



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RYE Y SUMMER PROGRAMS

June 25 - August 20, 2022



SUMMER PROGRAM REGISTRATION STARTS:

Members: June 8 at 8am

Non-Members: June 10 at 8am

Register at www.ryeymca.org

FALL Program
Registration
starts Aug. 3 for
Members &
Aug. 10 for
Non-Members

Fall session starts
Sept. 10

YOUTH SWIM CLASSES

Summer swim lessons are a great way for children and teens to formally continue improving their swim skills during the summer. While children might have additional resources for swimming during the summer through summer camp, outdoor pool usage, or backyard pools, they are often participating in recreational swimming. We believe that participation in our formal summer swim lesson program is beneficial and will help children and teens continue to improve and achieve great swim skills this summer!

[Registration for all classes is online. Please refer to spring program guide for class descriptions](#)

BASICS AND BEYOND BASICS LEVELS:

For all age levels, **Basic classes** are for beginner and advance beginner levels; for children who do not swim independently or swim independently for short periods of time.

Beyond Basics is for intermediate and more advanced swimmers. Swimmers ages 3 to 5 should be able to swim 30 feet independently, swimmers 6 and older should be able to swim 75 feet independently.

Classes are 30 minutes and meet once per week. Fees are based on 8 week session.

PARENT/CHILD

6-18 months

Monday: 10:00-10:30am

Saturday: 9:00-9:30am

19 - 36 months

Monday: 10:30-11:00am
11:00-11:30am*

Saturday: 8:30-9:00am
9:30-10:00am

*Advanced - must be recommended by instructor

PARENT/CHILD CLASS FEES

(based on 8-week session, classes will be prorated at time of registration for Mondays which will run 7 weeks)

Family: Free
Youth : \$142
Non-Member: \$240

PARENT/CHILD TRANSITION

30-36 months

Participants must be recommended by instructor from parent child class to attend this course. The goal of the class will be to transition the child to work exclusively with instructor rather than parents. Parent will not be in the water.

Monday: 12:10-12:45pm

Saturday: 10:00-10:30am

GROUP SWIM LESSONS

PRE SCHOOL, SCHOOL AGE & YOUTH/TEEN

Pre School Basics (Ages 3-5)	Pre School Beyond Basics (Ages 3-5)	School Age Basics (Ages 6-9)	School Age Beyond Basics (Ages 6-9)	Youth/Teen Basics (Ages 10-15)	Youth/Teen Beyond Basics (Ages 10-15)
Tuesday 3:45-4:15pm	Tuesday 3:45-4:15pm	Tuesday 4:20-4:50pm	Tuesday 4:20-4:50pm		
Wednesday 10:15-10:45am	Wednesday 10:15-10:45am	Wednesday 3:45-4:15pm	Wednesday 4:20-4:50pm	Wednesday 3:45-4:15pm	Wednesday 4:20-4:50pm
Thursday 4:20-4:50pm	Thursday 4:20-4:50pm	Thursday 3:45-4:15pm	Thursday 3:45-4:15pm		
Saturday 10:30-11:00am 11:30am-12:00pm	Saturday 10:30-11:00am	Saturday 11:00am-11:30am 12:30-1:00pm	Saturday 12:00-12:30pm	Saturday 11:00am-11:30am	Saturday 12:30-1:00pm

Family: \$142; Youth : \$183; Non-Member: \$275

Classes are 30 minutes and meet once per week. Pricing is based on 8 week session.

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:10pm	5:00pm	12:15pm	5:00pm	12:15pm	8:30am
		2:10pm		2:10pm	9:00am
		5:00pm			9:30am
					1:00pm
					1:30pm

Membership Required

Private Lessons: 1 package \$52, 4 package \$208, 6 package \$312, 8 package \$400

Semi-Private Lessons: (package must be purchased for each participant): 1 package \$41, 4 package \$164, 6 package \$246, 8 package \$310 Maximum two participants of similar age and ability. Member must provide the second participant.

YOUTH SPORTS, MUSIC & KARATE

SUPER SOCCER STARS

Sundays- 7 weeks

9:00am-9:40am – 1-2 years (Parent / Child)

9:45am-10:30am – 3-4 years

10:35am-11:15am – 2-3 years

11:20am-12:10pm – 4-5 years

12:15-1:15pm – 5-7 years

Family: \$214 Youth: \$249 Non Member: \$316

AMAZING ATHLETES - NEW! Multi-sport

Saturdays- 8 weeks

2:00pm-2:40pm – 2-3 years

2:45pm-3:30pm – 3-4 years

3:35pm-4:15pm – 1-2 years (Parent / Child)

4:20pm-5:10pm – 4-5 years

Family: \$245 Youth: \$285 Non Member: \$361

ROCK YOUR WORLD with Armelle

Ages 9 mos.- 4 yrs.



Join Armelle Gloaguen for a non-stop, fun filled and creative music class. Armelle will introduce music from all over the world as you and your child dance, sing and play instruments including the tambourine, maracas, bodhran, spoons, washboards and more! (8 week session)

Tuesday

Ages 9-24 months with parent/adult: 10:00-10:40am

Ages 2-4 years with parent/adult: 11:00-11:40am

Family: \$172; Youth: \$177; Non-Member: \$206



KARATE

USA GOJU style karate taught by a black belt instructor. Courses designed to enhance self-esteem, self-confidence, and self-discipline. Participants will develop their style and skills progressions. (8 week session)

Thursday - 8 week class

Pre Karate - age 5-7 6:00-6:45pm

Karate - age 8-15 7:00-8:30pm

Family: \$160 Youth: \$178 Non-Member: \$231

Register online at www.ryeymca.org



TEEN FITNESS

Teen Fitness Clinic - Ages 11-15 - Fitness Center

This clinic will focus on strength and conditioning, core training, sports conditioning, weight training, and how to work out in the Fitness Center. Participants who complete one week will be eligible to obtain a teen passport to work out in the Fitness Center at age 14. Contact Diana Vita at diana@ryeymca.org for questions.

Register for 1-8 weeks. Instructor: Jason

Monday - Thursday: 4-5pm

**Member: \$60/week; Non-Member: \$75/week*
(July 4th week: \$45/\$55)**

Teen HIIT with JT - Ages 12-15 - HIIT Studio

Sports oriented focusing on core strength, speed and agility. Great for both on/off season training.

Mondays & Wednesdays: 3-3:45pm (No class July 4)

Member: \$99 Non-Member: \$150 (Summer Special introduction Fee)

ADULT HEALTHY LIVING CLASSES

BASIC TRAINING

Location: HIIT Studio at the Y Studios (1037 Boston Post Road)

This is a moderate intensity small group training. Great for all levels of fitness. Instructors Yvonne & Laura (Min 8 participants/max 14 participants)

Monday, Wednesday, Friday: 10:30-11:15am (No class July 4)

Member: \$325; Non-Member: \$400



HIIT WITH JT, Ages 16+ - HIIT Studio

High intensity workouts, offering a challenge and variety of movements. Strive for more with this midday class.

Wednesdays & Fridays 12:00-1:00pm

Member: \$224 Non-Member: \$312

RISE & GRIND WITH JT, Ages 16+ - HIIT Studio

Full body high intensity workout to shake off the work week.

Saturdays 7:00-8:00am

Member: \$112 Non-Member: \$157

AMRAP WITH PETE Ages 16+ - HIIT Studios

Quick and efficient circuit workouts to challenge every level of fitness.

Wednesdays 6:30-7:15pm

Member \$96 Non-Member \$135



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