



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

FEBRUARY 2026

B.R. RYALL YMCA TEEN CENTER ACTIVITIES

SUN MON TUE WED THU FRI SAT

	2  TRAIL MIX KITCHEN	3  TRIVIA NIGHT ACTIVITY ROOM A	4  SMOOTHIES & WELLNESS CHALLENGE KITCHEN	5  HEAD, SHOULDERS, KNEES, CONE! ACTIVITY ROOM A	6	7
8	9  CUP OF NOODLES KITCHEN	10  CAN IT CHOCOLATE? KITCHEN	11  SMOOTHIES & WELLNESS CHALLENGE KITCHEN	12  VALENTINE'S CARDS TEEN CENTER	13	14
15	16  YOGURT PARFAITS KITCHEN	17  WIFFLE BALL ACTIVITY ROOM A	18  SMOOTHIES & WELLNESS CHALLENGE KITCHEN	19  CANDLE MAKING KITCHEN	20	21
22	23  WALKING TACOS KITCHEN	24  GAME NIGHT ACTIVITY ROOM A	25  SMOOTHIES & WELLNESS CHALLENGE KITCHEN	26  BRAIN ROT DAY! KITCHEN	27	28

**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**

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.

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