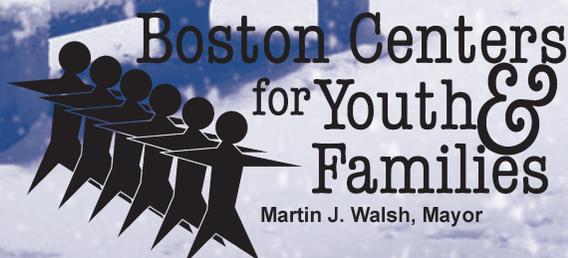


BCYF Roche Family Community Center

Winter Program Guide 2016



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

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. Governed by the WRCC Council and in partnership with the Boston Centers for Youth & Families (BCYF), WRCC's continued mission is 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.

Winter/Spring Schedule

| | |
|------------|---|
| January 6 | Registration for City of Boston residents <u>only</u> 5pm-7pm at back entrance |
| January 13 | Registration begins for non-residents @ 9am |
| January 19 | Session I begins |
| January 20 | Small Wonders Lottery Selection @ 6:30pm for 2016-2017 |
| March 9 | St. Patrick's Day Luncheon for Seniors |
| March 21 | Session II begins |
| April 1 | WRCC Scholarship Applications Available to all graduating seniors from West Roxbury/Roslindale area |
| April 6 | Registration for Summer Programs @ 5pm |
| May 4 | Mother's Day Luncheon for Seniors |
| May 13-14 | WRCC Players: The Pirates of Penzance, JR at WREC |

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. We welcome your thoughts.

Any program questions or concerns you can contact us by e-mailing
rochecc@cityofboston.gov



Check us out on Facebook!

Membership at WRCC

How to become a Member

To become a member of the West Roxbury Community Center, 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 the 2016 Winter/Spring/Summer sessions. 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.

| Membership | City of Boston Residents | Non-residents |
|--------------------|---------------------------------|----------------------|
| Family | \$40 | \$80 |
| Individual | \$25 | \$50 |
| Senior (55+) | \$10 | \$20 |
| Teen (Grades 6-12) | \$5 | \$10 |

Registration

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Winter/Spring/Summer 2016 programs begins on Wednesday, January 6th 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 13th at 9am. **One registration per family/member on January 6th.** 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.

Hours of Operation

Monday – Friday 8:00 am – 9:00 pm

Saturday 9:00 am – 5:00 pm

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

Friday evenings @ 8:00pm – 9:50pm with DJ

Saturday afternoons @ 2:00pm – 3:50pm

Sunday afternoons @ 2:00pm – 3:50pm

\$5.00 admission – all ages / \$4.00 rental skates*

WRCC members are able to skate during public skating hours for free. Each member must present a current membership card for free admission.

Schedules available at arena, online @ www.fmcicesports.com or call 888-64-RINKS

Senior Skate

Wednesdays @11:00am – 11:50am

Free admission for seniors ages 65 & up.

2016 Holidays

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

New Years Day January 1

Patriots Day April 18

M.L. King Jr. Birthday January 18

Memorial Day May 30

Presidents Day February 15

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 15-19 and April 18-22.

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 19, 2016

| Code | Session | Age | Day | Time |
|------|---------|----------------|-----------|----------------|
| TT1 | 1 | Crawling – 1.5 | Tuesday | 9:00 – 9:45 am |
| TT2 | 1 | Crawling – 3 | Wednesday | 9:00 – 9:45 am |
| TT3 | 1 | Crawling – 1.5 | Thursday | 9:00 – 9:45 am |
| TT4 | 1 | 1.5- 2.5 | Tuesday | 9:45-10:30am |
| TT5 | 1 | 1.5- 2.5 | Wednesday | 9:45-10:30am |
| TT6 | 1 | 1.5- 2.5 | Thursday | 9:45-10:30am |
| TT7 | 1 | 2.5- 3 | Tuesday | 10:30-11:15am |
| TT8 | 1 | 2.5- 3 | Wednesday | 10:30-11:15am |
| TT9 | 1 | 2.5- 3 | Thursday | 10:30-11:15am |

Session 2 begins the week of March 21, 2016

| Code | Session | Age | Day | Time |
|------|---------|----------------|-----------|----------------|
| TT10 | 2 | Crawling – 1.5 | Tuesday | 9:00 – 9:45 am |
| TT11 | 2 | Crawling – 3 | Wednesday | 9:00 – 9:45 am |
| TT12 | 2 | Crawling – 1.5 | Thursday | 9:00 – 9:45 am |
| TT13 | 2 | 1.5- 2.5 | Tuesday | 9:45-10:30am |
| TT14 | 2 | 1.5- 2.5 | Wednesday | 9:45-10:30am |
| TT15 | 2 | 1.5- 2.5 | Thursday | 9:45-10:30am |
| TT16 | 2 | 2.5- 3 | Tuesday | 10:30-11:15am |
| TT17 | 2 | 2.5- 3 | Wednesday | 10:30-11:15am |
| TT18 | 2 | 2.5- 3 | Thursday | 10:30-11:15am |

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 19, 2016

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

Session 2 begins the week of March 21, 2016

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

Instructor: Donna Forgione

MUSIC FOR TOTS

Fee: \$40 per seven week session

Learn basic music skills through a variety of age-appropriate songs and exploration of musical instruments, jumping, singing and parachute games. We will explore rhythm, tonal patterns, and harmony in a variety of musical styles. Alphabet games, learning to match pitch, rhythms and more.

Session 1 begins the week of January 19, 2016

| Code | Session | Age | Day | Time |
|--------|---------|--------------|--------|---------------|
| MUSIC1 | 1 | 15 M - 3 YRS | Friday | 9:30-10:15 am |

Session 2 begins the week of March 21, 2016

| Code | Session | Age | Day | Time |
|--------|---------|--------------|--------|---------------|
| MUSIC2 | 2 | 15 M - 3 YRS | Friday | 9:30-10:15 am |

Instructor: Dawn Cabral from the Real School of Music

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.

Limit 12 per class.

Session 1 begins the week of January 25, 2016

| Code | Session | Age | Day | Time |
|------|---------|-----|--------|----------------|
| SG1 | 1 | 3-4 | Monday | 9:30-10:15 am |
| SG2 | 1 | 3-4 | Monday | 10:15-11:00 am |

Session 2 begins the week of March 21, 2016

| Code | Session | Age | Day | Time |
|------|---------|-----|--------|------------------|
| SG3 | 2 | 3-4 | Monday | 9:30-10:15 am |
| SG4 | 2 | 3-4 | Monday | 10:15 - 11:00 am |

Instructor: Donna Barassi

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. **Participants must be able to separate from parents and follow instructions.**

Session 1 begins the week of January 25, 2016

| Code | Session | Age | Day | Time |
|------|---------|-----|--------|----------------|
| CD1 | 1 | 3-5 | Monday | 10:15-11:00 am |

Session 2 begins the week of March 21, 2016

| Code | Session | Age | Day | Time |
|------|---------|-----|--------|----------------|
| CD2 | 2 | 3-5 | Monday | 10:15-11:00 am |

Instructor: Valerie Maio

Small Wonders Early Childhood Program

Small Wonders Peak Week

Visit the Small Wonders classroom during the week of January 12-14 to see our wonderful program. Come any day that week between 9am-10am to see our nurturing staff and program activities. For more information contact Ellen Levine at 617-635-3479.

Small Wonders Early Childhood Program

Ages 3-4 years

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.

Lottery Registration

Wednesday, January 20, 2016

Registration will be done by a lottery selection. To obtain a number you must register between 6pm and 6:30pm at the BCYF Roche Center on January 20th. The lottery will take place at 6:30pm. Parent must bring birth certificate at time of registration. You must be present at the time of the lottery to obtain a slot. One non-refundable/transferable payment is due upon selection to secure slot for the 2016-2017 school year.

| Program | Days | Time | Fee |
|------------|-------------|----------------|---------------------|
| 3 Year Old | Tues/Thurs | 8:30am-12:30pm | 3 payments of \$500 |
| 4 Year Old | Mon/Wed/Fri | 8:30am-12:30pm | 3 payments of \$725 |

Child must be 3 years of age by September 1, 2016 to register for the 3 year old program. Parent must bring birth certificate at time of registration.

Youth Programs

Pee Wee 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 19, 2016

| Code | Session | Age | Day | Time |
|------|---------|-----|-----------|-------------|
| PWB1 | 1 | 5-6 | Wednesday | 4:00-4:45pm |
| PWB2 | 1 | 5-6 | Thursday | 4:45-5:30pm |
| PWB3 | 1 | 7-8 | Wednesday | 4:45-5:30pm |
| PWB4 | 1 | 7-8 | Thursday | 4:00-4:45pm |

Session 2 begins the week of March 21, 2016

| Code | Session | Age | Day | Time |
|------|---------|-----|-----------|-------------|
| PWB5 | 2 | 5-6 | Wednesday | 4:00-4:45pm |
| PWB6 | 2 | 5-6 | Thursday | 4:45-5:30pm |
| PWB7 | 2 | 7-8 | Wednesday | 4:45-5:30pm |
| PWB8 | 2 | 7-8 | Thursday | 4:00-4:45pm |

Session 3 begins the week of May 16, 2016

| Code | Session | Age | Day | Time |
|-------|---------|-----|-----------|-------------|
| PWB9 | 3 | 5-6 | Wednesday | 4:00-4:45pm |
| PWB10 | 3 | 5-6 | Thursday | 4:45-5:30pm |
| PWB11 | 3 | 7-8 | Wednesday | 4:45-5:30pm |
| PWB12 | 3 | 7-8 | Thursday | 4:00-4:45pm |

Wide World of Sports

Fee: \$30 per seven week session

Participate in a variety of recreational sports including floor hockey, whiffleball, soccer, basketball and more!

Session 1 begins the week of January 19, 2016

| Code | Session | Age | Day | Time |
|------|---------|------|--------|-------------|
| WW1 | 1 | 6-8 | Friday | 4:00-4:45pm |
| WW2 | 1 | 8-10 | Friday | 4:45-5:30pm |

Session 2 begins the week of March 21, 2016

| Code | Session | Age | Day | Time |
|------|---------|------|--------|-------------|
| WW3 | 2 | 6-8 | Friday | 4:00-4:45pm |
| WW4 | 2 | 8-10 | Friday | 4:45-5:30pm |

Session 3 begins the week of May 16, 2016

| Code | Session | Age | Day | Time |
|------|---------|------|--------|-------------|
| WW5 | 3 | 6-8 | Friday | 4:00-4:45pm |
| WW6 | 3 | 8-10 | Friday | 4:45-5:30pm |

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 19, 2016

| Code | Session | Age | 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 21, 2016

| 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 begins the week of January 19, 2016

| Code | Session | Ages | Day | Time |
|--------|---------|------|---------|-------------|
| CRAFT1 | 1 | 5-6 | Tuesday | 3:45-4:30pm |
| CRAFT2 | 1 | 7-12 | Tuesday | 4:45-5:45pm |

Instructor: Joanne Clamage

Guitar Class for Beginners

Fee: \$140 per seven week session

Are you stuck in a rut trying to teach yourself guitar by watching YouTube videos? You'll progress a lot faster by taking this class with Chris! Learn basic chords in open position, chord progressions, strumming patterns and basic rock songs that use all three! Class meets for one hour every Wednesday evening.

Session begins the week of January 19, 2016

| Code | Session | Age | Day | Time |
|--------|---------|---------|-----------|-------------|
| GUITAR | 1 | 10 & Up | Wednesday | 5:00-6:00pm |

Instructor: Chris Carter

Pee Wee Drama

Fee: \$35 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 19, 2016

| Code | Session | Age | Day | Time |
|------|---------|-----|--------|-------------|
| PWD1 | 1 | 4-6 | Friday | 3:30-4:15pm |
| PWD2 | 1 | 6-8 | Friday | 4:15-5:00pm |

Session 2 begins the week of March 21, 2016

| Code | Session | Ages | Day | Time |
|------|---------|------|--------|-------------|
| PWD3 | 2 | 4-6 | Friday | 3:30-4:15pm |
| PWD4 | 2 | 6-8 | Friday | 4:15-5:00pm |

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!

Fee: \$35 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 19, 2016

| Code | Session | Ages | Day | Time |
|------|---------|--------|--------|-------------|
| AO1 | 1 | 9 & Up | Friday | 5:00–5:45pm |

Session 2 begins the week of March 21, 2016

| Code | Session | Ages | Day | Time |
|------|---------|--------|--------|-------------|
| AO2 | 2 | 9 & Up | Friday | 5:00–5:45pm |

Instructor: Bill Jacob

WRCC PLAYERS 2016 PRODUCTION “THE PIRATES OF PENZANCE JR.”

WRCC Players, Ages 8 & UP

Fee: \$75

Be a part of our theatre ensemble. This year's production is a shortened version of Gilbert & Sullivan's classic “The Pirates of Penzance.” After registering, **you must** call the Roche Center for an **audition appointment**.

Auditions will be held on Thursday, January 21st and Friday, January 22nd from 6pm-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 the following Friday, January 22nd from 6:00-8:00pm.

Read through: Saturday, Feb 6th at the Roche Center 5pm-7pm

Rehearsals: Mondays & Wednesdays 5:00pm-7:30pm / Some Saturdays 10am-2pm. 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 years

Fee: \$75

Here's 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 “The Pirates of Penzance.”

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 productions before or have taken a Pee Wee Drama class within the last two years.

Auditions: Thursday, January 21st 5:00-5:30pm 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: Wednesdays 5pm-7:30pm / Some Saturdays 12pm-2pm. All rehearsals are held at the West Roxbury Educational Complex Auditorium. A full schedule of rehearsals will be available at auditions.

Performances: Friday, May 13th at 7pm at WREC Auditorium and Saturday, May 14th at 2pm at WREC Auditorium.

WRCC SUMMER PROGRAMS

Registration for the WRCC summer programs will take place on Wednesday, April 1st at 5pm. Non-refundable payment must be paid at time of registration for all weeks registered for. **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 BCYF Roche Center, Ages 3-5 years

Camp begins July 11th and ends on August 19th

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

Fee \$150 per week per child

Breakfast and lunch provided

Must be 3 years old by July 11, 2016

| Program Code | Week of | Tuition* |
|--------------|-------------------|----------|
| SF1 | Week of July 11 | \$150 |
| SF2 | Week of July 18 | \$150 |
| SF3 | Week of July 25 | \$150 |
| SF4 | Week of August 1 | \$150 |
| SF5 | Week of August 8 | \$150 |
| SF6 | Week of August 15 | \$150 |

Camp WRCC at BCYF Roche Center, Ages 6-11 years

Camp begins July 11th and ends on August 19th

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

Fee \$175 per week per child

Breakfast and lunch provided

Must be 6 years old by July 11, 2016

| Program Code | Week of | Tuition* |
|--------------|-------------------|----------|
| CWRCC1 | Week of July 11 | \$175 |
| CWRCC2 | Week of July 18 | \$175 |
| CWRCC3 | Week of July 25 | \$175 |
| CWRCC4 | Week of August 1 | \$175 |
| CWRCC5 | Week of August 8 | \$175 |
| CWRCC6 | Week of August 15 | \$175 |

*Summer Camp tuition prices are subject to change prior to registration

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 in Grades 6 - up. Our Youth Workers are eager to meet and work with the teens of the Parkway area. Included in the yearly membership fee access to our drop-in center where teens can use the computers and do some homework. If you have any questions or suggestions for programming they are welcomed. Please feel free to contact our Youth Workers: Jenny at jenny.sae tang@boston.gov or Ryan at ryan.urso@boston.gov

Teen Center Drop In

Monday -Thursday 2:30 - 6pm

Friday Times may vary due to trips

This is a chance for the teens to come together with friends, and have the opportunity to make new friends in a relaxed environment. Get a jump on your homework or simply come down and hang out. **Membership is all you need to take part in this program.**

Field Trips and Half Day Program

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.sae tang@boston.gov. Pre-registration is required as space is limited. The price may change depending on enrollment. Participants must be at the Roche Center ½ hour before the scheduled time. Ask to be put on our email list for updates!! 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.

6th Grade Nights

Fee: \$5 per youth

Join us one Friday a month for a night just for 6th graders! Ping Pong tournaments, gym activities & more! While the older kids are at the dance let's have some fun of our own!! Pizza and drinks included. Don't miss out, register early space is limited.

Pre-registration required for pizza order.

| Code | Date | Grade | Cost |
|--------|------|-------|------|
| 6GNJAN | 1/8 | 6 | \$5 |
| 6GNFEB | 2/5 | 6 | \$5 |
| 6GNMAR | 3/4 | 6 | \$5 |
| 6GNAPR | 4/8 | 6 | \$5 |
| 6GNMAY | 5/6 | 6 | \$5 |

February & April Vacation Week Activities

February 15th-19th / April 18th-20th

Email Jenny or Ryan to get on the email list of what trips will be!

T.C.O.C. Summer Clinic, Ages 12-15

Join your friends for this exciting program geared to the adolescent. Program will be field trip based. We will travel throughout the city and beyond. Two-week sessions begin July 11th.

Monday-Friday 9am-4pm*

*Some trips end later in the day.

| Program Code | Week of | Tuition* |
|--------------|------------------------------------|----------|
| CLC1 | Two week session to begin July 11 | \$300 |
| CLC2 | Two week session to begin July 25 | \$300 |
| CLC3 | Two week session to begin August 8 | \$300 |

*Summer program tuition prices are subject to change prior to registration

Please check our Facebook page for any news about ongoing programs at WRCC or email at jenny.saetang@boston.gov or ryan.urso@boston.gov to be added to our email list for updates.

Girls Night at Roche Center

Join us for girls only time at Roche Center. Email Jenny at jenny.saetang@boston.gov to get on the email list for special girls only events.

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.

Session 1 begins the week of January 19, 2016

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

Session 2 begins the week of March 21, 2016

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

Instructor: JoAnn Arone

Yoga For Adults

Fee: \$60 per seven week session

Practice Hatha Yoga to exercise every part of your body and improve your health, suppleness and peace of mind. Each class will consist of a physical workout followed by relaxation and meditation.

Session 1 begins the week of January 19, 2016

| 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 21, 2016

| 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

Tuition: \$60 per seven week session

Zumba is a high-impact dance fitness class. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Session 1 begins the week of January 19, 2016

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

Instructor: Kara Maher

Saturday Kripalu Yoga

Fee: \$60 per seven week session

Classes begin with warm up movements and breath awareness to prepare you for yoga postures. The heart of each class is a sequence of postures combined with mindful breathwork that stretch, strengthen, and balance your body. Each class ends with deep relaxation through body scanning and meditation.

This class is for all levels.

Session 1 begins the week of January 23, 2016

| Code | Session | Ages | Day | Time |
|-------|---------|-------|----------|------------|
| SATY1 | 1 | Adult | Saturday | 11:00-Noon |

Session 2 begins the week of March 26, 2016

| Code | Session | Ages | Day | Time |
|-------|---------|-------|----------|------------|
| SATY2 | 2 | Adult | Saturday | 11:00-Noon |

Instructor: Lisa 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 19, 2016

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

Session 2 begins the week of March 21, 2016

| Code | Session | Ages | Day | Time |
|------|---------|-------|---------|-------------|
| KN1 | 2 | Adult | Tuesday | 6:30-8:30pm |

Instructor: Jean Shaw

Bridge Group

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

Wednesdays 10:30am

Meditation for Beginners

Fee: \$60 per session

A class geared to introducing newcomers to the practice of meditation. Participants will learn how to: interiorize and focus the mind, increase energy and vitality, use breathing techniques to improve concentration, and utilize the power of the mind for optimal well-being. Leave feeling clear, calm and energized.

Session 1 begins the week of January 19, 2016

| Code | Session | Ages | Day | Time |
|------|---------|-------|--------|---------------|
| MED1 | 1 | Adult | Friday | 11:30-12:30pm |

Session 2 begins the week of March 21, 2016

| Code | Session | Ages | Day | Time |
|------|---------|-------|--------|---------------|
| MED2 | 2 | Adult | Friday | 11:30-12:30pm |

Instructor: Ines Hudson

Senior Programs

Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us 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.

Every Monday 11:15-12:15pm

Registration no required.

Instructor: Nancy DiDuca

Yoga For Seniors

Fee: \$50 per seven week session meets 2 days per week

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

Session 1 begins the week of January 19, 2016

| Code | Session | Ages | Day | Time |
|------|---------|--------|----------------|---------------|
| SY1 | 1 | Senior | Tues. & Thurs. | 10:30-11:30am |

Session 2 begins the week of March 21, 2016

| Code | Session | Ages | Day | Time |
|------|---------|--------|----------------|---------------|
| SY2 | 2 | Senior | Tues. & Thurs. | 10:30-11:30am |

Instructor: JoAnn Arone

Yoga For Seniors

Fee: \$30 per seven week session meets 1 day per week

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

Session 1 begins the week of January 19, 2016

| Code | Session | Ages | Day | Time |
|------|---------|--------|-----------|---------------|
| SY3 | 1 | Senior | Wednesday | 2:00pm-3:00pm |

Session 2 begins the week of March 21, 2016

| Code | Session | Ages | Day | Time |
|------|---------|--------|-----------|---------------|
| SY4 | 2 | Senior | Wednesday | 2:00pm-3:00pm |

Instructor: JoAnn Arone

Senior Book Club

Join us on the 2nd Thursday of the month at 11:30am. The club will meet the 2nd Thursday of the month through June. For more information on book selection call the front desk at 617-635-5066.

Pickleball @ Roche Center

Wednesday 1-2pm

Join us for a pick up Pickleball game at the Roche Center gym. Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) 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!!

A Matter of Balance Workshop for Seniors

Fee: Free 8 week session beginning on January 25, 2016

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

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 and exercise.

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 over to come dine with friends, old and new at the BCYF Roche Family Community Center Cafe 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.

WRCC Special Wednesday Luncheons*

Fee: \$5

Lunch will be served at noon. Participants must register in person at BCYF Roche Center. Space is limited.

St. Patrick's Day Luncheon March 9th

Mother's Day Luncheon May 4th

***Must be current member of WRCC to register for Special Wednesday Luncheons.**

Foxwoods Trips

Bus departs from the BCYF Roche Community Center promptly at 7:45am.

Fee: \$25

| Code | Date |
|-------|---------|
| FOX1 | April 4 |
| FOX 2 | Jun 6 |

The 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 administered 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 will be no refunds given. Credits/transfers will be granted during the first week of the session.

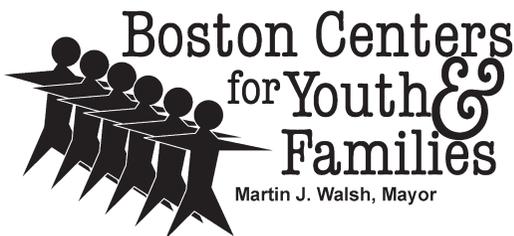
I understand that transportation is not provided and it is my responsibility to arrange transportation to and from Boston Centers for Youth & Families Community Centers.

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

Signature of Member or Parent/Guardian (if member is under 18 years 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. Check/Money Order/Credit accepted. **Please make check payable to WRCC.**

Member Name _____

Phone Number _____ **Email** _____

Membership (please check one):

- New Member
 Renew Membership
 Other BCYF Site Member

City of Boston Resident

Out of City

Name _____

- | | |
|--|---|
| <input type="checkbox"/> Family \$40 | <input type="checkbox"/> Family \$80 |
| <input type="checkbox"/> Individual \$25 | <input type="checkbox"/> Individual \$50 |
| <input type="checkbox"/> Senior (55 +) \$10 | <input type="checkbox"/> Senior (55 +) \$20 |
| <input type="checkbox"/> Teen (Grade 6 - 12) \$5 | <input type="checkbox"/> Teen (Grade 6 - 12) \$10 |

| Member Name | Program Code | Amount Due |
|-------------|--------------|------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

TOTAL DUE: _____

For Office Use Only:
Payment Method:

Check # _____ Credit Received by _____ Entered by _____