

When you join the Y, you join a community of health, hope and opportunity. With a focus on developing the potential of youth, improving individual health and well-being, and giving back to and supporting communities, your participation in your local Y brings about meaningful change not just within yourself, but in your community, too.

Parents find a safe, nurturing environment for their children to stay active, be engaged and learn positive values. Families come together to have fun and spend quality time with each other.

Children and teens play and develop self-confidence while feeling accepted and supported.

SOCIAL RESPONSIBILITY

TEEN CENTERS

Española and Los Alamos

Under separate city operating contracts, The Family YMCA hosts a teen center in each town that offers a free space for youth to relax, reflect and receive guidance if they want it. Offerings include art and music programs, computers, video gaming, and numerous skill-building classes. See website for specific service ages and operating hours. Thanks to United Way of NNM-LA for support of our Española YMCA Teen Center.

FINANCIAL ASSISTANCE

Thanks to support from donors, our programs are available for all. Financial assistance applications, also called scholarship applications, can be found on our website, laymca.org or picked up at the front desk.

GIVING BACK

As a 501c3 charitable organization, the Y raises funds to support 300 individuals on financial assistance, 200 of which are children. We award \$110,000 in these areas, and annually raise \$50,000 to supplement funding at our teen centers.

Please consider sponsoring or attending our **Golf Classic on August 27**. Watch for Fall Events and Fundraisers TBA.

Additionally, we gladly accept outright donations, as well as gifts to our [Endowment](#).



FOR COMMUNITY SINCE 1955



THE FAMILY YMCA Summer/Fall 2021 Programs

505.662.3100

www.laymca.org

CHILD ENRICHMENT PROGRAMS

FUN • SAFE • SUPERVIZED • ENGAGED • EDUCATIONAL

Fees depend on number of days. **Register Now!**

- **AFTER-SCHOOL ENRICHMENT**—during the school year
- **JUNE AFTER-SCHOOL ENRICHMENT**—June 1–21, half day
- **Y SUMMER CAMP**—begins June 22

CURRENT ONGOING PROGRAMS:

Kathak East Indian Classical Dance added an in-person beginner class in March, so now all three levels of the class are back live and in-person. Classes held Sundays in the Main Y studio where HEPA filters are in place.

Junior Roller Derby is a co-ed program. Practices are twice per week at the Los Alamos County Skating Rink. Skaters practice in small pods thanks to several new volunteer assistant coaches from the Women's Roller Derby League.

Pickleball is being held half-court at the Y, and outside weather permitting.

Adult Shoshin Ryu is a martial art that stresses self-defense and personal growth. It is being held at the Y Express on Monday, Wednesday, and Friday evenings.

Tae Kwon Do restarts in May in the YMCA gym, Mondays and Wednesdays, with a limited class capacity. The program will be socially distanced and face masks are required.

Adult Volleyball will return May 15, twice a week, for all experience levels. Registration is available online and in-person at the YMCA. All participants must follow YMCA Covid-19 safety procedures and register to be on the program roster to participate. Registration is free for YMCA members.

SPORTS/SUMMER PROGRAMS:

Little Youth Soccer (ages 4–5 and 6–7) is under way! Fall season runs August 30 to October 8. Instructional practices and games run for 6 weeks, two days per week from 6–7 pm in the evenings in Los Alamos and White Rock.

Little Youth Basketball (ages 4–5 and 6–7) registration is open, program runs through May 24. Instructional practices run for 6 weeks, focusing on developing coordination and learning the basic skills & rules of basketball. Mini-sized balls will be used as well as 8-ft. baskets. Season runs May 31 – July 7. Practices held twice per week in Los Alamos or White Rock. Volunteer coaches needed. Coaches will be provided with equipment, practice plans, & skills and drills.

Y Earth Service Corps (YESC) (ages 12–15) is a service-learning program for teens that provides environmental education for youth with focus on local community projects including landscaping, trail improvements, and other community service projects. Program meets Monday–Thursday, 8am–noon, June 21–July 30. Participants choose the weeks they wish to attend. Registration opens April 1. The program is underwritten by the Delle Foundation.



HEALTHY LIVING

BENEFITS OF MEMBERSHIP

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.**

Hours:

Mon–Fri 5:30am–8pm

Sat & Sun 10am–5pm



MEMBERSHIP INCLUDES:

Child Watch while you work out • Over 32 in-person & 22 virtual classes • Functional training • Free-weights • **Climbing wall** • Circuit and cardio rooms • 2 Coaching sessions • Basketball, racquetball and squash courts • Discounts on programs • Guest passes • Nationwide membership visitor privileges

MEMBERSHIP FEES

Membership Type	New Member Fee	Monthly
Youth (13–18)	\$0	\$29
Young Adult (19–25)	\$0	\$39
Single	\$50	\$52
Family of 2	\$50	\$68
Family of 3+	\$50	\$82
Virtual		\$20

*Fees are subject to change, with advance notice

EXERCISE CLASSES (included w/membership)

Barre	SilverSneakers®	Y Cycling
Insanity®	Step	Zumba®
LesMills® BodyPump	Strong Nation™	Zumba® Gold
LesMills® BodyCombat	TRX	
Strong Nation	Yoga	
MetKon RX		
L1ft®		
M1nd®		
P90X®		
PR365		



Come into the Y to sign up, visit our website, or give us a call.