



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER 2025

B.R. RYALL YMCA TEEN CENTER ACTIVITIES

SUN

MON

TUE

WED

THU

FRI

SAT

2

3



DIY
PIZZAS
KITCHEN

4



DIY FRIDGE
MAGNETS
ACTIVITY ROOM A

5



SMOOTHIES &
WELLNESS
CHALLENGE
KITCHEN

6



500 FOOTBALL
GAME
GYMNASIUM

7

8

9

10



MILKSHAKES
KITCHEN

11



FREE THROW
CONTEST
ACTIVITY ROOM A

12



SMOOTHIES &
WELLNESS
CHALLENGE
KITCHEN

13



CANDLE
MAKING
ACTIVITY ROOM A

14

15

16

17



WALKING
TACOS
KITCHEN

18



CREATE YOUR
OWN GNOME
ACTIVITY ROOM A

19



SMOOTHIES &
WELLNESS
CHALLENGE
KITCHEN

20



HAND TURKEYS
ACTIVITY ROOM A

21

22

23

24



CHIPS AND DIPS
KITCHEN

25



THANKFUL
CARDS
ACTIVITY ROOM A

26



SMOOTHIES &
WELLNESS
CHALLENGE
KITCHEN

27

HAPPY
THANKSGIVING!

28

29

**AFTER SCHOOL DROP-IN
FOR KIDS 6TH-12TH GRADE**

**FALL HOURS
MONDAY-THURSDAY 3:45-6:45 P.M.
ACTIVITIES 4:15-5 P.M.**

***UNLESS OTHERWISE NOTED
ON THE CALENDAR**

YMCA MEMBERSHIP IS REQUIRED.
Ask about our Membership For All
financial assistance program.



FREE TEEN-LED PROGRAMS

Zen Club

Zen club is a place for middle schoolers to de-stress from their normal day to day schedules.

Get Cozy with Cooking

Learn how to cook new cuisines for free! Join the TAB for an evening of food, fun and friends.



TEEN WORKOUT CHALLENGE

Are you ready to kick off a workout routine and win awesome gift cards to your favorite spots like Starbucks, Dunkin, Flips, and Subway? Stop by the Teen Center to learn more.



B.R. Ryall YMCA
49 Deicke Dr. Glen Ellyn, IL 60137
630.858.0100 | www.brryallymca.org