



# RYE Y FAMILY TIME: NOVEMBER 2022 CALENDAR

## CHILD WATCH AND TOT DROP

**3 mos - 11 years @ The Y Studios**

A babysitting service designed to provide a safe, fun environment for your child.

Visit [www.ryeymca.org/childcare](http://www.ryeymca.org/childcare) for details.

## Fun Club Days

**November 8 & November 11**

**9am-4pm: Grades K-6**

Activities include sports, games, arts & crafts, nature, science, STEM and special events.

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

## First Family Friday: Gobble Up November Friday, November 4, 6:30-7:30pm

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

**Family: FREE; Youth: \$16; Non-Member:**

**\$30/family.** Registration required at [www.ryeymca.org](http://www.ryeymca.org) or Member Services

## Parent's Night Out

**Friday, November 18, 6:30-9pm**

Parents enjoy a night off while we provide a light dinner and entertainment for the kids.

**Ages 1-5 years:**

Storybook activity: "How to Catch a Turkey"

**Grades K-6:**

I am Grateful

**Family: \$32/child; Youth: \$43/child;**

**Non-Member: \$60/child (per event)**

Registration required at [www.ryeymca.org](http://www.ryeymca.org)

## Family Fitness - NEW!

(free for members)

Reserve your spot at [ryeymca.org](http://ryeymca.org)

## Tween Kickboxing: Ages 7-12

**Monday, November 14, 4:30-5:15pm**

Parents can exercise at the same time in

Teresa's Cardio & Strength Class, 4:30-5:15pm

Classes are located in the Y Studios.

**Family Fit Time - Ages 3 and up** with caregiver

**Sunday, November 20, 1:00-1:45pm and**

**Friday, November 25, 11:30am-12:00pm**

Work out with your family in this fun and active class featuring a variety of exercises.

Located at the Performance Studio (former Group Ex studio) at 21 Locust Ave

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Family Swim	<b>2</b> Family Swim	<b>3</b> Family Swim	<b>4</b> Family Swim Family BBall <b>First Family Friday</b>	<b>5</b> Family Swim Family BBall Family SoftPlay
<b>6</b> Family Swim Family BBall	<b>7</b> Family Swim	<b>8</b> Family Swim <b>Fun Club</b>	<b>9</b> Family Swim	<b>10</b> Family Swim	<b>11</b> Family Swim Family BBall <b>Fun Club</b>	<b>12</b> Family Swim  Family SoftPlay
<b>13</b> Family Swim	<b>14</b> Family Swim <b>Tween Kickboxing</b>	<b>15</b> Family Swim	<b>16</b> Family Swim	<b>17</b> Family Swim	<b>18</b> Family Swim Family BBall <b>Parent's Night Out</b>	<b>19</b> Family Swim  Family SoftPlay Priority Registration starts
<b>20</b> Family Swim <b>Family Fit Time</b>	<b>21</b> Family Swim	<b>22</b> Family Swim	<b>23</b> Family Swim	<b>24</b> <b>HAPPY THANKSGIVING!</b> The Y is CLOSED.	<b>25</b> Family Swim Family BBall <b>Family Fit Time</b> <b>No youth classes</b>	<b>26</b> Family Swim Family BBall Family SoftPlay
<b>27</b> Family Swim Family BBall <b>No youth classes</b>	<b>28</b> Family Swim	<b>29</b> Family Swim	<b>30</b> Family Swim	<b>Session II Program Registration continues for family/adult members and starts Nov. 2 for youth members. The new session starts Nov. 12</b>  <b>Register and view the program guide at <a href="http://www.ryeymca.org">www.ryeymca.org</a></b>		

## FAMILY SWIM TIMES - reservations required at [www.ryeymca.org](http://www.ryeymca.org)

- Monday:** 12-3pm
- Tuesday:** 11:15am-3pm
- Wednesday:** 12pm-1pm & 2-3pm
- Thursday:** 11:15-3pm
- Friday:** 12-8pm
- Saturday:** 3:00-5:45pm
- Sunday:** 9:00-9:50am & 2:00-2:45pm



Watch for special Thanksgiving weekend pool schedule.  
Located in Pa Cope pool unless otherwise indicated.


## FAMILY GYM TIMES Reservations required

- Friday:** 6:00-7:00pm Family Basketball
- Saturday:** 2:30-6:00pm Soft Play

Watch for special Thanksgiving weekend gymnasium schedule.

**PLEASE TURN OVER TO VIEW TEEN//TWEEN SCHEDULE.**

## NOVEMBER SCHEDULE/ACTIVITIES FOR TEENS & TWEENS -Reserve in advance at [www.ryeymca.org](http://www.ryeymca.org)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	WEEKEND
Scan QR code to reserve your spot - up to 48 hours in advance 	<b>1:45-3:15 pm</b> Teen/Tween Open Gym Gym 1		<b>2:30 - 3:15 pm</b> Teen/Tween Open Gym Gym 1	<b>2:15 - 3:15 pm</b> <b>7:00-9:00 pm</b> Teen Open Gym	
<b>8:00-9:00pm</b> Middle School Open Basketball (Gym 1)	<p style="text-align: center;">TEEN/TWEEN FITNESS &amp; SPORTS PROGRAMS START NOVEMBER 12 - Register at <a href="http://www.ryeymca.org">www.ryeymca.org</a></p> <p style="text-align: center;"> <b>NEW! <u>Gaga &amp; Dodgeball</u> :</b> Ages 8-12 - Thursdays, 6-7pm  <b>NEW ! <u>Middle School Basketball League</u>:</b> Grades 6-8 - Wednesday, 6-7:45pm or Thursday, 7-8:45pm  <b>Karate:</b> Ages 8-15 - Thursday, 7:00-8:30pm or Saturday, 12:10-1:40pm  <b>NEW! <u>Teen Kickboxing with Yvette</u> :</b> Ages 11-15, Thursdays - 3:30-4:15pm at the Y Studios  <u>Teen Strength &amp; Conditioning</u> with Brendan/Jason: Ages 11-15, 4:00-4:45 - Tues. &amp; Thurs. or Mon.&amp; Wed.  <u>Teen HIIT with JT</u>, Ages 11-15: Monday &amp; Wednesday, 3:15-4:00pm                     </p>				

### **PAINTBALL!**

Friday, November 11 - Grades 6-9

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



Scan to register

### **Teen Night: 6th-8th Graders: Ultimate Nerf**

Saturday, November 12 - 7-9 pm

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



Scan to register

### **NEW! Tween Kickboxing: Ages 7-12**

Monday, November 14, 4:30-5:15pm

Parents can exercise at the same time in Teresa's Cardio & Strength Class, 4:30-5:15pm. Classes are located in the Y Studios. Reserve your spot at [ryeymca.org](http://ryeymca.org)

### **Teen Leaders Club**

Please contact [hcamacho@ryeymca.org](mailto:hcamacho@ryeymca.org) for more information.

### **The Teen Fitness Passport Card and Teen Fitness Center Usage**

The Fitness Center is available to Teens 15+ years. Teens 14 years old who complete one of the pre-requisites described below are given a waiver to this rule, called the **Teen Passport Card**.

This card allows those 14 year olds full use of the Fitness Center. In order to earn their own Teen Passport Card, teens must complete one of the following, guaranteeing their competence, adherence to safety and knowledge of equipment. Teens are expected to follow all Fitness Center rules and the Member Code of Conduct.

- **Teen Strength & Conditioning**
- **Teen Fitness Clinic**
- **Personal Training Passport Program (see below)**

**View the program guide for details at [www.ryeyca.org](http://www.ryeyca.org)**

Contact: [diana@ryeymca.org](mailto:diana@ryeymca.org)