



the **YMCA**
 FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TRANSFORMING LIVES



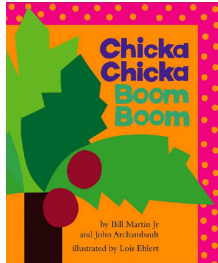
RYE YMCA FALL 2017 PROGRAM GUIDE

Session 1
 Session 2

**Programs start Sept. 9!
 Register starting Aug. 2**

**Parent's Night Out - 3 mos-5yrs
 Friday, August 18, 6-9pm**

Parents enjoy a night off while we provide the supervision and entertainment for the kids in Child Watch. Storybook activity: "Chicka Chicka Boom Boom" (Dinner is not provided and packed dinners are not allowed due to allergies. A light snack is served) Registration required at www.ryeymca.org or Member Services



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.

RYE Y FAMILY TIME: AUGUST 2017 CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
View our Fall Program Guide at ryeymca.org Program Registration Starts: Members - Wednesday, August 2; Non-Members - Friday, August 9						
Camps end August 18* There are limited spots in some camps. *All Aboard Camp: 8/21-25		1 Family Swim	2 Family Swim ExerDrop	3 Family Swim Family ExerSport	4 Family Swim	5 Family Swim Family Gym
6 Family Swim Family Gym	7 Family Swim Family ExerSport	8 Family Swim	9 Family Swim ExerDrop	10 Family Swim Family ExerSport	11 Family Swim	12 Family Swim Family Gym
13 Family Swim Family Gym	14 Family Swim Family ExerSport	15 Family Swim	16 Family Swim ExerDrop	17 Family Swim Family ExerSport	18 Family Swim Parent's Night Out	19 Family Swim Family Gym Maintenance Period Starts
20 Family Swim Family Gym	21 Family Swim Family ExerSport	22 Family Swim	23 Family Swim ExerDrop	24 Family Swim Family ExerSport	25 Family Swim	26 Family Swim Family Gym
Maintenance Period: August 18 - Sept. 8 - please see schedule for details.						
27 Family Gym Family Swim	28 Family Swim Family ExerSport	29 Family Swim	30 Family Swim ExerDrop	31 Family Swim Family ExerSport	Child Watch Closed August 28-Sept. 4	
Maintenance Period: August 18 - Sept. 8 - please see schedule for details.						

FAMILY SWIM TIMES (Starting 8/19, please see special maintenance period pool schedule)

- Monday:** 5:30-7:30pm
- Tuesday:** 1:20-2:00pm & 5:30-7:30pm
- Wednesday:** 12:40-1:20pm & 5:30-7:30pm
- Thursday:** 10:00am-10:40am & 5:30-7:30pm
- Friday:** 3:20-5:30 (Brookside) 5:20-8:00pm
- Saturday:** 1:00-5:00pm
- Sunday:** 8:15-8:55am - special needs
11:30am-5:00pm

Brookside Pool closed : 8/19-8/24*
 Pa Cope Pool closed: 8/25-9/8* (*subject to change)

FAMILY GYM TIMES

- Saturday:** 3:00-6:30 pm Family Basketball
 - Sunday:** 12:30-330 pm Family Basketball
- Gymnasium closed 8/28-9/5* (*subject to change)

FAMILY FITNESS

Monday, Thursday: ExerSport 4:30-5:15 pm

**Session 1 Programs start September 9.
 View hundreds of classes for all ages in
 our Fall Program Guide!**