



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BASKETBALL PROGRAMS

## YMCA SILVER SPRING



FALL I SESSION (9/03—10/27)

FALL II (10/28—12/15)

WEDNESDAY/ THURSDAY / FRIDAY

JUMP BALL! GET READY TO SHOT, DRIBBLE, RUN & JUMP. BUILD SKILLS, SUCH AS, REBOUNDING, DEFENDING & BALL HANDLING. GO THROUGH DRILLS & GAME SITUATIONS. LEARN SPORTSMANSHIP, TEAMWORK, & BUILD CONFIDENCE.

AGES	CLASS	TIMES	LOCATION	DAY	FULL/ PROG
(4—5)	BIDDY	4:30—5:10 PM	GYM	WED.	\$88 / \$108
(6—9)	JUNIOR	5:30—6:15 PM	GYM	WED.	\$88 / \$108
(10—11)	FRIDAY HOOP	5:30—6:20 PM	GYM	FRI.	\$88 / \$108
(12—14+)	FRIDAY HOOP	6:30—7:20 PM	GYM	FRI.	\$88 / \$108

- TENNIS SHOES/ SNEAKERS ARE REQUIRED.

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