

SQUIRREL HILL

Program Guide

SPRING 2025



**JCC
PGC
HC**

JCC PROGRAM GUIDE SQUIRREL HILL

To register for classes and programs:

jccpgh.force.com

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

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

Holiday Hours

Passover Eve Saturday, April 12 Close at 5 pm

Passover Sunday, April 13 Closed

Passover Friday, April 18 Close at 5 pm

Passover Saturday, April 19 Closed

Memorial Day Monday, May 26 Closed except for
Fitness Center 8 am-2 pm and Family Park 11 am- 7 pm

Shavuot Eve Sunday, June 1 Close at 5 pm

Shavuot Monday, June 2 Closed

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: 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

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

JCC ANNUAL MEETING
Wednesday, September 10, 2025 • 5:30 pm
Levinson Hall, JCC Squirrel Hill.

Please join us!

AQUATICS

JCC SAILFISH SWIM SCHOOL

For more info, contact Alycia Miller,
amiller@jccpgh.org or 412-339-5429

[Register for swim lessons HERE](#)

CLASS TYPES

Preschool Guppy and Me Level 1 Ages 6-18 months
(Parent-Child)

Parent or guardian will join their child in the water, to learn floating, water safety and becoming comfortable in the water

Preschool Level 1 Tadpoles Ages 2-3

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

Preschool Level 2 Minnows Ages 3-5

Children become comfortable in the water by blowing bubbles, digging arms and splashy feet.

Preschool Level 2 Jellyfish Ages 3-5

Children begin to explore the water more independently, learn to push off unassisted and do back floats.

Level 1 Catfish Ages 3-5

Children begin to explore the water more independently; with front and back arm strokes.

Level 2 Starfish Ages 6-12

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

Level 3 Goldfish Ages 6-12

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

Level 4 Dolphins Ages 6-12

Bilateral breathing and elementary backstroke are the primary focus of this class, taught in the large pool.

Level 5 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@jccpgh.org or 412-339-5429

[Register for swim lessons HERE](#)

SESSIONS

Session 2

Sundays: March 9-May 4 (no class 4/13 & 4/20)

Tuesday: March 11- April 22

Thursday: March 13-April 24

NEW: 10-week Session

Mondays & Wednesdays: April 14- June 18

CLASS DAYS AND TIMES.

Guppy and Me: ages 6-18 months

Session 2

Sundays	9-9:30 am
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Tuesdays or Thursdays	4:30-5 pm
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Tadpoles: age 2-3

Session 2

Sundays	9:30-10 am
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10-week Session

Mondays	10-10:30 am
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Wednesday	10:30-11 am
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Minnows: ages 3-5

Session 2

Sundays	10-10:30 am
---------	-------------

10-week Session

Mondays	10:30-11 am
---------	-------------

Wednesday	10-10:30 am
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Jellyfish: ages 3-5

Session 2

Sundays	10-10:30 am
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Tuesdays or Thursdays	5-5:30 pm
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10-week Session

Mondays	10:30-11 am
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AQUATICS

Catfish: ages 3-5

Session 2

Sundays	10:30-11 am
Tuesdays or Thursdays	4:30-5 pm

10-week Session

Wednesdays	10:30-11 am
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Starfish: ages 6-12

Session 2

Sundays	9:30-10 am
Tuesdays or Thursdays	5-5:30 pm

Goldfish: ages 3-9

Session 2

Sundays	9-9:30 am or 10:30-11 am
Tuesdays or Thursdays	4-4:30 pm

Dolphins: ages 6-12

Session 2

Sundays	9-9:30 am
Tuesdays or Thursdays	4:30-5 pm



AQUATICS

PRICES

Session 2 Sundays

Member rate \$120

Session 2 Mondays

Member rate \$120

Session 2 Tuesdays

Member rate \$120

Session 2 Wednesdays

Member rate \$120

Session 2 Thursdays

Member rate \$120

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 6-6:30 pm

Intermediate Thursdays 6-6:30 pm

Session 2 Thursdays 6-6:30 pm \$120

Session 2: March 9-May 1

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 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
Jan.13-May 14

● 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
Jan. 15-May 14

[JCC COMPETITIVE SWIM TEAMS INFO HERE](#)

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
Jan.14-April 24 • \$250

For more info, contact Alycia Miller,
amiller@jccpgh.org or 412-339-5429



AQUATICS

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

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

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

\$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 or 412-697-3532

Pickleball Open Play • Ages 18+

This program 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 the perfect chance to enjoy the sport, improve your skills, and connect with fellow pickleball enthusiasts.

Tuesday, Thursday & Friday 8-11 am
Sept. 30, 2024-May 16, 2025
Robinson Gym

Free for Centerfit Platinum member
\$5/general member per session
\$8/non-member per session

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



SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpqh.org or 412-697-3532

Pickleball Lessons • Ages 18+

Discover the fast-growing and fun sport of pickleball! This program allows players to learn and improve in a supportive, engaging environment. Through expert instruction, participants will develop key skills, including proper paddle grip, ball control, serving techniques, and strategic play. Whether new to the game or looking to elevate your skills, this program combines structured lessons with friendly matches to build confidence and foster community. Get ready to serve up fun and fitness while mastering the fundamentals of pickleball!

Session 3 March 3-26 Mon. or Wed. 9-11 am

Mondays: beginner

Wednesdays: intermediate/advanced

Robinson Gym

Participants must register for each session individually

\$80/Centerfit Platinum member

\$100 general member

\$120 non-member

Basketball

Men's Pickup Basketball • Ages 21+

Sundays 8-10 am

Tuesdays 6-8 pm

Saturdays 10 am-12 pm

Kaufmann Gym

Members only; no registration required.

YOUTH SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpqh.org or 412-697-3532

• **Tiny Hoopers: Powered by Run the Show:** **Ages 3-5**

Tiny Hoopers is a dynamic class designed to boost gross motor skills, coordination, and teamwork through engaging basketball activities. Young players will have fun while learning the basics of the game and various movement activities. This class is led by Run the Show, a basketball betterment company composed of former NBA, college, and high school coaches.

Wednesdays	2:30-3 pm	Ages 4-5
Wednesdays	3:30-4 pm	Ages 3-4
March 26-May 14		
Kaufmann Gym		

\$100

• **Tiny Stars Tennis with Jump Start Sports:** **Ages 3-5**

The preschool tennis class introduces young children to the basics of tennis through fun games and activities that focus on coordination, balance, and motor skills. Kids will learn how to hold a racket, hit the ball, and develop basic techniques in a playful, supportive environment. This class encourages teamwork, builds confidence, and fosters a love for the game.

2:30-3 pm	Ages 4-5
3:30-4 pm	Ages 3-4
Tuesdays: March 25-May 13	
Kaufmann Gym	

\$100



YOUTH SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpqh.org or 412-697-3532

• Little Sluggers T-Ball with Jump Start Sports: Ages 3-5

The preschool T-ball class introduces young children to the basics of baseball in a fun and supportive environment. Through playful drills and games, kids learn how to hit, catch, and throw while developing coordination and teamwork. This class helps children build confidence and a love for the game, all while having fun on the field.

Thursdays	2:30-3 pm	Ages 4-5
	3:30-4 pm	Ages 3-4

March 27-May 15

Kaufmann Gym

\$100

• Gym & Swim: Ages 4-5 (must be in Pre-K)

The Gym & Swim class offers a dynamic, active experience where participants spend half of the class in the gym playing fun, energy-filled games and the other half in the pool enjoying water-based activities. This balanced program helps kids build strength, coordination, and teamwork while staying engaged and having fun in both environments. It's a perfect way to mix fitness and fun, while developing skills both on land and in the water.

Fridays	1-3 pm
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March 28-May 16

Kaufmann Gym / Small Pool

\$250

CECILE GOLDBERG LEVINE FAMILY OPEN GYM

Family Gym offers a safe, playful space for families with children ages 0-5 to enjoy together. Equipped with soft play gym equipment, this open-play environment encourages little ones to explore, climb, and build motor skills while parents can connect and play alongside them.

Enjoy family gym time!
Ages Infant to 5

Sundays 10-11:30 am

Kaufmann Gym B

No fee; no registration required.

YOUTH SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpgh.org or 412-697-3532

SCHOOL AGE

• Little Champs Spring Clinic: Powered by Run the Show: Grades K-2

Dribble, shoot, and score! In our Little Champs Basketball Spring Clinic, young athletes will develop their basketball skills in a fun and supportive environment. Each session focuses on a key aspect of the game, from dribbling and ball-handling to passing, shooting, defense, and teamwork. Through engaging drills, exciting games, and personalized coaching, players will build confidence and learn the fundamentals of basketball step by step.

Sundays 1-2 pm

March 15-May 4 (no classes April 13 & 20)

Robinson Gym

\$100/general member; \$125/non-member

• Youth Tennis with Jump Start Sports: Grades K-3

This tennis class focuses on building fundamental skills like serving, rallying, and proper footwork, while also teaching the rules and strategies of the game. Through fun drills and games, children develop coordination, agility, and sportsmanship. This class provides a supportive environment where kids can improve their technique, build confidence, and enjoy the sport of tennis.

Tuesdays 4:30-5:30 pm

March 25-May 13

Kaufmann Gym

\$160



YOUTH SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpqh.org or 412-697-3532

• Ultimate Frisbee with Pittsburgh Ultimate: Grades K-3

This program introduces K-3rd graders to the basics of the game while enhancing their agility, coordination, and teamwork skills. Through fun and engaging drills, young players will learn how to throw, catch, and move with the frisbee in a supportive environment. The program emphasizes active play, sportsmanship, and love for Ultimate, making it a great way for kids to stay active and make new friends.

Wednesdays

4:30-5:30 pm

March 26-May 14

Kaufmann Gym

\$160

• Spring Break Basketball Camp: Powered by Run the Show: Grades K-6

Make the most of spring break with an action-packed mini-basketball camp! Designed for players of all skill levels, this camp focuses on building basketball fundamentals like dribbling, passing, shooting, and defense while keeping the fun front and center. Through engaging drills, exciting games, and team challenges, participants will develop their skills, boost their confidence, and make new friends on the court. Led by experienced and enthusiastic coaches, this camp is the perfect way to stay active and improve your game during the break. Join us for an unforgettable week of hoops, hustle, and fun!

Monday-Friday

9 am-1 pm

April 14-18

Snack will be provided, participants should pack a dairy lunch each day.

\$250/general member; \$300/non-member

YOUTH SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpqh.org or 412-697-3532

• Youth Lacrosse with Jump Start Sports: Grades 2-6

The lacrosse skills class for children focuses on building fundamental skills such as passing, catching, shooting, and cradling the ball. Through fun drills and activities, kids develop coordination, teamwork, and a solid understanding of the game. This class is designed to help young athletes improve their technique, build confidence, and enjoy the fast-paced sport of lacrosse.

Thursdays 4:30-5:30 pm

March 27-May 15

Kaufmann Gym

\$160

For more info, contact Brandi Tedesco,
btedesco@jccpqh.org or 412-697-3532

• Spring Pick Up: Powered by Run the Show

Get ready for a season of fun, fitness, and skill-building! This spring, join us for organized pick-up games designed for players of all levels to enjoy the thrill of competition in a friendly and supportive environment. Each session includes informal coaching tips from experienced instructors to help you refine your skills, learn new strategies, and elevate your game. Whether you're a seasoned player or just starting, this program offers a perfect blend of play and practice to improve your performance while connecting with fellow enthusiasts. Lace-up your shoes, grab your gear, and join us on the court for an exciting spring season!

1-2 pm Grades 3-4

2:15-3:15 pm Grades 5-6

3:30-4:30 pm Grades 7-8

March 15-May 3 (no classes April 12 & 19)

Robinson Gym

\$100/general member; \$125/non-member

YOUTH SPORTS

• NBA Spring Clinic: Powered by Run the Show Grades 3-8

Calling all 3rd–8th grade girls who love the game! The NBA (No Boys Allowed) Basketball Spring Clinic is designed to empower young female athletes while building basketball skills and confidence. Led by experienced coaches in a fun and supportive environment, each session focuses on a key element of the game, including shooting, dribbling, passing, defense, and teamwork. This girls-only clinic fosters camaraderie, leadership, and a passion for the sport, inspiring players to take their game to the next level. Whether you're just starting out or looking to improve your skills, this is the place to grow, compete, and have fun. Join us and own the court this spring!

Sundays

2-3 pm

March 16-May 4 (no session April 13 & 20)

Robinson Gym

\$100/general member; \$125/non-member



DANCE

THE PHILIP CHOSKY PERFORMING ARTS PROGRAM



For more info, contact Kathy Wayne,
kwayne@jccpgh.org or 412-339-5414

[Register for Dance Classes HERE](#)

[Class Descriptions and Dress Code](#)

EARLY CHILDHOOD DANCE CLASSES

• Creative Movement-Preschool: Ages 3-4

Tuesdays	3:30-4 pm	KDS	\$295
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Jan. 7-May 20

• Pre-Ballet/Tap: Ages 4-5

Tuesdays	1:30-2:15 pm	KDS	\$332
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Jan. 7-May 20

Thursdays	1:15-2 pm	KDS	\$332
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Jan. 9-May 22

SCHOOL AGE DANCE CLASSES

• Ballet/Tap 1: Kindergarten Ages 5-6

Wednesdays	4:30-5:15 pm	RDS	\$332
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Jan. 8-May 21

• Ballet/Tap 2: Ages 6-7

Mondays	4:30-5:30 pm	RDS	\$360
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Jan. 6-May 19

• Ballet/Tap/Jazz 3: Ages 8-10

Mondays	5:30-7 pm	RDS	\$450
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Jan. 6-May 19

DANCE

For more info, contact Kathy Wayne,
kwayne@jccpgh.org or 412-339-5414

• Ballet/Tap/Jazz Intermediate: Ages 11-14

Tuesdays 4:30-6 pm & Thursdays 4:30-6:30 pm	RDS	\$760
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Jan. 7-May 22

• Ballet/tap/Jazz/Advanced: Ages 14-18

Tuesdays 6:15-9 pm & Thursdays 6:30-9 pm	RDS	\$912
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Jan. 7-May 22

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	\$380
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Jan. 8-May 21

• Hip Hop 1: Ages 5-8

Wednesdays 5:15-6 pm	RDS	\$332
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Jan. 8-May 21

• Hip Hop 2: Ages 9-13

Wednesdays 6-7 pm	RDS	\$380
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Jan. 8-May 21

• Lyrical Dance: Ages 11-18

Fridays 5-6 pm	RDS	\$380
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Jan.10-May 23

• Pointe: Ages 13-18

Fridays 4-5 pm	KDS	\$380
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Jan.10-May 23

• Contemporary Dance: Ages 11-18

Mondays 7-8 pm	RDS	\$360
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Jan. 6-May 19

JCC DANCE RECITAL

Pre School Recital-Tuesday, May 27
School Age Recital-Thursday, June 5.

DANCE



For more info, contact Kathy Wayne,
kwayne@jccpgh.org or 412-339-5414

K&M DANCE COMPANY **Company Class Jr: Ages 11-13**

Sundays	12:30-1:30 pm	RDS	\$295
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Jan. 12-May 18

Company Class Sr: Ages 14-18

Sundays	1:30-2:30 pm	KDS	\$315
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Jan. 12-May 18

Participants must be approved by Kathy Wayne.

Dance Company Solo	Ages 11-18	RDS	\$455
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Dance Company Duet- Junior	Ages 11-18	RDS	\$420
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Dance Company Duet-Senior	Ages 14-18	RDS	\$420
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Jan. 5-May 18

Dance Company Small Group

Max capacity: 6 Ages 11-18

RDS	\$350
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Dance Company Large Group

Sundays	1:30-2:30 pm	RDS	\$260
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Jan. 12-April 6

ADULT BALLET CLASSES

Sundays	11:30 am-12:30 pm	RDS	\$100
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March 9-June 1 (No classes on April 13, 20 & May 11)

LEATRICE AND JOHN M. WOLF CENTERFIT

For more info, contact

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

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
- Zumba
- 3D30

\$10/class; Free for Centerfit Platinum members

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

[Learn more HERE](#)

In-Person Group Ex schedule

Group Exercise Launches

Classes are free for all members, see membership to register

Kaufmann Dance Studio

Sunday, April 6	8:15am	Group Power
Sunday, April 6	9:30am	Group Fight
Tuesday, April 15	7:30am	Group Core
Wednesday, April 23	7:30am	3D30
Saturday, April 26	8:45am	Group Blast
Saturday, April 26	10am	Group Centergy
Monday, April 28	10:30am	Move30 NEW PROGRAM
Friday, May 12	9:15am	Group Active

FITNESS

For more info, contact Annie Kostovny,
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 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](#)

• Beginners Tai Chi - All Ages

For more info, contact Marsha Mullen,
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
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Session 2	March 22-May 17	8 classes	\$40
	(no class April 12)		

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

[Learn more HERE](#)

FITNESS

• Machine Orientation

Contact Jeff Purcell, jpurcell@jccpgh.org

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

Wednesdays 9-9:45 am

Sundays 9-9:45 am

No registration required, no fee.

Meet on the couches in the Weight Room

• Styku 3D Body Composition Scan

Contact William Herman, 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 Marsha Mullen,
mmullen@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

\$60



FITNESS

• Phase Three Cardiac Rehabilitation

For more info, contact Marsha Mullen,
mmullen@jccpgh.org

Cardiac rehabilitation is a program that helps people maintain a healthy lifestyle after a cardiac event:

Phase Three focuses on increasing flexibility, aerobic conditioning, and strength. It also helps people learn to monitor themselves and be more independent. It includes supervised and self-structured exercise sessions, health education, and support from a multidisciplinary team. Exercises may include using gym equipment, resistance bands, weights, and body weight.

This program is also appropriate for the following population:

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

Program Includes:

- Customized evaluation
- Weekly small group training sessions with a medical fitness expert
- Nutrition education
- Access to indoor pools, all JCC fitness facilities, strength and cardiovascular equipment and JCC amenities

Supervised Exercise Times:

Mondays	10-11:30 am or 1-2 pm
Wednesdays	9:30-11:15 am
Thursday	1 -2 pm

**Non-member: \$60; General member: \$45;
Platinum member: \$30**

[Register online or at the JCC membership desk](#)

FITNESS



RECOVERY ROOM

Now included in Centerfit Platinum Membership

For more info, 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

Mat 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	Tuesdays	10:15-11 am
	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

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

Centerfit 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 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 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

YOUTH FITNESS

For more info, contact Annie Kostovny,
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 fitness professional. Meet on the couches in the Weight Room.

Mondays and Wednesdays 4-4:45 pm

October 2 - June 2025 (No class Dec. 25, Jan. 1, May 26 or June 2)

• 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@iccpgh.org**

CENTERFIT PLATINUM

MASSAGE

To schedule, contact Evan Aiello esaiello@jccpgh.org
or 412-697-3523 or
Jen Goldston jgoldston@jccpgh.org
or 412-246-2033

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

Massage Therapists:

Jason Rocha



Katie Manges



Massage Fees

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

Massage Room, Centerfit Platinum

ON YOUR MARK FITNESS

AT THE JCC SOUTH HILLS



J C C P G H
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@jccpgh.org

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

[More info HERE](#)

DEKA MILE

Spartan DEKA & On Your MARK Fitness are excited to introduce our new challenge designed to test, gamify and celebrate your fitness. Spartan DEKA MILE consists of (10) functional training zones each preceded by a 160 meter run (1 mile of total running distance). Compete and Earn your DEKA MILE Mark and start training for DEKA FIT 2025! Sign up NOW! Limited Spots Available.

Saturday, April 12, 8 am - 1 pm

Ages: 10+

[Register HERE](#)




THE WILSON GROUP

ADULT FITNESS

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

• PWR! MOVES Parkinson's Exercise Program

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

Mon. & Thurs.	11:45 am-12:45 pm	Kaufmann Dance Studio
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Session 2: March 10 - April 10 - **10 sessions - \$50**

Session 3: April 21 - May 22 - **10 sessions - \$50**

• 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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ADULT FITNESS

For more info, contact Marsha Mullen,
mmullen@jccpgh.org or 412-339-5415

• 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

• Gentle Chair Yoga

This exercise program a gentle form of yoga that can help seniors improve their flexibility, strength, and balance while reducing discomfort and regaining mobility. It's a modified version of traditional yoga that's more accessible for people with limited mobility or balance because it allows you to practice yoga poses while seated or standing with the support of a chair.

Fridays 10:45 am Levinson Hall Free

• 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.



ADULT FITNESS

For more info, contact Marsha Mullen,
mmullen@jccpgh.org or 412-339-5415

• **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

Session 2 April 8-May 27 8 classes \$32

No drop-ins; must register

• **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

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 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 or 412-697-3528

• Transportation Services

OPT and ACCESS transportation.
For information contact Darlene Cridlin, LCSW, 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 for information

AGEWELL AT THE JCC

• Legal Services

For information, contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

• VITA Free Tax Preparation

Fridays, January 31- April 11 by appointment. Need help preparing your taxes? The Volunteer Income Tax Assistance (VITA) can help. To make an appointment, call 2-1-1.

• HomeMeds

By appointment only. Are you on top of your medications? Are your medications working for you? Do you understand your medications? If you answer “no” to any of these questions, we have a program for you! HomeMeds Medication Assurance, Partners in Care Foundation, is a consultation that addresses medication safety by identifying potential adverse medication effects due to duplication of medications. Contact Maddie Barnes at 412-697-1186 or mbarnes@jccpgh.org to participate

• 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 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 or 412-697-3528.

ONGOING PROGRAMS

• Chess Club

Mondays	11 am-12 pm	Room 202
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For info, contact Darlene Cridlin, LCSW, 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*

• Discussion Group

Tuesdays 10-11 am Room 202

*For info, contact Darlene Cridlin, LCSW,
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 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 or 412-697-3517*



AGEWELL AT THE JCC

• One-On-One Tech Tutoring

Weekly, by appointment only. 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 or 412-697-1186*

• Page Turner's Book Club

Last Monday of each month 11 am

Room 310 or online on the 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 or 412-697-1186

• Scrabble Club

Mondays 1:30 pm Room 202

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



AGEWELL AT THE JCC

• 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 agold@jccpgh.org or 412-697-3528*

• Doc Talks

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 wellbeing. For other dates and guest speaker information, *contact Maddie Barnes at 412-697-1186 or mbarnes@jccpgh.org*

• Art With Liz

Dates vary. AgeWell members of all skill levels are welcome. The instructor will review the basics of different mediums. *For more information, contact Liz Sherlock at 412-278-1785 or lsherlock@jccpgh.org*

• Dr. Elizabeth Rodenz Presentations

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*

• 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 or 412-697-3517*

• Weekly Torah Readings with Rabbi Teitlbaum

Fridays 12 pm J Cafe

Questions? *Contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517*

AGEWELL AT THE JCC

• Ethics of our Fathers with Rabbi Yehudah Gorkin

Mondays 12 pm J Cafe

Questions? Contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

• Bridge Club

Dates and times to be confirmed. Contact Maddie Barnes at mbarnes@jccpgh.org or 412-697-1186 to sign up.

• Travels with Reverend Phil

Dates vary, in Room 202 at 1pm. 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

• Fourth Fridays with Rabbi Hindy

Last Friday of every month 11 am-12 pm Room 202

Join Rabbi Hindy for a monthly discussion group. All are welcome! For more information, contact Maddie Barnes at 412-697-1186 or mbarnes@jccpgh.org

• Memory Cafe

First Monday of each month 1-2:30 pm

A safe and welcoming space for individuals with dementia and their care partners to connect with others who have similar experiences. The café helps to foster new connections and reduce social isolation. Each month will feature a different themed activity for participants. The Memory Café at the JCC is open to community members who are seeking an accepting social setting. Registration is required for this program. Contact Hayley Maher to sign-up or for questions at hmaher@jccpgh.org or 412-697-3552.

VIRTUAL SENIOR ACADEMY (VSA)

The VSA offers classes Monday-Friday online on 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

Questions? Email helpvsa@jccpqh.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@jccpqh.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 or 412-697-3530.
****Director Endowed by Rose and Ed Berman***

EARLY CHILDHOOD

For more info, Contact Liza Baron, 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 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 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.

March 8

April 5

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

Monday, March 31

Friday, April 11

Monday, April 14

Tuesday, April 15

Wednesday, April 16

Thursday, April 17

Friday, April 18

Monday, April 21

Tuesday, May 20

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 through June 8, 2025.

More information:

Abbey Plumb 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 or 412-339-5409.

J&R DAY CAMP



For more information, contact Camp Director
David May-Stein, dmay-stein@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 is open,
sign up today!**

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](https://www.jccpghdaycamps.com)

SPECIALTY CAMPS



For more information, contact Brandi Tedesco, 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.)

By the week: July 7-August 15, 2025

For more information visit jccpghdaycamps.com

PERFORMING ARTS CAMP



For more information, contact Kathy Wayne, kwayne@jccpgh.org or 412-339-5414.

Performing Arts Camp offers an incredible opportunity for young performers entering Grades 4-10 to receive pre-professional training in musical theater.

June 16 to July 11, 2025
Monday to Friday, 9 am - 3:30 pm

- Engaging theater classes
- Dance technique and choreography sessions
- Music skills development
- Musical theater repertoire

Campers will showcase their talents in a full musical production with performances:

July 9 at 7 pm
July 10 at 2 pm and 7 pm
July 11 at 1 pm

Cost:
\$1,880 for members
\$2,080 for non-members
Special Offer: \$100 discount for Middle School Musical participants

Registration opens in January 2025.

[Visit JCCPGHDAYCAMPS.COM for more information](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](#)

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

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

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

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 2025-26 show dates coming soon!



THE SECOND FLOOR TEEN MEMBERSHIP

Grades 6-12

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

For more info, contact Jenna Baker, 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

For more info, contact Maria Carson, mcarson@jccpgh.org

Cafe Ivrit with the Israeli Shinshinim!

Grades 6-12

Meet and hang out with young adults from Israel!

Mondays & Thursdays 4-5:30 pm
Nov 18-May 1

Israeli Diversity Through Food

Grades 6-12

Learn about different and diverse communities in Israel while learning about - and making - delicious food!

Thursdays 3:30-4:30 pm
March 6-27

Thrift Shopping with the JCC! Grades 6-12

Join us for a trip to the Goodwill Outlet in North Versailles!

It is a PPS half day - we will be meeting outside the Robinson Building. Please plan on bringing a pack lunch.

Friday, March 21 12-3:30 pm

The She'elot Fellowship Grades 9-12

This year's cohort is full. For information about next year's cohort, please email Maria at

mcarson@jccpgh.org



TEENS

For more info, contact Maria Carson, 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.

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](#)

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:

March 20

June 5

May 22

[Register HERE](#)

TEENS

For more info, contact Maria Carson, 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

March 28

April 25

May 23

[Register HERE](#)

J-Serve Grades 6-12

J-Serve is an international day of service organized by the JCC and BBYO. It involves hands-on projects that make a difference in the local community. It is an opportunity for teens to demonstrate Jewish values like tikkun olam (repairing the world), tzedakah (just and charitable giving), and gemilut chasidim (acts of loving kindness).

Sunday, April 6

1:30-5:30 pm

For more info, contact Jenna Baker, jbaker@jccpgh.org



TEENS

Peer Engagement Intern Program

Ages 16+ (Participant must be in High School)

Maria Carson, 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:

March 20

May 14

April 16

June 4



TEENS



For more info, contact Rebecca Kahn, 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 2025-2026 Cohort will open March 24, 2025

Samuel M. Goldston Teen Engagement Project Grades 7-9

Rebecca Kahn, rkahn@jccpgh.org

The Samuel M Goldston Teen Engagement project is for Jewish 7th-9th graders who want to make a positive impact in the greater Pittsburgh community. In just 8 sessions, beginning in January , 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 Wednesdays:

March 12 & 26	5-6:30 pm	
April 23	5-6:30 pm	
May 7	5-6 pm	Wrap-Up Session
	6-7 pm	Graduation (Parents and Families Invited)

[Apply HERE](#)

JCC MACCABI CAMPUS GAMES



The JCC Maccabi Campus Games are coming to Pittsburgh! **Join Team Pittsburgh!**

Open to all Jewish teens ages 13-17!

- August 3-8, 2025 (after EKC session 2 ends)
- Athletes will use the University of Pittsburgh campus housing and facilities, with Pitt as the hub for sports, social events, and Jewish experiences.
- All members of Team Pittsburgh will stay on Pitt's campus for the week.
- Meet other Jewish teens from all over the world
- Includes athletic competitions, community service activities and evening social events
- Scholarships available for JCC members



MACCABI TEAM PITTSBURGH

Sports Offered

- Baseball
- Basketball
- Ice hockey
- Dance
- Girls Volleyball
- Tennis
- Table Tennis
- Soccer
- Swimming
- Track
- Softball
- Star Reporter

For more info, contact Jenna Baker, jbaker@jccpgh.org

[To register: maccabipittsburgh.org](http://maccabipittsburgh.org)

\$1,500



INCLUSION



GESHER YOUNG ADULT PROGRAM

For more information, contact David May-Stein
dmay-stein@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



Judith Robinson, "Every Day", acrylic on canvas

AMERICAN JEWISH MUSEUM IS SUPPORTED IN PART BY 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, AND INDIVIDUAL SUPPORT.

The American Jewish Museum explores contemporary Jewish art that facilitates dialogue about art, philosophy, and culture to promote interfaith and intergenerational explorations.

JEWISH LIFE

For more information, contact Abbey Plumb
aplumb@jccpgh.org or 412-339-5409

PURIM

Sunday, March 16 • 1-3:30 pm

JCC Squirrel Hill, Kaufmann Building

- DJ and Photobooth
- Inflatable Obstacle Course
- Bounce Castle
- Carnival Games and Prizes
- Face Painting
- Kona Ice Truck
- Bunny Bakes Hamantaschen

Wear a costume and get 5 extra tickets!
Bring donations to help pack our own Mishloach
Manot

\$10 per child, \$40 for a family of 4 or more

[Register HERE](#)



PJ LIBRARY



PJ LIBRARY

For more info, contact Betsy Jaye at bjaye@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

For more information, contact:

Linda McCullough, lmccullough@jccpgh.org

Become a Project UPstander Volunteer

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.

[Become an UPstander HERE](#)

10.27 HEALING PARTNERSHIP



For more information call 412-697-3534 or email 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.

Reiki-infused Sound Bathing: All ages

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.

Mondays,	12:30-	Room 316, 10.27
March 24, April	1:30 pm	Healing Partnership
21, May 5 & 19		Suite

Free.

[Sign up HERE](#)

Writing Letters of Gratitude: All ages

Is there a person in your life that has been generous and kind to you? Let's thank them and let them know how much they mean to you. Join us for a dedicated hour of creative letter writing to someone who has made a positive difference in your life.

Monday,	1:30-	Room 316, 10.27 Healing
April 7	2:30 pm	Partnership Suite

Free.

[Sign up HERE](#)

10.27 HEALING PARTNERSHIP

Roll for Insight: Community Roleplaying Games Club: All ages

Meet to connect and grow with new friends through playing tabletop role playing games designed to inspire emotional depth! We'll band together to use tabletop roleplaying games to explore the intersection of identity, emotional resiliency, and games, to fight isolation and disconnection, and to meet new people and form friendships.

Every Other 5:30- Room 316, 10.27 Healing
Monday, 7:30 pm Partnership Suite
starting on
March 17

Free.

[Sign up HERE](#)

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 Room 316, 10.27 Healing
Partnership Suite

Free. No registration is needed.

Community-Building Drum Circle: 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.

Second 7-8 pm Room 316, 10.27 Healing
Monday of Partnership Suite
every month

Free. No registration is needed.

Kaufmann Building, JCC Squirrel Hill

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

1027healingpartnership.org

FACILITIES RENTAL

For more information, contact Chris Herman at 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!





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*As of 2/15/25



THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

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.

American Jewish Museum is supported in part by 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, and individual support.

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

Center for Loving Kindness and Civic Engagement programs are supported in part by Buhl Foundation, Heinz Endowments, Opportunity Fund, Russell Berrie Foundation, and individual donors.

Clubhouse After-School Program is supported in part by Massey Charitable Trust. Additional support is provided by the Krasik Family After School Care Fund. Additional support provided by American Rescue Plan Act (ARPA) Stabilization Grants and the Lucille Katz Educational Enrichment 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. Additional support

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is provided by Massey Charitable Trust, the Ginsberg Family Fund for Children's Programs, the Miriam and Paul Kossis Early Childhood Equipment Endowment Fund, the Mark Allen Robinson Day Care Center Endowment Fund, the James H. and Nancy H. Wolf Philanthropic Fund, and Child Care Quality Fund. Additional support provided by American Rescue Plan Act (ARPA) Stabilization Grants.

Fitness and Wellness Department is supported in part by the Jack and Esther Bergman Fund. Gesher Program at Emma Kaufmann Camp is 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 Jewish Federation of Greater Pittsburgh and the Samuel M. Goldston Teen Engagement Endowment Fund.

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. Additional support provided by American Rescue Plan Act (ARPA) Stabilization Grants.

Special Needs Department 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 Ralph Davidson Special Needs Fund, the Zola Hirsch Fund for Special Needs, the Robert Spiegel Memorial Endowment Fund, and W.I. Patterson Fund.

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Youth programming is supported in part by Massey Charitable Trust.

The Marstine Family Foundation and Benter Foundation provide additional agency support. A special thank you to our partner agencies: The Jewish Federation of Greater Pittsburgh, United Way of Southwestern Pennsylvania and the Jewish Healthcare Foundation.

Performing Arts Camp is supported by The Philip Chosky Charitable & Educational Foundation, Massey Charitable Trust, the Morris & Fannie Skilken Family Foundation and the Edith L. Trees Charitable Trust.

Additional support comes from the Dr. Paul S. and Gertrude F. Caplan Endowment Fund, the Ada and Stan Davis Young People's Theater Fund, the Lenny Litman Performing Arts Fund and the Rhoda Lee Tabachnik Children's Theater Fund.

The Middle School Musical is supported by the Philip Chosky Charitable & Educational Foundation with additional support from the Gertrude F. and Dr. Paul S. Caplan Endowment Fund

