



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

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.

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.



B.R. Ryall YMCA

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