



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

JANUARY 2026

B.R. RYALL YMCA TEEN CENTER ACTIVITIES

SUN

MON

TUE

WED

THU

FRI

SAT

4

5



**WALKING
TACOS**
KITCHEN

6



**ZEN
GARDEN**
ACTIVITY ROOM A

7



**SMOOTHIES &
WELLNESS
CHALLENGE**
KITCHEN

8



**2026 VISION
BOARDS**
ACTIVITY ROOM A

9

10

11

12



PB&J
KITCHEN

13



**SHOW AND
TELL**
KITCHEN

14



**SMOOTHIES &
WELLNESS
CHALLENGE**
KITCHEN

15



**PET YOUR
STRESS AWAY**
TEEN CENTER

16

17

18

19



PIZZAS
MLK Jr. Day Hours:
10 a.m. to 12 p.m. &
3:45-6:45 p.m.

20



**PENGUIN
RELAYS**
ACTIVITY ROOM A

21



**SMOOTHIES &
WELLNESS
CHALLENGE**
KITCHEN

22



**TEEN FEUD
GAME**
KITCHEN

23

24

25

26



CHIPS AND DIPS
KITCHEN

27



**NATIONAL
BUBBLE WRAP
DAY**
ACTIVITY ROOM A

28



**SMOOTHIES &
WELLNESS
CHALLENGE**
KITCHEN

29



**SHARK
TANK**
KITCHEN

30

31

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

DROP-IN HOURS
MONDAY-THURSDAY 3:45-6:45 P.M.
ACTIVITIES 4:15-5 P.M.

***UNLESS OTHERWISE NOTED
ON THE CALENDAR**

MARTIN LUTHER KING JR. DAY HOURS
MONDAY, JANUARY 19
10 A.M. TO 12 P.M.
3:45-6:45 P.M.

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.

Nature Club

Adventure awaits, right outside the Y! Step away from the screens and into the wild with our Nature Club for middle schoolers.

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