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## YMCA greets fall with a host of programs

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By Matt Rocheleau, Globe Correspondent

Autumn is just around the corner after a summer that's had most Bay Staters reaching for the rain umbrella and boots instead of the beach umbrella and sandals.

And, Needham's Charles River YMCA is inviting local residents to bid summer farewell and welcome the fall as the center launches the next season's programs with its free-to-all, member-or-not, "Aloha to the Summer" party and picnic on Sept. 11, from 5 to 7 p.m.

Several new programs will be offered this fall, and the center plans to move the popular yoga and pilates classes into a renovated space by mid-September, said the location's marketing director, Kara O'Connor.

Immediate family members of deployed military personnel can now receive free six-month memberships at the Charles River and other Greater Boston YMCAs, as part of the new Armed Services YMCA and Department of Defense Outreach

The center is also introducing an hour-long, weekly fitness workout boot camp, which features a combination of high-intensity calisthenics, cardio, plyometrics and strength exercises; and it will add a girls outdoor running club for fourth through eight graders.

The "Play Group" will allow families an opportunity to meet while playing in a safe environment with an experienced YMCA babysitter.

The Charles River center, and other YMCA of Greater Boston locations, participate in the "Always Welcome At YMCAs" (AWAY) program which allows members to utilize other YMCA facilities across the country. AWAY members are given five free visits if their home YMCA is more than 50 miles from Needham and pay a reduced, \$7.50 guest fee for all subsequent visits.

Fall program registration can be done online or in person and begins Aug. 24 for current members, Aug. 26 for youth members and Aug. 31 for everyone else.

For more on the Needham YMCA's fall programs, see the recently released fall [brochure](#).

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