



RYE Y FAMILY TIME: SEPTEMBER 2023 CALENDAR

PARENTS NIGHT OUT

Friday, September 15

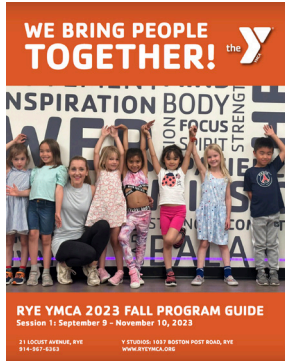
6:30-9:00pm

Enjoy a fun night out while we provide a light dinner.

Ages 1-5 - Storybook Activity:

We're Going on a Leaf Hunt

Ages 7 and up - Fun with Foods



There's still time to register for **FALL PROGRAMS!**
 Programs Start September 9
 View at www.ryeymca.org

ACTIVE FAMILY FRIDAY NERF NIGHT

Friday, September 22

6:30-7:30pm

Join us for a fun active evening!



FUN CLUB DAY

Monday, Sept. 25

Register at www.ryeymca.org

RYE Y's NEW NURSERY SCHOOL GRAND OPENING SPECIAL

Register now for Fall 2023 and receive first month **FREE!**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WELCOMING WEEK: SEPT. 8-13 CELEBRATING OUR NEWEST FRIENDS					1 Brookside pool closed	2
3 Family Swim Brookside pool closed	4 LABOR DAY CLOSED	5 Family Swim Brookside pool closed	6 Family Swim	7 Family Swim	8 Family Swim Family BBall	9 Family Swim Family BBall Family SoftPlay Fall classes start
10 Family Swim Family BBall	11 Family Swim	12 Family Swim	13 Family Swim	14 Family Swim	15 Family Swim Family BBall Parents Night Out	16 Family Swim Family BBall Family SoftPlay
17 Family Swim Family BBall	18 Family Swim	19 Family Swim	20 Family Swim	21 Family Swim	22 Family Swim Family BBall Family Nerf Night	23 Family Swim Family BBall Family SoftPlay
24 Family Swim Family BBall	25 Family Swim Fun Club Day	26 Family Swim	27 Family Swim	28 Family Swim	29 Family Swim Family BBall	30 Family Swim Family BBall Family SoftPlay

FAMILY GYM TIMES Reservations required

Friday: 6:00-7:00pm Family Basketball
Saturday: 1:00-6:00pm Family Basketball
 2:30-4:30pm Soft Play
Sunday: 1:00-6:00pm Family Basketball
 Gymnasium closed through-Sept 4 for floor refinishing.

Please view Maintenance Schedule for pool closures through Sept. 6

FAMILY SWIM TIMES - reservations required at www.ryeymca.org

Monday: 12:00-3:00pm
Tuesday: 2:00-3:00pm
Wednesday: 12:30-3:15pm
Thursday: 2:00-3:00pm
Friday: 6:00-8:00pm
Saturday: 3:00-5:45pm
Sunday: 8:00am-9:45am & 2:00-4:45pm

Located in Pa Cope pool

**SEPTEMBER SCHEDULE/ACTIVITIES FOR TEENS & TWEENS -Reserve in advance at www.ryeymca.org
Please check schedule - the gymnasium is closed through-Sept. 4 for floor refinishing**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	WEEKEND
Teen Open Gym 5-7pm					
	Teen Open Gym 5-7pm	Teen Open Gym 5-7pm		Teen Open Gym 5-7pm	Saturday: Family Basketball 12:30-4pm

**Session 1 Teen Fitness Classes
Classes start Sept. 9**

TEEN STRENGTH & CONDITIONING

@ Fitness Center

Under the supervision of a certified personal trainer, teens will develop correct form while exercising, building strength and improving endurance off the court and fields. Upon completion of this class, students will be completely confident and comfortable with the Fitness Center and 14 year olds will qualify for a **Teen Fitness Passport Card** (see box below)

Tuesday & Thursday: 4:00-4:45pm with Jason

Member: \$245; Non-Member: \$378

TEEN HIIT WITH JT @ HIIT Studio at Y Studios

High intensity workouts, offering a challenge and variety of movements, using various equipment in our new HIIT Studio.

Monday: 3:15-4:00pm

Member: \$245; Non-Member: \$378

TEEN BOXING @ Performance Studio - NEW!

Learn proper boxing form and conditioning

Monday & Wednesday: 4:00-5:00pm

Member: \$299; Non-Member: \$468

TEEN PILATES @ Y Studios - NEW!

Pilates is a mind, body, and spirit practice with benefits that include improved posture, better coordination and balance, increased lung capacity, improved concentration and focus, increased body awareness, stress management, and injury prevention. Great for the Teens looking for a fun workout.

Thursday: 3:30-4:15pm

Member: \$123; Non-Member: \$189

TEEN LEADERS

Promotes the ideals of social responsibility, leadership and community service. Groups meet weekly. No fee.

Junior Leaders - Grades 6-8 Leaders Club - Grades 9-12

For more information, contact edwinsantos@ryeymca.org

REGISTER NOW FOR PAINTBALL!

September 25

Join us as we travel to Liberty Paintball in Patterson, NY. Our group will play on our own reserved fields and will be chaperoned by our professional team of Teen Staff, along with Liberty referees.

**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**
- **Personal Training Passport Program (see below)**

View the program guide for details at www.ryeyca.org

Contact: diana@ryeymca.org