

BCYF Curtis Hall Community Center

GYM SCHEDULE - Oct. 2022 - Dec. 2022 (Tentative Schedule Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Workout 7:00-8:30am	Pickleball 7:00-9:30am	Morning Workout 7:00-8:30am	Pickleball 7:00-9:30am	Morning Workout 7:00-8:00am	Zumba (low intensity) 9:00-10:00am
Playgroup 9:00-12:00pm	GYM CLOSED 10-11:00am	Playgroup 9:00-12:00pm	GYM CLOSED 10-11:00am	Open Gym Basketball Run Age Group: 30+ 8:00-9:30am	Curtis Hall Basketball High School League 10:15-1:30pm
Senior Fitness 1:00-2:00pm	Physical Fitness Age Group 18+yo 11:00-1:00pm	Senior Fitness 1:00-2:00pm	Physical Fitness Age Group 18+yo 11:00-1:00pm	Playgroup 10:00-12:00pm	Open Gym Age Group: 17 and under 3:00-4:30pm
Skills & Drills with Coach T Age Group: 16 and under 2:30-4:00pm	Open Basketball Run Age Group: 16 and under 2:30-4:00pm	Jump Program Age Group: 11-17 2:00-3:00pm	Open Basketball Run Age Group 16 and under 2:30-4:00pm	Open Gym Age Group: 17 and under 2:00-4:00pm	
Open Gym Age Group: 16 and under 4:15-6:15pm	Girls Skills & Drills Age Group: 10-17yo 4:30-6:30pm	Pee Wee Skills & Drills Age Group:5-9 3:00-4:15pm	Girls Skills & Drills Age Group 10-17 4:30-6:30pm	Curtis Hall Basketball Club 4:30-6:30pm	
Zumba (medium intensity) 7:30-8:30pm	Women's Open Run Basketball 7:00-8:30pm	Curtis Hall Basketball Club 4:30-6:30pm	Adults Soccer Night 7:00-8:30pm	Self Defense Age Group: 13+ yo 6:45-8:15pm	
		Zumba Kids Age Group:4-6 6:45-7:15pm			
		Zumba Kids Age Group:7-11 7:15-7:45pm			

BCYF Curtis Hall Community Center

COMPUTER LAB SCHEDULE - Sept. 2022 - Dec. 2022

Older Adults (Educational Courses ► Computer Literacy)			
Online Health & Wellness apps for older adults	Begins: Various starting dates, please check online	Mon. Wed. Fri.	12:30-1:30 p.m.
Adults & Older Adults (Educational Classes)			
Free Internet, printing & office software	Begins: N/A	Fridays 2:15-3:15 p.m.	
Adults & Older Adults (Educational Courses ► Computer Literacy)			
Intro. to Craigslist	Begins: Various starting dates, please check online	Tues. & Thurs.	12:30-1:30 p.m.
Intro. to Microsoft (Email) Account	Begins: Various starting dates, please check online	Tues. & Thurs.	2:15-3:15 p.m.
Intro. to Online Banking, Venmo, PayPal and more	Begins: Various starting dates, please check online	Mon. & Wed.	2:15-3:15 p.m.
Teens (Educational Courses ► Computer Literacy)			
Intro. to Photo Editing for Teens using Pixlr	Begins: Various starting dates, please check online	Tues. & Thurs.	4:45-5:45 p.m.
Youth (Educational Courses ► Computer Literacy)			
Keyboarding tutorial for kids	Begins: N/A	Mon. Wed. Fri.	4:45-5:45 p.m.
Adults (Educational Courses ► Computer Literacy)			
Applying for Jobs	Begins: Various starting dates, please check online	Mon. Wed. Fri.	6:30-7:30 p.m.
Intro. to starting an ecommerce business	Begins: Various starting dates, please check online	Tues. & Thurs.	6:30-7:30 p.m.
Last day of registration is <u>2 weekdays</u> before the course is scheduled to begin.			
Register at: bcyf.perfectmind.com			
Please Note: Face mask is recommended.			



Pre-registration online is required for all activities prior to arrival at Curtis Hall.
Register at BCYF.PERFECTMIND.COM



**Curtis Hall Tel:
617.635.5193**

Boston.gov/BCYF-Curtis-Hall

@BCYFcenters

BCYF Curtis Hall Community Center - POOL SCHEDULE - Oct. 2022 - Dec. 2022
(Tentative Schedule Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	<p align="center">Please Note: Lap Swim is NOT PERMITTED during Recreational Swim</p>
	Adult Swim Lessons 7:00-7:45am		Swim Stroke Clinic 7:00-7:45am		
Lap Swim 7:00-7:45am	Lap Swim (only 2 lanes) 7:00-7:45am	Lap Swim 7:00-7:45am	Lap Swim (only 2 lanes) 7:00-7:45am	Lap Swim 7:00-7:45am	
Lap Swim 8:00-8:45am	Lap Swim 8:00-8:45am	Lap Swim 8:00-8:45am	Lap Swim 8:00-8:45am	Lap Swim 8:00-8:45am	
Lap Swim 9:00-9:45am	Lap Swim 9:00-9:45am	Water Fitness* 9:00-10:00am	Lap Swim 9:00-9:45am	Water Fitness* 9:00-10:00am	
Burke School 10:00am-12:00pm	Pool Closed (Deep Cleaning) 10:00-11:00am	English High 10:00am-12:00pm	Pool Closed (Deep Cleaning) 10:00-11:00am	Fenway School 10:00am-12:00pm	
Pool Closed 11:00am-12:00pm	Pool Closed 11:00am-12:00pm	Pool Closed 11:00am-12:00pm	Pool Closed 11:00am-12:00pm	Pool Closed 11:00am-12:00pm	
Recreational Swim 12:15-1:00pm	Recreational Swim 12:15-1:00pm	Recreational Swim 12:15-1:00pm	Recreational Swim 12:15-1:00pm	Recreational Swim 12:15-1:00pm	
Recreational Swim 1:15-2:00pm	Recreational Swim 1:15-2:00pm	Bubbles with Bladimil 1:15-2:00pm	Recreational Swim 1:15-2:00pm	Recreational Swim 1:15-2:00pm	
Recreational Swim 2:15-3:00pm	Water Fitness* 2:00-3:00pm	Recreational Swim 2:15-3:00pm	Recreational Swim 2:15-3:00pm	Recreational Swim 2:15-3:00pm	
Recreational Swim 3:15-4:00pm	Recreational Swim 3:15-4:00pm	Recreational Swim 3:15-4:00pm	Recreational Swim 3:15-4:00pm	Recreational Swim 3:15-4:00pm	
Recreational Swim 4:15-5:00pm	Recreational Swim 4:15-5:00pm	Recreational Swim 4:15-5:00pm	Recreational Swim 4:15-5:00pm	Recreational Swim 4:15-5:00pm	
Pool Closed 5:00-6:00pm	Pool Closed 5:00-6:00pm	Pool Closed 5:00-6:00pm	Pool Closed 5:00-6:00pm	Pool Closed 5:00-6:00pm	
Beginner Swim Lessons 6:15-6:45pm	Recreational Swim 6:15-7:00pm	Recreational Swim 6:15-7:00pm	Water Fitness* 6:15-7:15pm	Family Swim 6:15-7:00pm	
Lap Swim 7:00-7:45pm	Lap Swim 7:15-7:50pm	Lap Swim 7:15-7:50pm	Lap Swim 7:30-8:00pm	Family Swim 7:15-8:00pm	
Lap Swim 7:50-8:30pm	Lap Swim 7:55-8:30pm	Lap Swim 7:55-8:30pm	Lap Swim 8:00-8:30pm		

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* Fee required

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