



JANUARY 2020

YMCA FAIRFAX COUNTY RESTON

NEW YEAR, NEW Y, NEW YOU!

VISIT WWW.YMCADC.ORG FOR A FREE GUEST PASS TODAY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 New Year's Day Special Hours 9:00am - 10:00pm	2 School's Out Camp	3 School's Out Camp	4 Start of the Winter Session
5	6 Healthy Starts Event	7	8 Kids Athletic Conditioning – Ages 5 & Up 5:15pm	9 Ballroom Dance Lessons!	10	11 Basketball League 2020!
12 We have Swim Lessons!	13	14 Summer Camp 2020 	15	16 Refer a friend and get a "Y" fleece	17 Parent's Night Out	18 Family Zumba – Ages 11 & Up 6:30pm
19 Kids Athletic Conditioning 11:00 - 11:55am	20 Martin Luther King, Jr. Day 	21 Tabata 9:00 - 9:55am	22	23 Body Strength 5:30 - 6:25pm	24	25 New Year, New You Branch Event
26 Early Learning Center: 6 weeks to 5 years old	27 Boot Camp 9:00 - 9:45am	28 Open House! Join us from 5:00 - 9:00 pm	29 Register for Camp 2020! 	30	31 CPR Class Parent's Night Out	1