



Building the Foundations of Community in Los Alamos and Española

The Family YMCA exists to serve the needs of its communities. We engage partners to promote healthy life choices and support community well-being beyond our facilities. We are a 501(c)3 charity focused on youth development, healthy living and social responsibility.

We offer affordable child care to low income families, implement drug prevention and anti-gang programs for at-risk youth, and programs that promote a healthy spirit, mind and body for all. Our primary services include health outreach for children, teens and families; after school and summer camp care; a wellness facility in Los Alamos; character development programming at our teen centers in Española and Los Alamos; and teen service-learning in both communities.

We depend on the generous financial donations of our members and partners, including individual donors and the United Way of Northern New Mexico/Los Alamos, to keep our doors open to everyone who needs a place to become healthier and more confident, connected and secure.

Membership Benefits

- Use of 18,500+ square foot facility
- Free Child Watch-childcare while you work out at the Y
- MobileFit-Our new workout and nutrition system
- Free Member Fitness Classes: SilverSneakers®, ZUMBA®, PowerUp, Yoga, Aerobics, Y-Ride-("spinning"-type classes), Step, Pilates, Conditioning, Exercise Lite, led by experienced, nationally certified fitness instructors, over 55 classes per week
- EXPANDED Strength Training Rooms-Free Weight and Circuit
- NEWLY ENLARGED Cardio Fitness Room: KRANKcycle-Arm Ergometer, Upright, Hybrid, Spinning and Recumbent Bikes, Treadmills, Steppers, Ellipticals, Rowers, AMT's
- Free Orientations to Strength/Cardio Rooms w/a nationally certified trainer
- Free Fitness Consultations
- Climbing Wall
- Squash/Racquetball/Handball Courts
- Men's/Ladies Sauna
- Basketball/Volleyball Gymnasium
- Discounts on programs: Youth Sports, Climbing, Snow Sports Conditioning, Kettlebell Classes, Dance, Martial Arts, CPR/1st Aid and more...
- AWAY (Always Welcome At the Y) Program-Use your Y membership to obtain reduced or free admittance to participating Y's across the nation and throughout the world
- Unlimited Guest Passes

 **We are an Armed Services Y. Please ask us about our FREE memberships for active military personnel and their families!**

YMCA Hours

Monday-Thursday	5:30 am—10:00 pm
Friday	5:30 am—9:00 pm
Saturday	8:00 am—7:00 pm
Sunday	9:00 am—6:00 pm

Membership Fees

- Single: \$45/month by Electronic Funds Transfer (EFT) plus \$50 New Member Fee
- Family of 2: \$59/month by Electronic Funds Transfer (EFT) plus \$50 New Member Fee
- Family of 3+: \$73/month by Electronic Funds Transfer (EFT) plus \$50 New Member Fee
- Youth (ages 13-18): \$26/month, no New Member Fee
- Young Adult (ages 19-24): \$34/month, no New Member Fee
- Daily Non-Member Fee: \$10/day/Adults \$6/day/Youth
- Senior Citizen (62+): 10% discount
- Single Parent Family: 10% discount



MasterCard, Visa and Discover accepted



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HERE FOR OUR COMMUNITY



YMCA Youth Conservation Corps

Fall/Winter 2011-12
THE FAMILY YMCA
www.laymca.org

The Y is a 501c3 charitable organization serving Los Alamos and Española



MEMBERSHIP

PROGRAM REGISTRATION POLICY

Registration is required for participation in all programs. Initial registration requires a liability waiver and must be made in person at The Family YMCA, and **in the name of the person taking the program.** All fees must be paid at the time of registration unless monthly scheduled payments are arranged. No one will be allowed entry into programs without registration. Early registration prices reflect the most cost savings and end **prior** to the first day of class. After initial enrollment, participants can enroll in programs over the phone with a credit card; by mailing a check noting class name and month that must be received a week prior to class; online at www.laymca.org; through EFT (electronic fund transfer), or in person. Participants who cancel registration for any reason **48 hours prior to the start date of the session** will have the choice of a full refund or credit; **no refunds will be given if participant cancels less than 48 hours prior to the start date of a session.** *Membership and Camp payments are not refundable/transferrable. Partial refunds with two weeks advance notice are allowed in the After-School program.* If the Y cancels a program for any reason, participants will have the choice of a full refund or credit. The Family YMCA reserves the right to postpone or cancel a class due to inclement weather or other unforeseen circumstances including evacuation or other disasters. Classes cancelled due to such will not be issued a refund. **All policies, fees, classes/programs and hours are subject to change without notice.**

In keeping with our mandate to build strong kids and families and to maintain safe and comfortable facilities, convicted sex offenders and/or registered sex offenders are excluded from membership and program participation at The Family YMCA.

BOARD OF DIRECTORS

President: Matt Schmidt

Vice President: Maria Wolfe Treasurer: John Wolfe

Elizabeth Bezzerides, Hugo Hinojosa, Robert Hollen, Jackie Hurtle, Albert Jiron, Shay Kendricks, D. Chris Ortega, Veronica Rodriguez, Lou Santoro, Chris Sierk, Cheryl Sowder, Sharon Stover, Wendy Swanson, Roger Waterman, and Carolyn Zerkle

ADMINISTRATIVE AND PROGRAM DIRECTORS

Administrative Assistant:	Jocelyn Chapman	jchapman@laymca.org
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LA Teen Center Director:	Michelangelo Lobato	mlobato@laymca.org
Member Services Director:	Katie Rosenbaum	krosenbaum@laymca.org
Sr. Program Director/		
Development Officer:	Diana Martinez	dmartinez@laymca.org
Wellness Director:	Melanie Chapman	mchapman@laymca.org
Youth/Adult Program Director:	William Hill	sportsdirector@laymca.org

Cover Photo by Don Taylor



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We are proud to support the development of youth

Phone: 505-662-3421

WWW.LASCU.ORG

Thank you to the following churches for their support during the Los Conchas fire:
La Vista Church of the Nazarene
New Beginnings Fellowship
White Rock Baptist Church

Pretty darn quick.



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Mobile Banking



Los Alamos
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Creating a better way.

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- Comprehensive Small Animal Medicine & Surgery
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- Food & Pet Supplies



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127 B Eastgate Dr.

Conveniently Located Between
Los Alamos & White Rock



FREE Nutrition Component.
Make your
appointment
today!

FREE to Members!

MobileFit's unique technology:

- Recommends a complete exercise program based on your goals and current level of fitness
- Suggests and tracks workouts based on your personal fitness goals
- Allows you access to your workouts from a personal computer or at the Y
- Also in Spanish
- Make an appointment at the front desk to learn how to use MobileFit



Red and Black Ball Mark your calendars!

Our 11th annual Red and Black Ball is set for February 11th, 2012. This event kicks off The Family YMCA Annual Campaign, a member-driven, member-supported fundraising campaign that insures Y programs are accessible to all. We are currently recruiting volunteers for the fundraising committee and planning committee. Please call Linda Daly at 662-3100 if you can help!



2610 Trinity Drive, Los Alamos
For All Your Insurance Needs

Allen McQuiston
662-5181

Auto, Home, Business, Health & Life



Donations from last year's Annual Campaign helped over 100 families, kids and adults experience the positive effects of YMCA programs and activities. Last year, approximately 2900 kids were positively impacted by the Y. Your gift of \$10 a month helps ensure that no one is turned away due to an inability to pay.

Name/Address:

Total Gift of:

Payment Total:

Balance Pledged:

Payable as follows: Gift Enclosed _____ or

Bill me: _____ Monthly, \$ _____ per month until _____

Date: _____ Phone: _____

Signed: _____

2011

Annual Support



Suggested Gift Levels:

Chairmans Roundtable. \$5000+
 Benefactor of the Y.....1500+
 Patron of the Y.....500+
 Gold Club.....350+
 Century Club.....100+
 Sustaining Contributor.....25+



HEALTH/WELLNESS

ESPAÑOLA TEEN CENTER



808 Vietnam Veterans Memorial Park Road
Española, NM
505-747-6569

Membership/Usage

Teen Center membership is FREE of charge and is available for youth ages 12 to 19. Registration with parent and youth signatures is required.



The Center Offers:

- Computer lab with 21 PCs offering a quiet/study area for students;
- Recreation area with pool tables, table tennis and foosball, lounge/TV area, exercise equipment;
- Classroom/instruction area for workshops/classes; lapidary and woodworking shops;
- Community First Aid/CPR/AED classes; nutrition and culinary basics classes;
- Outdoor recreation court providing the opportunity to play basketball, volleyball and tennis;
- Greenhouse

Hours of Operation

Year-Round Hours of Operation: Monday- Friday, 12:00 P.M.-8:00 P.M.
Occasional extended hours, weekends or evenings, may be scheduled per special events requested by youth, or for specific programs.

Volunteers

Volunteers are always welcome. The Family YMCA has a history steeped in volunteerism and was in fact founded by volunteers.

The Center has a need for volunteer instructors and tutors.

Donations are tax-deductible. The Y is a 501c3 charitable organization.



LOS ALAMOS HILLTOP SPOT

3900 Trinity Suite B
Los Alamos, NM

Center is FREE to all high school aged youth living and/or attending school in Los Alamos.

Across the street from the High School; ground level of Trinity on the Hill Church.

**Registration is required including parent-signed liability form for those 17yrs and younger. You may download forms at www.laymca.org or check in with Teen Center staff.*

A great place to hang out!

Fall/Winter Hours:

Monday-Thursday, 11-8pm
Friday, 11am-11pm

Saturday, 1-11pm
Closed Sundays

The center features a recreational room with:

- large flat screen TVs, PS3, Wii
- pool and ping-pong tables
- pre-packaged food and beverages for sale

The study room features:

- areas for group and individual study
- computer stations/printers, free WIFI

Youth services include:

Monday: TBD

Tues: Group Guitar Lessons Time TBD

Wed: Digital Filmmaking 3:30 pm.

Thurs: Upcycling 3:30pm Open Mike 6:00pm

Fri: Gaming 3:30 pm Movie 7:30 pm

Sat: Karaoke 6:00 p.m. Movie 7:30 pm



In partnership with Los Alamos County, the Y is operating a "bridge" Teen Center while the County explores a larger, permanent facility through a Capital Improvement Project process.

FITNESS CLASS DESCRIPTIONS

Aerobics - Multi-level aerobic class designed to meet the needs of different levels of fitness participants; low and high intensity options are shown during class to encourage class participants to work at their own pace.

Cardio & Conditioning Fusion - Jump start your morning with a high-energy class that will combine floor aerobics, step, boot camp exercises, and/or strength/conditioning exercises to give you a balanced workout. Each class format varies.

Core Conditioning - A strong core is essential for a healthy back and good posture. This class will focus exclusively on strengthening muscles in the core. Exercise variations will be demonstrated to challenge the new participant, as well as more intense options for the more advanced participant.

Exercise Lite - A kinder, gentler floor aerobic workout; appropriate for older adults, beginning exercise participants and pre/post-natal women who would like to include a low-intensity, low-impact workout in their fitness plan. Held at WR Baptist Church.

Fitness Yoga - Wake up your weekend with yoga! This morning yoga class will build strength, improve flexibility & balance and quiet the mind. Poses will generally move from one into the next, using the breath as a guide. Breathing and meditation techniques will be introduced, and modifications will be offered for various levels of students. Previous yoga experience is recommended.

Full Body Conditioning - For all fitness levels; this class focuses on improving muscular strength and endurance. This workout is designed using weights, mat work, resistance bands, step work, balls and other techniques to provide a full-body workout.

Gentle Yoga - Appropriate for both the beginning yoga student and the seasoned veteran. You will be gently guided through yoga postures using an individualized approach. This class is great for pre/post natal woman, and anyone with injuries or disabilities.

Just Step - A 45-minute step class designed to provide a quick cardiovascular workout ending with a stretch.

Pilates Mat - A combination of core-strengthening exercises to strengthen back and abdominal muscles and increase flexibility through the use of controlled movements.

PowerUp! -A full body weight workout put to music. This is a high-volume, low-weight program with an emphasis on building muscular strength and endurance. The class consists of basic strength training moves to work the chest, back, legs, glutes, arms, shoulders and core. Barbells and hand weights are used for resistance. The class may include multiple intervals to boost the overall intensity of the workout. Previous strength training experience a plus. **Class participant card is required for AM class!

SilverSneakers@-MSROM I - Muscular Strength and Range of Motion. Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement and activity for daily living skills. Hand-held weights, elastic tubing w/handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Step - An intermediate level class designed to provide a cardiovascular workout; includes a short conditioning segment.

Y-Ride - A fun and invigorating group cycling class offering just the right challenge to any workout. A Y-Ride class will lead you through a variety of routines with classes to suit all levels, from recreational to performance. **Class participant card is required!

Yoga - Strong, Stretched and Centered-This class will encompass techniques from Pilates and Yoga to increase strength, flexibility and endurance.

Zumba - A Latin inspired fitness workout that is a fusion of Latin and international music. It includes dance styles such as: salsa, merengue, cumbia, bachata and belly dance. **Class participant card is required!

Zumbatomic - Zumba for kids age 6-12 years old. A parent-signed liability form is required prior to your child joining this class.

Fitness Orientations

(ages 13 & up)

One of our experienced, nationally certified trainers will provide up to 3 fitness orientations to familiarize you with the machines in the strength training and cardio rooms. Information on basic training principles will be presented, as well as instruction and demonstration of proper technique, form and general use of the strength training and cardio machines. Please schedule an appointment at the Member Services Desk.

Fitness Assessment

(ages 18 & up)

We begin your assessment by checking your heart rate, blood pressure, and body composition, then continue with a 3-minute step test, a flexibility test, and strength and endurance assessments. We will review your results with you and help you get started on a fitness program.

Personal Training

(ages 18 & up)

Whatever your goals, our nationally certified Personal Trainers can help you reach them! More information available at Member Services Desk.

Snow Sports Conditioning Class*

Get in shape for your favorite winter sport !

Cardio and strength training will be the focus of this class. Various types of training equipment such as indoor cycles, weights, resistance bands, balls, etc. will be used.

This class is not appropriate for inactive or beginning exercisers.

Instructors Laura Kelly and Stacey Castille are nationally certified Personal Trainers with the Aerobics and Fitness Association of America.

**Monday/Wednesday
6-7am**

October 24th-December 14th (16 classes)

Y Members: \$100 Program Members: \$135

Russian Kettlebell Training*

In this intense class you will experience a mixture of joint mobility, kettlebell conditioning and bodyweight exercises, as well as the essential techniques for training with kettlebells safely and effectively. Must attend the intro class prior to registering for the other classes. Accredited instructors Sean Leffler and Michelle Stallings teach these popular classes.

Pre-requisite: 2 1/2 hour Intro Class (Call for dates)

Y Members: \$30/mo Program Members: \$40/mo

Early Registration Fees:

Tuesdays/Thursdays, 6:30-7:30pm

Y Members: \$40/mo Program Members: \$60/mo

Monday/Wednesdays/Fridays, 6-7am

Y Members: \$60/mo Program Members: \$84/mo

Day-of Registration Fees:

Tuesdays/Thursdays, 6:30-7:30pm

Y Members: \$50/mo Program Members: \$70/mo

Monday/Wednesdays/Fridays, 6-7am

Y Members: \$70/mo Program Members: \$94/mo

**On-line registration available at www.laymca.org*

Adult Winter Co-ed Volleyball 6v6*

It's great fun!

Teams must be co-ed, play is on a men's 7'11" net. Put together a team from work or your neighborhood.

Games will be at the Y's gym on Sundays 2-6 pm.

REGISTRATION: December 1-January 12, 2012

SEASON: January 16-March 27, 2012

Team Fees: Y Members: \$180 Program Members: \$210

Diggers Youth Volleyball* (ages 8-11)

This 6-week program will teach passing, hitting, setting, serving and rules of the game. Practice/games held 2x per week.

SPRING REGISTRATION: Jan. 22-Feb. 28, 2012

SEASON: Mar. 12 - Apr. 28, 2012

FALL REGISTRATION: July 21-Aug. 21, 2011

SEASON: Sept. 6-Oct. 22, 2011

Early Registration Fees: Y Members: \$32

Program Members: \$48

Day-of Registration Fees: Y Members: \$42

Program Members: \$58

Fencing* (ages 10 & up)

Basic fencing strategies and footwork, use of the foil, strip rules, judging and directing will be covered. *New students only accepted in Oct. & Feb. or w/instructor approval.*

Tuesdays, 6:30-7:30 pm-Beginning/Intermediate class

Tuesdays, 7:30-8:30 pm-Advanced class

Early Registration Fees: Y Members: \$24

Program Members: \$36

Day-of Registration Fees: Y Members: \$34

Program Members: \$46

Junior Co-ed Wrestling* (grades K-6th)

This is an excellent way for youth to burn off some steam and learn to wrestle the right way. Open to boys and girls in grades K-6th. Practices are Tuesdays and Thursdays, from 6-7:30 pm. Season begins January 11 and runs for approximately 14 weeks.

There are optional tournaments at the end of the season for those interested.

REGISTRATION: December 1, 2011-January 4, 2012

SEASON: January 9-April 7, 2012

Early Registration Fees: Y Members: \$55

Program Members: \$65

Day-of Registration Fees: Y Members: \$65

Program Members: \$75

Kinderkick Soccer* (ages 4 & 5)

Introduction to soccer. Volunteer coaches, assistants and team parents are needed.

FALL REGISTRATION: July 20-Aug. 21, 2011 SEASON: Sept. 6-Oct. 22, 2011

SPRING REGISTRATION: Jan. 22-Mar. 20, 2012 SEASON: Apr. 9-May 26, 2012

Fee per session:

Early Registration Fees: Y Members: \$32

Program Members: \$48

Day-of Registration Fees: Y Members: \$42

Program Members: \$58

Little Big Tumblers* (ages 1-3)

Children will have fun with music and movement while working on gymnastics skills on floor, bars and beam with the help and guidance of the coach and parent.

Saturdays 10:45-11:30 am

Early Registration Fees: Y Members: \$23

Program Members: \$34

Day-of Registration Fees: Y Members: \$33

Program Members: \$44

Sports Birthday Party (ages 5 & up)

Parties last 2 1/2 hours and are tailored to the age group and interests of the birthday child. All sorts of games and sports activities to choose from including basketball, volleyball, floor hockey, soccer and relay races.

\$110 for 1-8 kids, \$150 for 9-12 kids and \$195 for 13-16 kids

**On-line registration available at www.laymca.org*



SPORTS

OPEN GYM HOURS

Use of gymnasium is FREE to Y Members.
Open gym runs on a first come, first served basis.
Please call to confirm times.

Volleyball will require training on net set-up and take down.
Please make arrangements for volleyball preparations.
See Current Calendar for Available Times.

The Family YMCA gymnasium is available for rental. If you are interested in renting the gym, please contact the Sports Director for more information.

Adult Noon Basketball

This program offers a lunch time basketball league that is open to all.

Free to Members!

M/W/F

11:30 am-12:30 pm; 12:30-1:30pm

T/TH

11:30 am-12:30 pm; 12:30-1:30pm

Youth Co-Ed & Girl's League Basketball *(grades 1st-8th)

Youth Co-ed Basketball is for boys and girls. The Girl's League is a girl's only league in grades 1st-2nd, 3rd-4th, 5th-6th and 7-8th. These recreational development leagues offer athletic opportunities for youth of all abilities. Basketball practices will be 2x a week in WR and LA; Saturday games held at LAHS or LAMS and begin in January.

Grades 1st-6th

REGISTRATION: Oct. 1-Nov. 9, 2011

SEASON: Nov. 28-Feb. 25, 2012

Early Registration Fees: Y Members: \$65

Program Members: \$97

Day-of Registration Fees: Y Members: \$75

Program Member: \$107

Grades 7th-8th

CO-ED Season: Sept. 5-Nov. 20, 2011

Registration: Aug. 1-28, 2011

GIRLS ONLY Season: Jan. 9-Mar. 4, 2012

Registration: Oct. 1-Jan. 2, 2012

Early Registration Fees: Y Members: \$65

Program Members: \$97

Day-of Registration Fees: Y Members: \$75

Program Members: \$107

Kinderhoops* (ages 4-5)

This program introduces girls and boys to basketball. Mini-sized balls will be used as well as 6' baskets. Focus will be on developing coordination and learning the basic rules of the game. Practice will be 2x per week at the Y or alternate elementary school location.

REGISTRATION: Aug. 10-Sept. 25, 2011

SEASON: Oct. 3-Nov. 18, 2011

Early Registration Fees: Y Members: \$32

Program Members: \$48

Day-of Registration Fees: Y Members: \$42

Program Member: \$58



Health Education Classes!

FREE Diabetes Prevention and Education Class

Marta Munger-Gentry, MPH, RD, Marta is a registered dietitian with extensive experience in wellness, nutrition education and disease prevention. Previous local positions have included dietitian at LANL (14 years); nutrition instructor at U. of New Mexico, Los Alamos; and dietitian educator for Los Alamos Heart Council and LA County Extension healthy heart classes.

Did you know?

- 83% of people with pre-diabetes *will* become a person with diabetes without any lifestyle change.
- Diabetes is a *leading* cause of heart disease, stroke, blindness, kidney disease, and nerve disease.
- Diabetes and obesity can decrease life expectancy by 10 years — the same as smoking.

Take steps to make the researched-based lifestyle changes that can prevent or delay this disease.

FREE to the Public!

**Classes meet weekly for 6 weeks.
Tuesdays from 11-11:45am**

Session I

September 6 thru October 11th

Session II

November 1st thru December 6th

Pre-registration at least 48 hours prior to the session is required.

This program made possible by:



Lou Santoro Agency

Y WEIGHT?

Lose Weight the Smart Way

Are you interested in learning about nutrition and ways to make your lifestyle healthier? Gained weight? Can't figure out how to make the family meals healthy? Looking for support? Then this class is for you!

The instructor, Marisa Denbaars, has over 10 years of professional health experience, is the former owner of the Los Alamos Curves for Women, and currently hosts KRSN 1490's weekly community radio program *Be Healthy Los Alamos*.

**Classes meet weekly for 6 weeks.
Mondays from 11-11:45am**

Session I*

September 19th-October 31st (no class Oct. 10th)

Session II* -TBD

Y Members: \$40* Program Members: \$52*

Pre-registration at least 48 hours prior to the session is required.

**Those who complete all 6 classes will receive a 75% refund.*



All classes are taught by certified American Red Cross instructors. Certifications are good for 2 years from date of completion.
Call or visit www.laymca.org for dates.

Adult CPR/AED/1ST Aid* Los Alamos and Española (ages 11 & up)

Call 505-747-6569 for Española class dates and times.
Usually held first Saturday of each month in Los Alamos.
Saturdays, 10am-5pm
Y Members: \$80 Program Members: \$110

Infant/Child CPR* (ages 11 & up)

Saturdays, 10am-2pm
Y Members: \$55 Program Members: \$75

Babysitter Training* (ages 11-17)

This course provides youth with the training every parent wants in a babysitter.
Y and Program Members: \$110



DANCE

Kathak* (all ages)

East Indian Classical Dance
Sundays, 3:30-4:30 pm

Early Registration Fees: Y Members: \$17/mo Program Members: \$25/mo
Day-of Registration Fees: Y Members: \$27/mo Program Members: \$35/mo

Bharatanatyam* (all ages)

Classical Dance from South India
Sundays, 4-5pm

Early Registration Fees: Y Members: \$17/mo Program Members: \$25/mo
Day-of Registration Fees: Y Members: \$27/mo Program Members: \$35/mo

Belly Dance* (ages 8 & up)

Basic moves, combinations, proper stretching & technique, choreography and how to apply them to your dance will be taught.
Fridays, 7:30-8:30pm

Early Registration Fees: Y Members: \$17/mo Program Members: \$25/mo
Day-of Registration Fees: Y Members: \$27/mo Program Members: \$35/mo

Hip Hop Kidz* (Boys and Girls ages 8-13)

Students will learn the latest dance moves in a fun and creative environment.

Tuesdays, 4-5pm

Early Registration Fees: Y Members: \$30/mo Program Members: \$45/mo
Day-of Registration Fees: Y Members: \$40/mo Program Members: \$55/mo

*Full class descriptions and on-line registration available at www.laymca.org

Y Earth Service Corps

Our mission: Y Earth Service Corps empowers young people to be effective, responsible, global citizens by providing opportunities for environmental education and action, leadership development and cross-cultural awareness.
*Clubs in development for Española.

Check out our School-Based CLUBS! **GET INVOLVED**

In collaboration with Pajarito Environmental Education Center, Los Alamos High School & Los Alamos Middle School, we now have school-based YESC - join us for year-round service opportunities!

(YESC) High School Environmental Club

Weekly meetings at LAHS—See our website for more info.

(YESC) Middle School Green Team

Weekly lunch-time meetings—See our website for more info!

Learn by DOING: YES Corps provides a unique opportunity for youth ages 11-17 to identify local environmental issues while working collaboratively to engage participants in community action.

www.laymca.org

E-mail any Adventure questions to Sylvan Argo @ adventure@laymca.org

Los Alamos
Juvenile Justice
Advisory Board



The Y administers several youth leadership programs in partnership with JJAB (Juvenile Justice Advisory Board):

JUNTOS

Joining & Understanding Now, Teens Overcome Separation
JUNTOS-focuses on leadership, team-building, & communication skills among teams from Los Alamos, Espanola & Pojoaque High Schools. No fee, open enrollment. Contact Jenn at viewfindernm@yahoo.com.

5th Quarters

In coordination with LAHS, the Y offers another “quarter” of fun, games, prizes, music, food, and just hanging out after Topper home football and basketball games that fall on Friday. It’s FREE! Watch for announcements at the High School and The Hilltop Spot.

Homecoming and Prom “After-Party”

In coordination with LAHS, the Y extends the fun and excitement of Homecoming/Prom with snacks and games at The Hilltop Spot (Teen Center) and then after-midnight movies at the Reel Deal Movie Theatre at no charge.

Los Alamos Youth Leadership (LAYL)

Applications accepted during June and July only.



YOUTH/TEENS

After-School program

On-site Elementary Program for Grades K-6th

After-school care is offered at every elementary school in Los Alamos and White Rock from the end of the school day until 5:45pm. The after-school program provides a fun and safe environment, with a variety of activities, including arts and crafts, sports and games, cooking, building, and homework time. Field trips are also a regular part of the after-school program, and are included in enrollment fees. A healthy, well-balanced snack is provided daily. Fees vary according to the number of days a child is enrolled. *Financial assistance is available.*

Winter Break Camp (Grades K-6)

Camp will run from 7:30am - 5:30pm at the main Y facility. Activities include sports and games, dramatic play, arts and crafts, service projects, free play and field trips. These activities take place in a well-supervised environment, with a staff to child ratio of 1:15 or better. Two healthy snacks are provided each day; children must bring a lunch from home. Fees vary according to the number of days the child is enrolled. Registration opens one month prior to the start of camp. Camp dates will be announced mid-November.

Child Watch

Child Watch provides Y members with on-site child supervision, while members are in the facility working out or attending a class. Child Watch is open to children ages 2 months to 7 years, on a first come, first served basis. Currently the program is open Monday-Friday from 8:45-11:30am and M/W, 5:20-7:20pm; these hours may be expanded depending on the popularity of this program.

iCare Wednesdays (Grades K-6th)

Wednesday-only after-school care is offered at the Y from 12-5:30pm through the 2011/2012 School year. The program offers a well-supervised environment where children explore topics like sustainable living and each person's impact on the world around us. The program includes organic snacks, environmentally-themed games, creative projects, organic gardening, free play, quiet homework time, outdoor experiential activities and field trips. Parents are responsible for transporting their child to the program. Space is limited.

Join the TEEN CLIMBING CLUB!

(ages 13-17)

This club is designed for teens to have fun socializing and climbing. Instead of driving your parents up the wall, come enjoy vertical fun time with your friends.

Wednesdays, 6-8pm

See website (www.laymca.org) for details.

Includes personal coaching plus equipment use.



MARTIAL ARTS

Shoshin Ryu Jujitsu*

Students will develop fluid, effective and powerful techniques through proper body dynamics, breathing and relaxation, and improve mental awareness and focus. Basic strikes, blocks, kicks; kata; and practical self-defense skills which include joint techniques, throws, ground and weapons defense will be learned.

Ages 7-12

Thursdays, 4:15-5:15 pm Instructor: Gary Sandine

Early Registration Fees: Y Members: \$22/mo Program Members: \$33/mo

Day-of Registration Fees: Y Members: \$32/mo Program Members: \$43/mo

Ages 13 & up

M/W, 7-8:30pm F, 5:30-7pm Lisa Smole is the instructor.

Call or see website for fees.

Tae Kwon Do* (ages 8 & up)

Known as Korean Karate, this study of kicks and punches emphasizes the use of the feet for unarmed combat. Class has membership in the World Tae Kwon Do Masters Association. Sparring is non-contact. Only *current* students may register on-line. *New students accepted quarterly (quarters start Jan., April, July & Oct.) or w/instructor's approval.*

Mondays & Wednesdays, 6-7:30 pm

Call or see website for fees

Kickboxing* (ages 13 & up)

Kickboxing training provides an outstanding cardiovascular workout and is excellent for muscle strengthening and toning.

Tuesdays & Thursdays, 7:30-9 pm

Early Registration Fees: Y Members: FREE! Program Members: \$48/mo

Day-of Registration Fees: Y Members: \$10/mo Program Members: \$58/mo



Tai Chi as an Exercise*

Long Yang Form (all ages)

Also known as walking meditation, this slow, graceful and rhythmic aerobic workout promotes good health, balance, relaxation, serenity, flexibility and improved circulation.

New students accepted in Jan., May & Sept.

Mondays, 7:05-8:05 am

Pre-registration Fees:

Y Members: \$17/mo Program Members: \$25/mo

Day-of Registration Fees:

Y Members: \$27/mo Program Members: \$35/mo

*On-line registration available at www.laymca.org



CLIMBING

HOURS OF OPERATION

The climbing wall is kept open strictly through volunteer monitors. Schedule is subject to change; please see current schedule posted outside the climbing wall. A certified belayer is on duty to monitor the climbing wall at these times:

Early Bird Climbing

Tuesday, Thursday: 5:45 to 7:15 am

Lunchtime Climbing

Tuesday, Wednesday, Thursday: 11:45 am to 1:15 pm

Evening Climbing

Monday-Thursday: 5:30-10 pm
Fridays: 3:30-5 pm; 6:30-9 pm

Non-Scheduled Hours

*The following hours do not have a regularly scheduled monitor. Monitors and CW Volunteers may open the climbing wall during these times and members may use the climbing wall *if* it has been opened by a CW Monitor or Volunteer. Group rentals, birthday parties, and private lessons have priority during these times and monitors and climbers should first check with the Y (see our online calendar or call) to find out if the climbing wall is open/available:*

Mondays: 5:45 am-5:30 pm
Tuesdays: 7:15-10:30 am; 1:15-3:45 pm
Wednesdays: 5:45-11:45 am; 1:15-5:30pm
Thursdays: 7:15-11:45 am; 1:15-3:45pm
Fridays: 5:45 am-3:30 pm; 5-6:30pm
Saturdays: 8:00 am-7:00 pm
Sundays: 9:00 am-6:00 pm

Climbing wall closed to climbers Tuesday & Thursday from 3:45 to 4:15 pm for class prep.

Fees

FREE w/ Y Membership
\$10 Daily Program Member Fee
Group rates and private lessons are also available

Rental Fees

If you do not own your own gear, we have equipment available for rent.
Shoes \$4, Harness \$4, Belay Device + Carabiner \$4
Helmets-FREE
The above are offered as a package for \$10

Y Member BENEFIT: register for a single-issue, non-transferable PUNCH CARD that lets you "rent" equipment 3 times – for FREE!

Students:

Fridays are HALF-PRICE equipment rental for students of all ages; must have a valid student ID.

Policies

The gym is open to climbers of all ages. All climbers must have a signed liability/helmet waiver. Those under 18 must have a parent or legal guardian sign for them. All climbers 14 & up must pass a certification test to top-rope or lead climb belay. Children 12 & under must wear a helmet and be accompanied by an adult during scheduled and open gym hours.

If you are interested in volunteering please contact Sandra West at (swest@laymca.org) or 662-3100.

Belay Certification (ages 14 & up)

Certification is required for belaying at the Y's Climbing Wall. Participants must demonstrate knowledge of proper harness use, knots, tying-in, commands, and proper technique according to The Family YMCA's standards for certification. Please make an appointment with our climbing wall staff, who will administer the tests. **Cost is \$14.**

On Belay Class* (ages 14 and up)

Instruction, practice and testing for belay certification. The class is offered on the first and second Mondays and first Thursday of each month except on holidays. The first night (Monday) is an instructional class in which participants learn the necessary skills to pass the belay test. The second class (Thursday) is required and allows participants to practice before the test. The third class (second Monday) is the test. Participants may make an appointment with the Climbing Wall Supervisor/Instructor to take the belay certification test on a different night, but it must be at least one week after the initial class.

Early Registration: Y Members: \$25 Program Members: \$35
Day-of Registration: Y Members: \$35 Program Members: \$45

Youth Ascent* (ages 4-6)

This fun class focuses on fundamentals of climbing techniques. Participants learn climbing commands and climbing wall rules, play bouldering games, and climb The Wall at their own pace. Classes are offered as a five week session.

Thursdays 4:15-5:30 pm

Early Registration: Y Members: \$41 Program Members: \$62
Day-of Registration: Y Members: \$51 Program Members: \$72

Youth Summit* (ages 7-12)

No experience is necessary. A class for beginning climbers that covers climbing half-way up the wall, bouldering, spotting for others, putting on a harness, climbing commands, and tying a figure eight and follow-through with assistance. Summit Two class covers tying a figure eight and follow-through independently, bouldering a 15 foot section of Wall, and climbing to the top of the wall. 5-week session.

Tuesdays, 4:15-5:30 pm

Early Registration: Y Members: \$41 Program Members: \$62
Day-of Registration: Y Members: \$51 Program Members: \$72

Climbing Wall Birthday Party

Give your child a birthday party to remember at the YMCA's indoor climbing gym. No previous climbing experience is necessary. Safe, experienced climbers are on staff for the parties. Parents provide the food (if desired); Y provides climbing equipment, tables and chairs. The cost is \$120 for parties of 1 - 8 participants and \$165 for parties of 9 - 12 participants. Climbers must be at least 4 years old. A \$25 deposit is required. More details are available at the Member Services Desk. Don't forget your camera!

Parent & Tot Time

This youth-focused climbing class will give you and your tot the chance to experience the thrill and benefits of rock climbing in a controlled, supervised environment. The trained instructor will show you how to safely enjoy this amazing sport.



Days/times TBD; see Y website for details.

COMING SOON:

Outdoor climbing opportunities and ADULT climbing clinics.

**On-line registration available at www.laymca.org*