

BCYF Curtis Hall Community Center

GYM SCHEDULE - Sept. - Dec. 2019 (Tentative Schedule Subject to Change)

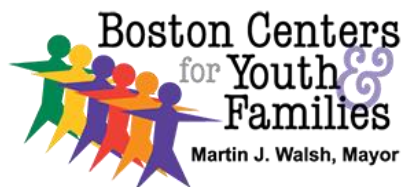
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body Workouts 6:30-7:30am	Basketball Workouts 6:30-9:00am	Full Body Workouts 6:30-7:30am	Basketball Workouts 6:30-9:00am	Full Body Workouts 6:30-7:30am	Recreational Gym (17yrs & under) 6:30-9:00am	JP Dads (RENTAL) 9:00-11:00am
Recreational Gym 8:00-9:30am	Recreational Gym (18yrs & older) 9-11:00am	Pickle Ball 7:30-9:30am	Doc Wayne 9:30am-12pm	Men's Recreational Gym 7:30-9:30am	Camp Joy 9:00-10:00am	Badminton 11am-12:30pm
Playgroup 10am-12:00pm	Senior Walkers 11am-1:00pm	Playgroup 10am-12:00pm	Gym Maintenance Closed 12-12:45pm	Playgroup 10am-12:00pm	Family Recreational Gym 10:30-12:30pm	JP Slammers (Clinic) 1:00-2:15pm
Gym Closed 12:00-1:00pm	Gym Maintenance Closed 1:00-2:00pm	Gym Maintenance Closed 12:00-1:00pm	Recreational Gym (17yrs & under) 1:00-5:00pm	Gym Maintenance Closed 12-12:45pm	Basketball League (13yrs and under) 1:00-5:00pm	JP Girls Basketball 2:30-3:30 pm
Senior Fitness 1:00-2:00pm	Recreational Gym (17yrs & under) 2:00-5:00pm	Senior Fitness 1:00-2:00pm	Gym Closed 5:00-6:00pm	Recreational Gym (19yrs & under) 1:00-5:00pm	Gym Closed 5:00-6:00 pm	Recreational Gym (17yrs & under 3:40-4:40 pm
Recreational Gym (17yrs & under) 2:00-5:30pm	Gym Closed 5:00-6:00pm	Recreational Gym (19yrs & under) 2:15-5:00pm	Recreational Gym (19yrs & under) 6:00-7:00pm	Gym Closed 5:00-6:00pm	Recreational Gym (17yrs & under 6:00-7:30pm	Gym Hours Mon.-Sat. 6:30am-9:00pm
Zumba 6:00-7:00pm	Recreational Gym (19yrs & under) 6:00-7:00pm	Gym Closed 5:00-6:00pm	Behan Soccer 7:30 - 8:45pm	Basketball League (15yrs and under) 6:00-9:00pm	Recreational Gym (18yrs & over) 7:30-8:45pm	Sunday 9:00am-5:00pm
Women's Recreational Gym 7:15-8:45pm	Never too Late Basketball (RENTAL) 7:00-8:45pm	Pee Wee Basketball (Coed) 6-9yr olds 6:00-8:45pm				Track Closed Mon. thru Thurs. between 1-2pm
PLEASE CONTACT GYM STAFF REGARDING GYM PROGRAMS.						

MEMBERSHIP IS REQUIRED FOR ALL PROGRAMS

BCYF Curtis Hall Tel: 617.635.5193

Fitness Room Hrs.
Monday - Saturday 6:30am - 8:45pm
Sunday 9:00am - 4:30pm

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COMPUTING CENTER SCHEDULE - Sept. - Dec. 2019

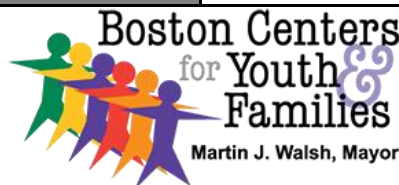
Senior			
Fit-Brain activities	Begins: Sept. 03	Tues. & Fri.	1:45-3:15 p.m.
Intro. to Instagram	Begins: Sept 16 Nov. 04	Mon. & Wed.	2:15-3:15 p.m.
Intro. to Computers	Begins: Sept 12 Oct. 17 Nov. 07	Thursdays	1:45-3:15 p.m.
Youth			
After-School computer center hour <i>(Ages 8-14)</i>	N/A	Mon. thru Fri.	3:50-4:50 p.m.
Adult			
Intro. to iPad	Begins: Sept. 18 Nov. 06	Wednesdays	6:15-7:15 p.m.
Intro. to Chrome	Begins: Sept. 16 Oct. 21	Mondays	6:15-7:15 p.m.
Tech Goes Home	Begins: Nov. 05	Tues. & Thurs.	6:00-7:30 p.m.
Intro. to Chromebook	Begins: Oct. 08	Tues. & Thurs.	6:15-7:15 p.m.
Intro. to Internet Safety	Begins: Oct. 11	Fridays	6:15-7:15 p.m.
Open Access	N/A	Mon. & Wed.	1:40-2:00 p.m.
		Mon. thru Fri	3:50-4:50 p.m.
			8:00-9:00 p.m.
Last day of enrollment is <u>two weeks before</u> the class is scheduled to begin. BCYF membership is <u>required</u> at time of enrollment.			
Members may enroll in classes <u>free</u> of charge.			

@BCYFCenters

BCYF Curtis Hall Community Center - POOL SCHEDULE - Sept. – Dec. 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Adult Shower Policy	
Lap Swim 6:30 - 8:30am	Lap Swim 6:30-8:30am	Lap Swim 6:30-8:30am	Lap Swim 6:30-8:30am	Lap Swim 6:30-8:30am	Lap Swim 9:15-10:00am	Lap Swim 9:15-10:45am	<div>The use of SHOWERS is allowed ONLY during:</div> <div>* ADULT Lap Swim</div> <div>* SENIOR Lap Swim</div> <div>Must be OUT of the SHOWERS by</div> <div>8:30 p.m. on weekdays</div> <div>4:30 p.m. on weekends</div>	
Water Fitness 9:00-10:00am	Water Fitness 9:00-10:00am	Water Fitness 9:00-10:00am	Water Fitness 9:00-10:00am	Water Fitness 9:00-10:00am	Water Fitness 10:15 -11:15am	Recreational Swim 11:00 -11:50am		
Pool Closed 10:00-11:00am	Boston Public School 10:00-12:00pm	Pool Closed 10:00-11:00am	Boston Public School 10:00-12:00pm	Pool Closed 10:00-11:00am	Camp Joy 11:30 –12:30pm	Pool Closed 12:00 –1:00pm		
Senior Lap Swim (60+) 11:00-12:00pm	Adult Lap 12:00-1:00pm	Senior Lap Swim (60+) 11:00-12:00pm	Adult Lap 12:00-1:00pm	Senior Lap Swim (60+) 11:00-12:00pm	Pool Closed 12:30-1:30pm	Baby Splash 1:00-1:30pm		
Adult Lap 12:00 - 1:00pm	Recreational Swim 1:15-2:30pm	Adult Lap 12:00-1:00pm	Recreational Swim 1:15-2:30pm	Adult Lap 12:00-1:00pm	Recreational Swim 1:45-2:45pm	Toddler Splash 1:45-2:15pm		
Recreational Swim 1:15-2:30pm	Recreational Swim 2:45-3:45pm	Pool Closed 1:00-2:00pm	Recreational Swim 2:45-3:45pm	Pool Closed 1:00-2:00pm	Recreational Swim 3:00-4:00pm	First Strokes 2:30-3:00pm		
Recreational Swim 2:45-3:45pm	Pool Closed 4:00-5:00pm	Recreational Swim 2:15-3:00pm	Pool Closed 4:00-5:00pm	Recreational Swim 2:15-3:00pm		Recreational Swim 3:15-4:15pm		
Pool Closed 4:00-5:00pm	Swim Team 2 Sessions 5:00-6:20pm	Recreational Swim 3:15-4:00pm	Swim Team 2 Sessions 5:00-6:20pm	Recreational Swim 3:15-4:00pm				
Pre-Swim Team Dev't 5:00 - 5:40pm	Water Fitness 6:30-7:25pm	Pool Closed 4:00-5:00pm	Water Works with Jamal 6:30-7:25pm	Pool Closed 4:00-5:00pm				
Recreational Swim 5:40 - 6:20pm	Lap Swim 7:45pm-8:30pm	Swim Lessons (Beginners) 2 sessions 5:30 - 6:45pm	Lap Swim 7:45pm-8:30pm	Recreational Swim 5:15-6:00pm	PLEASE NOTE: ALL CHILDREN 8 YRS OLD & UNDER MUST BE ACCOMPANIED IN THE WATER BY AN ADULT.			PLEASE NOTE: POOL CAPACITY IS 20 TO 1 PER LIFEGUARD. Limit of 1 Recreational Swim per day
Family Swim 6:40-7:30pm		Family Swim 6:45-7:30pm		Family Swim 6:15-7:15pm				
Lifeguard Dev't 7:45pm - 9:00pm		Lap Swim 7:45pm - 8:30pm		Lap Swim 7:30pm-8:30pm				

BCYF Curtis Hall Tel: 617.635.5193



Marissa Resnick - Age Strong Commission
2nd Thurs. of each month 10am-3pm 617-635-4366

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