BCYF CURTIS HALL COMMUNITY CENTER
20 South Street, Jamaica Plain, MA 02130
phone: (617) 635-5193   fax: (617) 635-5273
Boston.gov/BCYF

SEPT – DEC 2017

Membership Information

	Resident	non-Resident
Family	$50	$60
Adult 20+	30	40
Teen	5	5
Child	5	5
Senior *(60+)*	5	5

Boston Centers for Youth & Families
Martin J. Walsh, Mayor

Jamaica Plain
Community Center Council
Jamaica Plain, MA 02130

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20 South Street
Jamaica Plain, MA 02130

BCYF Curtis Hall Community Center Fall 2016 Programming

YOUTH PROGRAMS

***Summer Program**- supervised field trips, gym time, pool & activities during summer vacation *(registration 4/19)*

***Vacation Program**- homework, gym time, pool, and activities during school vacation weeks: December *12/27-12/30* February *2/21-2/24* & April *4/18-4/20*

Girls Basketball Program- instructed training and practices, held February school vacation week *2/21-2/24*

***Camp Joy-** inclusion program Saturdays **Starts** *10/22nd*

Cooking Class-teens only *(2nd Wed monthly)*

Young Leading Ladies- fun activities, healthy habits and improved mental awareness; *girls 12-14y.o. (Monthly)*

Girl's Night Out- for girls 12y.o.+ *(3rd Thu each month)*

Teen Drop-in- Homework assistance, various activities, workshops & fieldtrips included. *(Mon-Fri 3-8pm)*

GYM

Recreational Gym- open play, specified times depending on age *(On-going)* **FREE**

***Playgroup**- open play for children: 3mos – 3yrs; *(Mon, Wed &Fri 10am-12:30pm)*

***Zumba**- Latin & contemporary infused exercise incorporating various dance styles for aerobic affect *(Mon 6-7:30pm)*

***Basketball League**- Boys and Girls in-house league, 8-13y.o. (Sept) **Practices** Tue-Thu, **Games** Fri & Sat *($20 plus membership)*

Skills & Drills- helps develop basketball skills & endurance *(Tue-Thu 6-7:30pm)*

Basketball Training- all ages *(Mon, Wed & Fri 7:30-9am)*

Full Body Workout- calisthenics *Mon, Wed & Fri 7:30-9am*

***FITNESS CENTER** *(separate $20 monthly fee)*

*additional fee required

POOL

***Water Fitness**- instructed water aerobic exercise class *(Mon-Fri 9-10am, Tue & Thu 6:30-7:30pm)*

***Swim Team**- Competition team 6-16y.o.Oct-Apr
Swim Meets held *(Fri 5-9pm) TBA*
Tryouts-*9/20*
Team Practice *Tue&Thu4:50-6:20pm* **Starts** *10/04th*

***Beginner's Water Fitness-** low impact water exercise for beginners *(Thu 11am-12pm)*

***Pre-Swim Team-** development class **Starts** *TBA*

***Swim Lessons**- Instructed 7 week sessions
Baby Splash- Mon Ages 6 – 18 months **Starts** *10/3rd*
Toddler Splash- Tue Ages 18–36 months **Starts** *10/4th*
First Strokes- Wed Ages: 3 – 5yrs **Starts** *10/5*th
Beginners-Wed Ages: 6 – 15yrs **Starts** *10/5th*
Adults-Wed Ages: 6 – 15yrs **Starts** *10/5th*

First Time Swim- 6-12y.o. beginners swim lessons *(Sun 11-12pm)* **FREE**

Recreational Swim- all ages, open pool, no lanes provided, *schedule varies* **FREE**

Swim for Safety- instruction of water safety during school vacation: December *12/27-12/30* February *2/21-2/24* & April *4/18-4/20* **FREE**

***Senior Lap Swim**- 60+ only, lap swim *(Mon, Wed, Fri 12-1pm)*

***Lap Swim**- Three lanes: slow, medium and fast for lap swimming only *(Mon-Fri 6:30-8:45am)*

***Master Swim**- coached swimming workout for adults *(Mon 7-8:30pm)*

Family Swim- open swim for the whole family, all ages *(Mon 6-7pm & Fri 6-8pm)* **FREE**

***Nanny Splash-** water play for children 3mo-3yrs *(Fri 1-2pm) NEW*

Teen Interval Workout- water fitness for teens *(Sat 1-2pm)* **FREE**

Lifeguard Certification program- 16–18y.o. (April) *TBA*

Monthly Family Movie Night-
Last Friday of the month @6:00pm

SENIOR PROGRAMS (60+)

***Senior Fitness**- low impact aerobics class *(Mon & Wed 1-2pm)*

Tai Chi helps seniors maintain their flexibility and balance *(Tue & Thu 1-2pm)*,

Health & nutrition workshops, Group discussions, dieticians, healthy eating habits *(Monthly-Ethos)TBA*

Senior Assistance and Taxi coupons provided by the City of Boston's Elderly Commission *(Monthly)*

Online Mind Exercises for Seniors- challenges mental acuity with online games *(Tue & Fri 2-3:15pm Sept 18th)*

COMPUTER LAB

Open Access- public Internet and computer access for all ages, *(Mon - Fri 3:50-4:50pm or 8:00-9:00pm)* **FREE**

COMPUTER COURSES: *(pre-registration is required)*

Basic Computer Science- online animation program for youth *(Oct 4th)*

Microsoft Excel Formulas- underline advanced class in spreadsheets &formulas; Teens, Adults & Seniors *(Sept 15th)* **previous knowledge of Microsoft Excel required**

Intro to Facebook- introduction to general Facebook access; Teens, Adults & Seniors *(Sept 15th)*

Intro to Instagram- basic introduction to Instagram; Teens, Adults & Seniors *(Sept 12th)*

Intro to Internet Safety- basic introduction to safety on the internet; Adults & Seniors *(Sept 28th)*

Tech Goes Home-12 week course covering fundamentals of basic computer operations; Adults & Seniors *(Oct 3rd)*