



**YMCA Membership Usage  
One Y/Families added for Summer 2009**

YMCA Alexandria:

Monday - Friday: 6:00am - 10:00pm

Saturday: 7:00am - 8:00pm

Sunday: 9:00am - 7:00pm

YMCA Arlington:

Pool access available

Monday - Friday 4pm to 10:00pm

Saturday: 8:00am– 6pm; Sunday: 9:00am– 6:00pm

YMCA Arlington Tennis and Squash Center:

Monday – Friday 6am - 6pm

Saturday - Sunday 7am-8am

Sat-Sun 5pm-8pm

YMCA Bethesda-CC:

Monday -Friday : 6am to 11am and 4pm to 9pm

\*Saturday and Sunday: 1pm – 9:30pm

\*Excludes Independence Day Weekend (July 3rd, 4th, 5th)

YMCS National Capital :

Monday, Tuesday, and Wednesday 9:00am-11:30am, 1:30-4:30pm and 8:30pm-10:30pm

Thursday and Friday 5:30 am - 10:30pm

Saturday: 8:00am - 6:30pm

Sunday: 9:00am - 5:30pm

YMCA Potomac Overlook:

Monday – Friday 5:30am to 10:00pm

Saturday and Sunday 7:00am to 8:00pm

YMCA Reston:

Monday- Friday: 10:00am-4:00pm and 8:00pm-10pm

Saturday- Sunday: 1:00pm-8:00pm

YMCA Silver Spring:

Monday – Friday: 6am to 11am and 4pm to 9pm

\*Saturday and Sunday: 1pm – 8pm

\*Excludes Independence Day Weekend (July 3rd, 4th, 5th)