

# TURKEY BURN

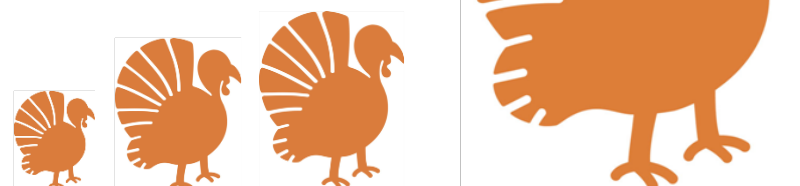


# WEEKEND 2015

**FRI-SUN. NOV. 27-29**

## ExerBird Family Challenge!

Nothing like a little friendly competition



between our Rye Y families! Each member of your family will have one minute to complete challenges at the ExerZone stations. Tally points earned on your family's score card. The family with the most points at the end of the weekend wins a prize! Score cards available at the membership desk or ExerZone.

The challenge is open 10am-5pm on Fri, Sat, and Sun.

## FRIDAY 11/27

**Family Fit & Fun 1:00-1:45pm Ages 5+**

Get everyone moving the day after Thanksgiving! A great blend of agility, flexibility, reaction training and FUN – all in the ExerZone. Ages 5+ please. Stay afterwards for the crafts too (see below)! No registration required.

**Creative Crafts 1:45-2:30pm Ages 5+**

Join us for a holiday arts & crafts session in the MPR. Ages 5+ please. No registration required.

## SATURDAY 11/28

**11<sup>th</sup> Annual Thanksgiving Swim with Cause 7:30-10am**

See separate flyer for more details.

## SUNDAY 11/29

**Teen Turkey Terror 3:30-5:30pm Grades 6-8**

A 2-hour competition-combo of dodgeball, ExerZone challenges and basketball. No registration required. Members FREE. Non-members \$5-need to fill out a Teen Access Card. Details: [JohnRice@ryeymca.org](mailto:JohnRice@ryeymca.org)

**We have MANY MORE Thanksgiving weekend special offerings!  
Please see separate Group Exercise, Pool and Gym schedules.**