

US... IS A PROMISE

2019 Community Benefit
THE FAMILY YMCA
Nonprofit charitable organization
Serving Los Alamos, Española



90 youth programs
50 adult programs

230 people received
financial assistance at a cost of
\$90,000 including \$14k from United
Way of LA- NNM
+ \$85,000 in designated funds
supported 800 teens at Española Teen Center

7,700
people served including
3,200 youth & teens
3,800 adults and
700 seniors

200 staff
320 volunteers
donated 9,000 hours of time



LOS ALAMOS TEEN CENTER

475 20th Street 505.695.7415

1,450 youth served
(entering 9th & graduating class)

900 / 500
members / program visitors

90 average per day
300 served on peak day

20 community
partners engaged

19 youth events

30 programs



800
youth served

310 / 490
members / program visitors

44 average per day
240 served on peak day

22 youth events

20 educational/
skill building programs

ESPAÑOLA TEEN CENTER

808 Vietnam Veterans Memorial Park Road 505.747.6569



WE'RE MORE THAN A GYM WE'RE COMMUNITY

Spring/Summer
2020 Program Guide
THE FAMILY YMCA



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

505.662.3100

www.laymca.org

LIVING OUR CAUSE

The Family YMCA's mission is to build community strength by focusing on youth development, healthy living and social responsibility. 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.**

BOARD OF DIRECTORS

Debbie Huling, President
Karen Easton, Vice President
D. Chris Ortega, Treasurer
Janelle Vigil-Maestas, Secretary
Lou Santoro, Past President
Daniel Alman
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Emeritus Members
John Elder
Roger Waterman

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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@
Health & Wellness Director
Emily Schmidt, eschmidt@
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@



JOIN THE CAUSE

MEMBERSHIP FEES

Membership Type	New Member Fee	Monthly
Youth (13-18)	\$0	\$29
Young Adult (19-25)	\$0	\$39
Single (26+)	\$50	\$52
Family of 2	\$50	\$68
Family of 3+	\$50	\$82

*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.

CLIMBING WALL

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 (Sept-May)	2:00-6:00pm
Sundays	2:00-6:00pm

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

Y CAMP. BEST.SUMMER.EVER.

Grades K-6th

Sports, wellness activities, eco-activities, science, group games, dramatic arts, arts & crafts, service projects, guest speakers, swimming, free play, field trips AND MUCH, MUCH MORE.

Monday-Friday, 7:30am-5:45pm, June 3-July 31 at Aspen Elementary School. Many payment options. Financial assistance available. [Register March 2- May 11 and save \\$25!](#) Full fee registration begins May 12.



LEADER IN TRAINING (LIT)

Y Camp for Youth entering 6th and 7th grades

The LIT program is summer camp for older youth under the direction of seasoned Y Staff. It emphasizes positive life and leadership skills in a service-learning/self-discovery venue. LIT's will explore creativity, effective communication, teamwork, goal setting, planning and implementation, decision making, relationship-building strategies, conflict resolution, and problem-solving. Monday-Friday, 7:30am-5:45pm, June 3-July 31 at Aspen Elementary School. Many payment options. Financial assistance available. [Register March 2- May 11 and save \\$25!](#) Full fee registration begins May 12.

COUNSELOR-IN-TRAINING (CIT)

Youth entering 8th and 9th grades

The CIT program is provided for students wanting to obtain leadership skills while working with children at Y Camp. These skills could be used in the future as a counselor at Y Camp and other programs. Parents and participants can choose to register for all summer, weekly, or daily. Application packets available March 3. Held at Aspen Elementary School.



AUGUST CAMP

Grades K-6th

August 3-11

A camp to fill the gap between our traditional camps and the beginning of the school year, August Camp combines all aspects of camps into a scaled down hybrid. Children will enjoy sports, wellness activities, eco-activities, science, group games, hikes, arts and crafts, and so much more! Camp runs from 7:30am- 5:45pm, and pick up and drop off is at the Main YMCA. [Register March 2- May 11 and save \\$25!](#) Full fee registration begins May 12.

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 frequently have so much fun that 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. [Register March 2- May 11 and save \\$25!](#) Full fee registration begins May 12.



WYLD WEDNESDAYS

Grades K-6th

Each Wednesday, Y Staff will offer a variety of activities to youth. There will be mindfulness exercises, youth fitness classes, STEM-related projects, long-term and short-term crafting projects, guest speakers/presentations, games, homework help, a quiet corner, and more! Each week will bring new experiences and opportunities for learning and engagement. It is the parent responsibility to transport the child to and from The Y each week (for children 10 and up, a walking permission slip may be signed), and the child should bring their own lunch (the Y will provide an afternoon snack). Program will run from 12:30p-5:45p at Main Y on Wednesday afternoons only during the school year. \$56/61. Discount for 4 or more at a time.

YMCA EARTH SERVICE CREW (YES Crew)

Summer Program for youth entering Grades 7th-9th

The mission of YESC is to empower youth to become effective, responsible, global citizens by providing opportunities for environmental education and action, leadership development and cross-cultural awareness. This 8-week program provides youth the chance to work collaboratively in taking action to improve the environment and the community. The program emphasizes leadership development and on-the-job training. June 8 - July 30, \$40 per week. Registration starts March 15 (space is limited).



"The Teen Center has helped me a lot, and I feel like this is my home."

"My favorite memory at the Teen Center was the sleepover and the Thanksgiving dinner. I enjoyed these activities very much."

- Española Y Teen Center Members

DANCE

KATHAK - North Indian Classical Dance - Ages 5 & up

Sundays 3:00-4:00pm (Beg)

Sundays 4:00-5:00pm (Adv)

\$18/\$36 month

BHARATANATYAM - South Indian Classical Dance - Ages 8 & up

Sundays 2:00-3:00pm (Beg)

Sundays 3:00-4:00pm (Adv)

\$18/\$36 month

FENCING - Ages 10 & up

Intro. for Beginners March-May \$90/\$120

Tuesdays 6:30-7:30pm (Beg)

Tuesdays 7:00-8:00pm (Adv)

\$18/\$36month

MARTIAL ARTS

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

Youth - Ages 7-12

Beginners - Fridays 3:45-4:30pm

Advanced - Fridays 4:30-5:30pm

\$18/\$36 month

Adult - Ages 13 & up

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

Fri 5:30-7:30pm (Advanced Only)

\$20/\$40 month

KICKBOXING - Ages 13 & up

Tuesday/Thursday 7:30-9:15pm

Free/\$25

TAE KWON DO - Ages 9 & up

Monday/Wednesday 6:00-7:30pm

\$18/\$36

TAI CHI - Long Yang Form

Ages 10 & up

Wednesday 7:05-8:05am

\$10/\$22 month

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.



YOUTH SPORTS

LITTLE YOUTH BASKETBALL

Ages 4-5 & 6-7

Volunteer coaches needed.
Practices and games 2x/week
Registration: Feb 15-Mar 14
Season: Mar 30-May 8
\$45/\$65

LITTLE YOUTH SOCCER

Ages 4-5 & 6-7

Volunteer coaches needed.
Practices and games 2x/week
Spring Registration: Mar 13-Apr 12
Spring Season: Apr 21 - May 28
\$45/\$65

YOUTH VOLLEYBALL

Grades 4th-6th
Practice/games 2x per week
Registration: May 1-May 31
Season: June 8-July 8
\$50/\$75

SUMMER SKILLS CLINICS FOR YOUTH

Summer sports clinics vary during the summer and may include skill development in Rock Climbing, Soccer, Volleyball, Basketball, or Racquetball.
Times/Dates/Price TBA
Check website for latest info.

SPORTS BIRTHDAY PARTIES

Ages 5 & up
An instructor will organize games including basketball, volleyball, floor hockey, soccer, or kickball. 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 food and presents.
\$90

"My favorite Teen Center memory is going to China and going camping, but being honest all my favorite memories are everyday just being here."

- Española Y Teen Center Member



CLIMBING

LITTLE GECKOS - Ages 3-5

This is a parent/child class.
Fridays, 9:00-10:00am
\$17/\$34

YOUTH CLIMBING CLASSES

Participation at each level requires instructor evaluation.

Level 1-Beginners, Ages 5-10

Thursdays, 5:00-6:00pm
\$34/\$68

Level 2-Strength & Endurance, Ages 7-10

Monday, 4:30-6:00pm
\$34/\$68

Level 3-Intermediate, Ages 7-12

Tuesday, 4:30-6:00pm
\$34/\$68

TEEN CLIMBING

Ages 12-18
Fridays, 4:00-6:00pm
Free/\$10

CLIFF TOPPERS COMPETITIVE CLIMBING TEAM

Ages 12-18 requires coach approval
Monday/Wednesday, 3:00-6:00pm
\$25/\$35

CLIMBING WALL BIRTHDAY PARTIES

Ages 5 and up. An instructor supervises climbing for 1.5 hours. A total of 30 minutes are left for parent-provided food and oversight of opening presents.
\$120

HEALTH & WELL-BEING

BABYSITTER TRAINING

Ages 11-17
April 17-18 & May 15-16
Fridays 4:00pm-8:30pm &
Saturdays 12:30pm-5:00pm
* Subject to change for a specific class.
This course provides youth with the training every parent wants in a babysitter.
\$110

ADULT CPR/AED/1ST AID

Ages 11 & up
Blended learning, must pass online test prior to getting certificate
Fridays, 2:00-5:30pm
Feb 28, March 27, April 24,
June 26, July 31
\$95/\$145

TEENS - A Place to Call Their Own

The Y operates two teen centers that provide youth a safe and inclusive 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

Our facility is 3,500 feet and includes a computer wing, class wing, recreation room and outdoor court. Our center is a collaborative effort with the City of Española. It is funded by several partners including the United Way of Northern New Mexico. 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 • Woodworking • Fun with Food • Movie Afternoons • Community Service Projects • Impact Discussions • Sports/ Recreation Classes • Science Classes • Sleepovers/Lock-In • Archery • Holiday/ Special Meal Cookouts and Feasts • Comics Classes • Arts/Crafts • Gym/Workout • Field Trips AND MORE....

LOS ALAMOS TEEN CENTER

475 20th Street Facebook/LATeenCenter 505-695-7415

High-School aged teens

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

Friday, 12-11:00pm

Saturday, 1:00-11:00pm

Summer hours: Open @ 10 am Monday - Friday

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 serve our teens. LATC is operationally funded by Los Alamos County and is FREE and open to High School-aged teens (teens are eligible members the summer before 9th grade through the summer after 12th grade).

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 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: Cooking Classes • Mural Painting • Music Recording and Production • Mixed Media Art • Glass Fusing Art Workshops • Arts & Resiliency • Movie Nights • Yoga • Table-top Gaming (D&D/Warhammer/ Board games) • Youth Mobilizers • Teen Council • LGBTQ+ and Allies group • Diversity, Inclusion and Global Innovation Leadership Training • Tutoring • Re-sume 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 • Film/Photography Workshops • Sewing Workshops • Jewelry Making/Metal Working Workshops • AND MORE.... Check out our website or Facebook/LATeenCenter 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 at a reduced monthly fee. Children 8-12 may attend classes with a parent. Children 13+ may attend classes without a parent.

REGISTRATION

Some programs require monthly registration. Fees are listed for Y members/program members. Classes are subject to change. Check our website for the 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, Tuesday, Thursday, Friday 8:30am-1:00pm
Wednesday 8:30am-12:00p; 6:00pm-8:00pm
Monday, Tuesday, Thursday 5:00pm-8:00pm
NO CW FRIDAY EVENING

KIDS CLUB—Ages 8-12

On-site supervision for youth while parent is working out in the facility. Held during summer break. Child must be a Y member to participate.
Mon-Wed, 8:30am-1:15pm. **Subject to Staff Availability.**

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.

HEALTH COACHING—All ages

Health and wellness is so much more than just exercise. Work with a Professional Health Coach to manage stress, boost energy and empower your food making decisions to feel your very best. Having a personal mentor and guide will provide powerful tools to empower your well-being. Individual Wellness Screens are also available.

1 session	\$65.00/\$80.00
2 sessions	\$124.80/\$153.60
4 sessions	\$239.20/\$294.40
6 sessions	\$343.20/\$422.20
8 sessions	\$403.20/\$537.60
10 sessions	\$520.00/\$640.00
12 sessions	\$585.00/\$720.00



PERSONAL TRAINING & PRIVATE YOGA—All ages

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.

1 session	\$55.00/\$70.00	2 sessions	\$105.60/\$134.40
4 sessions	\$202.40/\$257.60	6 sessions	\$290.40/\$369.00
8 sessions	\$369.60/\$470.40	10 sessions	\$440.00/\$560.00
12 sessions	\$495.00/\$630.00		



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. Contact Emily Schmidt for more information.



GROUP FITNESS CLASSES

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

BEATS & BANDS– Combine several of your favorite classes into one work-out. Using specialized drumsticks we'll pound to the beat to get the heart pumping while using a variety of equipment to tone muscles and build muscular endurance.

CORE & MORE – If you want to build a stronger butt and core this is the class to take! Our focus is on gaining strength, function and of course toning and building our muscles.

E.S.P. – Endurance, Strength, Power. Increase stamina in these 3 areas by utilizing bodyweight exercises, traditional weightlifting, and power lifting techniques.

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 woman, and anyone with injuries or disabilities.

HIIT Cycling – High Intensity Interval Training (HIIT) cycling will get your heart pumping through a variety of sprint and hill drills.

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® – 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 core training moves.

***KETTLEBELL** – Swing, Squat, and Press your way to fitness. Join Elizabeth for a challenging workout to build strength, conditioning, and movement skills using kettlebells along with other fitness tools.

P90X® LIVE – Pre designed workout emphasizing both strength and cardio set to mix up and mash ups of hit music that drive the workout. The workout features powerful moves that motivate class goers to push to their limits while also including modifications.

PIYO® – This unique 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 recommended.

SILVERSNEAKERS® – Muscular Strength and Range of Motion. Fitness class for older adults. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

POWER HIIT – High Intensity Interval Training (HIIT) class will get your heart pumping. A combination of strength, cardiovascular, and plyometric training will burn fat and build lean muscle free weights and explosive body weight movements.

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.

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

STRETCHING – Energize, Rejuvenate, Relieve Stress and Tension, Enhance Flexibility and more. This stretching class uses the Placement method and will teach participants how to stretch effectively, safely and correctly.

STRONG 30 – A 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 class designed to improve total body strength and flexibility. Use a variety of equipment including the Body Bar Flex, Bender Balls, exercise bands, and foam rollers.

***TRX®** – Suspension training using variety of multi-planar, compound exercise movements can be performed with the aim of developing strength, balance, flexibility, and joint stability simultaneously.

YOGA – This class builds strength, improves flexibility & balance and quiets the mind. Breathing & meditation techniques will be introduced, and modifications will be offered for various levels of students.

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® – For active adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

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

COURT SPORTS

RACQUETBALL LEAGUE

Ages 16 & up
3 skill divisions. Summer league, TBA
\$25/\$40

PICKLEBALL

Ages 13 & up
This racquet sport combines elements of badminton, tennis, and table tennis.
Tuesday/Thursday 1:00-3:00 pm
Free/\$15, Daily Rate \$5

ADULT VOLLEYBALL TIME

Y Gym, Ages 16 & up
Mondays (advanced)/Thursdays (all skills) 8:00-10:00pm,
Sundays (all skills) 2:00-4:00pm
Free/\$20 month, Daily Rate \$5

ADULT PICKUP BASKETBALL

Y Gym, Ages 16 & up
Tuesdays/Thursdays 5:30-7:30am, Tuesdays/Wednesdays 8:00-10:00pm,
Sundays 4:00-6:00pm
Free/\$25 month, Daily Rate \$5

ADULTS OVER 50 BASKETBALL

Y Gym, Ages 50+
Tuesdays/Thursdays 4:00-5:00pm
Free/Daily Rate \$5

FENCING

Ages 10 & up
Intro. for Beginners March-May
\$90/\$120
Tuesdays, 6:30-7:30pm (Beg)
7:00-8:00pm (Adv)
\$18/\$36 month

MARTIAL ARTS

SHOSHIN RYU - Combines striking, pressure point, throwing & grappling techniques. Ages 13 & up
Mondays/Wednesdays
6:30-8:00pm (Beg & Adv)
Fri 5:30-7:30pm (Adv Only)
\$18/\$36 month



KICKBOXING

Ages 13 & up
Tuesday/Thursday 7:30-9:15pm
Free/\$25

TAE KWON DO

Ages 8 & up
Monday/Wednesday 6:00-7:30pm
\$18/\$36

TAI CHI - Long Yang Form

Ages 10 & up
Wednesdays 7:05-8:05am
\$10/\$22 month

DANCE

KATHAK - North Indian Classical Dance

Ages 5 & up
Sundays 3:00-4:00pm (Beg)
Sundays 4:00-5:00pm (Adv)
\$18/\$36 month

BHARATANATYAM - South Indian Classical Dance

Ages 8 & up
Sundays 2:00-3:00pm (Beg)
Sundays 3:00-4:00pm (Adv)
\$18/\$36 month



CLIMBING WALL

Our climbing wall is equipped with an auto belay system. No belay partner needed.
Great for solo workouts, kids and new climbers!

CLIMBING EQUIPMENT RENTAL

If you don't have your own, you can rent ours during Open Climb hours.
Shoes, Helmet, Harness and Belay Device. A belay device & carabiner are ONLY available to individuals who have been belay tested in our climbing gym.
Free/\$5

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.
Saturdays, 9:30am-2:00pm (30 min. lunch break). Dates TBA.
\$40/\$80

INTRO TO SPORT/LEAD CLIMBING - ages 14 & up

Pre-requisite: Intro to Top Rope or equivalent
3 Day Class. Last day is outdoors. Dates TBA.
\$90/\$180

PRIVATE CLIMBING LESSONS - ages 3 & up

Private climbing lessons are offered for beginners looking to learn the basics of climbing and advanced climbers seeking improvement on their technique.
Participants ages 3-12 require parent supervision
Individual Lessons (1 hr Sessions) \$40/\$55
Couples Lessons (1.5 Hour Sessions) \$70/\$100

SOCIALLY RESPONSIBLE

FINANCIAL ASSISTANCE for Y PROGRAMS

At the Y, no one is turned away for inability to pay. We understand that everybody needs a little help now at then, and we are here to help because, "Community is our Cause."

Thanks to support from donors, Y programs and membership are available for all. Annual campaign donations and support from United Way of Northern New Mexico also ensure that children and families in need have access to our after-school and summer camp programs.

Financial assistance applications, also called scholarship applications, are located on our website, www.laymca.org, or may be picked up at the front desk.

ANNUAL GIVING & ENDOWMENT

ANNUAL CAMPAIGN

One in five children in Y afterschool and summer camp programs, and **1 in 28 adults** at our Y is on a financial assistance scholarship. This costs about \$90,000. Additionally we raise \$40-80k for programming at our Española Teen Center.

Donations to the Y's Annual Campaign enable 300 individuals (200 youth and 100 adults) to participate in healthy Y programs.

Your gift will give peace of mind to struggling parents, and health to adults who can't afford to pay. Thank you for your consideration.

BABYSITTER TRAINING

Ages 11-17

April 17-18 & May 15-16

Fridays 4:00pm-8:30pm & Saturdays 12:30pm-5:00pm * Subject to change for a specific class. This course provides youth with the training every parent wants in a babysitter.

\$110

ADULT CPR/AED/1ST AID

Ages 11 & up

Blended learning, must pass online test prior to getting certificate

Fridays, 2:00-5:30pm

Feb 28, March 27, April 24, June 26, July 31

\$95/\$145

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

505.662.3100

www.laymca.org

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. The Y recommends that donors seek the advice of their legal and/or financial advisors when deciding upon a planned gift. 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.

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 several principal payments in the last couple of years. 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.

SPECIAL EVENTS

Red & Black Ball

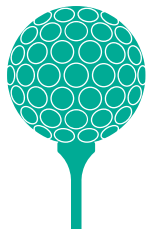
The Family YMCA invites all to attend this year's **Red, Black & Wild West Ball** on, Saturday, March 14, from 5-11pm, **featuring live music by James Carothers**. The Ball has been an annual event since 2000, and raises funds for financial assistance scholarships, and youth programs.

We have partnered once again with Hilton to create a special evening of a unique dining experience, festive dancing, silent and live auctions and camaraderie with community and business leaders from northern New Mexico. We will be in the Tewa Ballroom. For ticket/table information email Diana at dmartinez@laymca.org.



Y Annual Golf Classic ON THE COURSE FOR THE KIDS

Join us on Friday, June 12
at Towa Golf Course.
9:00am shotgun start/scramble.



FIRECRACKER 5K FUN RUN

Annual 5K Fun Run. T-shirts for participants, plus prizes to the top runners in each category: Youth Male/Female, Adult Male/Female, 60+ Male/Female, Dog Jogger, and Best Costume. All participants are eligible for many wonderful door prizes donated by local businesses.

July 4th

Race starts at 8:00am

Ages 13 & under: \$15

Ages 14 & up: \$35 / \$25 for Y Members



July 4th Kids Parade

10:30am FREE

Start your holiday with some patriotic, family fun immediately following the fun run. Along with our community partners, we invite all families (furry family members, as well) to get dressed up in your finest festive wear and join us for hotdogs, games, and prizes. Meet us at the Elephant at Ashley Pond – Look for the folks handing out balloons.



"I love the Teen Center. My friends are the best."

"I like that they give me respect and doing robotics."

"One of my favorite times here is helping Ben build the big chair."

"When we had the water balloon fight on the basketball court this past summer, that's when everyone was having a good and fun time."

"The activities and the staff."

"Every day is a new memory."

"Going to the zoo with my friends while having fun."

- Española Y Teen Center Members



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"Our financial assistance has enabled me to go back to school to finish my degree. Getting my degree will give my family financial stability and allow us to give our children better opportunities."

-S.P.



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