

Registration required at [www.ryeymca.org](http://www.ryeymca.org) or Member Services for family events  
**First Family Friday - Dr. Who Seuss Friday, March 6, 6:30-7:30**

Every first Friday of the month, we invite your family to join us for an evening activity with themed crafts, activities, snacks and fun. Questions: [Kathy@ryeymca.org](mailto:Kathy@ryeymca.org)  
**Family: FREE; Youth: \$15; Non-Member: \$26 (per event/per family) Registration is required and space is limited**

**Cardboard Boat Regatta Friday, March 13, 6:30pm**  
 Join our popular 7th Annual Cardboard Boat Regatta! Families are challenged to design, create and race a human-powered boat made entirely of cardboard and duct tape. Design happens at home and on March 13, families bring completed boats to the Y for judging and races. Registration required. **Family: FREE; Youth: \$10/boat; Non-Member: \$20/boat**


**Parent's Night Out Friday, March 20, 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: "Dr. Seuss Birthday" (Dinner is not provided and packed dinners are not allowed due to allergies. A light snack is served). **Family: \$23/child; Youth: \$28/child; Non-Member: \$43/child (per event)**  
**Grades K-6 in Childcare Rm:** Chef for a Night Includes light dinner. **Family: \$28/child; Youth: \$38/child; Non-Member: \$53/child (per event)**

**Family Swim Easter Egg Hunt Sunday, March 29, 2:30-4pm**  
 Families will enjoy a fun filled afternoon including an Easter Egg Hunt in the Pa Cope pool followed by Arts and Crafts and light refreshments. Registration required. **Family: FREE; Youth: \$10/family; Non-Member: \$20/family**

**Beyond Tator Tots Tuesday, March 31, 11:30am-1:30pm**  
 How to Raise Healthy Kids and Save the Planet through Better School Lunches. A Rye YMCA Community Wellness Forum. Details at [www.ryeymca.org](http://www.ryeymca.org)

# RYE Y FAMILY TIME: MARCH 2020 CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Family Swim Family Gym 3 on 3 Tournament	2 Family Swim	3 Family Swim	4 Family Swim	5 Family Swim	6 Family Swim First Family Friday	7 Family Yoga Family Swim Family Gym Family Circuit	
8 Family Swim Family Gym 3 on 3 Tournament	9 Family Swim	10 Family Swim	11 Family Swim	12 Family Swim	13 Family Swim Fun Club Day Cardboard Regatta	14 Rollover Family Swim Family Gym Family Circuit Roundoff Gymnastics	
15 Family Swim Family Gym	16 Family Swim	17 Family Swim	18 Family Swim	19 Family Swim	20 Family Swim Parents Night Out	21 Family Swim Family Gym Family Circuit	
<b>Rollover Week - 3/14-3/20</b>							
22 Family Swim Family Gym	23 Family Swim	24 Family Swim	25 Family Swim Member Registration Starts	26 Family Swim	27 Family Swim Non-Member Registration Starts	28 Family Swim Family Gym Family Circuit	
29 Family Swim Family Gym Family Swim Easter Egg Hunt	30 Family Swim	31 Family Swim Swim Tryouts Beyond Tator Tots	<b>Don't Miss the 7th Annual Cardboard Details at <a href="http://www.ryeymca.org">www.ryeymca.org</a></b>				

## FAMILY SWIM TIMES

Pa Cope pool unless indicated

- Monday:** 12-1pm, 1:50-3:25pm  
5:05-5:55pm\*
- Tuesday:** 12-3:25pm
- Wednesday:** 12-1pm & 1:50-3:25pm, 4:15-5:05pm\*
- Thursday:** 11:30am-3:25pm
- Friday:** 12-1pm, 1:50-3:25pm, 6:00-9pm
- Saturday:** 3:30-5:45pm
- Sunday:** 8:45-9:25am - special needs  
11am-2pm, \* 2:30-5:45pm

\*Brookside Pool

## FAMILY GYM TIMES

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

**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.

**BIRTHDAY PARTIES** available in the ExerZone on Saturday & Sunday, 3-5 pm

## MARCH 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	8:30-10:00 pm Open Basketball (HS age)
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 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.)

### WEEKEND

Teen/Youth Swim  
Teen Basketball

Saturdays: 2:35-6:15pm & Sundays: 2-3:30pm  
Sundays: 12:45pm-4:15pm

### Teen 2nd Saturday

Grades 6-8 March 13

The Y opens its doors just to middle-schoolers for an evening of fun, food, competitions and games.  
Registration required.  
Family/Youth: Free; Non-Member: \$5

**Registration required.**  
**Member: \$5; Non-Member: \$10**

### Teen Leaders Club

Leaders Club (grades 9-12)  
Tuesdays: 5-6pm  
Register at [ryeymca.org](http://ryeymca.org)  
For more info. contact:  
[HeatherC@ryeymca.org](mailto:HeatherC@ryeymca.org)