

Teen Programs

(cont'd)

SPORTS

Gymnastics

Teens can join YMCA gymnastics teams. Participants will practice regularly and attend meets where they will compete in all four Olympic events: floor, balance beam, uneven bars and parallel bars. Teens must be invited by the coach to join a YMCA pre-team or competitive team.

Available at: AYR, WOOD

Introduction to Coaching

Ages 13–15

Teens can learn valuable coaching and teaching skills from experienced YMCA instructors while earning community service credits. Sports include soccer, T-ball, floor hockey and various others. Course is free for teen coaches.

Available at: AYR

Rock Climbing Wall

During open wall time, teens can climb independently on our indoor rock wall. Climbing builds strength, endurance and problem-solving skills.

Available at: AYR, NC

Rockwall Club

Ages 7 and up

Learn how to boulder and climb the rock wall. This class includes games and trust building activities. Participants will build character by challenging their bodies and minds.

Available at: AYR

TENNIS

— Youth – Beginner/Intermediate

Ages 8 and older

For players who are new to tennis or who have intermediate tennis skills. This class will focus on the basics of tennis and use games, drills and other fun activities for instruction.

Available at: BCC, SS, TEN



TEEN PROGRAMS

— Juniors – Intermediate/Advanced

Ages 12 and older

For intermediate to advanced players who want to continue to hone their skills and improve their games. This class will include an increased focus on stroke instruction, game simulations and competition.

Available at: BCC, SS, TEN

— Youth/Juniors

Ages 8–15

A combined class for youth and teen tennis players. Players will receive comprehensive instruction, as well as game simulations and competition.

Available at: BCC, SS, TEN

— Group Lessons

Ages 13 and up

Group tennis lessons allow teens and adults to improve their skills and enhance their games. Lessons are available for beginners and intermediate players.

Available at: BCC, SS, TEN

— Private and Semi-Private Lessons

Ages 13 and up

Teens can focus on improving their strokes and their moves with individualized tennis instruction. Private lessons are one-on-one and semi-private lessons include two students.

Available at: BCC, SS, TEN

(continued)

For specific class dates, times, prices and registration information, please visit www.ymcadc.org or contact your branch.



Teen Programs

(cont'd)

MARTIAL ARTS AND SELF-DEFENSE



Ju-Jitsu

Ages 13 and up

Experienced martial artists and self-defense novices alike are welcome in this comprehensive course. Participants will develop and improve Ju-Jitsu skills, build confidence and learn to defend themselves from the YMCA's expert instructors.

Available at: ALEX, ARL, REST

Karate

Ages 5–adult

Karate improves overall wellness, builds character and enhances mental focus. The YMCA's expert instructors offer classes for everyone from beginners to advanced participants in every age group.

Available at: ALEX, AYR, NC, SS

Karate and Ju-Jitsu for Families

Ages 8 and older

Class includes instruction in both Karate and Ju-Jitsu. Participants will improve their strength, balance, coordination, control and discipline. Adults are welcome to participate when accompanied by a child.

Available at: ARL, REST, SS

Tae Kwon Do

Ages 5–adult

Learn this leading martial art form from the YMCA's world-class instructors. Teens will improve their overall wellness while increasing self-confidence. Classes are available for beginners, intermediate participants and advanced participants in every age range.

Available at: AYR, NC, PO, REST

WELLNESS

Family Cycle

Teens and their parents can exercise together in this classic cycling course.

Available at: ARL, SS

Family Yoga

Teens and their parents can improve their bodies and minds in this Yoga class designed for the whole family. This creative class includes moves that enhance coordination, improve concentration and promote overall health and wellness.

Available at: ARL, SS

Personal Training

Customized personal training packages are available for both children and teens. The YMCA's certified personal trainers will work with individuals to create a wellness plan that fits their specific goals and needs. Available at: ALEX, ARL, BCC, NC, PO, REST, SS

Speed and Agility

Ages 10 and up
Teens will learn to run faster and jump higher. Designed for aspiring or accomplished athletes, this sports conditioning class will improve every player's game. Available at: REST, SS

Teen Circuit Training

Teens will learn the basics of strength training under the guidance of a certified personal trainer. This class emphasizes the principles of strength training, proper form and safe progression. Available at: ALEX, PO, SS

Teen Cycle

Teens will get a heart-pumping, athletic workout using stationary bikes. Classes include all the classic cycle moves, slightly adjusted to fit the needs and abilities of teen participants. Available at: BCC

Teen Weight Training and Orientation

Ages 13–15
Emphasizing safety, proper technique and weight room etiquette, this class introduces teens to strength training. After successfully completing this program, teens can use the YMCA's cardio and strength equipment independently. Available at: ALEX, ARL, BCC, REST, SS

Teen Wellness Orientation

Ages 11–15
Young teens can participate in a wellness orientation that will introduce them to some of the YMCA's cardio and weightlifting equipment. Teens who complete this program will be allowed access to the YMCA's general wellness area. Available at: BCC, PO, REST, SS

(continued)

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

LETT –
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.



YMCA of Metropolitan Washington

Teen Programs

(cont'd)

Tween Fitness

Ages 9–12

This twice a week, high-energy class keeps kids moving. Participants will build confidence and enhance the skills necessary for active living.

Available at: BCC

Yoga for Teens

Teens will build their physical strength, while improving emotional balance and social confidence. Classes include classic yoga poses, flowing sequences, breathing exercises and relaxation and reflection techniques.

Available at: BCC

Youth General Conditioning

Ages 9–12

A fun, but challenging class geared toward kids ages 9-17 involving cardio, games and light strength training.

Available at: REST

SWIM LESSONS

Ages 12–17

— Level I

A beginner class for teens who have not had swimming lessons before or who are not comfortable in the water. Teens will learn basic water skills in a relaxed, fun environment.

Available at: ALEX, ARL, BCC, REST

— Level II

An advanced beginner class for teens who can swim a short distance in shallow water with their face in the water. This course emphasizes refining basic strokes and building confidence in the water.

Available at: ALEX, BCC, REST

— Level III

An intermediate class for teens who are comfortable in deep water but want to improve their form and learn new strokes. This course emphasizes building endurance and mastering skills.

Available at: BCC

For specific
class dates, times,
prices and registration
information, please visit
www.ymcadc.org
or contact your
branch.

ENRICHMENT

Guitar Lessons

Ages 8–adult

Grab your guitar and start learning. Classes are available for both beginner and intermediate players. Classes emphasize correct finger positioning, basic chords, and strumming and finger picking techniques. Participants should bring a fully strung guitar to class.

Available at: AYR

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: ALEX, AYR

SPECIAL PROGRAMS

After School Program

Students in 7th through 12th grades at select schools can register for the YMCA's teen after school program. Activities include school support, mentoring, leadership training, service projects, computer club, swimming, wellness activities, and arts and drama.

Available at: ALEX, PO, REST

Mentoring and Counseling

Teens need adult role models. They need sound advice and strong teachers. Forming positive relationships with adults other than their parents is essential to every teen's development. Various YMCA Mentoring programs help teens form vital relationships during a crucial time in their lives.

Available at: LOU, YFS

Teen Center

Offering computer activities, music, sports, games and field trips, the YMCA teen center keeps pre-teens and teens active and entertained. Teens must be in grades 7 -12 and live in Fairfax County to participate. The Teen Center opens at 6:00 p.m. Monday through Friday.

Available at: REST

Volunteer Opportunities for Teens

Ages 13–18

Teens can become young leaders through service learning projects at the YMCA. Teens can assist in delivering programs and services including camp, child care, aquatics and wellness. Participants will learn new skills while helping their communities.

Available at: ALEX, ARL, AYR, BCC, LOU, NC, PO, REST, SS

