

## Who We Are

### BCYF Roche Family Community Center

A George Robert White Trust Facility

617-635-5066 1716 Centre Street [rohecc@boston.gov](mailto:rohecc@boston.gov)

Our mission is to enhance the quality of life of Boston's residents by partnering with various organizations to offer a wide range of comprehensive programs and activities according to neighborhood needs and interests.

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.

### 2023 Holidays

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

Indigenous Peoples' Day	October 9th
Veterans Day (observed)	November 10th
Thanksgiving Day	November 23rd
Christmas Day	December 25th

**Classes scheduled on a holiday or Boston Public School (BPS) snow day will be canceled for the day and will not be made up.**

### Boston Centers for Youth & Families Program Registration

**How to register for BCYF programs at BCYF Roche Center:**

**Participants must create an account on**

[www.boston.gov/bcyf-roche](http://www.boston.gov/bcyf-roche)

**Directions on how to set up account:**

[BCYF Perfect Mind registration instructions](#)

**Free classes are for City of Boston residents only. Proof of residency is required.**

**Classes scheduled on a holiday or Boston Public School (BPS) snow day will be canceled for the day and will not be made up.**

Follow BCYF on Instagram @bcyfcenters

**The West Roxbury Community Centers (WRCC) Council is a not-for-profit community based organization that works in partnership with Boston Centers for Youth & Families (BCYF) to provide quality arts, character, education and sports programs.**

### 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 4<sup>th</sup> Thursday of each month at 7pm. If you would like additional information call 617-635-5066. We welcome your thoughts!

### WRCC Board Members

Kathy Gallant, President	James McDonough	Patrice Sullivan
Ginny Carroll, Vice President	Michael Hamrock	Jay Walsh
Ann Marie Russell, Secretary	Bonnie Houston	
Mike Lynch, Treasurer		

Any program questions or concerns; you can contact us by emailing

[westroxburycc@comcast.net](mailto:westroxburycc@comcast.net)

Follow us on Instagram @westroxburycommunitycenter

### Program Registration

Registration for **Session 1** (beginning September 11th) will take place online beginning **August 30th at 9am**. Registration for **Session 2** (beginning November 6th) will take place online beginning **October 23rd at 9am**. Please call 617-635-5066 with questions on programs. **FREE** classes are for **CITY OF BOSTON RESIDENTS only**. The Center reserves the right to cancel programs due to insufficient registration. Space is limited for all classes.

**To Register for programs, please visit [www.bcyf.perfectmind.com](http://www.bcyf.perfectmind.com)**

### Program Registration Policy

1. There are no refunds given after registration is taken for a program, if a fee is charged.
2. Transfers will not be issued after the 1st week of a session.
3. Due to limited space on teen trips once a registration is accepted by BCYF, no refunds, credits, or transfers/substitutions will be given if a teen does not attend.
4. We reserve the right to deny current/future enrollment of teen programs if cancellation is made without 48 hours notice.

### Attendance Policy

Due to the popularity of our programming, if a member misses two classes, you will be removed from the class for the session.

## Preschool Programs

\*Free programs are for City of Boston Residents only

### Sticky Fingers

This parent and child class is teacher directed with activities such as crafts, paint, play doh, sand play, chalk, etc. Come on in and get messy!

#### Session 1 begins the week of September 11, 2023

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

#### Session 2 begins the week of November 6, 2023

Session	Age	Day	Time	Code
2	18 months – 3.5	Tuesday	9:30 – 10:15 am	SF7
2	18 months – 3.5	Wednesday	9:30 – 10:15 am	SF8
2	18 months – 3.5	Thursday	9:30 – 10:15 am	SF9
2	18 months – 3.5	Tuesday	10:15-11:00am	SF10
2	18 months – 3.5	Wednesday	10:15-11:00am	SF11
2	18 months – 3.5	Thursday	10:15-11:00am	SF12

**Instructor: Donna Mattimoe**

### Toddler Time

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 September 11, 2023

Session	Age	Day	Time	Code
1	Crawling - 3	Monday	10:15-11:00am	TT1
1	Crawling - 3	Tuesday	9:30-10:15am	TT2
1	Crawling - 3	Wednesday	9:30-10:15am	TT3
1	Crawling - 3	Monday	11:00-11:45am	TT4
1	Crawling - 3	Tuesday	10:15-11:00am	TT5
1	Crawling - 3	Wednesday	10:15-11:00am	TT6

#### Session 2 begins the week of November 6, 2023

Session	Age	Day	Time	Code
2	Crawling - 3	Monday	10:15-11:00am	TT7
2	Crawling - 3	Tuesday	9:30-10:15am	TT8

2	Crawling - 3	Wednesday	9:30-10:15am	TT9
2	Crawling - 3	Monday	11:00-11:45am	TT10
2	Crawling - 3	Tuesday	10:15-11:00am	TT11
2	Crawling - 3	Wednesday	10:15-11:00am	TT12

**Instructor: Lindsey Keogh**

### Zumba Baby: Bring Your Child to Workout Day!

Get sweaty (with your baby)! Kids of all ages are welcome, but not required to attend! This session in the gym at the Roche community center is designed to give parents & caregivers a morning workout while stimulating the youngsters with them (all ages welcome). Join Trudy as she leads you in dances and toning to world rhythms. Use your baby as a dumbbell or encourage your toddler to dance along with you; the goal is to get happy and sweaty! Finish off with a yoga-infused cool down to send you home smiling. No judgment ever, no previous dance background necessary - Just a water bottle and a sense of humor :)

#### Session 1 begins the week of September 11, 2023

Session	Age	Day	Time	Code
1	Adult (18 & up)	Friday	9:30 - 10:15 am	ZB1

#### Session 2 begins the week of November 6, 2023

Session	Age	Day	Time	Code
2	Adult (18 & up)	Friday	9:30 - 10:15 am	ZB2

**Instructor: Trudy Roddy**

### Boogie with Your Baby

Come move, groove and sing with your baby! This interactive course for children and their caregivers will provide a fun space to practice basic EYFS (early years foundation stage) skills through music and movement to both classic and new tunes. You'll even learn some Spanish and French in the process :)

#### Session 1 begins the week of September 11, 2023

Session	Age	Day	Time	Code
1	18 months - 2.5	Monday	9:30 - 10:15 am	BB1

#### Session 2 begins the week of November 6, 2023

Session	Age	Day	Time	Code
2	18 months - 2.5	Monday	9:30 - 10:15 am	BB2

**Instructor: Trudy Roddy**

# Youth Programs

\*Free programs are for City of Boston Residents only

## Pee Wee Basketball

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 September 11, 2023

Grade	Day	Time	Code
K2-1st	Wednesday	4:00-4:45pm	PWB1
K2-1st	Thursday	4:45-5:30pm	PWB2
2 <sup>nd</sup> -3 <sup>rd</sup>	Wednesday	4:45-5:30pm	PWB3
2 <sup>nd</sup> -3 <sup>rd</sup>	Thursday	4:00-4:45pm	PWB4

### Session 2 begins the week of November 6, 2023

Grade	Day	Time	Code
K2-1st	Wednesday	4:00-4:45pm	PWB5
K2-1st	Thursday	4:45-5:30pm	PWB6
2 <sup>nd</sup> -3 <sup>rd</sup>	Wednesday	4:45-5:30pm	PWB7
2 <sup>nd</sup> -3 <sup>rd</sup>	Thursday	4:00-4:45pm	PWB8

## Wide World of Sports

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

### Session 1 begins the week of September 11, 2023

Grade	Day	Time	Code
2 - 4	Friday	4:45 - 5:30pm	WW1

## Zumba Kids with Trudy

Come get your wiggle and your giggle on with Ms Trudy! She'll have you happy and sweaty as you shake to Latin, hip hop and world rhythms alike in a judgement-free zone. No previous dance background required. Please bring sneakers, water bottle and a towel or yoga mat (if you have one).

### Session 1 begins the week of September 11, 2023

Session	Age	Day	Time	Code
1	6-10	Monday	4 - 4:30pm	KIDZUM1

### Session 2 begins the week of November 6, 2023

Session	Age	Day	Time	Code
2	6-10	Monday	4 - 4:30pm	KIDZUM2

**Instructor: Trudy Roddy**

## Babysitting Lessons & CPR/First-Aid Age 11 and up

Babysitter lessons and CPR/First Aid certification. A three hour training in which students will learn how to interact with kids of all ages and how to keep them safe with First Aid and CPR. There is a \$15 certification fee payable to the instructor due day of class. Students should bring a self addressed envelope with postage to the first day of class.

Age	Day	Time
11 and up	Mon. Nov. 20	4:30 - 7:30 pm

**Instructor: Maryellen McNally**

## Home Alone Safety Class Age 8 & Up

Home Alone Safety is a one-time 2-hour class that covers what to do in a variety of situations as well as learn basic first aid.

Age	Day	Time
8 and up	Mon. Sept. 25	4:30 - 6 pm

**Instructor: Maryellen McNally**

## Babysitting Lessons & Safety Training Age 9 - 10

This is NOT a certification class. Students will learn how to interact with kids of all ages as well as basic safety measures.

Age	Day	Time
9 - 10	Tues. Oct. 24	4:30 - 6:30 pm

**Instructor: Maryellen McNally**

## WRCC BASKETBALL LEAGUE

### Boys & Girls Basketball Leagues

**Grades 3 - 6**

**Fee: \$ 90 (To register: [bit.ly/wrcc1716](http://bit.ly/wrcc1716))**

Sign up now for the 26th season of WRCC's Boys/Girls House League!! This program consists of team concepts and competitive games. Teams will be determined by grade and scrimmage evaluations. Each team will practice once a week and play games on Saturdays. Attendance at weekly practice is mandatory. Coaches are needed to assist with the league, if you are interested in coaching please contact Rich at 617-635-5066.

### House League Practice Schedule

Practices will begin the week of November 13, 2023.

Practices are between 5:00 – 8 pm

House League Division Practice Night

Girls 3&4	Monday
Boys 5&6	Tuesday
Boys 3&4	Wednesday
Girls 5&6	Thursday

**Games will be played on Saturdays beginning November 18, 2023.**

Scrimmage evaluations for the Boys & Girls will be held on Saturdays beginning in October at the BCYF Roche Center. Players must attend one of the Saturdays to be evaluated before he/she will be assigned to a team.

Grades	Dates	Day	Time
Girls 3&4	October 7	Saturday	10am - 12pm
Boys 3&4	October 7	Saturday	1pm - 3pm
Girls 5&6	October 14	Saturday	10am - 3pm
Boys 5&6	October 14	Saturday	1pm - 3pm
Girls 3&4	October 21	Saturday	1pm - 3pm
Boys 3&4	October 21	Saturday	10am - 12pm
Girls 5&6	October 28	Saturday	1pm - 3pm
Boys 5&6	October 28	Saturday	10am - 12pm

*\*Players must register for the House League by September 22nd in order to be ensured a spot on a team.*

**Boys' Teen Basketball League**

**Grades 7 - 9**

**Fee: \$ 90 (To register: [bit.ly/wrcc1716](http://bit.ly/wrcc1716))**

Sign up now for the WRCC Teen House League! Teens will play at the BCYF Roche Center on Friday nights. Pre-registration for the league is required as space is limited to 6 teams.

*\*Players must register by November 10th and be available Friday, November 17<sup>th</sup> for evaluation. League starts December 1st.*

Grades	Day	Time
7-9	Friday	5:00 - 8:00pm

**Coaches Team Packet Pick-Up**

Coaches are needed for all our leagues. If you are interested in coaching email Rich at [richard.burton@boston.gov](mailto:richard.burton@boston.gov). All coaches must complete a CORI and SORI. **Packet Pick-Up Wednesday, November 8<sup>th</sup> at 7 pm.**

**House League Co-ed Skills Clinic**

**Grades 3 - 6**

Come down and work on your skills before the House League begins. This clinic will have you prepared for evaluations and ready to play.

**Session begins the week of September 11, 2023**

Grades	Day	Time	Code
3-4	Wednesday	5:30 - 6:15 pm	SKILLS1
5-6	Thursday	5:30 - 6:15 pm	SKILLS2

**Teen Referee Clinic**

Are you a teen (10th - 12th grade,) interested in refereeing our House League this season? Must be available to work Saturdays from November until March 2024. Please call the Roche Center for more info! 617-635-5066

**Teen Programs**

**Grades 6 & up**

\*Free programs are for City of Boston Residents only

**Teen Center Program Grades 6 – up**

The Roche Teen Center is for youth Grades 6 & up. This is a chance for teens to come together with friends and have an opportunity to meet new friends in a relaxed environment. Access to our Teen Center drop-in requires pre-registration on [bcyf.perfectmind.com](http://bcyf.perfectmind.com). Our Youth Workers are eager to meet and work with the teens of the Parkway area. Please feel free to contact our Youth Workers with questions: Paul [paul.fahey@boston.gov](mailto:paul.fahey@boston.gov) or Delia [delia.mcinerney@boston.gov](mailto:delia.mcinerney@boston.gov)

**Teen Center Drop In**

Monday - Friday 2:30 - 6pm (hours subject to change)

**Teen Center opens on Tuesday, September 26th**

To register for the Teen Center drop-in and programs, teens must meet with one of our youth workers prior to September 26th. Please stop by the Roche Center during the weeks of September 11th or September 18th, Monday through Friday during teen center hours.

**Teen Center Field Trips**

Please keep an eye on [www.boston.gov/bcyf-roche](http://www.boston.gov/bcyf-roche) 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 [paul.fahey@boston.gov](mailto:paul.fahey@boston.gov) or [delia.mcinerney@boston.gov](mailto:delia.mcinerney@boston.gov). Pre-registration is required for all TCOC Events as space is limited. Due to the limited number of slots for teen trips, once registration is accepted by BCYF Roche Center; no refunds, credits, or transfers/substitutions will be given if a teen does not attend. WRCC reserves the right to deny current/future enrollment of teen programs if cancellation is made without 48 hours notice. Parents/guardians must fill out permission slips for all trips. Participants must be at the BCYF Roche Center ½ hour before the scheduled time.

**Teen Trips**

Join us for these Friday Night Teen Trips! All trips are for grades 6 and up.

**\*Dates/Times are subject to change\***

Date	Event	Time	Cost	Registration Date
Oct. 13th	Screenfest! @ Canobie	4 - 11pm	\$50	Sept. 29th

## Teen Nights

Join us on these special Fun Teen Nights at the Roche Center! Events are for 6th grade and up. **\*Dates/Times are subject to change\***

Date	Event	Time	Registration date
Nov. 17	Trivia Night	6:00pm	Nov. 3rd
Dec. 8	Glow in the Dark Dodgeball	5:30pm	Nov. 24th

## Adult Programs

\*Free programs are for City of Boston Residents only

### Yoga Flow

This class is structured to open the body and relax the mind. Students will explore the subtleties of the postures and observe the nuances of the breath to cultivate a mind that is both quiet and alert.

#### Session 1 begins the week of September 11, 2023

Ages	Day	Time	Code
Adult	Wednesday	6:00-7:15pm	FLOW1

#### Session 2 begins the week of November 6, 2023

Ages	Day	Time	Code
Adult	Wednesday	6:00-7:15pm	FLOW2

**Instructor:** Ines Hudson

### Gentle Yoga

This practice is for both new and experienced students to explore postures and breathing at a slower pace. The class is tailored to help participants stretch, strengthen. Balance and energize. Class ends with relaxation and a short meditation. Suitable for all levels

#### Session 1 begins the week of September 11, 2023

Ages	Day	Time	Code
Adult	Thursday	9 - 10:00am	GYOGA1

#### Session 2 begins the week of November 6, 2023

Ages	Day	Time	Code
Adult	Thursday	9 - 10:00am	GYOGA2

**Instructor:** Ines Hudson

### Zumba Fit

A new spin on a classic - Trudy's original approach to Zumba will have your (whole) body bouncing to latin, hip hop and world beats all while toning your arms, tightening

your abs, and popping your peach (aka your booty)! Followed by a deep yoga-infused cool down stretch.

#### Session 1 begins the week of September 11, 2023

Ages	Day	Time	Code
Adult	Tuesday	6 - 6:45pm	ZUM1

#### Session 2 begins the week of November 6, 2023

Ages	Day	Time	Code
Adult	Tuesday	6 - 6:45pm	ZUM2

**Instructor:** Trudy Roddy

### Zumba Baby: Bring Your Child to Workout Day!

Get sweaty (with your baby)! Kids of all ages are welcome, but not required to attend! This session in the gym at the Roche community center is designed to give parents & caregivers a morning workout while stimulating the youngsters with them (all ages welcome). Join Trudy as she leads you in dances and toning to world rhythms. Use your baby as a dumbbell or encourage your toddler to dance along with you; the goal is to get happy and sweaty! Finish off with a yoga-infused cool down to send you home smiling. No judgment ever, no previous dance background necessary - Just a water bottle and a sense of humor :)

#### Session 1 begins the week of September 11, 2023

Session	Age	Day	Time	Code
1	Adult (18 & up)	Friday	9:30 - 10:15 am	ZB1

#### Session 2 begins the week of November 6, 2023

Session	Age	Day	Time	Code
2	Adult (18 & up)	Friday	9:30 - 10:15 am	ZB2

**Instructor:** Trudy Roddy

### Knitting for Adults

Come learn how to knit and purl for beginners.

#### Session 1 begins the week of September 11, 2023

Ages	Day	Time	Code
Adult	Tuesday	5:30-7:30pm	KN1

#### Session 2 begins the week of November 6, 2023

Ages	Day	Time	Code
Adult	Tuesday	5:30-7:30pm	KN2

**Instructor:** Jean Shaw

### Bridge Group

**Wednesday's 10:30am**

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

## Pickleball

### Friday 10:30am - 12:30pm

Join us for a pick up Pickleball game at the BCYF Roche Center gym. Pickleball is a fun game that is played with a perforated plastic baseball (similar to a whiffleball) 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. Registration opens at 7:30am every Friday.

## Senior Programs

\*Free programs are for City of Boston Residents only

## Yoga for Seniors

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

Wear comfortable clothing. Please note there will be a welcome back social at the end of each first class of the semester. **Students must preregister for each session. Space is limited.**

### Session 1 begins the week of September 11, 2023

Ages	Day	Time	Code
Senior	Tuesday	10:30-11:30am	SY1
Senior	Wednesday	12:30-1:30pm	SY2
Senior	Thursday	10:30-11:30am	SY3

### Session 2 begins the week of November 6, 2023

Ages	Day	Time	Code
Senior	Tuesday	10:30-11:30am	SY4
Senior	Wednesday	12:30-1:30pm	SY5
Senior	Thursday	10:30-11:30am	SY6

**Instructor: JoAnn Arone**

## Ping Pong for Seniors

### Friday 10am - 12pm

Registration opens at 7am every Friday.

## Senior Book Club

Join us on the 2<sup>nd</sup> Thursday of the month at 11:30am. The next meeting is September 14<sup>th</sup>.

**2nd Thursday of the month                      11:30am**

## Senior Special Events - Check in with us often as we will add special events!

*All events begin at 11:30AM*

Senior Fall Floral Arrangement - Tuesday, September 19th

Senior Trivia - Thursday, November 9th

Senior Holiday Floral Arrangement - Tuesday, December 12th

## WRCC Senior Holiday Luncheons

Fee: FREE

Lunch will be served at noon. To register, please call the Roche Center at 617-635-5066 or stop by the front desk. Space is limited.

**Thanksgiving Day Luncheon - Friday, November 17, 2023**

**Holiday Luncheon - Friday, December 15, 2023**