



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

# MARCH 2026

## B.R. RYALL YMCA TEEN CENTER ACTIVITIES

SUN MON TUE WED THU FRI SAT

	2  TRAIL MIX KITCHEN	3  NEEDOH NIGHT KITCHEN	4  SMOOTHIES & WELLNESS CHALLENGE KITCHEN	5  MINUTE TO WIN IT ACTIVITY ROOM B	6	7
8	9  WALKING TACOS KITCHEN	10  CHOPPED KITCHEN	11  SMOOTHIES & WELLNESS CHALLENGE KITCHEN	12  MARCH MADNESS BRACKETS TEEN CENTER	13	14
15	16  SHAMROCK SHAKES KITCHEN	17  TALENT SHOW ACTIVITY ROOM A	18  SMOOTHIES & WELLNESS CHALLENGE KITCHEN	19  DUBAI CHOCOLATE KITCHEN	20	21
22	23  HOMEMADE PIZZAS KITCHEN	24  TEEN FEUD ACTIVITY ROOM A	25  SMOOTHIES & WELLNESS CHALLENGE KITCHEN	26  ROCKET LEAGUE TOURNEY 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.

**B.R. Ryall YMCA**  
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