

RYE Y FAMILY TIME: OCTOBER 2018 CALENDAR

Registration required at www.ryeymca.org or Member Services for family events

First Family Friday: Frankenstein Friday
Friday, October 5, 6:30-7:30pm

Join us for an evening of themed crafts, activities, snacks and fun.

Questions: kathy@ryeymca.org

Family Member: FREE; Youth: \$10;

Non-Member: \$20 (per family)

Parent's Night Out

Friday, October 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: "Going on a Bear Hunt" (Dinner is not provided and packed dinners are not allowed due to allergies. A light snack is served)

Grades K-6 in Childcare Rm:

Karaoke Night. Includes light dinner.

FAMILY HALLOWEEN CARNIVAL & OPEN HOUSE

SUNDAY, OCTOBER 28, 2-4PM

Join us for a fun afternoon for the whole family! Live music, carnival games, bounce house, maze, pumpkin patch, spooky swim (bring swim suits and caps), crafts and more!

FREE AND OPEN TO THE COMMUNITY! RSVP required: familyfun@ryeymca.org Tell your friends - we will be waiving our \$100 joiner's fee on October 28 for new members.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Family Swim	2 Family Swim	3 Family Swim ExerDrop	4	5 Frankenstein Friday	6 Family Swim Family Gym
7 Family Swim Family Gym	8 Family Swim Fun Club	9 Family Swim	10 Family Swim ExerDrop	11 Family Swim	12 Family Swim Gymnasts Night In	13 Family Swim Family Gym
14 Family Swim Family Gym	15 Family Swim	16 Family Swim	17 Family Swim ExerDrop	18 Family Swim	19 Family Swim Parents Night Out	20 Family Swim Family Gym
21 Family Swim Family Gym	22 Family Swim	23 Family Swim	24 Family Swim ExerDrop	25 Family Swim	26 Family Swim	27 Family Swim Family Gym
Rollover Week: October 20-26						
28 Family Swim HALLOWEEN CARNIVAL	29 Family Swim	30 Family Swim	31 Family Swim ExerDrop			HAPPY HALLOWEEN!

FAMILY SWIM TIMES

Monday: 12-1pm, 2:45-3:25pm & 5:05-5:55pm
Tuesday: 12-3:25pm
Wednesday: 11am-1pm & 2:45-3:25pm, 4:15-5:05pm
Thursday: 11:30am-3:25pm
Friday: 12-1pm, 1:50-3:25pm, 6:10-9pm
Saturday: 3:30-5:45pm
Sunday: 8:45-9:25am - special needs
 11am-2pm, 3:30-5:45pm

FAMILY GYM TIMES

Friday: 7:30-8:30pm Family Basketball
Saturday: 2:00-6:30pm Family Basketball
 1:30-3:30pm Soft Play
Sunday: 12:45-4:15pm Family Basketball

Member Program Registration starts with Rollover Week: October 20-26 (for members who wish to continue current class).
Member Registration starts October 31!

OCTOBER 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 Teen/Tween Open Gym 8:30–10:00 pm Open Basketball (HS age)
4:30–5:15 pm Ninja Zone - 11+ only () 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		5:05–5:55pm Youth/Teen Swim 8–9:45 pm Youth/Teen Swim

MORE OPTIONS

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

After school teen workouts are free to Members;
\$5 fee for Non-Member teens. (Teens must be a minimum age of 11 and in the 6th grade.)

Teen Leaders Club

Leaders Club (grades 9–12) Tuesdays: 5–6pm
Junior Leaders Club (grades 6–8) Tuesdays: 4–5pm
Starts October 9!

A great opportunity for students who wish to make a positive impact in their community and develop leadership skills. The clubs are free and a Rye YMCA membership is not necessary to join.

Register at ryeymca.org For more info. contact
Melissa Lewis at Melissa@ryeymca.org

6:10–9:00 pm
Family Swim–Pa Cope Pool
8–9:45 pm
Youth/Teen Swim



WEEKEND

Teen/Youth Swim Saturdays: 2:35–6:15pm & Sundays: 2–3:30pm
Teen Open Gym Time Sundays: 12:45–4:45 pm

6th–8th Graders: 2nd Saturday
Saturday, October 13: 7–10 pm – ESCAPE THE SPOOKINESS!
Members: \$5 Non-Members: \$10 Please register online