teams in the nation.



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

| | |
|---|--------|
| Pittsburgh Group Sailfish: ages 7+ | \$632 |
| Allegheny Group Sailfish: ages 7+ | \$377 |
| Pennsylvania Group Sailfish: ages 10-18 | \$858 |
| U.S. Group Sailfish: ages 13-18 | \$1062 |
| U.S. National Group | \$1182 |
| Adult conditioning | \$500 |

Try outs at the Family Park:
Aug. 28 • 9:45 am, Aug. 29 • 6 pm

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 Specialty Classes

Beginning September 1 \$5/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 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 MINDBODY for classes through 8/22](#)

[Beginning 8/23 on "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

SPORTS



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.

PICKLEBALL

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

| | |
|----------|----------------|
| Tuesdays | 11:30 am- 1 pm |
|----------|----------------|

Beginner lesson on one court from 11:30-12:15 pm

Open play on second court.

| | |
|---------|-------------------|
| Fridays | 8:45 am -12:45 pm |
|---------|-------------------|

OPEN play for all levels

Kaufmann Gym

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

More info: Marsha Mullen, mmullen@jccpgh.org, 412-339-5415

PICKLEBALL LEAGUE

10-week league for intermediate/advanced pickleball players. Submit a team of up to 3 players to play each week. In the end, there will be playoffs and a championship game! Winners will receive T-shirts.

Oct. 4-Dec. 13 **\$100/team**

| | |
|------------|-------------|
| Wednesdays | 9 am- 12 pm |
|------------|-------------|

Robinson Gym

Contact Brandi Tedesco, btedesco@jccpgh.org
412-697-3532

YOUTH SPORTS



Contact Brandi Tedesco, btedesco@jccpgh.org
412-697-3532

• **Super Shooters Soccer: Ages 3-5**

This 8-week soccer class will enhance children's eye-foot coordination through soccer-themed activities.

Mondays • Oct. 16-Dec. 11

\$100

Pre K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

• **Tiny Stars Tennis: Ages 3-5**

This 8-week tennis class will teach children basic tennis skills and enhance hand-eye coordination through tennis-themed activities.

Wednesdays • Oct. 18-Dec. 13

\$100

Pre K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

YOUTH SPORTS

• Little Penguins Hockey: Ages 3-5

This 8-week hockey class will teach children basic hockey fundamentals and enhance hand-eye coordination through hockey games and activities.

Thursdays • Oct. 19-Dec. 14

\$100

Pre K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

• Tiny Hoopers: Ages 3-5

This 8-week basketball class will enhance hand-eye coordination through basketball themed activities and games. Children will also learn and practice basketball fundamentals.

Fridays • Oct. 20-Dec. 15

\$100

Pre K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

• Little Champs Super Hoopers: K-grade 2

This 14-week developmental clinic & league will teach young players the basics of basketball. Players will learn dribbling, passing, shooting, defense, and game play strategy. After weeks of clinic learning the skills, players will be split into teams and play games each week with a focus on learning the game and sportsmanship.

Sundays • Nov. 5-Feb. 25, 2024

Member: \$250/ Nonmember: \$300

Kindergarten 12:30-1:30 pm

Grade 1 1:45-2:45 pm

Grade 2 3-4 pm

Robinson Gym

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

• **Girls on the Run: Grades 3-5**

Girls on the Run inspires individuals of all abilities to recognize their unique strengths, while building a sense of connection in a team setting. Coaches facilitate lessons that blend physical activity with life skill development to enable team members to adapt to whatever comes their way. At the end of the season, the team completes a 5K together, which provides a tangible sense of accomplishment and sets a confident mindset into motion.

Tuesdays & Thursdays • 4:30-6 pm

Sept. 12-Nov. 21

\$175

Kaufmann Gym/Track

Participants must attend both Tuesdays & Thursdays.

End of season 5K is Sunday, November 18 at North Park Boathouse

[Register HERE](#)

• **Harry B Davis Clinic & League Powered by Run the Show: Grades 3-8**

This 16-week development clinic and the league will focus on teaching players critical basketball skills and gameplay. The clinic will be powered by Run The Show. The Show is a basketball company run by current and former professional and college basketball coaches. RTS provides holistic Basketball Betterment experiences for players of all ages and skill levels.

Saturdays • Oct. 28-March 2, 2024

Championship game Monday March 6, 2024

Member: \$275/ Nonmember: \$325

Grade 3 & 4 1-2 pm

Grade 5 & 6 2:15-3:15 pm

Grade 7 & 8 3:30-4:30 pm

Robinson Gym

• **NBA (No Boys Allowed) Clinic & League: Grades 3-8**

NBA is a basketball clinic and league designed to help girls build confidence on and off the court. Players will learn the basics of basketball and gameplay with an emphasis on sportsmanship, team building, and communication.

Sundays • Dec. 3-Feb. 25, 2024

Member: \$175/ Nonmember: \$225

Grade 3-5 4:15-5 pm

Grade 6-8 5:15-6 pm

Robinson Gym

DANCE

THE PHILIP CHOSKY PERFORMING ARTS PROGRAM



Contact Kathy Wayne, kwayne@jccpgh.org
412-339-5414

[Register for Dance Classes](#)

[Class Descriptions and Dress Code](#)

EARLY CHILDHOOD DANCE CLASSES

• Creative Movement-Toddlers: Ages 2.5-3

| | | | |
|----------|--------------|-----|-------|
| Tuesdays | 2:45-3:15 pm | KDS | \$233 |
|----------|--------------|-----|-------|

Sept. 12-Dec. 19

• Creative Movement-Preschool: Ages 3-4

| | | | |
|----------|-----------|-----|-------|
| Tuesdays | 3:30-4 pm | KDS | \$233 |
|----------|-----------|-----|-------|

Sept. 12-Dec. 19

• Pre-Ballet/Tap: Ages 4-5

| | | | |
|----------|--------------|-----|-------|
| Tuesdays | 1:30-2:15 pm | KDS | \$263 |
|----------|--------------|-----|-------|

Sept. 12-Dec. 19

SCHOOL AGE DANCE CLASSES

• Ballet/Tap 1: Kindergarten Ages 5-6

| | | | |
|---------|--------------|-----|-------|
| Mondays | 4:30-5:30 pm | RDS | \$301 |
|---------|--------------|-----|-------|

Sept. 11-Dec. 18

• Ballet/Tap 2: Ages 6-7

| | | | |
|------------|--------------|-----|-------|
| Wednesdays | 4:30-5:30 pm | RDS | \$301 |
|------------|--------------|-----|-------|

Sept. 13- Dec. 20

• Ballet/Tap/Jazz 3: Ages 7-8

| | | | |
|---------|-----------|-----|-------|
| Mondays | 5:30-7 pm | RDS | \$357 |
|---------|-----------|-----|-------|

Sept. 11- Dec. 18

DANCE

Contact Kathy Wayne, kwayne@jccpgh.org

412-339-5414

• Ballet/Tap/Jazz 4: Ages 8-9

| | | | |
|------------|-----------|-----|-------|
| Wednesdays | 5:30-7 pm | RDS | \$357 |
|------------|-----------|-----|-------|

Sept. 13- Dec. 20

• Ballet/Tap/Jazz 5: Ages 9-12

| | | | |
|----------|-------------|-----|-------|
| Tuesdays | 4:30-6 pm & | RDS | \$497 |
|----------|-------------|-----|-------|

| | | | |
|-----------|--------------|--|--|
| Thursdays | 4:30-6:30 pm | | |
|-----------|--------------|--|--|

Sept. 12- Dec. 21

• Ballet/Tap/Jazz Advanced: Ages 13-18

| | | | |
|----------|----------------|-----|-------|
| Tuesdays | 6:15-8:45 pm & | RDS | \$679 |
|----------|----------------|-----|-------|

| | | | |
|-----------|-----------|--|--|
| Thursdays | 6:30-9 pm | | |
|-----------|-----------|--|--|

Sept. 12-Dec. 21

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

• Hip Hop: Ages 5-12

| | | | | |
|----------|---------|-----------|-----|-------|
| Ages 5-8 | Fridays | 4:15-5 pm | RDS | \$193 |
|----------|---------|-----------|-----|-------|

| | | | | |
|-----------|---------|--------|-----|-------|
| Ages 9-12 | Fridays | 5-6 pm | RDS | \$237 |
|-----------|---------|--------|-----|-------|

Sept. 22-Dec. 22

(no class on Sept. 29, Oct. 6 and Nov. 24)

• Acro Dance: Ages 9-13

| | | | |
|---------|--------|-----|-------|
| Fridays | 5-6 pm | KDS | \$237 |
|---------|--------|-----|-------|

Sept. 22-Dec. 22

(no class on Sept. 29, Oct. 6 and Nov. 24)

• Beginning Lyrical Dance: Ages 9-13

| | | | |
|------------|--------|-----|-------|
| Wednesdays | 7-8 pm | RDS | \$301 |
|------------|--------|-----|-------|

Sept. 13-Dec. 20

• Pointe: Ages 12-18

| | | | |
|---------|--------|-----|-------|
| Fridays | 4-5 pm | KDS | \$237 |
|---------|--------|-----|-------|

Sept. 22-Dec. 22

(no class on Sept. 29, Oct. 6 and Nov. 24)

[Register for Dance Classes](#)

[Class Descriptions and Dress Code](#)

DANCE



K&M DANCE COMPANY

Participants must be approved by Kathy Wayne.

| | | | |
|------------------|---------|---------------|-----|
| Ages 9-13 | Sundays | 12:30-1:30 pm | RDS |
| Ages 12-18 | Sundays | 1:30-2:30 pm | RDS |
| Sept. 24-Dec. 17 | | \$210 | |

| | |
|--------------------|-------|
| Dance Company Solo | \$325 |
| Dance Company Duet | \$300 |
| Dance Company Trio | \$300 |

Dance Company Group

| | | |
|------------------|--------------|-------|
| Sundays | 2:30-3:30 pm | RDS |
| Jan. 22-April 30 | | \$200 |

Must be approved by the director if wasn't in the class previously

FITNESS

LEATRICE AND JOHN M. WOLF CENTERFIT

NEW "JCC PITTSBURGH" APP

We're moving to a NEW group exercise class reservations app - "JCC Pittsburgh"!

The "JCC Pittsburgh" app will be available for you on the App Store or Google Play. You can begin reserving for classes on 8/20.

Classes held Wednesday 8/23 and after are to be reserved on our new JCC Pittsburgh app.

Classes held through Tuesday, 8/22, continue to require reservations through MINDBODY.

Questions? Stop by the Membership office.

Contact Laurie Wood, lwood@jccpgh.org
or 412-697-3509

Contact Evan Aiello, eaiello@jccpgh.org or 412-697-3523

• Group Ex Classes

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

\$10/class; free for Centerfit Platinum members

[Register on MINDBODY for classes through 8/22](#)

[Beginning 8/23 on "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

[In-Person Group Ex schedule](#)

GROUP EXERCISE LAUNCHES

New music and new and innovative exercises and training methods.

| | | |
|-------------------|----------------------|---------|
| Group Core | Tuesday, October 10 | 7:30 am |
| Group Power | Sunday, October 15 | 8:15 am |
| Group Fight | Sunday, October 15 | 9:30 am |
| Group Blast | Saturday, October 21 | 8:45 am |
| Group Centergy | Saturday, October 21 | 10 am |
| Group Active | Monday, October 30 | |

FITNESS

Contact Bill Herman, wherman@jccpgh.org
412-697-3238

• ON YOUR MARK FITNESS HIIT classes (ongoing)

Now included in Centerfit Platinum Membership

| | | |
|------------|---------|---------|
| Mondays | 8 am | Dante |
| Mondays | 4 pm | Alida |
| Tuesdays | 8:30 am | Bill |
| Tuesdays | 6 pm | Barbara |
| Wednesdays | 8 am | Dante |
| Thursdays | 9 am | Bill |
| Fridays | 8:30 am | Andrew |
| Saturdays | 8:30 am | Andrew |
| Sundays | 9 am | Moya |

\$10/class; free for Centerfit Platinum members

[Register on MINDBODY for classes through 8/22](#)

[Beginning 8/23 on "JCC Pittsburgh" app.](#)

[Learn more HERE](#)



FITNESS

• **Boot Camp (ongoing)**

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.

Mondays & Wednesdays 6 am

\$10/class; free for Centerfit Platinum members

[Register on MINDBODY for classes through 8/22](#)

[Beginning 8/23 on "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

• **Beginners Tai Chi - All Ages**

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

September 9 - December 23

No classes on 9/30, 10/7, 11/25.

\$65

• **Equipment Orientations**

Weekly sessions for members and a trainer to review how to use weight machines.

Wednesdays 10-10:30 am

Saturdays 11-11:30 am

No registration required, no fee.

• **Styku 3D Body Composition Scan**

Contact Elie Golin, egolin@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



RECOVERY ROOM

Now included in Centerfit Platinum Membership

Contact Annie Kostovny, 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

• Recovery Room Classes

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

\$10/ class, free for Centerfit Platinum Members

[Register on MINDBODY for classes through 8/22.](#)

[Beginning 8/23 on "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

FITNESS

Contact Annie Kostovny, 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.

6 sessions, 60 minutes each

General member: \$420; Platinum member: \$390

10 sessions, 60 minutes each

General member: \$700; Platinum member: \$650

One on One Yoga

An individual program that's 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.

6 sessions, 60 minutes each

General member: \$420; Platinum member: \$390

10 sessions, 60 minutes each

General member: \$700; Platinum member: \$650

Reiki

Reiki sessions involve practitioners focusing their energy on the sources of specific conditions by placing their hands over various parts of a person's body and transferring healing energy. Sessions are 30 or 60 minutes. *Takes place in the Massage Room.*

General member: \$70/hour, \$40/half hour

Platinum member: \$60/hour, \$30/half hour

[Register on MINDBODY for classes through 8/22](#)

[Beginning 8/23 on "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

YOUTH FITNESS

Contact Bill Herman, wherman@jccpgh.org

- **Teen Fitness Certification**

Contact Bill Herman at wherman@jccpgh.org

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

\$60/by appointment only



PERSONAL TRAINING



Contact Bill Herman, wherman@jccpgh.org
or 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

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.

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

MASSAGE

Contact Evan Aiello, esaiello@jccpgh.org or 412-697-3523

Contact Jen Goldston, jgoldston@jccpgh.org

or 412-246-2033

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

Massage Fees for Centerfit Platinum members

| | Through 9/30 | Beginning 10/1 |
|----------------------------|-----------------|------------------------|
| Half Hour | \$30 | \$37.50 |
| Hour | \$60 | \$75 |
| 10 half-hour sessions | \$280 | \$350 |
| General members | Add \$10 | Half-\$45 Hour-\$90 |

ON YOUR MARK FITNESS

AT THE JCC SOUTH HILLS



JCCPH
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

FORGE

DEKA Forge (Strength and Power):

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

BURN

DEKA Burn (Anaerobic Conditioning):

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

GRIT

DEKA Grit (Endurance/Stamina):

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

Contact Blake Stewart, bstewart@jccpgh.org

IGNITE THE WORLD, DEKA FIRE GLOBAL CHALLENGE

Celebrate fitness with the entire family by participating in the Ignite the World DEKA Fire Global Challenge. This month-long challenge is free for the entire family ages 5+. Participants will get their official DEKA certificate, DEKA swag and bragging rights!

SEPTEMBER 1-30

**OPEN TO ALL MEMBERS
AND NON-MEMBERS**

PARTICIPATION IS FREE!

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

FALL FEST: DEKA'S ONE YEAR ANNIVERSARY PARTY

Fall Fest, fun for the whole family!

SATURDAY, OCT. 21: DEKA MILE

SUNDAY, OCT. 22:

DEKA STRONG AND FALL FEST

SAVE THE DATE; DETAILS TO COME!



THE **WILSON** GROUP

AGEWELL FITNESS

Contact Marsha Mullen, 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/Balance

• Yoga

• Circuit

• Splash

• Boom Move (high intensity dance workout)

• Boom Muscle (tone muscles, build strength)

• PWR!Moves Parkinson's Wellness Recovery Class

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

Mondays & Thursdays, 11:45 am-12:45 pm

September 7-October 26

November 6 - December 21

Kaufmann Dance Studio

13 classes/session/\$65

Must get permission to register due to limited capacity.

• 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

September 5- December 19

Kaufmann Dance Studio

\$60

Registration required

AGEWELL FITNESS

Contact Marsha Mullen, 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**

• 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 at 11:15 am
Levinson Hall**

• Pickleball

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

Tuesdays 11:30 am-1 pm

Beginner lesson on one court 11:30 am-12:15 pm
Open play on second court.

Fridays 8:45 am - 12:45 pm

OPEN play for all levels

Kaufmann Gym

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

AGEWELL AT THE JCC



*Our office is in Room 201. We are open 9 am-5 pm.
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. Call 412-422-0400 or visit AgeWellpgh.org

SERVICES:

• In-Person Lunches

Delicious Kosher lunch for Allegheny County residents age 60+ who are registered with AgeWell at the JCC. Menus can be found [HERE](#)

Mondays- Fridays 11 am-1 pm

Contact Michelle Hunter, LSW, 412-697-3515 or mhunter@jccpgh.org for details on how to sign up and get more information.

• Information & Assistance

Questions? We have answers!
Contact Amy Gold, MSW, agold@jccpgh.org or 412-697-3528

• Transportation Services

OPT, ACCESS, and Elder Express transportation.
Contact Darlene Cridlin, LCSW, at 412-697-3517 or dcridlin@jccpgh.org for information

• Voter Registration

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

• Legal Services

Contact Darlene Cridlin, LCSW, at 412-697-3517 or dcridlin@jccpgh.org for information

AGEWELL AT THE JCC



• 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 are able to 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 412-697-3528 or agold@jccpgh.org*

OTHER VOLUNTEER OPPORTUNITIES

If you are interested in volunteering to support our other AgeWell programs, please *contact Michelle Hunter, LSW, 412-697-3515 or mhunter@jccpgh.org*

PROGRAMS

• Chess

Mondays, 11 am-12 pm in Room 202. For more information, *contact Darlene Cridlin, LCSW, 412-697-3517 or dcridlin@jccpgh.org*

• Choral Group

Fridays at 12 pm in Levinson B. For more information, *contact Darlene Cridlin, LCSW, 412-697-3517 or dcridlin@jccpgh.org*

AGEWELL AT THE JCC

• Center for Loving Kindness & Civic Engagement Neighbor's Circle Discussion

Mondays, 12:15-12:45 pm in Room 202 (or attend online at the Virtual Senior Academy).

Join Rabbi Ron Symons in a discussion around the most important issues of our day. More than a current events class, these gatherings afford us the opportunity to ground our perspectives in values that humans have been holding dear for thousands of years and that have the potential to guide us today. Your voice matters if you choose to share. Your presence makes a difference if you choose to show up. People of all types of faith and hope, backgrounds, and traditions are welcome. For more information, contact Beth Rudel at brudel@jccpgh.org or 412-339-5407

• Discussion Group

Tuesdays, 10-11 am in Room 202. For more information, contact Darlene Cridlin, LCSW, 412-697-3517 or dcridlin@jccpgh.org

• Weekly Movies

Wednesdays, 1 pm in 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, 412-339-5407 or brudel@jccpgh.org

• Art & Quarantine Stories: Exploring Iconic Artworks Throughout History that Relate to Our Current Movement

Thursdays, 12:15-12:45 pm in Room 202 (or attend online at the Virtual Senior Academy).

Join Melissa Hiller, Director of the American Jewish Museum at the JCC, for conversations about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions. For more information, contact Beth Rudel at 412-339-5407 or brudel@jccpgh.org

• Blood Pressure Screenings

Second and fourth Wednesdays of the month in the Palm Court. For more information, contact Darlene Cridlin, LCSW, 412-697-3517 or dcridlin@jccpgh.org

AGEWELL AT THE JCC



• One-On-One Tech Tutoring

Need help with your tablet or laptop? Got questions about your cell phone? We have volunteer tech tutors that 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, 412-697-1186 or mbarnes@jccpgh.org

• Page Turner’s Book Club

The group meets monthly either in Room 310 or online on the VSA at 11 am. The facilitator, Randy Detweiler, is a book enthusiast and AgeWell volunteer. The books scheduled for the fall are:

| | |
|---------------------|---|
| Mon. Sep. 18 | “Last Girl Ghosted” by Lisa Unger |
| Mon. Oct. 23 | “The Sparrow Sisters” by Ellen Herrick |
| Mon. Nov. 27 | “Before I Let You Go” by Kelly Rimmer |
| Mon. Dec. 18 | “The Santa Suit” by Mary Kay Andrews |

Questions? Contact Maddie Barnes at mbarnes@jccpgh.org or 412-697-1186

• Scrabble Club

Mondays, 1:30 pm in Room 202.

For more information, contact Beth Rudel, at brudel@jccpgh.org or 412-339-5407

AGEWELL AT THE JCC

• Coffee & Conversations with Amy

Last Thursday of every month at 1 pm in Room 202. 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 or agold@jccpgh.org*

• Doc Talk

Monthly at 1:30 pm, dates vary. 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. For exact dates and guest speaker information, *contact Maddie Barnes at 412-697-1186 or mbarnes@jccpgh.org*

• Handy Andy

Monthly on Thursdays at 10 am in Room 202 or online at the Virtual Senior Academy.

September 21

November 16

October 19

December 14

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 at 412-339-5407 or brudel@jccpgh.org

• Jewish History

Fridays, 10-11 am in Room 202. Presented by Alex Orbach, Associate Professor Emeritus, University of Pittsburgh. Questions? *Contact Darlene Cridlin, LCSW, 412-697-3517 or dcridlin@jccpgh.org*

AGEWELL AT THE JCC

• Creative Writing

Learn literary techniques and receive constructive criticism on your work from Dr. Jennifer Mann, Ed.D. You will learn how to move your work from the prewriting stage to editing and final revision. You will also learn how to use literary devices, meaningful dialogue, and imagery in your different drafts. We will explore writing personal statements, poetry, and other meaningful personal stories. For dates and more information, contact Beth Rudel at 412-339-5407 or brudel@jccpgh.org

• Practical Wisdom with Rabbi Perlman

Fridays, 11 am in Room 202.

In this text-based class, Rabbi Jonathan Perlman and participants will study inspirational and wise sayings throughout history.

Contact Darlene Cridlin, LCSW, 412-697-3517, or dcridlin@jccpgh.org for more information.

• Nutrition Class

Wednesday, September 13 and Thursday, October 5.

This class will be led by students enrolled in the Dietician and Nutrition Program at the University of Pittsburgh. Contact Darlene Cridlin, LCSW, 412-697-3517, or dcridlin@jccpgh.org for exact times, locations, and topics.

• CCAC Classes

The Community College of Allegheny County will offer classes at the JCC for AgeWell members. Contact Darlene Cridlin, LCSW, 412-697-3517, or dcridlin@jccpgh.org for more information.

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 or 412-697-3517.

AGEWELL AT THE JCC



VIRTUAL SENIOR ACADEMY (VSA)

The VSA offers classes Monday-Friday online on virtualsenioracademy.org. Some classes are in a hybrid format and also take place in person at the JCC. Go to the website for more information.

Classes Include:

- JCC Center for Loving Kindness discussion groups
- 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



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:

<https://jccpgh.org/early-childhood/>

Spaces are limited for the 2023/2024 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 or 412-697-3530.

****Director Endowed by Rose and Ed Berman***

EARLY CHILDHOOD

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. Skilled JCC specialists offer additional enrichment opportunities for children to develop new skills in aquatics, sports and dance.

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
- Enrichment classes available, taught by skilled JCC specialists throughout the school day in dance, sports and aquatics
- Booken Family Kabbalat Shabbat celebrated every Friday during the school year. Everyone is welcome!

Justin Mark Library

Age Groups and Schedules

ECDC is a year-round early learning center. We operate from 8 am-5:30 pm every weekday.

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

CHILDREN'S PROGRAMS

CLUBHOUSE AFTERSCHOOL PROGRAM

Grades K-6 • Monday-Friday • 3-6 pm

September 5, 2023 through June 11, 2024

| | |
|--------|---------|
| 1 day | \$1,390 |
| 2 days | \$2,370 |
| 3 days | \$3,150 |
| 4 days | \$3,790 |
| 5 days | \$4,270 |

*Pricing based on number of days per week

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 & crafts, science, cooking, woodworking and more.

KIDS NITE OUT PreK- Grade 6 /Saturdays 6-9 pm

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

- October 14
- November 18
- December 16
- January 20
- February 10
- March 9
- April 13

\$30/child, \$15/each sibling

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

CHILDREN'S PROGRAMS



BIRTHDAY PARTIES: ages 4-11

Our staff enthusiastically lead birthday parties from the beginning to end!

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

Birthday parties are offered **September 23, 2023 through June 2, 2024.**

More information: Abbey Plumb,
aplumb@jccpgh.org

Birthday Party Packages

Blue: \$349 -15 guests -\$15/additional guest
Party room (2 hours)
Staff to lead activities, set up and clean up.

Silver: \$419 -15 guests -\$15/additional guest
Party room (2 hours)
Staff to lead activities, set up and clean up
Decorations for party theme.

Gold: \$499 -20 guests -\$15/additional guest
Party room (2 hours)
Staff to lead activities, set up and clean up
Decorations for party theme
Snack and birthday cake provided.

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

CHILDREN'S PROGRAMS



Abbey Plumb aplumb@jccpgh.org or 412-339-5409

J DAYS: PreK-Grade 6

9 am-4 pm

J Days are held when school is not in session and are primarily scheduled based on Pittsburgh Public Schools Calendar. 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

- October 9, 13
- November 7, 10, 22 and 27
- December 20, 21, 22, 26-29
- January 2, 3, 15, 25 and 26
- February 19
- March 25-29
- April 1

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

KIDS KLUB Grades 3-6

Kids Klub is a new program for children in grades 3-6 that allows them to explore their favorite hobbies with other children who have similar interests. Clubs will meet over seven Sundays. The first club will be an Art Club! Bring your best creativity and imagination as we create mosaics, comic books and so much more!

Sundays, 1-3 pm

September 24; October 1, 8, 15 & 29; November 5 & 12

Member: \$150

Nonmember: \$250

J&R DAY CAMP



For more information, contact Camp Director Rachael Speck, 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.

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

DATES 2024

Registration for Summer 2024 opens Tuesday, September 12, 2023 for returning and waitlisted campers, September 26 to the community.

| | |
|--------|-------------------------|
| Week 1 | June 24- 28 |
| Week 2 | July 1-5, closed July 4 |
| Week 3 | July 8-12 |
| Week 4 | July 15-19 |
| Week 5 | July 22-26 |
| Week 6 | July 29-August 2 |
| Week 7 | August 5-9 |
| Week 8 | August 12-16 |

\$500/member per week

\$550/non-member per week

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

Learn more: JCCPGHDAYCAMPS.COM

SPECIALTY CAMPS



For more information, contact Jamie Scott,
jscott@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.)

Summer 2024 registration opens in January 2024.

For more information visit jccpghcamps.com

PERFORMING ARTS CAMP



For more information, contact Kathy Wayne,
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 a substantial musical theater experience with expert instruction and training in all aspects of musical theater— acting, voice and dance.

4-week day camp for summer 2024

June 17 to July 12, 2024

Monday to Friday

9 am- 3:30 pm

MEMBER PRICE: \$1,680
NONMEMBER PRICE: \$1,880

Registration opens in January 2024.

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 2-7, we offer 2-week options and for first-time campers in grades 2-6, we offer 1-week options in addition to our full

Registration for summer 2024 available.

[2024 Dates and Rates](#)

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

*To learn more, contact
Camp Director Aaron Cantor
412-339-5412 • acantor@jccpgh.org*

EMMAKAUFMANNCAMP.COM

TEENS



RICHARD E. RAUH HIGH SCHOOL MUSICAL PRESENTS HEATHERS THE MUSICAL: TEEN EDITION!

Grades 9-12

Contact Maria Carson, mcarson@jccpgh.org

NEW! Now running in the Fall with shows in mid-December!

High 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. Participants are welcome to audition even if they prefer to only dance or only act. Everyone is welcome!

Interested in seeing our rehearsal schedule? Find it HERE! Having conflicts with some rehearsal dates does not need a barrier to audition.

Auditioning is always free!

MEMBER PRICE: \$225

NONMEMBER PRICE: \$250

PHILIP CHOSKY MIDDLE SCHOOL MUSICAL Grades 4-8

Contact Maria Carson, mcarson@jccpgh.org

NEW! Now running in the Winter/Spring with shows in late February!

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. Rehearsals will be one weeknight a week and Sundays from 1-5 pm. Auditions will be held in early November. Rehearsals will begin in early December. The show will run on February 22, 24 and 25.

Participants are welcome to audition even if they prefer to only dance or only act. Everyone is welcome!

Auditioning is always free!

MEMBER PRICE: \$175

NONMEMBER PRICE: \$225

Request more information HERE

TEENS



THE SECOND FLOOR TEEN MEMBERSHIP **Grades 6-12**

[Facebook](#) [Instagram](#)

Contact Maria Carson, mcarson@jccpgh.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 just swing by to grab a snack to go! The Teen Center is staffed by professional educators and a dedicated staff of teenaged Peer Engagement Interns.

You do not need to be a member of the JCC to become a Teen Member of The Second Floor Teen Center. This membership enables you to access the Teen Center when we are open.

Hours may be adjusted due to staffing and community need. Come talk to a staff member during open hours and we will register you for a card!

Meet & Learn with Israeli Shinshinim! **Grades 6-12**

Contact Maria Carson, mcarson@jccpgh.org

At various times throughout the Fall, the Shinshinim (Israeli community engagement volunteers) will be meeting with teens at The Second Floor and will be leading experiences about Israeli culture, Hebrew language and more! Want a free coffee gift card to meet and grab coffee with a Shinshin? You can do that too!

Day and time TBD, The Second Floor

Open to all Teen Members of The Second Floor!

[Want more info? Fill out this form HERE!](#)

TEENS



Nazun: Challah for Hunger Grades 6-10

Contact Maria Carson, mcarson@jccpgh.org

Shape challah dough into beautiful braids while learning about tikkun olam, food insecurity, and raising money for local food access organizations!

Nazun: Challah for Hunger will meet quarterly over the academic year. **Join us on Thursdays, October 19, January 18, March 14 and May 16 from 3:30 pm to 4:30 pm**

Open to all Teen Members of The Second Floor!
Teens can sign up for a free teen membership!

[To sign up or request more information, please fill out the following form HERE!](#)

The She'elot Fellowship Grades 9-12

Contact Maria Carson, mcarson@jccpgh.org

The She'elot Fellowship is a 13-week learning Fellowship for high school students. The She'elot — or Question – Fellowship is focused on asking and attempting to answer deep questions about life, society, and Jewish identity.

Because learning and participating in the Fellowship takes a significant amount of time, we are pleased to be able to pay Fellows for successfully completing the Fellowship. Fellows will earn \$250 after completing the Fellowship.

The Fellowship will meet on 13 Thursday evenings throughout the academic year and will include a kosher dinner.

[Sign up HERE](#)

[Want to see the calendar for the 2023-2024 Academic year? Check it out HERE!](#)

TEENS

Thinking Through Differences Fellowship Grades 8-11

Contact Maria Carson, mcarson@jccpgh.org

This year, we will pilot a Fellowship for teens in grades 8-11 on the themes of Thinking Through Differences: Diversity, Engagement, and Connection.

Want to be first on the list to hear more information as it becomes public? Fill out this form below!

Teens who successfully complete the program will earn a \$150 stipend! Want more info?

[Be the first to find out more by filling out this form HERE!](#)

Shabbat Experiences Club Grades 6-8

Contact Maria Carson, mcarson@jccpgh.org

A new club for middle school (grades 6-8) students at the JCC! It's after school on Friday, but before Shabbat -- what is there to do? Come down to the JCC to have a "pre-Shabbat" experience that will be relaxing, rejuvenating, and FUN - all while learning something about Shabbat. Field trips, thrifting, movies, games, cooking, and more -- and best of all, it's FREE! No knowledge of the background of Judaism or Jewish culture is required for this new program!

The club will meet on the following dates from 3:30 pm-5 pm

Fri., September 8

Fri., October 20

Fri., November 3

Fri., December 8

Fri., January 12

Fri., February 9

Fri., March 9

Fri., April 5

Fri., May 3

[Register – or request more information – HERE!](#)

TEENS

Preparing for College Life

Contact Maria Carson, mcarson@jccpgh.org

Are you a teen about to start your college application journey? Are you a parent or guardian of a teen who is wondering where to start? What to prioritize? What to consider? You're not alone! Join us for a casual conversation about the college application process, college life, and Jewish life on campus. This is a one-evening event intended for Sophomores, Juniors, and Seniors in college and/or their parents.

Wednesday, September 27, 7-8:30 pm

More information about panelists and specific topics is forthcoming. Email Maria Carson for more information at mcarson@jccpgh.org

[Register or request more information HERE!](#)

Parents of Teens Circle

Contact Maria Carson, mcarson@jccpgh.org

Are you a parent of a teen or a preteen? Are you concerned about the rise in anxiety, social media use (or disuse), pressures at school and social pressures facing teens today? Join staff members from The Second Floor Teen Center as we invite a facilitator and/or expert in the field to talk about a pressing issue facing teens today. This is a free three-part series for anyone who is a caretaker, parent, or guardian of a teen. Feel free to come to one or all - the topic will change each time. **[Want to suggest a facilitator or topic? Use this form HERE!](#)**
[Request more information or register HERE!](#)

Mondays, 7 pm

October 16

December 4

February 5

Half-Day Lunch and Learns Grades 6-12

Contact Maria Carson, mcarson@jccpgh.org

When Pittsburgh Public Schools has a half day on a Friday, teens can come on over to The Second Floor Teen Center from 11 am-3 pm for FREE pizza, snacks, and a discussion and activity on a Jewish theme or concept.

All participants will need to be either a JCC member or a free member of The Second Floor Teen Center.

TEENS

LAUNCH Jerry Segal Teen Entrepreneurship Program

Contact Robert Tedder at rtedder@jccpgh.org

Grades 9-11 • Begins in October

Free; participants receive a \$500 stipend upon completion of the program. JCC Squirrel Hill Second Floor; dinner and snacks are provided. Transportation can be arranged upon request.

LAUNCH aims to educate and inspire the next generation of leaders by teaching life skills and entrepreneurial skills that are critical to being successful in life and in one's career.

Rooted in the fundamentals of entrepreneurship, this program propels youth toward success in high school, prepares students for college or postsecondary training, equips teens for competitive job searching, teaches them to follow their passions, and—for some—inspires participants to create their own ventures.

Serving as a bonding experience that encourages open communication between participants, our program builds and engages community amongst teens, helps prepare them for the next step in their educational journey, and provides them with lifelong resources and skills to support their professional path.

The Program will meet on the following Wednesdays from 5:30-7:30 pm

September 27

October 4 and 25

November 1, 8, 15 and 29

December 6 and 13

Three individual capstone project sessions will be held from December 7 to 22.

[For more information and to apply HERE](#)

TEENS

Peer Engagement Internship Ages 16+

Maria Carson, mcarson@jccpgh.org or 412-530-1977

The Peer Engagement Internship is a 10-month paid internship for teens through The Second Floor at the JCC. Interns serve as connectors and builders of Jewish life in Pittsburgh, utilizing their own social networks and creating relationships with Jewish students across the community. Interns attend monthly skill-building workshops and create their own teen-led programs to welcome their peers to The Second Floor space.

Interested students must be in grades 10-12 and over the age of 16 to apply. All First-Year Peer Engagement Interns will be paid at a rate of \$9/hour and Returning Interns will be paid at a rate of \$10/hour for the 2023-2024 school year.

THIS YEAR, THE SECOND FLOOR IS EXCITED TO ANNOUNCE THAT WE ARE OFFERING NEW PEER ENGAGEMENT INTERNSHIP TRACKS! Tracks will be: (1) Jewish Enrichment, (2) Tikkun Olam (Social Justice & World Repair), (3) Middle School Engagement, (4) Sports and Fitness, (5) Social Programming, (6) Israel Engagement and Israeli Culture, and (7) Arts and Culture.

[Apply for this opportunity HERE!](#)



TEENS



Pittsburgh Diller Teen Fellows Grades 10-11

Rebecca Kahn, rkahn@jccpgh.org

[Facebook](#) [Instagram](#)

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

Applications for the 2023-2024 Cohort are now closed. Applications for the 2024-2025 Cohort will open in the Spring of 2024

Samuel M. Goldston Teen Philanthropy Grades 8-10

Rebecca Kahn, rkahn@jccpgh.org

Samuel M. Goldston Teen Philanthropy project is a program consisting of monthly sessions for 8th-10th graders with a focus on philanthropy, social justice, and volunteerism in theory and practice.

Coming in early 2024. Look out for registration on opening in November.

INCLUSION



GESHER YOUNG ADULT PROGRAM

For more information, contact Rachael Speck, rspeck@jccpgh.org or 412-697-3537.

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.

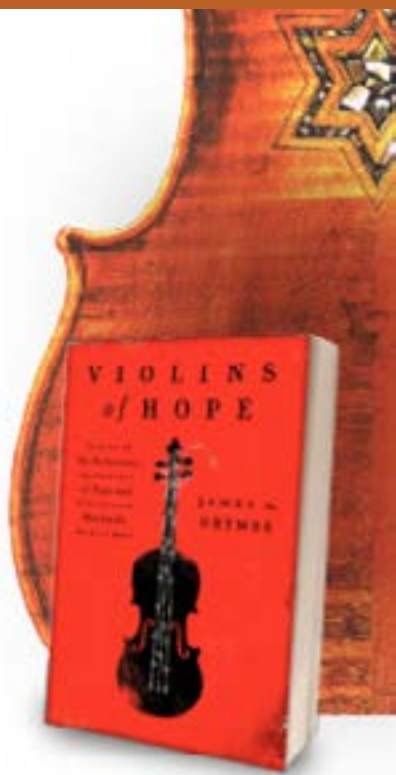
We also provide an afternoon specialty on Thursdays focused on technology skill building. Participants will learn how to use devices to communicate online, access information, word processing functions and use software and applications for art projects, pictures, digital images and games. If there is 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. Devices will be provided but participants are also welcome to bring their own phone, tablet and/or laptop computer.

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

Limited spaces available

More information: Rachael Speck
rspeck@jccpgh.org, 412-697-3537

VIOLINS OF HOPE



For more information, contact Sharon Feinman, sfeinman@jccpgh.org or 412-697-3533

PITTSBURGH JEWISH MUSIC FESTIVAL presents

Stories from the Violins of Hope As told in words and music

Experience the amazing but true stories from James Grymes' acclaimed book *Violins of Hope* in this one-of-a-kind program, specially curated by the Pittsburgh Jewish Music Festival. In conjunction with Pittsburgh's current *Violins of Hope* exhibit, this program showcases the role of Jewish musicians during the Holocaust. A chamber orchestra of string players from the Pittsburgh Symphony Orchestra will join local narrators to bring to life the inspirational messages of these instruments and their remarkable owners through words and music.

Monday, October 9, 4 pm
Temple Emanuel of the South Hills, 1250 Bower Hill Rd, Pittsburgh, 15243

Featuring musicians from the Pittsburgh Symphony Orchestra

[Free; RSVP HERE](#)

AMERICAN JEWISH MUSEUM



For more information, contact Melissa Hiller, mhiller@jccpgh.org or 412-697-3231

• **Violins of Hope - From the Holocaust to Symphony Hall: Daniel Levin**

The JCC's American Jewish Museum exhibition, *Violins of Hope - From the Holocaust to Symphony Hall*, includes 43 photographs by Daniel Levin chronicling the work of Ammon Weinstein, the master violin maker and restorer responsible for the discovery and repair of the violins making up *Violins of Hope* and for the vision of bringing these instruments' remarkable stories to the public's attention. Notably, Levin, who visited Weinstein's Tel Aviv based workshop to photograph the restorations in progress, is the only photographer to capture his masterful techniques to save them from being erased from history. The extraordinary stories behind the violins are included in audio-form by scanning QR codes that accompany each image. ***image credit: Heil Hitler 1936 Swastika, photograph by Daniel Levin. To learn more visit: violinsofhopepittsburgh.com/events-pittsburgh/*

Palm Court · October 15-December 8

**Artist Reception and Talk with Daniel Levin:
Sunday, October 22, 1 -3 pm, JCC Levinson Hall**

• **Art and Quarantine Stories: Exploring Artworks and Topics That Relate To Our Current Moment.**

Thursdays, 12:15-12:45 pm in Room 202 in Squirrel Hill (or attend online through [Virtual Senior Academy](#)).

Join Melissa Hiller, Director of the American Jewish Museum at the JCC, for conversations about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions.

Beth Rudel at brudel@jccpgh.org or 412-339-5407

JEWISH LIFE



Shabbat in the Neighborhood

Contact Rabbi Ron Symons at rsymons@jccpgh.org

Take a few moments and join Rabbi Ron Symons to reflect on a beautiful Shabbat in the neighborhood.

Join us starting at noon Fridays on Facebook.

[Facebook Page](#)

Israeli Folk Dance

Come learn traditional and new Israeli Folk dances.

Sundays, 2:30-5 pm

ALL ages welcome.

Members and non-members - \$5

PJ Library

Contact Danielle West at dwest@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 makeup, 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](#)



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:

Rabbi Ron Symons, rsymons@jccpgh.org

Melissa Hiller, mhiller@jccpgh.org

Linda McCullough, lmccullough@jccpgh.org

For more information, contact Linda McCullough,
lmccullough@jccpgh.org

• Rosh Hashanah “Start with a Mitzvah!”

Upstander and volunteer opportunity on Rosh Hashanah to collect items for kindness bags, pack bags and deliver the kindness bags to various designated organizations and individuals in need.

Sept. 16 3-4:30 pm Levinson Hall

There will be a collection period for donated items August 14 - September 15 at both Squirrel Hill and South Hills locations.

• High Holidays of Hope Yom Kippur

Join with us in a conversation with Leon Ford and Former Chief of Police Scott Schuster about reconciliation. On November 11, 2012, Leon was pulled over by Pittsburgh Police and was shot leaving him paralyzed from the waist down. Join us to witness their conversation in celebration of Yom Kippur, the Day of Atonement, and then join us for a contemporary Yizkor (Memorial) Service for all of our losses.

Sept. 25 3-4:15 pm Levinson Hall

• Working Together to Become a Better Me

In this on-going 6 session journey, we will

WORK TOGETHER TO “BECOME A BETTER ME”

using the wisdom of Mussar, the Jewish spiritual practice that gives practical instructions and reflections on how to live an ethical and meaningful life. Our goal is to journey towards becoming an “extra-ordinary ordinary person”, a mensch.

People of all backgrounds are welcome to join us. No experience is necessary. Please be open to conversation and reflection.

Rabbi Ron Symons will be the facilitator.

Tuesdays 7-8 pm Levinson Hall and
on Zoom

October 10-November 7

To sign up or to get more information, contact Rabbi Ron Symons, rsymons@jccpgh.org

For more information, contact Linda McCullough,
lmccullough@jccpgh.org

• **Virtual Senior Academy (VSA)**

The Center for Loving Kindness and Civic Engagement Neighbors' Circle

Mondays 12:15-12:45 pm Room 202,
JCC Squirrel Hill

Or virtually on [Virtual Senior Academy HERE](#).

Join Rabbi Ron Symons in discussion around the most important issues of our day. More than a current events class, these gatherings afford us the opportunity to ground our perspectives in values that humans have been holding dear for thousands of years and that have the potential to guide us today.

Art and Quarantine Stories: Explore Iconic Artworks Throughout History That Relate To Our Current Moment

Thursdays 12:15-12:45 pm Room 202,
JCC Squirrel Hill

Or virtually on [Virtual Senior Academy HERE](#).

Join Melissa Hiller, American Jewish Museum Director at the JCC, for a lunch-time conversation about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture.

To sign up for online VSA programs: Go to the [Virtual Senior Academy website](#)



SOFA SPIRITUALITY

We invite you to join us for one or more 45-minute Zoom sessions from the comfort of your own home, on your sofa or in an easy chair, with neighbors of different faiths and backgrounds for interfaith and spiritual dialogue. Watch an Interview with diverse interfaith leaders from across the country and the world discussing distinctive ideas, objects, rituals, and practices. The interview is a WINDOW into the spiritual life of a neighbor.

Engage in Dialogue. Participate in a real-time small group Zoom conversation to explore the themes of each interview. The dialogue is a MIRROR in which you can reflect on your own spirituality.

Discover Shared Values. Each dialogue is filled with curiosity, openness, respect and self-reflection. The DISCOVERY affirms the particularities of our diverse faith traditions while celebrating all we hold in common.

NEW PROGRAMS COMING SOON

[Join a dialogue – click here](#)



10.27 HEALING PARTNERSHIP



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.

Drop-in Counseling: The 10.27 Healing Partnership will be holding drop-in counseling for several hours every day. These hours are offered for free, do not require insurance or an appointment, and can be for any reason or concern. Those interested can view the drop-in hours on our website, 1027healingpartnership.org.

Trauma-informed yoga: Weekly gentle yoga with a skilled and caring yoga instructor experienced in trauma-informed care.

Trauma Support Group: Trauma support group that happens twice a month. This group is designed especially for those who have experienced trauma from hate-based violence, including from October 27, 2018, and the trial.

Wellness Wednesdays: Taking place on the first Wednesday of every month at 6:30 pm. Rotating practitioners support this healing community through diverse modalities, including reiki, sound bathing, acupuncture, and more.

For more information call 412-697-3534 or email info@1027healingpartnership.org

More information and scheduling for all of our programs can be found at 1027healingpartnership.org

FACILITIES RENTAL

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!**

For more information, contact Chris Herman at cherman@jccpgh.org or 412-339-5395



Save the date for the
premier
event of the year!

JCC
*Big
Night*

March 9,
2024

THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

AgeWell Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh and the United Way of Southwestern Pennsylvania. Additional funding is provided by The Fine Foundation, The Pittsburgh Foundation, 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.

American Jewish Museum is supported in part by the Allegheny Regional Asset Board, the Anna L. Caplan & Irene V. Caplan Fund of the Jewish Federation of Greater Pittsburgh, the Robert C. and Gene B. Dickman Fund Ira and Nanette Gordon Curator Enrichment Fund, Edward N. and Jane Haskell Endowment Creative Projects Fund, the Nancy Bernstein and Robert Schoen Fund, the Speyer Family Foundation Endowment Fund, Pennsylvania Partners in the Arts, and individual support.

Basketball programs are supported in part by the Allen "Ace" Aizenberg Basketball Fund, the Jock Rosenberg Fund, the Larry Ruttenberg Fund and the Shapera Endowment Fund.

Center for Loving Kindness and Civic Engagement programs are supported in part by Heinz Endowments, The Pittsburgh Foundation, the Opportunity Fund and individual donors.

Clubhouse After-School Program is supported in part by the Massey Charitable Trust. Additional support is provided by the Curtis & Joelle Krasik, Ladies Hospital Aid Society and Scott & Laurie Krasik After School Care Fund.

Early Childhood Development Centers are supported in part by the Pittsburgh Jewish Pre-Kindergarten Educational Improvement Foundation of the Jewish Federation of Greater Pittsburgh and Keystone STARS/Pennsylvania Early Learning Keys to Quality. Additional support is provided by Massey Charitable Trust, the Ginsberg Family Fund for Children's Programs, the Miriam and Paul Kossis Early Childhood Equipment Replacement Fund, the Mark Allen Robinson Day Care Center Endowment Fund and the James H. and Nancy H. Wolf Philanthropic Fund.

THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

Fitness and Wellness Department is supported in part by the Jack and Esther Berqman Fund.

Gesher Young Adult Program at Emma Kaufmann Camp is generously supported in part by The Edith L. Trees Charitable Trust.

JCC Camps are supported in part by The Philip Chosky Charitable and Educational Foundation, Massey Charitable Trust, the Morris and Fannie Skilken Foundation and The Edith L. Trees Charitable Trust.

Jewish Teen Programming in the Department of Jewish Life is supported in part by The Jewish Federation of Greater Pittsburgh.

Maccabi Games, South Hills Day Camp, James and Rachel Levinson Day Camp, Emma Kaufmann Camp, the Early Childhood Development Center/Squirrel Hill, Children and Family programming, basketball, aquatics and fitness activities/Squirrel Hill, and physical education in South Hills are supported in part by The Jewish Sports Hall of Fame.

South Hills Jewish Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh.

Gesher Young Adult Program is supported in part by the Herman and Rebecca Fineberg Fund for People with Special Needs. Additional funding is provided by the Edna and Larry Abelson Fund for Special Needs, the Raymond and Elizabeth Bloch Educational and Charitable Foundation, the Ralph Davidson Special Needs Fund, the Zola Hirsch Fund for Special Needs and the Robert Spiegel Memorial Endowment Fund.

Youth programming is supported in part by Massey Charitable Trust.

