



Registration required for events below.

**First Family Friday: "May the Force Be With You!" Fri, March 2, 6:30-7:30pm**

Join us for a fun evening with themed activities.

**Family: FREE; Youth: \$10/family;**

**Non-Member: \$20/family**

**Cardboard Boat Regatta**

**Friday, March 9, 6:30pm**

Families design, create and race a human-powered boat made entirely of cardboard and duct tape. Bring completed boats to the Y for judging and races. **Family: FREE**

**Youth \$10/boat; Non-Member: \$20/boat**

**Family Swim Easter Egg Hunt**

**Sunday, March 18; 2:30-4:00pm**

A fun-filled afternoon in the Pa Cope pool, followed by Arts & Crafts & light refreshments **Family: FREE**

**Youth \$10/boat; Non-Member: \$20/boat**

**Parents Night Out**

**Friday, March 16, 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: "How to Catch a Leprechaun" (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: "Chef for a Night"

Includes light dinner. **Family: \$25/child;**

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

# RYE Y FAMILY TIME: MARCH 2018 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Session 4 Registration Dates: March 19-25: Rollover week (Members currently enrolled in a class have option of continuing.)</b> <b>Registration - Starts March 28 for Members ; March 30 for Non-Members</b>				<b>1</b> Family Swim	<b>2</b> Family Swim <b>1st Family Friday</b>	<b>3</b> Family Swim Family Gym
<b>4</b> Family Swim Family Gym	<b>5</b> Family Swim	<b>6</b> Family Swim	<b>7</b> Family Swim ExerDrop	<b>8</b> Family Swim	<b>9</b> Family Swim <b>Gymnasts Night In</b> <b>Cardboard Boat Regatta - 6:30pm</b>	<b>10</b> Family Swim Family Gym
<b>11</b> Family Swim Family Gym	<b>12</b> Family Swim	<b>13</b> Family Swim	<b>14</b> Family Swim ExerDrop	<b>15</b> Family Swim	<b>16</b> Family Swim <b>Parents Night Out</b>	<b>17</b> Family Swim Family Gym
<b>18</b> Family Swim Family Gym <b>Family Swim Easter Egg Hunt- 2:30pm</b>	<b>19</b> Family Swim	<b>20</b> Family Swim	<b>21</b> Family Swim ExerDrop	<b>22</b> Family Swim	<b>23</b> Family Swim	<b>24</b> Family Swim Family Gym
<b>25</b> Family Swim Family Gym	<b>26</b> Family Swim	<b>27</b> Family Swim	<b>28</b> Family Swim ExerDrop	<b>29</b> Family Swim	<b>30</b> Family Swim <b>Fun Club Day</b>	<b>31</b> Family Swim Family Gym
<b>Save the date - Rye Derby and Healthy Kids Day, Sunday, April 29</b> <b>Healthy Kids Day Activities are free and open to the community - 9:00am-12:30pm</b> <b>Register for the 5K/5M races (new start time: 9:15am) 1 mile fun run (new start time: 11:00am) at ryeymca.org</b>						

**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.

Register now for April Vacation Clubs: April 2-6. Ages 5 & up. Choose from Basketball, Gymnastics, STEAM, Fun Club & Teen Travel. Extended care available.

## FAMILY GYM TIMES

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

## MARCH PRIME TIME SCHEDULE FOR TEENS, TWEENS & FAMILIES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>2:15 – 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 – 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 – 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 – 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 – 3:15 pm</b> <b>8:30–10:00 pm</b> Teen Basketball (HS age)
<b>4:30–5:15 pm</b> Ninja Zone - 11+ only  <b>8–9:45 pm</b> Youth/Teen Swim		<b>3:15 – 4:15 pm</b> Youth, Tween, Teen Lap Swim & Family Swim Brookside Pool  <b>8–9:45 pm</b> Youth/Teen Swim		<b>3:15 – 4:15 pm</b> Family Swim–Brookside  <b>8–9:45 pm</b> Youth/Teen Swim
				<b>6:10–9:00 pm</b> Family Swim–Pa Cope Pool <b>8–9:45 pm</b> Youth/Teen Swim

Teen Drop In - Grades 6-12  
 Weekdays from 2:30-6:00pm (through June) while Rye City school is in session. Teens have access to a variety of options including the gymnasium, ExerZone, Freestyle Fitness Zone, pool, Fitness Center (age 15+) and Group Ex classes. (Please see schedules)

- **Register now for April Teen Travel Vacation Club**
- [TEEN TRAVEL VACATION CLUB - Grades 5-9](#)
- Join us to different daily excursions including museums, aquariums, paintball and more! Registration required.
- Family: \$130/day; Youth: \$140/day; Non-Member: \$155/day

### 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

### 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

**6th-8th Graders Middle School Night**  
**Inflatable Laser Tag and Inflatable Football Challenge**  
**Saturday, March 10, 7-10 pm**  
**Members: \$5; Non-Members: \$10**  
**Please register online**