



MAKE A DIFFERENCE. BE A HERO...
WITH A GIFT THAT TRANSFORMS LIVES!

RYE YMCA
21 Locust Ave, Rye
914-967-6363
www.ryeymca.org

Contact team captain (listed below) for further info

Ongoing "Be A Hero" Campaign Activities

Text to Give: "Text to Give" info will be set up on each piece of equipment in the Fitness Center. (Team Captain, Tanya Stack)

Pictures in Child Watch, April 30-May 20: Donate to the campaign and we'll hang your child's "super hero" photo in Child Watch. (Kathy Lynam)

Superhero gift basket raffle, April 30-May 20: Donate at Member Services and you'll be entered in the raffle. (Tanya Stack)

"Be A Hero" Activities in Classes and Programs

Hero Instructor Challenge, April 30-May 6: Some of your favorite small group training staff will be asking you to support them in their challenge. (Tanya Stack)

ASA: Adventures in Transforming into Super Heroes - May 6- 20: Participants will work together to increase the amount of time they exercise their hearts by doing 30 minutes of physical activity each day during the ASA program. Students will ask family members, family friends, teachers, etc. to sponsor their goal during the challenge period. (Kathy Lynam)

Swim to Give Jr., May 6-12: Children in swim lesson classes will have a challenge goal set by class participants and instructor for skills or amount of laps that they will complete during class time. (Vickie Tsakmakis)

Dress Like a Hero in Group Ex classes, May 7-May 13: Join your instructors, dressed as super heroes, in any of the following classes during this week and dress like your favorite super hero as well!
Monday: Active Together with Melissa at 6:20pm; Tuesday: Kickbox Circuit Training with Yvette at 9:30am; Wednesday: Strength Train Together with Michelle at 8:30am; Thursday: Core Sculpt with Teresa at 4:30pm; Friday: Cardio Step Together with Maiju/Diana at 9am; Saturday: Strong with Laura at 8:35am; Sunday: Zumba with Martha at 9:30am (Tanya Stack)

Sports Challenge - held during scheduled class, May 14-19: Each sports class will have sports specific challenges that they will complete in class. Each challenge will be specific to the sports of the class. (Melissa Lewis)

Gymnastics Forward Roll-a-Thon/Dance-A-Thon/Bean bag toss for baby classes/ May 14-19: Held during classes. Sponsor a child towards their goal of number of forward rolls in 30 seconds. (Melissa Lewis)

Challenge the Trainer – May 14-May 20: Throughout the week you can support the Rye YMCA **AND** give your trainers a workout! There will be exercises posted in the Fitness Center with a dollar amount donation attached. (Tanya Stack)

Gymnastics Cartwheel-A-Thon, May 19: Sponsor a gymnast in their goal number of cartwheels in two minutes. (during classes) (Melissa Lewis)

There is a separate flyer for special events.