

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 68-73) 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.

Sports are a fun way to improve wellness while enhancing team work, building confidence and learning new skills. The YMCA of Metropolitan Washington offers a wide array of sports programs and leagues for children, teens and adults.

(continued)

SPORTS PROGRAMS AT A GLANCE

	YMCA Alexandria 703-838-8085	YMCA Arlington 703-525-5420	YMCA Arlington Tennis and Squash Center 703-522-1700	YMCA Ayrhawn 301-530-8500	YMCA Bethesda- Chevy Chase 301-530-3725	YMCA Fairfax County Reston 703-742-8800	YMCA National Capital 202-862-9622	YMCA Potomac Overlook 301-203-2302	YMCA Silver Spring 301-585-2120	YMCA Woodmont 703-527-4966
<b>ADULT SPORTS</b>										
Basketball	*					*	*		*	
Gymnastics										*
Mom or Dad & Me Gymnastics	*			*		*				*
Martial Arts	*	*		*		*	*		*	
Racquetball/Squash		*	*				*			
Rock Climbing				*			*			
Swim Leagues	*									
Tennis			*		*				*	
Volleyball						*		*		
<b>YOUTH SPORTS</b>										
Baseball Clinic	*			*						
Basketball Classes	*	*		*		*	*	*	*	
Basketball Clinic	*			*						
Basketball Leagues	*	*		*		*	*	*	*	
Beginner BMX				*						
Beginner/Intermediate Biking				*						
Bowling				*						
Cycling for Teens		*					*			
Dodgeball				*						
Family Martial Arts		*		*			*			
Football				*					*	
Football Clinic	*									
Gymnastics	*			*						*
Hockey		*				*				
Kickball				*						
Martial Arts	*	*		*		*	*	*	*	
Mom or Dad & Me Gymnastics	*			*		*				*
Rock Climbing				*			*			
Soccer Classes	*	*		*		*		*	*	
Soccer Leagues		*		*		*			*	
Swim Leagues	*					*			*	
T-Ball		*		*		*			*	
Teen Weight Training	*				*			*	*	
Tennis			*		*				*	
Wiffleball League				*						

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