

Sports Programs

(cont'd)

ADULT SPORTS

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, SS

Gymnastics

Adult gymnastics will help you develop self-confidence, strength, coordination and provide social interaction. Group and individual instruction is available.

Available at: WOOD

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 disciplines 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

Mom or Dad & 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

Racquetball and Squash

If racquetball or squash is your game, the YMCA of Metropolitan Washington offers some of the best courts in the area. Need a partner? We can help you connect with other fans of this fast-paced sport.

Available at: ARL, NC, TEN

Rock Climbing

Climbing is a sport that promotes physical strength, flexibility and toning while increasing confidence and building trust. Our rock climbing walls include various slopes and overhangs, creating a sense of adventure in a safe, supportive and encouraging environment

Available at: AYR, NC

DID YOU KNOW?
Basketball and volleyball were invented at the YMCA.



SPORTS

PROGRAMS

Swim Leagues

Swim leagues help participants refine strokes, increase speed and build endurance. Whether they are competitive or non-competitive, leagues are focused on improving overall wellness.

Available at: ALEX, REST, SS

Tennis

Whether you are new to the game or ready for the U.S. Open, the YMCA of Metropolitan Washington offers beginner, intermediate and advanced tennis lessons and special classes to help you improve your game and your health. You can also schedule court time to practice your game with friends and family.

Available at: BCC, SS, TEN

Volleyball

Volleyball is a fun sport that can be enjoyed by people at all wellness levels.

Available at: PO, REST

YOUTH SPORTS

Basketball Classes

Our classes are designed to motivate and educate children in the fundamental skills of the game, while teaching them about good sportsmanship and teamwork. We have classes for all levels from rookies to more experienced players.

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

Basketball Clinic

Here's an opportunity for your child to test their basketball skills! Youth 10 years old and older can work on their favorite basketball game position and conditioning.

Available at: ALEX

Basketball League

Hoop it up with Y kids throughout the greater D.C. region in our YMCA of Metropolitan Washington Basketball League. The YMCA Youth basketball league is open for all levels of play and promotes teamwork and good sportsmanship. No try-outs are necessary.

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

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Sports Programs

(cont'd)



Baseball Clinic

Children will enhance their baseball skills and practice hitting, catching and fielding in this fun, non-competitive class.

Available at: ALEX, AYR

Beginner BMX

Kids ages eight to twelve will safely learn how to maneuver the challenging obstacles of this fun cycling sport that is gaining international popularity.

Available at: AYR

Beginner/Intermediate Biking

For children ages four to seven, our biking classes will take them from training wheels to riding around and over obstacles in a safe and fun environment.

Available at: AYR

Bowling

The YMCA will take your kids to the lanes and improve their bowling and wellness scores with this fun outing for children ages 8-12.

Available at: AYR

Cycling for Teens

Using stationary bikes, teens can take a virtual bike ride in a motivating and fun environment with an experienced cycle instructor.

Available at: BCC, NC

Dodgeball

This popular playground activity is not only fun, but will also improve your child's coordination, balance and cardiovascular health.

Available at: AYR

Family Martial Arts

The YMCA of Metropolitan Washington is always exploring ways to build stronger families and improve relationships between parents and children. Our family martial arts classes are a way for parents and children to bond together while improving overall wellness, strength and flexibility.

Available at: ARL, AYR, NC

Field / Floor Hockey

Children will have a lot of fun participating in this high energy sport. Our hockey classes develop hand/eye coordination and wellness, while promoting team work and good sportsmanship.

Available at: ARL, REST

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

Flag Football League

Kids will learn the fundamentals of flag football, as well as teamwork and good sportsmanship in a safe and fun environment.
Available at: AYR, SS

Football Clinic

This is your child's chance to test out their football playing abilities. Youth 10 years old and older can practice their favorite football game position.
Available at: ALEX

Kickball

This playground game offers old fashioned fun for kids of all levels, while enhancing teamwork and good sportsmanship.
Available at: AYR

Gymnastics

Children and teens can participate on 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. Participants must be invited by the coach to join a YMCA pre-team or competitive team.
Available at: ALEX, AYR, WOOD

Mom or Dad & 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 between parent and child. One adult per child.
Available at: ALEX, AYR, REST, WOOD

Martial Arts

Martial arts improve flexibility and strength, while teaching respect in a non-aggressive and friendly environment. Martial arts offered for youth include: Karate, Ju-Jitsu and Tae Kwon Do.
Available at: ARL, ALEX, AYR, PO, REST, SS

Rock Climbing

Kids ages 7 and up will learn how to safely boulder and climb the rock wall as well as participate in trust activities, character development, confidence building and working with partners.
Available at: AYR, NC

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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.

Sports Programs

(cont'd)

Soccer Classes

Soccer is the fastest growing sport in America for both boys and girls. The YMCA of Metropolitan Washington offers top-quality instruction for everyone from rookies to experienced players in a friendly and safe environment.

Available at: ALEX, ARL, AYR, PO, REST, SS

Soccer Leagues

Our soccer leagues are an ideal way for children to learn teamwork and good sportsmanship, all while improving their health. Our leagues are open to all levels of play and there are no try-outs.

Available at: ARL, AYR, REST, SS

Swim Leagues

Leagues are organized by ability levels and are designed to help children improve and refine the four competitive strokes, sets, starts and finishes. Leagues are excellent preparation for a swim team.

Available at ALEX, BCC, REST, SS

T-Ball

This sport for young children will teach your kids to love one of America's favorite sports, baseball, while building teamwork and good sportsmanship.

Available at: ARL, AYR, REST

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

— 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



SPORTS PROGRAMS

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

— 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

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

Wiffleball League

Wiffleball is a fun game that can be played in small spaces with as few as two players.

It is also a great way to introduce kids to one of America's favorite sports, baseball, while building teamwork and good sportsmanship.

Available: AYR

