

# RYE Y FAMILY TIME: JANUARY 2018 CALENDAR

## Active Family Friday - Nerf Night Friday, January 12, 6:30-7:30pm

Join us for an fun, active evening of Nerf!  
**Family/Youth: \$20; Non/Member: \$30**  
(per event/per family) Registration  
required at [www.ryeymca.org](http://www.ryeymca.org) or Member Services

## Gymnasts Night In

### Friday, January 12, 7:00-9:30am

Gymnastics games, open workouts and more.  
Dinner included.

**Family: \$25/child; Youth \$35/child;**  
**Non-Member: \$50/child**

## Parents Night Out

### Friday, January 19, 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: "The Mitten" (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:

"Dance Party." Includes light dinner. **Family:**  
**\$25/child; Youth \$35/child;**

**Non-Member: \$50/child**

Registration required at [www.ryeymca.org](http://www.ryeymca.org) or  
Member Services

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> New Year's Day - closed	<b>2</b> Family Swim	<b>3</b> Family Swim ExerDrop	<b>4</b> Family Swim	<b>5</b> Family Swim	<b>6</b> Family Swim Family Gym
<b>7</b> Family Swim Family Gym	<b>8</b> Family Swim	<b>9</b> Family Swim	<b>10</b> Family Swim ExerDrop	<b>11</b> Family Swim	<b>12</b> Family Swim Nerf Night Gymnasts Night In	<b>13</b> Family Swim Family Gym
<b>14</b> Family Swim Family Gym	<b>15</b> Family Swim Fun Club Day	<b>16</b> Family Swim	<b>17</b> Family Swim ExerDrop	<b>18</b> Family Swim	<b>19</b> Family Swim Family Gym Parents Night Out	<b>20</b> Family Swim Family Gym
<b>21</b> Family Swim Family Gym	<b>22</b> Family Swim	<b>23</b> Family Swim	<b>24</b> Family Swim ExerDrop	<b>25</b> Family Swim	<b>26</b> Family Swim	<b>27</b> Family Swim Family Gym
<b>28</b> Family Swim Family Gym	<b>29</b> Family Swim	<b>30</b> Family Swim	<b>31</b> Family Swim ExerDrop	<div data-bbox="1388 894 2003 1243" data-label="Complex-Block"> <p><b>BEST SUMMER EVER!</b></p> <p>Summer Camp Registration starts Jan. 3 for returning campers/siblings and Jan. 10 for all campers</p> <p><b>RYE Y CAMPS</b> JUNE 25 - AUGUST 24, 2018 914-907-6163 <a href="http://ryecamp.org">ryecamp.org</a></p> </div>		
<div data-bbox="569 997 1381 1115" data-label="Text"> <p><b>Session 3 Program Registration starts:</b> <b>Members: January 17; Non-Members: January 19</b> <b>Rollover week (continue in currently registered class): January 8-14</b></p> </div>						

**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.

## 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.

## FAMILY GYM TIMES

**Saturday:** 1:30-3:30pm Soft Play  
2:00-6:30 pm Family Basketball  
**Sunday:** 12:45-4:45 pm Family Basketball

No family gym on Sunday, January 28 due to a staff training.

# 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 Ninja Zone - 11+ only (NEW!)  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
				6:10–9:00 pm Family Swim–Pa Cope Pool 8–9:45 pm Youth/Teen Swim

## 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

Members: Free  
Non-Member Youth: \$5.

## Teen Leaders Club

Please contact [kathy@ryeymca.org](mailto:kathy@ryeymca.org) for more information.

## WEEKEND

Teen/Youth Swim      Saturdays: 2:35–4:30pm & Sundays: 2–3:30pm  
Teen Open Gym Time      Sundays: 12:45–2:30 pm (not on 1/28)

### 6th–8th Graders: 2nd Saturday: X-Box Tournament

**Saturday, January 13 7–10 pm**  
**Members: \$5; Non-Members: \$10 Please register online**