



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MINI/ KID FIT/ TEEN PROGRAMS

YMCA SILVER SPRING



FALL I SESSION (9/03—10/27)

FALL II (10/28—12/15)

TUESDAY/ THURSDAY/ SATURDAY

LET'S GET MOVING! RUN, JUMP, SKIP & PLAY GAMES. BUILD SKILLS, SUCH AS, ENDURANCE, FLEXABILITY & KNOWLEDGE ABOUT THE EXERCISES OR SPORTS. GO THROUGH DRILLS & CREATIVE PLAY. LEARN SPORTSMANSHIP, TEAMWORK, & GROSS MOTOR SKILLS.

<u>AGES</u>	<u>CLASS</u>	<u>TIMES</u>	<u>LOCATION</u>	<u>DAY</u>	<u>FULL/ PROGRAM</u>
(3)	MINI	4:30—5:10 PM	GYM	TUE.	\$88 / \$108
(4 – 6)	KID FIT	5:30—6:15 PM	GYM	TUE.	\$88 / \$108
(10—14)	TEEN SPORTS FIT	12:00—12:45 PM	FIELD/ STUDIO	SAT.	\$88/ \$108

- SNEAKERS AND COMFORTABLE CLOTHING ARE REQUIRED.
- ASK ABOUT INVITING A FRIEND! SPACES ARE LIMITED

9800 Hastings Drive  
Silver Spring MD 20901  
More info: 301.585.2120  
RYAN.TAYLOR@YMCADC.ORG