

# DUNBAR Y FAMILY & COMMUNITY CENTER PROGRAM GUIDE

**Winter I Session** January 7–February 16 Registration: Member Dec 17, General Dec 24  
**Spring I Session** February 25–April 13 Registration: Member Feb 4, General Feb 11



## WITH THE NEW YEAR APPROACHING THE DUNBAR YMCA WILL HELP YOU AND YOUR FAMILY LIVE A HEALTHIER LIFE IN 2013!

### Make your weight-loss goals a reality for 2013

It may seem obvious to set realistic weight-loss goals. But do you really know what's realistic? Over the long term, it's best to aim for losing 1 to 2 pounds a week. To lose 1 to 2 pounds a week, you need to burn 500 to 1,000 calories more than you consume each day, through a lower calorie diet and regular exercise.

When you're setting goals, think about both process and outcome goals. "Exercise regularly" is an example of a process goal, while "Lose 30 pounds" is an example of an outcome goal. It isn't essential that you have an outcome goal, but you should set process goals because changing your processes - your habits - is a key to weight loss. Also make sure that your goals are SMART: specific, measurable, attainable, relevant and time-limited. An example of a SMART goal is aiming to walk for 30 minutes a day, five days a week for the next three months, and logging your results.

### FREE Wellness Assessments to All New Members

The wellness assessment will provide you with a baseline of your current health and our wellness staff will work with you to set achievable health and fitness goals.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### DUNBAR Y FAMILY & COMMUNITY CENTER

33 Oak Street, Springfield, MA 01109

springfieldy.org

413-788-6143



## ACTIVE OLDER ADULTS SENIOR HUB

### Senior Group Exercise (ages 65 and up)

If you're a senior seeking to improve your health and fitness level—or you just want to maintain your strength and mobility—we can help! Exercise classes are designed to help older adults maintain their cardiovascular health, strength, and flexibility. We welcome you to come and enjoy the benefits of working out in a group setting

### Senior Faith-based Book Club

Saturdays 11:00am-1:00pm

New book chosen each month – Come to share your thoughts/opinions about the book and get to know other people with similar interests. FREE to all members

### Computer classes for beginners

Mondays and Wednesday 11am – Noon

This is a beginning class for seniors to learn computer basics, e-mail and the Internet in a safe and fun environment. You can drop in to the class at any time and learn hands-on how to improve your computer skills based on your individual needs. Fee: Free to all members

### Special Interest Clubs

Meet people with similar interests - Gardening, Sewing/Knitting, and Spiritual Book Club

Groups meet Tuesdays and Thursdays at 11:00am

Free to all members

### Coming in 2013—New and Exciting Active Older Adults Activities!

If you are looking to get more involved and you're interested in chairing a committee for the AOA Senior HUB Club. Please contact Delaney Magoffin at 413.788.6143 ext. 116 or e-mail her at: [dmagoffin@springfieldy.org](mailto:dmagoffin@springfieldy.org)



## FOLLOW US! ON FACEBOOK AND TWITTER

# SPECIAL EVENTS AND PROGRAMS

## Healthy Exploration Days

Come meet the Health and Wellness Staff and learn more about the exciting programs we offer at Dunbar Y! You can even try out a new class or get individual tips from our personal trainers. Bring family and friends and get the chance to meet:

- Group exercise instructors
- Personal trainers
- Sports Directors
- Child Development Staff
- Our Executive Director Janice Watson
- Building Directors

Saturday, January 5 11:00am

Saturday, February 9 11:00am

Saturday, April 6 11:00am

FREE to public

## Local Heroes Guest Speaker Series - Spring 2012

Hear inspiring stories from individuals who have overcome many obstacles in life to pursue their dreams including Para Olympians and community leaders. Look out for publications in the near future for more details or check out our events calendar at [www.springfieldy.org](http://www.springfieldy.org). You may also contact Delaney Magoffin at 413.788.6143 ext. 116 with questions/suggestions. Light refreshments will be served.

Thursday, March 7 and Tuesday, April 9 5:00pm

\$5 per person

## ADULT PROGRAMS

### Adult Volleyball Night (Ages 14 and up)

Looking for volleyball enthusiasts to play and have fun in both organized and pick-up games throughout the year. We organize weekly volleyball practices, scrimmages and participate in inter-Y and city tournaments. Our volleyball program is co-ed. We encourage participants of all skill levels to come out and give this program a try.

Monday 6:00-7:30pm

Members Free Non-members \$40.00

### Netball

The YMCA Springfield Strikers Netball team is a Women's sport that brings people together. Women can join the team and become active participants of a game that is played all around the world. The team atmosphere builds confidence with the enjoyment of hardcore exercise.

Fridays 7:00-9:00pm

Saturdays 6:30-9:00pm

\$40

### Group Exercise

The Dunbar YMCA offers a variety of great group exercise classes including ZUMBA, Dance, Boxing, and many more. All classes are FREE with your membership! Please see our group exercise schedule for classes, days and times.

Members Free Non-members \$5 per class (With punch card only)

### Personal Training

This is where fitness gets personal—and so do the results. Enjoy the outstanding benefits of a certified AFAA personal trainer who will work with you—one-on-one—to create an exercise plan designed to achieve all of your fitness goals. Your trainer will assess your fitness level, determine benchmark goals, and develop a workout schedule that fits easily into your life! 1 hour per session.

Personal Fitness training for 1 \$20 per session

Personal Fitness training for 2 \$18 per person

Personal Fitness training for 4 \$15 per person

## Fitness Orientation

FREE Orientation to wellness center upon joining the Y. You will be introduced to the equipment in the fitness center and provided advice and tips on a personalized exercise regimen to help meet your goals.

## Boxing

Experience a complete body workout with a combination of boxing, weights, and core moves. This interval training workout will challenge your body with a combination of cardio and strength. The class ends with a series of core moves that will deliver results. Punch and Pump to a new level of fitness.

### Ages 10 and up

Mon & Wed 7:00-9:00pm

Fri 6:00-8:00pm

Members: \$15 per session

Non-members Ages 10-17: \$45 per session

Non-members 18+: \$55 per session

## Healthy Smart Behavior Program

During this 7 week program you will learn: healthy lifestyle choices, nutrition and proper eating, to be responsible for your own health, to honor your body and choices that reflect your health learn to motivate yourself and family to maintain long-term health lifestyle changes and will have a great time, meet new people and learn about yourself and community!

Winter Workshop: January 7-February 25

Spring Workshop: March 11-April 29

Member: \$10 Non-member: \$25 per person of 7-week session

## YMCA Bowling League (Age 18 +)

Sundays 6:00pm AMF Bowling Chicopee Lanes

Season: February 3-April 14

\$15 person/week, four per team

## Dunbar Y Six Feet & Under Basketball League (Age 18+)

Sign ups begin February 1-27

League runs March 15-May 15

\$400/team & \$30/referee.

## YOUTH PROGRAMS/SPORTS

Learn fundamentals for the following sport while enhancing Teamwork, listening and motor skills.

### Introduction to Basketball/Clinics (Ages 5-12)

Saturdays 9:00-9:50am

Members Free Non-members \$40

### Tennis (Ages 12 and Under)

#### After School Boys and Girls Tennis Skills Clinic

Participants will learn basic skills and team work during this fun, non-competitive class.

Tuesday 3:30-5:00pm

Saturday 9:15-10:50am

Members \$15 Non-members \$30

### Sports Sampler (Ages 3-12)

Saturday 10:00-10:50am

Not sure what sport your child likes? Why not try them all? Participants in this class will learn a new sport each week. They will discover soccer, basketball, tennis and more. Learn fundamentals while enhancing teamwork, listening and motor skills.

Members Free Non Members \$40

### Spring Soccer (Ages 12 and under)

Come and play with the Dunbar Soccer teams!

Sign ups begin Feb 15-March 20

Practices: Mon, Wed, Thu 6:00-7:30pm

Season Runs April - June

Members \$35 Non-members \$70

### Dunbar Y Youth Baseball Team (Ages 14 and under)

Sign-ups begin Feb 1–March 10

Practices: Tue, Wed, Thu 5:30–7:00pm

Season Runs March – May

\$50 members, Non-members \$80

### Winter Youth Basketball League

Sign up as an individual or register your team.

December 15–February 1

Ages: Bidy, 8–10, 11–12, 13–15, 16–18

Member \$35 Non-members \$70, \$150 per team (12 players per team)

### High School Basketball Tournament (Ages 14–18)

March 2013

Member \$35 Non-Members \$70

### YSPEED Track Team

Join the YMCA track team and participate in events such as 100m, 200m

Long Jump, Triple Jump and much more.

Sign-ups October 30

Season runs November 26–March 14

Practice:

Tue & Thu 5:00–7:00pm Dunbar Y

Fri 5:00–7:00pm Springfield Y

Members \$80 Non Members \$120

### Tyie Thomas Little Tots Dance (Ages 2–5)

Intro to dance for any little boy and girl interested in learning with child-friendly music. Tracey Thomas will teach various styles of dance step-by-step in an easy to learn format

Saturday 11:00–11:45am

Members Free Non-members \$40

### After School Enrichment at the Dunbar/YMCA School's Out

School's out is an after school, child care program that provides a safe and nurturing environment. Our curriculum includes: Homework Help, Arts & Crafts, Sports & Games, Literacy, Science and Snack. Children are bussed from their schools at dismissal time to one of our sites where care is provided until 6:00pm. We are open half days, snow days and school vacation weeks.

\$65 week (\$6 daily transportation fee may apply). We accept vouchers, offer financial aid and have EEC basic slots available.

Schools transported to the The Dunbar Y site include:

- Homer
- Ells
- Rebecca Johnson
- Veritas Prep
- William DeBerry

## TEEN PROGRAMS

### Y-AIM Program

- Achieve Academically
- Inspire to attend college
- Move toward personal, family and community advancement

The Y-AIM program is a year round program for High School students. Students receive one on one mentoring, academic tutoring, college exploration and tours, job explorations and placement, life skills workshops, goal setting and many more skills. Students are also involved in traditional YMCA programs such as Leaders club, Youth and Government, Music/Video production, Community Service and Volunteerism.

Join and become involved in the YAIM programs at the High School of Commerce, Sci-Tech, Springfield High, Dunbar Y, Springfield Y Family Center and North End Youth Center

### MPC! – Making Proud Choices!

Making Proud Choices! Is a FREE 12 week Teen Pregnancy Prevention program for teens ages 12 and older. Programs are offered to Churches, Youth groups or Agencies interested in having an MPC! program

Please contact Norman Davey at ndavey@springfieldy.org or 413-788-6143 x125 for more details.

### Expressive Writing (Ages 13–18)

Poetry, Creative Writing & Journalism Workshop Series. Program will showcase guest poets, journalists and authors.

Tuesday 4:30–6:30pm

Members Free Non Member \$40

### Dunbar's Teen Girl Group (Ages 12–18)

Girls involved in girl group will participate in fun group activities that highlight their skills and passion with focus on their future goals. Some programs are as follows:

- Girl Talk
- Etiquette Training
- Personal appearance
- Academic Help
- College Tours
- Field Trips
- Community and Humanitarian Service

Tuesdays 5:00–6:30pm

Members Free Non Members \$40

### Leaders Club

Club participants meet weekly to discuss club business, upcoming events and community service projects. Values clarification, volunteer service and character building are also part of the program. Teens have the opportunity to visit other clubs, take part in overnights and attend weekend rallies where they will meet with teens from all over New England.

Monday 6:00–7:00pm Springfield Y Family Center

Free to all Y-AIM participants

### Youth in Government

“Democracy must be learned by each generation” is the motto of Youth in Government. Participants learn about making a change in their community and follow the process up to an unforgettable weekend conference at the State House in Boston! The program also features three conferences at Massachusetts Colleges to prepare for the end of year event. The program runs October–April and meets weekly beginning in October.

Thursday 6:00–8:00pm Springfield Y Family Center \$100

### Teen Nights (Ages 14–18)

A night where teens can come dance, meet new people, while having fun in a safe and fun environment.

February 15, March 29, April 26, May 31

\$5.00

All teens must provide state or school ID to enter. Please contact John Lewis at 413-788-6143 x115 or jlewis@springfieldy.org for more information.

### SAT/PSAT Prep classes (Ages 15–18)

The first step toward reaching your college goals starts here. Come and Prepare for the SAT/PSAT by practicing your critical reading skills, Math problem solving skills, and Writing Skills.

Wednesdays 5:30–7:30pm

Saturdays 10:00am–12:00pm

Members \$100/session Non Members \$175/session (8 week sessions)

Refer a friend receive 10% discount

### Open Gym (Ages 13+)

Check monthly calendar for times.

Members are invited to enjoy a hassle free game of basketball, during open time period. Members only.

GROUP EXERCISE CLASSES					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Strength Training 10-10:45am	Chair Aerobics 10-10:45am	Senior Strength Training 10-10:45am	Chair Aerobics 10-10:45am	Senior Aerobics 10-10:45am	Zumba 10-11am
Tyrie Thomas (ages 6-12) 4:30 - 5:15pm	Total Body for Teens 4- 4:45pm	Zumba 6-7pm	TyrieThomas Dance (ages 13+) Beginners 4:30-5:30 Intermediate 5:30-6:30pm	Total Body for Teens 4-4:45pm	
Tyrie Thomas Dance (ages 13+) 5:15-6pm	Martial Arts 6-9pm	Boxing 7-9 pm	R & B Line Dance 6:30-8 pm	Boxing 7-9 pm	
Zumba 6-7 p.m.			Martial Arts 6-9pm		
Martial Arts 6-9pm					
Boxing 7-9pm					

DUNBAR Y MONTHLY MEMBERSHIP RATES - INCOME BRACKETS							
Membership Type	\$0 - \$15000	\$15000 - \$25000	\$25000 - \$34000	\$34000 - \$49000	\$49000 - \$64000	Standard rate	All Y Membership
Adult	\$4.00	\$10.00	\$16.00	\$22.00	\$30.00	\$45.00	\$57.00
Family	\$6.25	\$16.00	\$24.00	\$34.00	\$46.00	\$72.00	\$82.00
Senior	\$3.00	\$8.00	\$12.00	\$18.00	\$24.00	\$39.00	\$46.00
Teen	\$3.00	\$7.00	\$11.00	\$16.00	\$22.00	\$12.50	\$30.00

GYM SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 3:30-5:00	OPEN GYM 3:30-5:00pm	OPEN GYM 3:30-5:00pm	OPEN GYM 3:30-5:00pm	OPEN GYM 3:30-5:00pm	OPEN GYM 1-3PM
OPEN GYM 7:45-8:45PM	OPEN GYM 7:15-8:45PM	OPEN GYM 7:30-8:45PM	OPEN GYM 7:30-8:45PM	OPEN GYM 6:00-7:00pm	

## MORE GREAT PROGRAMS



The Mason Square Health Task Force (MSHTF) is a community coalition working to create equitable access to health resources, optimize health opportunities, eliminate environmental

barriers and build community capacity, leadership and accountability through tools that include information sharing, capacity building and policy change. The MSHTF seeks to identify, reveal and address the racial and ethnic inequities that negatively impact the Mason Square community. For more information contact Wanda L. Givens at 413-788-6143 or wgivens@msthf.org, masonsquarehealthtaskforce.org.

The following programs are not Dunbar Y programs but are housed at the Dunbar Y; please contact individual instructors for schedules.

### Martial Arts

Shihan Paul Johnson – Youth will come and learn about discipline, concentration and work ethic through the Martial Arts with Shihan Johnson and Black Belts trainers. Contact Paul Johnson at 413-896-7017 for info.

### Line Dance

This is a dance/exercise adult fun program that will get that heart pumping. It is program that any age or health condition can participate; you go at your own pace. Contact Andrew Cade at andrew6503@aol.com

### Living Legends Men's Basketball League

January 1–March 16

Please contact Tony Pettaway for details tpettaway@juno.com

### LIMITED TIME OFFER

10-visit Group Exercise punch card available for non-members.

Come try out group exercise classes for only \$5 per class!

### BUY 3 GET ONE FREE

Sign up 3 friends for group personal training session and the 4th friend is Free. All classes are taught by certified AAFA trainer.

### Hours of Operation

Monday-Friday 9:00am-9:00pm

Saturday 9:00am-3:00pm

(Wellness center closes ½ hour prior to facility)