

YMCA of Metropolitan Washington
Teen Programs

TEEN PROGRAMS

YMCA Teen Programs are specially designed to meet the diverse needs and interests of today's teens. The YMCA is committed to helping teenagers become strong, capable adults and our wide array of teen programs reflects that commitment. Many of the teen programs offered at the YMCA are not available anywhere else. (continued)

GET STARTED

1 REVIEW our offerings.
A. Use the overview chart to find the program that interests you at the branch that is most convenient for you. OR
B. Use the detailed listings (pages 48-53) 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. 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. 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.

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

TEEN PROGRAMS AT A GLANCE

	YMCA Alexandria 703-838-8085	YMCA Arlington 703-525-5420	YMCA Arlington Tennis and Squash Center 703-522-1700	YMCA Ayr lawn 301-530-8500	YMCA Bethesda- Chevy Chase 301-530-3725	YMCA Fairfax County Reston 703-742-8800	YMCA Loudoun County 703-777-9622	YMCA National Capital 202-862-9622	YMCA Potomac Overlook 301-203-2302	YMCA Silver Spring 301-585-2120	YMCA Woodmont 703-527-4966	YMCA Youth & Family Services 301-587-5700
SPORTS												
Introduction to Coaching				*								
Gymnastics				*							*	
Rock Climbing Wall				*				*				
Rockwall Club				*								
Tennis			*		*					*		
MARTIAL ARTS & SELF-DEFENSE												
Ju-Jitsu	*					*						
Karate	*			*				*		*		
Karate and Ju-Jitsu for Families				*								
Tae Kwon Do				*		*		*	*			
WELLNESS												
Family Cycle											*	
Family Yoga									*	*		
Personal Training	*	*			*	*		*	*	*		
Speed and Agility						*				*		
Teen Circuit Training	*								*	*		
Teen Cycle					*							
Teen Weight Training and Orientation	*	*			*	*				*		
Teen Wellness Orientation					*	*			*	*		
Teen Swim Lessons	*	*			*	*						
Tween Fitness					*							
Yoga for Teens					*							
Youth General Conditioning						*						
ENRICHMENT												
Guitar Lessons				*								
Piano Lessons	*			*								
SPECIAL PROGRAMS												
After School Program	*					*			*			
Mentoring and Counseling							*					*
Teen Center						*						
Volunteer Opportunities for Teens	*	*		*	*	*	*	*	*	*		