

The Y's mission is to build community by focusing on youth development, healthy living and social responsibility. As a charitable organization we fundraise so that no one is turned away for inability to pay.

"I would like to take the opportunity to express my gratitude for the generous donors at the YMCA. These actions allow women like me the opportunity to live a healthy lifestyle that is affordable. I am a mother of two, doing my best to raise them, I have always supported them without any other financial help, except from the Y. I am grateful to be able to work on my health that allows my children to have their mother around as long as possible. It is a blessing to have a program like this available to me. Thank you."

-Deepest Thanks From a Y Mom



## 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.



Community Partner

### 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/financial-assistance](http://laymca.org/financial-assistance) or picked up at the front desk.

### GIVING BACK

As a 501c3 charitable organization, the Y typically helps 300 individuals with financial assistance, 200 of which are children at a cost of \$110,000; and \$50,000 supplements our teen centers and youth programs. During the Covid-19 health crisis, assistance requests are half of usual; fundraising continues to support assistance, teen centers, youth programs and also basic operations so that we may continue to be here for the community.



# FOR COMMUNITY FOR YOUTH FOR THE FUTURE



## THE FAMILY YMCA

### Fall/Winter 2021/2022 Programs

505.662.3100

[www.laymca.org](http://www.laymca.org)

## CHILD ENRICHMENT PROGRAMS

FUN • SAFE • SUPERVISED • ENGAGED • EDUCATIONAL  
Fees depend on number of days. **Register Now!**

- **AFTER-SCHOOL ENRICHMENT**—during the school year
- **WINTER CAMP**—Dec 27–Dec 31 & Jan 3–4, 7:30am–5:45pm at the main Y. Will close at 3pm on New Year’s Eve

Registration drive for Y Summer Camp, August Camp & After-School 2022-2023 begins March 15!



## CURRENT ONGOING PROGRAMS:

Full details @laymca.org

**Kathak** East Indian Classical Dance. Classes held Sundays in the Main Y studio, 2:00pm–5:00pm, where HEPA filters are in place.

**Junior Roller Derby** is a co-ed program. Practices are twice per week at The Family YMCA Gym & Pueblo Gym. Mondays 4:00pm–5:00pm, Wednesdays 6:00pm–8:00pm

**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 in the Main Studio on Monday, Wednesday, and Friday evenings.

**Youth Shoshin Ryu** is a martial art that stresses self-defense and personal growth. It is being held in the Main Studio on Friday afternoons.

**Tae Kwon Do** is held in the YMCA gym, Mondays and Wednesdays, 6:00pm–7:30pm. The program is socially distanced and face masks are required.



**Adult Volleyball** Mondays 7:45pm–8:45pm & Thursdays 6:00pm–8:00pm.

**Adult Noon Basketball** Monday–Tuesday & Thursday–Friday

**Adult Over 50 Basketball** Mondays & Wednesdays 4:00pm–5:00pm

**Climbing Wall** is open for open climb and classes. Visit laymca.org/climbing-wall

## SPORTS/FALL & WINTER PROGRAMS:

**Little Youth Soccer (ages 4–5 and 6–7)** Registration starts March 7–March 27, 2022. Spring season runs April 11–May 16. 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. Volunteer coaches needed. Coaches will be provided with equipment, practice plans, & skills and drills.

**Little Youth Basketball (ages 4–5 and 6–7)** Registration starts March 21–May 15, 2022. 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 30–July 8, 2022. 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.

**Registration for the 4 week Y Summer Sports Camp begins on March 15!**

## 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–9pm

Sat & Sun 9am–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 Fitness Orientation 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



Download our YMCA app called daxko with the QR code. When asked to choose your YMCA facility, choose “The Family YMCA”

### EXERCISE CLASSES (included w/membership)

LesMills® BodyPump

LesMills® BodyCombat

SilverSneakers®

Step

TRX

YCore

YCycle

YFusion

YHIIT

Yoga

Zumba®

Zumba® Gold



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