

**Sandy & Edgar Snyder Family
Purim Carnival: Sunday, March 4**



PROGRAM GUIDE

WINTER 2012

SQUIRREL HILL

**Jack Morris Invitational Swim Meet:
Sunday, February 12**



CONTENTS & HOURS

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HOURS

Regular Building Hours

Irene Kaufmann Building

Monday-Thursday, 5:30 am*-10 pm

Friday, 5:30 am*-6 pm

Saturday, 8 am-6 pm

Sunday, 7:45 am-6 pm

*Garage entrance only

Early Childhood Department

Monday-Friday, 7 am-6 pm

Alex & Leona Robinson Building

Monday-Thursday, 7:30 am-10 pm

Friday, 7:30 am-6 pm

Saturday, 1-6 pm

Sunday, 8 am-6 pm

Cashier Hours

Monday-Thursday, 8 am-8 pm

Friday, 8 am-6 pm

Saturday, 8 am-6 pm

Sunday, 8 am-6 pm

HOLIDAY HOURS

Saturday, December 24:

Open 8 am-6 pm

Sunday, December 25: Open 8 am-5 pm

Monday, December 26:

Open 5:30 am-10 pm

New Year's Eve and New Year's Day

Saturday, December 31:

Open 8 am-6 pm

Sunday, January 1, 2012:

Fitness facilities open 8 am-2 pm

Monday, January 2:

Fitness facilities open 5:30 am- 10 pm

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.

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.

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

JCCPGH.ORG

TO LEARN ABOUT JCC MEMBERSHIP VISIT JCCPGH.ORG

How to create your online account:

1. Go to 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, 412-521-8011, ext. 534.



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.

FACILITY RENTALS AT THE JCC

Hold your Bar/Bat Mitzvah, Wedding, Birthday Party, Meeting, Conference, Performance or Special Event at the JCC

- We can accommodate your rental needs big or small
- We have rooms for every event from 10-350 guests

SPECIAL PRICING FOR JCC MEMBERS

Call Stacey Gentile, Rental Coordinator, 412-697-3503 to discuss all of the options for your next event.

K'HILLAH (COMMUNITY)

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

PROGRAMS WITH RABBI DONNI AARON

For the listed programs, please RSVP to Rabbi Donni Aaron at daaron@jccpgh.org or call ext. 215.

Coffee, Tea and Snacks with the Rabbi

Come and shmooze with Rabbi Donni Aaron, Jewish Educator of the JCC.

Tuesdays, 9:30 am
January 10-March 27
No fee; no need to register
Room 204

Current Events Class

Hear guest rabbis discuss politics, both domestic and international, led by rabbis in our community.

Fridays, 10:30-11:30 am
Room 307; no fee

Got Shabbat?

Great Shabbat related program for you and your little ones. Learn, celebrate, craft and snack with us!

Saturday, February 25
4 pm, Levinson Hall
Free and open to the community.

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.

Wednesday, January 11
7-8 pm
No fee

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

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

Wednesday, January 18
7-8 pm
No fee

Parshat HaShavua

Come and learn about the Torah portion of the week. We will look at the traditional meaning as well as how it influences our lives today.

Wednesdays
January 4-March 28
10-11 am
No fee, Room 204

HOLIDAYS

Shabbat

Shabbat is a day of rest and spiritual enrichment, a time to devote ourselves to higher pursuits. Join us Fridays at 10:30 am to celebrate with the Early Childhood Department. Look for a Shabbat message at the reception desks on Fridays.

Family Shabbat Dinner

Celebrate Shabbat with food, songs and crafts. All levels of observance are welcome. Dinner is served at 6 pm. Extended family members are welcome.

Friday, March 30
5:45 pm
\$10/eater; children under age 2 are free
Bring your own kosher wine/beer.
Registration required no later than Monday, March 26.

Chanukah: Begins at sundown, December 20

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

K'HILLAH (COMMUNITY)

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.

The holiday is celebrated with special projects for children and families.

Be A Hero for Trees: Tu B'Shevat Shabbat Dinner

Decorate your own superhero cape so you can protect trees from "villains"! Plus celebrate a festive Shabbat and eat a yummy dinner with family and friends!

Friday, February 3 • 5:30-7:30 pm
\$10/eater; children under 2 are free
Bring your own Kosher wine/beer (BYOKB) Registration required no later than Monday, January 30

This program is a partnership with the American Jewish Museum and its Super Silly! Superman Creators' Funnyman Fights Crime with Shtick exhibit.

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.

The JCC holds a carnival every year, the Sandy and Edgar Snyder Family Purim Carnival. This year's event will be held on Sunday, March 4. See p. 13 for details.

CULTURE, TRAVEL AND EVENTS

Amazing Journeys

The JCC and Amazing Journeys offer vacations for Jewish singles and adults.

American Jewish Museum

The American Jewish Museum of the Jewish Community Center of Greater Pittsburgh explores contemporary Jewish art with programs that facilitate dialogue about art, philosophy and culture. (See page 36.)

Agency for Jewish Learning

AJL J-Site classes are offered at the JCC in Squirrel Hill.

Israeli Folk Dancing

Call Jeanne Ronschke, ext. 362.

Cherie Maharam leads a class for beginners and then a dance-by-request session.

Thursdays, ongoing
7:30 pm

\$3 suggested donation

JCC Maccabi Games®

The JCC sends a delegation to the Games each year. The event brings together thousands of Jewish teens for athletic competition, fun and community service activities.

Jewish Sports Hall of Fame

Raises funds to support Jewish-related sports programs in Western PA and Israel and honors high achieving Jewish athletes with ties to Pittsburgh

Pittsburgh Jewish Music Festival

Annual summer concert series.

PJ Library

For children between the ages of 6 months and 5 ½ years. Enrollment is FREE. Each child receives a Jewish children's book or CD every month. To sign up your child go to <http://www.pjlibrary.org/>.

EARLY CHILDHOOD

WINTER 2012

ANNABELLE RUBINSTEIN EARLY CHILDHOOD DEVELOPMENT CENTER

Children grow and thrive in a program enriched with language, reading, math, science, art, music and fun. We believe that discovery and play are young children's most important "work," preparing them for the academic and life challenges ahead.

Our Facility

ECDC is housed in a dedicated wing of the JCC, a beautiful, fully secured modern facility with indoor heated pools, a full-size gymnasium, and an enclosed outdoor playground:

MARCI LYNN BERNSTEIN PLAYGROUND

Our Program

- ECDC's curriculum is inspired by the ideas and practices developed in Reggio Emilia, Italy, for the education of young children. Their program—based on the principles of respect, responsibility and community through exploration and discovery in a supportive and enriching environment—resonates with the JCC mission to create an environment that strengthens the physical, intellectual and spiritual well-being of individuals and families. ECDC's curriculum recognizes each child's voice and strives to provide a beautiful environment, small groups for children to do their work, and access to a wide variety of learning materials.
- An Ethical Start® curriculum, based on the classic Jewish text, *Pirkei Avot* (Ethics of Our Fathers), teaches universal values.
- Instruction in swimming, music and phys ed
- *Chalav u' Dvash* Hebrew language instruction and Judaics programming
- Escorts to extracurricular JCC classes such as dance and sports
- Amazing Afternoons, Science and Math Afternoons and Jardin Dulcito (Spanish) enrichment



BOOKEN FAMILY KABBALAT SHABBAT

Celebrated every Friday during the school year: 10:30 am

Comprehensive and Flexible Programming

ECDC is a preschool with before- and after-school extended day options, enrichment classes and summer camps for children ages 6 weeks to 5 years old. We offer a wide range of scheduling choices from 7 am-6 pm every weekday.

- Infants: Full-time care, 6 weeks through 14 months old
- Tots: Full- and part-time options for 14 months through 2 years
- Toddlers: Full- and part-time options for 2-year-olds
- Preschoolers: Full- and part-time options for 3- and 4-year-olds

Our Staff

The ECDC staff are caring educators with decades of professional experience. We support ongoing training and maintain the highest standards in early childhood education.

REGISTER ONLINE AT JCCPGH.ORG

EARLY CHILDHOOD

All staff are trained in emergency procedures, pediatric first aid and pediatric CPR and participate in annual professional PA Key training of 29 hours or more.

JCC specialists teach our aquatics, physical education, music, Judaic studies and Hebrew classes. ECDC is visited by a child therapist from Jewish Family & Children's Service.

PROGRAMS

Amazing Afternoons: age 4

We explore a different theme—such as Our City, Children Around the World and My Amazing Body—each month with classes, field trips and visitors related to each theme.

Mondays, Wednesdays and Fridays
1-3 pm
Through June 1

Science and Math Afternoons: age 4

We explore numbers, animals, maps, the solar system, the earth, chemistry, machines and navigation. These topics are made exciting with books, classroom projects and hands-on fun.

Tuesdays and Thursdays
1-3 pm
Class is full; inquire for Fall 2012.

Jardin Dulcito: age 3

"Sweet little garden" Spanish program. Your child will learn basic greetings, numbers, colors, basic commands, fun songs and games. *Y mucho mas!*

Tuesdays and Thursdays
Through June 2
1:30-2:30 pm
Through May 31
Fee pro-rated



An Ethical Start
School



EARLY BIRD CAMP REGISTRATION ENDS JANUARY 31

ECDC K'Ton Ton and Yeladim Summer Camps: ages 2-5

Session I: June 18-July 13
Session II: July 16-August 10

Campers thrive in a safe and structured environment with a good balance of indoor and outdoor activities such as swimming, nature, music, arts & crafts, gym and outdoor play. Parents can choose a variety of scheduling options.

For more information, please call Kelly Gable-LaBelle, 412-521-8011, ext. 209.

EDWARD AND ROSE BERMAN DIRECTOR

To schedule a tour or to register, please call Sharon Abrams, Registrar, 412-521-8011, ext. 375.

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.

SAVE THE DATES

Grandparents Shabbat

Fridays: December 23 and February 3

Early Bird Camp Registration

Ends Tuesday, January 31

Early Bird Registration for School Year 2011-12

Begins Wednesday, February 8

Open Registration for School Year 2012-2013

Monday, February 20

Scholastic Book Fair

Week of February 13

MY BABY & ME

WINTER 2012

Contact Miriam Abramovich, ext. 398, or mabramovich@jccpgh.org

My Baby and Me programs are open to families with children age four and under. Drop-in programs are held in Family Place unless otherwise noted. Advance registration is required for all classes and special events. Class fees are non-refundable.

DROP-IN GROUPS

Family Place Open Play Time

Mondays-Thursdays

8:30 am-8:30 pm

Fridays: 8:30 am-5:30 pm

Saturdays: 8:30 am-6:30 pm

Sundays: 8:30 am-5:30 pm

JCC members only

Baby Play:

newborn-age 18 months

Singing, rhyming, movement and finger plays.

Tuesdays, 10 am and 11 am

No fee; open to the community

PJ Library Story Time

We read a selection from the PJ Library and then get crafty based on a theme from the book.

Thursdays, 11:30 am

January 5, February 2, March 1

No fee; open to the community

Kabbalat Shabbat

Celebrate Shabbat with the JCC Early Childhood Development Center. Enjoy songs, challah and plenty of ruach!

Fridays, 10:30 am, Palm Court

Manic Motherhood

Discussion group for moms. Bring your new baby!

Wednesdays, 11:30 am

January 18, February 1, 15, March 7, 21

Brueggers, Murray Avenue, Squirrel Hill

No fee; open to the community

Manic Toddlerhood

Chat about the challenges and joys of parenting a toddler. A child development specialist will answer all our questions.

Wednesdays, 11 am

January 11, 25, February 8, 22,

March 14, 28

No fee; open to the community

Manic Nannyhood

Finally, a support group just for nannies! Join to chat about the unique joys and challenges of professionally nannying.

Thursdays, 11 am

January 26, March 8

No fee; open to the community

CECILE GOLDBERG LEVINE FAMILY GYM

Parents and their preschoolers ages 1 to 5 participate in play activities using indoor playground equipment or the outdoor playground in nice weather.

Sundays, 10-11:30 am, Kaufmann Gym

No fee; members only

CLASSES

Go Go Gross Motor

Play-based gross motor education for toddlers with a grown-up.

Wednesdays 10:15-11 am

January 25-March 14

\$80; JCC members only

Kaufmann Gym

Little Sprouts Artist Adventures: ages 20 months- 3 years with a grown-up

Kids sculpt, cut, print, paint, explore color and much more. Each week children take home a completed project.

Thursdays

10- 11 am , Kindermusik Room

February 2- March 22

\$120/member, \$150/community (includes the cost of all materials)

REGISTER ONLINE AT JCCPGH.ORG

MY BABY & ME

Kindermusik

Village: Cock a Doodle Moo! and Dew Drops! Parents and children newborn to 1½ years

Hop on the hayride—it's time to sing songs about the farm. Home materials include a book, home instrument, CD and art banners.

Fridays, 9:30 am, Room 202
January 27-May 18

Sundays, 9:30 am, room 307
January 29-May 20

\$215/JCC member; \$150/ sibling;
\$235/community

Our Time: Away We Go!

Parents and children ages 1½ to 3½

This unit focuses on transportation, a favorite topic for toddlers who are on the go, go, go! Home materials include 2 books, an activity book, 2 CDs, a train carrying box and a pair of harmonicas.

Mondays, 10 am or 11 am, Room 202
January 23-May 7

Sundays, 10:30 am, Room 307
January 29-May 20

Fridays, 10:30 am, Room 202
January 27-May 18

\$215/JCC member; \$150/ sibling;
\$235/community

Imagine That! Toys I Make, Trips I Take ages 3-5*

Explore instruments from around the world. Home materials include a toymaker's shop playset, 2 books, 2 CDs and a hand drum. Parents and caregivers are welcome for the last 15 minutes of class.

Wednesdays, Kindermusik Room
January 25-May 9
12:45-1:30 pm

\$215/JCC member; \$150/ sibling;
\$235/community

*Escort provided to and from ECDC

JUSTIN MARK LIBRARY



**LIKE US AT
MY BABY AND ME**

EVENTS

Be A Hero for Trees: Tu B'Shevat Shabbat Dinner

Decorate your own superhero cape so you can protect trees from "villains"! Plus celebrate a festive Shabbat and eat a yummy dinner with family and friends!

Friday, February 3 • 5:30-7:30 pm
\$10/eater; children under 2 are free

Bring your own Kosher wine/beer (BYOKB) Registration required no later than Monday, January 23.

This program is a partnership with the JCC's American Jewish Museum and its Super Silly! Superman Creators' Funnyman Fights Crime with Shtick exhibit.

Family Place Winter Clean-up

Help us clean and organize Family Place. Contact Miriam if you are able to volunteer. Bagels and coffee will be served.

Thursday, February 16 • 9:30 am-noon

Got Shabbat?

Great Shabbat-related program for you and your little ones. Learn, celebrate, craft and snack with us!

Saturday, February 25
4 pm, Levinson Hall
Free and open to the community

Snow Ball

Beat the winter blues with a snow-themed bash with snacks and crafts for you and your little ones.

Monday, February 27
10 am
No fee; JCC members only

Family Shabbat Dinner

Celebrate Shabbat with food, songs and crafts. All levels of observance are welcome. Dinner is served at 6 pm. Extended family members are welcome.

Friday, March 30
5:45 pm
\$10/eater; children under age 2 are free
Bring your own kosher wine/beer.
Registration required no later than Monday, March 26.

AFTER SCHOOL

WINTER 2012



CLUBHOUSE AFTER-SCHOOL PROGRAM

Grades K-6

Call Jayme Vertullo, ext. 852.

The JCC Clubhouse combines top-quality facilities with trained, caring, creative staff. We offer a wide variety of stimulating activities in our tournament-size gyms, heated indoor swimming pools and in our various clubs. Children are grouped into age-appropriate homerooms.

Each day children are met at their buses, escorted to their homerooms, given a healthy snack including fruits and vegetables, assisted with homework, and then provided with a variety of activity choices. Monthly snack calendars, club schedules and newsletters are available, so that both you and your child are well-informed.

Clubhouse focuses on nurturing the emotional, physical and social well-being of each child. We provide various activities such as organized gym games, age-appropriate art projects, cooking,

free swim, pen pals, recycling and board games galore. We visit the library, celebrate Shabbat every week and have monthly birthday celebrations to recognize each child's special day.

Transportation

Contact your child's school and fill out a PM Drop-off Form requesting the JCC as your afternoon drop-off location.

Membership

JCC membership is required to become a "member" of Clubhouse. Scholarships are available for those who qualify. For more information about scholarships, please contact the Membership Office at 412-521-8011, ext. 534.

For more information and to register:

Contact Jayme Vertullo at 412-521-8011, ext. 852, or jvertullo@jccpgh.org

Clubhouse is supported in part by the Massey Charitable Trust and the Weiner Family Foundation with additional funding from the Curtis & Joelle Krasik and Scott & Laurie Krasik After School Care Fund.

REGISTER ONLINE AT JCCPGH.ORG

CHILDREN

BIRTHDAY PARTIES

Call ext. 228.

Ages 4-10

Let the JCC take care of your child's birthday party. Our staff enthusiastically leads your party from beginning to end. You book it, arrive and enjoy! We play with and entertain the children. The price includes juice, paper goods, set-up and clean-up, balloons, kosher cake and staff supervision. The base price is for 15 children including the birthday child. Each additional participant: \$11.

Awesome Arts & Crafts Party

Projects may include "wearable art," sand art and tie-dying. Choose the theme and we'll come up with a creative party.

\$325

Creative Cooking Party

Become a "chef" for the day. Learn easy and fun recipes and then taste-test them with your friends!

\$325

Create Your Own Party

Call us and we'll make the arrangements. Examples: bead party, flower fairy party, bug party, royalty for a day and tropical beach party.

\$325

Dance Party

Learn new dance games and enjoy old favorites. Don't forget your dancing shoes!

\$300

Games Galore

A sports party for the younger set. Parachute play, Mr. Fox, Red Light/Green Light and Duck Duck Goose.

\$300

Superstar Sports Party

Wiffleball, kickball, soccer, hockey, relay races and more. Counselors lead you and your friends in a day of play.

\$300

Swim Party

Open swim time, games and relay races in our beautiful indoor pool. Party can be held at the Family Park outdoor pool during the summer.

\$300

FUN DAYS

Grades PreK-6

Call ext. 228.

We offer exciting field trips and in-house programs for days when elementary schools are closed. Every month, there will be a new list sent home to inform you of the upcoming Fun Days. Please send a dairy lunch, swimsuit and towel every day.

9 am-4 pm

\$65/child; \$60/sibling and Clubhouse members. \$15 discount if you register by 5 pm of the previous day.

Before and After Care

7:30-9 am: no charge

4-6 pm: \$12 (no charge for Clubhouse members)

Fun Days are subject to cancellation if enrollment requirements are not met.

Fun Days

January 16: Trip TBA

January 30: Trip TBA

January 31: Trip TBA

February 20: Fun at the JCC

March 6: Fun at the JCC

March 23: Fun at the JCC

Remember, we offer Snow Day Fun Days when Pittsburgh Public Schools are closed due to the weather.

PROGRAMS

Call ext. 228.

Kids Nite Out: grades PreK-7

Enjoy a Saturday night out while your child has fun with us. Our program includes dinner along with sports, arts & crafts, swimming and a movie. Children will be grouped according to age for the evening's activities. Meet in Room 202 of the Kaufmann Building.

Saturdays

January 14, February 18, March 24

5:30-10 pm

\$36/child; \$5 walk-in fee

Discount for families:

\$45/2 children; \$54/3 children;

\$63/4 children

CHILDREN & TEENS

WINTER 2012

Got Shabbat: families with children ages 8 and under

Join us for some free Shabbat fun—craft projects, singing, snacks, and Havdallah with Rabbi Donni Aaron.

Saturday, February 25

4-5:30 pm

Free and open to the community

Family Shabbat Dinner

Celebrate Shabbat with food, songs and crafts. All levels of observance are welcome. Dinner is served at 6 pm.

Extended family members are welcome.

Friday, March 30

5:45 pm

\$10/eater; children under age 2 are free

Bring your own kosher wine/beer.

Registration required no later than

Monday, March 26.

It's a Hockey Night @ the JCC: Grades 5-8

We'll play deck hockey in the gym and then watch the Penguins take on the Devils at 7 pm. Snacks will be provided.

Saturday, January 7

6-10 pm

\$20/JCC members only

7th Annual All Camps Free Family Fun Night

Call Liza Baron, ext. 241.

Join us at the Carnegie Science Center.

Win door prizes and receive camp discounts by registering that evening for EKC, J&R, South Hills Day Camps, Specialty Camps and Performing Arts Camp.

Sunday, January 15

6:30-8:30 pm

TEENS

Middle School Council: grades 7-8

Help plan events for you and your friends. If you're interested please contact Steven Lautman, ext. 228, for details.

Drivers Education: ages 15-18

Course includes 30 hours of classroom instruction and six hours of driving instruction. Students **MUST** have a learner's permit before the last course date.

Tuesdays

February 7-April 24

6:30-9:30 pm

\$375/member; \$475/community

Teen programming is supported in part by a grant from the Massey Charitable Trust.

THE PHILIP CHOSKY PERFORMING ARTS PROGRAM

JCC Middle School Musical: grades 5-8

Kathy Wayne, JCC Dance and Performing Arts Camp Director (*Aladdin, The Music Man*) will be directing this year's Middle School Musical—*Once Upon a Mattress*. Come and see your friends perform!

Performance Dates

Wednesday, January 18 • 7 pm

Thursday, January 19 • 7 pm

Saturday, January 21 • 8 pm

Sunday, January 22 • 2 pm

\$8/adult; \$6/student, senior

\$10 reserved seating tickets are on sale December 19-January 12 only.

Call ext. 852 to reserve.

The Middle School Musical is supported in part by the Dr. Paul S. and Gertrude F. Caplan Endowment Fund.

REGISTER ONLINE AT JCCPGH.ORG

TRAVEL

Richard E. Rauh Senior High Musical

Don't miss the JCC's Senior High Musical directed by Jill Machen.

Show Dates

Thursday, February 16 7:30 pm
Saturday, February 18 8 pm
Sunday, February 19 2 pm
Wednesday, February 22 7:30 pm
Thursday, February 23 7:30 pm
Saturday, February 25 8 pm
Sunday, February 26 2 pm

\$8/adult; \$6/student, senior

\$10/reserved seating

Tickets are available at ext. 852.

Reserved tickets on sale January 14-February 10 only.

Teen programming is supported in part by a grant from the Massey Charitable Trust.

SANDY & EDGAR SNYDER FAMILY PURIM CARNIVAL

Call Liza Baron, ext. 241.

Join us for the BIGGEST indoor fun day at the JCC. Climb Shushan Mountain, play water games at the Purim Pool Party, jump into Mordechai's Castle, and enjoy snacks at Vashti's Food Court.

Sunday, March 4

2-4 pm

One play-all-day pass: \$10

2 play-all-day passes/\$18

3 play-all-day passes/\$26

4 tickets/\$1

TRIPS FOR JEWISH SINGLES

Contact Bill Cartiff, (412) 278-4184, ext. 242, or bcartiff@jccpgh.org.
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

SUMMER CAMPS

WINTER 2012



DAY CAMPS EARLY BIRD REGISTRATION ENDS JANUARY 31

Session 1: June 18-July 13

New! Session 2 (5 weeks):

July 16-August 17

J&R Day Camp: age 3-grade 5

Call Liza Baron, Director, ext. 241.

J&R Day Camp provides children with an enriching summer filled with sports, arts, nature, Judaics, cookouts, swimming, ropes course, biking, tennis and more. Children participate in age-appropriate activities with qualified, professional supervisory staff and talented, caring counselors, many of whom came to J&R as campers themselves. At J&R we promote an environment of respect, cooperation and caring where children can discover new interests and talents every day. Fee includes lunch and bus transportation.

J&R Stepping Stones Half-Day Camp: ages 3 and 4

Monday-Friday, 9 am-1 pm

Session I only

The Stepping Stones program is a developmentally appropriate, half-day camp at the JCC's 100-acre Family Park in Monroeville. Children take a dedicated bus with seat belts and bus counselors to and from the JCC in

Squirrel Hill. They follow a schedule that is suitable for young children. Campers are in groups of 10 to 12 with a senior counselor, a junior counselor and a counselor-in-training and are part of our Pre-Kindergarten Unit, Karmiel.

Teen Travel Camp: grades 6-9

Call Liza Baron, ext. 241.

Campers learn independence and cultivate friendships while traveling to local attractions and faraway places. Each 4-week session includes a 5-day trip out of Pittsburgh.

Session 1: June 18-July 13

Session 2: July 16-August 10

Performing Arts Camp: grades 4-9

Call Kathy Wayne, Director, ext. 373.

Performing Arts Camp at the JCC in Squirrel Hill offers a full day of training in theater, music and dance. Campers stage a public performance at the end of their 4-week camp session.

Session 1 only

REGISTER ONLINE AT JCCPGH.ORG

SUMMER CAMPS

Early Childhood Camps

Please see page 7.

One-Week Specialty Camps (2 locations)

Call Liza Baron, ext. 241.

J&R, Monroeville

Monday-Friday: 9 am-3:30 pm

By the week: July 16–August 17

JCC Squirrel Hill

Monday-Friday: 9 am-3:30 pm

By the week: July 16–August 17

Explore your special interest for a week at a time. Sample offerings may include golf, karate, art, tennis, mad science, movie-making, basketball, floor hockey, flag football, as well as field trips. Campers spend the morning in their specialty and the afternoon in traditional camp activities such as swimming and games.

ALL CAMPS FREE FAMILY FUN NIGHT: THIS YEAR AT THE CARNEGIE SCIENCE CENTER

Call Liza Baron, ext. 241.

Win door prizes and receive camp discounts by registering that evening for EKC, J&R, South Hills Day Camps, Specialty Camps and Performing Arts Camp.

Sunday, January 15
6:30-8:30 pm



EMMA KAUFMANN CAMP

Contact Stephanie Buzza,
ext. 318, or sbuzza@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.

AQUATICS

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

SWIM LESSONS

Call Kelly Grieneisen, ext 276.

Parent & Child: ages 6-36 months

Parent and child explore the water and begin to learn safe behaviors in the water with songs and games.

Sundays, 10:30-11 am

January 8-March 11

\$95

Tuesdays, noon-12:30 pm

January 10-March 13

\$95

Wednesdays, 6-6:30 pm

January 11-March 14

\$95

Toddler Tadpoles: ages 2-3

An introduction to organized swim lessons and water explorations. A teaching platform enables children to stand without assistance.

Sundays, 11-11:30 am

January 8-March 11

\$95

Sundays, 11:30 am-noon

January 8-March 11

\$95

Mondays, 6-6:30 pm

January 9-March 12

\$95

Tuesdays, 11:30 am-noon

January 10-March 13

\$95

Wednesdays, 11:30 am-noon

January 11-March 14

\$95

Thursdays, 11:30 am-noon

January 12-March 15

\$95

Level 1 Pre-K: ages 3-5

Overcome fear, build confidence in the water, learn body positioning, floating and kicking.

Sundays, noon-12:30 pm

January 8-March 11

\$95

Mondays, 11:30 am-noon

January 9-March 12

\$95

Mondays, 3-3:30 pm

January 9-March 12

\$95

Mondays, 6:30-7 pm

January 9-March 12

\$95

Tuesdays, 12:30-1pm

January 10-March 13

\$95

Wednesdays, 3-3:30 pm

January 11-March 14

\$95

Wednesdays, 6:30-7pm

January 11-March 14

\$95

Level 2 Pre-K: ages 3-5

Learn front crawl, back crawl, elementary back stroke and treading.

Sundays, 12:30-1 pm

January 8-March 11

\$95

Mondays, 3:30-4 pm

January 9-March 12

\$95

Mondays, 7-7:30 pm

January 9-March 12

\$95

Wednesdays, 3:30-4 pm

January 11-March 14

\$95

Wednesdays, 7-7:30 pm

January 11-March 14

\$95

Thursdays, noon-12:30 pm

January 12-March 15

\$95

AQUATICS

Level 3 Pre-K: ages 3-5

Learn and coordinate strokes taught in Level 2 with a focus on breathing to the side during front crawl.

Sundays, 1-1:30 pm
January 8-March 11
\$95

Mondays, 4-4:30 pm
January 9-March 12
\$95

Wednesdays, 4-4:30 pm
January 11-March 14
\$95

Level 1 Youth: ages 6-12

Overcome fear, build confidence in the water, learn body positioning, floating and kicking.

Sundays, 9-9:30 am
January 8-March 11
\$95

Thursdays, 5-5:30 pm
January 12-March 15
\$95

Level 2 Youth: ages 6-12

Learn front crawl, back crawl, elementary back stroke and treading.

Sundays, 9:30-10 am
January 8-March 11
\$95

Thursdays, 5:30-6 pm
January 12-March 15
\$95

Level 3 Youth: ages 6-12

Learn and coordinate strokes taught in Level 2 with a focus on breathing to the side during front crawl.

Sundays, 10-10:30 am
January 8-March 11
\$95

Thursdays, 6-6:30 pm
January 12-March 15
\$95

Level 4: ages 5-12

Build endurance by swimming elementary back stroke, front crawl and back crawl. Learn the basics of breast stroke and sidestroke.

Sundays, 10:30-11 am
January 8-March 11
\$95

Mondays, 4:30-5 pm
January 9-March 12
\$95

Wednesdays, 4:30-5 pm
January 11-March 14
\$95

Level 5: ages 6-12

Coordination and refinement of strokes; introduction to butterfly.

Sundays, noon-12:30 pm
January 8-March 11
\$95

Thursdays, 4-4:30 pm
January 12-March 15
\$95

Level 6: ages 6-12

Continue refinement of strokes and swim with greater efficiency, power and smoothness over greater distances.

Sundays, 12:30-1pm
January 8-March 11
\$95

Thursdays, 4:30-5 pm
January 12-March 15
\$95

Private Swim Lessons

Private lessons are available by calling for an appointment.

\$30/half-hour
3 classes/\$28.50 each
6 classes/\$27.50 each
10 classes/\$25 each

\$60/hour
3 classes/\$57 each
6 classes/\$55 each
10 classes/\$50 each

AQUATICS

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

AQUATIC FITNESS

Call Kelly Grieneisen, ext 276.

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, Wednesdays and Fridays
Noon-1 pm
No fee

Shake, Splash and Roll

This is a low-impact aerobic class that includes total body conditioning and toning exercises in the small pool.

Mondays, Wednesdays, Fridays
10:45-11:30 am
No fee

AQX

This high-intensity aerobics class held in the lap pool features exercises using resistance equipment.

Mondays, Wednesdays
9:15-10 am
No fee

SilverSplash

This water fitness program is designed for SilverSneakers® members to enhance quality of life and daily function, using specifically designed SilverSneakers® kickboards. No swimming ability is required for this safe, fun and effective program.

Tuesdays, Thursdays
10:45-11:30 am
No fee

Aqua WalkOut

Tuesdays, Thursdays
8-9 am
No fee

JACK MORRIS INVITATIONAL SWIM MEET

Call ext. 276.

Join us for the third annual swim meet honoring the memory of beloved swim teacher and coach Jack Morris, called the "Zen Master of the pool" and the "Mister Rogers of the water."

Spearheaded by Dr. Sidney Busis, Attorney Edgar Snyder and Mr. Morris's wife Fran, the Jack Morris Endowment Fund provides scholarships for children to participate in JCC swimming programs.

Sunday, February 12
2 pm
Ages 10 and under
JCC Squirrel Hill Pool

To make a contribution to the Jack Morris Endowment Fund for JCC Aquatics, call the JCC at (412) 521-8011, ext. 232. Donations also can be made online at JCCPGH.org.

AQUATICS

SWIM TEAMS

For more detailed information check the JCC Sailfish website: www.jccsailfish.org.

Squirrel Hill Swim Team: ages 6-12

Call Kelly Grieneisen, ext. 276.

Children compete in local intramural meets. Must be an American Red Cross Level V, or be tested by the staff.

Mondays and Wednesdays
4:15-5pm
January 4-May 23
\$200

Pittsburgh Group Sailfish: ages: 7-13

This group is for beginning competitive swimmers who have passed their Red Cross swimmers test. Swimmers will learn all strokes, starts and turns.

Through August 2012
Fee pro-rated

Allegheny Group Sailfish: ages 8-14

Swimmers must have some competitive background and meet USA BB/B times and workout set time standards.

Swimmers will compete locally. Instructions and training will focus on all strokes, starts and turns and aerobic swimming. Attendance will be taken.

Al Rose, Head coach

Through August 2012
Fee pro-rated

Pennsylvania Group Sailfish: Ages 10-18

Swimmers must have a competitive background and meet the standards for this group. Instructions will focus on all strokes, starts, turns, race planning and faster set swimming. Swimmers will compete locally and regionally. Attendance will be taken. Al Rose, Head Coach.

Through August 2012
Fee pro-rated

U.S. Group Sailfish: ages 13-18

Swimmers must have advanced skills, meet the standards for this group and have the willingness to commit to excellence. Swimmers will compete locally and nationally. Attendance will be taken. Al Rose, Head Coach.

Through August 2012
Fee pro-rated

National/US Group:

Swimmer must have Sr. National, Jr. Nationals or Super Sectional times. Swimmers will compete nationally and locally. Attendance will be taken. (Number of swimmers will be very limited.) Al Rose, Head Coach.

Through August 2012
Fee pro-rated

Sailfish Swim Club Conditioning Program

Call Matt Proskin, ext. 231.

Use dry land conditioning practice to improve your performance in the water. By appointment only.

\$15 each for a group of 4
\$150/10 sessions

Masters

For adults interested in competitive swimming and harder workouts. Al Rose, Coach.

Through August 2012
Fee pro-rated

Adult Conditioning

For adults interested in fitness through swimming. Practices move outdoors to the Family Park from May to August.

Sundays
Through August 2012
Fee pro-rated

DANCE

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

THE PHILIP CHOSKY PERFORMING ARTS PROGRAM

Call Kathy Wayne, ext. 373.

RDS: Robinson Dance Studio
KDS: Kaufmann Dance Studio

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; longer hair should be in a bun or pony tail

Ages 3-4

- Pink or Black leotard
- Pink tights
- Ballet slippers required for ballet class
- Tap shoes required for tap class

Ages 5 and up

- Pink or black leotard
- Ballet skirts are permitted
- Jazz pants permitted
- Pink or black tights
- Ballet slippers required for ballet class
- Tap shoes required for tap class
- Jazz shoes required for jazz class

Boys

- Black pants or tights
- White T-shirt
- Ballet shoes required for ballet class
- Tap shoes required for tap class

Registration

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

Dance Recital

- Our annual dance recitals are scheduled for May 24, 2012 (main) and May 31, 2012 (preschool).
- Costumes are mandatory for participants in the dance recital and must be purchased by parents in January.
- Students must be registered in January to participate in the dance recital.

PRESCHOOL

Creative Movement: ages 3-4

For our tiniest dancers, we use imaginative play and musical activities to 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 and stories make this a fun and rewarding experience.

Sundays

January 8-May 20

1-1:30 pm RDS
\$190

Mondays

January 9-May 21

12:30-1 pm KDS
\$190

Tuesdays

January 10-May 22

3:15-3:45 pm KDS
\$190

Thursdays

January 12-May 17

12:30-1 pm KDS
\$180

3-3:30 pm KDS

\$180

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.



DANCE

Pre-ballet: ages 4-5

Beginning ballet skills and terminology are taught with an emphasis on coordination and musicality. Props and dramatic play help to bring out a dancer's creative expression.

Sundays

January 8-May 20

1:30-2 pm RDS
\$190

Thursdays

January 12-May 27

3:30-4 pm KDS
3:30-4 pm RDS
\$180

Pre-ballet/Tap: ages 4-5

Beginning tap and ballet skills and terminology are taught with an emphasis on coordination and musicality. Props and dramatic play help to bring out a dancer's creative expression.

Mondays

January 9-May 21

1:05-1:50 pm KDS
\$198

Tuesdays

January 10-May 15

3:15-4 pm RDS
\$198

Wednesdays

January 11-May 23

3:15-4 pm KDS
\$198

SCHOOL AGE

Call Kathy Wayne, ext. 373.

BALLET

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

TAP

Tap is the ultimate in rhythm training. 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.

JAZZ

Jazz dance incorporates many styles, from modern dance, Broadway musicals and Hollywood movies, to street, folk and popular dance. Through proper warm-up, effective stretching, body isolations and floor work incorporating center floor and across-the-floor combinations, each level builds on the previous one, leading to greater understanding and proper execution of the styles of American jazz dance. Students must be at least 7 years old.

CLASSES

Ballet/Tap 1: grade K

Tuesdays

January 10-May 22

4:15-5:15 pm RDS
\$228

Ballet/Tap 2: grade 1

Tuesdays

January 10-May 22

5:15-6:15 pm RDS
\$228

Ballet/Tap/Jazz 4: ages 7-9

Thursdays

January 12-May 17

4:15-5:45 pm RDS
\$252

Ballet/Tap/Jazz 5: ages 8-10

Wednesdays

January 11-May 16

4:15-5:45 pm RDS
\$252

DANCE

Ballet/Tap/Jazz 6: ages 9-11

Mondays
January 9-May 21
4:15-5:45 pm RDS
\$266

Ballet/Tap/Jazz 7: ages 10-14

Mondays 5:45-7:15 pm, Jazz, Tap
Wednesdays 5:45-6:45, Ballet
January 9-May 21
\$324 RDS

Ballet/Tap/Jazz 11: ages 12-18

Tuesdays 4:15-5:45 pm, Ballet
Thursdays 5:45-6:45 pm, Ballet
7-7:45 pm, Tap
7:45-8:45 pm, Jazz
January 10-May 22
\$378 RDS
Thursdays only \$324
Tap only \$216
Tuesday ballet only \$216

Hip Hop: ages 9-12

Fridays
January 13-May 18
4-5 pm RDS
\$204
5-6 pm RDS
\$204

Hip Hop Intermediate: ages 12-18

Tuesdays
January 10-May 22
7-8 pm RDS
\$228

Boys Hip Hop: ages 8-10

Sundays
January 8-May 20
1-1:45 KDS
\$199

New! Court Side Dance: grades 3-6

Get ready for cheerleading/dance team tryouts. A weekly hip hop class where you will learn dances in hip hop/dance team styles.

Sundays
January 8-March 11
2-3 pm RDS
\$120

ADULT DANCE

Call Kathy Wayne, ext. 373.

Intermediate Tap

Mondays
January 9-March 12
7:15-8:15 pm RDS
\$90/member; \$110/community
5-class punch card:
\$50/member; \$60/community

Adult Ballet

Tuesdays
January 10-March 13
10:30-11:30 am RDS
\$90/member; \$110/community
5-class punch card:
\$50/member; \$60/community

Adult Hip Hop

Sundays
January 8-March 11
2-3 pm KDS
\$90/member; \$110/community
5-class punch card:
\$50/member; \$60/community

WINTER DANCE CAMP: GRADES K-3

We will spend the day learning ballet, jazz and hip hop. Camp also includes swimming, games, crafts and choreography.

Monday-Wednesday, December 26-28
9 am-4 pm
Robinson Dance Studio
\$130 for all 3 days or \$50 per day

PRESCHOOL GYM

Call Kelly Young, ext. 220.

PARENT-ASSISTED CLASSES

CECILE GOLDBERG LEVINE FAMILY GYM: AGES 1-5

Parents and their preschoolers are invited to participate in recreational play activities. Indoor playground equipment and much more are available for your child's use. The playground is available in nice weather. Special themes first Sunday of each month.

Sundays, ongoing
10-11:30 am Kaufmann Gym
No fee

Tiny Tot Soccer: ages 3-5

Spend quality time with your child as he/she learns the basics of soccer along with special coordination activities to enhance body awareness. Parent participation is necessary.

Sundays
January 8-March 11
11-11:45 am
\$64; \$48/ECDC Kaufmann Gym

INDEPENDENT CLASSES

Tumbling Tots: ages 3½-4½

Children learn gymnastic skills, gross motor skills, coordination and body awareness through games and special activities. Escort provided for JCC preschoolers.

Mondays
January 9-March 12
1:30-2 pm
\$70; \$53/ECDC Kaufmann Gym

Sports of All Sorts: ages 3-4

The emphasis is on gross motor development and working with others. Escort provided for JCC preschoolers.

Tuesdays
January 3-March 6
12:45-1:15 pm
\$70; \$53/ECDC Kaufmann Gym

Sports Stars: age 3½-4½

Learn how to be a good sport and basic sports skills. Escort provided for JCC preschoolers.

Mondays
January 9-March 12
3:15-4 pm
\$70; \$53/ECDC Kaufmann Gym

Game Time: ages 4½-5½

This is a good introduction to all sports with an emphasis on fair play and understanding directions. No kids have to "sit out." Maximum participation is encouraged by the structure of the games. Escort provided for JCC preschoolers.

Thursdays
January 5-March 8
12:45-1:30 pm
\$70; \$53/ECDC Kaufmann Gym

Tiny Tennis: ages 4-5

Start your child early with our fun tennis program, taught by Alex Speck.

Wednesdays
January 4-March 7
1-1:45 pm
\$70; \$53/ECDC Kaufmann Gym

Pee Wee Basketball: ages 4-5

Learn to dribble, pass and shoot.

Fridays
January 6-March 9
3-3:45 pm
\$70; \$53/ECDC Kaufmann Gym

Tiny Ninja: ages 4-5

Children learn self-defense, coordination and body awareness. Uniforms are mandatory at an additional fee. Ilmir Akhmetzyanov, instructor.

Thursdays
January 5-March 8
1:30-2:15 pm
\$100 Kaufmann Gym



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!

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 for tickets or to buy an ad.

YOUTH SPORTS

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

BASKETBALL

Call Alex Speck, ext. 249.

Court Time Winter Break Basketball Camp: grades 1-8

Join us for this exciting camp filled with skill building, games, contests and prizes, led by expert coaches. Bring your lunch, a swimsuit and towel every day.

Monday-Thursday
December 26-30
9 am-3 pm
\$200..... Robinson Gym

Sunday Basketball Clinic: grades 3-8

Learn basketball skills through drills that emphasize fundamentals and game situations—a perfect program for players of all abilities. All players will receive expert coaching led by veteran JCC coaches during our skill stations and games. All players will receive a T-shirt.

Sundays
January 8-March 11
Grades 3-5: 1-2 pm
Grades 6-8: 2-3 pm
\$80

Private Basketball Lessons: ages 10-18

Take a private lesson with Charles Shealey, Delaware State University Hall of Famer. Call ext. 220 to schedule.
\$40/one-hour lesson

Larry Sadjja Basketball Tournament for All Ages

Boys and girls compete separately. Proceeds benefit the Larry Sadjja Endowment Fund. Players can sign up individually or as a team in these age groups: grades 3-4, 5-6, 7-8, 9-12, Adults (18+).

Sunday, March 25
Adults: 9-11:30 am
Youth: Noon-4 pm
\$50/team of 3-4

Basketball programs are supported in part by the Allen "Ace" Aizenberg Fund with additional support from The Larry Ruttenberg Basketball Fund and the Shapera Basketball Fund.

HOCKEY

Call Alex Speck, ext. 249.

Street Hockey: grades K-3

Learn the basics of hockey and apply them to games. Players must provide their own helmet with mask. Coach: Mark Haffner.

Mondays
5-6 pm
January 9-March 12
\$72..... Robinson Gym

Roller Hockey: grades 3-6

Players must be experienced on skates and bring their own skates, helmets, gloves, elbow and knee pads—all are mandatory.

Mondays
6-7 pm
January 9-March 12
\$72..... Robinson Gym

MORE SPORTS

Call Alex Speck, ext. 249.

Flag Football: grades 3-7

Girls and boys welcome. Coach: Alex Speck.

Wednesdays
January 4-March 14
5-6 pm
\$65..... Robinson Gym

Fun 'n Fit: ages 6-10

Call Kelly Young, ext. 220.

Increase stamina and endurance through fitness circuits. Focus is on coordination, agility, speed and accuracy, which will be recorded and tested on "personal best days."

Tuesdays, 4:15-5 pm
January 3-March 13
\$70..... Kaufmann Gym

YOUTH SPORTS

Gymnastics: ages 5-10

Call Kelly Young, ext. 220.

Beginning and intermediate level. 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.

Thursdays

January 5-March 15

5-6 pm

\$65 Kaufmann Gym

Karate: grades 1-8

Learn the basic concepts of self-defense. Uniforms are mandatory at an additional fee. George Mowod, instructor.

Thursdays

January 5-March 15

4:15-5 pm

\$80 Kaufmann Dance Studio

Soccer League

All players receive a team shirt.

Thursdays

January 5-March 15

Grades K-1 5-5:45 pm

Grades 2-5 5:45-6:45 pm

\$72 (includes T-shirt) Robinson Gym

Girls Softball Winter Training: ages 8-13

Call Kelly Young, ext. 220.

Learn softball skills: throwing, fielding, hitting, base running and pitching in preparation for spring softball season.

Sundays

January 8-March 11

4:30-5:30 pm

\$56 Kaufmann Gym

Tennis

Learn the skills and rules of the game from certified instructor Mark Haffner.

Fridays

January 6-March 16

Ages 5-8 4-5 pm

\$72

Ages 9-11 5-6 pm

\$72 Kaufmann Gym

Youth and Adult Martial Arts: ages 13 and up

Learn self defense, get in better shape and earn rank while having fun.

Mondays

January 9-March 12

5-6 pm

\$80

Tennis and Rollerblading Private Lessons

Learn from teaching professional Mark Haffner. By appointment.

\$40/hour; \$30/half hour

JCC MACCABI GAMES®

Call Alan Mallinger, ext. 272, or email amallinger@jccpgh.org

A delegation from the JCC of Greater Pittsburgh will participate in the Games in Rockland, New York, August 12-17.

Athletes must be Jewish and at least 13 years old and CANNOT have turned 17 years old as of July 31, 2012.

There is no fee to try out. The total cost of the program depends on donor dollars and individual fundraising efforts.

Team and individual sports

- Boys Baseball, In-Line Hockey, Soccer, Basketball
- Girls Soccer, Lacrosse, Volleyball, Softball, Basketball
- Individual Sports: Bowling, Dance, Swimming, Table Tennis, Golf and Tennis

Team and Individual Sport Sign-ups

Monday January 30

Robinson Gym, Squirrel Hill

7-9 pm

Basketball Team tryouts

Monday January 30

Robinson Gym, Squirrel Hill

7-8 pm: Girls ages 13-16

8-9 pm: Boys ages 13-14 and 15-16

Maccabi Games are supported in part by the Fred Hoffman Maccabi Memorial Scholarship, the Jewish Sports Hall of Fame, the Larry Ruttenberg Endowment Fund and the Joel Sigal Maccabi Fund.

PERSONAL TRAINING

LEATRICE AND JOHN M. WOLF CENTERFIT

Call Laurie Wood, ext. 260.

One-on-One Private Workout

One of our dedicated fitness experts will design a personalized exercise program to help you reach your goals and see results. 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.

One-on-One Youth Personal Training

A private workout session with a certified professional trainer or exercise physiologist. Weight management and sports-specific training also are available.

Payment system

- Choose the number of sessions, either single sessions or purchase 4 or more for a discounted rate.
- You may make up missed appointments as long as you call 24 hours in advance to cancel.
- Your contract (if greater than one month) may be paid in monthly installments.

Contract Fees

Centerfit Platinum Members

	Full	Half
4-12 sessions	\$54	\$35
13-47 sessions	\$48	\$31
48+ sessions	\$42	\$27

General Members

	Full	Half
4-12 sessions	\$60	\$39
13-47 sessions	\$54	\$35
48+ sessions	\$48	\$31

Ages 17 and under

	Full	Half
4-12 sessions	\$46.50	\$30
13-47 sessions	\$43.50	\$28
48+ sessions	\$40	\$26

Single Sessions

Centerfit Platinum	\$56/full
General Member	\$62
Youth	\$48

PROGRAMS

Bioage Testing

A biological age test determines your body's biological age, as opposed to chronological age, when compared with standard biological age markers of the general population. The Bioage assessment includes blood pressure, lung function, girth, aerobic fitness, strength/power, core strength, flexibility, lifestyle, nutrition and body composition analysis. The assessment is performed by JCC Personal Trainer Marsha Mullen, who has an MS in Sports Medicine/ Exercise Physiology.

\$150; \$75/retest

Bioage Combo

Includes the test, dietitian appointment, follow-up, 3 personal training hours and a retest.

\$400/Centerfit Platinum
\$420/general member

Jump Start Your Weight Loss

If you are exercising regularly and not seeing the weight loss results you want, this program is for you. Work with a personal trainer to develop a customized workout plan and a dietitian who will individualize a healthy eating plan—guaranteed to get you closer to your goal.

3 personal training sessions
1-hour appointment with a JCC dietitian plus a 30-minute follow-up
\$199 /Centerfit Platinum
\$215/general member
(20% savings by bundling these services)

The Jewish Sports Hall of Fame supports the following programs: EKC Sports Equipment, Indoor Triathlon, J&R Day Camp Sports Equipment, Maccabi Youth Athletic Games, Membership and Program Scholarships, Sailfish Swim Team, JCC South Hills: Camping, Fitness Department.

FITNESS

Boot Camp with Beth Bradley

Join Beth Bradley for a structured, high-intensity workout modeled after military-style training that includes cardiovascular strength, endurance and flexibility exercises. Designed for the exerciser who wants additional motivation and a huge calorie burn. Eight weeks, two classes per week—meet your fitness goals!

Tuesdays and Thursdays

January 17-March 8

6-6:45 am Kaufmann Gym

\$99/Centerfit Platinum

\$160/general member

Teen Fitness Certification

This 2-part orientation **MUST** be completed by teens prior to using the facility. Another option for certification is two sessions with a personal trainer.

\$45/two-part orientation class

\$90/two sessions with a trainer

Youth Boot Camp: ages 9-13

This is a total body workout designed specifically for youth. Led by ACE-certified Personal Trainer Nick Cenname.

Saturdays

January 7-28

4:30 pm

\$50

Indoor Cycling/Spinning for Endurance Cyclists

Focus areas include power at threshold, power at VO2 Max, power in sprints, pedal mechanics, cadence, positioning on the bike and core strengthening. Taught by Pittsburgh's premiere cycling coach, Menachem Brodie.

Tuesdays and Thursdays

January 3-March 1 (no class week of February 13)

5:45-7 am or 6-7:15 pm

\$160

Community members can try one class for \$15—fee reimbursed if you join!

JCC Healthy Heart Phase III Cardiac Rehabilitation

Call Marsha Mullen, ext. 380.

With a physician's approval, you can exercise in Centerfit. Marsha Mullen, MS ATC, will guide you through an individualized exercise program using your physician's recommendations.

Supervised times:

Mondays, Wednesdays and Fridays

8:30 am-noon

\$48/month for community

\$25/month for SilverSneakers

\$10/month for seniors

\$125/year/Centerfit Platinum

Fit Girls: ages 8-12

Join Beth Henke, Personal Trainer for a dynamic and fun workout.

Sundays, 1-2 pm

Thursdays, 4:30-5:30 pm

January 15-February 9

February 12-March 8

\$80/each session

FITNESS

WINTER 2012



EVENTS

Youth and Family Wellness Fair

The fair includes activity booths and demonstrations from different groups.

Sunday, January 29
1-4 pm
Kaufmann Gym

Indoor Triathlon: all ages

Call Laurie Wood, ext. 260.

Don't miss our Annual Indoor Triathlon, sponsored by the Jewish Sports Hall of Fame. Compete individually or as a parent/child team. The events vary, depending upon age, from a 250-500 yard swim, 2-4 mile bike ride and a 1-2 mile walk/jog/run on the track.

Sunday, February 19
11:30 am Registration
Noon Competition
2:30-3 pm Awards

Register by February 5
\$15/under age 16; \$18/age 16+
Register after February 5
\$20/under age 16; \$25/ age 16+
\$30/community

Be JCC's Biggest Mover

Join our Biggest Mover competition and participate in our many group exercise classes, exercise in our fitness facility, swim in our pools and get moving! We will have weekly events, drawings, challenges and feedback. Participants will earn 1 point for every workout with a limit of 5 workouts per week and 5 points for each friend that they refer who joins the JCC in the months of February and March. The winner receives a personal training package!

Begins January 29 and ends April 8
Sign-up: 8:30-10 am
No fee

Run the Marathon with the JCC

The JCC is a proud training partner with Animal Rescue League, a partner charity for Dick's Sporting Goods Pittsburgh Marathon on May 6. Contact Laurie at lwood@jccpgh.org for more information.

Let's train together!

Saturday, January 14
Mellon Park Run Walk (time tba)

Saturday, February 11: Run/ Walk

Sunday, February 26: Training workshop at the JCC, 2-3:30 pm

Sunday, March 11: Training workshop at the JCC, 2-3:30 pm

Sunday, March 18: Run/ Walk

Sunday, April 1: Training Run

Sunday, April 15: Run/walk

REGISTER ONLINE AT JCCPGH.ORG

SPORTS & REC

SPORTS

Call Kelly Young, ext. 220.

Over 21 Recreational Basketball

Drop in for organized pick-up games.

Tuesdays 5-7 pm
No fee for members

Men's Over 30 Basketball

Drop in for organized pick-up games.

Sundays
8-10 am
No fee for members

Women's Pick-Up Basketball

Wednesdays
6-7 pm
No fee

Coed Pick-Up Volleyball

Thursdays
7-8 pm
No fee

LESSONS

Call the Cashier, ext. 202.

Rollerblading

Learn from teaching professional Mark Haffner. By appointment.

\$40/hour; \$30/half-hour

Tennis

Learn from teaching professional Mark Haffner. By appointment.

\$40/hour; \$30/half-hour

COURT SPORTS

Call Alan Mallinger, ext. 272, or email amallinger@jccpgh.org

We have two convertible courts, used for racquetball, handball and squash.

Members may reserve courts up to seven days in advance. Reservations are taken during regular JCC hours at the Centerfit desk, or call 412-521-8011, ext. 372.

The fee for court time is \$4/hour and must be paid in full, at the Centerfit desk, prior to play. Centerfit Platinum members play for no charge. A general member or a guest must pay a \$2 court fee when playing with a Centerfit Platinum member.

WELLNESS

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

Alexander

Call Jeanne Ronschke, ext. 362.

Learn to use your body in more relaxed and efficient ways by focusing on your self-perception of movement. Carolyn Johnston, instructor.

Thursdays RDS
9:45-11:15 am
January 5-February 23
\$80/member; \$100/community

Holistic Health Coaching

Learn to set and accomplish goals, increase energy, reduce stress and reduce pain in your body. Includes 2 one-hour sessions per month, unlimited email support and a personalized plan that you can love and sustain! Set up your FREE health consultation with lgoldstein@jccpgh.org.

\$170/1 month
\$480/3 months; \$840/6 months

Reiki

Reiki is a natural Japanese healing technique that promotes stress reduction and relaxation. It is an energy-based touch therapy that liberates the body's natural healing abilities. To schedule an appointment, call ext. 267.

\$70/one-hour session
\$60/Centerfit Platinum

Yoga

Call Patti Sciulli, ext. 273.

Learn relaxation and improve strength and flexibility through stretches, postures and breathing techniques.

Power Yoga

Focus is on muscle conditioning through a series of asanas. Safe stretching and balancing exercises for the athlete in all of us, to improve performance and prevent injuries.

Yoga Therapy

Yoga can be an effective method of healing sore joints, tight muscles, unhealthy posture patterns and chronic pain, as well as speeding recovery from surgery. Call ext. 273 to schedule your appointment.

\$50/1-hour session; \$90/2 sessions
\$60/share your session with a friend

One-on-One Pilates

Focus on increasing flexibility and strength to build more defined, longer, leaner muscles. Mat and Reformer training available.

\$60/1-hour session; \$110/two sessions

Yoga/Pilates Fees

No fee/Centerfit Platinum members

General members:

\$140/20-session punch card
(get one session FREE with filled card)
\$70/10-session punch card
\$9/drop-in
\$12/community

Massage

See page 35 for details.

Six-Week Weight Loss Program

Led by dietitian Deborah Brooks, the program will provide you with a customized meal plan, weekly goals and support, confidential weigh-ins, nutrition education, discussion of the latest research on weight loss and more. In this class, we will learn how to work with the barriers we experience when we try to change our diet.

Thursdays
January 26-March 1
7-8:30 pm
\$108; \$140/community

Nutrition Counseling

Call Laurie Wood, ext. 260.

Determine what you should be eating, based on your individual concerns.

\$55/one-hour session; \$30/followup
Buy a group of 5 followups to keep you on track for \$140

WELLNESS

Muscle Activation Techniques

MAT (Muscle Activation Techniques) corrects body alignment and improves functional capabilities, decreasing pain and reducing the risk of injury. Make an appointment with our MAT-certified specialist, Joe DeAntonis, MS, at ext. 260.

\$85/member; \$100/community

Mat Reinforcement

A hybrid of MAT and exercise.

\$45/half hour

\$42.50 each/12-47 sessions

\$40 each/48+sessions

Research Study for Diabetes Prevention

In partnership with the JCC, the University of Pittsburgh Diabetes Prevention Support Center is offering a healthy lifestyle research program for adults at risk for Type 2 diabetes and/or heart disease. If you are age 18 and older, do not have diabetes and are overweight, you may be eligible for the program, which is free and will take place at the JCC. For more information, contact Marsha Mullen, ext. 380; call 412-383-1286 or email dpssc@edc.pitt.edu.

*Thanks to
Big Night Raffle Sponsor*

**Henne
Jewelers**

*for their support
of the JCC*



GROUP EXERCISE

WINTER 2012

GROUP EXERCISE CLASSES

Call Patti Sciulli, ext. 273.

Please see the monthly schedule (available online or at the Centerfit Desk) for up-to-date days and times.

20/20/20

Twenty minutes each of strength, cardio and On the Ball

INTERVAL BENCH

High-intensity bench or cardio alternating with intense muscle toning segments.

SPINNING

A cardiovascular workout performed to music on a specially designed stationary bike.

Group Exercise and Spinning Fees

\$5/class

\$45/book of 10

\$80/book of 20; \$53 for teens

Centerfit Platinum: no fee

Group Centergy

A 60-minute journey of yoga and pilates while moving to music, designed to help you center your energy, reduce stress and smile.

Winter Launch

Wednesday, January 25 • 8 am

Group Power

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

Winter Launch

Sunday, January 29 • 8:15 am

Group Kick

Group Kick brings it on! This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level.

Winter Launch

Sunday, January 29 • 9:30 am

NEW! PRIVATE FITNESS PARTIES

Call Patti Sciulli, ext. 273.

Don't let the kids have all the fun! Book your next party or night out with the JCC. Fitness parties are perfect for a girls night out or a new twist on a bridal or baby shower. Brides-to-be—enjoy a stress-free afternoon with your bridal party, starting with a fitness class of your choice, and relax in the whirlpool and sauna. Party choices include Zumba, Pilates, Yoga, Bootcamp, Spinning or Hip Hop.

Party packages are \$100 and up, which may include a one-hour private class for up to 20 people and exclusive use of the studio space for an additional hour. Additional time can be added for an additional charge, as well as cake, light lunch/snack, balloons, set-up and clean up. Call Patti Sciulli for more information at ext. 273.

BABYSITTING STUART WEINBAUM SHORTSTOP BABYSITTING

For ages 6 weeks to 5 years. Buy coupons at the Centerfit Desk. Reservations are required at ext. 267.

Monday-Friday

New hours: 8 am-1 pm

Monday-Thursday

6-8:30 pm

\$15/month/child/Centerfit Platinum

\$20/month/child/general member

\$168/year/child/Centerfit Platinum

\$228/year/child/general member

Drop-in fee \$8/child

Reservations are required at ext. 267.

Space is limited.

Location: Room 310

Babysitting services are available only while you are in our facility working out.

REGISTER ONLINE AT JCCPGH.ORG

CENTERFIT PLATINUM

WINTER 2012

CALL 412-521-8011 PLUS THE EXTENSION

TO JOIN, CALL THE MEMBERSHIP OFFICE, EXT. 176, OR GO TO JCCPGH.ORG/PAGE/JOIN

ALL Group Exercise classes are FREE to Centerfit Platinum members, including yoga, Pilates and Spinning.

JOIN TODAY FOR THESE BENEFITS

Enjoy exclusive adults-only spa-style locker rooms, concierge services and discounts.

- ALL Group Exercise, Yoga, Spinning and Pilates classes are FREE
- FREE Racquetball/Squash/Handball Court time
- DISCOUNT of up to 10% off Personal Training Contracts
- DISCOUNT on Massage up to 20%
- Steam, sauna and whirlpool
- Towel service, hair dryers and toiletries
- Free coffee and tea

MASSAGE SERVICES

Call ext. 267 for an appointment.

Massage at Centerfit Platinum is a relaxing and rejuvenating experience, far removed from life's fast-paced environment. Our facilities include three newly renovated, private massage rooms and a new coed massage room.

Swedish Massage

The most common form of massage, used to promote general relaxation, improve circulation and ease everyday aches and pains

Sports Massage

A deep tissue massage using specific strokes to help athletes obtain maximum performance and physical conditioning by increasing power, endurance and mobility both before and after an event or exercise

Therapeutic Massage

A combination of massage techniques designed to help relieve chronic joint pain and benefit the skeletal/muscular system by improving circulation, increasing joint flexibility, promoting quicker healing of injured muscle tissue, and improving posture and body mechanics

Basic Table Massage

Traditional Men's Centerfit Platinum rubdown increases circulation and promotes relaxation

Couples Massage

Two massage therapists provide a couple, mother and daughter, or two siblings or friends with individualized massages while the clients relax in each other's company.

Massage Fees

Centerfit Platinum Members

Half hour	\$25
Full hour.....	\$50
10 half-hour coupons	\$225
Half-hour table massage	\$20
One-hour table massage	\$40
10 half-hour table massage coupons	\$180
Couples massage.....	\$110

Now available

Hot Stone	\$125
Salt Scrub	\$75
Sugar Gloss.....	\$75
Mud Wrap	\$75

Guest Fees

General Members.....	\$10
Community	\$15

Mother-Daughter Days

Enjoy Centerfit Platinum with your mother, daughter or granddaughter. Children must be at least 13 years old. Schedule a massage for you and your daughter during this time and get a 20% discount.

Sundays
January 15, February 12, March 11
4-6 pm
No fee



Jerry Siegel and Joe Shuster, *Funnyman* #4 (May 1948), *Medieval Mirthquake*, image courtesy Adam Parfrey.

AMERICAN JEWISH MUSEUM

Call Melissa Hiller, Director, ext. 105.

Super Silly! Superman Creators' Funnyman Fights Crime with Shtick

January 10–March 28, 2012

THE ANNA L. AND IRENE V. CAPLAN EXHIBIT

A buffoonish crime fighter who uses wit and gags for weapons, Funnyman is the antithesis of noble Superman. Ironically, not only were both created by Jerry Siegel and Joe Shuster, but the duo created Funnyman on the heels of Superman. Made in their and actor Danny Kaye's image, Funnyman's Jewishness comes from an inherent essence rather than from stereotypically Jewish characteristics. On display for the first time ever, *Super Silly* is comprised of 50 of the original Funnyman comic storyboards.



A Super Silly Comic Strip Drawing Workshop for Seniors

Tuesday, December 13 @ 1:15 pm and
Tuesday, December 20 @ 1:15 pm

Explore the art of comic strip drawing and create your own comics in connection to your culture.

No fee

Opening reception

Saturday, January 14 • 6 pm

Jews, Humor, and Funnyman

presentation by Funnyman expert

Mel Gordon, U.C. Berkeley

No fee

Reception sponsored by Miriam and Jim Lieb

Be A Hero for Trees Tu B'Shevat Shabbat Dinner

Friday, February 3 • 5:30–7:30 pm

Decorate your own superhero cape so you can protect trees from "villains"! Plus, celebrate a festive Shabbat and eat a yummy dinner with family and friends!

\$10/eater; children under 2 are free

Program in partnership with the JCC's *My Baby and Me*.

Danny Kaye: The Reel Funnyman

Classic films featuring Funnyman-inspiration Danny Kaye. No fee.

Inspector General

Sunday, January 29 • 1 pm

JCC Levinson Hall

Sunday, March 18 • 1pm

Carnegie Public Library (Oakland)

The Court Jester

Thursday, February 9 • 7pm

Carnegie Public Library (Oakland)

Monday, March 12 • 1:15 pm

JCC Levinson Hall

Super Silly! is supported by Feral House Publishing, Betty and Joseph Ellovich, and Marcia and Bob Frummerman. Major funding for the American Jewish Museum is provided by the Allegheny Regional Asset Board, the Anna L. Caplan & Irene V. Caplan Fund of the Jewish Federation of Greater Pittsburgh, the Robert C. and Gene B. Dickman Fund, Ira and Nanette Gordon Curator Enrichment Fund, Edward N. and Jane Haskell Endowment Creative Projects Fund, the Nancy Bernstein and Robert Schoen Fund, Pennsylvania Partners in the Arts, and individual support.

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 LATTERMAN 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.

AGEWELL PITTSBURGH

WINTER 2012

AGEWELL PITTSBURGH

AgeWell Pittsburgh offers a one-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging.

Call 412-422-0400 or visit AgeWellpgh.org

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.

Funding for the AgeWell Independent Adult Services 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.

WECHSLER BRIDGE PROGRAM

Call Jeanne Ronschke, ext. 362.

Brush-Up Bridge II

Course will cover finesses, hand re-evaluation, Stayman, Opener's and Responder's rebids, leads and defensive bids. Judi Sonon, instructor.

Tuesdays,
March 20-May 15
7-9 pm
\$55/member; \$70/community

J CAFE

Are you looking for a convenient place to have lunch? Come to the J Cafe for a delicious kosher lunch. You have choices:

Comfort Zone—Hot lunch that includes traditional comfort foods and sides

New Deli—Sandwich with an assortment of meats offered (Monday, Wednesday and Friday)

Showthyme—A fresh hot entree prepared right in front of you (Tuesday and Thursday)

Garden Grove—Parve soup and salad bar with a choice of toppings

Splash—Hot and cold tea

Mondays through Fridays
11 am-1 pm

Levinson Hall

Special pricing for those ages 60 +.

Reservations preferred. Call 412-521-8011, ext. 111, no later than 10 am. View the weekly menu at JCCPGH.org/page/jcafe

The JCC is under the supervision of the VAAD.

Intermediate Bridge: "Defense"

Topics covered will include: Leads Against No Trump; Leads Against Suits; Third Hand Play; Second Hand Play; Attitude, Count, and Suit Preference Signals.

Wednesdays
March 21-May 16
9:30-11:30 am
\$55/member; \$70/community

Duplicate Bridge

Advanced bridge for serious players. Please bring a partner. Marge Tamres, Director.

Wednesdays, ongoing
11:45 am-3:30 pm
\$6

REGISTER ONLINE AT JCCPGH.ORG

AGEWELL PITTSBURGH

COMPUTER CLASSES

Call Jeanne Ronschke, ext. 362.

Basic Word 1 & 2 (v. 2007)

Learn to create new documents, edit your work, change font sizes and save and retrieve documents effectively.

Fridays

January 20, 27

9:30-11:30 am

\$55/member, \$60/community

Basic Word 3 & 4 (v. 2007)

Learn to create documents, signs and letters. Have fun inserting pictures and creating borders, bulleted and numbered lists, mail merge, etc.

Fridays

February 17, 24

9:30-11:30 am

\$55/member; \$60/community

Excel 1 & 2 (v. 2007)

Fridays

March 16, 23

9:30 am-11:30 am

\$55/member; \$60/community

CULTURE CLUB

You must be registered for OPT to use our transportation.

Call Jeanne Ronschke, 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

NEW! AGEWELL'S LIVE WELL WORKSHOP SERIES

Call Nicole Mezare, ext. 278.

Tuesdays

1:15-3 pm

Room 202

\$10 per session/ \$60 for the entire series

Buy the series and get one program

FREE!

Gourmet Weightwise

Discover how to fulfill your cravings and begin losing weight immediately with delicious gourmet items. Food samples will be provided at the program.

January 17, 31 and February 14

To Bead or Not To Bead

Work with Swarovski crystal beads to make gorgeous one-of-a-kind jewelry.

February 7

Crafty Couture

Make your own colorful scarves with the Wonder Under technique.

February 28

Filmmaking 101

Learn how to create memorable slide shows from digital pictures. Create special "keepsakes" for your family to enjoy.

March 6

Crazy About Sushi

Learn how to make quick and easy sushi that you can share with your friends. Samples will be provided.

March 13

AGEWELL PITTSBURGH

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

EVENTS

Call Nicole Mezare, ext. 278.

A Super Silly Comic Strip Drawing Workshop for Seniors

Tuesday, December 13 @ 1:15 pm and
Tuesday, December 20 @ 1:15pm

Explore the art of comic strip drawing and create your own comics in connection to your culture. Comics will be presented with the exhibition.

No fee

Eight Crazy Nights! Chanukah Dinner Show

Lights, latkes and *sufganiyot!* Enjoy the holiday time with your friends over a festive dinner and klezmer show.

Thursday, December 15

5:30-7:30 pm

Levinson Hall

\$12/age 60+; \$15/age 59 and under

Register by Thursday, December 8

Enjoy Living, Not Falling! Pennsylvania's Healthy Steps Program

Increase your awareness of preventing falls through outdoor and home safety. Nutrition, medication safety and stress management will also be covered. Refreshments and giveaways included.

Monday, January 9

1:15-3 pm

Levinson Hall

No fee

Register by January 3

Celebrate It's Purim!

Call Nicole Mezare, ext. 278.

Celebrate this holiday by hearing an exciting show of Jewish music. Enjoy a delicious dinner with Purim goodies before the show.

Tuesday, March 6

5:30-7:30 pm

\$15/60+; \$18/age 59 and under

Register by February 24

Watch For:

Passover Wine Tasting and Musical Seder

Enjoy tasting a selection of Passover wines from Pinsker's Wine Shop and a musical Seder meal. Experience the spirit of this holiday.

Passover Dessert Sale

Look no further for decadent Kosher-for-Passover desserts.

ONGOING PROGRAMS

Call Sybil Lieberman, ext. 135.

The following programs are supported by Allegheny County Area Agency on Aging (ACAAA) and are open to anyone who is 60 years of age or older and a resident of Allegheny County. A one-time registration must be completed in Room 201. Bring a photo ID with your date of birth.

Is It Your Birthday?

Celebrate monthly birthdays with a song, a dessert and good wishes.

Got Shabbat Spirit?

Welcome the Sabbath by celebrating with your friends.

Fridays

Legal Services

An attorney visits the JCC to assist with legal issues. Call Jeanne Ronschke, ext. 362, for an appointment on the second Friday of each month.

AGEWELL PITTSBURGH

Transportation

Register for OPT/ACCESS, bus passes and Elder Express in Room 201. Bring photo ID with your date of birth.

Voter Registration

Register to vote, change your party or change your address with the Department of Elections in Room 201.

Special Events

Any dinner or program that is co-sponsored by ACAA requires a one-time ACAA registration. Register in Room 201.

Mind-Full Monday Lectures

Call Nicole Mezare, ext. 278.

Guest speakers on pertinent subjects.

Mondays, 1:15-2:15 pm
Levinson B
No fee

Creative Arts Club

Call Nicole Mezare, ext. 278.

Participate in a variety of creative arts such as jewelry making, homemade crafts, art history and reading and writing techniques.

Tuesdays, 1:15-2:15 pm
No fee

Book Review with Helen-Faye Rosenblum

Call Sybil Lieberman, ext. 135.

Join us for a lively discussion led by writer, teacher and reviewer Helen-Faye Rosenblum.

Tuesday, January 10
Thursday, March 22
1:15-2-15 pm
Room 202
No fee

Wednesday Afternoon at the Cinema

Call Nicole Mezare, ext. 278.

Watch newly released movies on our 52-inch plasma screen television.

Wednesdays, Room 202
1:15 pm
No fee

PALS Book Club and High Tea

Call Nicole Mezare, ext. 278.

Join in monthly discussions and meet new people. Books are supplied at the beginning of the month.

Fourth Wednesday of the month
1:15-2:15 pm, Room 202
No fee

PALS Book Clubs are supported by Highmark® and the Allegheny County Library Association.

JACOB WOLHENDLER WELLNESS PROGRAM

Revitalize Your Life!

Call Nicole Mezare, ext. 278.

This JAA program addresses flexibility, memory, nutrition, joint and back pain, relaxation techniques and more.

First Monday of every month
1:15-2:15 pm
No fee, Levinson Hall

Keeping Up With Dr. Paul Caplan

Call Jeanne Ronschke, ext. 362.

Dr. Caplan brings a world of knowledge and expertise to medical topics.

Third Monday of the month
1:15-2:15 pm, Room 202
No fee

Ask the Doctor

Call Nicole Mezare, ext. 278.

Learn from Dr. Andrea Fox, Gerontologist and Director of the Squirrel Hill Health Center.

Fourth Monday of the month
1:15-2:15 pm
No fee

AGEWELL PITTSBURGH

WINTER 2012

REGISTER ONLINE AT JCCPGH.ORG

New! Wii YOGA

Explore interactive fitness games on our Wii system in Room 202. Relax, restore and experience the benefits.

Thursdays, beginning January 5
1:15-2:15 pm
Room 202
No fee

Blood Pressure Screenings

Call Jeanne Ronschke, ext. 362.

Every other Wednesday
Begins January 11
10:30-11:30 am
No fee

Facilitated by a registered nurse from Jewish Association on Aging Centers for Rehabilitation, a program of AgeWell Pittsburgh.

T'ai Chi

Wednesdays
January 25-March 28
1-1:45 pm
\$30/members; \$35/community

Beginner's Drop-in Class

Sponsored in part by ACAA.
1:45-2:30 pm, ongoing

Mental Aerobics

Maintain brain fitness with games, exercise and social activities. Instructor provided by CCAC.

Thursdays
Classes return in February; call Jeanne Ronschke, ext. 362, for dates and to register.
1:15-3:15 pm, Room 202
No fee

Restoration And Relaxation

Boost immunity and mental clarity through relaxation, breathing and stretching exercises. Instructor provided by CCAC. Bring a towel with you.

Thursdays
Classes return in February; call Jeanne Ronschke, ext. 362, for dates and to register.
1:15 pm-3 pm
Room 202
No fee

Line Dancing

Classes return in February; call Jeanne Ronschke, ext. 362, for dates and to register.

Strong Seniors Stay Young

Build strength in your arms and legs. All participants must be registered with ACAA.

Wednesdays, ongoing
10 am, Levinson B
\$1/class suggested donation

Sponsored in part by the Area Agency on Aging, Department of Human Services, Allegheny County

JUDAICS AND DISCUSSION

Call Jeanne Ronschke, ext. 362.

Yiddish Conversation

Tuesdays, 10-11 am
No fee

JCC Choral Group

Open to JCC members who like to sing.
Thursdays, 10 am
No fee

Current Events Class

Call Nicole Mezare, ext. 278.
Hear guest rabbis and speakers discuss politics and current events.
Fridays, 10:30-11:30 am
Room 307; no fee

Israeli Folk Dancing

Cherie Maharam leads a class for beginners and then a dance-by-request session in the Kaufmann Dance Studio.
Thursdays, ongoing, 7:30 pm
\$3 suggested donation

Hebrew Literature

Readings from a variety of Hebrew periodicals with Dave Dinkin.
Tuesdays, 10-11 am
No fee

AGEWELL PITTSBURGH

ELDER EXPRESS

Elder Express provides regularly scheduled van service to people age 65 and older. If you live in the 15217 zip code and are registered with Access, you are automatically registered for Elder Express. Ride all day for \$2. For more information, call Jeanne Ronschke, ext. 362.

NEW AMERICANS

Call Irene Krastoshevskaya, ext. 237.

ESL (English as a Second Language) Classes

For New Americans from the former Soviet Union, ages 60 and older.

Russian Language Library

Mondays, 11 am-noon

Thursdays, 5-6 pm

Support for New Americans is provided in part by a grant from the Jack Buncher Foundation.

IMMIGRANT ASSISTANCE PROGRAM SUPPORTED IN PART BY ANITA AND SAM MICHAELS

CHECKMATES

If you know an older adult who would appreciate a weekly, friendly phone call or would like to volunteer for this peer-led telephone reassurance program, call Amy Gold, MSW, ext. 207.

SUPPORT GROUPS

Call Sybil Lieberman, ext. 135.

General Bereavement Support Group

Facilitation provided by Sivitz Jewish Hospice. To register, call Jan Kellough, MA, 412-422-5700.

Last Tuesday of the month
3-4:30 pm; Room 204

Recently Bereaved Support Group: Healing Hearts

This group is for individuals who have experienced the loss of a loved one in the past year. Facilitation provided by Sivitz Jewish Hospice of the Jewish Association on Aging. For more information or to register, call Jan Kellough, MA, 412-422-5700.

Will resume in the spring.

LOREN R. HIRSCH MEMORIAL BEREAVEMENT PROGRAM

Facilitation provided by Forbes Hospice. Please call Kevin Henry, facilitator, before attending: 412-578-6795.

Bereavement for Adult Children

Third Wednesday of each month
7-9 pm

Call Sarah Hoffman, ext. 225.

This program is free to seniors who use Highmark® Security Blue, Freedom Blue, Medigap Blue or Health Options Program through the Public School Employees Retirement System as their insurance provider. Participants receive a general membership to the JCC that includes the walking track, pool, Cardio Deck, weight room and general locker rooms.

JCC members who do not carry one of these insurance plans may participate in any of these classes for \$1.

Muscular Strength and Range of Movement (MSROM)

This class is designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.

Mondays
9-9:45 am

Tuesdays
9-9:45 am
1-1:45 pm

Thursdays
10-10:45 am
1-1:45 pm

YogaStretch Class

Using a chair for support, you'll increase flexibility, build endurance and learn how to relax and think more clearly.

Mondays
11-11:45 am

Tuesdays
10-10:45 am

Thursdays
11-11:45 am

Fridays
10:15-11 am

Cardio Circuit

This more intense workout includes standing non-impact choreography alternating with standing upper body strength work with hand-held weights, tubing bands and a ball. Note: This class is for people who are comfortable standing to exercise for 30-40 minutes at a time.

Mondays
10-10:45 am

Tuesdays
11-11:45 am

Thursdays
9-9:45 am

Fridays
11-11:45 am

SilverSplash

This water fitness program is designed for SilverSneakers® members to enhance quality of life and daily function using specifically designed SilverSneakers® kickboards. No swimming ability is required for this safe, fun and effective program.

Tuesdays and Thursdays
10:45-11:30 am

*Thanks to
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of the JCC*

A black and white photograph of the Pittsburgh skyline, featuring the iconic PPG Place tower and the Roberto Clement Bridge over the Allegheny River. The text "Building a healthy future" is overlaid in white on the right side of the image.

Building a healthy future

UPMC Health Plan is proud to support the
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UPMC HEALTH PLAN

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

For more information, please call 412-521-8011, ext. 176.

Valid for new members or lapsed memberships of greater than one year. Not valid for SilverSneakers® Membership or Centerfit Platinum memberships.

Winter 2012

For More Information

Membership Services
412-521-8011, ext. 534
membership@jccpgh.org

Membership Sales
412-521-8011, ext. 176
membership@jccpgh.org

Financial Assistance
Jane Stokar
412-521-8011, ext. 200

Employment
Karen Kozel
412-521-8011, ext. 361

Facility Rentals
Stacey Gentile
412-521-8011, ext. 341

JCC Squirrel Hill
412-521-8010

TTY (hearing impaired)
412-208-9102

JCC South Hills
412-278-1975



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