



# RYE Y FAMILY TIME: JANUARY 2019 CALENDAR

Registration required at [www.ryeymca.org](http://www.ryeymca.org) or Member Services for family events

## Active Family Friday – NERF Night Friday, January 11 – 6:30-8:30pm

Join us for an evening of NERF and fun.

Questions: [kathy@ryeymca.org](mailto:kathy@ryeymca.org)

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

**Non-Member: \$35 (per event/per family)**

## Gymnasts Night In

### Friday, January 11 – 7:00-9:30pm

Gymnastics, group games, open workouts and much more. Dinner included.

**Family: \$25; Youth: \$35; Non-Member: \$50**

## Parent's Night Out

### Friday, January 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: "The Snowy Day" (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 Childcare Rm:

Dance Party. Includes light dinner.

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

Non-Member: \$40/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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CAMP REGISTRATION STARTS:</b> <u>Returning Campers &amp; siblings:</u> January 3 <u>All Campers:</u> January 10		<b>1</b> Happy New Year! We are closed.	<b>2</b> Family Swim ExerDrop	<b>3</b> Family Swim	<b>4</b> Family Swim	<b>5</b> Family Swim Family Gym <b>Rollover Week</b>
<b>6</b> Family Swim	<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 Nerf Night Gymnasts Night In	<b>12</b> Family Swim Family Gym
<b>Rollover Week - Jan. 5-11</b>						
<b>13</b> Family Swim	<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 Parents Night Out	<b>19</b> Family Swim Family Gym
<b>20</b> Family Swim	<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 New Session starts!
<b>27</b> Family Swim	<b>28</b> Family Swim	<b>29</b> Family Swim	<b>30</b> Family Swim ExerDrop	<b>31</b> Family Swim	<b>PROGRAM REGISTRATION STARTS:</b> Members – January 16 Non-Members – January 18	

## 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** 7:30-8:30 pm Family Basketball  
**Saturday:** 2:00-6:30 pm Family Basketball  
 1:30-3:30pm Soft Play

**Session 3 starts January 26. Don't miss out – be sure to rollover or register. See dates above.**

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

**TIME TO REGISTER FOR SUMMER CAMP!**

**VISIT [WWW.RYEYCAMP.ORG](http://WWW.RYEYCAMP.ORG)**

## 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 11 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](http://ryeymca.org) For more info. contact Melissa Lewis at [Melissa@ryeymca.org](mailto:Melissa@ryeymca.org)

## WEEKEND

Teen/Youth Swim

Saturdays: 2:35–6:15pm & Sundays: 2–3:30pm

6th–8th Graders: 2nd Saturday

Saturday, JANUARY 12 7–10 pm

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