



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA SILVER SPRING



YOUTH & FAMILY PROGRAMS

FALL I SESSION 9/03— 10/28

· KINDER SOCCER	MON.	(AGES 4-5)	4:30-5:15 PM	GYM
· MINI SPORTS	TUE.	(AGE 3)	4:30-5:10 PM	GYM
· KID FIT	TUE.	(AGES 4-7)	5:30-6:15 PM	GYM
· BIDDY BASKETBALL	WED.	(AGES 4-5)	4:30-5:15 PM	GYM
· JUNIOR BASKETBALL	WED.	(AGES 6-9)	5:30-6:15 PM	GYM
· STARTERS T-BALL	THU.	(AGES 4- 5)	4:30-5:15 PM	GYM
· JUNIOR SOCCER	THU.	(AGES 6-9)	5:30-6:15 PM	GYM
· MINI TRACK & FIELD	FRI.	(AGES 3- 5)	3:30-4:15 PM	GYM
· BEGINNER TRACK & FIELD	FRI.	(AGES 6-9)	4:30-5:15 PM	GYM
· FRIDAY HOOP IT UP	FRI.	(AGES 11-14)	5:30-6:20 PM	GYM
· RUN CLUB	FRI.	(AGES 10-14)	5:30-6:15 PM	GYM
· BALLET/ TAP & PRE BALLET	SAT.	(AGES 3-9)	9:15-10/11:15 -12 PM	STUDIO (TBD)
· TEEN SPORTS FIT	SAT.	(AGES 10- 14)	12:00-12:45 PM	GYM/ FIELD
· FALL SOCCER LEAGUE	SAT.	(AGES 5- 12)	9:00-12:00 PM	FIELD (9.7-10.26.19)
· FLAG FOOTBALL	SAT.	(AGES 6- 12)	9:00-12:00 PM	FIELD (TBD)
· SPORTS BIRTHDAYS	SAT/SUN.	(AGES 3-15)	3:30-7:30 PM	GYM/STUDIO

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