

WHO WE ARE

Boston Centers for Youth & Families (BCYF) is Boston's largest youth and human services agency with 46 facilities, including 21 pools and one beach, BCYF community centers are "hubs of neighborhoods", where Boston's residents can access a wide array of programs, services, information and assistance. The BCYF Leahy-Holloran Community Center, as part of this network of community centers, is dedicated to servicing the residents of Dorchester and has provided quality programs and services to its memberships since 1973.

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Lisa Zinck	Program Supervisor
Rasheed Ashley	Building Manager
Kara Casey	Lifeguard/WSI
Nick Cesso	Recreation Supervisor
Meredith Collins	Assistant Teacher
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MaryEllen McDonough	Athletic Director
Joshua Neely	Athletic Assistant
Sheila Reardon	Preschool Lead Teacher
LaToya Weaver	Office Assistant
Tracey Lewis	Computer Instructor

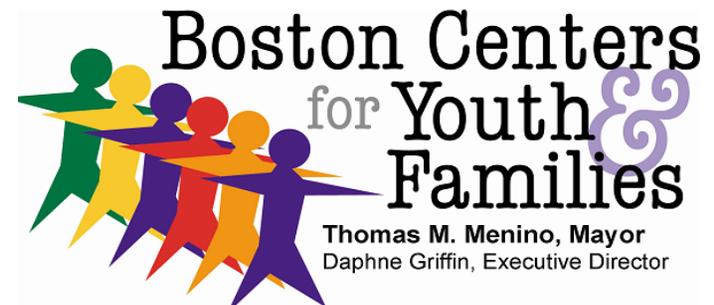
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BYCF LEAHY HOLLORAN COMMUNITY CENTER



2013/2014 PROGRAM GUIDE

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LHCC'S 2012 COMMUNITY APPRECIATION AWARD

PRESENTED TO

BOSTON POLICE DEPARTMENT'S YOUTH VIOLENCE STRIKE FORCE



SENIOR PROGRAMS

SENIOR COMPUTER CLASS

Ages 55 & Up
Free with LHCC Membership
Wednesdays 1:30-2:45PM
Basic computer skills for seniors

FREE TAX PREPARATION

Free Tax Preparation from Community Tax Aid
Saturdays 9:30-12:00PM –Starts February 2014
Assistance is available free to individuals who are income eligible. For more information please email: ctaboston@account.com or go to www.ctaboston.org. If you are attending you should bring your W-2 Forms and other income records (bank statements, 1099 Forms) : Records of deductible expenses (child care, medical expenses; social security numbers for all dependents; Last year's tax return if you have it; Proof of medical insurance

SAVE THE DATES – SENIOR SPECIAL EVENTS!

November 19, 2013 Thanksgiving Senior Supper @ 6:00pm
December 30, 2013 New Year's Senior Bingo 10:30am
March 12, 2014 St. Patrick's Day Senior Supper
Spring Trip to Foxwoods-TBA

WELCOME FROM THE ADMINISTRATIVE COORDINATOR...

Welcome to the BCYF Leahy-Holloran Community Center!

At the LHCC, we are about strengthening the lives of the people and families in our neighborhood. Our vision is to create a community where children and youth have the knowledge, skills, support, and confidence needed to succeed in all areas of life. And that parents and families are connected, empowered, respected, and healthy.

So what might that look like for you? Will you take a cooking class, enroll in our nationally accredited preschool, meet some friends for a 3 on 3 basketball game, attend a parent workshop, take a golf lesson, a yoga class, or book a room for a meeting? No matter how you engage with the Leahy-Holloran Community Center, we hope it adds to the way you, your family, and our entire community come together.

Enjoy!



Jill LaMonica
Administrative Coordinator

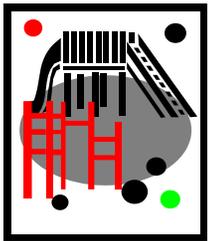
OVERVIEW OF PROGRAMS

AQUATICS



- Parent/Child Swim
- Water Tots
- Beginner 1
- Beginner 11
- Advanced Youth
- Monster Swim Team
- Adult Swim Class
- Adult Water Aerobics

SPORTS/FITNESS



- Boxing Fitness
- Flag Football
- Spring Basketball League
- Tae Kwon Do
- Weight Room
- Men's League
- Gym Activities
- Adult Yoga
- Adult Boot Camp

TECHNOLOGY



- Microsoft Mondays
- Workshop Wednesdays
- Teen Resume Workshop
- Technology Goes Home

OVERVIEW OF PROGRAMS

CIVIC & COMMUNITY ENGAGEMENT



- Teen Center
- Girls Club
- Boys Club
- Fun Friday Nights
- Safe Sitters Course
- Girl Scouts Program
- Boy Scouts Program

COOKING CLASSES



- Adult Italian Cooking Classes
- Youth Cooking Classes
- Vietnamese Class

EDUCATIONAL PROGRAMS



- Preschool Program
- MACC Enrichment
- Family Book Club

SPORTS & FITNESS

FALL FLAG FOOTBALL

Ages 4-12 Coed

\$30 Friday Nights/Saturdays

This is a No Contact Football League

Register online @www.leaguelineup.com/gnffl

TAE KWON DO

Ages: 6-12 Coed

\$30/Session (Fall only)

Mondays 6:00-7:00PM

Focus is to build strong character, self-confidence and discipline. Participants will learn stances, kicks, punches, blocks, and patterns of movements.

ADULT YOGA

Ages: 16 & UP

\$50/Session (Fall ,Winter, Spring & Summer)

Tuesdays 6:30-7:30PM

This beginner Kripalu Yoga class is taught by certified instructors. In this class you will learn postures and techniques to help relieve stress, increase blood flow, strength, flexibility, and balance.

MEN'S LEAGUE

This league runs from September through the first week of April. Games are played on Wednesday & Thursday evenings in the LHCC gym. Any questions please contact Charlie Connors or Nick Cesso

JR CELTICS BASKETBALL PROGRAM

Ages 3-5 (winter) January 1,2014-April 1,2014

Providing skill development through exercise and drills developed by Boston Celtics & LHCC Athletic Staff

COOKING CLASSES

ADULT COOKING LESSONS

Italian Cooking: Experience a taste of Italy in this popular cooking class. Learn traditional dishes and special recipes to spice up your meals!

September 26th & November 7th

\$40.00 per class 6:30pm -8:30pm

Recommended age 21+

Vietnamese Cooking: Impress your family and friends and learn how to make egg rolls and prepare fresh spring rolls with a nook mam and peanut dipping sauce!

October 30, 2013

\$40.00 per class 6:30pm -8:30pm

Recommended age 21+

YOUTH COOKING LESSONS

These hands on classes are designed to foster an appreciation for cooking and healthy eating!

October 30th, November 20th, December 18th

4:00 – 6:00 pm

\$30.00 for all 3 classes!

YUMMY!



AQUATICS PROGRAMS

PARENT/CHILD SWIM

Ages 6mos-3

\$35/Session **(Fall/Winter & Spring)**

Saturdays 9:30-10AM

Parent and child interactive swim lesson

WATER TOTS

Ages 3-5

\$35/Session **(Fall, Winter & Spring)**

Saturdays 10:05-10:35AM or

Saturdays 10:40-11:10AM

This interactive class focuses on basic swim mechanics and prepares young swimmers for independent lessons. Swimmers should be comfortable to leave parents for the class, our instructors will be in the water with the students.

BEGINNER I

Ages 6-12

\$35/Session**(Fall ,Winter &Spring)**

Saturdays 11:15AM-12PM

Beginner swim lessons

BEGINNER II

Ages 6-12 \$35/Session

(Fall ,Winter &Spring)

Mondays & Wednesdays 5-5:30PM

Intermediate swim lessons

AQUATICS PROGRAMS

ADVANCED YOUTH SWIM

Ages 6-12

\$35/Session **(Fall, Winter &Spring)**

Mondays & Wednesdays 5:30-6PM

Advanced swimming skills class

MONSTER SWIM TEAM

Ages 6-16 \$75 **(Winter/Spring)**

October & November Tryouts

This coed recreational program is designed to introduce competitive swimming to youth in a fun and team oriented manner. No prior experience but youth must be able to successfully complete the “DEEP END” test using proper front crawl strokes and rotary breathing.

ADULT SWIM CLASS

Ages 18 & up \$40/Session **(Fall, Winter &Spring)**

Tuesdays 7:30-8PM

For adults who are non-swimmers, or those interested in learning proper technique.

ADULT WATER AEROBICS

Ages 18 & Up

\$50/Session **(Fall ,Winter &Spring)**

Mondays & Wednesdays 6:30-7:30PM

Water aerobics helps increase aerobic and muscular fitness as well as flexibility in a safe low impact environment.

TECHNOLOGY PROGRAMS

Microsoft Mondays

Ages 10 & Up Mondays 3:00-6PM

\$30 (Fall, Winter, Spring)

Members will travel to Microsoft store for Games and Activities.

Workshop Wednesdays

Teen Resume writing ages 14-16 4-5PM

Teen participants will learn how to create and regularly update a professional resume

Adult workshop ages 17 & Up
6-8PM

Participants will be Introduced to Google, Email, and Google chat.

Tech Goes Home

Participants will receive 15 hours of hands on classroom training and the opportunity to purchase a netbook for \$50 upon completion of the class.

Basic Computer Class

Ages 17 & up

\$25

Tuesdays & Thursday 6PM-7:30PM

Participants will become familiar with basic computer use and terminology as well as how to access the internet and learn about services online

SPORTS AND FITNESS

BOXING FITNESS

Ages 6-12 Coed

\$30/Session (Spring only)

Learn the basic stance, footwork, punching combinations and how to properly use boxing equipment.

No contact workout



ADULT BOOT CAMP

Ages 16 & Up

\$50/Session(Fall, Spring)

Mondays 7:00-8:00PM

In this class you will burn fat, build lean muscle and work toward achieving your fitness goals

INDOOR GOLF LESSONS

Ages 7 & up

February 1, 2014- March 15,2014

A six week learn to play program for youth 7-17 and adults 18& up. Learn the fundamental skills and basic rules of *golf*

SPRING BASKETBALL LEAGUE

Ages 5-19 Coed

\$35 Starts: March 1st 2014

Fridays & Saturdays

League will include a 6 game regular season as well as playoffs. leahyhollorance@cityofboston.gov or call Nick Cesso/ Charlie Connors

ROCK WALL CLIMBING

Ages: all ages LHCC Membership

Tuesdays 5:30-7:00pm & Fridays 3:30-5:00PM

Members can climb the rock wall use the "flying squirrel" and participate in a challenge course.



EDUCATION, ENRICHMENT & ARTS PROGRAMS

PRESCHOOL PROGRAM

The Leahy-Holloran Community Center offers a licensed, NAEYC accredited preschool program. We believe that each child is a unique individual and that all children can learn. Our preschool program provides an inclusive setting that recognizes children's varied abilities, interest, needs, and learning styles. Our program reflects the integration of physical, cognitive, social, emotional, language, and self-help areas for the development of the whole child.

Monday Wednesday & Friday Class

Ages 4/5 9 AM-1PM

\$1600 for the school year

Tuesday & Thursday Class

Ages 2.9 & up

9AM-11:30 AM class or 12:30PM-3PM class

\$950 for school year

MACC After School

This program includes homework assistance, educational activities, enrichment and sports

Monday -Friday

Grades K-8 Tuesday- Friday 2:30-6:00pm

Visit Murphy School Office or LHCC Office for more details

PINT SIZE PICASSOS

Children learn to paint & create a unique piece of visual art!

Ages 8+

Friday, October 4, 2013 5pm-7pm

\$25 per class

EDUCATION, ENRICHMENT & ART PROGRAMS

FAMILY BOOK CLUB

This program is possible through a partnership with the LHCC & the BPL Adams Street Library. It is designed specifically for youth in Grades 3-5 with an accompanying adult. We meet the second Wednesday of the month at 6:30PM.

\$30.00/Family 1st meeting October 9th 2013

PARTICIPANTS MUST REGISTER @ LHCC

The fee will cover all supplies, books, refreshments, and prize. For more information, please contact Guy Harris (BPL) 617-436-6900 or Lisa Zinck (LHCC) 617-635-5150

SUMMER CAMP

Summer camp daily activities include swimming, arts & crafts, sports, gym, and field trips.

Ages 5-12 9:00-2:00PM Monday – Friday

\$310.00 for per session

Session I-July 7th -25th 2014

Session II-July 28th -August 15th 2014

After camp 2-5pm \$5 an hour



ADULT PAINT NIGHT

Learn to paint & create a unique piece of visual art to take home!

Ages 21+

Thursday, October 17, 2013 6:30pm-8:30pm

\$40 per class

EMPLOYMENT INTERNSHIP OPPORTUNITIES



LHCC Teen Ambassador Internship Program

This paid Internship through the Boston Youth Fund is for City of Boston teens 15-18 yrs old. It runs from November 1, 2013- June 1, 2014. Applications will be available on September 9th 2013 and are due back by September 30, 2013. Limited Spots available

LHCC Summer Teen Employment Program

Sumer employment program is for teens ages 15-18. To be eligible, teens must first register with the Boston Youth Fund HOPELINE in February 2014 and receive a tracking number. Then applicants must visit the LHCC to officially submit a request for hire form by May 16, 2014.

High School Community Service Program

The LHCC high school internship program provides high school students with the opportunity to experience the world of running a non -for-profit community center while meeting their individual community service requirements. An LHCC internship will help build job readiness skills, communication and interpersonal skills as well as foster an appreciation for civic engagement. This is an unpaid internship program.

TECHNOLOGY PROGRAMS

Senior Computer Class

Ages 55 & Up

Free with LHCC Membership

Wednesdays 1:30-2:45PM

Basic computer skills for seniors

X-Box Tournaments

Ages 10 & Up

Thursdays 3-5PM (Fall ,Winter, Spring)

LHCC membership required

Participants are able to play Xbox games to be played on the Projector against each other for prizes.

Must sign up with LaToya

Open Access Fridays

3-5PM Ages 10+

6-8PM Ages 17+

LHCC membership required

Open access computers



CIVIC, COMMUNITY ENNGAGEMENT & LEADERSHIP

FUN FRIDAY TEEN NIGHTS

Ages 13 & up **(Fall, Winter& Spring)**

Activities include field trips, movies, gym, swimming and much more! Call Charlie Conners @ (617) 635-5150 for more information.

September 20th Movie Night @ Braintree Cinema

October 4th Sky Zone-Everett

October 18th Canobie Lake Park Screeemfest

November 1st Metro Rock –Everett (Rock Wall Climbing)

November 15th Cosmic Bowling & Pizza

FaB FCTOR GIRLS PROGRAM BY GIRLS SCOUTS OF AMERICA

Grades 6-8

\$15.00 **(Fall ,Winter,& Spring)**

Girls are encouraged to discover their inner fabulousness! Through participation in this program, the girls will learn team work mutual respect, goal setting , and leadership

BOY SCOUTS PROGRAM

Mondays 6PM-8PM

Through participation in this program, the boys will build character mutual respect, and develop personal fitness. For more information please email: pack40bsa@yahoo.com

CIVIC, COMMUNITY ENGAGEMENT & LEADERSHIP

GIRLS CLUB

Ages 6-10

Fridays 3:30-5:00pm

\$25.00/Session **(Fall ,Winter& Spring)**

This weekly program allows girls to make new friends, have fun and build self-esteem.

BOYS CLUB

Ages 6-12

Wednesdays 3:00-4:30pm

\$25.00/Session **(Fall ,Winter& Spring)**

This program is designed for boys and will focus on teaching them how to play independently, how to win and lose appropriately and much more.

SAFE BABYSITTERS COURSE

Ages 11-13

\$25.00/Session **(Fall ,Winter& Spring)**

October 19th 2013 9:00am to 4:00pm

December 27th 2013 9:00am-4:00pm

Participants will learn how to prevent injuries, be prepared for an emergency, prevent problem behavior, run their own babysitting business, and perform basic first aid, choking rescue, and CPR.

TEEN CENTER

Ages 13 & up

Tues/Thurs 3-6PM Friday 3-10pm (if no field trip is scheduled)

LHCC Membership **(Fall, Winter& Spring)**

Come meet new friends and participate in fun activities.

Flat screen TV with Wii & X-Box, pool table, foosball, and a Ping-Pong table.



COMMUNITY PARTNER PROGRAMS

PROJECT DEEP

The mission of the program is to foster the educational, athletic and social growth and development of middle school children of all races, creeds and ethnic backgrounds throughout the Dorchester community. For more information go to www.projectdeep.org

ST ANN'S CYO BASKETBALL

St Ann CYO basketball is for youth k-12. LHCC is specifically home to the 5th – 12th grade house league and travel basketball teams. For more information or to register please visit www.saintanneponset.com

DORCHESTER YOUTH WINTER GUARD

Color Guard – known as the sport of the arts brings music to life through performance in a competitive format. For more information or to register please email Julie McKinnon at mmkmck@gmail.com

RISE ABOVE BASKETBALL

Where Basketball Reveals Character

Our mission, as coaches and mentors, is to use our own experiences playing at the college and professional level and to create a fundamentally sound basketball environment while focusing on the new up tempo brand of basketball. For more information contact Brendan Carter bcarter@riseabovebasketball.com 617.833.8124



SPECIAL EVENTS SAVE THE DATE



GRAVY BOWL 2013

The Leahy-Holloran Community Center will gobble up Garvey Park at the Gravy Bowl Under the Lights at Garvey Park in Neponset, on Wednesday, November 27th 2013.

(Rain Date: Friday, November 29th)

Flag Football Game Times/ Age Groups

4:30 PM Ages 4—6 Years, Coed

5:30 PM Ages 7—9 Years, Coed

6:30 PM Ages 10—12 Years, Coed

7:30 PM Teen vs. Adults

There will be music, games, and food— all ages are welcome to attend!

All Roads Lead to the LHCC ... Fundraiser

Friday, December 6, 2013 7:00pm

LHCC's annual 10,000 drawing cocktail reception and fundraiser! Come celebrate with neighbors new and old, enter for a chance to win 10,000 and other great prizes!

HOLIDAY CRAFT FAIR 2013

Saturday, Dec 14th, 2013 10:00am to 3:00pm

Bring your friends and family down to the LHCC for a holiday craft fair and shopping bazaar. There will be vendors, crafts, refreshments, activities for children, a bake sale and fun for all ages. This is a great opportunity to get a mp start on all of your holiday shopping.

Crafters and Vendors Table Registration Fee: \$50....for more

LHCC CALENDAR SEPTEMBER – DECEMBER 2013

September 2	LHCC Closed in Observance of Labor Day
September 5	Preschool Open House
September 7	Fall Program Registration 10:00AM
September 9	Preschool Classes Begin
September 14	Fall Programs Begin
September 25	PHNA Meeting in Café @ 6:30pm
September 26	Italian Cooking Class
September 28	Project DEEP One One Tutoring Sign-Up 10:30
October 9	Family Book Club-First Meeting 6:30
October 14	LHCC Closed in Observance of Columbus Day
October 17	Private and Parochial School Fair 6:30PM
October 23	PHNA Meeting in Café @ 6:30pm
October 30	Vietnamese Cooking Class
November 7	Italian Cooking Class
November 9	Veteran's Care Package Drive
November 11	LHCC Closed in Observance of Veteran's Day
November 13	Family Book Club @ 6:30pm
November 19	LHCC Thanksgiving Senior Supper
November 27	LHCC Gravy Bowl @ Garvey Park (RAIN DATE-11/29)
November 28	LHCC Closed in Observance of Thanksgiving
December 4	PHNA Meeting in Café @ 6:30pm
December 6	LHCC \$10,000 Drawing Fundraiser @ Florian Hall
December 11	Family Book Club
December 14	LHCC Holiday Bazaar & Craft Fair
December 25	LHCC Closed Merry Christmas!
December 27	Babysitting Course
December 30	New Year's Senior Bingo 10:30am