

Register at [ryeymca.org](http://ryeymca.org)  
for programs below

**First Family Friday - CINCO DE MAYO**

**Friday, May 4, 6:30-7:30pm**

Join us for aaaaan evening activity with themed crafts, activities, snacks and fun.

**Family: FREE Youth \$10/Family**

**Non-Member: \$20/family**

**Active Family Friday - FAMILY FEUD**

**Friday, May 11, 6:30-7:30pm**

An active evening for the whole family

**Family/Youth Members: \$20/family**

**Non-Member: \$30/family**

**Gymnasts Night In**

**Friday, May 18, 7:00-9:30pm**

**Family: \$20/child; Youth: \$35/child**

**Non-Member: \$50/child**

**Parents Night Out**

**Friday, May 18, 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: "Bugs, Bugs, Bugs" (Dinner is not provided and packed dinners are not allowed due to allergies. A light snack is served)

**Family: \$20/child; Youth \$25/child;**

**Non-Member: \$40/child**

Grades K-6 in Child Care Rm: "STEM Activities"

Includes light dinner. **Family: \$25/child;**

**Youth \$35/child; Non-Member: \$50/child**

**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: MAY 2018 CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Camp Q&amp;A - Wednesday, May 2</b> Meet the Camp Directors and learn about all of our camps. RSVP to <a href="mailto:kathy@ryeymca.org">kathy@ryeymca.org</a>		<b>1</b> Family Swim	<b>2</b> Family Swim ExerDrop <b>Camp Q&amp;A</b>	<b>3</b> Family Swim	<b>4</b> Family Swim <b>First Family Friday</b>	<b>5</b> Family Swim Family Gym
<b>6</b> Family Swim Family Gym	<b>7</b> Family Swim	<b>8</b> Family Swim	<b>9</b> Family Swim ExerDrop	<b>10</b> Family Swim	<b>11</b> Family Swim <b>Active Family Friday</b>	<b>12</b> Family Swim Family Gym <b>Water Safety Workshop</b>
<b>13</b> Family Swim Family Gym Happy Mother's Day	<b>14</b> Family Swim	<b>15</b> Family Swim	<b>16</b> Family Swim ExerDrop	<b>17</b> Family Swim	<b>18</b> Family Swim <b>Gymnasts Night In</b> <b>Parents Night Out</b>	<b>19</b> Family Swim Family Gym
<b>20</b> Family Swim Family Gym	<b>21</b> Family Swim	<b>22</b> Family Swim	<b>23</b> Family Swim ExerDrop	<b>24</b> Family Swim	<b>25</b> Family Swim	<b>26</b> Family Swim Family Gym <b>NO YOUTH CLASSES</b>
<b>27</b> Family Swim Family Gym <b>NO YOUTH CLASSES</b>	<b>28</b> <b>CLOSED MEMORIAL DAY</b>	<b>29</b> Family Swim	<b>30</b> Family Swim ExerDrop	<b>31</b> Family Swim	<b>Summer Program Registration starts June 6. Swim, music, soccer fitness and more!</b>	

**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

**FAMILY SWIM TIMES\***

**Monday:** 12-1pm & 3:15-4:15pm (Brookside)  
5:10-5:50pm  
**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.

**DON'T MISS OUT ON THE BEST SUMMER EVER!**  
Register for camp at [www.ryeycamp.org](http://www.ryeycamp.org)

## MAY PRIME TIME SCHEDULE FOR TEENS, TWEENS & FAMILIES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>2:15 – 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 – 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 – 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 – 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 – 3:15 pm</b> <b>8:30–10:00 pm</b> Teen Basketball (HS age)
<b>4:30–5:15 pm</b> Ninja Zone - 11+ only  <b>8–9:45 pm</b> Youth/Teen Swim		<b>3:15 – 4:15 pm</b> Youth, Tween, Teen Lap Swim & Family Swim Brookside Pool  <b>8–9:45 pm</b> Youth/Teen Swim		<b>3:15 – 4:15 pm</b> Family Swim–Brookside  <b>8–9:45 pm</b> Youth/Teen Swim
				<b>6:10–9:00 pm</b> Family Swim–Pa Cope Pool <b>8–9:45 pm</b> Youth/Teen Swim

### Register now for SUMMER CAMP

Teen Drop In - Grades 6-12  
 Weekdays from 2:30-6:00pm (through June) while Rye City school is in session. Teens have access to a variety of options including the gymnasium, ExerZone, Freestyle Fitness Zone, pool, Fitness Center (age 15+) and Group Ex classes. (Please see schedules)

- Choose from:  
 Teen Fitness Camp (ages 11-14)  
 Adventure Camp - Completed grades 5-9  
 Sports Camp - New this year - to age 14!  
 Leaders in Training (LIT) - completed grades 5-8  
 Counselors in Training (CIT) - completed grades 9 or 10

### ANYTIME:

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

### WEEKEND

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

### 6th-8th Graders Middle School Night

**Saturday, May 12, 7-10 pm**  
**Members: Free; Non-Members: \$5**  
**Please register online**