



RYE Y FAMILY TIME MAY 2017 CALENDAR

FIRST FAMILY FRIDAY: "CINCO DE MAYO"

Friday, May 5, 6:30-7:30pm

Join us for an evening of themed crafts, activities, snacks & fun! Register at Member Services or online. Details: kathy@ryeymca.org

**Family: FREE Youth: \$10/person;
Non-Member: \$20/person**

ACTIVE FAMILY FRIDAY

Friday, May 12, 7:30-8:30pm

Human Board Game

This fun filled family event is free and open to the community. **Registration required** at Member Services or online.

Details: kathy@ryeymca.org

FAMILY TOGETHERHOOD PROJECT

Saturday, May 13, 2-4pm

A Day of Community Service at the Rye Nature Center

Enjoy an afternoon outdoors planting and removing invasive vines. Projects for younger children (ages 5+) and older children/teens.

Register at www.ryeymca.org

Details: denise@ryeymca.org

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 ROOM: Relax and play games. Open whenever our facility is open.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Summer Camp Starts Next Month! Don't Miss Out! Register at www.ryeycamp.org						
"After School Adventures" Registration for new families starts May 1	1 Family Swim Family ExerSport	2 Family Swim	3 Family Swim ExerDrop	4 Family Swim Family ExerSport	5 Family Swim* Family Gym 1st Family Friday	6 Family Swim Family Gym
	Family Swim Family Gym	8 Family Swim Family ExerSport	9 Family Swim	10 Family Swim ExerDrop	11 Family Swim Family ExerSport	12 Family Swim Family Gym Active Family Friday
14 Family Swim Family Gym Happy Mother's Day!	15 Family Swim Family ExerSport	16 Family Swim	17 Family Swim ExerDrop	18 Family Swim Family ExerSport	19 Family Gym Family Swim Gymnastics Night In	20 Family Swim Family Gym
21 Family Swim Family Gym	22 Family Swim Family ExerSport	23 Family Swim	24 Family Swim ExerDrop	25 Family Swim Family ExerSport	26 Family Swim Family Gym	27 Family Swim Family Gym No Youth Classes
28 Family Gym Family Swim No Youth Classes	29 <u>Memorial Day</u> <u>CLOSED</u>	30 Family Swim	30 Family Swim ExerDrop	31 Family Swim Family ExerSport	Summer Program registration starts June 7. Classes include Swim, Super Soccer Stars and Rock Your World with Armelle.	

FAMILY SWIM TIMES

Monday: 12:00-1:00pm & 3:15-4:15pm*
Tuesday: 12:00-2:00pm
Wednesday: 11:00 am-1:00pm & 3:15-4:15pm*
Thursday: 11:30 am-2:00pm
Friday: 12:00 pm-1:00 pm, 1:50-3:30pm
 3:30-4:15* & 6:10 pm-9:00pm
Saturday: 3:30-5:45pm
Sunday: 8:45-9:25am -special needs
 11:00am-2:00pm* & 3:30-5:45 pm

*1-2 lanes available in Brookside Special schedule: May 27-28

FAMILY GYM TIMES

Friday: 6:30-8:30 pm
Saturday: 3:00-6:30 pm
 1:00pm-3:00pm
Sunday: 12:45-2:30 pm

Family Basketball
 Family Basketball
 Soft Play
 Family Basketball

FAMILY FITNESS

Monday, Thursday: ExerSport 4:30-5:15 pm
Sunday: Family Zumba 3:30-4:15 pm

MAY 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 ExerSport w/ JT in ExerZone (ages 5-10 with adult or 11-14 alone)		3:15 – 4:15 pm Youth, Tween, Teen Lap Swim & Family Swim Brookside Pool		3:15 – 4:15 pm Family Swim–Brookside
8–9:45 pm Youth/Teen Swim		8–9:45 pm Youth/Teen Swim	4:30–5:15 pm ExerSport w/JTExerZone (ages 5-10 with adult or 11-14 alone)	8–9:45 pm Youth/Teen Swim
EXERSPORT WITH JT: Workouts are for children 5 to 10 with parent(s) an/or guardian(s) and members 11+. We encourage the whole family to come workout together. The focus will be on speed, agility and coordination.				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, Pavi-Gym, Jump Q and Heavy Ball. Ages 11 and up or ages 5-10 with a parent/guardian. ExerZone closes at 3pm on Saturday and Sunday and 7pm Monday-Friday. Proper footwear (sneakers) required.

Family Room:

Air Hockey, Ping Pong, Foosball, books, LEGOs

Freestyle Fitness Zone:

Exercise - Espresso bikes, Medicine balls, ropes and more.
 Ages 12 and up

After school teen workouts are free to Members;
 \$5 fee for Non-Member teens.

Teen Community Service

Complete your community service hours in a structured environment this summer.

Counselors in Training (completed grades 9-10)

Leaders in Training (completed grades 6-8)

Please contact 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: 2nd Saturday

Saturday, May 13, 7-10 pm

Members: FREE; Non-Members: \$5 Please register online