

BE  
GOOD

DO  
GOOD

FEEL  
GOOD

# YMCA of Metropolitan Washington Adult Programs

## GET STARTED

### 1 REVIEW our offerings.

A. Use the detailed listings (pages 43-45) to find the specific class that best fits your needs. All class descriptions include a list of the branches where they are offered.

### 2 GET MORE INFORMATION about class times, prices and registration deadlines.

A. Visit [www.ymcadc.org](http://www.ymcadc.org).

Click on the **Easy to Enroll icon** and browse all our class listings, or



B. Call or visit the YMCA branch

you are interested in attending and ask for detailed information.

### 3 REGISTER.

A. Visit [www.ymcadc.org](http://www.ymcadc.org).

Click on the **Easy to Enroll icon**, select the class you are interested in and register. Program members or non-members should call the branch to register, or

B. **Complete the registration form at the end of this guide** and mail it to, or drop it off at, your YMCA. Registration forms should be submitted with payment. Addresses for all YMCA branches are listed on p. 12.

The YMCA of Metropolitan Washington provides activities that allow adults to socialize with their neighbors, meet new friends, or reconnect with old acquaintances. These programs supplement our comprehensive wellness and group exercise programs. For more information on those programs, see page 16.

#### Adult Swim Lessons

It is never too late to learn to swim, or if you are already a swimmer, to improve your strokes. We offer swimming lessons for adults who need basic to advanced instruction.

Available at: ALEX, ARL, BCC, NC, REST, SS

#### Basketball

From lunch time pick-up games to our basketball leagues, the YMCA of Metropolitan Washington has courts where you can hoop it up with your friends and meet other basketball fans. We offer referees and various league levels.

Available at: ALEX, NC, REST

#### Book Clubs

Make new friends and enjoy some lively discussions about your favorite books.

Available at: PO

#### Card and Board Games

What better way to meet new friends or reconnect with old acquaintances than over a card or board game. All levels of play are welcome, as well as single players and newcomers. Games include: Bridge, Chess, Checkers, Bid Whist, Texas Hold 'Em, and more.

Available at: AYR, BCC, PO

(continued)



## YMCA of Metropolitan Washington *Adult Programs*

### **CPR/AED/First Aid**

Becoming certified in CPR, AED and First Aid could save the life of a loved one. The YMCA of Metropolitan Washington offers certification classes in CPR, AED and First Aid.

*Available at: ALEX, BCC, PO, REST*

### **Dance, Dance, Dance**

What better way to exercise and connect with new and old friends than through dance. At the YMCA, you don't need a partner, or rhythm for that matter. Offerings include: Belly Dancing, Line Dancing, Hand Dancing, Latin/Ballroom Dancing, Hip Hop, and Dance Dance Revolution.

*Available at: BCC, NC, PO, SS*

### **Guitar Lessons**

*Ages 8 - adult*

Grab your guitar and start learning. Classes are available for both beginner and intermediate players. Participants should bring a fully strung guitar to class.

*Available at: AYR*

### **Martial Arts**

The YMCA of Metropolitan Washington offers a wide variety of martial arts that not only teach self-defense but also build strength and confidence. Our instructors include some of the top masters in martial arts. Martial arts classes available at the Y include: Tae Kwon Do, Karate, Ju-Jitsu, Kung Fu and Women's Self Defense.

*Available at: ALEX, ARL, AYR, NC, REST, SS*

For specific  
class dates, times,  
prices and registration  
information, please visit  
[www.ymcadc.org](http://www.ymcadc.org)  
or contact your  
branch.



## **TENNIS FOR ALL**

Whether you are new to the game or ready for Wimbledon, the YMCA has a tennis program to meet your needs.

Offerings Include:

- Adult Beginner, Intermediate and Advanced Classes
- Youth Beginner, Intermediate and Advanced Classes
- Camps
- Private Instruction
- Open Court Time
- Indoor Tennis Center staffed with experienced coaches in Arlington

Tennis programs are available at YMCA Bethesda-Chevy Chase, YMCA Silver Spring and YMCA Arlington Tennis and Squash Center.

### **Mom or Dad and Me Gymnastics**

Enjoy playing and tumbling with your kids. Family gymnastics uses parachute games, playful exercises and equipment to develop motor skills, coordination, physical strength and form strong bonds. One adult per child.  
*Available at: ALEX, AYR, REST, WOOD*

### **Parent Advisory Board**

Like to plan family events? Join our Parent Advisory Board and help plan events for families at the YMCA!  
*Available at: ALEX*

### **Parent Education Programs**

Professional staff and trained parent volunteers provide workshops and classes that help parents become more effective in parent-child and/or parent-teen relationships. Workshops are offered at libraries, PTA meetings and school sponsored events.  
*Available at: YFS*

### **Parents' Night Out**

Leave the kids with us for awhile! Parents can enjoy a night out on the town while we watch the children. Children participate in various fun and engaging activities.  
*Available at: ALEX*

### **Piano Lessons**

*Ages 7 - adult*  
 Designed for both beginner and intermediate players, this class focuses on the basics of piano. Participants will receive one-on-one, 30 minute lessons with a quality instructor.  
*Available at: AYR*

### **Volleyball**

One of the fastest growing sports, volleyball can be enjoyed at all activity levels.  
*Available at: PO, REST*

### **BRANCH AND PROGRAM CENTER ABBREVIATIONS**

- ALEX –  
YMCA Alexandria  
703-838-8085*
  - AB –  
YMCA Anthony Bowen  
202-462-1054*
  - ARL –  
YMCA Arlington  
703-525-5420*
  - TEN –  
YMCA Arlington Tennis  
and Squash Center  
703-522-1700*
  - AYR –  
YMCA Ayr lawn Program Center  
301-530-8500*
  - BCC –  
YMCA Bethesda-Chevy Chase  
301-530-3725*
  - CAL –  
YMCA Calomiris Program Center  
202-526-4233*
  - LETTS –  
YMCA Camp Letts  
410-919-1410*
  - CAP –  
YMCA Capital View  
202-889-0643*
  - REST –  
YMCA Fairfax County Reston  
703-742-8800*
  - LOU –  
YMCA Loudoun County  
703-777-9622*
  - NC –  
YMCA National Capital  
202-862-9622*
  - PO –  
YMCA Potomac Overlook  
301-203-2302*
  - PG –  
YMCA Prince George's County  
301-262-4342*
  - SS –  
YMCA Silver Spring  
301-585-2120*
  - WOOD –  
YMCA Woodmont Program Center  
703-527-4966*
  - YFS –  
YMCA Youth & Family Services  
301-587-5700*
- See page 12 for locations.*