

Program Guide

South Hills

Winter/Spring 2020

Mobile Program Guide

Call, email or register with the tap of your finger



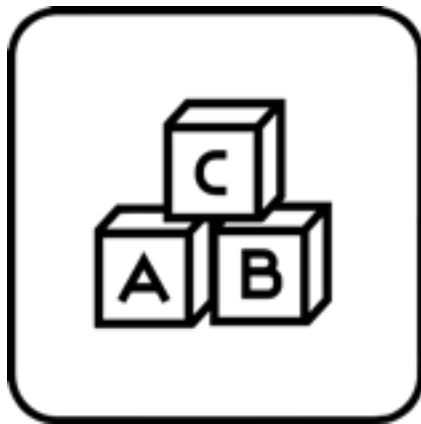
contents



**Membership & Info/
Holiday Hours**



Jewish Life



Early Childhood



Children & Teens



Aquatics, Sports & Dance



Camps



Fitness & Wellness



Agewell at the JCC

**THANKS TO OUR JCC FUNDERS AND
PARTNERS IN OUR MISSION**



membership



Email: membershipsouthhills@jccpgh.org



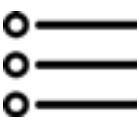
Phone: 412-446-4774

JCC Membership Includes:

- FREE State-of-the art Fitness Center with circuit training
- FREE 25-yard indoor pool with handicap accessible private bathroom and water-powered chair lift
- FREE Double-court gymnasium
- FREE Outdoor swimming pool at the Family Park in Monroeville
- FREE Group fitness classes
- FREE In-depth orientation in the Fitness Center
- FREE Outdoor adaptive playground
- FREE Wireless Internet
- FREE Kabbalat Shabbat
- FREE Access to JCC Squirrel Hill facility, *Centerfit Platinum is an additional fee*
- FREE Family programs

Members have access to:

- Early Childhood Development Center, *Starting at 6 weeks*
- Day camp and overnight camp
- Private and group swimming lessons, arthritis aquatic exercise program, water aerobics classes, swim team
- Sports leagues, classes, skills training, one-on-one training for all ages
- Dance classes starting at age 2
- Personal training
- School’s Out programs
- Babysitting



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membership

Refer Your Friends to the JCC for Big Savings

For more information, please call **412-446-4774**

YOU get one month FREE for each membership referral. EACH FRIEND gets one month FREE upon joining (General Membership)

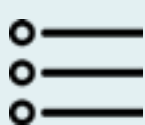
Be sure your friends give us your name when they join.

Valid for new members or lapsed memberships of greater than one year. Not valid for SilverSneakers®, Ultimate Fitness, Silver&Fit and Prime memberships.

Platinum Membership Benefits

- Free yoga and TRX classes
- Up to 10% off personal training
- Access to the Platinum facilities in Squirrel Hill
- Discounts on massage in Squirrel Hill

To become a Platinum member,
contact Frieda Lalli at **412-446-4774**



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**JCC
PGH**

membership

Hours

Monday-Thursday: 5:30 am-9:30 pm

Friday: 5:30 am-6 pm

Saturday: 8 am-6 pm

Sunday: 8 am-6 pm

Early Childhood Department

Monday-Friday: 7 am-6 pm

For More Information

General Inquiries: 412-278-1975

Membership: 412-446-4774

Financial Assistance: 412-697-3525

Donations: 412-697-3510

Employment: 412-339-5418

JCC South Hills Fax: 412-446-0146

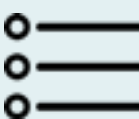
JCC Squirrel Hill Phone: 412-521-8010

Rentals: 412-697-3503



JCC's Annual Fund

[Click Here for Information, and to Donate](#)



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holidays

Christmas Eve and Christmas

Tuesday, December 24: open 5:30 am-6 pm

Wednesday, December 25: open 8 am-6 pm

ECDC closed

New Year's Eve and New Year's Day

Tuesday, December 31: open 5:30 am-6 pm

Wednesday, January 1, 2020: Fitness center open 8 am-2 pm

Passover

Wednesday, April 8: close at 5 pm

Thursday, April 9: closed

Tuesday, April 14: close at 5 pm

Wednesday, April 15: closed

Memorial Day: Monday, May 25

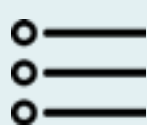
Fitness center open 8 am-2 am

Family Park open 11 am-7 pm

Shavuot

Thursday, May 28: close at 5 pm

Friday, May 29: closed



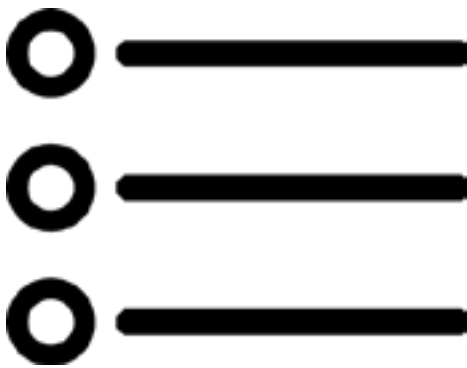
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**JCC
PGH**

jewish life



South Hills Jewish Pittsburgh



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south hills jewish pittsburgh

For Information - Rob Goodman



Email :
shjpinfo@jccpgh.org



Phone :
412-446-4461

South Hills Jewish Pittsburgh (SHJP) is the community engagement division of the JCC South Hills. Now in its 6th year, SHJP strives to create a vibrant, interconnected, inspired and engaged South Hills Jewish Community.

Through innovative programming, community grants, social media and other communication platforms, SHJP creates opportunities for South Hills Jews to become more engaged and to do “more Jewish together.”

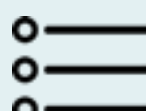
SHJP connects the more than 10,000 South Hills Jews with each other, the JCC, synagogues and other community agencies, through cultural, educational, social, political and Jewish holiday activities across all denominational, age and demographic groups.

All events are free and take place at the JCC South Hills unless otherwise noted.

Register at southhillsjewishpittsburgh.org



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south hills jewish pittsburgh

COMING EVENTS

Registration: southhillsjewishpittsburgh.org

Mitzvah Day

In partnership with the Volunteer Center of the Jewish Federation of Greater Pittsburgh

WEDNESDAY, DECEMBER 25 • 10-11:30 AM

South Hills Community 5th Night of Chanukah Celebration

THURSDAY, DECEMBER 26 • 5-7 PM

Generations Speaker Series

In partnership with the Holocaust Center of Pittsburgh

THURSDAY, JANUARY 23 • 7 PM

MT. LEBANON PUBLIC LIBRARY

16 CASTLE SHANNON BLVD., 15228

Legacy Letters—Writing What We Believe For The Next Generation

With Rabbi Ron Symons

THURSDAYS • 6:30-8:30 PM

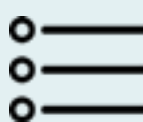
FEBRUARY 27, MARCH 5, 12

\$36 FOR ALL 3 SESSIONS

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**JCC
PGH**

South Hills Jewish Pittsburgh

South Hills Community Purim Carnival

SUNDAY, MARCH 8 • 12:15-2:30 PM

NO FEE FOR ADMISSION; LUNCH AND GAME TICKETS ARE EXTRA

South Hills Grand Purim Celebration

Hosted by Chabad of the South Hills

TUESDAY, MARCH 10 • 4:30-7 PM

Good Deeds Day

In partnership with the Volunteer Center of the Jewish Federation of Greater Pittsburgh

SUNDAY, MARCH 29 • 10-11:30 AM

Adopt-A-Highway Cleanup

In partnership with the Volunteer Center of the Jewish Federation of Greater Pittsburgh

TUESDAY, APRIL 21 • 11 AM-NOON

COCHRAN ROAD, MT. LEBANON

South Hills Celebrates Israel

THURSDAY, APRIL 30 • 5:30-7:30 PM

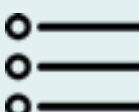
South Hills Tikkun Leil Shavuot

THURSDAY, MAY 28 • 8-9:30 PM

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south hills jewish pittsburgh

SOUTH HILLS HEALTHY LIVING SERIES

Getting Through The Holidays Mindfully & Stress-Free

With Elaine Cappucci and Bonnie Livingston, JCC South Hills Fitness

THURSDAY, DECEMBER 19 • 7 PM

Real Food and Sensible Fitness Made Simple

With Steve Manns, JCC South Hills Fitness

THURSDAY, JANUARY 30 • 7 PM

Playtime For Kids, Adults and Seniors

With Rachael Speck, JCC Children, Youth and Family Director

THURSDAY, FEBRUARY 20 • 7 PM

Elder Care – Ask The Experts

THURSDAY, MARCH 26 • 7 PM

Stay Safe in the Water

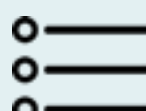
With Carla Likar and Jamie Nathan, JCC Aquatics Department

THURSDAY, MAY 14 • 7 PM

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**JCC
PGH**

early childhood

For Information - **Gina Crough**

Associate Director, ECDC



Email :
grough@jccpgh.org



Phone :
412-278-1786

Our Program

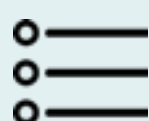
The JCC's Early Childhood Development Center is a warm, welcoming and diverse community for children 6 weeks to 5 years old. At our ECDC you can trust your child is safe, secure and engaged by nurturing professionals who encourage your child to grow and thrive.

We offer a program that views young children as capable and full of potential; as people with complex identities, individual strengths and capacities, and unique social, linguistic and cultural heritages. We believe that discovery and play are a young child's most important "work." We provide countless opportunities for children to develop skills and confidence, as well as the environment and freedom for children to have fun!

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.

At ECDC, we promote universal values, encourage children to appreciate diversity and provide an environment that promotes acceptance and a sense of belonging.

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**JCC
PGH**

early childhood

What makes ECDC special

- Indoor swimming pool with instructional swim
- Double-court gymnasium with physical education classes
- Jewish holidays and customs
- Two fenced-in age-specific playgrounds for toddlers and ages 2-5
- *Marci Lynn Bernstein* outdoor playground with wheelchair access
- Escorts to JCC enrichment classes
- Gross motor play in our gym
- Nature program with Scott Conservancy
- Storytelling and drama with Sally Mathews
- Jewish culture with Karen Morris

Age Groups and Schedules

MONDAY THROUGH FRIDAY

7 AM-6 PM OR 9 AM-3 PM

Infants

6 weeks through 14 months

Tots

14 months to 2 years

Toddlers

2-year-olds

Preschoolers

Ages 3-5



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**JCC
PGH**

early childhood

Kindergarten Readiness

Full-time option for children who need another year of preschool or who just miss the cut-off for kindergarten because of their birth date. The program includes instruction in math, literacy and art, as well as Judaics, music, nature and swim lessons. The children go on monthly field trips to places such as the Duquesne Incline, Mt. Lebanon Police Department, Mt. Lebanon Fire Department and the park.

Kindergarten Enrichment

Our enrichment program for kindergartners has morning and afternoon options. Children explore monthly themes such as Pittsburgh, Children Around the World and Our Amazing Selves through projects, field trips and special visitors. The program includes music, nature and swim lessons. Space is limited.



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early childhood

NEW CLASS FOR YOUNG FAMILIES!

Schmooze n' Sing, Toddler Style: ages 1-3

Frieda Lalli, [412-446-4774](tel:412-446-4774) or flalli@jccpgh.org

A movement and music class for toddlers. For the first part of the class, we socialize and discuss relevant parenting topics. The second part of the class children and caregivers actively engage in musical exploration. Activities include singing, movement, rhythm instruments and musical games designed to promote musical learning.

THURSDAYS • 9:45-10:30 AM

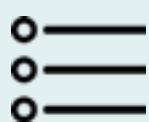
BEGINS JANUARY 9

NO FEE FOR MEMBERS

\$5/CLASS COMMUNITY



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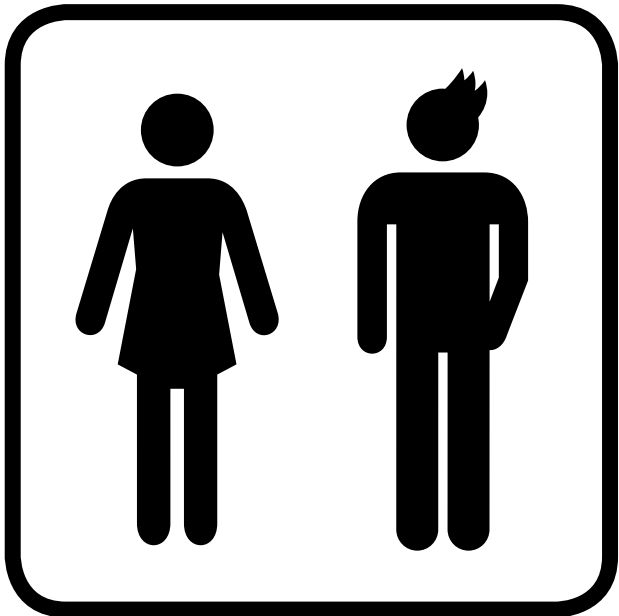
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**JCC
PGH**

children



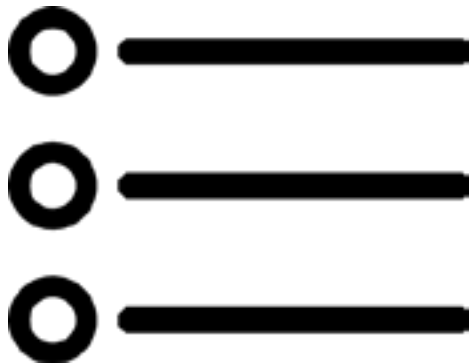
Children



Teens



Special Needs



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children

For Information - Jason Haber



Email :
jhaber@jccpgh.org



Phone :
412-278-1782

J Days: Grades K-6

J Days are offered when Mt. Lebanon and/or the Upper St. Clair schools are not in session. J Days include games, gym time, free swim, special field trip or in-house activity and snack. Bring a dairy lunch, beverage, swim suit, towel and gym shoes. No extra spending money is necessary.

When school is canceled for inclement weather

If school is canceled due to inclement weather, we will conduct a J Day program. Please call the JCC, **412-278-1975**, at 7 am to verify start time. We follow the Mt. Lebanon and Upper St. Clair school closings.

9 AM-3 PM

\$65/DAY/CHILD

BEFORE CARE (7-9 AM): \$8/DAY

AFTER CARE (3-6 PM): \$15/DAY

BEFORE AND AFTER CARE: \$20/DAY

Scheduled J Days

JANUARY 20, 21, FEBRUARY 17, APRIL 6, 10, 13

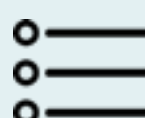
MAY 25, JUNE 10-12, 15-19

Check your email for details about the activities for each J Day.

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**JCC
PGH**

children

Kids Nite Out: Ages 3-12

Parents enjoy a night out while the JCC takes care of the kids. Children are grouped by age. Activities include sports, music, arts & crafts, color wars and much more, with a sleepover coming in December.

SATURDAYS • 6-10 PM

\$40/CHILD; \$20/SIBLING

\$60/COMMUNITY

SLEEPOVERS: \$75/CHILD; \$35/SIBLING

\$100/COMMUNITY

DATES TBA

REFER A FRIEND TO CAMP FOR BIG SAVINGS*

For each week of camp your friends register for, you will get a \$25 credit* on your JCC account. They must be new campers who have never attended a JCC camp before and/or have not been a JCC member in the past two years. Be sure to tell them to mention your name when they register.

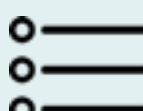
For more information, call [412-446-4774](tel:412-446-4774).

**Credits will be given by September 1, 2020. Must be a 5-day program.*

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**JCC
PGH**

children

Birthday Parties: Ages 2-12

Celebrate your child's birthday at the JCC South Hills. We set up and clean up, and supply paper products, invitations and supervision. All parties are two hours and cost \$350. Parties are priced for up to 20 children. Additional guests: \$4 each. Maximum guest count is 30, children and adults included.

Includes a free one-day guest pass for families of your invited guests for the day of the party

Games Galore: ages 5 and under

Parachutes, Mr. Fox, Freeze Dance, Four Corners, Duck Duck Goose and more.

Sports Party

Wiffleball, kickball, soccer, hockey, relay races and more.

Swim Party: ages 5-12

Relay races, cannon ball competitions and much more.

Create Your Own Party

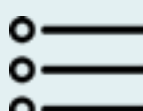
We provide the space, supervision and party supplies—you provide the program and refreshments.

When you book a party with the JCC, you will get a FREE Kids Nite Out for one child.

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teens

J Line South Hills • Grades 8-10

Hannah Kalson, hkalson@jccpgh.org or 412-339-5400

J Line South Hills, the community-wide Jewish learning experience for teens, brings Judaism to life in a way that is relevant, enriching and fun, with Jewish values “front row and center.” J Line South Hills empowers teens to embrace their Jewish identity, grapple with challenging life questions and improve the world in their own way.

WEDNESDAY EVENINGS • 6:15-8:30 PM

[JCCPGH.org/jlinesh](https://jccpgh.org/jlinesh)

J Line South Hills is a partnership of the Jewish Community Center, Congregation Beth El, Temple Emanuel, and South Hills Jewish Pittsburgh.



J Line South Hills Special Session

WEDNESDAY, FEBRUARY 12

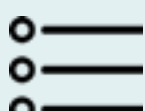
Hannah Kalson, hkalson@jccpgh.org or 412-339-5400

This special session of J Line South Hills will explore the core question “how can I bring about change in this world?” The session will be a hands-on, interactive experience with a local organization to create a positive impact in our community. Open to teens not enrolled in J Line.

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**JCC
PGH**

teens

J-Serve: grades 6-12

SUNDAY, MARCH 29

Hannah Kalson, hkalson@jccpgh.org or 412-339-5400

J-Serve Pittsburgh is an annual day of service learning planned by a teen steering committee and offering a wide array of service opportunities to participants from all over the greater Pittsburgh area. Last year, more than 300 teens came together in service, one of the largest J-Serve events in North America!

Join us for another amazing year of J-Serve Pittsburgh!

J-SERVE is a partnership of the Jewish Community Center of Greater Pittsburgh, Repair the World: Pittsburgh, BBYO, and the Volunteer Center of the Jewish Federation of Greater Pittsburgh

L'Taken Social Justice Seminar

JANUARY 24-27

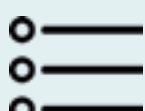
Hannah Kalson, hkalson@jccpgh.org or 412-339-5400

In partnership with The Religions Action Center of Reform Judaism, you will have the opportunity to impact our country as you share your views on social justice topics with decision makers on Capitol Hill. Our program is designed to expose you to a variety of public policy issues and explore the Jewish values that inform advocacy around these issues. Throughout the weekend, we will give you the and tools to write a persuasive speech on a topic of your choice to present when you visit your senators and representatives on the Monday of the program.

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**JCC
PGH**

teens

Diller Teen Fellowship: Grades 10-11

Alex Malanych, amalanych@jccpgh.org or 412-697-3233

The Diller Teen Fellows Program is Pittsburgh’s premier leadership development program. Twenty students are selected and participate for a year with the purpose of developing active, effective leaders with a strong commitment to the Jewish people.

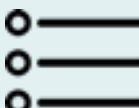
Website: jccpgh.org/diller



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special needs

For Information - Rachael Speck



Email :
rspeck@jccpgh.org



Phone :
412-697-3537

The following programs are offered at the Squirrel Hill branch of the JCC unless otherwise noted.

The JCC serves individuals with special needs by mainstreaming them into regular JCC programs such as day camp as well as providing programs dedicated to their needs. We encourage every interested person with a disability to participate.

VIOLET AND JOSEPH SOFFER FOUNDATION AND FAMILY SPECIAL OLYMPICS

Call Ellen McBride at **412-731-6185**

Free individualized training for Special Olympics. Special Olympics is for anyone over age 8 with cognitive delays. Please call for start dates.

Basketball

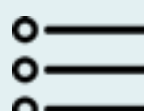
SUNDAYS • NOON-1 PM

Swimming

TUESDAYS • 5-6 PM



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**JCC
PGH**

special needs

Gesher Young Adult Center

MONDAY-FRIDAY • 2-6 PM • YEAR-ROUND

PARTICIPANTS CAN ATTEND 1-5 DAYS PER WEEK

Led by Lynne Carvell, the Teen and Young Adult Center at the JCC in Squirrel Hill provides afternoon programming for teens and young adults who face physical, intellectual or mild emotional and behavioral challenges.

The program includes a variety of activities—sports, art projects, dancing, singing, movement games, excursions to the Carnegie Library and swimming. The focus is on participants' growth and development of life skills.

Lynne Carvell has coordinated the JCC Teen and Young Adult Program since 2007. She has many years of experience working with children and adolescents with intellectual disabilities in a variety of settings. Prior to working at the JCC, she worked for Western Psychiatric Institute and Clinic as a therapeutic staff support person and as a TSS at the JCC's after-school Clubhouse program.

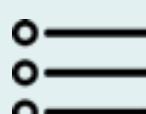
All interested potential members can try the program for a three-day trial period with their parent(s) or caregiver.

For more information or to schedule a trial period, please contact Rachael Speck at [412-697-3537](tel:412-697-3537) or rspeck@jccpgh.org

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**JCC
PGH**

special needs

EARL LATTERMANN FAMILY JEWISH SINGLES SOCIAL NETWORK

Jewish Residential Services

Call Marty Brown at **412-422-6720**

A social group for young adults, ages 20 and up, with mild to moderate developmental disabilities. This group meets twice monthly for programming meetings overseen by a staff advisor and enjoys outings and activities they have developed on the alternating Tuesdays in the community.

TUESDAYS • 6:30-7:30 PM

Gesher Program at Emma Kaufmann Camp

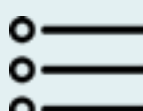
Contact Aaron Cantor, **acantor@jccpgh.org** or **412-339-5412**

The Gesher program serves high-functioning teens with special needs. Gesher participants engage in their favorite camp activities such as ropes course, water-tubing and horseback riding. Campers learn teamwork, independence and Jewish identity. Interaction with other campers and integration into activities with groups of all ages is a focal point of our program.

REGISTER HERE



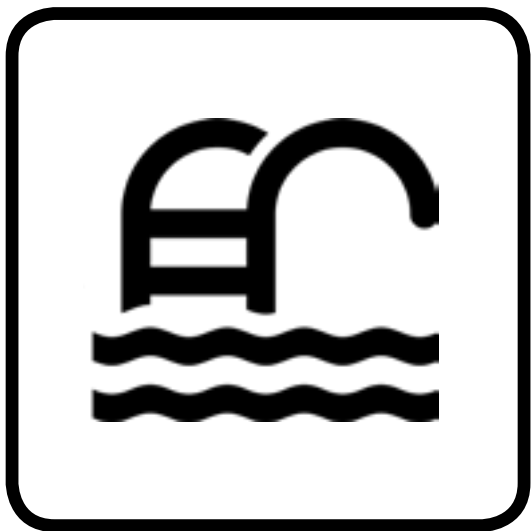
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**JCC
PGH**

aquatics, sports & dance



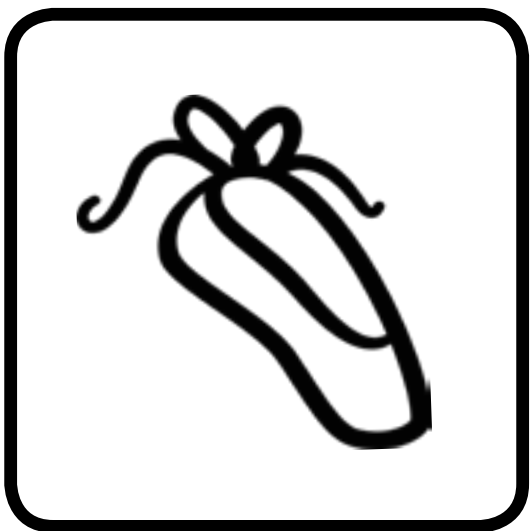
Aquatics



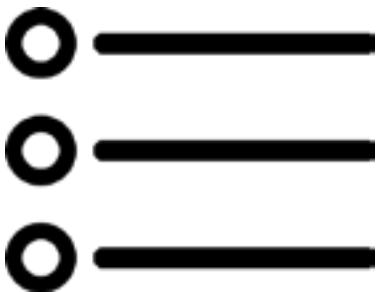
Children's Sports



Sports & Rec



Dance



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aquatics swim lessons

For Information - Jamie Nathan

Aquatics Director



Email :
jnathan@jccpgh.org



Phone :
412-278-1790

We use the American Red Cross Learn-to-Swim program.

Click here for swim lesson schedule

Guppy and Me: ages 6-24 months

Parent/child class where songs and games are used to build confidence in the water.

Tadpoles: age 2

(Parents do not get in the water)

Children learn to get in and out of pool unassisted, blow bubbles, put their face in the water, practice front and back floats with support, explore arm and leg movements and kicking on their front and back with support.

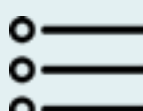
Jellyfish: ages 3-5

Children practice five continuous bobs. They practice unsupported front and back floats (starfish float) and front glide with their face in for 1 body length—superman glide or streamline position.

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**JCC
PGH**

aquatics swim lessons

[Click here for swim lesson schedule](#)

Catfish: ages 3-5

Children combine arm and leg action for freestyle and backstroke. Beginner breathing techniques are introduced.

Starfish: ages 6 -12

Children practice unsupported front and back floats and start to combine arms and legs for four strokes of freestyle.

Goldfish: ages 6-12

Children practice bobbing/treading while moving to safety in chest-deep water. Freestyle rotary breathing will be the main focus along with perfecting backstroke arms and legs.

Dolphins: ages 6-12

Children learn to swim underwater and tread in deep water. They practice freestyle with rotary breathing and backstroke. Breaststroke will be introduced.

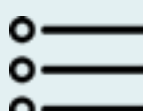
Sharks: ages 6-12

Children refine freestyle and backstroke, perfect breaststroke and are introduced to butterfly and open turns.

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JCC
PGH

aquatics swim lessons

[Click here for swim lesson schedule](#)

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:

Get comfortable in the water, learn breathing and buoyancy techniques, floating, gliding, and kicking. The class will introduce freestyle, backstroke, and sidestroke.

Intermediate:

Learn breaststroke and refine freestyle and backstroke skills. Rotary breathing is introduced.

Advanced:

Focus on more advanced techniques, such as flip turns and refining of the four competitive strokes for efficiency and speed.

Private Swim Lessons

Group lessons don't fit in your busy schedule? Try private lessons. Our instructors will work with you or your child's needs.

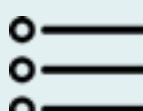
\$37/HALF-HOUR; 6 CLASSES/\$33 EACH

10 CLASSES/\$30 EACH

[REGISTER HERE](#)



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**JCC
PGH**

aquatics

JCC South Hills Sailfish: ages 6-12 Competitive Swimming Introduction

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

TUESDAYS AND THURSDAYS • 6:30-7:30 PM

JANUARY 7-MAY 21

\$200

Lifeguarding Certification

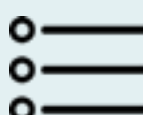
Classes will be held in April and May.



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aquatics

Aquatic Fitness

Arthritis Aquatic Program

Our heated pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. Must have a physician's referral to participate in this program.

MONDAYS AND FRIDAYS • 10-11 AM

TUESDAYS AND WEDNESDAYS • NOON-1 PM

THURSDAYS • 11 AM-NOON

FREE FOR JCC MEMBERS

\$90/20 CLASSES/COMMUNITY

SilverSneakers® Splash

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

SUNDAYS • 12:30-1:30 PM

MONDAYS AND THURSDAYS • 1-2 PM

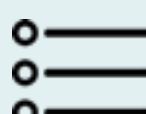
WEDNESDAYS • 4-5 PM

NO FEE

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**JCC
PGH**

aquatics

Aqua Groove

This high-intensity class will focus on endurance and resistance training in an enjoyable atmosphere set to music.

FRIDAYS • 11 AM-NOON

No FEE

Aquafit

This high-intensity aerobics class features water plyometrics and resistance equipment.

SATURDAYS • 8:30-9:30 AM

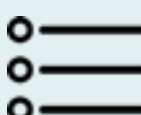
No FEE



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children's sports

For Information - Steve Manns

Fitness and Wellness Director



Email :
smanns@jccpgh.org



Phone :
412-278-1783

Preschool Sports

Wee Little Wrestling: ages 3-5

Our JCC sports coach teaches the basics of wrestling to build body awareness, coordination and confidence. Kids will also learn antibullying strategies to set and respect personal boundaries, as well as how to be assertive when seeking help.

MONDAYS • 2:30-3PM

JANUARY 20-MARCH 9\$80

MARCH 30-MAY 18\$80

Growing up Gritty: ages 4-5

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.

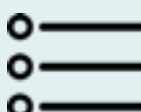
TUESDAYS AND THURSDAYS • 2:30-3 PM

JANUARY 28-APRIL 30\$220

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children's sports

Little Kickers Soccer: ages 3-5

Kids develop gross motor skills, teamwork and social skills while learning the basics of soccer.

WEDNESDAY 2:30-3 PM
JANUARY 8-FEBRUARY 26.....\$80
MARCH 18-MAY 6\$80

Little Hoopers Basketball: ages 3-5

Children learn the basics of basketball and good sportsmanship.

FRIDAYS • 2:30-3 PM
JANUARY 17-APRIL 3.....\$120

T-Ball: age 3-4

Children learn the basics of T-Ball and good sportsmanship.

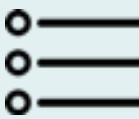
FRIDAYS • 2:30-3 PM
APRIL 17-MAY 22\$60



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Main Menu



children's sports

Basketball

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

Expert coaches John Miller and Unrico Abbondanza lead the JCC's basketball program, training kids in all aspects of the game, from form shooting, ball handling, passing and first step moves to finishing moves, footwork and timing.

Coach Miller won more than 630 games during his career at Riverside and Blackhawk High Schools, as well as four state championships and eight WPIAL titles. Coach Abbondanza was a 4-year starter for Lock Haven University and a three-time All-PSAC player.

Register at the Front Desk.
Classes are ongoing: you can join at any time.

Sundays

BOYS AND GIRLS: K-GRADE 3..... 10:30-11:30 AM
GIRLS: GRADES 4-9 11:30 AM-1 PM
BOYS: GRADES 4-9..... 1-2:30 PM

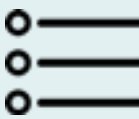
Wednesdays

GIRLS: GRADES 4-9 6-7:30 PM
BOYS: GRADES 4-9..... 7:30-9 PM
4 SESSIONS: \$120; \$140/NON-JCC MEMBERS
8 SESSIONS: \$200; \$220/NON-JCC MEMBERS
WALK-IN: \$35

REGISTER HERE



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[Main Menu](#)



sports & rec

For Information - Steve Manns
Fitness and Wellness Director



Email :
smanns@jccpgh.org



Phone :
412-278-1783

Pickleball

Pickleball is a paddle sport with combined elements of tennis, badminton and ping pong, and played on a doubles badminton court. With a small court and doubles play, it’s the perfect sport for active seniors. Players from novice to advanced can play round robin games during the Saturday drop-in times, or groups of players can reserve a court to play on Tuesday afternoons.

Saturday Drop-in

FIRST AND THIRD SATURDAY OF EACH MONTH

12:15-2:15 PM IN THE GYM

\$2/MEMBER; \$5/COMMUNITY

Tuesday Court Time

NOON-2 PM

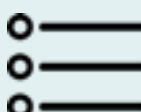
MUST BE RESERVED IN ADVANCE AT THE FRONT DESK.

412-278-1783

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Main Menu



sports

Ping Pong

SUNDAYS • 3-5 PM
FREE FOR MEMBERS; \$5/COMMUNITY

Pick-up Volleyball

TUESDAYS • 7-9 PM
PLEASE CALL BEFORE COMING
FREE FOR MEMBERS; \$5/COMMUNITY

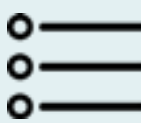
Pick-up Basketball

SUNDAYS • 8-10 AM
SIDE B OF THE GYM
FREE FOR MEMBERS; \$5/COMMUNITY

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dance

For Information - **Kathy Wayne**

Dance Director



Email :
kwayne@jccpgh.org



Phone :
412-339-5414

The Philip Chosky Performing Arts Program

Director

Kathy Wayne, Dance Director, is a graduate of Point Park College with a B.A. in dance. Her professional credits include Tokyo Disneyland, Caesar's Atlantic City and many productions with the Pittsburgh Playhouse.

Philosophy

Our goal is to help your child gain poise, flexibility, strength and an appreciation for the art of dance.

Dress Code Requirements

Hair must be pulled back in a bun; shorter hair back with a headband. Each level has its own dress code.

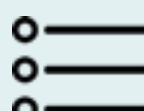
Registration

Participants must be registered before the first class begins. If your child is in Level 3 or above, please call the Director to discuss your child's placement for this year.

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Main Menu

**JCC
PGH**

dance

Ballet

Classes consist of barre and center floor exercises. Students advance based on their ability to perform given steps.

Tap

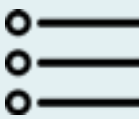
Rhythm, musicality and sound clarity skills are introduced; each level builds on the previous one. Dancers learn a vocabulary of tap steps that will be used to develop fun and interesting choreography. Students advance based on their ability to perform given steps.



REGISTER HERE



Section Menu



Main Menu



dance

Preschool Classes

Little Stars 1: ages 2½-3

A series of music and creative movement classes that celebrate your child’s natural ability to move in an expressive way. These weekly 30-minute classes are designed to engage children through group and individual participation, which is vital for early childhood development.

WEDNESDAYS • 3-3:30 PM
JANUARY 8-MAY 13\$225

Little Stars 2 - Creative Movement: ages 3-4

Our tiny dancers will build strength, flexibility and body awareness, as well as gross motor skills, coordination and posture. A blend of basic dance movement and the use of props make this a fun beginner class.

Fridays • 3-3:30 pm
January 10-May 15\$225

Shooting Stars Pre-Ballet and Tap: ages 4-5

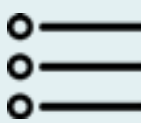
Beginning tap and ballet skills and terminology are taught with an emphasis on coordination and musicality.

WEDNESDAYS • 3:30-4:15 PM
JANUARY 8-MAY 13\$234

REGISTER HERE



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Main Menu



dance

School-Age Classes

Ballet/Tap 1: ages 6-8

FRIDAYS • 4-5 PM

JANUARY 10-MAY 15.....\$270

Ballet/Tap 3: ages 9-10

FRIDAYS • 5-6 PM

JANUARY 10-MAY 15.....\$270

Private Dance Instruction

\$50/HOUR; \$320/8 ONE-HOUR CLASSES

\$25/HALF HOUR; \$175/8 HALF-HOUR CLASSES

Duet Dance Lesson

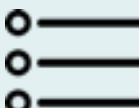
\$45/HOUR; \$280/8 ONE-HOUR CLASSES

\$25/HALF HOUR; \$160/8 HALF-HOUR CLASSES

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Main Menu



dance

Adult Classes

Adult Tap

It's never too late to learn to tap dance! Get a fun cardio workout while you tap your troubles away!

BEGINNER: WEDNESDAYS • 6-7 PM

INTERMEDIATE: WEDNESDAYS • 5-6 PM

JANUARY 8-MAY 20

DANCE STUDIO

DROP-IN FEE: \$10/MEMBER; \$14/COMMUNITY

Line Dance

Learn all the popular line dances and a few more in this lively class.

FRIDAYS • 1-2 PM

JANUARY 10-MAY 22

DROP IN: \$5/MEMBER; \$8/COMMUNITY

Silver Show Tunes

Learn some new moves and sing to your heart's content. Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!

FRIDAYS • 2-2:50 PM

JANUARY 10-FEBRUARY 14

FEBRUARY 21-MARCH 27

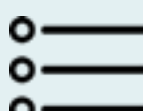
DANCE STUDIO

\$30/SESSION/MEMBERS; \$42 SESSION/COMMUNITY

[REGISTER HERE](#)



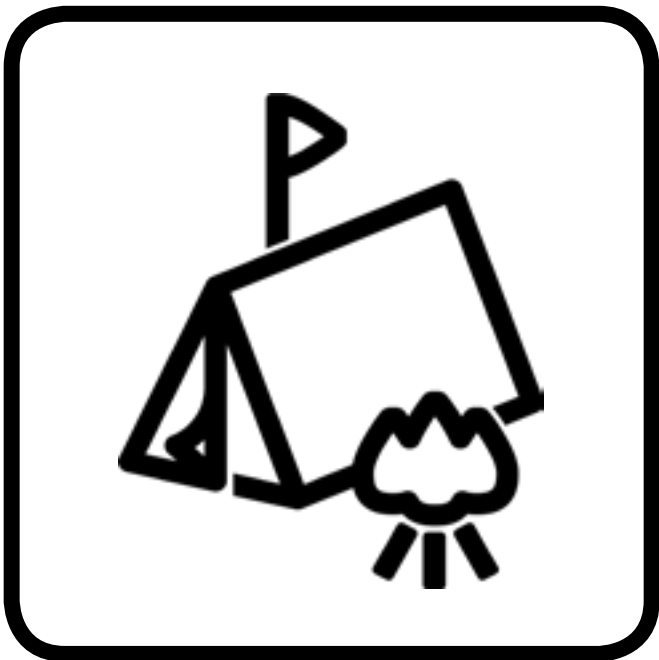
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**JCC
PGH**

camps



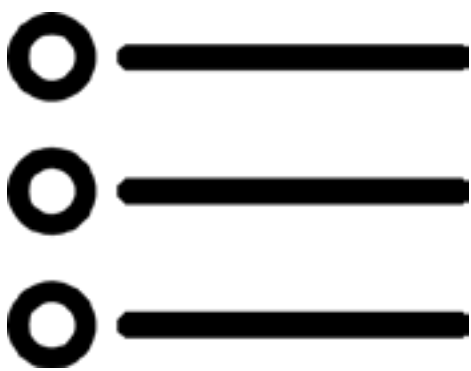
Day Camps



Emma Kaufmann Camp



Specialty Camps



Main Menu

day camps

For Information - Jason Haber



Email :
[jhaber @jccpgh.org](mailto:jhaber@jccpgh.org)



Phone :
412-278-1782

www.jccpghdaycamps.com

REGISTER FOR CAMP BY THE WEEK JUNE 22-AUGUST 14

Register now: Early bird ends February 28

Weeks do not need to be consecutive. Kosher-style lunches and afternoon popsicles are included in all camp programs.

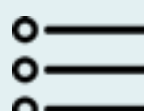
With sports, aquatics, drama, nature, arts & crafts and Judaics, campers enjoy an enriched, well-rounded experience in a safe environment.

Chalutzim campers choose a different chug (hobby) each week and spend 45 minutes each day with a specialist in their area of interest. All campers have swim lessons, free swim and a kosher-style lunch daily. Special events include Color Wars, Wacky Wednesday and field trips.

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**JCC
PGH**

day camps

New in 2020

- Imagination Playground
- Archery
- Cooking

What we do at camp

- Swim Lessons every day • Free Swim • Arts & Crafts
- Sports • Music • Judaics • Nature • Garden • Color War
- Wacky Wednesdays • Flagpole • Beach Parties
- Sleepovers • Foam Parties • Daily Popsicles

Field Trips

- J&R (PreK-grade 6)
- South Park (PreK-grade 6)
- Splash Lagoon (K- grade 6)
- Idlewild (K-grade 6)
- Emma Kaufmann Camp (grades 3-6)

What's In Our Backyard

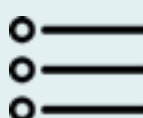
- Gaga Pit
- 9 Square
- Volleyball Court
- Foam Machine
- Scott Conservancy
- Garden



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**JCC
PGH**

day camps

Camp Sabra: Grades K-2

Half-Day Program (includes lunch)

9 AM-12:30 PM

For children entering kindergarten

Full-Day Program

9 AM-3 PM

For children entering grades K-2

Camp Chalutzim: Grades 3-6

9 AM-3 PM

Before- and After-Camp Care

7-9 AM: \$50/WEEK OR \$15/DAY (DOES NOT INCLUDE BREAKFAST)

3-6 PM: \$75/WEEK OR \$20/DAY

BOTH: \$115/WEEK

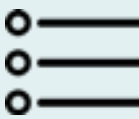
Register for eight weeks of Before- and After-Camp Care before June 1 and get a discounted rate of \$105/week.



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day camps

Early Childhood Camps

CAMP DATES: JUNE 22-AUGUST 14

Camp K'Ton Ton: age 2

Camp Yeladim: ages 3-4

K'Ton Ton campers are introduced to the water through daily swim time in the pool and water play activities. Yeladim campers are divided into age-appropriate groups. They participate in both instructional swim lessons and free swim daily. Early childhood campers enjoy visits to activity specialists such as nature, music, sports and crafts.

9 AM-12:30 PM; 9 AM-3 PM

Before- and After-Camp Care available

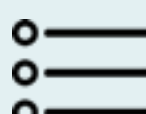
7-9 AM, INCLUDES BREAKFAST; 3-6 PM



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**JCC
PGH**

day camps

S.I.T. Leadership Program: Grades 7-10

JUNE 22-AUGUST 14

8:30 AM-3:30 PM

4-week minimum (do not need to be consecutive)

Through training and weekly workshops, staff-in-training learn the responsibilities of a day-camp counselor, develop a spirit of volunteerism, and learn the impact that they can have on their community, develop stronger social skills and develop their own strengths and skills while working with children.

Staff-in-training participate in team-building exercises with their fellow SITs, share responsibility for a group of campers with a junior and senior counselor, lead a weekly activity with their group and participate in a community mitzvah project.

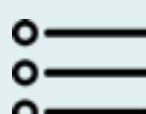
A parent/camper interview with the camp director is required. Attendance at the staff orientation week in June is mandatory.



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**JCC
PGH**

specialty camps

PERFORMING ARTS CAMP: Grades 2-8

JULY 20-AUGUST 14

9 AM-3 PM

4-week program

Campers are part of a complete musical show, from rehearsals to set production to opening night. Training in theater, music and dance culminates with a performance the last week of camp. The musical will be chosen based on registration.

Performing Arts Camp is a Program of The Philip Chosky Performing Arts Program



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specialty camps

ADVENTURE CAMPS: Grades 4-8

REGISTER BY THE WEEK: JUNE 22-AUGUST 14

Campers will experience many different adventures in and around the Greater Pittsburgh area. Previous trips have included: Just Ducky Tour, Wave Pools, Kennywood, Sandcastle, Living Treasures Animal Park and many others. There will be occasional late pickup days based on the excursion. An overnight stay at Emma Kaufmann Camp, the JCC's overnight camp in West Virginia, will be offered during one of the weeks.

On days with shorter excursions, campers spend time at the JCC with instructional or free swim, nature walks and arts & crafts.

Parents can choose all 8 weeks or pick and choose which they prefer. Due to bus/staffing/ and ticket purchases, all Adventure Camp registrations must be made by May 31.

Minimum of 5 participants



REGISTER HERE

emma kaufmann camp

For Information - Aaron Cantor



Email :
acantor@jccpgh.org



Phone :
412-339-5412

www.emmakaufmanncamp.com

Summer: 304-599-4435

EKC, the JCC’s resident overnight camp, is situated along Cheat Lake near Morgantown, West Virginia, providing opportunities for a myriad of sports and recreational activities on land and water. EKC camping programs, with an emphasis on Jewish values, are for kids entering grades 2 through 10.

EKC Activities

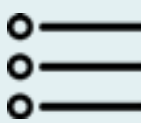
- Archery • Arts & Crafts • Basketball • The Blob
- Canoeing/Kayaking • Ceramics
- Chinuch (Judaics)
- Climbing Tower • Drama • Heated Pool
- Horseback Riding • Israeli Culture
- Lacrosse • Maccabi Color War
- Mountain & BMX Biking
- The Rave • Robotics • Shabbat • Singing
- Soccer • Tennis • Teva (Nature)
- Tubing • Water Skiing • Zip Line



REGISTER HERE



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JCC
PGH

emma kaufmann camp

First Experience: grades 2-5

First Experience is a one-week introduction to the EKC overnight camping experience with a goal of helping campers become comfortable staying away from home.

SIT (Staff-in-Training) Program

SITs travel to Israel for 21 days of their eightweek commitment, participating in *tikkun olam* projects and Shabbat weekends, visiting the Kotel and Yad Vashem, plus much more.

Returning to camp, SITs participate in four weeks of program planning and supervision of campers as they complete their training experience.

Session Dates 2020

For campers entering grades 2-10

4 WEEKS (SESSION I): SUNDAY-FRIDAY, JUNE 21-JULY 17

For campers entering grades 2-10

3 WEEKS (SESSION II): SUNDAY-TUESDAY, JULY 19-AUGUST 11

For campers entering grades 2-6

2 WEEKS (SABRA/KINERET ALEPH): SUNDAY-FRIDAY, JUNE 21-JULY 3

2 WEEKS (SABRA/KINERET BET): SUNDAY-SUNDAY, JULY 19-AUGUST 2

For campers entering grades 2-5

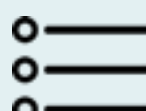
1 WEEK (FIRST EXPERIENCE):

WEDNESDAY-TUESDAY, AUGUST 5-11

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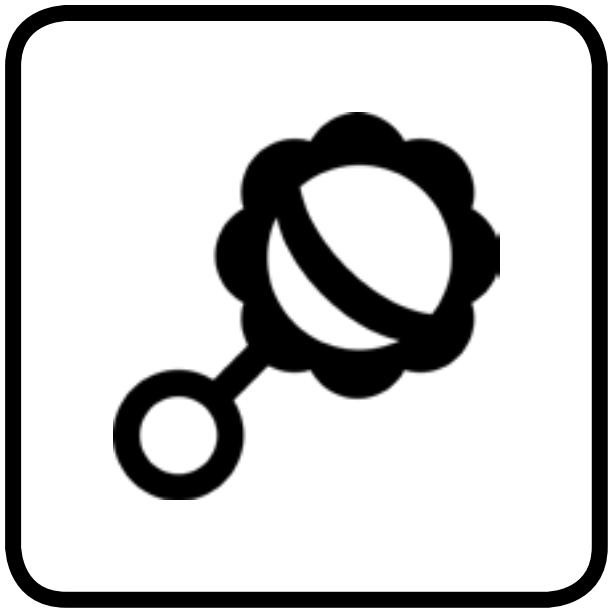
fitness & wellness



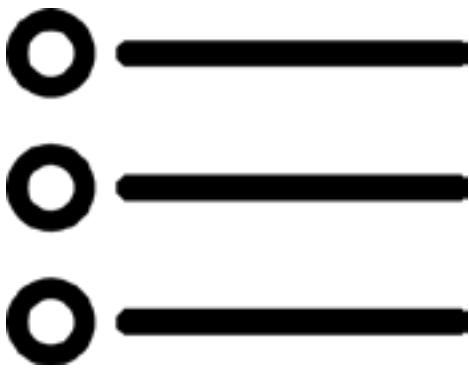
Fitness & Wellness



Group Exercise



Shortstop
Babysitting



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fitness & wellness

For Information - **Bonnie Livingston**

Fitness and Wellness Director



Email :
blivingston@jccpgh.org



Phone :
412-278-1781

Wellness

20/20 Vision Quest to Better Health

Join Bonnie Livingston as we break down the steps to weight loss and a healthy lifestyle, using dot journals to set and track goals.

MONDAYS • 6-7 PM

JANUARY 20-MARCH 9

\$40; FREE FOR PERSONAL TRAINING CLIENTS WITH 6+ SESSIONS

Mindfulness Practice

Mindfulness is the psychological process of bringing one's attention to the present moment, which can be developed through training. Practitioners frequently experience greater well-being and reduction of stress. Each month we'll introduce various exercises which can be practiced through self-study. Please bring notebook/journal and pen.

FIRST THURSDAY OF THE MONTH

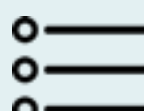
5:30-6:30 PM

FREE FOR MEMBERS; \$5/COMMUNITY

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**JCC
PGH**

fitness & wellness

Guided Meditation

All are welcome to this 30-minute free guided meditation to reduce stress and learn techniques to help quiet the mind, increase focus, improve clarity and generate well-being.

SECOND, THIRD AND FOURTH THURSDAY OF THE MONTH

5:30 PM • NO FEE

Balancing Moods Yoga

TUESDAYS • 4 PM

BEGINS JANUARY 7

\$5/MEMBERS; \$15/COMMUNITY

Chair Massage and Reiki

\$1/MINUTE

10-, 15-, 20- OR 30-MINUTE OPTIONS

Primal Health Coaching

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

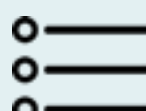
Primal Health Coaching supports maximum vitality and well-being through the integration of strategies across a broad spectrum of lifestyle dimensions including nutrition, fitness, sleep, stress management, sun, play and enrichment.

\$700/12 WEEKS; EVEN WEEK SESSIONS ARE A HALFHOUR AND ODD WEEKS ARE AN HOUR

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**JCC
PGH**

fitness & wellness

Teen Fitness Certification

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

This 90-minute orientation **MUST** be completed by teens ages 13-15 prior to using the fitness equipment.

FIRST TUESDAY OF THE MONTH • 6 PM

\$45/GROUP SESSION

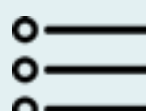
\$60/PRIVATE SESSION WITH A TRAINER



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**JCC
PGH**

fitness & wellness

Personal Training

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

One-on-One Private Workout

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!

NEW!

One-on-one Private Yoga and Mindfulness Coaching

Personal training fees apply.

Fitness Assessment

Our trainers evaluate cardiovascular fitness, muscular strength, endurance and flexibility, in addition to testing blood pressure and body fat composition.

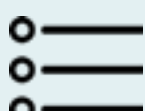
\$20; \$10/RETEST

\$5/BODY FAT COMPOSITION ONLY

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PGH**

fitness & wellness

Next Steps

JCC Next Steps is a post-rehabilitation exercise program that will help you transition from physical therapy to long-term fitness and wellness. Enroll for as little as \$33 per half hour when you purchase 10 sessions.

Personal Exercise Prescription

If you are stuck in an exercise rut or not getting the results you want, consider an exercise prescription. If you can work out and follow a program without instruction, this is a great alternative to personal training that includes:

- One-hour assessment and consultation with personal trainer
- Individualized six-week training program
- Weekly phone consultation
- Personal training session at the end of six weeks to measure progress

\$150

Additional prescriptions

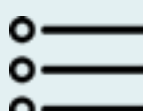
- Individualized six-week training program
- Weekly phone consultation
- Personal training at the end of six weeks

\$75

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PGH**

group ex

For Information - Elaine Cappucci

Fitness and Wellness Director



Email :
ecappucci@jccpgh.org



Phone :
412-446-4773

Classes marked with an asterisk are free to all JCC members. ALL classes are free for Platinum Fitness members. Complete schedule available at JCCPGH.org and in the JCC lobby.*

Absolute Abs*

Forget those ordinary old sit-ups. This 50 minute class will take your core workout to another level. With a little creativity and a stability ball, you will get a core you adore!

Active Express*

This class will give you a great light impact cardio session in 30 minutes using the step, with moves choreographed to fun and inspiring music.

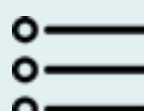
Boot Camp

This intense, high-energy class will get your weekend off to a great start! Work on strength, cardio, endurance and functional fitness with a variety of drills and equipment in our gym.

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Core Conditioning*

Get a stronger core in this 30 minute focused class that includes a blend of strength, stability and traditional core exercises.

Group Active*

Group Active is perfect if you are new to exercise or have not exercised in a long time. Also ideal for the super busy and fit who need to get it all - cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life!

Group Blast*

Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. Have a Blast!

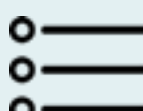
Group Centergy*

Group Centergy will grow you longer and stronger with an invigorating 60-minute mindbody workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

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Group Power*

Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

Beginner Yoga

Learn the essence of relaxation through stretches, postures and improved breathing techniques in this 45-minute class.

HIIT Express*

Get in a quick workout in this 30-minute, high intensity interval training class that combines strength training with high intensity cardio bursts. With great music and old school moves, you will get your morning off to a great start.

Stretch and Strength*

Yoga-based movement and functional exercises will help you get stronger and more flexible.

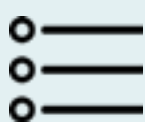
Spartan Strong*

This circuit boosts mental and physical strength, improves conditioning and agility and burns fat. It provides the intensity you need to conquer your first race, move your fitness to the next level and conquer life.

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group ex

TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training. The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises.

TRX Fusion

All the benefits of the TRX class, with interval training added in, so this class takes your TRX training to the next level.

Yoga

Excellent for all levels from beginner to advanced, this class is a flowing, dynamic yoga practice that cultivates presence by connecting movement with breath and focuses on body alignment, physical conditioning and mindfulness.

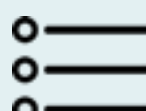
Zumba *

This Latin dance-based class mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a total body workout that combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, with great music and lots of fun.

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**JCC
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shortstop babysitting

Goodman Shortstop Babysitting

Register by calling **412-278-1785**; leave a voice mail.

Babysitting is available for children 6 weeks to 5 years of age.
Buy coupons at the Front Desk.

Sunday	9:30 am-12:30 pm
Monday-Friday	9 am-11:30 am
Monday-Thursday	5:30-8 pm

\$7/CHILD/HOUR; \$30/MONTH UNLIMITED USAGE (ONE PER CHILD)
PARENTS MUST STAY ON JCC PROPERTY.

PLATINUM MEMBERSHIP

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

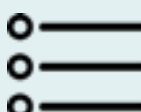
Join Today For These Benefits

- All group exercise classes are free, including boot camp, yoga and TRX
- Up to 10% off personal training
- Access to the Platinum facilities and discount on massage in Squirrel Hill

To become a Platinum member, contact
Frieda Lalli at **412-446-4774**



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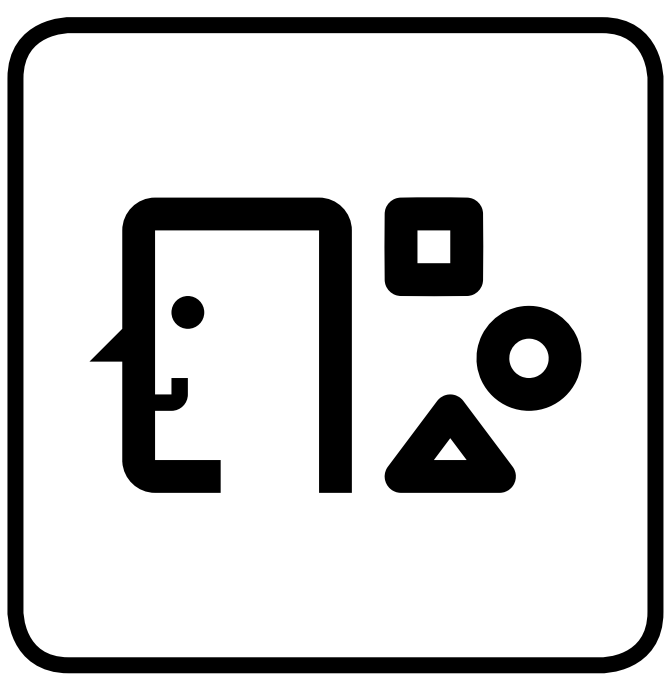
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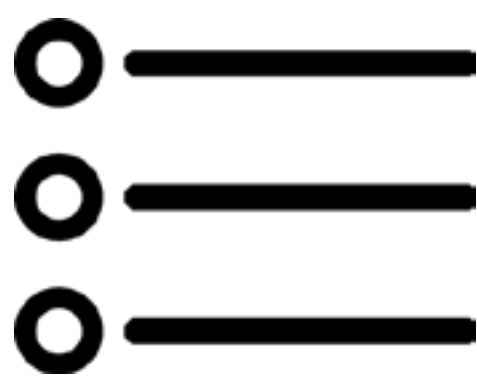
agewell at the jcc



**Fitness/
Health & Wellness**



Recreation & Life Skills



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fitness/ health & wellness

For Information - Elaine Cappucci
Health and Wellness Director



Email :
ecappucci@jccpgh.org



Phone :
412-446-4773

Classes are held daily; please see the schedule posted at JCCPGH.org and at the Front Desk.

SilverSneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

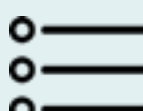
SilverSneakers® Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

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fitness/ health & wellness

SilverSneakers® Splash

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

BOOM® Move

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

BOOM® Muscle

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

Arthritis Exercise Program

Led by an Arthritis Foundation-trained instructor, this class covers a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs.

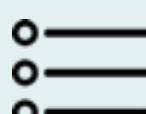
MONDAYS • 2-3 PM

\$3/CLASS/MEMBER; \$5/COMMUNITY

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fitness/ health & wellness

Tai Chi

This body-mind exercise enhances balance, concentration and agility and is effective for arthritis and fall prevention. A structured warmup is followed by a traditional tai chi sequence. The class is done standing; however, all the exercises can be done using chairs. Beginners welcome.

TUESDAYS

BEGINNER: 11 AM-NOON

ADVANCED: NOON-1 PM

\$3/CLASS/MEMBER; \$5/COMMUNITY

Arthritis Foundation Aquatic Program

Our heated pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. Must have a physician's referral to participate in this certified program.

MONDAYS AND FRIDAYS: 10-11 AM

TUESDAYS, WEDNESDAYS, THURSDAYS: NOON-1 PM

NO FEE FOR MEMBERS

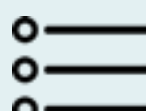
\$5/CLASS/COMMUNITY

\$90/20 CLASSES/COMMUNITY

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fitness/ health & wellness

PWR!Moves

Parkinson's Wellness and Recovery

PWR!Moves is an evidence-based exercise program geared to people with Parkinson's, designed to counteract its major symptoms, restore function and improve quality of life.

TUESDAYS AND THURSDAYS • 1 PM

\$5/MEMBER; \$7/COMMUNITY

SOCIAL HALL

Balance

A half-hour, low-impact class designed to improve balance and increase core strength. The combination of core work and balance training for older adults is crucial for fall prevention, improved posture and coordination.

THURSDAYS • 11-11:30 AM

SOCIAL HALL

Zumba Gold

Zumba Gold recreates the Zumba experience for active older adults with easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

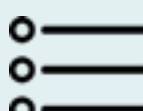
THURSDAYS • NOON-1 PM

GYM

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fitness/ health & wellness

Zumba® Gold Toning

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up, leave exhilarated and empowered!

MONDAYS • NOON-1 PM

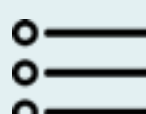
GYM



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**JCC
PGH**

recreation & life skills

Line Dance

Learn all the popular line dances and a few more in this lively class.

FRIDAYS • 1-2 PM

JANUARY 10-MAY 22

DROP IN: \$5/MEMBER; \$8/COMMUNITY

Adult Tap

It's never too late to learn to tap dance! Get a fun cardio workout while you tap your troubles away!

BEGINNER: WEDNESDAYS • 6-7 PM

INTERMEDIATE: WEDNESDAYS • 5-6 PM

JANUARY 8-MAY 20

DANCE STUDIO

DROP-IN FEE: \$10/MEMBER; \$14/COMMUNITY

Book Discussion Group

Once a month we will get together to talk books: What's new, what's good. All readers welcome!

THIRD TUESDAY OF EACH MONTH

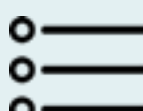
1-2 PM

CONFERENCE ROOM

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PGH**

recreation & life skills

Silver Show Tunes

Learn some new moves and sing to your heart's content. Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!

FRIDAYS • 2-2:50 PM

JANUARY 10-FEBRUARY 14

FEBRUARY 21-MARCH 27

DANCE STUDIO

\$30/SESSION/MEMBERS; \$42 SESSION/COMMUNITY

AARP Smart Driver Class

The 8-hour course will help you receive a multiyear discount on your auto insurance; refresh your driving skills and your knowledge of the rules — and hazards — of the road; and reduce your chances of receiving a traffic violation or getting into an accident. Register at the Front Desk, but payment is made to the instructor on the first day of the course.

THURSDAY-FRIDAY • 12:30-4:30 PM

MARCH 26-27

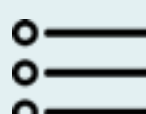
SOCIAL HALL

\$15/AARP MEMBERS; \$20/OTHERS

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**JCC
PGH**

recreation & life skills

CheckMates

CheckMates recruits volunteers age 60+ and welcomes referrals of loved ones and friends in the community who could benefit from a weekly phone call. If you know of an older adult who would appreciate a weekly, friendly phone call or would like to volunteer for this special peer-led telephone reassurance program, please call Amy Gold, MSW, **412-697-3528**.

AgeWell Pittsburgh

412-422-0400

AgeWell Pittsburgh offers a one-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging. AgeWell Pittsburgh is a collaboration of the Jewish Association on Aging, the JCC of Greater Pittsburgh and JFCS Jewish Family and Community Services.

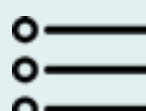
www.AgeWellpgh.org



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