



# PROGRAM GUIDE

WINTER 2012

SOUTH HILLS



# CONTENTS & HOURS

WINTER 2012

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## PESACH-MICHAL ART GALLERY

Works by local artists in the Atrium

## SUPPORT THE JCC SCHOLARSHIP FUND

After meeting a group of visitors while doing her morning workout before heading to her office, a member was inspired to write.

"I am moved to write just to say how important the JCC is to my life—the regular contact with older people, families...people from all walks of Pittsburgh. I particularly enjoy the Fitness Center. The JCC is a miracle of good for the community. So here's my testimonial to the Center that is so important to me and what I should have said when I saw you."—Ms. B.K.

## DONATE ONLINE: WWW.JCCPGH.ORG

Your gift makes a difference!  
For information and to donate, call  
Mayda Roth, CFRE  
Director of Development at (412)521-  
8011, ext. 363 or by email at  
mroth@jccpgh.org.

## JCC-SOUTH HILLS BIRTHDAY BASH #13

Call Ann Haalman, ext. 204.

We're having a birthday party  
A wonderful birthday party!

Join us for the Moon Bounce, Mike the Balloon Guy, crafts, free swim and gym time, free popcorn, lemonade, birthday cake and much more. Bring your friends for a fun afternoon and great deals on membership.

**Do not miss out on Early Bird camp registration. A Birthday Bash \$50 promotional discount will make the deal even sweeter!**

Sunday January 29

2-4 pm

No fee or pre-registration

## HOURS

### Regular Building 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

### HOLIDAY HOURS

Saturday, December 24:

Open 8 am-6 pm

Sunday, December 25: Open 8 am-5 pm

Monday, December 26: regular JCC  
hours

### New Year's Eve and New Year's Day

Saturday, December 31:

Open 8 am-6 pm

Sunday, January 1, 2012:

Open 8 am-6 pm

Monday, January 2:

Fitness facilities open 5:30 am-  
9:30 pm

REGISTER ONLINE AT JCCPGH.ORG

# MEMBERSHIP

## 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 Detailed orientation in the Fitness Center
- FREE Outdoor adaptive playground
- FREE Wireless Internet
- FREE Play time in Family Place
- FREE Kabbalat Shabbat
- FREE Access to JCC Squirrel Hill facility (Centerfit Platinum is an additional fee)
- FREE Family programs

## MEMBERSHIP GIVES YOU ACCESS TO:

- Early Childhood Development Center starting at 6 weeks of age
- 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

## TO LEARN ABOUT JCC MEMBERSHIP VISIT [JCCPGH.ORG](http://JCCPGH.ORG)

### How to create your online account:

1. Go to [JCCPGH.org](http://JCCPGH.org) and click the "Members" link at the top of the page next to the search box
2. Click "Create an Account"
3. Choose one of the three "Find Me" options to locate your account
4. Create your user ID and password

### How to register for a program online:

1. Search for programs by interest, age, group or department
2. Log in to your account
3. Select the person to register by changing "Buy For"
4. Check out

**Questions? Contact Membership Services, 412-278-1975.**



## VISION & MISSION STATEMENT

To advance our vision of an exemplary, thriving, engaged community rooted in Jewish values, the JCC of Greater Pittsburgh's mission is to enrich our community by creating an environment that strengthens the physical, intellectual and spiritual well-being of individuals and families.

The JCC Program Guide is published quarterly by the Jewish Community Center of Greater Pittsburgh, 5738 Forbes Avenue, Pittsburgh, PA 15217.

# EARLY CHILDHOOD

WINTER 2012



The JCC's Early Childhood Development Center is a "home away from home" for children 6 weeks to 5 years old. At ECDC, you can trust that your child is safe, secure and appropriately challenged, nurtured by professionals who encourage your child to grow and thrive.

We offer a program predictable enough to satisfy a child's need for routines yet diverse enough to broaden his or her horizons with exciting new experiences. 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 respect the uniqueness of each child and consider 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 Jewish values, encourage children to appreciate diversity and provide an environment that promotes acceptance and a sense of belonging.

## Programs

- Infants: Full-time care, 7 am-6 pm and 9 am-3 pm, for babies starting at 6 weeks through 14 months old
- Tots: Full- and part-time options for 14 months to 2 years
- Toddlers: Full- and part-time options for 2-year-olds
- Preschoolers: Full- and part-time options for 3, 4 and 5-year-olds

## 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 and nature classes and swim lessons. Space is limited.

REGISTER ONLINE AT [JCCPGH.ORG](http://JCCPGH.ORG)

# 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
- Nature program with Scott Conservancy and Nature Don
- Music class with Sally Matthews
- Gym classes

**Registration for the 2012-13 school year begins February 27. For more information or to schedule a tour, please call Kathy Revesz, Director, at 412-278-1975, ext. 211.**

*Major funding for Early Childhood programming is provided by the Pittsburgh Jewish Pre-Kindergarten Educational Improvement Foundation of the Jewish Federation of Greater Pittsburgh and Keystone STARS/PA Early Learning Keys to Quality. Additional support is provided by Massey Charitable Trust as well as funding from the Ginsberg Family Fund for Children's Programs, the Miriam and Paul Kossis Early Childhood Equipment Replacement Fund, the Marilyn Kramer Memorial Fund and the Mark Allen Robinson Day Care Center Endowment Fund.*



## FAMILY PLACE

*All classes are taught by Kimberly Murray, Family Place Coordinator, ext. 520.*

### Family Place Flex Classes: ages 3-6

While you work out, take a class or relax, your child can enjoy art, phonics, crafts and friendship. Classes meet in the lobby and are an hour in length.

Tuesdays, 9:30 am

Wednesdays, 9:30 am or 10 am

Thursdays, 9:30 am or 10 am

\$8/class; \$4/sibling; \$50/8 classes

Value pass: \$100

(20 mix and match one-hour classes.)

Register and pay at Front Desk or call 412-278-1975.

### FREE Tuesdays Together: ages 2-3

Come and meet other parents while children create a craft and play games.

Tuesdays

January 24, 31, February 7, 14

10:30-11:15 am

No fee; register at the front desk.

### PJ Library Story Time and Activity: ages 2-3

Meet other parents as we read a selection from the PJ Library and then get crafty based on a theme from the book.

Third Tuesday of the month

January 17, February 21, March 13

10:30 am

No fee

# PRESCHOOL SPORTS

WINTER 2012

REGISTER ONLINE AT [JCCPGH.ORG](http://JCCPGH.ORG)

Contact Chris Gilbert, ext. 262, or [cgilbert@jccpgh.org](mailto:cgilbert@jccpgh.org).

## **Tiny Tumblers: ages 17-23 months**

Focusing on gross motor skills and coordination, we will use parachutes, yarn balls, bean bags and more. Maximum 5 children.

Mondays  
January 9-March 12  
11-11:30 am  
\$70

## **Little Tumblers: age 2**

Inside, outside, through and over! We will focus on many different gross motor skills using a variety of equipment and lots of fun activities.

Wednesdays  
January 4-March 14  
9:30-10 am  
\$77

## **Super Tumblers: age 3**

Pencil, log, frog, egg rolls and more. These are just some of the beginning tumbling skills that we will work on in this class.

Mondays  
January 9-March 12  
2:15-2:45 pm  
\$70

## **Little Kickers Soccer: age 3**

Your little soccer star will learn the basic skills of soccer with an emphasis on good sportsmanship.

Tuesdays  
January 3-March 13  
3:15-3:45 pm  
\$77

## **Little Dribblers Basketball: age 3**

Your littlest star will learn the basic skills of basketball, with an emphasis on good sportsmanship.

Wednesdays  
January 4-March 14  
3-3:30 pm  
\$77

## **Little Rackets Tennis: age 3**

Beginner level skills are taught through fun and games. Equipment provided.

Thursdays  
January 5-March 15  
3:30-4 pm  
\$66

## **Beginners Gymnastics: ages 4-6**

Backward rolls, cartwheels, tripods and bridges are introduced in this tumbling class.

Mondays  
January 9-March 12  
3-3:45 pm  
\$80

## **Gymnastics: grades K-3**

For beginning and intermediate level gymnasts. Learn how to properly execute rolls, kicks and combination moves as well as the basics of floor exercises. The class includes music movement and body awareness.

Mondays  
January 9-March 12  
5-5:45 pm  
\$80

## **Basketball Stars: ages 4-6**

Dribbling, passing, shooting and more. Your athlete will learn the basic rules and skills of basketball with a focus on teamwork and good sportsmanship.

Wednesdays  
January 4-March 14  
2-2:45 pm  
\$77

# YOUTH SPORTS



## **Little Yoga: ages 4-6**

Teaching a child yoga has many positive benefits—body awareness, self-discipline and calming techniques as well as helping kids stay fit.

Wednesdays  
January 4-March 14  
11-11:45 am  
\$88

## **YOUTH SPORTS**

Contact Chris Gilbert, ext. 262, or  
[cgilbert@jccpgh.org](mailto:cgilbert@jccpgh.org)

## **Tennis: grades K-3**

Learn the basic skills of tennis through instruction and games.

Fridays  
January 6-March 16  
4:15-5 pm  
\$77

## **Floor Hockey: ages 4-6**

Your hockey enthusiast will begin to learn the skills and rules of the game and apply them to game situations.

Fridays  
January 6-March 16  
3-3:45 pm  
\$77

## **Big Rackets Tennis: ages 4-6**

Beginner level skills are taught and all equipment is provided.

Tuesdays  
January 3-March 13  
2-2:45 pm  
\$77

## **Soccer Stars: ages 4-6**

Your little athlete will learn the basic rules and skills of soccer with a focus on teamwork and good sportsmanship.

Thursdays  
January 5-March 15  
2:30-3:15 pm  
\$88

## **Fun n' Fit Sports Clinic**

Your child will learn the basics of soccer, tennis and basketball while receiving sports related functional training from certified personal trainer and coach Scott Pastorius, CPT. Sports skills, coordination, stamina and agility will be developed through drills, games and functional training in a small group setting.

**Grades K-3**  
Saturdays  
January 7-March 17  
1:30-2:30 pm  
\$132

**Grades 4-6**  
Thursdays  
January 5-March 15  
6-7:30 pm  
\$165

# DANCE

WINTER 2012

REGISTER ONLINE AT [JCCPGH.ORG](http://JCCPGH.ORG)

## PHILIP CHOSKY PERFORMING ARTS PROGRAM

Contact Chris Gilbert, ext. 262, or [cgilbert@jccpgh.org](mailto:cgilbert@jccpgh.org)

### Philosophy

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

### Instructor

Sherry Brallier has been teaching for more than 30 years and is certified by Dance Educators of America and Dance Masters of PA to teach jazz, tap, ballet, pointe, lyrical and acrobatics.

### Dress Code Requirements

Hair must be pulled back, longer hair should be in a bun or pony tail

### Girls

- Ballet skirts are permitted
- Ballet slippers required for ballet class
- Tap shoes required for tap class

### Boys

- Ballet shoes required for ballet class
- Tap shoes required for tap class

## CLASSES

### Fun With Dance: ages 2-3

This class introduces children to dance, song and movement incorporating counting, ABCs, taking turns, right and left, locomotive movement, rhythm, flexibility and coordination.

Mondays  
January 9-March 12  
10:30-11:15 am  
\$80

### Creative Movement: age 2

Dancers will begin to develop motor skills and a vocabulary of basic movement.

Fridays  
January 6-March 16  
3:15-4 pm  
\$77

### Fairy-Tale Princess Ballet: ages 3-4

Emphasizes balance, poise and grace, while introducing stretching, rhythmic exercise and easy ballet steps. Musicality and coordination are developed.

Fridays  
January 6-March 16  
2:30-3:15 pm  
\$88

### Tap/Ballet/Acrobatics: ages 4-6

Focus on coordination, physical development and building self-esteem in a disciplined yet fun environment.

Tuesdays  
January 3-March 13  
3:15-4 pm  
\$110

### Tap/Ballet/Acrobatics: ages 6-9

Focus on coordination, physical development and building self-esteem through the dance disciplines of tap, ballet and acrobatics.

Mondays  
January 9-March 12  
6-7 pm  
\$100

# DANCE



## **Kids on Broadway: ages 7-9**

Learn rhythm, timing and musicality while learning ensemble choreography from hit musicals. Choreography will be taught from popular musicals including *Annie*, *Peter Pan* and *High School Musical*. Space is limited for this new and exciting class.

Tuesdays  
January 3-February 28  
4:15-5 pm  
\$90

## **Hip Hop: ages 7-9 years**

MTV and street-style jazz are taught in a laid back setting. This class will be the "American Idol" and "Dancing with the Stars" of dance classes.

Wednesdays  
January 4-March 14  
5-6 pm  
\$120

## **Tap/Ballet/Jazz Combo: ages 7-9 years**

Classical ballet training is achieved through barre and floor work exercises. Correct body placement and technique are stressed. Tap emphasizes rhythm, timing and coordination through memorization exercises and listening games with our feet. Jazz concentrates on techniques, controlled body movement and flexibility.

Thursdays  
January 5-February 23  
4:30-6 pm  
\$204

## **Private Dance Instruction: all ages**

Whether you would like to increase your dance proficiency or prepare for an audition or performance, each private lesson is personalized to meet individual goals.

\$45/hour; \$325/8 one-hour sessions  
\$25/half-hour  
\$175/8 half- hour sessions

## **Duet dance lessons**

\$40/hour; \$280/8 one-hour sessions  
\$20/half-hour; \$140/8 half-hour sessions

# CHILDREN

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

Contact Ann Haalman, ext. 204, or  
ahaalman@jccpgh.org

## BIRTHDAY PARTIES

### Ages 4-12

Celebrate your child's birthday at the JCC-South Hills. We set up, clean up, and supply paper products, invitations and supervision. Registration is on a first-come, first-served basis. All parties are 90 minutes long except for swim parties, which are two hours. Parties are priced for up to 20 children. Additional guests: \$4 each for Sports and Swim; \$10 each for Cooking and Crafts.

### Get a Free One-Day Guest Pass for Families of Your Invited Guests.

Good for the day of the party only.

### Sports Party

Whiffle ball, kickball, soccer, hockey, relay races and more.

\$225

### Swim Party

Enjoy open swim time and games with your birthday guests.

\$225

### Craft Party

Choose a theme and we'll come up with the projects to fit.

\$225 plus materials fee

### Cooking Party

Children make special birthday treats. Choose a theme and we'll come up with the food to fit.

\$225 plus materials fee

### Create Your Own Party

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

Minimum fee: \$225

## SCHOOL'S OUT FUN DAYS

### Grades K-6

When Mt. Lebanon and/or the Upper St. Clair schools are not in session. Fun Days include games, gym time, free swim, special field trip and snack. Bring a dairy lunch, beverage, swim suit, towel and gym shoes. No extra spending money is necessary. Pre-registration required; no drop-ins accepted. Flyers will be mailed with program details.

9 am-3 pm

January 16, 20, February 20

\$50/day/child;

\$45: early registration discount fee

Before Care (7-9 am): \$8/day

After Care (3-6 pm): \$12/day

Before and After Care: \$15/day

### Winter Mini Camp: grades K-6

Choose by the day or all seven days.

Each day will include games, gym time, free swim, crafts and a special field trip.

### Friday December 23:

#### Ice Skating at Mt. Lebanon Ice Rink

### Monday December 26:

#### Bowling at Princess Lanes

### Tuesday December 27:

#### Movie Day at the Theater

### Wednesday December 28:

#### Adopt-A-Bird at the National Aviary

### Thursday December 29:

#### Chuck E. Cheese

### Friday, December 30:

#### Crazy Chemworks Mad Science of Pittsburgh

### Monday, January 2:

#### Movie Day at the JCC

9 am-3 pm

\$45/child/day by December 16

\$50/child/day after December 16

### When school is canceled for inclement weather

If school is canceled due to inclement weather, we will conduct a School's Out Fun Day program. Please call the JCC at 7 am to verify start time. We follow the Mt. Lebanon and Upper St. Clair school closings.

# CHILDREN & FAMILIES

## All Night New Year's Eve Party: ages 5-12 (no exceptions)

Why find a babysitter when you can bring your children to the JCC? We will not be feeding them supper; however there will be plenty of snacks throughout the night as well as breakfast on Sunday morning.

Activities include swimming, gym games, crafts, movies, storytelling, a midnight toast and some sleep. Noise makers, silly hats and balloons will be provided.

What to bring: bathing suit & towel, gym shoes, pajamas, sleeping bag and pillow, favorite sleep-with item, toothbrush and tooth paste, and other grooming supplies as needed. If your child requires medication during this time period, please bring it with you and give it to a staff member with complete written instructions. We request that you do not allow your child to self-medicate. Please inform us of any allergies by email to [ahaalman@jccpgh.org](mailto:ahaalman@jccpgh.org) prior to December 29.

Saturday, December 31  
7 pm through 9 am, January 1  
\$50/child; \$40/sibling  
Payment A MUST by Monday, December 26. Limited space available.

## SITTERS ON SATURDAY

Contact Ann Haalman, ext. 204, or  
[ahaalman@jccpgh.org](mailto:ahaalman@jccpgh.org)

### Ages 3-12

Parents—have a night out while we entertain your children. We will have a pizza supper, swim, play games, do arts & crafts and watch a movie with a fun snack. Children should bring a swim suit and towel. Registration is required by Thursday before the program. No drop-ins accepted.

Saturdays  
5-10 pm  
January 14, February 18,  
March 24, April 21  
\$30; \$20/sibling; \$35/guest

## Companion Program for participant's siblings ages 18-35 months

Pizza supper, games, crafts, gym time, movie and a snack, supervised by our ECDC staff. No swimming.

\$30/sibling

## FAMILIES

Call Ann Haalman, ext. 204.

### Got Shabbat?

For families with children of all ages. Crafts, games, stories and songs followed by a traditional Havdalah service and snack. Havdalah is a brief service celebrating the end of Shabbat and preparing us for the week to come.

Saturdays

February 11: Bring your bathing suit for family swim time

March 17: Bring your tennis shoes for Family Olympics in the gym  
4-5:30 pm

Free and open to the community.  
RSVP welcome but not required.

### Purim: More than Costumes, Noisemakers and Carnivals

For families with children ages 3 and up. It is a tradition on Purim to send baskets of fruits, baked goods and candy to our friends, relative and those in need.

Join us in making these baskets (*mishloach manot*). Each family will make one to give to a relative or friend and will make another for us to distribute to the Jewish residents of Concordia-South Hills. And of course we will all have the opportunity to taste-test our handiwork.

Sunday March 4

1:30-3 pm

\$10/family

Pre-registration and payment required by Wednesday February 29.

# SUMMER CAMPS

WINTER 2012

For information on all summer day camps, call Ann Haalman, ext. 204.

## EARLY BIRD CAMP REGISTRATION ENDS JANUARY 31

### EARLY CHILDHOOD CAMPS

#### Session Dates

Session 1: June 18-July 13 (4 weeks)

Session 2: July 16-27 (2 weeks)

Session 3: July 30-August 10 (2 weeks)

#### Camp K'Ton Ton: age 2

Campers are introduced to the water through weekly swim time in the pool as well as through daily water play activities. They enjoy visits to activity specialists on a daily basis.

9 am-12:30 pm

9 am-3 pm

Two, three or five days a week

#### Camp Yeladim: ages 3-4

Yeladim campers are divided into age-appropriate groups. They participate in both instructional swim lessons and free swim daily. Campers also enjoy a variety of additional specialist activities each day.

9 am-12:30 pm

9 am-3 pm

Two, three or five days a week

## CHILDREN AND TEENS

#### Session Dates

Session 1: June 18-July 13 (4 weeks)

Session 2: July 16-27 (2 weeks)

Session 3: July 30-August 10 (2 weeks)

Session 4: June 18-August 10

Session 5: July 16-August 10

(Ozrim and CIT only)

**Before- and after-camp care is available for all campers.**

7-9 am and 3-6 pm

#### Camp Sabra: grades K-2

##### 9 am-3 pm

Our traditional day camp features a variety of activities with an emphasis on Jewish values and group dynamics. Campers receive Red Cross swim lessons daily. Activities may include: free swim, sports, games, arts & crafts, nature, drama, Judaics, Israeli culture and dance. Special event programming includes carnivals, parades, holiday celebrations and Olympic-type activities.

Each camper selects from a variety of chugim (hobbies) such as drama, sports, arts-n-crafts, dance, camp newspaper, jewelry making and nature.

#### Camp Chalutzim: grades 3-6

Chalutzim offers older campers traditional day camp activities: daily Red Cross swim lessons, free swim, sports, arts & crafts, nature, drama, Judaics and Israeli culture, as well as an extended specialty period, which may include newspaper, photography, drum karaoke, Power Point and balloon art. Every other week field trips may include fishing in the Allegheny River, PNC Park and ice skating. Special event programs may include carnivals, holiday celebrations and Olympic-type activities.

REGISTER ONLINE AT [JCCPGH.ORG](http://JCCPGH.ORG)

# SUMMER CAMPS



## **Ozrim (Pre-CIT Program): grades 7-8**

Campers will be placed with a group in the morning to learn the ins and outs of being a counselor. In the afternoons, they participate in traditional day camp activities such as specialties and swimming. Every other week, Ozrim will go on a field trip such as fishing in the Allegheny River, mini-golf or ice skating.

## **C.I.T. Leadership Program: grades 9-10**

Through training and weekly workshops, CITs learn about the responsibilities of a camp counselor, develop a spirit of volunteerism and develop stronger social skills while working with children.

## **PHILIP CHOSKY PERFORMING ARTS PROGRAM**

### **Performing Arts Camp: grades 2-7**

Performing Arts campers develop creativity and gain confidence through music, acting and dance as they work on a theater production. Once again, Helaine Labovitz will be directing our production. There are swim lessons and free swim daily.

June 18-July 13

Performance Thursday evening July 12

## **Specialty Camps**

The Specialty Camp day is from 9 am-3 pm except when there are field trips and overnights. Lunch is provided. All camps include swim lessons when the schedule allows. Specialty campers enjoy free swim, sports, arts & crafts, nature, Israeli culture and dance. Camps for Summer 2012 include Wet & Wild, Adventure, Ceramics, Science Camp and Ice Skating, with more details to follow.

## **EMMA KAUFMANN CAMP**

Contact Adam Baron, Assistant Director, ext. 209, or [abaron@jccpgh.org](mailto:abaron@jccpgh.org).

EKC, the JCC's resident overnight camp, is situated along Cheat Lake in 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. One- to eight-week sessions include First Experience and Specialty Camps

### **2012 session dates**

7 Week Experience: June 17-August 5

4 Weeks (Session I): June 17 -July 13

3 Weeks (Session II): July 15-August 5

2 Weeks (Sabra Aleph): June 17-29

1 Week (First Experience and Specialty Camps): August 6-12

*Major funding for JCC summer camps is provided in part by The Philip Chosky Charitable and Educational Foundation, the Jewish Federation of Greater Pittsburgh, Massey Charitable Trust, Morris & Fannie Skilken Family Foundation and the Edith L. Trees Charitable Trust.*

# K'HILLAH (COMMUNITY)

WINTER 2012

REGISTER ONLINE AT [JCCPGH.ORG](http://JCCPGH.ORG)

## PROGRAMS WITH RABBI DONNI AARON

For the listed programs, please RSVP to Rabbi Donni Aaron at [daaron@jccpgh.org](mailto:daaron@jccpgh.org) or call 412-521-8011, ext. 215.

### Got Shabbat?

For families with children of all ages. Crafts, games, stories and songs followed by a traditional Havdalah service and snack. Havdalah is a brief service celebrating the end of Shabbat and preparing us for the week to come.

Saturdays

February 11: Bring your swimsuit for fun in the pool

March 17: Bring your tennis shoes for Family Olympic Fun

4-5:30 pm

Free and open to the community. RSVP welcome but not required.

### Judaism 101: Come and Learn the Basics

For anyone interested in Judaism, this class will give you a chance to learn some of the basics such as: the calendar, holidays, Shabbat, prayer and life cycle rituals.

Thursday, February 9

1-2 pm

No fee

### Judaism 102: But Wait... There's More

For anyone who is familiar with the basics of Judaism; a chance to study: Bible, rabbinic texts, theology, Jewish denominations and Israel.

Thursday, February 16

1-2 pm

No fee

## HOLIDAYS

### Shabbat

Shabbat is a day of rest and spiritual enrichment, a time to devote ourselves to higher pursuits. Look for a Shabbat message at the desks on Fridays.

### Chanukah: Begins at sundown, December 20

Daily candle-lightings with singing and other activities are held at the JCC.

### Tu B'Shevat Wednesday, February 8

Tu B'Shevat (15th day of Shevat) is the New Year of the tree, marking the start of spring in Israel. School children there plant thousands of saplings. Traditionally in the Diaspora we eat dried fruit symbolizing the fruits of Israel.

### Purim Thursday, March 8

Purim derives its name from the word "Pur," meaning lot. It recalls the lots that Haman, Prime Minister of Persia, cast to determine the most favorable month and day for the execution of the Jews of Persia. This diabolical scheme was foiled by the intervention of the Persian queen, Esther, and her uncle, Mordecai, who were both Jewish. Purim is a festival of joy, and young and old dress up in costumes to celebrate.



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**SATURDAY, MARCH 3, 2012 • 7:30 PM**

**YRAM AND MERRIS GROFF, CHAIRS**

**HONOREE: PHILIP CHOSKY FOUNDATION**

*Big Night: All Aboard JCC's Love Boat* will be the Jewish Community Center of Greater Pittsburgh's sixth annual Big Night fundraising event, held at the Irene Kaufmann Building in Squirrel Hill.

This Big Night will celebrate the JCC's anchor role in the lives of so many individuals and families. We'll have lavish shipboard dancing and entertainment, a Captain's Banquet on the quarter deck and fun for all passengers.

Why the big splash? We need you to be part of our crew. Big Night raises a large portion of the JCC's Annual Fund for scholarships and to support critical programming such as child and after-school care and special needs and older adults programs. Corporate and individual sponsorships for Big Night, as well as the goodwill produced by the event, provide vital support for the JCC year-round.

Come on board and sail with us!

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**Event Tickets: \$100**

**Ad sizes for Program Book:**

\$500/Full Page    \$325/Half Page    \$200/Quarter Page    \$100/Business Card

Please contact Rhonda Epstein at (412) 521-8011, ext. 234 or [repstein@jccpgh.org](mailto:repstein@jccpgh.org) for tickets or to buy an ad.

# AQUATICS

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

## SWIM LESSONS

Contact Earleen Birkner,  
ext. 216, or ebirkner@jccpgh.org

We use the American Red Cross Learn-to-Swim program, which teaches aquatic and safety skills in progressive levels.

### Toddler Tadpoles: ages 2-4

An introduction to organized swim lessons and water exploration utilizing an elevated swim platform. Parents do not get into the water. Enrollment is limited to 6 toddlers.

### Level 1: Introduction to Water Skills

Overcome fear, build confidence in the water, learn body positioning and arm/leg action.

### Level 2: Fundamental Aquatic Skills

Learn to float and recover to standing position without support. Begin to learn alternating arm and leg actions with face in the water without support.

### Level 3: Stroke Development

Coordination of front and back crawl without support. Learn to breathe on side during front crawl. Introduction to the butterfly stroke. Learn to do sit dives and tread water for 30 seconds.

### Level 4: Stroke Improvement

Improve skills and strokes. Learn to swim front crawl and back crawl 25 yards and butterfly 15 yards without assistance. Learn breaststroke and elementary backstroke. Work on kneeling dives and treading water for 1 minute

### Level 5: Stroke Refinement

Build endurance to swim front crawl 50 yards with side breathing, back crawl 50 yards, butterfly and breaststroke 25 yards. Learn flip turns for front and back crawl, refine open turns for breaststroke and butterfly.

## Sundays

January 8-March 11	.....	\$90
Toddler Tadpoles	..... 11:30 am-noon	
Level 1	..... 9-9:30 am	
Level 2	..... 9:30-10 am	
Level 3	..... 10-10:30 am	
Level 4	..... 10:30-11 am	
Level 5	..... 11-11:30 am	

## Mondays

January 9-March 12	.....	\$90
Toddler Tadpoles	..... 10-10:30 am	

## Tuesdays

January 3-March 13	.....	\$99
Toddler Tadpoles	..... 2:30-3 pm	
Level 1	..... 4-4:30 pm	
Level 2	..... 4:30-5 pm	
Level 3	..... 5-5:30 pm	

## Wednesdays

January 4-March 14	.....	\$99
Toddler Tadpoles	..... 9-9:30 am	
	..... 2:30-3 pm	
Level 4	..... 5-5:30 pm	
Level 5	..... 5:30-6 pm	

## Thursdays

January 5-March 15	.....	\$99
Toddler Tadpoles	..... 5-5:30 pm	
Level 1	..... 10-10:30 am	
Level 1	..... 5:30-6 pm	
Level 2	..... 10:30-11 am	
Level 2	..... 6-6:30 pm	
Level 3	..... 6:30-7 pm	
Level 4	..... 7-7:30 pm	
Level 5	..... 7:30-8 pm	

# AQUATICS

## **Fitness Swimming for Kids**

Refine strokes and build endurance to become a stronger swimmer. We will work on all strokes, flip turns, how to check heart rate, and use pull buoys and kickboards. Must be able to swim 25 yards of each stroke. Practice twice a week.

Mondays and Wednesdays  
4:15-5 pm

Wednesday, January 4-  
Wednesday, March 14  
\$99/once a week; \$189/twice a week

## **Private Swim Lessons**

Call to schedule.  
\$25/half hour  
\$225/10 classes (savings of \$25)

## **WATER EXERCISE**

*Call Earleen Birkner, ext. 216.*

## **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  
9-10 am

Mondays, Tuesdays, Wednesdays,  
Thursdays  
Noon-1 pm

\$3/class/member  
\$5/class/community

\$50/20 classes/member  
\$90/20 classes/community

## **Lap Swim Hour**

All six lanes will be available for continuous swimming.

5:30-6:30 am  
Mondays-Fridays  
No fee

## **Silver Splash®**

Using specially designed SilverSneakers® kickboards, perform water moves to develop strength, balance and coordination improving agility, range of motion and cardiovascular conditioning. No swimming ability is required for this safe, fun, effective program.

Sundays, 12:30 pm  
Tuesdays, 1 pm  
Thursdays, 1 pm

## **TIDAL WAVE SWIM TEAM**

*Contact Jane Williams, 412-854-4845, or  
jewilliams4@verizon.net*

### **Ages 5-21**

The JCC South Hills Tidal Wave is a competitive swim team for all levels of experience. Tidal Wave competes at AMS swim meets throughout the year. Make new friends, build self esteem and hone your swimming skills with Coach Cindy Woods.

All swimmers are evaluated and placed in groups based on ability and age. Practices are offered daily to most groups.

# AQUATICS

WINTER 2012



## AMERICAN RED CROSS CERTIFICATIONS

Call Earleen Birkner, ext. 216.

### Water Safety Instructor Certification (WSI)

WSI certification allows you to teach swim and water safety classes. You must be at least 15 years old and able to perform all strokes with proficiency. You must attend all classes.

Monday-Thursday  
December 26-29  
4-9:30 pm  
\$200/member; \$225/community

### Lifeguard Readiness: ages 14+

Are you interested in becoming a lifeguard, but not sure of your swimming skills? This class is designed to help you pass the prerequisite swim test given on the first day of lifeguard class. Participants will receive \$15 off the price of the lifeguarding class (must be taken in spring 2012).

Mondays  
February 20-March 12  
7-7:45 pm  
\$35/member; \$45/community

### American Red Cross Lifeguarding

Must swim 300 yards continuously using the following strokes—100 yards front crawl, 100 yards breaststroke, 100 yards either front crawl or breaststroke, surface dive to the bottom and retrieve a 10-lb brick, swim with brick to the shallow end of the pool.

Wednesdays  
5-9:30 pm  
March 21, 28  
April 4, 11  
\$190/member; \$210/community

## FUN IN THE POOL

### Kayak Nights

Open roll session to keep skills fresh. Kayak must be clean and free of debris.

Tuesdays  
8-9:30 pm  
\$10 drop-in fee

### Party in the Pool

Open to children ages 4+ or those who have passed Level 2. Lifeguards will supervise the children as they splash the afternoon away.

Fridays..... 1-1:45 pm  
January 6-27..... \$20  
February 3-24..... \$20  
March 1-22 ..... \$20

### NAUI Open Water Scuba Class: ages 10+

Instructors from Pittsburgh Scuba Center will teach you to become a safe scuba diver. All equipment will be provided for pool sessions. Students must purchase mask, snorkel, fins and boots before their first training dive.

Thursdays  
Call for dates  
6:45-9:30 pm  
\$299/member; \$349/community

REGISTER ONLINE AT JCCPGH.ORG

# PERSONAL TRAINING

## PERSONAL TRAINING

Call Bonnie Livingston, ext. 203.

### One-on-One Private Workout

Your trainer will motivate you, keep you on track and make sure your workouts are safe, enjoyable and effective.

Physician's approval may be required. By appointment only.

### Personal Training Fees

#### Single Sessions

	Hour	½ hour
Adult	\$62	\$40
Youth	\$48	\$32
	Hour	½ hour
4-12 sessions	\$60	\$39
13-47 sessions	\$54	\$35
48+ sessions	\$48	\$31

#### Ages 17 and under

	Hour	½ hour
4-12 sessions	\$45	\$30
13-47 sessions	\$40	\$28
48+ sessions	\$45	\$26

### Small Group Personal Training

Groups of two to four people can enjoy a fun, personal and supportive training session at a fraction of the cost of one-on-one personal training. Prices start as low as \$7/session.

### Fitness Assessment

We 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

### Workout Prescription

Receive the advantage of professional training, but work out on your own schedule. Two one-hour sessions with a JCC nationally certified personal trainer who will assess your current fitness levels and limitations. Based on the trainer's evaluation, a short-term program will be designed that addresses your specific needs and goals. Unlimited spot fitness assessments included for the entire year after purchase of prescription.

\$110

### Pilates Reformer Training

Achieve natural muscular balance, core strength and flexibility, reduce joint and lower back tension, and increase circulation, energy and awareness.

Contact Kinsey at ext. 217 to set up your appointment. Various contract options are available with training starting as low as \$48/session.

### Pilates Reformer Fusion

Experience one of the hottest fitness trends! Get all the strength and core toning benefits of the Reformer with bursts of cardio, plyometrics and mat work. Share the experience with a friend, spouse or neighbor. Sign up today and receive FREE mat classes for the duration of your contract. Madonna and Gwyneth do it, now you can afford it too! Sessions as low as \$31.

## GROUP EXERCISE CLASSES

*Call Kinsey Helou, ext. 217.*

- **Absolute Abs\***
- **Cardio-Blast\***
- **Cardio Insanity!\***
- **Group Kick\***
- **Group Power\***
- **Core Conditioning\***
- **Pilates**
- **Step/Aerobics\***
- **Yoga**
- **Yoga-lates**
- **Yoga Tone**
- **Zumba\***

### \*Free Group Exercise Classes

These classes are included with your JCC membership: Absolute Abs, Cardio Insanity, Cardio Blast, Group Kick, Group Power, Core Conditioning, Step/Aerobics and Zumba.

### Absolute Abs

Forget those ordinary old sit-ups. Get a core you adore!

Tuesdays and Thursdays, 6:30 am  
Mondays and Wednesdays, 5:30 pm

### Group Kick

This fusion class of martial arts and boxing will kick your cardio fitness to the next level.

Tuesdays, 7 pm  
Thursdays, 7 pm

Winter Launch:  
Sunday, February 12, 10:30 am

### Group Power

This 60-minute barbell program strengthens all your major muscles with simple, athletic movements such as squats, lunges, presses and curls.

Winter Launch:  
Sunday, January 15  
10:30 am

### Zumba

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves.

Tuesdays, 6 pm  
Thursdays, 8 am  
Sundays, 11:30 am

### Zumba Gold

Appropriate for beginners and active seniors

Thursdays, 11 am

### New! Zumba Toning

Make body-sculpting a party with this calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

Wednesdays 9:30am

### Pilates

\$8/class; \$120/book of 20

### Yoga Tone

Focus on building abdominal strength and flexibility, as well as improving range of motion and postural balance. Light weight training sculpts and tones for a total body workout.

Thursdays, 9:30 am  
\$7/class

### Yoga-lates

Enjoy the relaxation of yoga with the toning core exercises of Pilates. This class targets your trouble areas and changes your body.

Wednesdays, 6 pm  
\$7/class

### Arthritis Foundation Tai Chi Program

The program uses the Sun style of Tai Chi, which includes agile steps and exercises to improve mobility, breathing and relaxation.

Tuesdays  
11 am  
\$3/class/member; \$5/community

# FITNESS

## 12 Weeks of Wellness

Call Bonnie Livingston, ext. 203.

Join personal trainer and wellness coach Bonnie Livingston for a 12- week guided nutrition and lifestyle management course that will help you make slimming down fun. The course provides a support network, nutritional guidance, organized group discussion, workout guidelines, comprehensive heart-rate training, delicious and healthy recipes, a few good laughs, weekly email support and motivation.

Call Bonnie Livingston to schedule  
\$120/member  
No fee for Personal Training participants

## New! Small Group Training/Cardio Coaching

Ready to shed calories in a hurry? Work as a team of 4 on treadmills, bikes and elliptical machines and be coached to the limit with this new cardio session.

Groups begin training after January 1. Please contact Bonnie Livingston, ext. 203 for details.

## Chakra Yoga Series for Weight Loss and Stress-Relief

Experience a life of balance. Allow Instructor Connie Baker to give you an understanding of your chakras, or energy centers. With each class she will explore techniques and poses that help you find balance in your life and practice. This progressive series will teach techniques for weight loss and stress relief.

Thursdays  
January 19-March 8  
6-7 pm  
\$56 (no drop-ins)

## Marathon Madness Running Series

Ready, Set, GO! With the Pittsburgh Marathon months away, it's time to swap your snow boots for your running shoes. Trainer Connie Baker will guide you on your training adventure with runs, cross-training and tips to keep you healthy and injury free.

Cross Training: Wednesdays at 7pm  
Training Runs: Saturday mornings  
Free one-on-one prep talk with Connie Baker  
JCC Running T-Shirt  
January 25-May 6  
\$160 (no drop-ins)

## Resilience

*Definition: the ability to return to the original form, position, etc., after being bent, compressed or stretched.*

After years of living, the body loses strength, posture, flexibility and the ability to balance. This class is designed for fit adults, without physical limitations, who desire a challenging, progressive functional workout. Come rediscover your youthful form using progressive exercises to improve total functional performance. Balance balls, steps, mats and resistance tools will be used in this class.

Fridays  
January 13 –March 2  
8-9 am  
\$8/class; \$50/8-week session

# SPORTS & REC

WINTER 2012

Contact Chris Gilbert, ext. 262, or [cgilbert@jccpgh.org](mailto:cgilbert@jccpgh.org).

## Men's Basketball League

Sign up now for the spring season. Teams must be registered by February 27. Includes team T-shirts, referees and championship prizes.

Mondays, 5:30 pm  
Begins March 5  
\$750/team

## JAMES AND LORI J. RUTTENBERG MEN'S PICK-UP BASKETBALL

Sundays  
8-10 am

Wednesdays  
8-9:30 pm  
No fee for members

## Adult Tap

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

Thursdays, ongoing  
7-8 pm  
\$11/class

*The Jewish Sports Hall of Fame supports the JCC-South Hills Camping Program and the Fitness Department.*

## Table Tennis

The JCC has two Stiga ST4000 tournament-caliber tables. Tables are usually available in the Social Hall at the following times (please call to confirm):

Sundays: 8-9:30 am, 3-6 pm

Mondays: 5:30-7:30 am, noon-1 pm, 2-5:30 pm and 8-9:30 pm

Tuesdays & Thursdays:  
5:30-8:30 am, 11 am-noon,  
3-6:30 pm

Wednesdays: 5:30-7:30 am,  
2-5:30 pm

Fridays: 5:30-7:30 am, 3-6 pm

Saturdays: 1-5 pm

## GOODMAN SHORTSTOP BABYSITTING

*Register by calling ext. 210.*

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

### Please note new times and fees.

Sunday . . . . . 9 am-noon  
Monday-Friday . . . . . 9 am-noon  
Monday-Thursday . . . . . 6-8:30 pm  
\$6/child/hour

**New fee option:  
\$25/month unlimited usage (one per child)**

**Advance reservations are required.  
Parents must stay on JCC property.**

REGISTER ONLINE AT [JCCPGH.ORG](http://JCCPGH.ORG)

# SILVERSNEAKERS

Call Chris Gilbert, ext. 262.

## CLASSES

### Muscular Strength & Range of Motion (MSROM)

A chair-based class designed to increase muscular strength, range of motion and functional activities of daily living. With an optional seated format, exercises can be adapted for various fitness levels.

### Cardio Circuit

A standing class alternating segments of low-impact cardio movement with muscular strength and flexibility exercise.

### Yoga Stretch

Exercises are performed either seated in a chair or standing and include postures, stretching and movement combined with restorative breathing.

### SilverSplash

A group water fitness class to increase agility, range of motion and cardiovascular conditioning. Kickboards are provided; no swimming ability is necessary.

### CardioFit

CardioFit is geared for participants who are fit and active, as well as those who want a safe, effective and energizing activity. Hand-held weights or elastic tubing with handles can be used for the strength training segment that follows the cardio segment. The SilverSneakers chair offers stability or support options for abdominal and stretching exercises from the floor.



## EVENTS

### SilverSneakers International Potluck Dinner

Bring your favorite meatless international dish, share your international travel stories and have fun learning some dance moves from distant lands. Register at the SilverSneakers table by March 12

Monday, March 19  
5:30-8 pm

## SILVERSNEAKERS® SCHEDULE

SUNDAY	10:00 am	MSROM	Desiree
	11:00 am	Yoga Stretch	Desiree
	12:30 pm	SilverSplash	Desiree
MONDAY	8:00 am	Cardio Circuit	Soad
	9:00 am	MSROM	Soad
	10:00 am	Cardio Circuit	Bonnie
TUESDAY	11:00 am	MSROM	Chris
	9:00 am	Cardio Circuit	Bonnie
	10:00 am	MSROM	Bonnie
WEDNESDAY	1:00 pm	Silver Splash	Bonnie
	8:00 am	Cardio Circuit	Soad
	9:00 am	MSROM	Elaine
	10:00 am	Cardio Circuit	Elaine
THURSDAY	11:00 am	MSROM	Chris
	1:00 pm	Yoga Stretch	Desiree
	9:00 am	Cardio Circuit	Desiree
	10:00 am	MSROM	Desiree
FRIDAY	1:00 pm	Silver Splash	Chris
	8:00 am	Cardio Circuit	Desiree
	9:00 am	MSROM	Elaine
	10:00 am	Cardio Circuit	Tami
SATURDAY	11:00 am	MSROM	Tami
	9:00 am	Cardio Circuit	Chris
	10:00 am	MSROM	Chris
	11:00 am	Yoga Stretch	Chris

*Thanks to  
Big Night Raffle Sponsor*

**Henne  
Jewelers**

*for their support  
of the JCC*



# A Lifetime of Leadership



PNC is very proud to sponsor the Jewish Community Center of Greater Pittsburgh. We applaud their extraordinary vision and dedication to improving the quality of life for our entire region. Their steadfast commitment and tireless devotion to the community is truly inspirational.



# ADULTS

WINTER 2012

REGISTER ONLINE AT [JCCPGH.ORG](http://JCCPGH.ORG)

Call Ann Haalman, ext. 204

## GAMES

### Duplicate Bridge

Sanctioned master classes led by Don Averbach, Gold Life Master, for serious bridge players.

Tuesdays  
6-9:30 pm

Thursdays  
12:15-4 pm

\$6

### Novice Bridge Game

Join Darlene Mannheimer, Bronze Life Master, and other players with 0-199 master points for weekly games. Partners are available, or bring your own.

Tuesdays  
Noon-3:30 pm

Thursdays,  
6-9:30 pm  
\$6

## CULTURE CLUB

Call Jeanne Ronschke, 412-521-8011, ext. 362.

### Marvin & the Movies with Dave Koz, Saxophone

Saxophonist Dave Koz joins Marvin Hamlisch and the PSO to perform memorable songs from the silver screen. Hear Marvin's own Academy Award-winning song, "The Way We Were," as well as other classics from "Wizard of Oz," "West Side Story," "Hunt for Red October" and more.

Sunday, January 29  
2 pm

\$48/member; \$56/community

*Funding for the Adult Department is provided by grants from the Jack Buncher Foundation, the Hyman Family Foundation, the Jewish Federation of Greater Pittsburgh and the Amelia Miles Foundation through the PNC Charitable Trust Grant Review Committee.*

## ENRICHMENT

### Watercolor Painting

Work with artist Kathleen Zimbicki, who received a Lifetime Achievement Award from the Pittsburgh Center for the Arts. Supplies are not included; materials list is available at the Front Desk, or by calling 412-278-1975. Payment required by the Friday before class begins.

Wednesdays  
January 11-February 15  
Noon-3 pm  
\$90/member; \$110/community

### Learn to Love Your Personal Computer

Call Chris Gilbert, ext. 262.

Tuesdays  
9:30-11:30 am  
Tuition includes four hours of instruction and a booklet.

### Basic Computers 1 and 2

Learn basic computer skills.

January 17 and 24  
Register by January 10  
\$48/member \$52/community

### File Management 1 and 2

Prerequisite: Basic Computers 1 and 2 or equivalent knowledge. You will learn how to easily save information and find it on your computer. You will also learn how to install new programs and customize your computer.

February 14 and 21  
Register by February 7  
\$48/member \$52/community

### Basic Digital Cameras 1 and 2

Prerequisite: Basic Computers 1 and 2 or equivalent knowledge. You will learn how to take pictures, transfer pictures to your computer, edit your photographs and send photos to your friends. Practice digital cameras provided for class.

March 13 and 20  
Register by March 6  
\$48/member \$52/community

# ADULTS

## Email 1 and 2

Prerequisite: Basic Computers and ability to search the internet. Learn how to create, send, receive and open email. Learn how to attach files and avoid viruses.

April 17 and 24  
Register by April 10  
\$48/member \$52/community

## Golden Age of Dance Class

Stay fit and have fun while learning classic dance choreography from the 30s, 40s, 50s and 60s. Jitterbug, Swing, Twist and Mash Potato your way to fitness.

Tuesdays  
January 10-February 28  
11:30 am  
\$6/class  
\$40/8-week session

## Yiddish Conversation

Join Sol Toder and others as we share memories and meet new friends. Fluency is not required; come on in and schmooze!

First Sunday of every month  
10-11:30 am  
No fee/member  
\$3/community

## Free Blood Pressure Screening

This is a free service. No registration necessary.

Second Wednesday of every month  
9:30-11:30 am

## Better Choices, Better Health FREE Workshop®

Call Amy Gold at 412-521-8011, ext. 207.

Discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with your doctor and family about your health.

Wednesdays  
February 22-March 28  
1-3:30 pm  
No fee

## AARP Driver Safety Course

Call Chris Gilbert, ext. 262.

This 8-hour course fulfills requirements for an insurance discount from any auto insurer doing business in Pennsylvania. Please register at the SilverSneakers Table by March 19. Pay the instructor with cash or a check made out to AARP. No credit cards.

Monday, April 2-Tuesday, April 3  
12:30-4:30 pm  
\$14; \$12/AARP members

## 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 at 412-521-8011, ext. 207.

## AGEWELL PITTSBURGH

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

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 collaborative program of the Jewish Association on Aging, the Jewish Community Center of Greater Pittsburgh and Jewish Family & Children's Service.*

*Major funding for AgeWell Pittsburgh is provided in part by the Jewish Federation of Greater Pittsburgh and the United Way of Allegheny County. Additional funding is provided by a grant from The Fine Foundation, The Pittsburgh Foundation and an anonymous donor. Government support is provided by the Area Agency on Aging, Department of Human Services, Allegheny County.*

## TRIPS FOR JEWISH SINGLES

Contact Bill Cartiff, (412) 278-4184, ext. 242, or [bcartiff@jccpgh.org](mailto:bcartiff@jccpgh.org).  
[www.amazingjourneys.net](http://www.amazingjourneys.net)

### India

For Jewish singles in their 40s, 50s and 60s  
January 26-February 10, 2012

### Amazing China

For Jewish singles in their 30s, 40s, 50s  
March 17-26, 2012

### Journey to Spain

Madrid, Toledo, Cordoba, Seville, Malaga, Granada and Barcelona. For Jewish singles in their 30s, 40s and 50s  
April 19-29

### West Coast Cruise

San Diego, San Francisco, Victoria and Vancouver. For Jewish singles in their 30s, 40s, 50s and 60s  
May 27-June 1

### Cruise Alaska

Vancouver, Ketchikan, Juneau, Skagway, College Fjord and Seward. For Jewish singles in their 30s, 40s, 50s  
June 29-July 6

### Black Sea Cruise

Varna, Constanta Odessa, Sevastopol, Yalta, Bosphorus Strait, Canakkale, Santorini, Paros, Athens. For Jewish singles in their 30s, 40s, 50s and 60s.  
July 22-August 1

## The JCC is grateful to the following foundations, corporations and government agencies who supported the agency in 2011.

Anonymous  
Alcoa Foundation Leadership Grants for Arts Managers  
Alexander C. & Tillie S. Speyer Foundation  
Allegheny Regional Asset District  
Beatrice Schutte Foundation  
The Buhl Foundation Henry C. Frick Educational Fund  
Buncher Family Foundation  
Charles M. Morris Charitable Trust  
City of Pittsburgh Community Development Block Grant  
Luke Ravenstahl, Mayor; Doug Shields, Council President  
Bill Peduto, Councilman  
Commonwealth of Pennsylvania Department of Community & Economic Development  
Commonwealth of Pennsylvania Keystone STARS  
Donald & Sylvia Robinson Family Foundation  
The Edith L. Trees Charitable Trust  
The Ettenson Family Charitable Fund  
The Fine Foundation  
The Herbert G. Feldman Charitable Foundation  
Hyman Family Foundation  
Ida and Bernard Behr Holocaust Memorial Education Fund  
JCCA (Jewish Community Centers of North America)  
Funds at the Jewish Community Foundation of the Jewish Federation of Greater Pittsburgh:  
Marlene Averbach Memorial Fund  
Louis Brody Endowment Fund  
Rosella & Gilbert Broff Fund  
Philip Chosky Fund  
Herman Fineberg Endowment Fund for Exceptional Children  
Benjamin & Jane Glass Endowment Fund  
Adolph & Jack Goldsmith Endowment Fund  
Joseph "Ziggy" Kahn Endowment Fund  
Oliver M. Kaufmann, Jr. Endowment Fund for Young Children  
Kossis Early Childhood Equipment Replacement Fund  
Mark Allen Robinson Day Care Endowment Fund  
Rogal Ruslander Endowment Fund  
Larry Ruttenberg Endowment Fund  
Connie Sherman Music Scholarship Endowment Fund  
Sandy and Edgar Snyder Israel Experience Fund  
Robert Spiegel Endowment Fund  
B.C. Weiner and Marjorie Ash Weiner Endowment Fund  
Wolf Family Endowment Fund  
Jewish Federation of Greater Pittsburgh  
Jewish Healthcare Foundation  
Jewish Sports Hall of Fame  
Massey Charitable Trust  
Morris & Fannie Skilken Family Foundation  
National Endowment for the Arts  
Pennsylvania Council on the Arts— Partnership Stream  
Pennsylvania Partners in the Arts  
The Philip Chosky Educational and Charitable Foundation  
The Amelia Miles Foundation through the PNC Charitable Trust  
Grant Review Committee  
Funds at The Pittsburgh Foundation:  
Alyce Friedberg Memorial Fund  
Barbara and Marcus Aaron Fund  
Gertrude Seder Fund  
S. J. Noven Memorial Fund  
Pittsburgh Jewish Pre-Kindergarten Educational Improvement  
Foundation of the Jewish Federation of Greater Pittsburgh  
PNC Foundation  
Raymond and Elizabeth Bloch Educational and Charitable  
Foundation  
Samuel M. Goldston Teen Philanthropy B'nai Mitzvah Group  
United Way of Allegheny County  
Weiner Family Foundation

# SPECIAL NEEDS

Call Liza Baron, ext. 241.

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.

## EARL LATTEMAN FAMILY J.S.S.N. (JEWISH SINGLES SUPPORT NETWORK)

A social group for young adults, ages 20 and up, with mild to moderate developmental disabilities. This group meets weekly for programming meetings overseen by a staff advisor and enjoys programs they have developed.

## VIOLET AND JOSEPH SOFFER FOUNDATION AND FAMILY SPECIAL OLYMPICS

Call Ellen McBride, 412-731-6185.

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

### **Basketball**

Sundays  
11:30 am-1 pm  
No fee

### **Swimming**

Tuesdays  
5-6 pm  
No fee

## **Teen After-School Center**

Teens and young adults ages 13-21 with special needs can come to the JCC after school for a variety of activities including sports, cooking, community service and swimming. This includes focused one-on-one attention to each participant's growth and development of life skills.

September-June

\$1,060/one day a week  
\$1,770/two days a week  
\$2,115/three days a week  
\$2,540/four days a week  
\$2,825/five days a week

## **Gesher Program at Emma Kaufmann Camp**

**Two week session: June 17-29**

Contact Adam Baron,  
412-278-4184, ext. 209, or  
abaron@jccpgh.org.

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.

*The Gesher Program is supported in part by The Edith L. Trees Charitable Trust.*

*The Special Needs Department is supported in part by a grant from the Herman and Rebecca Fineberg Fund for Exceptional People with additional support from the Edna and Larry Abelson Fund for Special Needs, the Raymond and Elizabeth Bloch Educational and Charitable Foundation, the Ralph Davidson Special Needs Fund, the Zola Hirsch Fund for Special Needs and the Robert Spiegel Memorial Endowment Fund.*

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**Building a healthy future**

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**EACH FRIEND** gets one month FREE upon joining (General Membership).

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

**For more information, please call 412-278-1975, ext. 509.**

*Valid for new members or lapsed memberships of greater than one year. Not valid for SilverSneakers® Winter 2012*

### **For More Information**

#### **Branch Director**

Dan Garfinkel  
412-278-1975, ext. 208  
dgarfinkel@jccpgh.org

#### **Membership Services**

Stacey Reibach  
412-278-1975, ext. 264  
streibach@jccpgh.org

Francine Cicco

412-278-1975, ext. 509  
fcicco@jccpgh.org

#### **Financial Assistance**

Jane Stokar  
412-521-8011, ext. 200

#### **Employment**

Karen Kozel  
412-521-8011, ext. 361

#### **JCC South Hills Fax Number**

412-446-0146

#### **JCC Squirrel Hill Main Phone Number**

412-521-8010

*JCC membership is open to everyone regardless of race, color, sex, religion, national origin, disability or sexual orientation.*

*The JCC is an Equal Opportunity Employer and does not unlawfully discriminate on the basis of any status or condition protected by applicable federal or state law.*

*Major funding for the JCC is provided by the Jewish Federation of Greater Pittsburgh and the Jewish Healthcare Foundation.*



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