



PROGRAM GUIDE

YMCA OF GREATER BOSTON

Roxbury

Spring I and II 2010

Spring I runs from March 1 - May 2, 2010

Spring II runs from May 3, 2010 - June 27, 2010

Member Registration: February 7 - 14th

Non-Member Registration: February 14 - 28th

Si quieres que te traducamos este folleto por favor llamar al 617.326.3424

Roxbury

 **YMCA**
GREATER BOSTON
It's all inside the Y.

Membership Information

Our Mission

The YMCA of Greater Boston is dedicated to improving the health of mind, body and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.



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Roxbury Family YMCA Staff Directory

Executive Director: May Vaughn

617.318.1402
mvaughn@ymcaboston.org

Business Manager: Maria Alcala

617.318.1404
malcala@ymcaboston.org

Senior Program Director: Andrea Baez

617.894.2358
abaez@ymcaboston.org

Health and Wellness Director/ Marketing and Sales Director: Christopher Rule

617.318.1405
crule@ymcaboston.org

Facilities Director: Mark Nurse

617.318.1407
mnurse@ymcaboston.org

Youth Sports, Recreation and Teen Director:

Kevin Scott
617.318.1408
kscott@ymcaboston.org

Aquatics Director: Shaddiff López

617.318.1406
slopez@ymcaboston.org

Child Care & Pre-School

Boston Police Head Quarters
Child Care Director: Martha Langley
617.343.5725
mlangley@ymcaboston.org

On Site Pre-school Director/Bookkeeper

Director: LaDawn McKinney
617.326.3424 ext 211
lmckinney@ymcaboston.org

Hours of Operation

(as of January 1, 2010)

Monday – Friday 5:30am-9:30pm
Saturday 8am-6pm
Sunday 11am-6pm New Hours

Please note: Pool areas close ½ hour before building closes.

Class Cancellations

We will cancel a class when there are less than five participants enrolled in the program. The YMCA staff makes every effort to promote and implement all classes offered. **If we are unsuccessful in meeting our minimum enrollment, you will be given at least 24 hours notice that your class is cancelled**, and be given the option to join another class or be given a refund or credit.

My Y is Every Y in Massachusetts and Rhode Island

Your current YMCA membership may be used at any other Massachusetts or Rhode Island YMCA facility. Full YMCA members from Massachusetts and Rhode Island will be welcome, free, at YMCAs in either state by presenting their current YMCA ID card. Some restrictions may apply so go to your YMCA's website and click on My Y is Every Y to learn more.



Roxbury YMCA Facebook address is <http://Facebook.com/RoxburyYMCA>

Membership Information

Contact: Christopher Rule, Marketing and Sales Director or 617.318.1405 crule@ymcaboston.org

- 4 Free sessions of individualized, one-one personal coaching with a Wellness Coach.
- Unlimited use of Fitness Facility.
- Free Group Exercise Classes you may attend at no additional charge.
- Free family programming.
- Free Swim + Lap swim as scheduled in our 25 yard, 5 lane heated pool.
- Open Gymnasium time as scheduled.
- Full Service Locker Rooms for Women, Men, boys, Girls, and 2 Family Changing rooms with private amenities.
- Adult locker rooms equipped with Sauna Rooms and Steam Rooms.
- Discounted fees on instructional & sports classes.
- Proof of membership for your Corporate, Health Insurance provider or HMO wellness reimbursement.

Membership Category	Roxbury YMCA Membership Rate	Membership Category	Roxbury YMCA Membership Rate
Single Adult	\$30.00	Family Couple	\$55.00
Family (1 adult+ children)	\$50.00	Senior Couple	\$35.00
Family (2 adults+ children)	\$55.00	Senior Single 65+	\$18.00
Membership Category	Roxbury YMCA Membership Rate	Membership Category	Roxbury YMCA Membership Rate
Youth 12 and under	\$70.00	Three Month Family	\$165.00
Youth 12 and up	\$90.00	College Student	\$26.00
Three Month Single	\$105.00	Daily Pass	\$10.00

All pay a joining fee of \$50.00.

The initial payment from a bank account will be: 1/2 monthly fee + \$50 joining fee.

Confidential scholarships, made possible through our annual Reach Out fund, are available to help individuals and families who are most in need in our community. Please ask a Member services representative for more information.

Program Credit/Refund Policy

There are no credits or refunds for missed days in the program or weather related cancellations. If the YMCA cancels a program, a full refund or credit will be given. All credit/refund requests are subject to Program Directors approval. Paperwork can be found at our Welcome Center.

Membership For All

Everyone belongs at the YMCA, regardless of his or her ability to pay. Membership For All is the YMCA's income based scholarship program that enables individuals and families in need to become an active member of their YMCA. The Membership For All program also gives you access to all of the YMCA's of Greater Boston.

Family Services

Wishing for warmer weather?

Hard to believe that summer registration has begun! Join us for an Open House Saturday February 27th between the hours of 9am and 11am. Hear about our Camp Programs, meet the Directors, have questions answered! Don't be left out in the cold, limited spaces for children ages 5-6! Register and pay for a week and receive \$25.00 off that session! For more information regarding Camp, please contact Andrea Baez 617.894.2358 Abaez@ymcaboston.org

Summer Camp

Ages 5-14

Monday - Friday 8:00 am - 6:00 pm

See the back panel for more information.

We can't wait to spend our summer with you!
Call 617.436.7750 with questions.

Child Watch (Ages 1 ½ -12yrs) Need to work out but don't have a babysitter? Caring, fully-trained staff are ready to engage your children in stimulating activities. 1.5hr maximum usage per day.

Mon - Wed. 9am-11am

Mon - Fri. 5:00pm-8:30pm

Sat. 9:00am-12:00pm

Family members: Free

Individual member: \$3.00

Non-member: \$5.00

Fit Kids Club

 Ages 8-12 **NEW**

Enjoy your workout while your child has an educational experience in Health and Wellness under the supervision of a wellness coach.

Sat & Sun 1-2pm

Free

School Age Child Care

The YMCA of Greater Boston is the largest provider of child care in Massachusetts. At the Roxbury YMCA, we offer School Age programs that serve our community and surrounding towns. All our programs focus on building core values: caring, honesty, respect and responsibility. The YMCA offers transportation from area schools to all our sites. All programs are open until 6:00pm daily, as well as on snow days and vacation days.

School Age Child Care Program Locations

Roxbury SACC
285 Martin Luther King Blvd
Roxbury, Ma 02119
617.851.3409

James Curley SACC
40 Pershing Road
Jamaica Plain, MA 02130
617.694.4867

William Blackstone SACC
380 Shawmut Avenue
Boston, MA 02118
617.447.3403

Family Circuit

Workout together as a family using the Nautilus and Nitro Plus machines. This is your chance to spend time together while improving your overall health and wellness.

Tue & Thur 7:00 - 7:45 pm

Infant, Toddler,

Pre-School, Pre-K, Kindergarten

Our children's center provides quality programs for children 6 weeks to 6 years old. A healthy lunch and nutritious snacks are provided every day. Program Locations: The Roxbury YMCA Childcare is located at The Boston Police Headquarters. The Roxbury YMCA Preschool is located at 285 Martin Luther King Blvd.

Roxbury YMCA Reach Out Campaign

A donation to the Roxbury YMCA Reach Out Fund will allow children and adults in need to receive scholarships for membership, childcare, swim lessons, camp, and fitness. Every dollar raised stays within the Roxbury YMCA branch and goes directly to families and individuals of all ages from our community who need financial support. If you are interested in making a difference in the lives of those in your community please fill in your donation amount on the registration form and give it to the front desk.



Session Dates & Time:

February 22, 2010 - May 21, 2010

Monday/Wednesday 4:00-6:00 p.m.

FANTastic Kids is a FREE 12-week after school fitness and nutrition program that combines fun, interactive nutrition games, healthy snacks, and gym and pool activities for boys and girls ages 8-12 who struggle with eating healthily and staying active. Primary Care Provider referral is required for participation. For more information, please contact Ashley Filipp at 617.427.5300 ext. 218 or afilipp@ymcaboston.org.

Special Family Events

Parent's Night Out (6 – 12 yrs)

Need a night out with your significant other? Or maybe just time to yourself or to run errands? Leave your child in a safe, child-friendly environment with professionally trained staff. Children will engage in swimming, arts & crafts activities, board games, as well as a healthy snack. 10 child capacity. Must sign up in advance at the Welcome Center. For further information contact LaDawn or Alandra at 617.326.3424.

Friday March 19 from 6-10pm

Friday May 21 from 6-10pm

Easter Egg Hunt

For more information please contact LaDawn McKinney at 617.326.3424 ext 211 or lmckinney@ymcaboston.org.

Date: Saturday April 3, 2010 Roxbury YMCA 1-3pm

Float-n-Flix

A fun event friends and family enjoy. You're invited to come and watch a movie in the pool!! Just bring a bathing suit and we'll provide the rest. This event is held on the last Friday of every month starting from 6:30pm-8:30pm. Parents and children must participate in program.

Dates: March 26th, April 30th, May 28th, and June 25th.

Members: FREE / Non-Members: \$2.00

Parties at the Y

Splash Parties

Enjoy one hour of the pool time followed by a one hour party celebration. Party includes pool toys, lifeguard, party room and coordinator. Party size is limited to 12 guests unless you have written prior approval. Depending on age group and swim ability of the children, parents will be required to accompany children in the pool. Party size above 12 will require another lifeguard an additional cost of \$25.00/hr. Party times available on Saturday 4-5p and Sundays 1-2pm.

Member: \$100 / Non-member \$175.00

Float-n-Flix Party

A fun event friends and family enjoy. You're invited to come on the last Friday of each month and watch a movie in the pool! Just bring a bathing suit and we'll provide the rest. Parents and children must participate in program.

Last Friday each Month 6:30-8:30pm

Dates: March 26th, April 30th, May 28th, and June 25th.

Members: FREE / Non-Members: \$2.00

Learn to Swim

Class Session

Contact: Shaddiff López, Aquatics Director at slopez@ymcaboston.org or 617.318.1406

Parent and Child Swim

Ages 6 months to 3 years

The YMCA Parent/Child Program is a nationally recognized program which promotes water enrichment and aquatic readiness. Classes are designed to allow the child to have fun in the water with the guidance of thier parent or guardian.

SKIP (Ski, Kipper, Inia, Perch)

Sat: 9:00am-9:30am

Family \$55 / Individual \$65 / Non-member \$85

Aquatic Policies

- **Participants must be evaluated for proper swim level prior to lessons.**
- Children under the age of 3 and those not yet potty trained must wear a swim diaper or disposable diaper with rubber pants.
- Bathing Caps are required for all swimmers with shoulder length or longer hair.
- Parents need to be available for "bathroom breaks" for their child.
- Pool may be closed and classes cancelled due to severe lightening storms.
- Make-up classes are not allowed unless cancelled and rescheduled by the YMCA.
- The YMCA reserves the right to make schedule changes to better serve our members or to cancel/combine classes.

Learn to Swim

Pre-School (ages 3-6)

The YMCA Preschool Swim Program is a nationally recognized program that offers children their first experience in the pool without parental participation. Instructors teach skills that help children learn personal growth, personal safety, stroke development, water sports and games.

Pike (ratio 1:4)

Children develop safe pool behavior, adjust to water and develop independent movement in water. It is designed for new swimmers who are fearful of the water.

Mon 5:40pm-6:25pm Thu 5:40pm-6:25pm
Tue 5:35pm-6:20pm Sat 9:00am-9:45am
Tue 6:25pm-7:10pm Sat 10:40am-11:25am
Wed 6:30pm-7:15pm

Family \$55 / Individual \$65 / Non-member \$85

Eel (ratio 1:4)

For children who can swim independently in a horizontal position, with a flotation device on the front, back and side for a minimum of 10 yards. Children must also be comfortable putting their face in the water.

Mon 5:40pm-6:25pm Thu 5:40pm-6:25pm
Tue 5:35pm-6:20pm Sat 9:00am-9:45am
Tue 6:25pm-7:10pm Sat 10:40am-11:25am
Wed 6:30pm-7:15pm

Family \$55 / Individual \$65 / Non-member \$85

Ray (ratio 1:5)

For children who can swim without a flotation device for part or all of the class time. Children will be introduced to rotary breathing and over arm recovery.

Mon 5:40pm-6:25pm Thu 5:40pm-6:25pm
Tue 5:35pm-6:20pm Sat 9:00am-9:45am
Tue 6:25pm-7:10pm Sat 10:40am-11:25am
Wed 6:30pm-7:15pm

Family \$55 / Individual \$65 / Non-member \$85

T-n-T Bundle **NEW**

Swim lessons twice per week: without paying double!

Pike/Eel/Ray/Starfish

Mon/Wed: 6:00pm-6:30pm
Tue/Thu: 6:00pm-6:30pm

Beg. Polliwog/Adv. Polliwog/Guppy

Mon/Wed: 6:00pm-6:30pm
Tue/Thu: 6:00pm-6:30pm

Family \$75/ Individual \$95/ Non-Members \$145

Starfish (ratio 1:5)

For children who can swim without floatation for the entire class on their front and back. Children will work on developing their front crawl and backstroke skills.

Mon 5:40pm-6:25pm Thu 5:40pm-6:25pm
Tue 5:35pm-6:20pm Sat 9:00am-9:45am
Tue 6:25pm-7:10pm Sat 10:40am-11:25am
Wed 6:30pm-7:15pm

Family \$55 / Individual \$65 / Non-member \$85

Youth (Ages 6-12)

The YMCA Youth Swim Program is a nationally recognized program that comprises of five main components: Personal Growth, Personal Safety, Stroke Development, Water Sports & Games and Rescue. Each level builds upon the preceding level.

Beginner Polliwog (ratio 1:4)

For the beginner swimmer. Children will work on rhythmic breathing, paddling and floating.

Mon 6:30pm-7:15pm Thu 6:30pm-7:15pm
Tue 5:35pm-6:20pm Sat 9:50am-10:35am
Tue 6:25pm-7:10pm Sat 11:30am-12:15pm
Wed 5:35pm-6:20pm

Family \$55 / Individual \$65 / Non-member \$85

Advanced Polliwog (ratio 1:4)

For children who can swim with 2 bubbles or less, but cannot yet swim one length of the pool non-stop without floatation. Children will work on endurance, floating, and be introduced to the front crawl and back stroke.

Mon 6:30pm-7:15pm Thu 6:30pm-7:15pm
Tue 5:35pm-6:20pm Sat 9:50am-10:35am
Tue 6:25pm-7:10pm Sat 11:30am-12:15pm
Wed 5:35pm-6:20pm

Family \$55 / Individual \$65 / Non-member \$85

Guppy (ratio 1:5)

For children who can swim one length of the pool on their front and back without a floatation or support. Children must also be comfortable with rhythmic breathing.

Mon 6:30pm-7:15pm Thu 6:30pm-7:15pm
Tue 5:35pm-6:20pm Sat 9:50am-10:35am
Tue 6:25pm-7:10pm Sat 11:30am-12:15pm
Wed 5:35pm-6:20pm

Family \$55 / Individual \$65 / Non-member \$85

Learn to Swim

Minnow (ratio 1:8)

Children should be able to float on their front and back for 1 minute without assistance. Children need to be able to swim one length of the pool using front crawl with rotary breathing, rudimentary elementary backstroke and sidestroke. Children will be introduced breast stroke.

Tue 6:00pm-6:45pm Sat 9:00am-9:45am

Fri 6:35pm-7:05pm Sun 1:00pm-1:45pm

Family \$55 / Individual \$65 / Non-member \$85

Fish (ratio 1:8)

Children must be able to swim 50 yard non-stop using front crawl and backstroke and 25 yards non-stop using sidestroke, elementary backstroke and rudimentary breaststroke. They will work to refine those strokes and be introduced to butterfly and flip turns.

Tue 6:00pm-6:45pm Sat 9:00am-9:45am

Fri 6:35pm-7:05pm Sun 1:00pm-1:45pm

Family \$55 / Individual \$65 / Non-member \$85

Flying Fish (ratio 1:8)

Children must be able to swim 75 yards front crawl and back crawl proficiently, swim 50 yards using sidestroke, elementary backstroke, and breaststroke and swim 25 yards rudimentary butterfly. Children will work on endurance and refining their strokes.

Tue 6:00pm-6:45pm Sat 9:00am-9:45am

Fri 6:35pm-7:05pm Sun 1:00pm-1:45pm

Family \$55 / Individual \$65 / Non-member \$85

Shark (ratio 1:8)

Children must be able to swim 100 yards front crawl with bi-lateral breathing and backstroke, sidestroke and breaststroke and swim 50 yards butterfly. They will be introduced to the inverted breaststroke, trudgen crawl and over arm side-stroke and continue to refine all previous skills.

Tue 6:00pm-6:45pm Sat 9:00am-9:45am

Fri 6:35pm-7:05pm Sun 1:00pm-1:45pm

Family \$55 / Individual \$65 / Non-member \$85

Adult / Teen Swimming

Ages 13 and up

Adult Beginner

For the adult who is fearful of the water or cannot swim on their own. Instructors work with each participant to set goals and assist with the attainment of those goals.

Tue 7:10pm-7:55pm

Thu 10:00am-10:45am

Thu 7:10pm-7:55pm

Family \$50 / Individual \$60 / Non-member \$90

Adult Advanced

For adults who can swim 25 yards non-stop with basic rotary breathing. This class will work on improving stroke technique for front crawl and backstroke.

Tue 7:10pm-7:55pm

Thu 10:00am-10:45am

Thu 7:10pm-7:55pm

Family \$50 / Individual \$60 / Non-member \$90

Private Swim Lessons

By appointment only! Each lesson is 30 min.

Fee (1 lesson): \$30 members / \$40 non-members

Fee (5 lessons): \$120 members / \$150 non-members

Fee (10 lessons): \$200 members / \$260 non-members

Specialty Aquatics

Asthma Swim

In collaboration with Boston's Children's Hospital and Boston Public Health Commission we have designed a FREE program that allows your child to be active while teaching them to manage their asthma. Please contact Jerri Pratt at 617.927.8080 or jpratt@ymcaboston.org to register.

Sat 10:00 - 11:30 a.m.

Special Kids **NEW**

This class help autistic children relax in the water and become comfortable with their surroundings.

Each child's ability is assessed when they begin lessons. Visual stimulation is used to teach children swimming techniques. The lessons also help kids develop muscle strength, build confidence and develop social skills.

Sun 9:00am-9:45am

Family \$55 / Individual \$65 / Non-Members \$85

Specialty Aquatics

Aqua Tai-Chi **NEW**

Aqua Tai Chi is the flowing aquatic energy that we generate in our body when we practice Tai Chi in the swimming pool. The program is a combination of slow, broad movements of the arms and legs. Beginning with breathing and rejuvenating exercises, we then tone the upper body and arms, and work through the body to the lower parts, ending with coordinated total body movements - a beautiful progression of exercises that promotes balance.

Tue 10:15am-11:00am

Family \$25/ Individual \$30/ Non-Members \$45

Aqua Aerobics

A water workout for all! This exciting class is for both swimmers and non-swimmers who enjoy exercising. It's geared toward increasing cardiovascular output and muscle tone. Through exercising in the water you can condition your body and heart.

Mon 10:00am-10:45am Wed 7:20pm-8:05pm

Mon 7:20pm-8:05pm Fri 10:00am-10:45am

Wed 10:00am-10:45am

Family FREE/ Individual \$30/ Non-Members \$45

Scuba **NEW**

Do you want to be a certified scuba diver? Then here is the place to be. Come learn at your own pace. Contact Jeff Worthy at 617.429.2308.

Water Jogging **NEW**

Journey into the deep while wearing floatation belt and experience this intense training program. Alternate between high and low intensity moves to break through training plateaus, increase power and strength, and improve cardiovascular endurance.

Tue 10:00am-10:45am

Thu 10:00am-10:45am

\$25 members / \$35 non-members for each session

Roxbury Sting Rays Swim Team

Stingrays Swim Team is a competitive swim team, open to youth ages 6-18 who have achieved at least American Red Cross Level 5 swimming skills or YMCA Shark level. As a swimmer's skills improve, the child will move up a group level. Team grouping must be approved by the Head Coach. Call Coach Jeff to set up your team tryout at 617.429.2308.

WE ALSO OFFER: Lifeguard, CPR, AED, and First Aid COURSES/ Tambien Ofrecemos cursos de salvavidas y primeros auxilios.

Contact Shaddiff Lopez at 617.318.1406 or slopez@ymcaboston.org.

Sports & Recreation

Contact: Kevin Scott, Youth Sports, Recreation and Teen Director, at kscott@ymcaboston.org or 617.318.1408.

Pre-School Programs

Multi-Sports (Age 3-5)

This class combines all the great sports such as basketball, football, soccer, and dodge ball. We coach a different sport each week. This is a great way to stay fit and also have fun in Multi-Sports. Classes take place on the Soccer field.

Sat 11:00am-11:45am

Family \$40 / Youth \$45 / Non-members \$60

Tee-Ball (Age 3-5)

The T-Ball program is non-competitive, players generally hit from a Tee with some coach pitch. T-Ball focuses primarily on developing basic skills and having fun. Players do not get "out". All the kids run around the bases and score a run. Classes take place on the soccer field.

Sat 10:00am-10:45am

Family \$40/ Youth \$45 / Non-members \$60

Pee-Wee Flag Football (Age 3-5)

The Flag football program emphasizes individual skill, team work, and character building. Creating an opportunity for all skill levels and genders to excel.

Tue 6:00pm-6:45pm

Family \$40 / Program \$45 / Non-member \$60

Soccer Little Stars (Age 3-5) **NEW**

This class explores the basics of Soccer through a fun and supportive environment. The emphasis is on fun and basic skill development. Classes take place on the soccer field.

Mon 6:00pm-6:45pm

Family \$40/ Youth \$45 / Non-members \$60

Sports & Recreation

Jr. Celtics Little Hoopsters (Age 3-5)

The Jr. Celtics basketball program, launched with the Boston Celtics, is a values and skill-based sports program designed to help young athletes to progress successfully into competitive sports. This co-ed junior program will emphasize fun, personal excellence and skills while emphasizing winning and encouraging healthy competition. Games take place in the gymnasium.

Sat 9am-10am

Family \$40 / Youth \$45 / Non-members \$60

Youth (Age 5-16)

Art Attack

This program will allow young children to be creative without strict project limitations while building their love and interest of art. Projects will consist of pastel drawings, painting and Arts & Crafts like projects. Classes take place in the Preschool room.

Sat 10am-10:45am

Family \$40 / Youth \$45 / Non-members \$60

Hip Hop Dance Class (Age 6-14)

A dance class great for working on body isolations and movement, taught in a fun relaxed atmosphere. Learning all the new styles from krump, R&B, Reggae, Hip Hop and more. Classes will be held in the aerobics studio.

Sat 12:30pm-1:30pm

Family \$40 / Program \$45 / Non-member \$60

Karate Youth (Age 5-16)

Students learn Karate as a complete discipline, Spirit, Mind & Body. Karate teaches physical defense and emphasizes high personal standards and respect for others. Before signing up for program you must see instructor for evaluation.

Tuesday (Roxbury YMCA Multi-Purpose Room)

Beginner/Advanced 6:30pm-7:30pm

Adult Karate 7:30pm-8:30pm

Wednesday (Egelston YMCA)

Beginner/Advanced 6:00pm-7:00pm

Adult Karate 7:30pm-8:30pm

Friday (Egelston YMCA)

Beginner/Advanced 6:00pm-7:00pm

Saturday (Egelston YMCA)

Beginner 10:00-11:00am

Advanced 11:00-12:00pm

Adult 12:00-1:30pm

Family \$40/ Youth \$45 / Non-members \$60



Jr. Celtics (Age 6-14)

The Jr. Celtics basketball program, launched with the Boston Celtics, is a values and skill-based sports program designed to help young student athletes to progress successfully into competitive sports. This co-ed program will emphasize fun, personal excellence and skills while emphasizing winning and encouraging healthy competition.

Fri 6pm-9pm

Family \$40/ Youth \$45 / Non-members \$60

Spring Outdoor Soccer

Age 6-13 (Start Date TBA)

Open Registration

The Roxbury YMCA, guarantees basic skill training, equal playing time, character development and a great time. Participation, fitness, skill development, teamwork, sportsmanship and having fun will be stressed over winning. The YMCA strives to provide a positive environment for the young athlete and family. Parents are encouraged to volunteer, coach, and take an active role in the youth soccer program.

U6/U8 Practice Tuesday 6:00-6:45pm

U10/12 Practice Thursday 6:00-6:45pm

(Games will be on Saturdays 12am-2pm)

Family \$50/ Youth \$55 / Non-members \$70

Gym and Swim (Age 3-5)

Progressive programming with half hour in the gym and half hour in the pool that will increase flexibility, motor skills, coordination, strength, and self-confidence.

Class offered Thursday

6:00-6:30pm (gym) 6:30-7:00pm (Pool)

Family \$40/ Youth \$45 Non-members \$60

She Got Game! (ages 7-16)

Our new girls' basketball program will include teaching the fundamentals of basketball such as dribbling with right and left hand, defensive/offense positions, proper way to shoot, layups, team work and exhibition. All levels welcome!

Fri 6pm-7pm

Family \$40 / Youth \$45 / Non-members \$60

Teen Programs

Contact: Kevin Scott, Youth Sports, Recreation and Teen Director, at kscott@ymcaboston.org or 617.318.1408. **Sports Fee \$30.00 each session**

Teen Sports Program (Age 13-18)

Participating in a variety of sports such as flag football, basketball, Competitive Dodge Ball, Baseball. Each sport will have In-House Intramurals with organized competitive leagues. Also Fridays Youth Night Games Collaboration with Ten Point Coalition and Project Right 9pm-12am.

Tue 7:00pm-8:00pm

Fri 8pm-9pm

Teen Fitness (Age 13-18)

Teens will be able to work out on their stamina, strength, cardio, and any other topics requested with the assistance of a YMCA personal trainer. In order to use the Health and Wellness department and have adult privileges, teens must first have a fitness orientation. The cost of the orientation is \$25.00.

Tue & Thu 3pm-5pm.

Teen Aquatics (Age 13-18)

Teens take part in pool workouts, basic swim skills, advanced swim skills, and water basketball.

Tues/Thu 4pm-5pm

FREE

Teen Peer Leadership (Age 15-17)

This is a core group of teens who will assist in program development, planning events, trips and also interacting in community service.

Wed 4pm-5pm

FREE

Teen Male & Female

Focus Group (Age 13-18)

Discuss social issues such as teen pregnancy, career building, male/female etiquette, STDs, school, and youth employment.

Tues/Thurs 6pm-8pm

FREE

Health and Wellness

Contact: Christopher Rule, CPT, MS, Health & Wellness Director, at crule@ymcaboston.org or 617.318.1405

Live Healthy

At the Roxbury YMCA there are a variety of options for anybody looking to get into shape. We offer group exercise classes for those who enjoy the encouragement of instructors and classmates as well as one on one instruction for those preferring a more personal setting. There are classes designed for all fitness levels and needs.

Vtrim™ Weight Loss Program

Do you want to lose weight and keep it off? Vtrim™ is designed not as a diet, but as a way to change your relationship with food and exercise. Learn how this research based program can change your life. The Vtrim™ approach is the clinical gold-standard for weight loss.

Total Control™ Pelvic Health Program

Proven in medical research to promote flatter abs, give women better bladder control, improve sex life and help women sleep better at night, the Total Control™ program can empower women to regain confidence and enjoy a higher quality of life. Appropriate for women of all ages, life stages and fitness levels.

Pink Program

An Exercise Program for Breast Cancer Survivors
Designed to meet the physical needs of breast cancer survivors, this program will increase your range of motion, strength and stamina. The Pink Program is for all breast cancer survivors and offers benefits regardless of age, physical condition or number of months or years as a survivor. Meet other survivors for an amazing shared experience that will support you in your recovery.

For class locations and additional information on Vtrim, Total Control and Pink Program, please contact Jerri Pratt at jpratt@ymcaboston.org or 617.927.8080

Health and Wellness

Personal Training

Based on your health and individual needs, our certified Personal Trainers will design and implement a program tailored just for you using their knowledge of current research concepts, sound exercise principles and state-of-the-art equipment. One-on-One and Small Group Training options are available. Note: Personal Training sessions are non-refundable and expire in 6 months.

30 Minute Session		60 Minute Session	
Session	Price	Session	Price
1	\$25	1	\$40
3	\$70	3	\$115
6	\$130	6	\$220
12	\$245	12	\$425
24	\$470	24	\$830

NOTE: Roxbury YMCA prohibits outside trainers from practicing at the Y.

Group Exercise

Group exercise is about having fun and making friends while getting an energetic and dynamic workout. From Indoor Cycling to Yoga to Body Fit, we offer a variety of classes designed to accommodate all fitness levels. Visit www.ymcaboston.org/roxbury for the latest Group Exercise Schedule.

Members: Free

Non-members \$70.00 each session unlimited

Free Weights

The free weight room offers a variety of equipment such as: Smith machine, power rack, incline and decline chest press benches, flat bench, cable crossover, lat pull down, leg press, and Intek dumbbells in various weights.

Seniors on the Move Program

This program was established in 1990 to benefit Seniors in Roxbury and surrounding communities by giving them a consistent place to socialize and exercise. We hold General Meetings the 3rd Monday of each month from September to June at 10 am. Seniors also participate in field trips, shopping excursions, luncheons and various events given by the local A.A.R.P. chapters and the City of Boston. Seniors also receive a discounted Roxbury YMCA membership of \$180 for the year.

Specialty Exercise Classes

Women On Weights

A complete body sculpting workout with free weights for ladies only!

Tue/Thu 6:00 am

\$25 Eight week program

Non-members \$40

Combat Box

This class is a Boxing and Muay Thai conditioning club that training drills with pads and focus mitts.

Wed 5:30pm

\$25 Eight week program. Non-members \$40.

Pilates

Strengthen core muscles, learn proper breathing, and reduce stress.

Thu 7:00pm

\$35 Eight week program / Non-member \$45

Ultimate Abs

Focusing on tone, shape and definition of core muscle groups using resistance tubes, stability balls and free weights.

Tue/Thu 7:00am

\$25 Eight week program / Non-members \$40

Rave

The perfect combination of aerobic and anaerobic muscle conditioning and definition with a fun high energy club music.

Fri 7:00 pm

\$25 Eight week program / Non-members \$40.

Zumba

This class is a combination of Latin rhythms and red-hot international dance steps.

Fri 6:00pm

\$35 Eight week program / Non-member \$45

Power Yoga

Flow through a series of Yoga Poses without stopping with the help of slow, deep breathing.

Tues 7pm

\$35 Eight week program / Non-member \$45



Summer Camp

Ages 5 – 14

June 28 – September 3, 2010

Licensed by the Department of Public Health, the Roxbury YMCA Summer Camp is a traditional day camp program, Monday through Friday 8:00 am – 6:00 pm.

Children will have weekly swim instruction, as well as team building activities, sports, arts, crafts, science and more.

Camp is theme based and each week your child will go on a new adventure, helping to make their time here the best summer vacation possible. Lunch and afternoon snack are provided. We can't wait to spend our summer with you!



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FAX

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