



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA SILVER SPRING

GYM SCHEDULE WINTER 2017

Schedule Begins
January 2nd and is
subject to change
without notice

Open Gym Rules

Please refer to the
rules posted in the
gym.

If younger children
are present during
open gym,
organized games
must be limited to
half court.

Notes

Please allow for
transition times
after programs end
and open gym
begins.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-5:55 Open Gym	5:00-5:55 Open Gym	5:00-5:55 Open Gym	5:00-5:55 Open Gym	5:00-5:55 Open Gym	6:00-6:55 Open Gym	6:00-6:55 Open Gym
	6:00-7:40 Group Exercise Classes	6:00-10:15 Group Exercise Classes	6:00-7:40 Group Exercise Classes	6:00-7:00 Group Exercise Classes	6:00-11:45 Group Exercise Classes	7:00-12:30 Group Exercise Classes	7:00- 11:30 Group Exercise Classes
	7:40- 8:10 Open Gym	10:20-11:10 Open Gym	7:40- 8:10 Open Gym	7:05-8:10 Open Gym	11:50-3:25 Open Gym	12:35-8:00 Open Gym	11:30- 8:00 Open Gym
	8:15-1:00 Group Exercise Classes	11:15-1:30 Group Exercise Classes	8:15-1:00 Group Exercise Classes	8:15-12:15 Group Exercise Classes	3:30-8:30 Youth Sports Classes		
	1:05-3:25 Open Gym	1:35-3:25 Open Gym	1:05-3:25 Open Gym	12:20-3:25 Open Gym	8:35-10:00 Open Gym		
	3:30-5:30 Youth Sports Classes	3:30-6:15 Youth Sports Classes	3:30-6:15 Youth Sports Classes	3:30-6:15 Youth Sports Classes			
	5:30-8:45 Group Exercise Classes	6:30-8:45 Group Exercise Classes	6:15-8:15 Group Exercise Classes	6:30-8:15 Group Exercise Classes			
	8:50-10:00 Open Gym	8:50-10:00 Open Gym	8:20-10:00 Open Gym	8:20-10:00 Open Gym			

YMCA Silver Spring

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