

Parents Night Out
Friday, April 20, 6:30-9:00pm

Parents enjoy a night off while we provide the supervision and entertainment for the kids. Ages 3 mos-5 years in Child Watch:

Storybook activity: "Butterfly Butterfly" (Dinner is not provided and packed dinners are not allowed due to allergies. A light snack is served)

Family: \$20/child; Youth \$25/child;
Non-Member: \$40/child

Grades K-6 in Child Care Rm: "Karaoke Night"

 Includes light dinner. **Family: \$25/child;**
Youth \$35/child; Non-Member: \$50/child
Registration required
RYE DERBY & HEALTHY KIDS DAY
Sunday, April 29, 9am-12:30pm

A morning of fun and games for the whole family. Healthy Kids Day activities are free and open to all and include active games, climbing wall, arts & crafts, free lunch and much more.



5K/5M races start at 9:15am this year and 1 mile fun run/walk starts at 11:00am.

 Register for the races at www.ryeymca.org

EXERZONE: Combines fitness with technology for a fun, fast paced workout! Kids ages 5-10 may use ExerZone with parent/guardian and ages 11 & up on their own.

EXERDROP: Wednesdays: 4:30-6:30 pm (1 hr. max - \$5/child)

Drop the kids, ages 5-10, off in the ExerZone for supervised, safe and structured play!

BIRTHDAY PARTIES available in the ExerZone on Saturday & Sunday, 3-5 pm.

RYE Y FAMILY TIME: APRIL 2018 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter Sunday (Rye Y is closed)	2 Family Swim No Youth classes	3 Family Swim No Youth classes	4 Family Swim No Youth classes	5 Family Swim No Youth classes	6 Family Swim No Youth classes	7 Family Swim Family Gym No Youth classes
		April 2-6: Vacation Clubs - Basketball, Gymnastics, STEAM, Fun Club & Teen Travel				
8 Family Swim Family Gym Session 4 starts	9 Family Swim	10 Family Swim	11 Family Swim ExerDrop	12 Family Swim	13 Family Swim	14 Family Swim Family Gym
						TOGETHERHOOD Community Service at Rye Nature Center 10am-12pm
15 Family Swim Family Gym Handspring Clinic	16 Family Swim	17 Family Swim	18 Family Swim ExerDrop	19 Family Swim	20 Family Swim Parents Night Out	21 Family Swim Family Gym
22 Family Swim Family Gym	23 Family Swim	24 Family Swim	25 Family Swim ExerDrop	26 Family Swim	27 Family Swim	28 Family Swim Family Gym
29 Family Swim Family Gym Rye Derby & Healthy Kids Day 9am-12:30pm	30 Family Swim	There is still time to register for programs! Classes start April 8. View dozens of class options in the program guide.				

FAMILY SWIM TIMES*

Monday: 12-1pm & 3:15-4:15pm (Brookside)
Tuesday: 12-2pm
Wednesday: 11am-1pm & 3:15-4:15pm (Brookside)
Thursday: 11:30am-2pm
Friday: 12-1pm, 1:50-3:30pm, 3:15-4:15pm (Brookside), 6:10-9pm
Saturday: 3:30-5:45pm
Sunday: 8:45-9:25am - special needs
 11am-2pm (Brookside) 3:30-5:45pm

Located in Pa Cope pool unless otherwise indicated.
 See special pool schedule April 2-7



FAMILY GYM TIMES

Saturday: 1:30-3:30pm
Sunday: 2:00-6:30 pm
Sunday: 12:45-4:45 pm

REGISTER NOW!

Kinder, Discovery,
STEAM, Sports,
Gymnastics, LIT,
CIT, Teen Fitness
& Adventure Camps

Details at
ryeycamp.org

Soft Play
Family Basketball
Family Basketball

APRIL 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 Basketball (HS age)
4:30-5:15 pm Ninja Zone - 11+ only 8-9:45 pm Youth/Teen Swim		3:15 – 4:15 pm Youth, Tween, Teen Lap Swim & Family Swim Brookside Pool 8-9:45 pm Youth/Teen Swim		3:15 – 4:15 pm Family Swim-Brookside 8-9:45 pm Youth/Teen Swim

Teen Drop In - Grades 6-12
Weekdays from 2:30-6:00pm (through June) while Rye City school is in session. Teens have access to a variety of options including the gymnasium, ExerZone, Freestyle Fitness Zone, pool, Fitness Center (age 15+) and Group Ex classes. (Please see schedules)

Register now for SUMMER CAMP

Choose from:

Teen Fitness Camp (ages 11-14)
Adventure Camp - Completed grades 5-9
Sports Camp - New this year - to age 14!
Leaders in Training (LIT) - completed grades 5-8
Counselors in Training (CIT) - completed grades 9 or 10

ANYTIME:

ExerZone: Interactive equipment including: T-wall, X-box Bikes, 3-Kick, Jump Q and Heavy Ball. Ages 11 and up or ages 5-10 with a parent/guardian. ExerZone hours are the same as the Rye Y facility. Proper footwear (sneakers) required.

Game Room:

Air Hockey and more!

Freestyle Fitness Zone:

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

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 Middle School Night

Saturday, April 14, 7-10 pm
Members: Free; Non-Members: \$5
Please register online