

US... IS A PROMISE

2018 Community Benefit
THE FAMILY YMCA
Nonprofit charitable, organization
Serving Los Alamos, Española

7,500

people served including
3,000 youth & teens
3,900 adults and
600 seniors



80 youth programs
45 adult programs

300 people received
financial assistance at a cost of
\$110,000
+ **\$63,000** in gifts
supported 2,000+ at Y teen centers



200 staff
320 volunteers
donated 9,000 hours of time

LOS ALAMOS TEEN CENTER

475 20th Street 505.695.7415

1,300 youth served

900 members

95 average per day

340 served on peak days

30 community
partners engaged

22 programs

24 youth events



700
youth served

300
members

33 average per day
300 served on peak days

20 youth events

22 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

TOGETHER WE ARE STRONG

Fall/Winter 2019-2020 Program Guide
THE FAMILY YMCA



Our mission is to build community strength by
focusing on youth development, healthy living and
social responsibility, and as a 501c3 charity,
to ensure access to all through financial assistance.

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

Debbie Huling, President
 Matt Schmidt, Vice President
 D. Chris Ortega, Treasurer
 Janelle Vigil-Maestas, Secretary
 Lou Santoro, Past President
 Daniel Alman
 Elizabeth Bezzerides
 Karen Easton
 Jennifer Guy
 Shay Kendricks
 Allison Majure
 Todd Potts
 Christina Sierk
 Cheryl Sowder
 LeAnne Stribley
 John Whiteside
 Phil Taylor

Emeritus Members

John Elder
 Roger Waterman



STAFF, email @laymca.org

CEO, Rob Wilkinson, rwilkinson@
 Administrative & Marketing Assistant
 Jocelyn Chapman, jchapman@
 Child Development Director
 Janine Morales, jmorales@
 Development & Marketing Director
 Diana Martinez, dmartinez@
 Española Teen Center Director
 Ben Sandoval,
 b_sandoval@live.com
 Facility Manager,
 Diego Torres, dtorres@
 Finance & Operations Director
 Chris Daniels, cdaniels@
 HR Specialist,
 Melanie Chapman, mchapman@
 Los Alamos Teen Center Director
 George Marsden, gmarsden@
 Membership Director
 Dianna Reichelt, dreichert@
 Sports, Youth & Family Director
 Sharleen Espinoza, sespinoza@

**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**

The staff are awesome and nice.
 -Maya, age 14
 Los Alamos Teen Center

The Teen Center is important to
 me because it helps me stay away
 from doing drugs and it helps me
 do the right thing.

My favorite Teen Center
 memory is when Ben, Brandon,
 Benjie and I went to China for
 robotics. It was the best thing
 I have ever done in my life!

-Zachariah A., age 12
 Española Y Teen Center

I LOVE THE TEEN CENTER!!!!!!
 -Sam, age 16
 Los Alamos Teen Center

SWEAT WITH CBF CELEBRATING 40 YEARS

RUN · HIKE · CROSSFIT

new balance

1735 CENTRAL AVE 505-662-2864



Title Guaranty, LLC

Our company has a unique understanding of the past, present and future trends of Los Alamos County. We underwrite for seven National Title Insurance Underwriters, are licensed with ALTA, and are members of the NMLTA & BBB. Our six Licensed Agents have over 100 accumulative years of Title and Escrow experience. As an Independent and Locally Owned Title Company, we specialize in all aspects of Title & Escrow services.

SERVICES PROVIDED

- Title Insurance
- Escrow Closings:
 - Residential & Commercial
 - Purchases, Refinances, Courtesy
- Property/Title Searches:
 - Title Reports
 - Property Status Reports
 - Limited Title Searches
 - Real Estate Tax Searches
- 1031 Exchange Transactions
- Document Notarization
- Relocation Services



OFFICE LOCATION

1631 Central Ave
Los Alamos, NM 87544
Phone: (505) 662-5586
Fax: (505) 662-6891
Email: tg@titleguarantynm.com
Web: www.titleguarantynm.com

CONTACT US TODAY. WE ARE READY TO PUT OUR EXPERIENCE TO WORK FOR YOU!

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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.



Helping **YOU** reach for your financial goals and wellness

Ben M Bouman

Investment Adviser
Representative



2610 Trinity Drive #10

Los Alamos, NM 87544

505-500-8420

www.alpinefinancialpartners.com

Securities and Advisory Services provided through Cetera Advisors. Member FINRA/SIPC Cetera is under separate ownership than any other named entity.

Y STORY



“As a single parent, I am always in a hurry. The assistance from the YMCA helped me take some time off for myself, and work out. While many things that we do may or may not result in a desirable outcome, a workout always gives back good health and spirits. This, together with the company of other gym users, gave me a sense of community and did not make the exercising feel tedious. Thank you very much for the support!”

-From an international Y member in-between jobs, who has made Los Alamos her home.

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 23, 2019. Winners will be notified Sept. 26 and will have their posters on display at the Health Fair on Sept. 28. Prizes may be picked up at the Y booth during the Health Fair or at the Y Sept. 30 - Oct. 4.



Red & Black Ball

The Y's Ball will be held on Saturday, March 14, 2020. 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.



The Teen Center is important to me because everyone is nice to me here and they care for me like a second family.

My favorite Teen Center memory is when we all had a welcome back party for Ben and the kids who went to China.

-Aldo Pacheco, age 15
Española Y Teen Center

It's fun, it's amazing. It's there.

-JM, age 16
Los Alamos Teen Center

JOIN THE CLUB!

Heritage Club Honors Hope For The Future



"I started the Heritage Club in the early 90's because I wanted the Y to be here for future generations...."
-Emily McGay

Donors to the Y's Endowment at minimum contributions (\$1,500 outright gift, or \$5,000 Estate gift) are automatically enrolled in the Heritage Club and eligible for our annual Leadership Dinner. A planned gift can bring financial benefits and substantial tax savings to the donor and their family. Gifts can be made in any of the following methods:

- 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 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 Rob Wilkinson at 662-3100.

Burn the Mortgage Campaign

Based on community needs, the Y entered into debt to provide facility upgrades including completing a gym, climbing wall, and HVAC/fire suppression systems some 25 years ago. As a result of good fiscal management, the Board has approved three principal payments in the last year. Reducing or eliminating the debt would allow us to continue responding to increased community needs such as larger spaces for weight and cardio equipment, more classroom space and more gym space. Please consider a donation to this campaign.

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

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 scholarships. Here are the benefits to our members:

- 18,500+ sf. Main Facility
- 4,800 sf. Y Express & Cycling Studio
- Open gym and climbing per eCalendar
- Child Watch while working out
- Over 80 free fitness classes a week
- Functional Training, Free-weight, Circuit, Cardio Rooms
- Fitness orientation sessions w/nationally certified trainer
- Gymnasium
- Climbing Wall
- Squash/Racquetball/Handball Courts
- Sauna
- Discounts on programs
- Guest Passes
- Your Y is Every Y - Nationwide Membership. This enables you to utilize any participating YMCA in the US, at no extra charge, through your membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues).

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.

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 on Conference Days and Spring/Winter Break. 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.

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

2019 Youth and Families Annual Campaign

Donations to the Y's Annual Campaign will give the gift of health to 300 people served at our organization.

Los Alamos is a blessed community, but still 4% of our community members live in poverty, which is close to 720 people. As a nonprofit charitable organization, we don't turn anyone away due to their inability to pay. At our Y, this means we provide at least \$110,000 in financial assistance each year to 300 individuals (200 of which are children).

Our service scope also reaches outside our community as we have a contract to operate a teen center in Española. This marvelous facility offers enriching programs and staff who provide support and guidance to 700 teens each year. Unfortunately, the contract does not provide the level of funding necessary to fulfill the needs of the Española teen community. Public and private donations totaling \$60,000 keep the doors open after school and during the summer, helping to keep youth engaged and on track to graduate.

GADINGADINGA pretty much sums it up.

-Chris, age 14
Los Alamos Teen Center

The Teen Center is important to me because it has been a place for me to hang out with my friends and I like it because I have a lot of fun here and its honestly the best place to be.

My favorite Teen Center memory is all the fun activities to do and the field trips.

-Anonymous, age 15
Española Y Teen Center

SOCIALLY RESPONSIBLE

INFANT/CHILD CPR

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

BABYSITTER TRAINING

Ages 11-17
Oct 25 & 26
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
Oct 5
Dec 7
2020 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/\$22

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/\$22

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

\$10/\$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 1.

Register: Sept 15 - Oct 26

Season: Nov 4 - Feb 1

\$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
\$32

JR. WRESTLING

Skills development for beginners & experienced wrestlers
Grades K-6

Register: Dec 1- 31

Season: Jan - Mar

\$80/\$120

SPORTS BIRTHDAY PARTIES

Ages 5 & 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/\$22

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
\$10/\$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/\$10 or \$4 drop-in rate

ADULT VOLLEYBALL TIME

Y Gym Thursdays - 8:00-10:00pm
Free/\$10 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

Y Members may use gear at no cost.

\$5 for guests and Day Pass Users - Harness, Shoes, & Belay device* & carabiner*

*Belay device & carabiner are ONLY available to those who are belay tested in our climbing gym.

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/\$34

YOUTH CLIMBING CLASSES

Level 1, Ages 5-10

Thursdays, 4:30-6:00pm

\$34/\$68

Level 2, Ages 7-10

Tuesdays, 4:30-6:00pm

\$34/\$68

Level 3, Ages 7-12

Mondays, 4:30-6:00pm

\$34/\$68

Level 4, Ages 9-13

Wednesdays, 4:30-6:00pm

\$34/\$68

TEEN CLIMBING CLUB

Ages 12-18

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

Oct 25 & 26. 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

Oct 5, Dec 7

2020 dates TBD

Saturdays, 8:30am-3:30pm

\$85/\$125

TEEN CENTERS - A Place to Call Their Own

The Y operates two teen centers that provide youth a safe and caring environment. The centers have supportive 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

This 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, Anchorum, Lineberry, and Santa Fe Community foundations. 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....

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.

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 30 - Combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

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 - Now included with membership! Try an alternative to dumbbells and machines by using your own bodyweight to get strong with TRX straps. This is a full-body workout focused on the core and some strength training experience is recommended. Ages 16+.

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.

GROUP FITNESS CLASSES

These classes are free to members. Class schedules are available at the Y and at www.laymca.org

25 MINUTE 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.

E.S.P. - Endurance, Strength, Power. Increase stamina in these 3 areas by utilizing bodyweight exercises, traditional weightlifting, and power lifting techniques. Monthly changes in programming will cycle from heavy to moderate lifting for varied movement.

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.

POUND - Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements using lightly weighted drumsticks.

LOS ALAMOS TEEN CENTER

475 20th Street 505-695-7415

latc@laymca.org

Facebook: LATeenCenter Instagram: LATeenCenter

High-School age teens

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

Friday, 12:00pm-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 numerous 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 • Metalsmithing / Jewelry Making Workshops • Sewing Workshops • Open Mic & Music Jam Nights • Film/ Video Creation & Editing • Photography Workshops • VR Gaming • Movie Nights • Yoga • Youth Mobilizers • Teen Council • Tabletop RPG & Board Gaming • DIG (Diversity, Inclusion, and Global) Teen Group • 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 & Instagram 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 reduces stress, produces endorphins, and can improve resistance to disease. Most adult fitness classes are free with your membership with others available for a monthly fee.

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.

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

FITNESS ORIENTATIONS-Ages 13 & up

Included with your membership are 2 complimentary hour long sessions with our Fitness Staff. Learn how to setup and use cardio and strength equipment safely and effectively. You can also receive a machine based program to get started building strength and lean muscle while a trained professional ensures proper form and use.

PERSONAL TRAINING & PRIVATE YOGA

Ages 16 & up. Work with our Certified Personal Trainers and Private Yoga Instructors for a customized plan to reach your health and fitness goals. Contact us to learn more.

HEALTH COACHING

Work with a Professional Health Coach to manage stress, boost energy, improve body composition and more. Having a mentor and guide during this 12 week program will provide powerful tools to empower your well-being. Individual Wellness Screens are also available.

COMMUNITY WELLNESS PROGRAM

Our Community Wellness Program is tailored to the needs of your staff and presented at your place of work. Session topics can include setting healthy goals, improving dietary habits, movement and exercise, breathing and meditation, and much more.

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



The Teen Center is important to me because I like that I made new friends and I always have fun at the Teen Center and the staff is very nice.

My favorite Teen Center memory is when we went to the zoo that was my memory at the teen center.

-Jayden M., age 11
Española YMCA Teen Center