



YOU BUILD OUR COMMUNITY

WINTER 2025 SPRING 2026 PROGRAMS



**\$20
OFF**

Any Y Thing

Limit one coupon per household.
Valid through 2/28/26. Must
present this coupon at time of
purchase.

The Family YMCA,
serving Northern New
Mexico, is a 501c3
charity. Our mission
is to build community
strength by focusing
on youth development,
healthy living and
social responsibility, and
to ensure access to all
through financial
assistance.

505.662.3100

THE FAMILY YMCA

www.laymca.org

Come into the Y to sign up, visit our website, or give us a call.

HEALTHY LIVING

BENEFITS OF MEMBERSHIP

When you join the Y, you become part of a community where no one is turned away due to inability to pay.

Annual fundraising ensures that our doors stay open to everyone through financial assistance.

MEMBERSHIP INCLUDES:

Child watch • In-person & virtual classes • Wellness/PT consultation • Free-weights, circuit & cardio rooms • Climbing wall • 2 Fitness orientation sessions • Basketball, racquetball & squash courts • Discounts on programs • Guest passes • Nationwide membership visitor privileges • Y360 • Saunas • Military programs • Free equipment rentals

MEMBERSHIP FEES

Membership Type	New Member Fee	Monthly
Youth (13-18)	\$0	\$32
Young Adult (19-25)	\$0	\$43
Single	\$50	\$55
Family of 2	\$50	\$74
Family of 3+	\$50	\$89
Virtual	\$0	\$20

*Fees are subject to change, with advance notice

CLASSES & PROGRAMS

CHILD ENRICHMENT

After-School Enrichment—during school year

Winter/Day/Week Camps—when school is out

CHILD WATCH

M-F, 8:30am-1:00pm

CLIMBING

Little Geckos, ages 3-5, Mondays

Level 2, ages 5-8, Mondays

Level 3, ages 8-12, Thursdays

Level 4, ages 9-13, Wednesdays

Homeschool, Wednesdays

Hang @ the wall, ages 12-15, Fridays

DANCE

Kathak, ages 4 & up, Sundays

Bharatanatm, ages 6 & up, Sundays

HEALTH & WELL-BEING

CPR/AED/1st Aid, ages 11 & up

Babysitting CPR/AED/First Aid, ages 11-17

Smart Start, ages 12-17, Sundays

EXERCISE CLASSES

(included w/membership)

BARREFusion • Chair Yoga • EPIC • Gentle Yoga • High Fitness® • LesMills BodyPump™ • LesMills Pilates™ • LesMills Shapes™ • Silver Sneakers Classic® • S.T.R.A.P. • Step • Stretching • Strength & Conditioning • Tai Chi • TRX® • Y Cycle • Yoga • Zumba®

HEALTH & FITNESS PROGRAMS

Personal Training—programming in & out of sessions, flexible schedule, any skill level. Fill out wellness request form at the front desk or online.

Wellness Requests—available at the front desk or online to schedule complimentary Wellness Consultation, PT and Wellness Orientation.

YMCA FACILITY HOURS:

Monday - Friday 5:30am-9pm

Saturday & Sunday 9am-5pm

MARTIAL ARTS

Fencing, ages 12 & up, Tuesdays

Adult Shoshin Ryu, ages 13 & up, M,W,F

Youth Shoshin Ryu, ages 7-12, Fridays

Tae Kwon Do, ages 9 & up, M,W

SPORTS

Adult Noon Basketball—M,T,Th,F

Adult Volleyball—M,Th Evenings

Adult Over 50 Basketball—T,Th

Badminton/Pickleball, Sundays

Little Youth Soccer, ages 4-7, Spring 2026

Wildcat Basketball, 5th/6th Grades,
M-F (Jan-Feb)

Women's Basketball, Wednesday Evenings

Youth Volleyball, 4th-6th Grades, Sundays

BIRTHDAY PARTIES

Climbing Wall, Sat or Sun

Gym, Sat or Sun

Lu Interactive Sports, Sat or Sun

SOCIAL RESPONSIBILITY

TEEN CENTERS—In Española and Los Alamos offers a free space for teens to relax, reflect & learn.

FINANCIAL ASSISTANCE—Thanks to the generous support we receive from donors and sponsors.

GIVING BACK—The Y raises funds every year to support hundreds of families and individuals who need financial assistance to access childcare, programs and memberships. Funds also supplement Teen Center programming and ongoing operational needs.