



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRACK PROGRAMS



YMCA SILVER SPRING

FALL I SESSION (9/03—10/27)

FALL II (10/28—12/15)

FRIDAY/ SATURDAY

ON YOUR MARK, GET SET, GO & IMPROVE YOUR SKILLS! BUILD STRENGTH, ENDURANCE & STANIMA. GO THROUGH DRILLS & EVENT SITUATIONS. LEARN SPORTSMANSHIP, TEAMWORK, & BUILD CONFIDENCE. COMPETE AGAINST YOURSELF & FRIENDS.

<u>AGES</u>	<u>CLASS</u>	<u>TIMES</u>	<u>LOCATION</u>	<u>DAY</u>	<u>FULL/ PROG</u>
(3—5)	MINI	3:30—4:10 PM	FIELD/ GYM	FRI.	\$88/ \$108
(6—9)	BEGINNER	4:30—5:15 PM	FIELD/ GYM	FRI.	\$88/ \$108
(10-13)	CROSS CLUB	5:30—6:15 PM	FIELD	FRI.	\$88/ \$108

- SNEAKERS OR TRACK CLEATS (OUTDOOR USE ONLY)
- TRACK CLEATS ARE NOT REQUIRED

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