

FAMILY TIME & SPECIAL EVENTS

ALL YEAR

MOMS' GROUP: The Moms' group will meet each month for lectures, evenings out, workshops, special guest speakers, cooking classes and other events. Topics and events may include "Work, Life Balance," "The Food Mood Connection," "Healthy Cooking for Your Kids," "Ladies Night Out" and much more. There is no fee to join, but please register for the group online or at the Member Services Desk. You will be notified by email of all upcoming events. You may also contact 967-6363, ext. 115

FAMILY GYM: Supervised time available between November 12, 2011 and April 15, 2012 for parents to spend time with their children using available soft play equipment in gymnasium. (Check gym schedule for days & times.) All children must be accompanied by an adult.

FAMILY SWIM: Water fun for the entire family. (Check pool schedule for days & times.) Children 9 & under, must be accompanied in the water by an adult. For children 10-11, adult may observe from the lobby. Children 12 and up may swim without an adult. Swim caps required.

FAMILY SWIM FOR CHILDREN WITH SPECIAL NEEDS

Sundays, 9:00-9:45 am

Recreational swim for youth of all ages. A facilitator will assist with fun games, safety skills and helpful tips in the water. One adult must accompany each child with special needs. **Free to Rye Y members; Non Members: Free for special needs child(ren) plus 1 adult per child.** Normal guest fee will apply for additional non member family members that attend. No sign up necessary.

JANUARY

SPECIAL NEEDS FAMILY FUN DAY

Saturday, January 21, 1:30-3:30 pm

A fun afternoon at the Rye Y featuring recreational swim, soft gym play, arts & crafts, family fitness class & healthy snacks. Open to all children with special needs and their families.

Members and Non-Members: Free

No registration required. For more information, please contact Scott Umbel at 967-6363, ext. 105

LOUIE MIRANDA IN CONCERT

Saturday, January 28, 3-4 pm

Enjoy family time singing and dancing with Louie Miranda,

Family Members: Free; Youth Member: \$5.00 per child

Non-Member: \$10.00 per person. Children under 2 are free.

Registration required

STAY UP TO DATE:

Visit our events calendar at ryeymca.org

Check our Twitter alerts for last minute updates

& become a Facebook Fan

Sign Up For Our Email Newsletter Today!

FAMILY SKI BUS ADVENTURE- WINDHAM MOUNTAIN

January 21 -7 am-7 pm

Join your friends and family for a day of skiing/snowboarding.

*Fees include transportation to and from Rye Y+ lift ticket

Children under 12 must be accompanied by a parent/guardian.

Details page 28.

Member: \$100; Non-Member: \$125

FEBRUARY

MAKE YOUR OWN VALENTINE

Monday, February 13, 5:30-6:30 pm

Ages 3-8 - Come and make your own Valentines using glitter, sparkles and paint.

Family Members only: Free; Registration required.



MARCH

BOYS NIGHT IN

Friday, March 2, 6-9 pm

Ages 5 - 11- Calling all boys! Come spend a few hours at the Rye Y with your friends. Enjoy swimming, sports, games and dinner.

Family Members: \$10/child; Youth Members: \$15/child

Non-Members: \$20/child

Registration required.

KIDS NIGHT OUT

Friday, March 30, 5:30-10 pm

Ages 5 - 11- Parents- Drop your kids off for a night out on the town. Kids enjoy dinner at the Rye Y, followed by a movie at the Port Chester Cinema. (TBD) We provide the dinner, movie tickets and the transportation.

\$20 per child includes dinner, movie and transportation.

\$15 for second and 3rd child

Registration required.

MARCH MADNESS FOR A GREAT CAUSE

Saturday, March 31, 7-11 pm

Live screening of the basketball tournaments, hors d'oeuvres, music, silent auction, raffles and more. Rye Y fans don their favorite college gear and support of the Rye Y's Strong Kids campaign. Details at ryemarchmadness.org

FAMILY TIME & SPECIAL EVENTS

APRIL

GIRLS NIGHT IN

Friday, April 20, 6-9 pm

Ages 5 – 11- Calling all girls! Come spend a few hours at the Rye Y with your friends. Enjoy swimming, jewelry making, crafts, games and dinner.

Family Members: \$10/child; Youth Members – \$15/child

Non-Members: \$20/child

Registration required.

RYE DERBY AND HEALTHY KIDS DAY

Sunday, April 29

Runners: Sign up for the 5 mile U.S. Track and Field sanctioned race or the 5K race. Families: Register for our fun 1 mile walk/run through the streets of Rye. Lots of fun, BBQ and active games at the Y. Registration for both races begins in April. Races start at 10:15; Fun run starts at 12:15; Healthy Kids Day activities start at 10:30.



MAY

SENIOR HEALTH & FITNESS DAY

Wednesday, May 30

A day devoted to health and fitness for adults 60 years and older. Activities include fitness classes, health-related lectures and lunch. Reservations are required and may be made by emailing lauratie@ryeymca.org starting May 1.

DO YOU HAVE A CHILD WITH SPECIAL NEEDS?

We are currently exploring ways to better serve the needs of children with special needs as well as their families. If you'd like to contribute to our discussion, please email lisa@ryeymca.org or fill out a brief form at ryeymca.org/sn.htm

In the interim, please be aware of the following options for your child and family:

PLEASE COME TO OUR FAMILY EVENT ON JANUARY 21, 1:30-3:30 FOR CHILDREN WITH SPECIAL NEEDS AND THEIR FAMILIES. (SEE P. 39)

The Freestyle Fitness Zone is appropriate for families with children ages 8 and up to workout together. If you would like a family orientation (free to all members), please contact Kaleena Ladeairous, Fitness Center Director, at 967-6363, ext. 207.

We encourage your family to utilize our **family swim and family gym** times- please check the schedule on our website or at the Member Services Desk.

We also offer **Family Swim for Children/Teens with Special Needs** on Sunday mornings from 9:00-9:45 am. A facilitator will assist with fun games, safety skills, and helpful tips in the water. Please contact the Aquatics Director to discuss specific needs the child may have in order to prepare for the session. One adult must accompany each child with special needs. Free.

Another family fitness option is our **Parent/Child Yoga** class, for children ages 5-10, on Thursday afternoon (p. 24). If you'd like to find out more about the class, or learn if it would be a good fit for your child, please contact Diana Vita, Group Wellness Director, at 967-6363, ext. 211.

Would you like to participate in a **Parent Discussion/Networking Group** for parents of children with special needs? Please contact Scott Umbel at 967-6363, ext. 105 if you are interested in joining.

To learn if we can accommodate a member of your family with special needs in any of our programs, please contact the appropriate program director. See page 4 for a list of staff.