

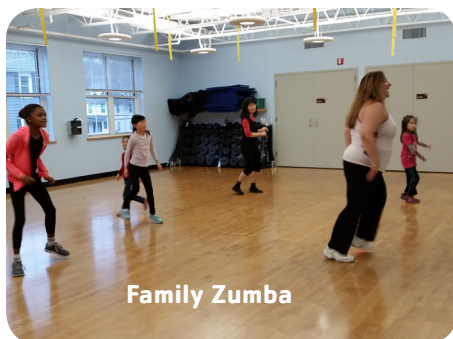
ACTIVE FAMILY FRIDAY – NERF NIGHT

Friday, January 13, 7:30–8:30pm

Enjoy a fun and active evening of Nerf!
Family Participation required. Register at
Member Services or online.

Family/Youth Members: \$20; Non-Member:
\$30 (per event/per family)

Questions: kathy@ryeymca.org



Family Zumba

More Family Options

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. See schedule for hours. Try out one of our teen or family classes! Sneakers required.

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.

FAMILY ROOM: Relax and play games. Open whenever our facility is open.

RYE Y FAMILY TIME JANUARY 2017 CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED NEW YEAR'S DAY	2 Family Swim Family ExerZone	3 Family Swim	4 Family Swim ExerDrop	5 Family Swim Family ExerZone	6 Family Swim Family Gym Family ExerZone	7 Family Swim Family Gym
8 Family Swim Family Gym	9 Family Swim Family ExerZone	10 Family Swim	11 Family Swim ExerDrop	12 Family Swim Family ExerZone	13 Active Nerf Night Family Swim* Family Gym Family ExerZone	14 Family Swim Family Gym
15 Family Swim Family Gym	16 Family Swim Family ExerZone	17 Family Swim	18 Family Swim ExerDrop	19 Family Swim Family ExerZone	20 Parents Night Out Family Swim Family Gym Family ExerZone	21 Family Swim Family Gym
22 Family Swim Family Gym	23 Family Swim Family ExerZone	24 Family Swim	25 Family Swim ExerDrop	26 Family Swim Family ExerZone	27 Family Swim Family Gym Family ExerZone	28 Family Swim Family Gym
29 Family Swim Family Gym	30 Family Swim* Family ExerZone Program Session 3 starts	31 Family Swim	IMPORTANT DATES CAMP Registration starts: Returning Campers and their siblings – Jan. 4; All Campers – Jan. 11 PROGRAM Registration starts with Rollover Week: Jan. 9–11 Member Registration starts: Jan. 18; Non-Member: Jan. 20			

FAMILY SWIM TIMES

Monday: 12:00–1:00pm & 3:15–4:15pm*
Tuesday: 12:00–2:00pm
Wednesday: 11:00 am–1:00pm & 3:15–4:15pm*
Thursday: 11:30 am–2:00pm
Friday: 12:00 pm–1:00 pm, 1:50–3:30pm
 3:30–4:15* & 6:10 pm–9:00pm
Saturday: 3:30–5:45pm
Sunday: 8:45–9:25am –special needs
 11:00am–2:00pm* & 3:30–5:45 pm

*1–2 lanes available in Brookside

FAMILY GYM TIMES

Friday: 6:30–8:30 pm
Saturday: 3:00–6:30 pm
 1:00pm–3:00pm
Sunday: 12:45–2:30 pm

Family Basketball
 Family Basketball
 Soft Play
 Family Basketball

FAMILY FITNESS

Monday, Thursday: ExerZone
Friday: ExerZone
Sunday: Family Zumba

4:30–5:15 pm
 5:30–6:30 pm
 3:30–4:15 pm

Safety Initiative: We now test all children participating in family swim

JANUARY 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 4:30–6:30 pm ExerDrop (ExerZone) See details on reverse	4:30–5:15 pm ExerSport w/JTExerZone (ages 5–10 with adult or 11–14 alone)	3:15 – 4:15 pm Family Swim Brookside Pool 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

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 Ski/ Snowboarding Trip – Monday, Jan. 19

9 am–5pm Grades 5–9

Join us on your day off for a fun filled adventure to Thunder Ridge Ski Resort. Participants will enjoy a day of skiing/ snowboarding plus lunch! Fee includes transportation, lift ticket, equipment rental, plus lunch.

Family/ Youth Member: \$130.00, Non-Member: \$155.00

WEEKEND

Teen Gym Time Sundays: 12:45–2:30 pm

6th–8th Graders: 2nd Saturday

Join us for a night of fun and games
on Saturday, January 14 – 7–10 pm

Free to Members; \$5 Non-Members Please register online