

MARCH PRIME TIME SCHEDULE FOR TEENS, TWEENS & FAMILIES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
2:15 – 3:15 pm Teen/Tween Open Gym Gym 1	2:15 – 3:15 pm Teen/Tween Open Gym Gym 1	2:15 – 3:15 pm Teen/Tween Open Gym Gym 1	2:15 – 3:15 pm Teen/Tween Open Gym Gym 1	2:15 – 3:15 pm 8:30–10:00 pm Teen Open Soccer (HS age)
4:30–5:15 pm ExerSport w/ JT in ExerZone (ages 5–10 with adult or 11–14 alone)		3:15 – 4:15 pm Youth, Tween, Teen Lap Swim & Family Swim Brookside Pool		3:15 – 4:15 pm Family Swim–Brookside
8–9:45 pm Youth/Teen Swim		8–9:45 pm Youth/Teen Swim	4:30–5:15 pm ExerSport w/JTExerZone (ages 5–10 with adult or 11–14 alone)	5:30–6:30 pm Deck of Cards w/Will in ExerZone (ages 5–10 with adult or 11–14 alone)
EXERSPORT WITH JT: Workouts are for children 5 to 10 with parent(s) an/or guardian(s) and members 11+. We encourage the whole family to come workout together. The focus will be on speed, agility and coordination. DECK OF CARDS WITH WILL: Workouts are for children 5 to 10 with parent(s) an/or guardian(s) and members 11+. Join us as for a full body strength workout. Using a deck of cards, each of the four suits represents a different exercise. Draw a card, and whatever suit is on it, you do the exercise. The number on the card represents how many reps you do. Fun for all!				6:10–9:00 pm Family Swim–Pa Cope Pool 8–9:45 pm Youth/Teen Swim

ANYTIME:

ExerZone: Interactive equipment including: T-wall, X-box Bikes, 3-Kick, Pavi-Gym, Jump Q and Heavy Ball. Ages 11 and up or ages 5–10 with a parent/guardian. ExerZone closes at 3pm on Saturday and Sunday and 7pm Monday–Friday. Proper footwear (sneakers) required.

Family Room:

Air Hockey, Ping Pong, Foosball, books, LEGOs

Freestyle Fitness Zone:

Exercise – Espresso bikes, Medicine balls, ropes and more.
Ages 12 and up

After school teen workouts are free to Members; \$5 fee for Non-Member teens.

Teen Community Service

Complete your community service hours in a structured environment this summer.

Counselors in Training (completed grades 9–10)

Leaders in Training (completed grades 6–8)

Please contact kathy@ryeymca.org for more information.

WEEKEND

Teen/Youth Swim

Saturdays: 2:35–4:30pm & Sundays: 2–3:30pm

Teen Open Gym Time

Sundays: 12:45–2:30 pm

6th–8th Graders: 2nd Saturday

Saturday, March 11, 7–10 pm

Members: FREE; Non-Members: \$5 Please register online