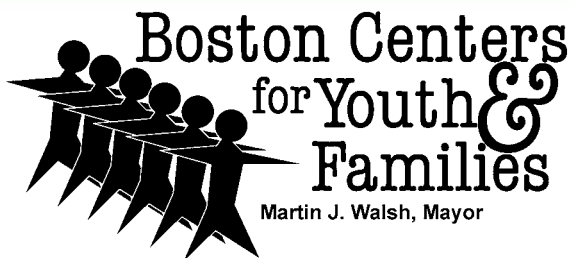


# BCYF Roche Family Community Center

Program Guide  
2018



# Who we are

The West Roxbury Community Centers (WRCC) BCYF Roche Family Community Center is a not-for-profit community based organization for the residents of our community. West Roxbury Community Centers Council works in partnership with the Boston Centers for Youth & Families (BCYF) to reach all residents of its community and provide quality arts, character, education and sports programs.

In January 2006, the WRCC and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

## 2018 Schedule Highlights

- January 10** Registration for City of Boston residents only  
5:00pm-7pm at back entrance
- January 10** Small Wonders Early Childhood Program 2018-2019  
Enrollment begins
- January 17** Registration begins for non-residents @ 9am
- January 22** Session I begins
- March 14** St. Patrick's Day Lunch for Seniors
- March 26** Session II begins
- April 2** WRCC Scholarship Applications Available
- April 4** Registration for Summer Programs @ 5pm
- May 9** Mother's Day Lunch for Seniors
- May 11-12** WRCC Players production of James and the Giant Peach at WREC
- July 9** Summer programs begin

## West Roxbury Community Centers Council

West Roxbury Community Centers Council is a not for profit 501(c) 3. Our members raise funds for the programs at the site. Interested in joining our board? Join us on the 4th Thursday of each month at 7pm. If you would like additional information call **617-635-5066**. We welcome your thoughts!

### WRCC Board Members

Kathy Gallant, President	James McDonough	Patrice Sullivan
Ginny Carroll, Vice President	Michael Hamrock	Jay Walsh
Ann Marie Russell, Secretary	Bonnie Houston	Mike Lynch, Treasurer

**Any program questions or concerns; you can contact us by e-mailing [rochecc@cityofboston.gov](mailto:rochecc@cityofboston.gov)**

### Membership at WRCC

#### **How to become a Member**

To become a member of the West Roxbury Community Centers, come to 1716 Centre Street and pay the annual membership fee. Membership is renewable each September. Payment by check, money order or credit. **No cash accepted.**

#### Membership Privileges

This brochure details programs offered for 2018. Most activities have a small fee. Free activities and privileges are offered for community members of all ages. WRCC Members are able to skate during public skating hours @ Roche Arena for free. Must present current membership card for free admission at rink.

**Prices are subject to change.**

<u>Membership</u>	<u>City of Boston Residents</u>	<u>Non-residents</u>
Family	\$40	\$80
Individual	\$25	\$50
Senior (55+)	\$10	\$20
Teen (13-19)	\$5	\$10

## **Registration**

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our 2018 programs begins on Wednesday, January 10 at 5pm for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, January 17 at 9am. **One registration per family/member on January 10.** Unless otherwise stated in the program description, WRCC membership is required. Please call **617-635-5066** with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted.** Enrollment in Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes.

## **Registration Policy**

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. Credits/transfers will not be issued after the 1st week of a session.
4. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full fee.
5. Due to limited space on teen trips once a registration is accepted by WRCC, no refunds, credits, or transfers/substitutions will be given if a teen does not attend.

## **BCYF Roche Family Community Center**

**A George Robert White Trust Facility**

**617-635-5066    1716 Centre Street    rochecc@cityofboston.gov**

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense. Parking in the middle of the lot is prohibited.

## **2018 Holidays**

BCYF Roche Center will be closed in observance of the following holidays:

New Year's Day	January 1
Martin Luther King Jr. Day	January 15
Presidents' Day	February 19
Patriots' Day	April 16
Memorial Day	May 28
Independence Day	July 4

**Classes scheduled on a holiday or Boston Public School (BPS) snow day will be cancelled for the day and will not be made up. There are no classes during BPS vacation weeks: February 19-23 and April 16-20**

## **Jim Roche Community Ice Arena**

**617-323-9512    1275 VFW Parkway**

Parking available in lot next to the arena

## **Public Skating**

Monday – Friday @ 12noon – 1:50pm                      Saturday afternoons @ 2-3:50pm  
Friday evenings @ 8-9:50pm with DJ                      Sunday afternoons @ 2-3:50pm  
\$5.00 admission – all ages / \$4.00 rental skates

**WRCC Members will be able to skate during public skating hours for free.**

**Must present current membership card for free admission.**

Schedules available at arena, online @ [www.fmcicesports.com](http://www.fmcicesports.com) or call 888-64-RINKS

## **Senior Skate**

Wednesdays @ 11 – 11:50am

Free admission for seniors ages 65 & up

# Preschool Programs

## Toddler Time

**Fee: \$35 per seven-week session**

This parent and child class is teacher directed with activities such as tumbling, free play and rhythmic activities appropriate for your toddler's development.

**Session 1 begins the week of January 22, 2018**

Code	Session	Age	Day	Time
TT1	1	Crawling - 3	Wednesday	9:30-10:15am
TT2	1	Crawling - 2	Thursday	9:30-10:15am
TT3	1	Crawling - 2	Tuesday	10:15-11:00am
TT4	1	Crawling - 2	Wednesday	10:15-11:00am
TT5	1	Crawling - 2	Thursday	10:15-11:00am
TT6	1	2-3	Tuesday	11:00-11:45am
TT7	1	2-3	Wednesday	11:00-11:45am
TT8	1	2-3	Thursday	11:00-11:45am

**Session 2 begins the week of March 26, 2018**

Code	Session	Age	Day	Time
TT9	2	Crawling - 3	Wednesday	9:30-10:15am
TT10	2	Crawling - 2	Thursday	9:30-10:15am
TT11	2	Crawling - 2	Tuesday	10:15-11:00am
TT12	2	Crawling - 2	Wednesday	10:15-11:00am
TT13	2	Crawling - 2	Thursday	10:15-11:00am
TT14	2	2-3	Tuesday	11:00-11:45am
TT15	2	2-3	Wednesday	11:00-11:45am
TT16	2	2-3	Thursday	11:00-11:45am

**Instructor: Donna Baressi**

## Sticky Fingers

**Fee: \$35 per seven-week session**

This parent and child class is teacher directed with activities such as crafts, play doh, sand play, chalk, etc. Come on in and get messy! **Limit 12 per class.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:30 – 10:15 am
SF2	1	18 months – 2.5	Wednesday	9:30 – 10:15 am
SF3	1	18 months - 2.5	Thursday	9:30 – 10:15 am
SF4	1	2.5-3.5	Tuesday	10:15-11:00am
SF5	1	2.5-3.5	Wednesday	10:15-11:00am
SF6	1	2.5-3.5	Thursday	10:15-11:00am
SF7	1	2.5-3.5	Tuesday	11:00-11:45am
SF8	1	2.5-3.5	Wednesday	11:00-11:45am
SF9	1	2.5-3.5	Thursday	11:00-11:45am

**Session 2 begins the week of March 26, 2018**

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:30 – 10:15 am
SF11	2	18 months – 2.5	Wednesday	9:30 – 10:15 am
SF12	2	18 months – 2.5	Thursday	9:30 – 10:15 am
SF13	2	2.5-3.5	Tuesday	10:15-11:00am
SF14	2	2.5-3.5	Wednesday	10:15-11:00am
SF15	2	2.5-3.5	Thursday	10:15-11:00am
SF16	2	2.5-3.5	Tuesday	11:00-11:45am
SF17	2	2.5-3.5	Wednesday	11:00-11:45am
SF18	2	2.5-3.5	Thursday	11:00-11:45am

**Instructor: Donna Forgione**

## Creative Movement and Dance

**Fee: \$35 per seven-week session**

Preschoolers love to move! This class will include interactive songs and dance, movement games and stories, and basic locomotive skills such as skipping, hopping and galloping. No special attire is necessary. **Participant must be able to separate from parent and follow instructions.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	10:15 -11am

**Session 2 begins the week of March 26, 2018**

Code	Session	Age	Day	Time
CD2	2	3-5	Monday	10:15 -11am

**Instructor: Valerie Maio**

## Music for Tots

**Fee: \$70 per seven-week session**

This class for babies, toddlers and their caregivers is an introduction to the joy of music-making! Our youngest music-makers will begin to learn basic musical concepts through active participation in classical music, folk songs and children's songs. Props and instruments are eagerly anticipated in every class, as well as parachute activities.

**Limit 15 per class.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Age	Day	Time
MUS1	1	3 months-3 years	Tuesday	3:15 – 4:00pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Age	Day	Time
MUS2	2	3 months-3 years	Tuesday	3:15 -4:00pm

**Instructor: Kathryn Lieppman**

## Music for Preschoolers

**Fee: \$70 per seven-week session**

Preschoolers will enjoy singing, dancing and instrument playing each week in these 45 minute classes. They will experience great classical music, gain a foundation of rhythmic understanding, and basic sight-singing. In addition to musical enrichment, you and your child will benefit from the social and developmental experiences in this engaging class.

**Parent is expected to stay in building during the class. Limit 10 per class.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Age	Day	Time
MUS3	1	3-5 years	Tuesday	4:00 – 4:45pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Age	Day	Time
MUS4	2	3-5 years	Tuesday	4:00 -4:45pm

**Instructor: Kathryn Lieppman**

## Sports, Games & More...

**Fee: \$35 per seven-week session**

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions.

**Parent is expected to stay in building during the class. Limit 12 per class.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Age	Day	Time
SG1	1	3-4	Monday	9:30 -10:15am
SG2	1	3-4	Friday	9:30-10:15am

**Session 2 begins the week of March 26, 2018**

Code	Session	Age	Day	Time
SG3	2	3-4	Monday	9:30 -10:15am
SG4	2	3-4	Friday	9:30-10:15am

**Instructor: Donna Baressi**

## Small Wonders Early Childhood Program

**Ages 3-4**

At Small Wonders our experienced Early Childhood educators strive to create an environment in which your child may thrive physically, developmentally and socially. We offer 3 and 4 year old programs. Registration begins January 10 at 5:00pm. Small Wonders enrollment will be open until program is full.

Program	Days	Time	Fee
3 Year Old	Tuesday / Thursday	8:30 – 12:30pm	3 Payments of \$700
4 Year Old	Mon / Wed / Fri	8:30 – 12:30pm	3 Payments of \$800

Visit the Small Wonders Classroom Monday, January 8 or Tuesday, January 9 between 9 – 10am to see our wonderful program activities and nurturing staff. For more information contact Ellen Levine at 617-635-3479.

## Youth Programs

### Peewee Basketball

**Fee: \$30 per seven-week session**

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Grade	Day	Time
PWB1	1	K-1st	Wednesday	4:00-4:45pm
PWB2	1	K-1st	Thursday	4:45-5:30pm
PWB3	1	2nd-3rd	Wednesday	4:45-5:30pm
PWB4	1	2nd-3rd	Thursday	4:00-4:45pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Grade	Day	Time
PWB5	2	K-1st	Wednesday	4:00-4:45pm
PWB6	2	K-1st	Thursday	4:45-5:30pm
PWB7	2	2nd-3rd	Wednesday	4:45-5:30pm
PWB8	2	2nd-3rd	Thursday	4:00-4:45pm

**Session 3 begins the week of May 21, 2018**

Code	Session	Grade	Day	Time
PWB9	3	K-1st	Tues / Thurs	4:30-5:15pm
PWB10	3	2nd -3rd	Tues / Thurs	5:15-6:00pm

### Wide World of Sports

**Fee: \$30 per seven-week session**

Participate in a variety of recreational sports including floor hockey, whiffle ball, soccer, basketball and more! **All participants must wear appropriate athletic attire for class.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Grade	Day	Time
WW1	1	2-4	Friday	4:00-4:45pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Grade	Day	Time
WW2	2	2-4	Friday	4:00-4:45pm

**Session 3 begins the week of May 21, 2018**

Code	Session	Grade	Day	Time
WW3	3	2-4	Friday	4:00-4:45pm

### Jr. Celtics Academy

**Fee: Free** **Players must register to enroll in class.**

BCYF is pleased to partner with the Boston Celtics to offer a five-week community youth basketball program featuring skill development, sportsmanship and leadership. The program teaches participants fundamental basketball skills through drills and games designed by Celtics coaches and are challenged to improve their performance in measurable ways. **All participants will receive a Jr. Celtics Academy uniform including reversible jersey and shorts. Limit 30**

**5 week session begins February 27, 2018**

Code	Session	Grade	Day	Time
JRCELTS	2	3-6	Tuesday	4:00-4:45pm

## Youth Karate

**Fee: \$45 per seven-week session**

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment.

**Limit 15 per class.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
YK1	1	4-8	Monday	5:30-6:15pm
YK2	1	4-8	Wednesday	5:15-6:00pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Ages	Day	Time
YK3	2	4-8	Monday	5:30-6:15pm
YK4	2	4-8	Wednesday	5:15-6:00pm

**Instructor: Ari Cassarino**

## WRCC Art Workshop

**Fee: \$60 per seven-week session**

"Mrs. C" our art teacher from summer camp teaches a series of exciting classes that explore unusual techniques using unique materials. Each week young artists will create a new project. Students will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
CRAFT 1	1	K1 – 2nd	Tuesday	4:15-5:00pm
CRAFT 2	1	3rd & Up	Tuesday	5:00-5:45pm

**Instructor: Joanne Clamage**

## Robotics Grades 4-5

**Fee: \$50 per seven-week session**

Step into the future and join us as we design, develop and complete robotic activities and challenges. We'll introduce basic robotic programming as well as problem solving strategies. **Time and Day subject to change. Limit 6 per class.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Grade	Day	Time
ROBO1	1	4-5	Thursday	4:30 -5:30pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Grade	Day	Time
ROBO2	2	4-5	Thursday	4:30 -5:30pm

## Rock Wall Adventure

**Fee: \$10 per six-week session**

Meet us at the BCYF Roche Center as we take a short ride to the BCYF Menino Center for a Rock Wall Adventure. Students will be taught by Rock Wall Certified Staff and learn basic climbing skills: use of harness, knot tying, climbing commands, belaying, safety and climbing techniques! **Limit 10 per class. All participants must wear appropriate athletic footwear and attire for class. Permission slip required.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Grade	Day	Time
ROCK1	1	4-5	Tuesday	4:00 -5:15pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Grade	Day	Time
ROCK2	2	4-5	Tuesday	4:00 -5:15pm

## Pee Wee Drama Ages 4-8

**Fee: \$40 per seven-week session**

In this lively 45-minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using their imagination. But most of all it's FUN!!

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
PWD1	1	4-6	Friday	4:00-4:45pm
PWD2	1	6-8	Friday	4:45-5:30pm

## Session 2 begins the week of March 26, 2018

Code	Session	Ages	Day	Time
PWD3	2	4-6	Friday	4:00-4:45pm
PWD4	2	6-8	Friday	4:45-5:30pm

**Instructor: Bill Jacob**

Children ages 4-7 who wish to participate in the play in the spring must either have been in the play before or have taken a Pee Wee Drama class within the last two years.

## Act It Out! **Ages 9-11**

**Fee: \$40 per seven-week session**

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

### Session 1 begins the week of January 22, 2018

Code	Session	Ages	Day	Time
AO1	1	9-11	Friday	5:30 - 6:15pm

### Session 2 begins the week of March 26, 2018

Code	Session	Ages	Day	Time
AO2	2	9-11	Friday	5:30 - 6:15pm

**Instructor: Bill Jacob**

## Beyond Act It Out! **Ages 12-18**

**Fee: \$40 per seven-week session**

This class will introduce students to intermediate improvisation. Through acting exercises, improvisors will learn to quickly create interesting and convincing characters. Improvisors will then practice these concepts in games.

### Session 1 begins the week of January 22, 2018

Code	Session	Ages	Day	Time
AO3	1	12-18	Friday	5:30 - 6:15pm

### Session 2 begins the week of March 26, 2018

Code	Session	Ages	Day	Time
AO4	2	12-18	Friday	5:30 - 6:15pm

**Instructor: Hannah Woodsum**

## WRCC PLAYERS 2018 PRODUCTION "JAMES and the GIANT PEACH"

### WRCC Players **Ages 8 & Up**

**Fee: \$100**

Be part of our theater ensemble. This year's production is a shortened version of the classic "James and the Giant Peach." A delightfully offbeat adaptation of the classic Roald Dahl adventure, a boy and his insect friends take an amazing journey across the ocean. Sign up for an audition date at registration.

**Auditions** will be held Thursday January 25th from 6-8pm and Friday, January 26th from 6:30-8pm at the Roche Center. You will be asked to sing a short selection from the play that we will teach you. If you are needed for Call Backs you will be notified that weekend.

**Call Backs** will be held at the Roche Center on Saturday, February 3rd from 3:30-6:00pm

**Read through:** Saturday, February 10th at the Roche Center from 3:30 – 5:30pm.

**Rehearsals:** Beginning Monday March 5th: Mondays & Wednesdays 5:00 – 7:30pm / Some Saturdays 10:00am – 2:00pm. All rehearsals are held at the West Roxbury Educational Complex Auditorium. A full schedule of rehearsals will be available at auditions.

### Pee Wee Players **Ages 4 – 7**

**Fee: \$100**

Here is a chance for younger performers to experience being in a real play. They will participate in a small chorus and walk on roles in the WRCC Players production of "James and the Giant Peach." A delightfully offbeat adaptation of the classic Roald Dahl adventure, a boy and his insect friends take an amazing journey across the ocean

**PLEASE NOTE:** Children ages 4 – 7 who wish to participate in the Pee Wee Players in the spring must either have been in the WRCC production before or have taken a Pee Wee Drama class within the last two years.



**Auditions:** Friday, January 26th 6:15 – 6:30pm at the Roche Center. New parents should attend for information and hand-outs. The children will meet briefly as a group with the director.

**Rehearsals:** Beginning Wednesday March 7th: Wednesdays 5:00 – 7:30pm / Some Saturdays 12:00pm – 2:00pm. All rehearsals are held at the West Roxbury Educational Complex Auditorium. A full schedule of rehearsals will be available at auditions.

**Performances:** There will be two performances: Friday, May 11th at 7:00pm and Saturday, May 12th at 2:00pm. Both at the West Roxbury Educational Complex Auditorium.

## WRCC SUMMER PROGRAMS

Registration for the WRCC Summer Programs will take place on Wednesday, April 4th at 5:00pm. Non-refundable payment must be paid at the time of registration for all registered weeks. **This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.**

### Summer Fun Camp at the BCYF Roche Center

**Ages 3-5**

Camp begins July 9th and ends August 17th

Monday through Friday: 8:30am – 1:00pm

Fee: \$175 per week per child

Breakfast and lunch provided. Activities include water play, art class, gym, and more!!

Must be 3 years old by July 9, 2018

Program Code	Week Of	Tuition
SF1	Week of July 9	\$175
SF2	Week of July 16	\$175
SF3	Week of July 23	\$175
SF4	Week of July 30	\$175
SF5	Week of August 6	\$175
SF6	Week of August 13	\$175

### Camp WRCC at the BCYF Roche Center

**Ages 6- 11**

Camp begins July 9th and ends August 17th

Monday through Friday: 8:30am – 3:00pm

Fee: \$200 per week per child

Breakfast and lunch provided. Activities include weekly field trips, swimming, gym activities, art class and more!

Must be 6 years old by July 9, 2018

Program Code	Week Of	Tuition
CWRCC1	Week of July 9	\$200
CWRCC2	Week of July 16	\$200
CWRCC3	Week of July 23	\$200
CWRCC4	Week of July 30	\$200
CWRCC5	Week of August 6	\$200
CWRCC6	Week of August 13	\$200

## Teen Programs

### Teen Center on Centre (T.C.O.C.) Program

**Grades 6 – up**

WRCC's Teen Center on Centre (T.C.O.C.) is for youth Grades 6 & up. This is a chance for teens to come together with friends and have an opportunity to meet new friends in a relaxed environment. Access to our T.C.O.C. drop-in center is included in the yearly membership fee. Our Youth Workers are eager to meet and work with the teens of the Parkway area. Please feel free to contact our Youth Workers with questions: Jenny at [jenny.saetang@boston.gov](mailto:jenny.saetang@boston.gov) or Mike at [michael.imbaro@boston.gov](mailto:michael.imbaro@boston.gov)

#### Teen Center Drop In

Monday - Friday

2:30-6pm (hours subject to change)

## **Friday Night Field Trips**

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested, you may also add your name to our email updates by emailing [jenny.saeftang@boston.gov](mailto:jenny.saeftang@boston.gov) or [michael.imbaro@boston.gov](mailto:michael.imbaro@boston.gov). WRCC membership is required for all T.C.O.C Events. Pre-registration is required as space is limited. Due to the limited number of slots for teen trips, once registration is accepted by WRCC; no refunds, credits, or transfers/substitutions will be given if a teen does not attend. Must fill out permission slips for all trips. Participants must be at the BCYF Roche Center ½ hour before the scheduled time.

## **6th Grade Nights**

**Fee: \$5 per teen**

Join us on these special Friday Fun Nights... just for 6th graders! Dodgeball, Castleball, Life-Size Hungry Hungry Hippos, Open Gym, Music and more! Pizza and drinks included. Don't miss out, register early; space is limited.

**Select Fridays from 6-8pm.**

<b>Code</b>	<b>Date</b>	<b>Grade</b>	<b>Cost</b>
6GN1	2/9/2018	6	\$5
6GN2	3/9/2018	6	\$5
6GN3	4/6/2018	6	\$5
6GN4	5/4/2018	6	\$5

## **Robotics Grades 6-8**

**Fee: \$50 per seven-week session**

Step into the future and join us as we design, develop and complete robotic activities and challenges. We'll introduce basic robotic programming as well as problem solving strategies. **Time and Day subject to change. Limit 6 per class.**

**Session 1 begins the week of January 22, 2018**

<b>Code</b>	<b>Session</b>	<b>Grade</b>	<b>Day</b>	<b>Time</b>
ROBO3	1	6-8	Thursday	5:30 -6:30pm

**Session 2 begins the week of March 26, 2018**

<b>Code</b>	<b>Session</b>	<b>Grade</b>	<b>Day</b>	<b>Time</b>
ROBO4	2	6-8	Thursday	5:30 -6:30pm

## **T.C.O.C. Running / Walking Club**

**Fee: Free**

We are pleased to partner with the New Balance Foundation and offer the T.C.O.C.'s Running / Walking Club! We will meet once a week at Millennium Park for 45 minutes of running / walking. All athletic levels are welcome. **Limited Transportation may be available.**

**Session begins the week of March 26, 2018**

<b>Code</b>	<b>Session</b>	<b>Grade</b>	<b>Day</b>	<b>Time</b>
RUNCLUB	2	6-8	Wednesday	4:00 -5:00pm

## **Paint Night**

**Fee: \$30 per teen**

Join us as we welcome Paint With ME Boston to the BCYF Roche Community Center for Co-ed Paint Night! All teens will create and bring home their own canvas, painted by them! Pizza will be provided.

<b>Code</b>	<b>Grade</b>	<b>Date</b>	<b>Time</b>
PAINT	6	3/16/18	6pm-8pm

## **Girls' Nights at the BCYF Roche Center**

Join us for girls only time at the BCYF Roche Center. Don't miss out on these special girls only events.

<b>Code</b>	<b>Event</b>	<b>Date</b>	<b>Grade</b>	<b>Cost</b>
GNR1	T-Shirt Tye Dye Night	1/26/18	6 & Up	\$20
GNR2	Mani / Pedi Night	5/18/18	6 & Up	\$40

## Boys' Nights at the BCYF Roche Center

Join us on select Fall Friday Nights for an evening just for Grades 6-9. We may be staying at the BCYF Roche Center for fun and games or heading out on a Field Trip. Don't miss out!

Code	Event	Date	Grade	Cost
BNR1	Laser Tag	1/26/18	6 & Up	\$25
BNR2	Movie Night	5/18/18	6 & Up	\$15

## Bring a 5th Grader!!!

**Fee: Free**

**Tuesday, June 5th: 2:30-5:30pm**

We are asking our current 6th grade members to bring a 5th grade friend to the Teen Center to get them ready for next year. Snacks and drinks will be provided as well as open gym and fun activities!

## 6th Grade Send-Off Party!!!

**Fee: Free**

**Thursday, June 7th: 2:30 – 5:00pm**

As the year winds down, we'll party with cake and snacks to congratulate our graduates. A fun afternoon of open gym and games just for 6th graders! Please RSVP by June 1 to [jenny.saetang@boston.gov](mailto:jenny.saetang@boston.gov) (current members only)

## End of Year: BLOWOUT – GAMETRUCK !!!

**Fee: \$20 per teen**

**Friday, June 15th: 5 – 8:00pm**

Come celebrate the end of the school year with a GameTruck Video Game Party...the most excitement you will ever have playing video games with your friends! The high-def TV's reveal awesome adventures, co-operative challenges and epic competitions. Play 36+ age appropriate games for Xbox One, PlayStation 4, Wii-U, and Nintendo Switch and learn the tricks from a Certified GameCoach!

Code	Grade	Date	Time
GAMET	6	6/15/18	5pm-8pm

## February & April Vacation Week Activities

February 19 – 23 / April 16 – 20

We will send e-mails detailing the weeks' events as dates come closer. Please e-mail [jenny.saetang@boston.gov](mailto:jenny.saetang@boston.gov) or [michael.imbaro@boston.gov](mailto:michael.imbaro@boston.gov) to be added to our e-mail list.

## T.C.O.C. Summer Clinic

**Ages 12-14**

Join your friends for this exciting program geared towards the adolescent. Program will be field trip based. We will travel throughout the city and beyond. Two-week sessions begin July 9th.

Monday – Friday 9am – 4pm\*

\*Some trips end later in the day

Program Code	Week Of	Tuition
CLC1	Two week session to begin July 9	\$400
CLC1	Two week session to begin July 23	\$400
CLC1	Two week session to begin August 6	\$400

Please e-mail [jenny.saetang@boston.gov](mailto:jenny.saetang@boston.gov) or [michael.imbaro@boston.gov](mailto:michael.imbaro@boston.gov) to be added to our e-mail list for updates.

# Adult Programs

## Morning Yoga

**Fee: \$60 per seven-week session**

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session. **Students must preregister for each session.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00-10:15am

**Session 2 begins the week of March 26, 2018**

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00-10:15am

**Instructor: JoAnn Arone**

## Yoga For Beginners

**Fee: \$60 per seven-week session**

Experience the many benefits this practice has to offer. Learn the fundamentals of breathwork, movement and alignment that are the foundation of asana practice. Class ends with relaxation. **Students must preregister for each session.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
MY1	1	Adult	Tuesday	6:00-7:15pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Ages	Day	Time
MY2	2	Adult	Tuesday	6:00-7:15pm

**Instructor: Ines Hudson**

## Yoga for Peace and Vitality

**Fee: \$60 per seven-week session**

In this class, we will restore the body by awakening energy and vitality while reducing tension and stress. Sequences emphasize stamina, balance, flexibility, breathwork and mindfulness. Leave feeling physically revitalized and mentally rejuvenated. **Students must preregister for each session.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
AY1	1	Adult	Monday	6:30-7:45pm
AY2	1	Adult	Wednesday	6:00-7:15pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Ages	Day	Time
AY3	2	Adult	Monday	6:30-7:45pm
AY4	2	Adult	Wednesday	6:00-7:15pm

**Instructor: Ines Hudson**

## Zumba

**Fee: \$60 per seven-week session**

Zumba is a high energy dance fitness class. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. **Students must preregister for each session.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
ZUM1	1	Adult	Wednesday	7:30-8:30pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Ages	Day	Time
ZUM2	2	Adult	Wednesday	7:30-8:30pm

**Instructor: Kelly Maher**

## Barre

**Fee: \$60 per seven-week session**

Barre is a 60-minute class that specializes in building core strength, improving posture and flexibility, combining ballet, yoga and pilates moves to sculpt the body. Class starts with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises, planks and push-ups. The ballet barre and mat is used to work the lower body, abs and stretching. Please bring a thick pilates or yoga mat. **Students must preregister for each session.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
BAR1	1	Adult	Tuesday	7:30-8:30pm
BAR2	1	Adult	Saturday	9:30-10:30am

**Session 2 begins the week of March 26, 2018**

Code	Session	Ages	Day	Time
BAR3	2	Adult	Tuesday	7:30-8:30pm
BAR4	2	Adult	Saturday	9:30-10:30am

**Instructor: Carol O'Connor**

## Knitting for Adults

**Fee: \$50 per seven-week session**

Come learn how to knit and purl for beginners.

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30pm

**Session 2 begins the week of March 26, 2018**

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30pm

**Instructor: Jean Shaw**

## Bridge Group **Wednesdays 10:30am**

Join us for a great game of bridge with new or old friends!

# Senior Programs

## Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us in the dance studio for line dancing instruction that includes oldies, Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more! Wear comfortable clothing and sneakers. Registration not required. Ages 55 and up.

**Every Monday – In the Dance Studio**

**11:15-12:15pm**

**Instructor: Nancy DiDuca**

## Yoga for Seniors

**Fee: \$35 per seven-week session**

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques.

Wear comfortable clothing. **Students must preregister for each session.**

**Session 1 begins the week of January 22, 2018**

Code	Session	Ages	Day	Time
SY1	1	Senior	Tuesday	10:30-11:30am
SY2	1	Senior	Wednesday	1:00-2:00pm
SY3	1	Senior	Thursday	10:30-11:30am

**Session 2 begins the week of March 26, 2018**

Code	Session	Ages	Day	Time
SY4	2	Senior	Tuesday	10:30-11:30am
SY5	2	Senior	Wednesday	1:00-2:00pm
SY6	2	Senior	Thursday	10:30-11:30am

**Instructor: JoAnn Arone**

## A Matter of Balance Workshop for Seniors

**Fee: Free eight-week session beginning on January 22, 2018**

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is an 8-week long program designed to reduce the fear of falling and increase activity levels among older adults. Beth Bryant, MPH, the Injury Prevention Coordinator at Brigham and Women's Hospital will work with you to make changes to reduce your risk of falls and increase physical activity.

Code	Session	Ages	Day	Time
BAL	1	Senior	Monday	11:00 -12:30 pm

## Pickleball

**Fee: Free beginning on January 3, 2018**

**Monday & Wednesday 1-3pm**

Join us for a pick up Pickleball game at the BCYF Roche Center gym. Pickleball is a fun game that is played with a perforated plastic baseball (similar to a whiffleball) and wood paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. We have all the equipment, just come by and give it a try. **Membership is required to participate.**

## Memory Café @BCYF Roche Center

**Fee: Free**

A Memory Café is a social gathering where people with memory loss and their caregivers can come together in a safe, supportive environment. Guests can share conversation over a cup of coffee in a relaxed atmosphere that sometimes includes music, art, or other forms of entertainment and provides families who are living with Dementia or Alzheimer's a support group to lean on and resources to share. Cafés are offered at no charge. Reservations are requested, but not required. Contact Ann Gloor at [agloor@ethocare.org](mailto:agloor@ethocare.org) or 617-477-6616 with questions or to register.

Day / Date	Time	Day / Date	Time
Tuesday 1/9/18	1:00 – 3:00pm	Tuesday 5/8/18	1:00 – 3:00pm
Tuesday 2/13/18	1:00 – 3:00pm	Tuesday 6/12/18	1:00 – 3:00pm
Tuesday 3/13/18	1:00 – 3:00pm	Tuesday 7/10/18	1:00 – 3:00pm
Tuesday 4/10/18	1:00 – 3:00pm	Tuesday 8/14/18	1:00 – 3:00pm

## Café on Centre

A sense of community and friendship is vital to living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and older to come dine with friends, both old and new, at the BCYF Roche Community Center Café every Friday from 10:30am – 2:30pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at 617-522-6700.

## Senior Book Club

Join us on the 2nd Thursday of the month at 11:30am. The next meeting is January 11th.  
**2nd Thursday of the month 11:30am**

## WRCC Special Wednesday Luncheons

**Fee: \$5**

Lunch will be served at noon. Members must register in person at BCYF Roche Center. Space is limited. Must be current member of WRCC to register for Special Wednesday Luncheons.

**St. Patrick's Day Luncheon - March 14**

**Mother's Day Luncheon - May 9**

## Foxwoods Trip

**Fee: \$25**

**Bus departs from the BCYF Roche Community Center, 1716 Centre Street promptly at 7:45am. Membership is not required for trip.**

Code	Day / Date
FOX1	Monday, 4/2/2018
FOX2	Monday 6/4/2018

# BCYF Roche Center Agreement/Waiver

This application is factual and complete to the best of my ability.

I hereby waive and release any and all rights, causes of action, and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, for any and all personal injuries or property damage resulting from my participation in Boston Center for Youth & Families Programs.

I, the undersigned parent or guardian of \_\_\_\_\_, a minor, hereby consent to his/her Boston Center for Youth & Families membership and waive and release any and all rights, causes of action and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, arising out of any and all personal injuries or property damage which I may now or hereafter have as the parent or guardian of said minor(s), and also all rights, causes of action, and claims which said minor has or may acquire resulting from his/her participation in the program.

I give consent to me/my child(ren) to be administrated first aid and to be treated by an emergency medical technician-paramedic, nurse or physician. Any follow up medical attention may be given at a local hospital and transportation to a Boston hospital is authorized. I give my consent for photographs, audiotapes and video records of me/my child(ren) to be used by Boston Centers for Youth & Families for publicity purposes. I also agree to allow Boston Centers for Youth & Families to use photographs, audiotapes, video records or other work produced by the member for publicity purposes.

I understand that once I register for a program there are no refunds given. Credits/transfers will be granted during the first week of the session only. Due to limited space on teen trips once a registration is accepted by WRCC no refunds, credits or transfers/substitutions will be given if a teen does not attend.

I understand that transportation is not provided and it is my responsibility to arrange transportation to and from Boston Center for Youth & Families Community Centers.

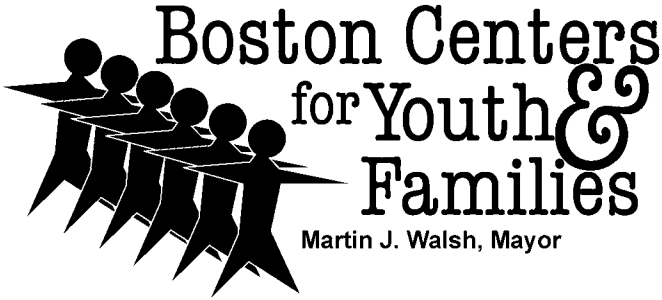
Failure to comply with these rules and expectations can lead to termination of membership.

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Signature of Member or Parent/ Guardian if under 18 yrs old

Date

# BCYF Roche Center Program Registration Form



The mission of Boston Centers for Youth & Families is to enhance the quality of life for Boston residents by partnering with community center councils, agencies, and businesses to support children, youth, individuals and families through a wide range of comprehensive programs and services according to neighborhood needs.

Please fill out form completely. Membership renewable each September. Please notify WRCC of any changes in address, email or phone number. Checks/Money Order or Credit Card accepted.

**Please make check/money order payable to WRCC.**

**Member Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Membership** *(please check one):*

New Member

Renew Membership

Other BCYF Site

NAME: \_\_\_\_\_

**City of Boston Resident**

Family \$40

Individual \$25

Senior (55+) \$10

Teen (13-19) \$5

**Out of City**

Family \$80

Individual \$50

Senior (55+) \$20

Teen (13-19) \$10

**Member Name**

**Program Code**

**Amount Due**

<b><u>Member Name</u></b>	<b><u>Program Code</u></b>	<b><u>Amount Due</u></b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Total Due:** \_\_\_\_\_

**For Office Use Only: Payment Method:**

Check # \_\_\_\_\_

Credit Card

WRCC Credit