

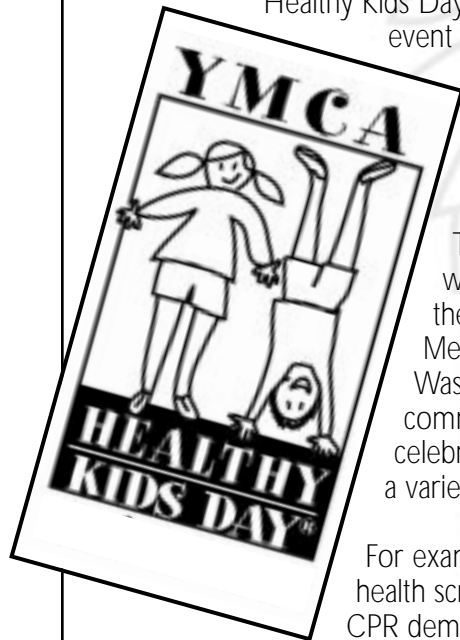


Association Events

Healthy Kids Day

April 2003
Washington, DC

Healthy Kids Day is a nationwide event designed to educate you and your family about health, safety and wellness issues. Throughout the week, branches in the YMCA of Metropolitan Washington community will be celebrating this event in a variety of ways.



For example, receive free health screenings, watch CPR demonstrations, test your blood pressure,

get your child's fingerprints taken, learn about nutrition, and lots more! Plus, meet local area sports stars!

For the kids, there will be activities such as face painting, moon bounce, basketball and soccer contests.

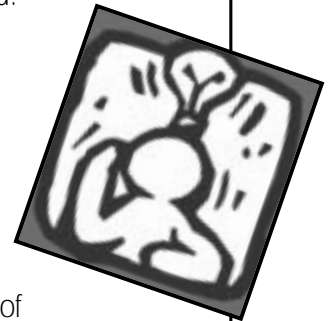
See your branch for specific details.



Ninth Annual YMCA THINGAMAJIG Invention Convention

August 6, 2003
Prince George's Equestrian Center
Upper Marlboro, Md.

Designed as a celebration of the magic of science, technology and problem-solving, the YMCA's THINGAMAJIG Invention Convention offers a day of fun, learning and healthy competition for children — ages 5-14 — in Maryland, Virginia and the District of Columbia, including those who attend YMCA summer camps.



At the core of this annual event is a competition where children use basic scientific and technological principles to create inventions — such as robots, funky fashions, and bubblegum sculptures.

The day also features a variety of interactive, educational workshops and lots of fun and games, such as an Oreo stacking competition and a suitcase relay!

This free event is open to the public and attracts more than 2,000 people each year.

For more information, please contact Janice Williams at 202-797-4460 or jwilliams@ymcawashdc.org.

For more information about upcoming events, check out our website at www.ymcawashdc.org.



Branch Events

Family Luau

Come enjoy a warm tropical event on a cold winter's night! We'll have food, music and swimming.

Date: February 8, 2003

Time: 6-8 p.m.

Fee: Free



Healthy Kids Day

Bring your entire family to join our family for a fun-packed day of events! We will have obstacle courses, sack races, pony rides, a moon bounce, live music, face painting, cotton candy and much more. We look forward to seeing you there!

Date: April 5, 2003

Time: 10 a.m.-2 p.m.

Fee: Free



Annual Kite Festival

Enter a handmade kite in the YMCA Silver Spring's Annual Kite Festival! This year's theme, "Freedom Flyers," celebrates the American spirit. A special award will be given for the kite that best interprets the theme. Kite registration is from 10-10:45 a.m. on the front lawn.

Date:

March 15, 2003

Time:

10 a.m.-12:30 p.m.

Fee: Free



Annual Easter Egg Hunt

Come and join us along with the Easter Bunny for a fun-filled event! Festivities kick off at 9 a.m. with the Egg Hunt. We will have arts and crafts with our very own Pypers Dixon, pictures with the Easter Bunny, and conclude with an egg roll.

Light refreshments will be served.

Don't forget your Easter baskets!

Date: April 12, 2003

Time: 9 a.m.-12 p.m.

Fee: \$10, Full Privilege;
\$12, Program



Breakfast with Mommy

Join us for a very special mother/child(ren) Pre-Mother's Day Breakfast. You and your child(ren) will make a craft, sing songs and share a breakfast prepared especially for you. All this to celebrate you and all the wonderful things you do.

Date: May 10, 2003

Time: 9-10:30 a.m.

Fee: \$4, Full Privilege; \$6, Program

SPRING BREAK BASEBALL CAMP

Ages 8-12

This camp will be directed by former major leaguer Steve Carter, who played for the Pittsburgh Pirates from 1989-1990. Steve attended University of Georgia on a full baseball scholarship and also played eight years in the minor leagues, so experience is not the lacking at this camp. Your baseball star will develop skills in hitting, throwing, catching, fielding and baserunning. Each day ends with simulated games for your superstar. Extended care is available for your convenience, starting at 7 a.m. and ending at 6 p.m. The camp will be limited to 50 participants in order to provide adequate instruction and proper staff to camper ratio. Registration deadline is March 22. For more information, please contact Steve Carter, Camp Director, at 301-585-2120. **Please note:** the camp with extended care is \$200.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	M-F	9 a.m.-4 p.m.	n/a	April 1-5	\$150	\$160



Welcome to the YMCA Silver Spring swimming program.

Acting Aquatic Director: Max Basin, 301-585-2120, ext. 120; Assistant Aquatic Director: Molly Rushing, 301-585-2120, ext. 156

General Information

- Participants may only register for their proper level. Anyone registering for a class too high or too low for their ability level will be moved.
- Skill evaluations for class placement are available free of charge. Please schedule an evaluation. If you have any questions about your child's placement, or to schedule an appointment, contact the Aquatic Department at 301-585-2120.
- Children over six years of age may not use opposite sex locker rooms.
- All babies must wear tight-fitting rubber pants/swim diapers.
- There are no make-up classes.
- YMCA classes are based on progression, not pass/fail.
- Please do not ask the Aquatic Director to over-subscribe classes.
- Please review the Credit and Refund policy in the back of this guide. It will be strictly enforced.

**NEW POOL!
AT
PINEY BRANCH
ELEMENTARY**
Hours of operation:
M-F 6:15-9 a.m.
6-9:30 p.m.
Sat. 7 a.m.-5 p.m.
Sun. 7 a.m-8 p.m.

Swim Lessons

Parent/Child Swim Lessons



Ages 6 months–3 years

The Parent-Child program is a water adjustment class for children 6-36 months of age. Please be sure to sign your child up for the proper level. (It is the parent's responsibility to make sure the child is registered for the correct class and session.) Class length: 30 minutes.

Shrimp, Kipper, Inia: 6-18 months

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	9:30-10 a.m.	02101-08	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86

Perch: 19-36 months

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	11:15-11:45 a.m.	02101-15	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	SUN	11-11:30 a.m.	02101-16	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86

Age Combined: 6-36 months

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	THUR	10-10:30 a.m.	02101-01	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86



Preschool Swim Lessons Ages 3-5

The Preschool program is water adjustment and beginning swimming for children ages 3-5. Please be sure to sign your child up for the proper level. (It is the parent's responsibility to make sure the child is registered for the correct class and session.) Class length: 30 minutes.

Pike (Beginner): Child must be comfortable taking class without a parent in the water.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	MON	3:15-3:45 p.m.	02101-74	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	MON	3:15-3:45 p.m.	02101-24	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	WED	4-4:30 p.m.	02101-20	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	THUR	5:45-6:15 p.m.	02101-23	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	FRI	3:30-4 p.m.	02101-18	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	SAT	9-9:30 a.m.	02101-43	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	SAT	9:30-10 a.m.	02101-41	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	SAT	10:45-11:15 a.m.	02101-47	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	SAT	12-12:30 p.m.	02101-45	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	SUN	9-9:30 a.m.	02101-49	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	SUN	10:15-10:45 a.m.	02101-25	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	SUN	12-12:30 p.m.	02101-51	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86

Eel: Prerequisite: Child will put his/her face in the water. Child should be able to kick on front/back with flotation device.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	MON	4:30-5 p.m.	02101-53	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	WED	4:30-5 p.m.	02101-55	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86
YMCA Silver Spring	THUR	4:30-5 p.m.	02101-56	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53 \$53 \$53	\$86 \$86 \$86



YMCA Silver Spring	SAT	9-9:30 a.m.	02101-77	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SAT	10:15-10:45 a.m.	02101-79	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SAT	12:30-1 p.m.	02101-83	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SUN	9-9:30 a.m.	02101-85	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SUN	10:45-11:15 a.m.	02101-87	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86

Rays: Prerequisite: Child must be able to swim 20 feet with face in and arms out, without flotation device. Child can swim one-half length on back without flotation device.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	TUE	3:45-4:15 p.m.	02101-90	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	THUR	4-4:30 p.m.	02101-91	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SAT	9-9:30 a.m.	02201-02	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SAT	11:30 a.m.-12 p.m.	02201-04	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SUN	9:45-10:15 a.m.	02201-05	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SUN	11:45 a.m.-12:15 p.m.	02201-06	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86

Starfish: Prerequisite: Child must be able to swim the length of the pool on front and back without flotation device.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	TUE	6:15-6:45 p.m.	02201-08	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	WED	5:45-6:15 p.m.	02201-09	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	THUR	6:15-6:45 p.m.	02201-10	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SAT	12:15-12:45 p.m.	02201-11	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86
YMCA Silver Spring	SUN	11:30 a.m.-12 p.m.	02201-13	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$53	\$86



Youth Swim Lessons

Ages 6 and older

The Youth Swim program is designed for participants who have completed first grade or are six years old or older. The classes are pupil-centered and use a problem-solving, guided-discovery teaching approach. The emphasis is on learning, not passing or failing. Each development level is divided into five components that include personal safety, stroke development, water sports and games, personal growth, and rescue. In each of the levels, skills and activities promote health and fitness. Class length: 45 minutes.

Polliwog (Beginner): Child has little or no swimming experience.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	MON	3:45-4:30 p.m.	02201-20	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	THUR	5-5:45 p.m.	02201-23	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	FRI	4-4:45 p.m.	02201-21	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	SAT	10-10:45 a.m.	02201-39	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	SAT	11:45 a.m.-12:30 p.m.	02201-41	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	SUN	9-9:45 a.m.	02201-22	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	SUN	10:15-11 a.m.	02201-43	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96

Guppy (Advanced Beginner): Prerequisites: Child can swim on front with face in the water and is comfortable in deep water. Child should be comfortable swimming on back.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	MON	5-5:45 p.m.	02201-46	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	TUE	4:15-5:30 p.m.	02201-47	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	WED	3:15-4 p.m.	02201-49	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	FRI	4:45-5:30 p.m.	02201-45	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	SAT	9:30-10:15 a.m.	02201-66	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	SAT	11:30 a.m.-12:15 p.m.	02201-68	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96



YMCA Silver Spring	SUN	9:30-10:15 a.m.	02201-70	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96
YMCA Silver Spring	SUN	11-11:45 p.m.	02201-72	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96

Minnow (Intermediate): Prerequisites: Child can swim one length of front crawl and can swim one length on back.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	TUE	5:30-6:15 p.m.	02201-75	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96
YMCA Silver Spring	THUR	3:15-4 p.m.	02201-76	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96
YMCA Silver Spring	SAT	10-10:45 a.m.	02201-86	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96
YMCA Silver Spring	SAT	12:30-1:15 p.m.	02201-88	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96
YMCA Silver Spring	SUN	9:30-10:15 a.m.	02201-90	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96
YMCA Silver Spring	SUN	11:15 a.m.-12 p.m.	02201-74	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96

Fish (Advanced Intermediate): Prerequisites: Child can swim one length of front crawl with good rotary breathing and one length back crawl (two lengths continuously).

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	WED	5-5:45 p.m.	02201-92	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96
YMCA Silver Spring	SAT	10:45-11:30 a.m.	02201-97	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96
YMCA Silver Spring	SUN	10:15-11 a.m.	02201-99	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96

Flying Fish/Shark (Advanced): Prerequisites: Child must be able to swim two lengths front crawl and two lengths back crawl, and must know breaststroke kick and butterfly kick.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	10:45-11:30 a.m.	02301-16	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61 \$61 \$61	\$96 \$96 \$96



Adult Swim Lessons

Ages 15 and older

Our experienced instructors teach basic to advanced skills. Whether you are a new swimmer or just want to sharpen your swimming skills, come join us!

Level I (Beginner): This class is for people who have a fear of the water or who have never taken a swimming lesson. Water adjustment, kicking and arm strokes, and confidence in deep water will be emphasized.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	WED	8:45-9:30 p.m.	02301-01	Winter: Jan. 6-Mar. 2 (8 wks)	\$61	\$96
				Spg. I: Mar. 3-Apr. 27 (8 wks)	\$61	\$96
				Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96

Level II (Advanced Beginner): For those who can swim a short distance in shallow water with their faces in the water, this class emphasizes refining basic strokes and confidence in deep water.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	TUE	8:15-9 p.m.	02301-04	Winter: Jan. 6-Mar. 2 (8 wks)	\$61	\$96
				Spg. I: Mar. 3-Apr. 27 (8 wks)	\$61	\$96
				Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	FRI	10:30-11:15 a.m.	02301-05	Winter: Jan. 6-Mar. 2 (8 wks)	\$61	\$96
				Spg. I: Mar. 3-Apr. 27 (8 wks)	\$61	\$96
				Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96

Level III (Intermediate): This class is for those who are comfortable in deep water and want to improve their form and learn new strokes with an emphasis on building endurance and mastering skills.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	THUR	8:15-9 p.m.	02301-07	Winter: Jan. 6-Mar. 2 (8 wks)	\$61	\$96
				Spg. I: Mar. 3-Apr. 27 (8 wks)	\$61	\$96
				Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96
YMCA Silver Spring	FRI	10:30-11:15 a.m.	02301-09	Winter: Jan. 6-Mar. 2 (8 wks)	\$61	\$96
				Spg. I: Mar. 3-Apr. 27 (8 wks)	\$61	\$96
				Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96

Masters' Swim Team

A competitive swim practice, Masters' Swim Team helps members refine their strokes, build speed and endurance, and improve their overall fitness level.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	T/TH/SUN	9-10 p.m. (T/TH)	02402-01	Winter: Jan. 6-Mar. 2 (8 wks)	\$61	\$96
		7-8 p.m. (SUN)		Spg. I: Mar. 3-Apr. 27 (8 wks)	\$61	\$96
				Spg. II: Apr. 28-Jun. 22 (8 wks)	\$61	\$96

Private Swim Lessons

All ages

A great way to complement your YMCA group lessons or for those with special learning needs or circumstances, our private swim lessons can accommodate any age or ability level. Lessons are 30 minutes and are offered on a space available/instructor available basis. Please be prepared to be placed on a waiting list.

Full Priv. Fee: \$24/lesson or \$125/six lessons

Program Fee: \$34/lesson or \$192/6 lessons



Specialty Aquatics



YMCA Lifeguarding Ages 16 and older

Students must be at least 16 years old by the first day of the course and be able to swim 500 continuous yards. First Aid and CPR for the Professional Rescuer are included as part of this program. The YMCA has job opportunities for those who complete the certification.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	M-F/ SAT/SUN	6-10 p.m. 12-9 p.m.	02601-01	Mar. 31-Apr. 17	\$150	\$200
YMCA Silver Spring	M-F/ SAT/SUN	6-10 p.m. 12-9 p.m.	02601-02	May 26-Jun. 2	\$150	\$200
YMCA Silver Spring	M-F/ SAT/SUN	6-10 p.m. 12-9 p.m.	02601-03	Jun. 2-Jun. 9	\$150	\$200

Community CPR and First Aid

This class is a must for parents, grandparents, day care providers, and baby-sitters. Learn CPR skills for choking and breathing emergencies and first aid skills for burns, bleeding, poisoning, bodily injuries, sudden illnesses, and disease transmission prevention. CPR class includes CPR instruction for adults, children, and infants. Note: Class will run only if there are six or more participants.

Aquatic Fitness

Exercising in the water has many benefits. It can improve your muscular tone, cardiovascular strength, and overall health. The water also provides resistance, allows for a greater range of motion, and acts as a cushion for feet, knees, and back.

Deep Water Aerobics

This class is designed for swimmers who are comfortable in deep water. Participants wear flotation belts, which allow freedom of movement. This intense workout uses the water's natural resistance to improve cardiovascular endurance and strengthen major muscle groups.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	M/W/F	9:45-10:30 a.m.	02401-01	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$65 \$65 \$65	\$96 \$96 \$96
YMCA Silver Spring	M/W/F	6:15-7 p.m.	02401-02	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$65 \$65 \$65	\$96 \$96 \$96
YMCA Silver Spring	T/TH	10-10:45 a.m.	02401-03	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$58 \$58 \$58	\$87 \$87 \$87

Aqua Aerobics

Participants use movement to music in shallow water to improve their flexibility, endurance, and muscle tone. This program is designed for nonswimmers as well as swimmers.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	M/W/F	8:45-9:30 a.m.	02401-04	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$65 \$65 \$65	\$96 \$96 \$96
YMCA Silver Spring	M/W/F	7:30-8:25 p.m.	02401-05	Winter: Jan. 6-Mar. 2 (8 wks) Spg. I: Mar. 3-Apr. 27 (8 wks) Spg. II: Apr. 28-Jun. 22 (8 wks)	\$65 \$65 \$65	\$96 \$96 \$96



Welcome to the YMCA Silver Spring youth programs!

Associate Executive Director: Steve Carter, 301-585-2120, ext. 145
 Senior Youth and Family Director: Esther Arce-Reed, 301-585-2120, ext. 151
 Youth and Family Director: Rob Podjenski, 301-585-2120, ext. 125



Sports

All Sports Ages 5-9

This co-ed class will provide your youngster with a variety of sports and games, including basketball, baseball, soccer and floor hockey.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	TUE	4:30-5:15 p.m.	03401-02	Winter: Jan. 6-Mar. 2	\$52	\$65
				Spg. I: Mar. 3-Apr. 27	\$52	\$65
				Spg. II: Apr. 28-Jun. 22	\$52	\$65

Junior Baseball Ages 5-7

This class will focus on the game of baseball through instruction, including hitting, throwing, fielding, conditioning and positional play.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	THUR	4:30-5:15 p.m.	03401-01	Winter: Jan. 6-Mar. 2	\$52	\$65
				Spg. I: Mar. 3-Apr. 27	\$52	\$65
				Spg. II: Apr. 28-Jun. 22	\$52	\$65

KinderSoccer Ages 3-4

This introductory class will prepare your child for the game of soccer through basic fundamentals. These "FUN"damentals will include kicking, dribbling and teamwork.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	MON	4:30-5:15 p.m.	03403-01	Winter: Jan. 6-Mar. 2	\$52	\$65
				Spg. I: Mar. 3-Apr. 27	\$52	\$65
				Spg. II: Apr. 28-Jun. 22	\$52	\$65

Soccer Skills Ages 5-7

This class will build upon the KinderSoccer class at a more rapid pace. However, this class will also teach positional play and game strategy.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	WED	4:30-5:15 p.m.	03403-02	Winter: Jan. 6-Mar. 2	\$52	\$65
				Spg. I: Mar. 3-Apr. 27	\$52	\$65
				Spg. II: Apr. 28-Jun. 22	\$52	\$65

Pee Wee Sports Ages 4-6

This co-ed class will provide your youngster with a variety of sports and games, including basketball, baseball, soccer and floor hockey.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SUN	1-1:45 p.m.	03404-03	Winter: Jan. 6-Mar. 2	\$52	\$65
				Spg. I: Mar. 3-Apr. 27	\$52	\$65
				Spg. II: Apr. 28-Jun. 22	\$52	\$65

Biddy Basketball Ages 4-6

Biddy Basketball is a class that will teach your child the fundamentals of the game. Your child will be introduced to dribbling, passing, and shooting skills. This class is co-ed!

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SUN	12-12:45 p.m.	03402-03	Winter: Jan. 6-Mar. 2	\$52	\$65
				Spg. I: Mar. 3-Apr. 27	\$52	\$65
				Spg. II: Apr. 28-Jun. 22	\$52	\$65



Junior Sports

Ages 7-9

This co-ed class will build upon the Pee Wee Sports class at a more rapid pace. Basketball, baseball, soccer and floor hockey will be emphasized, but sportsmanship and participation is the key ingredient to this dynamite class.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SUN	2-2:45 p.m.	03404-02	Winter: Jan. 6-Mar. 2 Spq I: Mar. 3-Apr. 27 Spq II: Apr. 28-Jun. 22	\$52 \$52 \$52	\$65 \$65 \$65

Winter Indoor Soccer League

Everyone plays every game! Emphasis placed on teamwork, sportsmanship, and skill development. The league includes an eight game schedule. All players will be placed on a team according to their age. All teams are coed. Fee includes team T-shirt and awards.

Division I: Ages 4-5 Division II: Ages 6-7 Division III: Ages 8-9

Important Dates: Jan. 3, registration deadline and skill evaluation (all players must attend. Held at YMCA.)

Ages: 4-5 1:30-2 p.m.

Ages: 6-7 2-2:30 p.m.

Ages: 8-9 2:30-3 p.m.

League play begins Jan 11

Location	Day	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	03601-02	Jan. 4-Mar. 1	\$72	\$82

Spring Soccer League

Ages 3-9

This YMCA Silver Spring soccer season will be as exciting as ever so get ready for an eight-game schedule full of fun for the kids. Games will be held on Saturdays with weekday practices. Every kid plays in this league and everyone is a winner! Fee includes uniform (shirt, shorts and socks). Parent volunteer opportunities are available.

Division I: Ages 3-4 Division II: Ages 5-6 Division III: Ages 7-9

Registration Deadline: April 11

Skill Evaluation (all players must attend): April 12

Division I: 9 a.m. Division II: 9:30 a.m. Division III: 10 a.m.

Practice: Begins April 14 League Play: Begins April 19

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	9 a.m.-1 p.m.	03601-02	April 14-Jun. 8	\$72	\$82

Baseball League

Ages 3-10

This baseball league will help prepare your superstar for tomorrow. This league will focus on hitting, throwing, fielding and positional play. Division I will play T-ball, Division II will play assisted pitch/T-ball and Division III will play assisted pitch baseball. Each player is required to bring his or her own glove. All games will be held Saturdays. This is a co-ed baseball league. Fee includes team t-shirt. Parent volunteer opportunities are available.

Division I: Ages 3-4 Division II: Ages 5-6 Division III: Ages 7-10

Registration Deadline: April 11

Skill Evaluation (all players must attend): April 12

Division I: 11 a.m. Division II: 11:30 a.m. Division III: 12 p.m.

Practice: Begins April 15 League Play: Begins April 19

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	12-5 p.m.	03601-02	April 15-Jun. 8	\$72	\$82



Winter Basketball League

Everyone plays every game! Emphasis placed on teamwork, sportsmanship, and skill development. The league includes an eight game schedule. All players will be placed on a team according to their grade and age. All teams are coed. Fee includes team T-shirt and awards.

Division I: Ages 4-5 Division II: Ages 6-7 Division III: Ages 8-9 Division IV: Ages 10-12

Important Dates: Jan. 3, registration deadline and skill evaluation (all players must attend.)

Ages: 4-5 9-9:30 a.m.
 Ages: 6-7 9:30-10 a.m.
 Ages: 8-9 10-10:30 a.m.
 Ages: 10-12 10:30-11 a.m.

League play begins Jan 11

Location	Day	Code	Session	Full Priv.	Prgm.
Highland View Elementary	SAT	03601-01	Jan. 4-Mar. 1	\$72	\$82



Indoor Hockey League

Ages 9-13

This new league will give your child the opportunity to cross train! Your aspiring hockey player will focus on stamina, athleticism and the will to win. Fee includes a t-shirt, eight games and awards ceremony at the last game. Parent volunteer opportunities are available.

Division I: Ages 9-10 Division II: Ages 11-13

Registration Deadline: Jan. 3

Participant/Parent Orientation (must attend): Jan. 4

Division I: 4:30 p.m. Division II: 5 p.m.

League Play: Begins Jan. 11

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	12-5 p.m.	03601-02	Jan. 11	\$52	\$62

Dance

Instructor: Kimberly Williams

Our introductory dance programs focus on fun and creative expression. The objective of the dance program is to instill confidence and a positive self-image. All classes are located in the studio.

Creative Movement and Dance

Ages 3-4

This class combines elementary dance principles with music, fun, and creativity. Students will work on improving their balance, coordination, and rhythm. Class maximum is 10.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	9-9:45 a.m.	01702-01	Winter: Jan. 6-Mar. 2	\$55	\$65
				Spg I: Mar. 3-Apr. 27	\$55	\$65
				Spg. II: Apr. 28-Jun. 22	\$55	\$65

Beginning Ballet

Ages 3-6

This introductory class introduces your child to a variety of movement, including ballet basics and elementary floor exercises. Participants will dance in an end-of-session performance. This class moves at the pace and ability of its participants. Participants should wear a leotard and ballet slippers. Class maximum is 10.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT (3-4 yr)	10-10:45 a.m.	01702-03	Winter: Jan. 6-Mar. 2	\$55	\$65
				Spg I: Mar. 3-Apr. 27	\$55	\$65
				Spg. II: Apr. 28-Jun. 22	\$55	\$65
YMCA Silver Spring	SAT (5-6 yr)	11-11:45 a.m.	01702-04	Winter: Jan. 6-Mar. 2	\$55	\$65
				Spg I: Mar. 3-Apr. 27	\$55	\$65
				Spg. II: Apr. 28-Jun. 22	\$55	\$65



Jazz to Hip-Hop Dance

Ages 10-14

This class will give dance enthusiasts the opportunity to show off all the latest dance routines. Students will learn various techniques in jazz and hip-hop moves. Class maximum is 10.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	12-12:45 p.m.	01702-05	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$57 \$57 \$57	\$67 \$67 \$67

Art & Humanities

Instructor: Pyper H. Dixon

Kids + Me = Future Artist

Ages 5-8

Do you like art? Ask all your questions in this new and exciting class. We will have the answers while you express yourself with art. Class maximum 10.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SUN	10-11:30 a.m.	n/a	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$50 \$50 \$50	\$60 \$60 \$60

Find the Artist in You

Ages 9-12

Discover all your creativity, while building self-esteem and self-worth. You will never have so much fun learning with paper, pencils, watercolors, clay and much, much more! Class maximum is 10.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SUN	11:45 a.m.-1:15 p.m.	n/a	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$60 \$60 \$60	\$70 \$70 \$70

Pre-School Arts & Crafts: Art from Around the World

Ages 3-5

Children will have the opportunity to learn the cultures of others through art projects. Class maximum is 10.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SUN	1:45-2:30 p.m.	05101-02	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$45 \$45 \$45	\$55 \$55 \$55

Book Club for Little People

Ages 3-5

Join the fun of reading an adventurous book each week at home, then come and share with your friends at the YMCA what you have read. This new and exciting book club will be filled with arts and crafts, games, discussion and much, much more! Class maximum is 10.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
YMCA Silver Spring	SAT	10-11 a.m.	n/a	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$40 \$40 \$45	\$50 \$50 \$55



Get on the Ball: A non-aerobic class designed to increase core strength through the use of the gym ball. Class focuses on abdominal/back strengthening exercises and balance. Participants must bring their own ball.

Stretch: Consists of a warm-up, followed by a series of stretching/strength exercises designed to increase flexibility, balance and posture.

Kids Conditioning: A fun, 45 minutes conditioning class to music for sixth to eighth graders. Class includes warm-up, cardio portion, age-appropriate strength training with body weight and stretch bands, and stretching.

Stability Ball: Great abdominal and back workout with the gym ball. Excellent for balance and core strength.

Interval Step: An intermediate class that alternates the use of the step (aerobic) with strength training/body conditioning.

Teen Fitness

Teen Weight Training Ages 13-16

Teens! Want to start weight training but don't know how? Try our new co-ed class after school and learn proper weight training form and techniques and the importance of exercise and nutrition.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
SS Wellness Center	M/W/F	3:30-4:30 p.m.	09001-50	Winter: Jan. 6-Mar. 2 Spq. I: Mar. 3-Apr. 27 Spq. II: Apr. 28-Jun. 22	\$50 \$50 \$50	\$65 \$65 \$65

YMCA
Summer
Camps
Y

YMCA SILVER SPRING SESSION DATES...

- Mini Camp: June 16 - June 20
- Session 1: June 23 - July 4
- Session 2: July 7 - 18
- Session 3: July 21 - August 1
- Session 4: August 4 - 15
- Session 5: August 18 - 29

**Register
Early!**

For more information call 301-585-2120

We build strong kids!



Specialized Fitness

Awesome Abdominals

Improve your abdominal strength for better posture, appearance and prevention of lower back problems. This one-hour class includes stretching, serious abdominal work with added concentration on hips, thighs, gluteals, and a cool-down. Class not recommended for people with chronic back or neck pain.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
SS PACE Trailer	T/TH	6:45-7:45 p.m.	01401-08	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg. I: Mar. 3-Apr. 27	\$60	\$90
				Spg. II: Apr. 28-Jun. 22	\$60	\$90

Parent and Child Class

A series of classes designed for parents and their children, ages 18 mon.-5, to explore movement, sounds and games. We will practice coordination exercises, songs and create small performances together designed for a small and large person. This is a great chance to spend quality time with your child.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
SS Fitness Studio	WED	9:45-10:45 a.m.	n/a	Winter: Jan. 6-Mar. 2	\$75	\$100
				Spg. I: Mar. 3-Apr. 27	\$75	\$100
				Spg. II: Apr. 28-Jun. 22	\$75	\$100

Partners Stretch

This class will introduce you to the partners stretches based on yoga poses in the Nuad Boran style of Ancient Thai Bodywork. Sign up with a partner, friend or we will match you with a partner.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
SS Pace Trailer	MON	6:15-7:15 p.m.	n/a	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg I: Mar. 3-Apr. 27	\$60	\$90
				Spg II: Apr. 28-Jun. 22	\$60	\$90

Mind/Body Fitness

Yoga

Learn a complementary series of physical postures, breathing, deep relaxation and meditation derived from an ancient system of holistic health and self-actualization. Wear comfortable clothing and bring a six-foot mat. Please do not consume food two-and-a-half hours prior to class.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
SS Fitness Studio	MON (Pre-natal)	7:45-9 p.m.	n/a	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg I: Mar. 3-Apr. 27	\$60	\$90
				Spg II: Apr. 28-Jun. 22	\$60	\$90
SS Fitness Studio	TUE (Beg.Kundalini)	7:45-9:15 p.m.	01401-06	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg I: Mar. 3-Apr. 27	\$60	\$90
				Spg II: Apr. 28-Jun. 22	\$60	\$90
Church	WED (Beg.)	6-7:30 p.m.	01401-01	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg I: Mar. 3-Apr. 27	\$60	\$90
				Spg II: Apr. 28-Jun. 22	\$60	\$90
Church	WED (Cont.)	7:30-9 p.m.	01401-02	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg I: Mar. 3-Apr. 27	\$60	\$90
				Spg II: Apr. 28-Jun. 22	\$60	\$90
SS Fitness Studio	WED (Teen Yoga)	7:45-9 p.m.	01401-07	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg I: Mar. 3-Apr. 27	\$60	\$90
				Spg II: Apr. 28-Jun. 22	\$60	\$90
Church	WED (Beg./Cont.)	9-10:30 a.m.	01401-03	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg I: Mar. 3-Apr. 27	\$60	\$90
				Spg II: Apr. 28-Jun. 22	\$60	\$90
SS Fitness Studio	FRI (Beg./Cont.)	9-10:30 a.m.	01401-04	Winter: Jan. 6-Mar. 2	\$60	\$90
				Spg I: Mar. 3-Apr. 27	\$60	\$90
				Spg II: Apr. 28-Jun. 22	\$60	\$90



Tai Chi Chuan (Taiji Quan)

A Chinese internal martial art that is performed to relieve stress and advance the harmony of mind, body and spirit. Instructor Mike Basdavanos uses a combination of traditional and modern methods to guide you to higher levels.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
SS Fitness Studio	TUE (Beg.)	7-8:30 a.m.	03101-07	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$60 \$60 \$60	\$90 \$90 \$90
SS Fitness Studio	THUR (Cont.)	7-8:30 a.m.	03101-07	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$60 \$60 \$60	\$90 \$90 \$90

Pilates

Pilates strengthens the core muscles, specifically the abdominal wall. Focus will be placed on alignment and breathing.

Location	Day	Time	Code	Session	Full Priv.	Prgm.
SS Fitness Studio	WED	7:30-8:30 a.m.	n/a	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$60 \$60 \$60	\$90 \$90 \$90

Coed Karate/Self-Defense Ages 5 and older all levels

This program specializes in self-defense, confidence building and discipline development. Techniques include karate, jujitsu, and flexibility/exercise. Enrollment limited to 25. Classes are one hour long, running from 8:30 a.m.-1 p.m. on Saturdays. Check the Member Service Office for specific times and levels.

Location	Day	Time	Code	Session	Full Priv.	Program.
YMCA SS Gym	SAT (Beg.I, 4-7) (new students)	8:30-9 a.m.	03101-01	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$35 \$35 \$35	\$40 \$40 \$40
YMCA SS Gym	SAT (Beg.I, 8-12) (new students, plus Beg.II's, White Belts)	9:15-10:15 a.m.	03101-02	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$65 \$65 \$65	\$80 \$80 \$80
YMCA SS Gym	SAT (Beg.III, 4-12) (Yellow Belts)	10:15-11:15 a.m.	03101-03	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$65 \$65 \$65	\$80 \$80 \$80
YMCA SS Gym	SAT (Int.I, 4-12) (Green and Purple Belts)	11:15 a.m.-12:15 p.m.	03101-04	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$65 \$65 \$65	\$80 \$80 \$80
SS YMCA Gym	SAT (Blue, Brown, and Red Belts, 4-12)	12:15-1:15 p.m.	03101-05	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$65 \$65 \$65	\$80 \$80 \$80
YMCA SS Gym	SAT (Adult Class) (13 plus)	1:15-2:15 p.m.	03101-06	Winter: Jan. 6-Mar. 2 Spg. I: Mar. 3-Apr. 27 Spg. II: Apr. 28-Jun. 22	\$65 \$65 \$65	\$80 \$80 \$80



Child Care

Administrator: Pamela Ray, 301-585-2120

The Y-Tykes program provides preschool children with quality year-round child care. It offers:

- Centers fully licensed by the state
- Field trips
- Qualified and trained staff
- Outdoor play
- Developmentally based program
- Instructional swimming
- Kindergym
- Computers
- Nutritious snacks
- Parent involvement



Preschool Child Care

YMCA Children's Center

9800 Hastings Dr., Silver Spring

Near the intersection of Colesville Rd. and I-495

Contact: Pamela Ray, Administrator, 301-585-1679

Ages: 18 months to 5 years

Hours (MON-FRI): 7:00 a.m.-6:30 p.m.

Options: MON-FRI or MON/WED/FRI or TUE/THU

Full-Day Kindergarten Program

Our state-accredited kindergarten program provides a dependable, enriching environment and nurturing care. It is designed to help your child feel comfortable and relaxed while learning important skills and values. The program features a variety of indoor and outdoor activities such as swimming, field trips and computers in the classroom.

Administrator: Pamela Ray, 301-585-1679

Ages: 5 years (by Dec. 31)

Hours(MON-FRI): 9 a.m.-3 p.m.

Before- and after-school care available

Calverton YMCA Child Care

12625 Galway Dr., Silver Spring

(Near the intersection of Fairland and Colesville Rds.)

Director: Jacquelynn Allen, 301-572-7734

Ages: 18 months to 5 years

Hours: 7 a.m.-6:30 p.m.

Options: MON-FRI or MON/WED/FRI or TUE/THU

Full- and half-day

Before- and after-school programs.

TEN GOOD REASONS TO CHOOSE THE YMCA FOR YOUR CHILD:

1. A safe, secure environment
2. Homework/guidance
3. Qualified, trained, caring and dedicated staff
4. Arts and crafts
5. Indoor and outdoor recreational activities
6. Field trips
7. Socialization with consistent group of peers
8. Nutritious snacks
9. Full-day care for holiday breaks
10. Teacher in-service days

All YMCA child care programs are state-licensed and follow NAEYC programming recommendations.





Youth Services

Director: Barbara Ott, 301-593-1160

YMCA Silver Spring Youth Services is a comprehensive, multi-service program for youth ages 8 to 18 and their families. The program serves the Silver Spring, Takoma Park and Route 29 areas, regardless of YMCA membership. YMCA Silver Spring Youth Services provides low- or no-cost services.

Counseling

Individual, family and group counseling is available to help youth and families build on their strengths and learn new skills to negotiate the transition from adolescence to adulthood. SSYS counselors are master's level professionals. Groups can be offered at the center, in the community, or in cooperation with the school in:

- Acculturation
- Separation and Divorce
- Anger Management
- Social Skills
- Loss
- Parenting
- Teen Parenting
- Dealing with Peer Pressure
- Outreach.

By working in the community and in the schools, staff reaches youth who are at risk of developing adjustment problems. Multicultural and bilingual staff direct outreach efforts toward non-English-speaking, foreign-born and minority youth.

Prevention/Education

Building on Strengths (BOSS): The BOSS program provides social skills activities, outdoor adventure, and mentoring for youth with learning differences in level three or four special education programs, as well as parent involvement activities.

Carroll Avenue/Quebec Terrace Community Center (CAQT): Located at 8733 Carroll Avenue #4, CAQT offers a convenient location for numerous programs including an after-school Homework Club, English as a Second Language ESOL for Non-English-Speaking Individuals, Saturday Afternoon Story Hour, Nutrition, Parenting, and Substance Abuse Prevention Programs.

Truancy Intervention Program: The TIP program helps keep Blair High School students in school.

Vietnamese Intervention Program (VIP): The VIP program offers martial arts training, counseling and recreation for Vietnamese youth.

Youth and Government Program: In this program, youth learn to debate issues while participating in the legislative process in Annapolis.

Man To Man

This program targets young men, ages 13 to 18 years old, from the Quebec Terrace and Carroll Avenue community. Some youth in this community lack adult supervision and face school failure, delinquency, involvement with drugs, alcohol, and gang activity. The goals of the group are to present positive role models and supportive group activities where young men can develop respect for themselves and others. They also learn to take responsibility for their actions and develop values consistent with a drug- and crime-free lifestyle. The Silver Spring Youth Services office is located at 1102 Forest Glen Rd., Silver Spring, Maryland, 20901.

FULL PRIVILEGE MEMBERSHIP

FULL PRIVILEGE MEMBERSHIP INCLUDES:
 • FitLinxx Interactive Wellness Center with Icarion strength equipment • Heated indoor pool (25 yards) • Heated outdoor pool (25 meters) open all year, weather permitting • Sauna • Four tennis courts • LifeFitness equipment • Paramount selectorized

equipment and free weights • LifeFitness treadmills, total body trainers and recumbent bikes • Precor elliptical trainers and treadmills • Certified personal coaches • Massage • Specialized fitness classes • Mind/body enhancement classes and programs

Plus • Free! 12-Week FitLinxx Starters! Program • Free! orientation to LifeFitness and FitLinxx centers • Free! group fitness classes • Free! baby-sitting services • Member referral program • Child care programs

FULL PRIVILEGE MEMBERSHIP CATEGORIES

Categories	No. Persons	Age	Conditions/ Requirements	Joiner Fee	Monthly EFT Dues*
Youth	Individual	13-17		\$12	\$25
Young Adult	Individual	18-22		\$27	\$35
Adult	Individual	23-64		\$100	\$62
Family I	One adult household, with children 17 and under, or full-time students 22 and under living in the same household		Valid school ID for students	\$125	\$69
Family II	Two adult individuals, with or without children, 17 and under, or full-time students, 22 and under living in the same household		Valid school ID for students	\$150	\$83
Senior	Individual	65+		\$60	\$41
Senior Couple	Two adult individuals	65+	Both must meet age requirement	\$105	\$61

Washington Area Membership (WAM): Enjoy full privilege membership at all YMCA branches in the YMCA of Metropolitan Washington

WAM Adult	\$110
WAM Family I	\$120
WAM Family II	\$130

Proof of age is required. Children 12 and under must be part of a full privilege family membership or they may be program members to participate in specific activities. Children under 12 must be accompanied by an adult unless they are attending a supervised class or activity. YMCA operating expenses continue to increase. Please expect occasional modest price adjustments.

*Monthly payment by electronic funds transfer (EFT) or credit card debit.

The YMCA of Metropolitan Washington recognizes the need to serve all members of the community, regardless of their ability to pay the full cost of membership or program fees. To apply for financial assistance, simply visit YMCA Silver Spring or call 301-585-2120 for an application.

PROGRAM MEMBERSHIP CATEGORIES

Program members may participate only in the classes in which they are enrolled. Program Members must pay an annual fee in addition to individual class registration fees. Program membership fees are non-refundable.

Categories	No. Persons	Age	Annual Fee
Youth	Individual	17 and younger	\$49
Adult/Senior	Individual	18+	\$76
Family	One adult individual with children ages 17 and under; or two adults, with or without children ages 17 and under, living in the same household		\$97

Convenient Hours

Building Hours:
Monday-Friday 5:30 am-10:00 pm
Saturday 6:45 am-8:00 pm
Sunday 6:45 am-8:00 pm

Member Services Office Hours:
Monday-Friday 9:00 am-8:00 pm
Saturday & Sunday 9:00 am-2:00 pm

Washington Area Membership (WAM)

Enjoy full privilege membership at all YMCA branches in the YMCA of Metropolitan Washington. Stop by your local YMCA for information and pricing.

WAM Adult \$110
WAM Family I \$120
WAM Family II \$130

AWAY Program

The YMCA AWAY (Always Welcome at YMCAs) program enables members to use other Ys when traveling for business or pleasure. See Member Services for details.

Financial Assistance

Subject to available resources, no person is denied participation in a YMCA program solely because of inability to pay. For more information, contact Member Services.

Guest Policy/Fees

While we encourage members to invite friends to accompany them for an enjoyable day at the YMCA, there is a limit of one guest per individual membership and three guests per family membership, per visit. All guests must be accompanied by the member. A member may bring the same guest no more than three times during the year. After three visits, the guest will be invited to join the YMCA. Fees for guests are: ages 17 and under, \$4 per person; ages 18 and older, \$6 per person. See form for details.

Membership Card Procedure

- Carry your Full Privilege membership card with you at all times.
- Membership Cards are not transferable and must be presented at the Member Services/Facility Access desk each time you enter the facility. Everyone in your family must present an ID card.
- Please remember that a picture ID is required upon entry to the YMCA Silver Spring and all extension sites.

Member Referral Program

The Member Referral program awards a member one month free for referring someone who becomes a new member. Member referral forms are available at the Member Services Office.

Child Supervision

A parent, guardian or adult member is required to accompany children ages 12 and younger when using the facility and must escort them to and from supervised activities.

Strength Training Areas — Children under 17 may not be in any of the strength training rooms unless they are participating in a structured class activity. A parent or adult YMCA member must bring the child to the program area and pick up the child promptly when the activity has ended. Sixteen- and 17-year-old members are allowed in strength training areas when accompanied by an adult or alone after successfully completing the branch's orientation program and being deemed qualified by the Fitness Director. Ask the Fitness Director for more information.

Locker Rooms — Children five and under may use the same locker room as their parent or guardian. Children six and older must use gender-appropriate locker rooms. Parents/guardians must not leave children unattended in locker rooms.

Volunteer Opportunities

Join our volunteer team to work with children, interact with teens, share your talents, create lasting memories for yourself and others, make a difference and have fun! If interested or to learn more about volunteer opportunities, please call 301-585-2120 ext. 104.

YMCA Building Bridges Annual Sustaining Fund

Last year alone, the YMCAs partnerships with area companies, foundations, organizations and private citizens enabled us to invest over \$1 million in child care, after-school and wellness programs for more than 20,000 children in need. This year, we need to raise and invest even more. Please help us help others. Together we can continue to build strong kids, strong families and strong communities.

REGISTRATION PROCEDURE

For Winter

- Full Privilege members may register in person, by mail, fax or on Dec. 6
- Program members may register in person, by mail or by fax beginning Dec. 13

For Spring I

- Full Privilege members may register in person, by mail, fax beginning Feb. 7
- Program members may register in person, by mail or by fax beginning Feb. 14

For Spring II

- Full Privilege members may register in person, by mail, fax beginning Mar. 28
- Program members may register in person, by mail or by fax beginning Apr. 4

Mail-In or Drop Off

Mail or drop off your completed registration form, including payment, to YMCA SS, 9800 Hastings Dr, Silver Spring, MD 20901. Please see the registration dates listed above. Our Member Service Office is open Monday-Friday from 9 a.m.-8 p.m. and Saturday and Sunday from 9 a.m.-2 p.m.

Fax-In

Fax your completed registration form, including credit card information, to 301-585-5221. All major credit cards accepted by fax. Please register according to the dates listed above as the Member Service Office will not accept faxed registrations prior to the established dates. Please call to verify your registration.

Phone-In (for Full Privilege Members Only)

Full Privilege members may register by phone after the first day of registration by calling 301-585-2120. Please be aware that it may be necessary for us to return your call if all our Member Service representatives are busy processing in-person registrations. Please have class selections made and credit card information available at time of phone call.

REFUNDS, CREDITS AND TRANSFERS

For Classes: If you would like to cancel a class registration, you must notify the Member Service Office in person. All requests must be submitted in writing. Refunds are not issued for classes not attended. Refunds, which take a minimum of three to four weeks for processing, are issued by the YMCA of Metropolitan Washington. A YMCA credit is valid for one year from the date of issue. It cannot be redeemed for cash. Refunds or YMCA credit will be issued based on the date of cancellation, as follows:

- cancellation before first class: 90% refund or YMCA credit
- cancellation after first class: 75% YMCA credit
- cancellation after second class: 50% YMCA credit
- cancellation after third class: no YMCA credit or refunds.

In cases of medical emergencies, a refund or credit will be issued for the remaining balance of class fees when you present a medical certificate or physician's letter to the Member Services Office. Refunds are not issued for classes not attended.

Transfers: You must request a class transfer in person and will be charged a \$10 fee, per person, per class. No transfer fee will be charged if you don't meet the class requirements.

RETURN CHECK FEES

The fee for both EFT (Electronic Funds Transfer) and Insufficient Funds check returns is \$25.

YMCA CANCELLATIONS

The YMCA reserves the right to cancel a class when the required minimum enrollment is not met. Earliest notification will be given and participants may choose a full refund or a YMCA credit.

Class/Program Registration Form

YMCA Silver Spring Winter/Spring 2003 Session

Please print or type. Form must be fully completed to ensure proper registration. Retain a copy for your records.

Full Privilege Member _____ Program Member* (see fees below) Today's Date _____
Member #

Please complete: (To be completed by participant if age 18+. If under 18, to be completed by parent/guardian.)

(PLEASE CHECK) PARTICIPANT PARENT/GUARDIAN

YOUR NAME _____	<input type="checkbox"/> BIRTHDATE _____ MONTH/DAY/YEAR
STREET ADDRESS _____	
CITY _____	STATE _____ ZIP _____
HOME PHONE _____	WORK PHONE _____
EMAIL ADDRESS _____	
EMERGENCY CONTACT _____	PHONE _____

*Program Membership Fees: (Nonrefundable)

Program Youth \$47
Program Adult/Senior \$73
Program Family \$93

Registration Procedure:

1. Mail or drop off your completed registration form, including payment to YMCA Silver Spring, 9800 Hastings Dr., Silver Spring, MD 20901 OR
2. Fax your completed registration, including credit card information to 301-585-5221.

Participant Name (Last/First)	Class Number	Activity Name	Birthdate (M/D/Y)	Session (M/F)	Day/Time of Activity	FEE

Membership Fee(s) \$ _____

Class Fee(s) \$ _____

I would like to include a donation to the YMCA Building Bridges fund. \$ _____

TOTAL DUE \$ _____

Payment (CHECK ONE) CASH CHECK (PAYABLE TO YMCA Silver Spring)

CHARGE (VISA, MASTERCARD, DISCOVER, or AMERICAN EXPRESS)

Card # _____ Exp. Date _____

Cardholder's Name _____

Cardholder's Signature _____ Date _____

Waiver

I understand that the YMCA of Metropolitan Washington assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports programs, the use of any equipment, exercise or other activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illnesses which may result from participation in these activities. I hereby release and discharge the YMCA of Metropolitan Washington, its agents, servants and employees from any and all claims for injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the YMCA of Metropolitan Washington is not responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities on YMCA premises. I give my permission to the YMCA of Metropolitan Washington to use indefinitely, without limitation or obligation, photographs, film footage or tape recordings which may include my image or voice for purpose of promoting or interpreting YMCA programs. I acknowledge the WAIVER set forth above.

Signature of Participant/Parent/Guardian _____ Date _____
(or parent if under age 18)