

Bienvenidos a la Y



Jessica Murray, Rocío Díaz y Kaira Cabrera en la mesa de bienvenida durante la jornada de puertas abiertas al Lawrence Y, celebrada el jueves, 10 de octubre de 2019. Pg. 13

Welcome to the Y

Jessica Murray, Rocío Díaz and Kaira Cabrera at the welcoming table during the Lawrence Y open house held Thursday, October 10, 2019. Pg. 13

Semana Hispana celebró Orgullo Hispano



Durante la celebración de Orgullo Hispano, Nanyeli Pérez fue introducida como Presidente del Junior Board de Semana Hispana. Desde esta página le damos la bienvenida. Pg. 11

Reciclaje obligatorio viene a Lawrence

Mandatory recycling coming to Lawrence

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Hispanic Week hosted Hispanic Pride

During the celebration of Hispanic Pride, Nanyeli Perez was introduced as President of the Junior Board of Hispanic Week. From these pages we welcome her. Pg. 11

Dos que sirven en LRA ilegalmente Two serving illegally in LRA

(Photos / Fotos from their Facebook pages)



Alvaro B. Pérez

According to Massachusetts General Laws Chapter 121B, Section 6, "A member of a housing or redevelopment authority who ceases to be a resident of the city or town shall be removed upon the date of his change of residence by operation of law."

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Evan Silverio, Chairman

De acuerdo con la Sección 6 del Capítulo 121B de las Leyes Generales de Massachusetts, "Un miembro de una autoridad de vivienda o reurbanización que deje de ser residente de la ciudad o pueblo será removido en la fecha de su cambio de residencia por operación de ley". Pg. 7

Passing the torch?



It happens during the Fire Prevention Day at the Fire Department; Fire Chief Brian Moriarty was helping his granddaughter Lilly come down the pole like a real firefighter. Pg. 12

¿Pasando la antorcha?

Sucedió durante el Día de Prevención de Incendios en el Departamento de Bomberos; El jefe de bomberos Brian Moriarty estaba ayudando a su nieta Lilly a bajar por el poste como un verdadero bombero. Pg. 12

Open Meeting Law violation

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Bienvenidos a la Y

Por Alberto Surís

El jueves, 10 de octubre la YMCA de Lawrence llevó a cabo una recepción a puertas abiertas, invitando a todo el que estuviera interesado, a recorrer las nuevas instalaciones que se han inaugurado como parte de la remodelación que se está llevando en la Y de Lawrence.



Frank Kenneally, Merrimack Valley CEO welcomed visitors along with Marko Duffy, James Kapelson, Dianne Andriolo and Anne Whalen.



Great place to do Zumba! They offered classes that evening.



Acting Executive Director of the Lawrence Branch Catherine Redard showing the new lockers next to the swimming pool. The new gadget on the right is to spin the water out of bathing suits.

La Directora Ejecutiva Interina de Lawrence Branch, Catherine Redard, muestra los nuevos armarios junto a la piscina. El nuevo dispositivo a la derecha es para exprimir y sacar el agua de los trajes de baño.

Welcome to the Y

By Alberto Suris

On Thursday, October 10, the YMCA of Lawrence held an open-door reception, inviting everyone who was interested, to tour the new facilities that have been inaugurated as part of the remodeling that is taking place at the Lawrence Y.



The Wellness Center has been made brighter and it is loaded with new, modern equipment.

El gimnasio luce más atractivo con más claridad y tiene equipos nuevos, más modernos.

Fíjese en los beneficios que adquiere con una membresía en la YMCA de Lawrence. Los precios no tienen comparación y de 4 a 8 de la noche, tiene cuidado de niños gratis mientras que utiliza cualquiera de las facilidades incluido en su mensualidad.

Notice the benefits you acquire with a membership in the Lawrence YMCA. The prices have no comparison with other gyms and from 4 to 8 at night, they offer daycare for free while using any of the facilities included in your monthly payment.

THE Y IS FOR HEALTHY LIVING

Through the Y people and families build and maintain healthy habits for their everyday lives. We help improve individual and community health through programs that promote wellness, reduce risk of disease and help people reclaim their health.

Active Learning

- STEM Experiences
- Education Achievement
- Fun Competitions
- Music Clubhouse

Aquatics

- Swim Lessons
- Swim Fitness Classes
- Water Exercise

Group Fitness

- Aquasize
- TRX®
- Yoga
- Zumba®
- Step
- Strength Training
- And More...

Personal Training & Wellness

- Personal Training
- Semi Private
- Performance & Functional Training
- Free Weights
- Small Group
- Cardio Equipment

Specialty Programs

- LiveSTRONG® at the YMCA
- Corporate Memberships Plans
- Special Programs
- Health Fairs
- Guest Speakers
- Social Events
- And More!

Amenities

- Child Watch Service
- Gymnasium
- Steam Room & Saunas
- Lap Pool
- Wellness Center
- Men's, Women's, Youth & Family Locker Rooms
- WiFi

LAWRENCE & METHUEN YMCA BETTER TOGETHER MEMBERSHIP RATES

Household Max. of 4 adults in same household & dependents	\$58.50/month	Adult 30-64 Years	\$32.50/month
Family 2 2 Adults & dependents living in the same household	\$55.00/month	Young Adult 19-29 Years	\$25.00/month
Family 1 1 Adult & dependents living in the same household	\$38.50/month	Teen 13-18 Years	\$9.00/month
Couples 2 adults in same household & no dependents	\$50.00/month	Youth 6-12 Years	\$8.00/month
Senior Citizen 65 Years and Over	\$21.00/month	Preschool 6 Months-5 Years	\$8.00/month
Senior Couples Two adults age 65+ in the same household	\$40.00/month		