

US...

IS A PROMISE

2017 Community Benefit
THE FAMILY YMCA
Nonprofit charitable, organization
Serving Los Alamos, Española

8,000

people served including
3,700 youth & teens
3,700 adults and
600 seniors



90 youth programs
40 adult programs

300 people received
financial assistance at a cost of
\$126,000
+ **\$46,000** in gifts
supported 2,500+ at Y teen centers



200 staff
320 volunteers
donated 8,000 hours of time

LOS ALAMOS TEEN CENTER

475 20th Street 505.695.7415

1,700 youth served

880 members

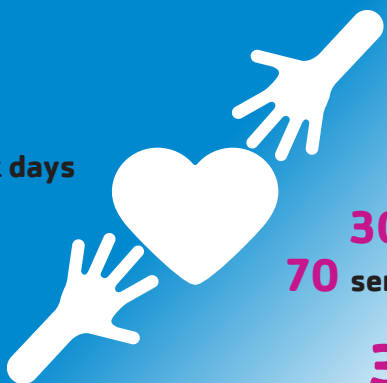
80 average per day

200 served on peak days

30 community
partners engaged

30 programs

15 youth events



860
youth served

250
members

30 average per day
70 served on peak days

30 youth events

20 educational/
skill building programs

ESPAÑOLA TEEN CENTER

808 Vietnam Veterans Memorial Park Road 505.747.6569



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HERE FOR OUR COMMUNITY

Fall/Winter 2018-2019 Program Guide
THE FAMILY YMCA
505.662.3100

www.laymca.org

COMMUNITY IS OUR CAUSE

The Family YMCA's mission is to build community strength by focusing on youth development, healthy living and social responsibility and to ensure access to all. Our purpose is to provide opportunities for all ages to learn new skills, try hard and succeed, and connect with community. We believe these experiences build character and help us all grow in spirit, mind and body. *As a 501c3 charity, we ensure access for all through financial assistance scholarships*

BOARD OF DIRECTORS

Lou Santoro, President
Debbie Huling, Vice President
D. Chris Ortega, Treasurer
Christina Sierk, Past President
Elizabeth Bezzerides
Laura Cruet
Shay Kendricks
Matt Schmidt
Cheryl Sowder
Eric Vasquez
Janelle Vigil-Maestas
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Los Alamos Teen Center Director
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Membership Director
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Reach & Rise Director
Dianna Reichelt, reachandrise@
Senior Program Director
Diana Martinez, dmartinez@
Sports and Adventure Director
Jeremy Smith, jsmith@
Wellness Director
Stacey Castille, scastille@

**Your change
CHANGES
everything.**

Giving Green Debit Card

Giving Gold Credit Card

- ✗ NO Balance Transfer Fee
- ✗ NO Annual Fee
- ✗ NO Cash Advance Fee

Optional 25 cent donation to the LAPS Foundation that we'll match!

**Los Alamos Schools
Credit Union**

MANNM
Medical Associates of
Northern New Mexico

WALK-IN CLINIC
Open To Patients 10 Years And Up

Walk-In Clinic Hours

Monday-Friday
8:00am-5:00pm
Saturday:
8:00am-2:00pm
Sunday:
CLOSED

3917 West Road, Suite A
Los Alamos, NM 87544
(505) 661-8900
www.mannm.com

Thanks to the YMCA scholarship, I am able to work towards walking without a cane. My son has a safe place to play basketball. The YMCA is a wonderful, safe environment for my son and I to go be physically active without worrying about our safety.

-Anonymous Member,
The Family YMCA

A place to be that's more than a home.

- M., LATC Member

As a student, I am especially appreciative for the Financial Assistance I've been awarded. At first I was afraid that someone else may need the assistance more than me. Fortunately, The Family YMCA does not judge a person's need. I want to thank The Family YMCA for always serving the community and supporting individuals and families regardless of their circumstances.

-Anonymous Member, The Family YMCA



RE/MAX First



Kelly Myers
www.kellyknowsla.com
Associate Broker, RE/MAX First

116 Central Park Square
Los Alamos, NM 87544
kmyers4@gmail.com
505-412-9683

RE/MAX Hall of Fame Recipient • Certified Residential Specialist (CRS)
Seniors Real Estate Specialist (SRES) • Certified Negotiations Expert (CNE)

This assistance has allowed me to be able to get some physical activity and some social activity while I have been here taking care of my mother. It has been a blessing for that. Thank you for the opportunity to have a place to go.

-Anonymous Member,
The Family YMCA

When you use art as a coping skill you're able to process things in ways that you would have never imagined were possible for yourself, and the same goes for all kinds of art. If you put your emotions and feelings toward whatever art you're choosing, that's an excellent way to cope with things.

- D., LATC Member

Along with helping me stay in shape this winter, my son has been having a really fun time with climbing classes (he started last fall). I've been helping out belaying as well. Climbing has always been one of my favorite sports and it's nice to be able to share the time and the adventure with him.

-Anonymous Member,
The Family YMCA

We would like to thank all of you for providing essential much-needed programs for our teens. Not only it is a safe place for our teens to go but you also provide fun events, educational and challenging programs for them. As parents, we truly appreciate it. Keep up the good work.

Sincerely, Ha and Bruce Hill

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WHY WE'RE HERE

Our Charitable Purpose

YOUTH DEVELOPMENT-Nurturing the potential of every child and teen

We believe that positive activities and influences from an early age help youth develop and achieve their potential. And we believe all youth deserve this opportunity.

HEALTHY LIVING-Improving community health & well-being

At the Y, we support health and well-being, empower people to lead fuller lives, and foster connections through fitness, sports, fun and shared interests.

SOCIAL RESPONSIBILITY-Giving back & supporting our neighbors

We're here for all. As a charity and with support from our donors and volunteers, we ensure access for all through financial assistance scholarships. We believe everyone deserves the chance to belong.

**We're here for you and your family.
We're here for community.
We're here for good.**



JESSIE'S Y STORY

"I returned to the US about a year ago, after serving at an international school in Africa for the previous decade. I set aside a year to intentionally reconnect with family, to learn to navigate the US, and to figure out where I wanted to go from here. During my time overseas, I had survived a major accident that gave me a brain injury. My new brain chemistry prevents me from being able to take anti-depressants, but high heart rate athletic activities can be a real boost for me, helping my brain immensely. Working out at the Y has allowed me to begin to re-adapt to the US and to engage in teaching, volunteer work, and church involvement again. I'm very grateful for the excellent community work of the YMCA, and I'm thankful for the positive ways my scholarship membership has affected me. I am training for a triathlon, I have secured a full time teaching job for next fall, and I am feeling more and more settled in my new community. Thank you so much!"

—Jessie Gac, member, The Family YMCA



SPECIAL EVENTS

Heart Smart Poster Contest

Two age categories: K-3 and 4-6

Prizes for 1st-3rd place in each age group. Deadline for entries: September 10, 2018. Winners will be notified Sept. 13th and will have their posters on display at the Health Fair on Sept. 15. Prizes may be picked up at the Y booth during the Health Fair or at the Y Sept. 17-21.



Red & Black Ball

The Y's Ball will be held on Saturday, March 16, 2019. Our annual gala raises funds to support financial aid and youth programs. Please plan to join us. Call the Y in January to reserve your table.

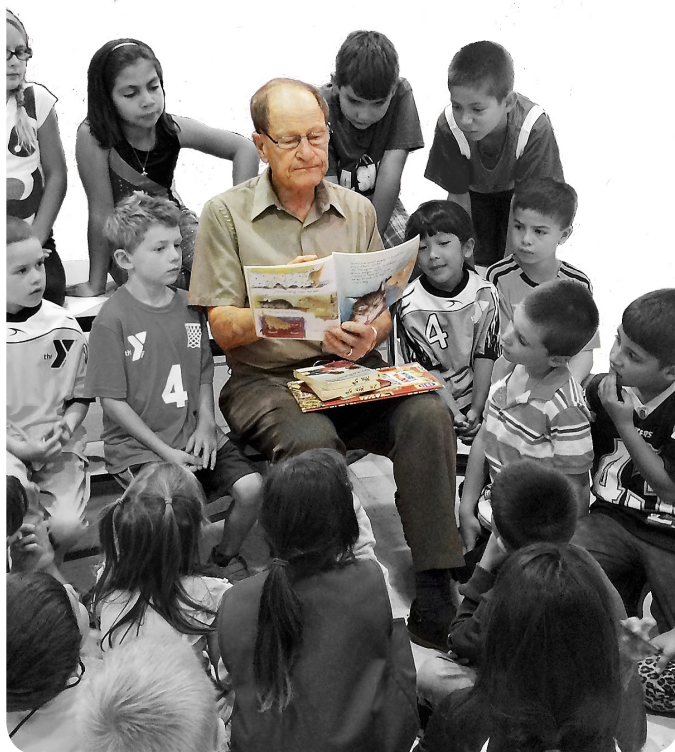


Fun and fundraisers at the Los Alamos Teen Center – public is welcome to attend:

- Thursday, October 11, 5-9 pm GRILLED CHEESE & GAMES NIGHT (come have gourmet grilled cheese and check out the Virtual Reality set up, a board game, video games, table games...)
- Saturday, November 17, 12-6 pm BOARD GAMES, BOWLS & BREAD (come have hearty soup/stew and play some games!)
- Saturday, December 8, 4-6 pm (during Winterfest!) HOT CHOCOLATE & CIDER fundraiser @ LATC, plus purchase student made glass art, dog leashes and other crafts for holiday gifts!

JOIN THE CLUB!

Heritage Club Honors Hope For The Future



The Heritage Club is a group of special individuals and families who support the Y's mission through gifts to our Endowment Fund. This fund ensures that our programs, traditions and mission will continue for future generations.

This type of "legacy gift" can be made in any of the following methods:

- A significant outright gift to the Y's endowment fund of cash, securities, properties, or other marketable assets.
- Establish a form of charitable trust and/or annuity.
- Name The Family YMCA as the beneficiary of life insurance.
- Name The Family YMCA as a beneficiary of an IRA or other qualified retirement plan.
- Name The Family YMCA to receive a bequest in one's will or living trust.

A planned gift can also bring financial benefits and substantial tax savings to the donor and their family. The Family YMCA is a 501(c)3 nonprofit organization and your gift is tax deductible. All contributions to the Y stay local. The Y recommends that donors seek the advice of their legal and/or financial advisors when deciding upon a planned gift.

If you believe you qualify for Heritage Club membership, or would like to join the Heritage Club, please contact Linda Daly at 662-3100.

JOIN THE CAUSE

MEMBERSHIP FEES

Membership Type	New Member Fee	Monthly
Youth (13-18)	\$0	\$27
Young Adult (19-25)	\$0	\$37
Single (26+)	\$50	\$50
Family of 2	\$50	\$66
Family of 3+	\$50	\$80

*Fees are subject to change, with advance notice

MEMBERSHIP BENEFITS

When you join the Y, you become part of a community where no one is turned away due to inability to pay. Annual fundraising ensures that our doors stay open to everyone through financial assistance. Here are the benefits to our members:

- 18,500+ sf. Main Facility
- 4,800 sf. Y Express & Cycling Studio
- Child Watch while working out
- Over 70 free fitness classes a week
- Functional Training, Free-weight, Circuit, Cardio Rooms
- 2 Coaching sessions w/nationally certified trainer
- 1 Free Fitness Assessment per year
- Climbing Wall
- Squash/Racquetball/Handball Courts
- Sauna
- Discounts on programs
- Guest Passes
- Your Y is now every Y in New Mexico and across the country. Reciprocal memberships to all current, *full facility members in good standing with their "home" YMCA. All visitors need to show current membership card, photo ID and sign nationwide waiver.

THE FAMILY YMCA

1450 Iris Street
Los Alamos, NM 87544
505-662-3100
www.laymca.org

HOURS

Mon-Thu 5:30am-10:00pm
Friday 5:30am-9:00pm
Saturday 8:00am-7:00pm
Sunday 9:00am-6:00pm

Y EXPRESS & CYCLING STUDIO

140 Central Park Square
Hours: Open by instructors shortly before each class.



ARMED SERVICES YMCA

Please ask about our memberships for active military personnel and their families.

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

DEVELOPING YOUTH

AFTER-SCHOOL ENRICHMENT

Grades K-6th

When school lets out, the Y is in! Y kids eat a healthy snack, release their energy playing, enjoy the company of friends, get their homework done and learn something new. Seasoned staff engage children in fun group games where honesty and fair play are reinforced and kids are introduced to new projects that let them explore their creativity. Y kids take field trips and participate in community service projects, too. They have so much fun they don't want to go home. The Y's enriching After-School programs are held at each elementary school from the time school lets out until 5:45pm. Fees depend on the number of days enrolled. We offer financial assistance so all may have access to our program.



WINTER BREAK CAMP

Grades K-6th

Camp runs from 7:30 am - 5:45 pm; location & dates TBA. Activities include sports and games, dramatic play, arts and crafts, service projects, free play and field trips. The fun takes 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.

DAY CAMPS

Grades K-6th

Held during LA Schools "Professional Development Days" and other dates TBA. We will host a traditional activity-based day camp. The camp will be announced 1-month prior. Camp runs from 7:30am-5:45pm and includes healthy snacks and creative crafts.

REACH and RISE® MENTORING PROGRAM for YOUTH

Kids who have caring adult friends outside of their family (mentors), do better in school, feel more supported and confident, and make better choices. At the Y's Reach and Rise program, a youth and a mentor will spend an hour together each week in fun, quality experiences—including hanging out at the Y. Reach and Rise screens and trains mentors, and aligns children and mentors with similar interests. The program is free, and all about supporting youth who could use another caring adult in their lives. Call the Y to find a mentor!

FINANCIAL ASSISTANCE

At the Y, no one is turned away for inability to pay. We are here to help because "Community is our Cause."

Thanks to support from donors our programs are available for all. Support from United Way of Northern New Mexico also ensures that children and families in need have access to our afterschool enrichment and camp programs.

Financial assistance applications, also called scholarship applications, can be found on our website, laymca.org or picked up at the front desk.

ANNUAL GIVING & ENDOWMENT SAVE THE VILLAGE

The saying goes that it takes a village to raise a child. "We believe that if a family wants to participate in healthy programs, or if a child wants to play basketball, that cost should not be an obstacle. At the Y, we believe that everyone should belong," says Linda Daly, CEO of The Family YMCA. "This is why we raise funds, so that no one is turned away for inability to pay."

"We're asking everyone to help us 'save the village,' with a donation that moves a charging knight closer to slaying a dragon," Daly said.

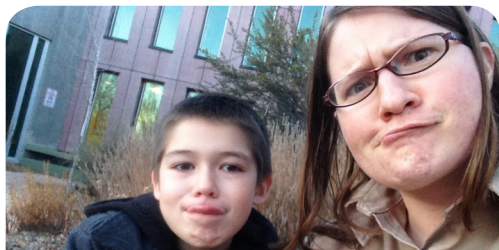
Volunteer board and campaign member Debbie Huling said the Y has \$30,000 to raise to meet the need this year. "A total of 1 in 4 youth in the camp and afterschool programs are on assistance, which totals 112 over both programs, and requires 11 staff to supervise, a cost that must be covered. We also have 100 adult members on financial assistance, which is about 1 in 28 in a Y class." Huling said she would like community members and Y members to join her in making a donation. People who are willing may mail a check to the Y, with the memo -Y Annual Campaign, to the Y at 1450 Iris Street, Los Alamos, NM 87544, or donate online at www.laymca.org.



SOCIALLY RESPONSIBLE

REACH and RISE® MENTORING

For various reasons, many kids in Los Alamos need more caring adults in their lives. Minimally, mentoring guarantees a child someone else, besides family, cares. A great mentor can help a child become resilient in the face of adversity. Kids gravitate to people they respect, and they strive to emulate those they admire. Reach and Rise Mentoring is about spending a fun, quality hour once a week with a child who could learn from you. Training and ongoing support is provided to accepted mentors. Fill out an application today.



INFANT/CHILD CPR

Ages 11 & up
Dates TBD
\$55/\$80

BABYSITTER TRAINING

Ages 11-17
Dates TBD
This course provides youth with the training every parent wants in a babysitter. Price set by Red Cross. Financial aid available.
\$110



ADULT CPR/AED/1ST AID

Ages 11 & up
Aug 4
Oct 13
Dec 1
2019 dates TBD
Saturdays, 8:30am-3:30pm
\$85/\$125

All classes are taught by certified American Red Cross instructors. Certifications are good for 2 years from date of completion.

DANCE

KATHAK - North India Classical Dance - Ages 4 & up
Sundays 3:00-4:00pm (Beg)
4:00-5:00pm (Adv)
\$16/\$32

BHARATANATYAM

South India Classical Dance - Ages 8 & up
Sundays 3:00-4:00pm (Beg)
4:00-5:00pm (Adv)
\$16/\$32



MARTIAL ARTS

SHOSHIN RYU - Combines striking, pressure point, throwing and grappling techniques.

Youth - Ages 7-12

Beginners 3:45-4:30pm

Advanced 4:30-5:30pm
\$16/\$32

Adult - Ages 13 & up

Mon & Wed 6:30-8:00pm (Beg & Adv)

Fri 5:30-7:30pm (Advanced Only)
\$16/\$32

KICKBOXING

Ages 13 & up
Tuesday/Thursday
7:30-9:15pm
Free/\$32

TAE KWON DO

Ages 9 & up

Monday/Wednesday

6:00-7:30pm

\$16/\$32

TAI CHI

Long Yang Form

Ages 13 & up

Mondays

7:05-8:05am

\$11/\$22



Programs are always in development. Check our website for latest offerings and full class descriptions. Monthly registration is required for programs. Fees are listed for members / program members. Classes are subject to change.

SPORTS

FENCING - Ages 10 & up

Intro. for beginners March-May \$90/\$120
Tuesdays 6:30-7:30pm (Beg)
Tuesdays 7:00-8:00pm (Adv)
\$16/\$32

YOUTH BASKETBALL LEAGUE

Grades 1st-6th

(1st-2nd grade teams are co-ed)
This skills development league offers athletic opportunities for youth of all levels. Games on Saturdays in Dec & Jan with final tournament for grades 3-6 on Feb 2.
Register: by Oct 22
Season: Nov 5 - Feb 2
\$80/\$110 (plus additional \$10 LAPS usage fee)
Coaches and Team Parents needed.

JR. ROLLER DERBY

Ages 9-17
Mon/Wed 3:45-5:30pm
\$30

JR. WRESTLING Skills development for beginners & experienced wrestlers Grades K-6

Register: Dec 1-31
Season: Jan - Mar
\$80/\$120



SPORTS BIRTHDAY PARTIES

Ages 4 & up
An instructor will organize athletic games including basketball, volleyball, floor hockey, soccer, or kickball for your child's birthday. After 1.5 hours of games, there will be a half hour of parent-led time for cake, pizza, ice cream, and presents. Parents provide the food and presents.
\$90

DANCE

KATHAK - North India Classical Dance

Ages 4 & up
Sundays 3:00-4:00pm (Beg)
4:00-5:00pm (Adv)
\$16/\$32

BHARATANATYAM - South India Classical Dance

Ages 8 & up
Sundays 3:00-4:00pm (Beg)
4:00-5:00pm (Adv)
\$16/\$32



FENCING - Ages 10 & up

Intro. for beginners March-May \$90/\$120
Tuesdays 6:30-7:30pm (Beg) 7:00-8:00pm (Adv)
\$16/\$32

MARTIAL ARTS

SHOSHIN RYU - Combines striking, pressure point, throwing & grappling techniques. Ages 13 & up
Mon & Wed 6:30-8:00pm (Beg & Adv)
Fri 5:00-7:00pm (Adv Only)
\$16/\$32

KICKBOXING - Ages 13 & up
Tuesday/Thursday 7:30-9:15pm
Free/\$32

TAE KWON DO - Ages 9 & up
Monday/Wednesday 6:00-7:30pm
\$16/\$32

TAI CHI - Long Yang Form - Ages 13 & up
Mondays 7:05-8:05am
\$11/\$22



Programs are always in development. Check our website for latest offerings and full class descriptions. Monthly registration is required for programs. Fees are listed for members / program members. Classes are subject to change.

COURT SPORTS

RACQUETBALL LEAGUE

Ages 16 & up
3 skill divisions
Fall league Oct - Nov
\$21/\$32



PICKLEBALL

Great for those 50 and up!
This racquet sport combines elements of badminton, tennis, and table tennis.
Tuesdays/Thursdays 1:00-3:00 pm
Free/\$11 or \$4 drop-in rate

ADULT VOLLEYBALL TIME

Y Gym Thursdays - 8:00-10:00pm
Free/\$12 or \$4 drop-in rate

CLIMBING

OPEN CLIMB HOURS

Monday	9:00-11:00am	6:00-10:00pm
Tuesday	5:45-7:15am	6:00-10:00pm
Wednesday	9:00-11:00am	6:00-10:00pm
Thursday	5:45-7:15am	6:00-10:00pm
Friday	10:00am-1:00pm	6:00-9:00pm
Saturdays		2:00-6:00pm
Sundays		2:00-6:00pm

CLIMBING EQUIPMENT RENTAL

If you don't have your own, you can rent ours during Open Climb hours.
Shoes, Helmet, Harness and Belay Device
\$5/day

INTRO TO TOP-ROPE CLIMBING & BELAYING - Ages 14 & up

Class teaches knot tying, harness use, climbing & belaying.
Saturdays 9:30am-2:00pm. Dates TBA.
\$30/\$60

ROCK CLIMBING TECHNIQUE & MOVEMENT - Ages 14 & up

Pre-requisite: Intro to Top Rope or equivalent.
Dates TBA, 9:30am-2:00pm (30 min. lunch break)
\$60/\$80

CLIMBING

Private lessons are available during unscheduled hours.

LITTLE GECKOS - Ages 3-5

This is a parent/child class.
Fridays 9:00-10:00am
\$17/\$24

YOUTH CLIMBING CLASSES

Level 1, Ages 5-8
Thursdays 4:30-6:00pm
\$34/\$68

Level 2, Ages 6-9
Mondays 4:30-6:00pm
\$34/\$68

Level 3, Ages 7-10
Tuesdays 4:30-6:00pm
\$34/\$68

Level 4, Ages 9-12
Wednesdays 4:30-6:00pm
\$34/\$68

TEEN CLIMBING CLUB

Fridays 4:30-6:00pm
Free/\$10

CLIMBING WALL BIRTHDAY PARTIES

Ages 5 & up . A Climbing instructor will supervise climbing for your child's birthday. 1.5 hours of rock climbing, and a half hour of parent-led time for cake, pizza, ice cream, and opening presents. Parents provide the food and presents. \$120

HEALTH & WELL-BEING

BABYSITTER TRAINING

Ages 11-17
Dates TBD. This course provides youth with the training every parent wants in a babysitter. Price set by Red Cross.
\$110

ADULT CPR/AED/1ST AID

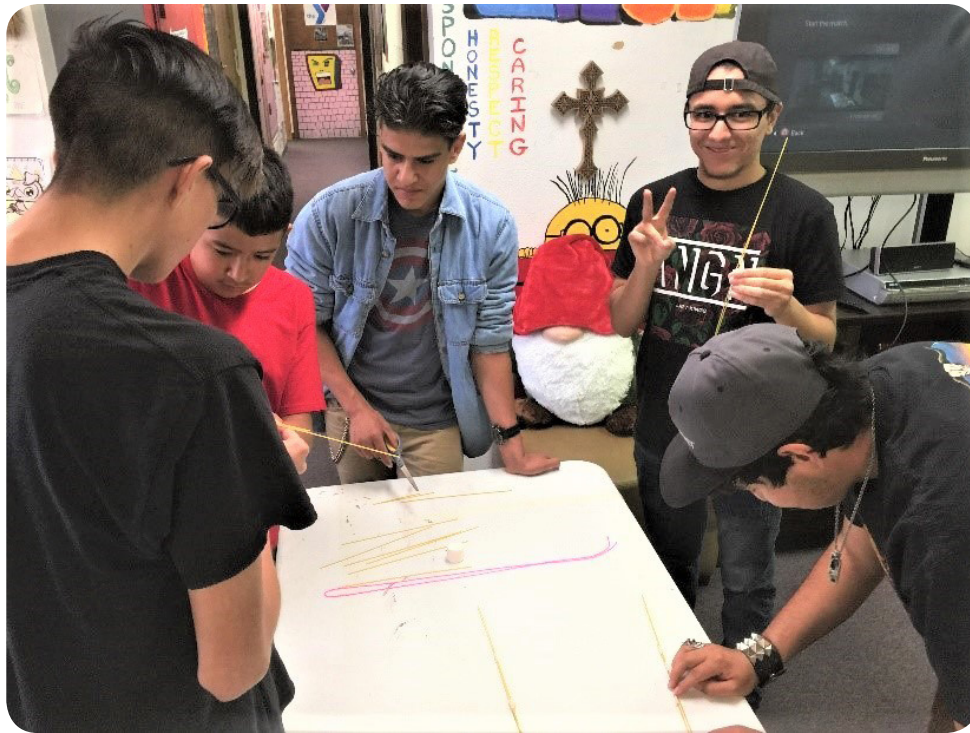
Ages 11 & up
Aug 4, Oct 13, Dec 1, 2019 dates TBD
Saturdays, 8:30am-3:30pm
\$85/\$125



TEEN CENTERS - A Place to Call Their Own

Individual donors and community partners help support these program; donations to either teen center is always welcome.

The Y operates two teen centers that provide youth a safe and caring environment. The centers have caring adult mentors, state of the art technology and programming that promotes self-discipline, teaches life skills and builds confidence. Volunteers are always welcome. Membership is FREE.



ESPAÑOLA TEEN CENTER

808 Vietnam Veterans Memorial Park Road

505-747-6569

Youth ages 12-19

Hours: Monday-Friday, 12:00-8:00pm

Center is a collaborative effort with the City of Española. It is funded by several partners including the United Way of Northern New Mexico, Rio Arriba and Santa Fe counties. Our mission is to strengthen community teens through educational support and character development programming.

We provide teens an opportunity to participate in various programs and/or events, to include: Homework Assistance • Fun With Food • Robotics • Sports and Recreation Activities • Summer Programming • Field Trips AND MORE....

STEP - A cardiovascular workout that includes a short conditioning segment.

STRETCHING - Energize, rejuvenate, relieve stress and tension, enhance flexibility and more. Using the Placement method to stretch effectively, safely and correctly with lasting results.

STRONG BY ZUMBA® - Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

TOTAL BODY TONING - A fun total body workout that emphasizes higher repetitions and lighter weights. You will use a variety of equipment and techniques to keep your workout exciting and effective.

***TRX** is a full-body strength workout that utilizes body weight for a total-body workout, centered on your core and range of motion. Some strength training experience is recommended. Ages 16 and up.

YOGA - This yoga class will build strength, improve flexibility & balance and quiet the mind. Breathing and meditation techniques will be introduced, and modifications will be offered for various levels of students. Depending on your mood and intention you can enjoy both the flow portion of classes and more relaxing opportunities in seated and reclining poses with longer held asanas.

ZUMBA® - A Latin inspired fitness workout that is a fusion of Latin and international music. Dance styles include: salsa, merengue, cumbia, bachata and belly dance.

ZUMBA® GOLD - is for active adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

ZUMBA® KIDS - For boys and girls ages 6-12; features kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

**The following classes require pre-registration and have an additional monthly fee associated with them.*

GROUP FITNESS CLASSES

These are the Y fitness classes that are free to members, unless noted.
Class schedules are available at the Y and on schedules page at www.laymca.org

20 MINUTE LUNCH TABATA - Tabata training is the hottest trend in high-intensity, low- (or no-) equipment workouts. This structured interval workout consists of 20 seconds of all-out work, followed by 10 seconds of rest, repeated for a total of eight times on the same exercise.

BLAST - An interval based class designed for overall physical conditioning. Use body weight, free weights, bands, bars and other equipment to strengthen the body and blast calories in only 25 minutes.

CARDIO & CONDITIONING FUSION - A high-energy class that combines floor aerobics, step, boot camp exercises, and strength/conditioning exercises.

GENTLE YOGA - For both the beginning yoga student and the seasoned veteran. You will be guided through yoga postures using an individualized approach. This class is great for pre/post-natal women, and anyone with injuries or disabilities.

INDOOR CYCLING - A fun and invigorating group cycling class that will lead you through a variety of routines with classes to suit all levels, from recreational to performance.

INSANITY® - is a revolutionary cardio-based total body conditioning program based on the principles of MAX interval training. Each workout is packed with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves.

P90X LIVE - uses a mix of strength and cardio moves set to mash-ups of hit music that drive the workout. Powerful moves will motivate class goers to push their limits.

PIYO STRENGTH - This class combines Pilates, yoga, strength conditioning, flexibility and dynamic balance. PiYo is an up tempo, non-spiritual approach to mind/body exercise. Some Pilates and/or yoga experience a plus.

POWER UP - A high-volume, low weight program with an emphasis on building muscular strength and endurance. Previous lifting and strength training experience a plus. Ages 13 and up or with instructor's permission.

SILVERSNEAKERS CLASSIC® - 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. Weights, elastic tubing w/handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

LOS ALAMOS TEEN CENTER

475 20th Street
505-695-7415
High-School age teens
Hours: Monday-Thursday, 10:00am-8:00pm
Friday, 10:00am-11:00pm Saturday, 1:00-11:00pm

We reside in the Community Building in the center of town, where we have over 10,000 square feet of specially-designed program space to better serve our teens. LATC is operationally funded by Los Alamos County and is FREE and open to youth attending Los Alamos High School and homeschoolers. Additionally, we have a myriad of other project partners and donors that help make our programs possible.

Facilities include: Music recording studio, music performance space, movie/gaming room, 2 computer labs, art studio, yoga studio, snack bar, classrooms, and an outdoor deck with amazing views.

LATC has various enrichment programs, activities, events and trainings offered free to teens, in addition to youth leadership opportunities through our Teen Council and Youth Mobilizers program where teens can plan and implement projects and events.

Activities and programs include: Mural Painting • Music Recording and Production • Karaoke • Mixed Media Art • Art and Discussion Groups • Glass Fusing Art Workshops • Open Mic & Music Jam Nights • Film/ Video Creation & Editing • Photography Workshops • Movie Nights • Fitness Team • Yoga • Art of Yoga • Youth Mobilizers • Global Teens • Teen Council • Healthy Relationships Programming • LGBTQ+ and Allies group • Tutoring • Resume Editing and Support • Teen-Organized Special Events • After-Homecoming/ Prom Events • Teen Dances • Teen Concerts • Waffles, Henna, Puppies, Kittens and other de-stress activities during finals weeks • AND MORE.... Check out our website or Facebook for more program/activity details, dates and times.



IMPROVING HEALTH

PERSONAL WELL-BEING

Life is busy, but a healthier you can accomplish so much more. Physical activity produces endorphins that reduce stress, and being active fights numerous diseases. Most adult fitness classes are free with membership. Other programs are available at a reduced monthly fee for members.

REGISTRATION

Some programs require monthly registration. Fees are listed for Y members/program members. Classes are subject to change. Check our website for latest offerings and full class descriptions.

CHILD WATCH-Ages 2 months to 7 years

On-site supervision for members' children while parent is working out at the main facility or the Y Express. Child must be a Y member to participate.

Monday-Friday, 8:30am-1:15pm

Monday-Thursday, 5:00-8:00pm,

ages 2 month to 10 years



KIDS CLUB

Ages 8-12

On-site supervision for youth while parent is working out in the facility. Held during Spring, Summer and Winter breaks. Child must be a Y member to participate.

Mon-Wed, 8:30am-1:15 pm during Winter and Spring Break (staff permitting during Winter and Spring breaks)

Mon-Wed, 8:30am-1:15pm during Summer Break.

COACHING SESSIONS-Ages 13 & up

Learn to correctly set-up, adjust and utilize the strength and cardiovascular equipment. Two coaching sessions are provided free to members and will be conducted by our trained and certified Wellness Coaches/Personal Trainers.

FITNESS ASSESSMENTS-Ages 18 & up

Assessment includes heart rate, blood pressure, body composition measurements, cardiorespiratory and strength. 1 Free per year with membership, \$20 after.

PERSONAL TRAINING-Ages 16 & up

Whatever your goals, our nationally certified Personal Trainers can help you reach them! Fee varies with number of sessions purchased.

NUTRITION COUNSELING

Understanding the relationship between nutrients and your health empowers your food decision-making and results in your having more energy, feeling better and lowering your risk for chronic disease in the future. Your needs and dietary habits will be discussed and a plan will be customized for you. 45 minute sessions.

Call to schedule your appointment, 662-3100.

Additional days/times for appointments are available. In Los Alamos and White Rock.

Y Members: \$35/session

\$90/3 sessions

Program Members: \$50/session

PRIVATE YOGA SESSIONS

Private yoga sessions with our certified yoga teachers offer participants a variety of benefits, all customized to their body and needs. A private session can serve as a crash course on typical poses and language before entering the classroom setting. If you suffer from tension or lack of mobility, a private session can give you a customized yoga practice with poses that will specifically benefit your body. If you're an existing yoga practitioner, you can work one-on-one with a yoga teacher who can provide guidance to come into more advanced poses that there may not be time to work on in the classroom. Yoga sessions are customized to the needs and desires of the participant, and teachers can work with a wide variety of goals. Contact us for a brief *consultation to help determine the best fit for your private, customized yoga class! Price varies with number of sessions purchased.



Recently the doctor complemented me on the increase in the flexibility of my right knee that had been affected by surgery. I owe this to being able to use the bikes at the Y. The scholarship is greatly appreciated.

-Greg, Member, The Family YMCA