



***FIRST FAMILY FRIDAY: "ALOHA SUMMER"**

Friday, June 2, 6:30-7:30pm

Join us for an evening of themed crafts, activities, snacks & fun! Details: kathy@ryeymca.org
Family: FREE Youth: \$10/person;
Non-Member: \$20/person

***PJ Friday Party - Ages 3-8 years**

Friday, June 9, 6:30-8:30pm

Come in your PJs & bring your favorite stuffed animal and slippers! Gym exploration, games, relays and more. Family: \$15/child; Youth: \$20/child; Non-Member: \$30/child

***Safety Around Water Program**

June 20-23 This 4-session course teaches children water safety and basic swimming skills that help reduce the risk of drowning and builds confidence in and around water. FREE and open to the community. Limited space.

***Parent's Night Out - 3 mos-5yrs**

Friday, June 23, 6-9pm

Parents enjoy a night off while we provide the supervision and entertainment for the kids in Child Watch. Storybook activity: "There Was an Old Lady Who Swallowed a Fly" (Dinner is not provided and packed dinners are not allowed due to allergies. A light snack is served)

*** Registration required at**

Member Services or www.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.

RYE Y FAMILY TIME JUNE 2017 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Summer Camp Starts June 26! Don't Miss Out! Register at www.ryeycamp.org						
Summer Program registration starts: Members: June 7 and Non-Members June 9. (No rollover) Session starts June 24. View summer offerings at www.ryeymca.org				1 Family Swim Family ExerSport	2 Family Swim* Family Gym 1st Family Friday	3 Family Swim Family Gym
4 Family Swim Family Gym	5 Family Swim Family ExerSport	6 Family Swim	7 Family Swim ExerDrop	8 Family Swim Family ExerSport	9 Family Swim Family Gym PJ Friday Party	10 Family Swim Family Gym Togetherhood
11 Family Swim Family Gym	12 Family Swim Family ExerSport	13 Family Swim	14 Family Swim ExerDrop	15 Family Swim Family ExerSport	16 Family Gym Family Swim	17 Family Swim Family Gym
18 Family Swim Family Gym Happy Father's Day!	19 Family Swim Family ExerSport	20 Family Swim	21 Family Swim ExerDrop	22 Family Swim Family ExerSport	23 Family Swim Family Gym Parent's Night Out	24 Family Swim Family Gym
25 Family Gym Family Swim	26 1st day of camp Family Swim Family ExerSport	27 Family Swim	28 Family Swim ExerDrop	29 Family Swim Family ExerSport	30 Family Swim Family Gym	

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

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**

JUNE 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	4:30–5:15 pm ExerSport w/JTExerZone (ages 5-10 with adult or 11-14 alone)	3:15 – 4:15 pm Family Swim-Brookside 8-9:45 pm Youth/Teen Swim
8-9:45 pm Youth/Teen Swim		8-9:45 pm Youth/Teen Swim		6:10–9:00 pm Family Swim-Pa Cope Pool 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.

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, books

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