



First Family Friday – Mad Science
Friday, October 6, 6:30–7:30pm

Join us for an evening activity with themed crafts, activities, snacks and fun!

Family: FREE; Youth: \$10/person; Non-Member: \$20/person. Registration required at www.ryeymca.org or Member Services

Family Weekend–YMCA Greenkill
Friday, Oct. 20, 7pm – Sunday, Oct. 22, 2pm

A fun weekend with lodging & meals for the whole family! Hiking, canoeing and more. Register online now! Please email kathy@ryeymca.org for more info.

Parent’s Night Out
Friday, October 20, 6–9pm

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: “Five Little Pumpkins” (Dinner is not provided and packed dinners are not allowed due to allergies. A light snack is served)

Grades K–6 in Child Care Rm:
 Halloween Fun! Includes light dinner. Registration required at www.ryeymca.org or Member Services

HALLOWEEN CARNIVAL & OPEN HOUSE
Sunday, October 29, 2:00–4:00pm

Come in costume if you wish to play games, win prizes, enjoy healthy snacks, and have some good old fashioned Halloween fun! RSVP required: familyfun@ryeymca.org (children must be accompanied by adult) Free and open to the community.

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: OCTOBER 2017 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Family Swim Family Gym	2 Family Swim	3 Family Swim	4 Family Swim	5 Family Swim	6 Family Swim Family Gym First Family Friday	7 Family Swim Family Gym
8 Family Swim Family Gym	9 Family Swim Fun Club	10 Family Swim	11 Family Swim ExerDrop	12 Family Swim	13 Family Swim Family Gym Gymnasts Night In	14 Family Swim Family Gym
15 Family Swim Family Gym	16 Family Swim	17 Family Swim	18 Family Swim ExerDrop	19 Family Swim	20 Family Swim Family Gym Parent’s Night Out Family Weekend	21 Family Swim Rollover Week starts Family Gym
22 Family Swim Family Gym	23 Family Swim	24 Family Swim	25 Family Swim ExerDrop	26 Family Swim	27 Family Swim Family Gym	28 Family Swim Family Gym
Rollover Week (for members currently enrolled in a program who wish to continue)						
29 Family Swim Halloween Carnival	30 Family Swim	31 Family Swim	Family Swim ExerDrop	Family Swim	Family Swim Family Gym	Family Swim Family Gym

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.

FAMILY GYM TIMES

Saturday: 1:30–3:30pm Soft Play
 2:00–6:30 pm Family Basketball
Sunday: 12:45–4:45 pm Family Basketball

Saturday October 21 & November 18 there will be no soft play as we will be hosting gymnastic clinics. Gymnasium closed 12:30–5:30pm on Oct.29 for our Halloween Carnival.

Session II Program Registration starts with Rollover Week: Oct. 21–27 for members currently enrolled in a class who wish to continue. Member registration starts Nov. 1 & Non-Member registration starts Nov. 3.

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 8:30-10:00 pm Teen Open Soccer (HS age)
4:30-5:15 pm Ninja Zone - 11+ only (NEW!) 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		3:15 – 4:15 pm Family Swim-Brookside 8-9:45 pm Youth/Teen Swim
				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 Leaders Club

Please contact kathy@ryeymca.org for more information.

PAINTBALL! Monday, October 9

Register now online for a day of fun at Liberty Paintball in NY. Meet at the Y at 9:00am; will return to the Y at 4:30pm

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, October 14 7-10 pm

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