

JCC Winter/Spring Program Guide South Hills



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

Questions:
registration@jccpgh.org
412-339-5432

OPERATING HOURS

Monday through Thursday • 6 am-8 pm*

Friday • 6 am-6 pm

Saturday and Sunday • 8 am-1 pm

**Please note: Pool will close Tuesday,
Wednesday & Friday at 6 pm*

**[CLICK HERE FOR MORE INFORMATION
ON THE JCC'S VACCINE MANDATE](#)**

Masks Required Indoors

Covid-19 Vaccine Ages 12+ Required

Required by 2/7: Vaccine Ages 5-11

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



Beneficiary Agency of
Jewish Federation
OF GREATER PITTSBURGH



JCC STATE OF MIND

HAPPY. HEALTHY. WHOLE.

MEMBERSHIP



GET INTO IT!

Great facilities

- 25-yard temperature-controlled indoor pool
- State-of-the-art fitness center with circuit training
- Double-court gymnasium
- Outdoor adaptive playground
- Dance studio

JCC SOUTH HILLS FITNESS PLUS

If you participate in many fitness activities, you will save money!

Join Today For These Benefits

- All group exercise classes are free
- Up to 10% off personal training
- Additional discounts on select programs

To become a Fitness Plus member, contact membership at 412-446-4461.

MEMBER APPRECIATION WEEK

Giveaways & Special Events all week!

January 23-29

For more information, call 412-278-1975

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JCC SAILFISH SWIM SCHOOL

[Register here for South Hills Aquatics](#)

Contact Gretchen Kress at
gkress@jccpgh.org or 412-278-1790

CLASS DAYS AND TIMES

Guppy and Me: ages 6-24 months

Sundays..... 9:30-10 am

Tadpoles: age 2

Sundays 10-10:30 am

Jellyfish: ages 3-5

Sundays.....10:30-11 am

Thursdays 4-4:30 pm

Catfish: ages 3-5

Sundays.....11-11:30 am

Thursdays 4:30-5 pm

Starfish: ages 5-12

Sundays..... 11:30 am-Noon

Thursdays 5-5:30 pm

Goldfish: ages 5-12

Sundays..... Noon-12:30 pm

Thursdays 5:30-6 pm

Dolphins: ages 5-12

Sundays 11:30 am-Noon

Thursdays 6-6:30 pm

Sharks: ages 5-12

Sundays..... Noon-12:30 pm

Thursdays 6:30-7 pm

Aquadults: ages 13+

Sundays.....12:30-1 pm

Thursdays 7-7:30 pm

● South Hills Sailfish: ages 5-12 Introduction to Competitive Swimming

Gretchen Kress, gkress@jccpgh.org

Mondays 5-5:45 pm

Thursdays 4-4:45 pm

January 10-April 28

\$240/member; \$280/community

JCC SAILFISH SWIM SCHOOL

ECDC CLASS DAYS AND TIMES

Open only to children currently registered in ECDC.

Young Toddlers Classroom

Mondays10-10:30 am

Older Toddlers Classroom

Thursdays2:30-3 pm

PreSchool Classroom

Mondays10:30-11 am

Pre-K A Classroom

Mondays3-3:30 pm

Pre-K B Classroom

Tuesdays2:30-3 pm

CLASS DATES

Sunday classes

January 9-February 27

Member

\$120

Community

\$160

March 6-April 24

\$105

\$140

May 1-June 19

\$105

\$140

Monday classes

January 10-February 28

\$120

\$160

March 7-April 25

\$105

\$140

May 2-June 20

\$105

\$140

Tuesday classes

January 11-March 1

\$120

\$160

March 8-April 26

\$105

\$140

May 3-June 21

\$120

\$160

Thursday classes

January 6-February 24

\$120

\$160

March 3-April 14

\$105

\$140

May 5-June 9

\$90

\$160

[Register here for South Hills Aquatics](#)

[Pool Schedule](#)

YOUTH SPORTS

[Register here for South Hills Youth Sports](#)

Contact Elaine Cappucci, ecappucci@jccpgh.org or 412-446-4773

● **Private Basketball Training: ages 10+**

Get back on the court and improve your skills!

Private and small group lessons are available with Unrico Abbondanza, a 4-year starter for Lock Haven University and a three-time All-PSAC player.

Mondays, Wednesdays, Saturdays and Sundays, by appointment.

1 player: \$60/hour/member; \$65/community

2 players: \$40/player/hour; \$55/community

3 players: \$35/player/hour; \$40/community

4 players: \$30/player/hour; \$35/community

● **ECDC Hockey**

Pre-K: students will learn the basics of hockey and teamwork.

January 28-March 18

Fridays, 2:30-3 pm

\$80 for 8 week session

Preschool: students will learn the basics of handling a stick appropriately, hand eye coordination and teamwork.

January 28-March 18

Fridays, 3-3:30 pm

\$80 for 8 week session

● **Gym Games**

Toddlers will work on their gross motor and teamwork skills in a fun game setting.

January 28-March 18

Fridays, 3:30-4 pm

\$80 for 8 week session

YOUTH SPORTS



[Register here for South Hills Youth Sports](#)

Contact Elaine Cappucci, ecappucci@jccpgh.org or 412-446-4773

● ECDC Soccer

Open only to children registered in ECDC

Kids learn gross motor skills, coordination, teamwork and basic soccer skills through fun, age-appropriate games and drills.

PreK: Fridays, April 1-May 27
2:30-3 pm

Preschool: Fridays, April 1-May 27
3-3:30 pm

Toddlers: Fridays, April 1-May 27
3:30-4 pm

\$80 for 8 week session

● Growing up Gritty: ages 4-5

Open only to children registered in ECDC

Growing Up Gritty is a physical education program that works to develop positive mindset through movement. Spinning, crawling, jumping, balancing, rolling and climbing are first introduced as separate skills, then combined for practical purposes in the form of games and challenges.

Tuesdays and Thursdays
April 12-June 2 (No class on April 26 and 28)
11:30 am-noon
\$150

DANCE CLASSES

[Register here for South Hills Dance](#)

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

[Class descriptions](#)

[Dress code](#)

ECDC DANCE CLASSES

Open only to children currently registered in ECDC.

● **Toddlers Creative Movement:** **ages 2½-3.**

Mondays

2:45-3:15 pm

January 10-May 16..... \$270

● **Creative Movement: ages 3-4.**

Tuesdays

3-3:30 pm

January 11-May 17..... \$270

● **PreBallet/Tap: ages 4-5**

Thursdays

2:30-3:15 pm

January 13-May 19..... \$306

● **Dance Recital**

The children of the ECDC dance program will perform
for their immediate families.

Monday, May 23 • 4-5 pm

ADULT CLASSES

● **Intermediate Tap**

Thursdays

1:15-2:15 pm

\$10/member; \$14/community

● **Private Dance Instruction**

\$55/hour; \$30/half hour

FITNESS/PERSONAL TRAINING

Contact Elaine Cappucci, ecappucci@jccpgh.org or 412-446-4773

[Register here for South Hills Fitness](#)

[Register on MINDBODY](#)

Group Ex Classes

- Group Active
- Group Centergy
- Group Power
- Zumba Gold

Group Ex Launches

- Group Power: January 10 • 8 am, January 13 • 5:30 pm
- Group Centergy: January 11 • 5:30 pm
- Group Active: January 18 • 9 am

Pickleball

Tuesdays and Thursdays
January 4-May 31
Noon- 1:30 pm
\$5/person

[Register in Advance on MINDBODY](#)

PERSONAL TRAINING

Contact Elaine Cappucci, ecappucci@jccpgh.org or 412-446-4773

Live life to the fullest! Let us help you look good and feel great. Your personal trainer will customize a program designed just for you and guide you to experience a life-changing transformation through safe, enjoyable workouts. Get started today!

CAN'T MAKE IT TO THE JCC?

Virtual JCCPGH, a registration and engagement hub, provides members access to live and pre-recorded fitness sessions: [click HERE](#)

AGEWELL FITNESS

Contact Elaine Cappucci, ecappucci@jccpgh.org or 412-446-4773

OLDER ADULT GROUP EXERCISE

● Tai Chi

Tuesdays ongoing

Beginner: 11 am-noon

Intermediate: Noon-1 pm

\$3/class/member

● PWR!Moves

Parkinson's Wellness and Recovery

Contact Steve Manns, smanns@jccpgh.org or 412-278-1783

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

March 7-August 29

Mondays and Wednesdays • 1-2 pm

Social Hall

\$3/class/member

● Balance

● Zumba Gold

SILVERSNEAKERS® CLASSES

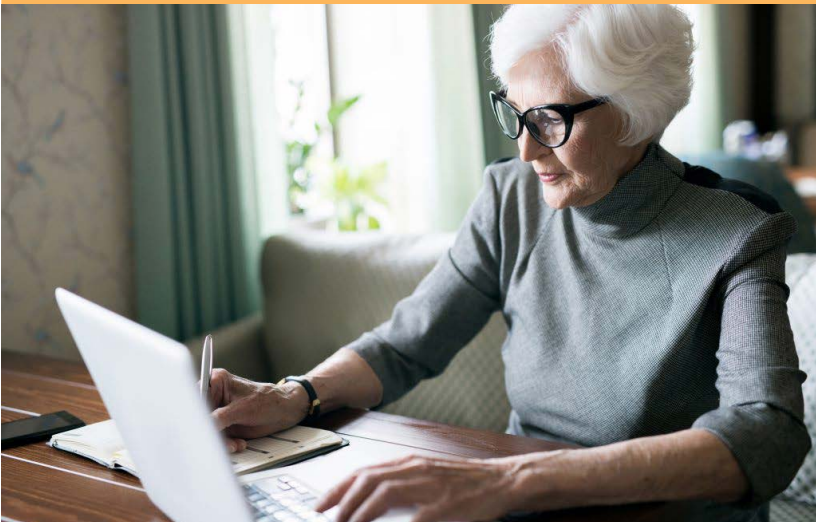
● Classic

● Circuit

● Yoga



AGEWELL AT THE JCC



*Contact Maddie Barnes for more information at
mbarnes@jccpgh.org or call 412-697-1186*

VIRTUAL SENIOR ACADEMY

Classes Include:

- Social Justice
- Art and Quarantine Series
- Nutrition & You
- Coffee Connect
- Computer Literacy
- Intergenerational Conversations
- Origami

To see the full list of classes and sign up,
go to www.virtualsenioracademy.org

EARLY CHILDHOOD

Spaces are limited for the 2021/2022 school year. Waitlist applications are always welcome. For more information, please contact Gina Crough at gcrough@jccpgh.org or 412-278-1786.

The JCC's Early Childhood Development Center is a warm, welcoming and diverse community for children 6 weeks to 5 years old. At our ECDC you can trust your child is safe, secure and engaged by nurturing professionals who encourage your child to grow and thrive.

Our staff considers parents our partners. We welcome your input and strive for ongoing communication between home and school. Together, we can foster your child's feelings of self-worth, independence and success.

What makes ECDC special

- Indoor swimming pool with structured water play
- Jewish holidays and customs
- Two fenced-in age-specific playgrounds
- Marci Lynn Bernstein outdoor playground with wheelchair access
- JCC enrichment classes including dance, swim lessons and sports
- Gross motor play in our double-court gymnasium
- Nature programming with a specialist
- Art specialist with a dedicated studio space

Age Groups and Schedules

Monday through Friday

8 am-5 pm

- Infants: ages 6 weeks through 14 months
- Tots: ages 12 months through 2 years
- Toddlers: 2-year-olds
- Preschoolers: 3- and 4-year-olds
- Pre-Kindergarten: 4- and 5-year-olds

SOUTH HILLS DAY CAMP



For more information contact Camp Director
Emma Litwak, elitwak@jccpgh.org or 412-278-1782.

CAMP DATES 2022

Week 1	June 13-17
Week 2	June 20-24
Week 3	June 27-July 1
Week 4	July 5-8
Week 5	July 11-15
Week 6	July 18-22
Week 7	July 25-29
Week 8	August 1-5
Week 9	August 8-12

CAMP RATES*

- \$390 per week for JCC members
- \$50 per week non-member fee
- \$210 per week Staff-In-Training rate
- 5% sibling discount
- \$80 ECDC one-time discount

*Must register for a minimum of 4 weeks or more to receive any discount

AFTER-CARE

\$90 per week; \$20 per day
4-6 pm

JCCPGHDAYCAMPS.COM

[Register](#)

SOUTH HILLS DAY CAMP



VIRTUAL INFO SESSIONS

- Learn about the benefits of sending your child to day camp
- Inquire about South Hills Day Camp summer 2022 plans and a Covid-19 update
- See what sets South Hills Day Camp apart from other day camps
- Hear from Emma Litwak, South Hills Day Camp Director

Tuesday, December 14: 12:30 & 7 pm

Thursday, January 13: Noon & 7 pm

Wednesday, February 9: Noon & 7 pm

*To Register, contact Camp Director
Emma Litwak, elitwak@jccpgh.org or 412-278-1782.*

There is no obligation to register for camp at these sessions.

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 sessions.

[Dates and Rates](#)

[Emma Kaufmann Camp Registration](#)

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

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

CHILDREN'S PROGRAMS

[Register here for Children Youth & Family](#)

For more information contact Emma Litwak,
elitwak@jccpgh.org or 412-278-1782.

● J Days

Grades PreK-6 • 8 am-4 pm

J Days are scheduled based on Mt. Lebanon and Upper St. Clair School closures. J Days are programmed with field trips and in-house activities, such as swimming, gym time, arts & crafts, and other fun activities.

In-house J Days: \$65 per day per child

Field Trip J Days: \$75 per day per child

Winter Dates

December 27-30

Before- and After-Care

8-9 am: no charge

4-6 pm: \$15

● Kids Nite Out: grades PreK-6

Parents enjoy a night out while the JCC provides a safe, supervised, themed activity night for the children. Dinner and swimming is included.

Saturdays 6-9 pm • Dates TBA

\$45 per child, \$15 per sibling

● Snow J Days

When schools are closed because of the weather, we are open! Gym time, swim time, and more available at a moment's notice.

10 am-4 pm, \$40 per day per child

After-care: 4-6 pm, \$15

TEENS

● J-Serve: grades 6-12

Save the Date: April 3, 10 am-3 pm

J-Serve Steering Committee: grades 9-12

Brenna Rosen, brosen@jccpgh.org, 412-339-5400

J-Serve Pittsburgh is an annual day of service offering a wide array of service opportunities to participants from all over the greater Pittsburgh area.

Application for J-Serve Steering Committee open now: jccpgh.org/jserve.

● Samuel M. Goldston Teen Philanthropy Project: Grades 9-12

Maria Carson, mcarson@jccpgh.org, 412-697-3233

An immersive cohort experience where participants explore philanthropy as a Jewish concept under the umbrella of tikkun olam—world repair.

● Moving Traditions

This monthly program teaches young people the power of community and the ability of Jewish wisdom and practice to foster personal expression and growth.

Rosh Chodesh: girls grades 9-10

Led by Sara Stock Mayo

Shevet: boys grades 6-8

Chris Herman, cherman@jccpgh.org, 412-339-5395

● BBYO: grades 8-12

Erica Levin, E Levin@bbyo.org, (412) 600-3989

BBYO is the leading pluralistic Jewish teen movement aspiring to involve Jewish teens in meaningful Jewish experiences. Keystone Mountain Region is home to several chapters located throughout the Greater Pittsburgh Area. We provide Jewish teens with a wide range of experiences, from dances, to communal Shabbat celebrations, to weekend long retreats ALL planned by our teen leaders.

[BBYO](#)

AMERICAN JEWISH MUSEUM



● Art for August

December 20, 2021-January 30, 2022
JCC in Squirrel Hill

Art for August celebrates the birthday of August Wilson, the Pulitzer Prizewinning playwright who set many of his plays in Pittsburgh's Hill District, and supports local artists inspired by his legacy, his frank perspectives on racism, and his complex love-hate relationship to this city.

The American Jewish Museum proudly presents the work of the artists included in this traveling exhibition, whose work explores August Wilson's enduring influence. Artists include Donna Bundy, Corey Carrington, Marlon Gist, Brandon Jennings, Charlotte Ka, LaVerne Kemp, Dominick McDuffie, Jasmynie E. Miller, Carlos F. Peterson and David Pohl.

● The Ground on Which We Stand: August Wilson's Pittsburgh and Beyond

Join American Jewish Museum Director Melissa Hiller and Rabbi Ron Symons on Virtual Senior Academy for this four-session exploration of values and lessons of August's Pittsburgh that resonate today.

The series will include conversations with experts and artists involved in the American Jewish Museum exhibit, Art for August.

10:30-11:30 am • January 6, 13, 20, 27

[Register for free through the Virtual Senior Academy](#)

JEWISH LIFE

● It's a Beautiful Shabbat in The Neighborhood (virtual)

Join Rabbi Ron Symons and our neighborhood guests in lighting Shabbat candles, raising a glass of wine and breaking bread in celebration of Shabbat. Ron and guests will help us enter Shabbat while reflecting on pressing issues of the week through a Jewish values lens.

Every Friday beginning at Noon
(Participate anytime after noon)

[JCC Facebook Page](#)

[CFLK Facebook Page](#)

(No RSVP Needed)

● Adult Advanced Hebrew

We welcome you to practice your Hebrew and grow your fluency with instructor Haya Feig.

Wednesdays, 6:15-7:45 pm

January 5, 12, 19, 26

February 2, 9, 16, 23

March 2, 9, 23

April 6, 13, 20

Room 202 in Squirrel Hill

\$350 - Open to members and non-members

*For questions about Hebrew level, Contact Rabbi
Ron Symons at rsymons@jccpgh.org*

CENTER FOR LOVING KINDNESS

● Become a Project UPstander Volunteer

JCC Project UPstander volunteers provide support for neighbors facing challenges as a result of one-time and/or ongoing hateful acts, natural disasters, violence or intolerance.

[Become an Upstander](#)

Contact Rabbi Ron Symons at
rsymons@jccpgh.org or 412-697-3235

10.27 HEALING PARTNERSHIP

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

● Conscious Drumming

10.27 Healing Partnership will be hosting drop-in community conscious and expressive drum circles led by Stephanie and Bob Miller. Come and experience the healing power of music and build community through the spontaneous creation of rhythmic sound. No skill is needed to participate. All are welcome and instruments will be provided.

Mondays: 7-8 pm

Every other week in Squirrel Hill

December 6-February 28

No fee; registration required

Contact: 412-697-3534

rdavidson@jccpgh.org

www.1027healingpartnership.org/events

● Wellness Wednesdays

Join the 10.27 Healing Partnership for Wellness Wednesdays, featuring Vibroacoustic Harp Therapy sessions led by Stephanie Miller, CMP, VAHTP and other wellness centered activities. Our space will be open for sessions of healing activities such as Harp Therapy or biofeedback. Often described as a musical massage, Vibroacoustic Harp Therapy promotes relaxation and can help with mental health and overall wellbeing. All are welcome to drop in our space and spend time with staff and community members, while partaking in other healing activities.

Wednesdays: 6:30-8 pm

Every other week in Squirrel Hill

December 15-February 23

No class on December 29

No fee; registration required

Contact: 412-697-3534

rdavidson@jccpgh.org

www.1027healingpartnership.org/events



We're kicking back the rugs for our
16th Annual Big Night
The Roaring 20s
Saturday, March 5, 2022

"This will be the best, swankiest, craziest, not-to-be-missed event," said Big Night Co-chairs Marcie and Matthew Weinstein & Sam and Josh Klein.
"We're pulling out all the stops to make this
The Event of the Year."



Presenting Sponsor: PNC Bank

**Support the JCC with an annual gift by
sponsoring Big Night and help us continue
serving you and your community.**

For Big Night event Sponsorships and
Donations, go to bidpal.net/bignight22

For questions: Contact Fara Marcus at
412-339-5413 or fmarcus@jccpgh.org

