the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER 2026

B.R. RYALL YMCA TEEN CENTER ACTIVITIES

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 MINDCRAFT BUILDING CONTEST ACTIVITY ROOM A	3 TACO TUESDAY KITCHEN	4 SMOOTHIE DAY KITCHEN	5 TIN EMBOSSING ACTIVITY ROOM A	6	7
8	9 BEDAZZLE DAY KITCHEN	10 TACO TUESDAY KITCHEN	11 SMOOTHIE DAY KITCHEN	12 SHRINKYDINK KEYCHAINS ACTIVITY ROOM A	13	14
15	16 WAVELENGTH TOURNAMENT ACTIVITY ROOM A	17 TACO TUESDAY KITCHEN	18 SMOOTHIE DAY KITCHEN	19 SPELLING BEE KITCHEN	20	21
22	23 THANKSGIVING DINNER ACTIVITY ROOM A	24 TACO TUESDAY KITCHEN	25 SMOOTHIE DAY KITCHEN	26 HAPPY THANKSIVING! THE YMCA AND TEEN CENTER ARE CLOSED	27 CHRISTMAS TREE LOT OPENS AT 9 A.M.	28 WINTER WONDERLAND 9-11 A.M.
29	30 CHRISTMAS DECORATING ACTIVITY ROOM A					

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**



NEW TO THE GROUP FITNESS SCHEDULE

Youth Mixed Martial Arts (Ages 11-17)

Unleash your striking, reaction speed, and functional conditioning in this high-energy, all-levels MMA class. Build on the core concepts of Jeet Kune Do, this program focuses heavily on technical partner drills, energy sensitivity, trapping and fluid range transitions. You'll master practical hand-to-hand combat, takedowns and more!

Thursday | 6-6:45 p.m. | Studio A

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

ALIVE TEEN-LED, TEEN-DRIVEN® EST. alive 2015 CERTIFIED

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