



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

Healthy Starts
Event

6

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

Summer
Camp 2020



15

Refer a friend
and get a "Y"
fleece

16

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

Register for
Camp 2020!



29

30

31

CPR Class

Parent's
Night Out

1