

## 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 (see pages 4-5)
- \*Open gym and climbing per eCalendar
- \*Free Child Watch while working out
- \*MobileFit Workout/Nutrition System
- \*Over 70 fitness classes a week
- \*Free-weight, Circuit, Cardio Rooms
- \*3 Free sessions w/nationally certified trainer
- \*Free Fitness Consultations
- \*Climbing Wall
- \*Squash/Racquetball/Handball Courts
- \*Sauna
- \*Discounts on programs
- \*AWAY privileges at participating Ys
- \*Guest Passes



We are an Armed Services Y. Please ask about our memberships for active military personnel and their families.



**THE FAMILY YMCA**  
 1450 Iris Street  
 Los Alamos, NM 87544  
 505-662-3100  
[www.laymca.org](http://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

140 Central Park Square  
 505-500-8026

### Hours

Mon-Fri 8am-7pm

**White Rock Classes Coming in April!**



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# FAMILY FUN FITNESS

**2014 Spring/Summer Program Guide**  
**THE FAMILY YMCA**  
**Y EXPRESS**



Follow us on Facebook to get the latest news and class announcements.

## MEMBERSHIP FEES

Membership Type	New Member Fee	Monthly
Youth (13-18)	0	\$27
Young Adult (19-24)	0	\$35
Single	\$50	\$47
Family of 2	\$50	\$62
Family of 3+	\$50	\$76



The Y is a 501c3 charitable organization serving Los Alamos and Española

# OUR JOB IS YOU

The Family YMCA's mission is to build individual, family and 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 scholarships.

## Board of Directors

John Wolfe, President  
Maria Wolfe, Vice President  
Christina Sierk, Treasurer  
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Sharon Stover  
Wendy Swanson  
Roger Waterman

## Staff, email @laymca.org

Administrative Assistant  
Jocelyn Chapman, jchapman@  
CEO, Linda Daly, ldaly@  
Childcare Director  
Janine Morales, jmorales@  
Española Teen Center Director  
Ben Sandoval, b\_sandoval@live.com  
Facility Manager,  
David Clark, dclark@  
Finance Director  
Chris Daniels, cdaniels@  
HR Specialist,  
Brandy Land, bland@  
Los Alamos Teen Center Director  
Sylvan Argo, sargo@  
Membership Director  
Stephanie Beguin, sbeguina@  
Mentoring Director  
Aaron Purtzer, apurtzer@  
Senior Program Director  
Diana Martinez, dmartinez@  
Sports and Adventure Director  
Jeremy Smith, jsmith@  
Wellness Director  
Melanie Chapman, mchapman@

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.



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[www.titleguarantynm.com](http://www.titleguarantynm.com)

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Email: kellymyers@remax.net  
Web: www.kellyknowsla.com

Each office is independently Owned and Operated

## Volunteers and Mentors Needed

### Fundraisers Needed for Leadership in Action

Volunteers are an association of people motivated by an ethic of service. At the Y they teach skills and impart the values of caring, honesty, respect and responsibility. Volunteers give back to the community as mentors, coaches, skilled instructors and fundraisers. We now need adult mentors to help in a new Y program. Another need is individuals willing to take the time to tell the Y's story to others and work on our Annual Campaign. Please contact Linda Daly if you can help in this capacity. If you'd like to help in another area, please call 662-3100.

## Giving

### Partners, Sponsors and Annual Support

The Y is not supported by tax dollars. It is supported by people who pay for membership and programs, and donations from everyone to ensure that our programs are available to all. Commitment from donors, volunteers, members and staff, provides more than 140 YMCA programs. We welcome the opportunity to talk to you about your ideas for support.

## Heritage Club

What if the good you do could last? That is the mission of this club. It ensures that the Y's ideals and traditions continue for future generations in our community. It is composed of individuals from all backgrounds who have named the Y in their estate planning. If you are interested in joining this club, please contact Linda Daly at 662-3100.

## 2014 Annual Campaign

Annually we assist over 200 local individuals in 135 families have access to the Y's healthy programs. This year we will provide \$130,000 in scholarships divided almost evenly between summer camp, after school enrichment, and Y membership. We turn no one away due to inability to pay.

Name \_\_\_\_\_ Address \_\_\_\_\_

Pledge of : \_\_\_\_\_ Payable as follows:

\_\_\_\_\_ Gift Enclosed or

\_\_\_\_\_ Bill me monthly, \$ \_\_\_\_\_ until \_\_\_\_\_

Date: \_\_\_\_\_

Signed: \_\_\_\_\_

### Suggested Gift Levels:

Chairman's Roundtable, \$5000  
Benefactor of the Y, \$1500  
Patron of the Y, \$500  
Gold Club, \$250  
Century Club, \$100



# HEALTHY LIVING

Improving the nation's health and well being

Programs are always in development. Check our website for latest offerings and full class descriptions. Some programs require monthly registration. Fees are listed for members / program members. Classes are subject to change.

## Take Care of Yourself

Life is busy, but a healthier you can accomplish so much more. Physical activity produces endorphins that reduce stress and being active fights numerous diseases.

Most adult fitness classes are free with membership (see next page).

## Registration

Some programs run on a monthly basis and require registration and payment. We offer scholarships to all ages to ensure access to our programs. Please see our website for our registration and refund policies.



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President

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140 Central Park Square

## White Rock Classes Coming in April! 106-A Longview

### TWO Y's For You!

Come in and workout at your new Y EXPRESS!

Fitness Classes--see page at right.

#### Functional Training Room featuring:

##### Cardio Equipment

- FREEMOTION Incline Trainer Treadmill w/17" TV Touch Screen
- OCTANE Dual Action Elliptical w/19" TV Touch Screen
- OCTANE Seated Elliptical

##### Strength Equipment

- FREEMOTION Dual Cable Crossover (2)
- HOIST "ROC-IT" Chest Press
- HOIST "ROC-IT" Mid Row
- HOIST "ROC-IT" Leg Press
- TRUE Club Stretch Trainer
- BH Sport Vibration Trainer
- Dumbbells

The Functional Training Room will also have an assortment of miscellaneous fitness supplies such as: Jump Ropes, BOSU Balls, Medicine Balls, Plyo Boxes, Fitness Balls, Bands/Tubing...

# MAIN FACILITY GROUP FITNESS CLASSES

The following classes are a member benefit at no additional charge.

**Aerobics** - Low and high intensity options are shown to encourage class participants to work at their own pace.

**Cardio & Conditioning Fusion** - A high-energy class that combines floor aerobics, step, boot camp exercises, and strength/conditioning exercises.

**Fitness Yoga** - Build strength, improve flexibility & balance and quiet the mind utilizing a flow-style ("Vinyasa") format. Breathing and meditation techniques will be introduced, and modifications will be offered for various levels of students. Previous yoga experience is recommended.

**Full Body Conditioning** - Improve muscular strength and endurance using weights, mat work, resistance bands, step work, balls and other techniques to provide a full-body workout.

**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.

**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. Each INSANITY workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX.

**Pilates Mat** - A combination of core-strengthening exercises to strengthen back and abdominal muscles and increase flexibility through the use of controlled movements.

**PowerUp** - A high-volume, low weight program with an emphasis on building muscular strength and endurance. Previous lifting and strength training experience a plus. Ages 16 and up or with instructor's permission.

**SilverSneakers®-MSROM I** - 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 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.

**Y Ride** - 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.

**Vinyasa Yoga** - A fast-paced, dynamic Vinyasa style class that incorporates standing and seated poses, balance sequences, core strengthening and relaxation to leave you feeling strong, flexible, calm and centered.

**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.

**Zumbatomics** - Zumba for boys and girls ages 6-12. Wednesday afternoons, 2:15pm.

## Ed Griggs Memorial Golf Tournament



**Saturday, June 14th, 1 pm**  
**Los Alamos Golf Course**

Benefits the Y's youth development and financial assistance programs

Last year's tournament filled completely. Tourney has a Shotgun Start/Scramble. Per player costs of \$75 includes Hole-In-One for New Car, cash, prizes for net & gross score winners, drink tickets and dinner.

## July 4<sup>th</sup> 5k Family Fun Run and Kids Parade

Annual 5K Fun Run. T-shirt 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 eligible for many wonderful door prizes donated by local businesses. Stick around for food, games, activities, and the children's parade.

**5k: 8:00am**

Ages 13 & under: \$10

Ages 14 & up: \$30 / \$20 for Y Members

**Kids Parade: 11:00am**

FREE



## Red and Black Ball

**March 22, 2014**

**EAST MEETS WEST AT BUFFALO THUNDER**

**Special Room Rates Available!**

**Tickets: \$125/person**

**<http://2014ymca.eventbrite.com>**

**Contact Linda Daly**  
**[ldaly@laymca.org](mailto:ldaly@laymca.org)**



## American Red Cross

Proud Provider of  
American Red Cross  
Health and Safety Training

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

### Adult CPR/AED/1ST Aid

(ages 11-up)

March 1  
April 5  
May 3  
June 7  
July 17  
August 2  
September 6  
October 4  
November 1  
Saturdays, 8:30am-3:30pm  
\$85/\$125

### Infant/Child CPR

(ages 11-up)

April 26  
June 21  
August 9  
Saturdays, 10:00am-2:00pm  
\$55/\$80

### Babysitter Training

(ages 11-17)

This course provides youth with the training every parent wants in a babysitter. Price set by Red Cross. Financial aid available.  
March 7-8  
June 13-14  
July 18-19  
August 22-23  
November 7-8  
\$110



## Y EXPRESS GROUP FITNESS CLASSES

The following classes are a member benefit at no additional charge. \*

**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. Each INSANITY workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX.

**PiYo Strength-** 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.

**PowerFlow-**A challenging workout inspired by Yoga, Pilates and Tai Chi to build flexibility and strength and improve range of motion, leaving you feeling centered and calm.

**Barre-lates** - Barre-lates is a unique combination of the Barre Method and a traditional pilates class that will create strength and flexibility throughout the entire body. A variety of equipment such as the Body Bar Flex, Bender Balls, exercise bands, and foam rollers will be used.

**PowerUp-** A high-volume, low weight program with an emphasis on building muscular strength and endurance. Previous lifting and strength training experience a plus. Ages 16 and up or with instructor's permission.

**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 with lasting results.

**Vinyasa Yoga** - A fast-paced, dynamic Vinyasa style class that incorporates standing and seated poses, balance sequences, core strengthening and relaxation to leave you feeling strong, flexible, calm and centered.

**Yoga** - A fast-paced, dynamic Vinyasa style class that incorporates standing and seated poses, balance sequences, core strengthening and relaxation to leave you feeling strong, flexible, calm and centered.

**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.

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

\***Kettlebells**-In this intense class you will experience a mixture of joint mobility, kettlebell conditioning and bodyweight exercises, as well as the essential techniques for training with kettlebells safely and effectively. See next page for prices.

\***TRX**-A system of ropes and webbing in which a variety of multi-planar, compound exercise movements can be performed with the aim of developing strength, balance, flexibility, and joint stability simultaneously. Some strength training experience is recommended. Ages 16 and up. See next page for prices.

Fitness Class Schedules also available at the Y and on-line @ [www.laymca.org](http://www.laymca.org).

## Wellness Center Orientations (ages 13-up)

Learn to correctly set-up, adjust and utilize the strength and cardiovascular equipment. Three orientations are provided free to members and will be conducted by our trained and certified Wellness Coaches/Personal Trainers.

## Fitness Assessments (ages 18-up)

Assessment includes heart rate, blood pressure, body composition measurements, cardiorespiratory, strength and endurance assessments.

## Personal Training (ages 18-up)

Whatever your goals, our nationally certified Personal Trainers can help you reach them! Fee varies with number of sessions purchased.

## Russian Kettlebell Training (ages 16-up)

Participants must attend the intro class prior to registering for the class.

**2 1/2 hour Intro to Kettlebells**  
Pre-requisite to kettlebell classes  
(Please make an appointment)  
\$30/\$40

### AM Ballistics

Monday/Wednesday/Friday  
6:00-7:00am  
Early: \$40/\$85  
Day of: \$50/\$95



# TRX

Suspension Training



strength  
balance  
flexibility  
core stability

A system of ropes and webbing in which a variety of multi-planar, compound exercise movements can be performed with the aim of developing strength, balance, flexibility, and joint stability simultaneously. Some strength training experience is recommended. Class size limited.

### TRX CLASS SCHEDULE

M/W, 11:30am-12:15pm;  
M/W, 6:30-7:15pm;  
T/TH, 9:00-9:45am;  
\$28/\$73 month

### TRX Core and Cardio

T/TH, 12:00-12:30pm  
\$20/\$65 month

## Reach and Rise, National Mentoring Program

In an effort to help more kids and teens achieve, The Family YMCA, will begin offering the Reach & Rise™ program, a YMCA of the USA national initiative, supported by the Office of Juvenile Justice and Delinquency Prevention (OJJDP), that connects youth ages 6 to 17 with adult mentors for 12-18 months.

The Y will be accepting adult mentor applications and youth referrals beginning March 3. The program provides five weeks of training for mentors, who must be 23 years of age and older, in this "therapeutic" mentoring program, which strengthens listening and support skills for adults. The youth, in turn, have self-identified areas they would like to improve. Through this program, the Y will recruit and train adult volunteer mentors to provide direct one-to-one mentoring services and create safe, healthy and meaningful relationships with youth. Mentors and mentees will participate in service projects, field trips and other engaging activities.

Founded in 1992 and led by the YMCA of San Francisco, the Reach & Rise program expanded in 2014 by five additional YMCA associations. As part of the national expansion, The Family YMCA is now one of 38 Ys now offering the program.

To learn more, contact Aaron Purtzer at 662-3100 or visit [www.laymca.org](http://www.laymca.org).

## Middle School Spring Break Garden Camp (Grades 7th—8th)

Apr 7<sup>th</sup>-11<sup>th</sup>

Middle school youth will be immersed into the fun world of gardening through experiential activities, fieldtrips, gardening projects, and garden-related arts and crafts. Participants will be introduced to the Y's community garden and will also spend time improving the Teen Center's garden area through fun and creative building, constructing, and painting projects. Pick up and drop off will take place daily at the teen center from 7:30-9am and from 4-5:30pm. Space is limited.



## Y Earth Service Corps (YESC) Summer Program (Ages 11-17)

June 9<sup>th</sup>- Aug 1<sup>st</sup>

YESC provides an opportunity for youth to explore various local environmental issues. YESC also provides youth with the chance to work collaboratively in taking action to improve the environment and the community. The YESC Summer Program will focus on building and improving trails in Los Alamos as well as gardening in the Y's educational gardening area. The program has an emphasis in increasing leadership development skills and in gaining job training skills and experience. Program participants will also get to experience unique teambuilding activities and will have the opportunity to go on fun fieldtrips and camping trips. Registration begins in March; space is limited.

## Community Gardens

The Y is planning to sponsor 2 educational garden sites: 1 site is located at LAMS and 1 site is located on county property. These gardens are in their beginning development stages with garden activities and events beginning this spring. For further information on activities and volunteering opportunities, please contact Kimberly Pulliam at [kpulliam@laymca.org](mailto:kpulliam@laymca.org).



# SOCIAL RESPONSIBILITY

## We really are in this together

We believe it is our responsibility to be a good neighbor, friend and steward. We strive for this in all our interactions and programming. In addition, we are a 501c3 nonprofit working to ensure that everyone has access to our programs.

## TEENS

### A Place to Call Their Own

The Y operates two teen centers that provide youth a safe and caring 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  
Youth ages 13-19

Center is supported by numerous funders including the City of Española and the United Way of NNM/LA. Donations are always needed.

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



#### Los Alamos Teen Center

3900 Trinity Drive  
Center is supported by Los Alamos County and is open to youth attending Los Alamos High School and home schoolers.

Hours:  
Monday-Wednesday,  
10:00am-8:00pm  
Thursday, 10:00am-9:00pm  
Friday, 10:00am-11:00pm  
Saturday, 1:00-11:00pm

## NUTRITION AND CHRONIC DISEASE PROGRAMS

### About our Dietitian:

Sara Pocernik, MS, RD, CNSC is a Registered Dietitian with experience in many areas of nutrition. She completed her Bachelors Degree in Dietetics and Nutrition Science at Michigan State University, and a Masters Degree in Nutritional Biochemistry from Tufts University. She has also worked as a clinical dietitian in intensive care and dialysis units. Sara will be teaching the Diabetes Prevention and Weight Management classes and taking appointments for nutrition consultations.

This program made possible by:



Lou Santoro  
Agency

### FREE Diabetes Education and Prevention

Take steps to make the research-based lifestyle changes that can prevent or delay the disease.

#### The following topics will be covered:

- What is Type 2 diabetes?
- Signs and symptoms of type 2 diabetes.
- What does having pre-diabetes mean?
- What are the risk factors?
- How you can reduce your risk of getting type 2 diabetes.
- Making lifestyle changes to lower your risk.

TBD

Y Members: Free  
Program Members: Free

### Manage Your Chronic Disease (MyCD) Program

If you have a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, depression, or other chronic health condition, a MyCD Workshop can help you take charge of your life. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

These 2 ½-hour classes meet weekly for six weeks at the Betty Ehart Senior Center, 662-8920.  
TBD

**FREE to the Community!**



### Weight Management

This class will focus on a "non-diet" method of weight management. Weekly classes will address various nutritional topics as well as provide fitness advice.

TBD

Y Members: \$50/6 classes  
Program Members: \$75/6 classes

### Personal 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.

Fridays  
9:45-10:30am  
10:45-11:30am  
1:30-2:15pm

Additional days/times for appointments are available. Call 662-3100.

Y Members: \$35/session  
\$90/3 sessions  
Program Members: \$50/session  
\$140/3 sessions

# YOUTH DEVELOPMENT

## NURTURING YOUTH

### Y Camp for Grades K-5<sup>th</sup>

Sports, science projects, group games, dramatic arts, arts and crafts, service projects, guest speakers, presentations, daily free play, field trips AND MORE. Affordable shuttle service from White Rock and Sullivan Field available. Monday-Friday, 7:30am-5:45pm

**NEW FOR 2014 - Morning Camp!** A half-day camp experience for kids with busy afternoons! Monday-Friday, 7:30am-1:00pm at Barranca Mesa Elementary.

Register March 3-April 30, 2014 and save \$25!

### Leader-in-Training (LIT)

#### Summer Camp for Youth entering 6th and 7th grades

Summer camp for older youth under the direction of seasoned Y Staff. 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-5:30pm at Barranca Mesa Elementary.

Register March 3-April 30, 2014 and save \$25!

### 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. CITs will learn valuable skills that can be used in the future as a counselor at Y Camp and other programs. Parents and participants can choose to register for either a June or July/August session, or both.

Days vary. Half/Full Day Options available. Application packets available April 15th.

### After-School Enrichment

#### (Grades K-6th)

When school lets out, 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 participant in community service projects, too. They frequently have so much fun that they want to stay longer. 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.

#### Child Watch

##### (ages 2 months-7 years)

On-site supervision for members' children while parent is working out in the facility or at the Y Express. Well-supervised environment with a staff ratio of 1:7 or better.

Monday-Friday, 8:30am-12:30pm

Monday-Thursday, 5:00-8:00pm

#### Friday Night Fun

##### (ages 2 months-7 years)

On-site supervision open to the community so parents can have a date night in Los Alamos. Healthy snacks will be provided. Fees and dates will vary according to enrollment.

Fridays, 5:00-9:00pm

# CLIMBING AND ADVENTURE

Achievement is exhilarating. Trying new experiences and accomplishing something once unknown can be a rush. You will push yourself to new heights and experience a full-body workout that is unique to this sport. If you're not a member, you can buy a day pass and rent our equipment.

## Climbing Wall Hours

Monday		12:00-1:30pm	5:30-10:00pm
Tuesday	5:45-7:15am	12:00-1:30pm	5:30-10:00pm
Wednesday		12:00-1:30pm	5:30-10:00pm
Thursday	5:45-7:15am	12:00-1:30pm	5:30-10:00pm
Friday		12:00-1:30pm	5:30-9:00pm
Saturdays		12:00-4:00pm	
Sundays (Oct-Apr)		12:00-4:00pm	

Available for Private Rentals/ Birthday Parties on Sat/Sun 4:00-6:00pm.

## Belay Test

### (ages 18-up)

Those who want to belay at our wall must pass our Belay test, which demonstrates knowledge of proper harness use, knots, tying-in, commands and proper technique. Test may be taken during open climb hours.

Free/\$5

## Belay Class and Test

### (ages 14-up)

Learn the ropes in this class and what is necessary to belay for your family and friends. Class is held on the first and second Saturdays and first Sunday of the month (except holidays).

Classes held in Aug/Oct/Dec/Feb/Apr/Jun  
\$25/\$50

## Equipment Rental Rates

If you don't have your own, you can rent ours.

Shoes, Helmet, Harness and Belay Device  
\$5/Members get 1 month FREE

## Open Climb Hours

### Check ecalendar for latest updates.

Anyone can rent gear and climb. Non-members must purchase a day pass.

See hours above.

Group Rentals, birthday parties and private lessons available during unscheduled hours.

## Adult Climb Time

Fridays 9:00-11:00am

Free/\$10 per month (gear included)

## Private Rock Climbing Lessons

\$30 per hour / \$20 for Y members

## Adult Outdoor Climbing Trip

Ages 16+ (10-15 with adult)

Saturdays 2:00-6:00pm

June - July

\$40 per day / \$30 for Y members

## Family Adventure Trips

Saturdays June - Aug

Learn to fly fish, go rafting on the Rio, take an interpretive hike with an outdoor educator, ... Dates/Times TBA, Prices based on activities.

# SPORTS -Youth and Adult

## Diggers Youth Volleyball

(Grades 3-4 & 5-6)  
Practice and games 2x/week  
Register: Mar 1-Apr 4  
Season: Apr 14-Mar 23  
\$40/\$60

## Adult Co-Ed Volleyball 4v4

6 week recreational season with final tournament.  
Register: Mar 10-Apr 16  
Season: Apr 17-May 22  
Thursdays, 7:00-10:00pm  
\$20/\$30 per person

## Flag Football

(ages 9-12)  
Sundays, 2:00-3:30pm  
Register: Mar 10-Apr 18  
Season: Apr 20-May 25  
\$15 / \$30

## Little Shoes Track

Grades K-1<sup>st</sup>  
Practice 2x per week  
Season: April 21-May 29  
Register: March 10-April 18  
\$40/ \$30

## TurboTrack

Grades 2<sup>nd</sup>-6<sup>th</sup>  
Practice 2x per week  
Season: April 21-May 29  
Register: March 10-April 18  
\$40/ \$30

## Fencing

(Ages 10 & up)  
New students in Feb. and Oct. or with instructor approval.  
Beginner-  
Tuesdays, 6:30-7:30pm  
Advanced-  
Tuesdays, 7:30-8:30pm  
\$20/\$40 month



## Little Hoops Basketball

(Ages 4-6)  
Practice and games Tu/Th  
Register: Feb 1-Feb 28  
Season: Mar 3-Apr 17  
\$40/\$60

## Little Goals Soccer (ages 3-4 & 5-6)

Practice and games 2x/week  
Spring Registration: Mar 1-Apr 11  
Season: Apr 21-May 29  
Fall Registration: Jul 15-Aug 15  
Season: Aug 25-Oct 3  
\$40/\$60

## Pickleball

Great for those 50 and up!  
This racquet sport combines elements of badminton, tennis, and table tennis.  
Tuesday/Thursday  
1:00-3:00pm  
Free/\$10

## Racquetball League

(Ages 16 & up)  
4 skill divisions  
Registration: Apr 1-Apr 30  
Season: May-Jun  
\$20/\$30

## Summer Squash

(Ages 16 & up)  
Registration: May 1-Jun 5  
Season: Jun 9-Jul 31  
\$20/\$30

## Summer Sports & Adventure Clinics

Soccer: June 23 - 27 & July 14 - 18  
Rock Climbing: TBA  
Circus Camp: TBA  
Basketball: TBA  
Volleyball: TBA  
Jr. Wrestling: TBA  
Dance: TBA



## iCARE Wednesdays' Explorations

(Grades K-6<sup>th</sup>)

Wednesday-only after-school care is offered from 12:00-5:30pm. iCARE is an experiential, ecological education program. Children will learn about topics such as the natural environment, eco-systems, sustainability, and environmental stewardship. The program includes short hikes and unstructured play times in different natural areas of Los Alamos, as well as ecologically-based activities, fieldtrips, guest presenters, and arts and crafts. Parents are responsible for transporting their child to the program. Space is limited.

## iCARE Planeteer Day Camps

(Grades K-6<sup>th</sup>)

Held during LA Schools "Professional Development Days"

Each day of camp centers around a different theme focused on ways to "take action to care for the earth." The majority of the day will be spent outside where children will get to enjoy time of unstructured "nature play" and will get to engage in activities, projects, and fieldtrips relating to the day's ecologically-based theme. Camp runs from 7:30am- 5:30pm and it includes organic, healthy snacks and creative crafts.

Mar 14<sup>th</sup>; Apr 14<sup>th</sup> pick up and drop off at Pajarito Environmental Educational Center  
Space is limited.

Aug 11<sup>th</sup>-12<sup>th</sup> pick up and drop off at The Y; Space is limited.

## iCARE Adventures

(ages 5-11)

Outdoor-based Camp held June-July

Children will get to enjoy and explore the various trails and local natural environments of Los Alamos. This is a primarily play-based program, but children will also get to go on ecologically-based educational fieldtrips and will engage in activities and projects focused on the environment and sustainable practices. Children are encouraged to use their own curiosity and imaginations in order to make connections with the natural world as well as with each other. This program is held daily from 7:30am- 5:30pm, and pick up and drop off is at Barranca Mesa School. Space is limited.

## iCARE Nature Camp

(ages 5-11)

Aug 4<sup>th</sup>-8<sup>th</sup>

Children explore topics related to nature, sustainable living, local ecology, and each person's impact on the world around us. Children will spend the majority of their time on outdoor fieldtrips. Camp also includes organic snacks, free play, environmentally-themed games, short hikes and "nature play", creative activities, and "upcycled" art projects. Camp runs from 7:30am- 5:30pm, and pick up and drop off is at the Y. Space is limited.

## 2-hour Birthday Parties and Lock-Ins



Climbing Wall Party (ages 4-up)

Sports Party (ages 4-up)

\$70 facility + \$3.00 per child,  
Includes 1 Y staff member, add'l staff may be required at \$25/staff based on the number of party-goers.

**Lock-Ins**

Chaperones required, \$20/youth, minimum of 10.

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.

### It's All Fun and Games

The Y exists to serve the needs of our communities. Our primary services include healthy activities for children, teens and families; after school and summer camp care, character development programming at our teen centers, and service-learning and leadership opportunities.

### Registration Required

Programs run on a monthly or seasonal basis and require registration and payment. We offer scholarships to all ages to ensure access to our programs.

Please see our website for our registration and refund policies.

## TEENS

### Social Responsibility Section

We have several programs to support the development of this age group, detailed in the section of this brochure titled, Social Responsibility.

## CLIMBING CLASSES

### Little Geckos

(ages 3-5)  
This is a parent/child class.  
Tuesday/Thursday  
9:00-10:00am  
\$20/\$30 month

### Youth Ascent

(ages 5-9)  
Mondays  
4:00-5:30pm  
Sep-May  
\$30/\$60 month

### Youth Summit

(ages 8-12)  
Thursdays  
4:00-5:30pm  
Sep-May  
\$30/\$60 month

### Advanced Youth Summit

(ages 8-12 w/instructor approval)  
Fridays  
4:00-5:30pm  
Sep-May  
\$30/\$60 month

### Summer Summit

(ages 5-12 w/instructor approval)  
Jun-Jul  
Days/Times, TBD  
\$30/\$60 per day

### Outdoor Youth Summit

(ages 8-12 w/instructor approval)  
Jun-Jul, Saturdays  
9:00am-1:00pm  
\$25/\$30 per day

### Teen Climbing

(ages 12-18)  
Tuesdays  
4:00-5:30pm  
\$5/\$10/month



## DANCE—Youth and Adult

### Hip Hop for Kids

(Boys and Girls ages 8-13)  
Thursdays, 4:00-5:00pm  
Mar/Apr/May  
\$15/\$30 month

### Kathak

North India Classical Dance (ages 3-up)  
Sundays, 3:00-5:00pm  
\$15/\$30 month

### Bharatanatyam

South India Classical Dance (ages 3-up)  
Sundays, 4:00-5:00pm  
\$15/\$30 month

### Zumbatomics

Zumba for boys and girls ages 6-12  
Wednesdays, 2:15-3:00pm  
FREE! No membership required.  
Zumbatomics on hiatus during summer months.

## MARTIAL ARTS –Youth and Adult

### Shoshin Ryu

Combines striking, pressure point, throwing and grappling techniques.  
**Youth (ages 7-12)**  
Fridays  
Beginners-4:30-4:45pm; Int/Adv-4:45-5:30pm  
\$20/\$40 month  
**Adult (ages 13-up)**  
Mon/Wed 7:00-8:30pm, (Beg/Adv)  
Advanced-Fri 5:30-7:00pm (Adv Only)  
Fee based on number of classes per week.

### Kickboxing

(ages 13-up)  
Tuesday/Thursday, 7:30-9:00pm  
Free/\$50

### Tae Kwon Do

(ages 8-up)  
Monday/Wednesday, 6:00-7:30pm  
\$20/\$40 Family rates available.

### Tai Chi

Long Yang Form (all ages)  
Mondays, 7:05-8:05am  
\$15/\$30 month



# I want you



# to run 5K

## July 4<sup>th</sup> 5k Family Fun Run and Kids Parade

Annual 5K Fun Run. T-shirt 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 eligible for many wonderful door prizes donated by local businesses. Stick around for food, games, activities, and the children's parade.

**5k:** 8:00am  
Ages 13 & under: \$10  
Ages 14 & up: \$30 / \$20 for Y Members  
**Kids Parade:** 11:00am  
FREE

