

# The Rye Y: A place for teens to try new exercise classes, play ball, work out, swim, spin, study, relax and socialize with each other after school

## Teen Fitness Fusion – Mon-Thurs- 3:30-5:00 pm

Grades 6-10

A variety of group exercise classes available to sample. From cardio circuits, strength training and core training, to yoga, pilates and spinning, teens will find the right mix of fun and fitness. See website for detailed schedule.

## Open Gym – see schedule

More open gym space has been created for teens to connect with one another after school and weekends, through participation in activities like basketball, dodge ball, kickball, touch football and soccer. Y staffers will be on hand to help facilitate activities and to create a supportive, inclusive atmosphere for all.

## Teen Lounge – Mon.-Fri., 2:30 – 6:30 pm, Grades 6-12

A place for teens to relax, catch up with friends and enjoy fun and engaging activities including Wii tournaments, Dance Dance Revolution, Wii Fit games, Pac-man tournaments and movie days. Wi Fi access. Ideas for new activities/events are welcome!

## Teen Swim – Mon., Wed., Fri., 3:30-4:15, Grades 6-12

An opportunity for teens to enjoy lap swimming as well as water games, relays and other organized activities. See website for detailed schedule.

## Tween Yoga – Thurs. 4-5 pm, Grades 5-7

Learn stretching postures, breathing techniques, meditation and cooperative yoga games that will promote health and wellbeing.

## Homework – Mon. & Wed., 6:00-7:30 pm, Grades 6-12

Study in a quiet space with a certified teacher on hand to provide assistance.

**All listed activities are free to members;  
Non-Members: \$2.00 drop in fee; must have access  
card on file.**

<b>After School Schedule of Activities</b>			
<b>Day</b>	<b>Time</b>	<b>Activity</b>	<b>Grade</b>
<b>Monday</b>	2:15 – 3:15	HS Open Gym	9 to 12
	2:30 – 6:30	Teen Lounge	6 to 12
	3:30 – 4:15	Teen Swim	6 to 12
	3:30 – 5:00	Teen Fitness	6 to 10
	6:00 – 7:00	HS Open Gym	9 to 12
	6:00 – 7:30	Homework	6 to 12
<b>Tuesday</b>	2:30 – 6:30	Teen Lounge	6 to 12
	2:45 – 3:15	HS Open Gym	9 to 12
	3:30 – 5:00	Teen Fitness	6 to 10
	4:30 – 6:00	MS Open Gym	6 to 8
	6:00 – 7:00	HS Open Gym	9 to 12
<b>Wednesday</b>	2:30 – 6:30	Teen Lounge	6 to 12
	2:45 – 3:15	HS Open Gym	9 to 12
	3:30 – 4:15	Teen Swim	6 to 12
	3:30 – 5:00	Teen Fitness	6 to 10
	5:45 – 7:00	MS Open Gym	6 to 8
	6:00 – 7:30	Homework	6 to 12
<b>Thursday</b>	2:00 – 3:15	HS Open Gym	9 to 12
	2:30 – 6:30	Teen Lounge	6 to 12
	3:30 – 5:00	Teen Fitness	6 to 10
	4:00 – 5:00	Tween Yoga	5 to 7
<b>Friday</b>	2:15 – 3:15	HS Open Gym	9 to 12
	2:30 – 6:30	Teen Lounge	6 to 12
	3:15 – 5:30	MS Open Gym	6 to 8
	3:30 – 4:15	Teen Swim	6 to 12
	7:00 – 10:00	HS Open Gym	9 to 12

Participation by individuals outside their grade level will be at staff's discretion.