



ALL TOGETHER STRONGER

FALL 2023 WINTER 2024 PROGRAMS



The Family YMCA, serving Northern New Mexico, is a 501c3 charity. Our mission is to build community strength by focusing on youth development, healthy living and social responsibility, and to ensure access to all through financial assistance.

505.662.3100

THE FAMILY YMCA

www.laymca.org

\$20 OFF
Any Y Thing

Limit one coupon per household.
Valid through 1/31/24. Must
present this coupon at time of
purchase.

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

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.

MEMBERSHIP INCLUDES:

Child Watch • In-person & virtual classes • Wellness consultation • Free-weights, circuit & cardio rooms • Climbing wall • 2 Fitness orientation sessions • Basketball, racquetball & squash courts • Discounts on programs • Guest passes • Nationwide membership visitor privileges • Y360

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	\$0	\$20

*Fees are subject to change, with advance notice

EXERCISE CLASSES

(included w/membership)

Gentle Yoga • High Fitness® • Insanity • LesMills BodyCombat™ • LesMills BodyPump™ • HIIT • Silver Sneakers Classic® • Step • Stretching • Strong Nation™ • TRX® • Y Cycle • Y Fusion • Yoga • Zumba®

HEALTH & FITNESS PROGRAMS

Personal Training—programming in & out of sessions, nutrition counseling, flexible schedule, any skill level. Fill out wellness request form at the front desk.

Wellness Requests—available at the front desk and online to schedule complimentary Wellness Consultation and Wellness Orientation.

YMCA FACILITY HOURS:

Monday – Friday 5:30am–9pm
Saturday & Sunday 9am–5pm

CLASSES & PROGRAMS

CHILD ENRICHMENT

After-School Enrichment—during school year

Winter/Day/Week Camps—when school is out

CLIMBING

Little Geckos, ages 3–5 w/parent, Saturdays

Level 2, ages 6–9, TBA

Level 3, ages 8–12, TBA

Level 5, ages 13–18, TBA

Cliff Toppers, ages 14–18, TBA

DANCE

Kathak, ages 4 & up, Sundays

HEALTH & WELL-BEING

CPR/AED/1st Aid, ages 11 & up

Turkey Day Workout, Thanksgiving day, 9:15am

Worth Defending, September for High School,
October for Elementary School

www.laymca.org

MARTIAL ARTS

Fencing, ages 10 & up, Tuesdays

Adult Shoshin Ryu, ages 13 & up, M,W,F

Youth Shoshin Ryu, ages 7–12, Fridays

Tae Kwon Do, ages 9 & up on M,W

SPORTS

Adult Noon Basketball, M,T,Th,F

Adult Volleyball—M & T

Adult Over 50 Basketball—T & Th

Badminton/Pickleball—Sundays

Jr. Roller Derby, ages 9–17

Little Youth Soccer, ages 4–7, Spring 2024

Women's Basketball, W

Youth Basketball, registration closes 10/15

Volunteer coaches of any experience level are needed and greatly appreciated. Referees also needed for Youth Basketball, 10/2023–2/2024

SOCIAL RESPONSIBILITY

TEEN CENTERS—In Española and Los Alamos offers a free space for teens to relax, reflect & learn.

FINANCIAL ASSISTANCE—Thanks to the generous support we receive from donors and sponsors.

GIVING BACK—The Y raises funds every year to support hundreds of families and individuals who need financial assistance to access childcare, programs and memberships. Funds also supplement Teen Center programming and ongoing operational needs.

TAOS PROGRAMMING—Child care programming is being developed in partnership with the Town of Taos.