



## YMCA Silver Spring 2026 Spring Full Circle Health Program Schedule

April 11 - June 6, 2026

Date	Event	Time	Point Person	Contact
Registration Begins: March 14th	Program Registration		Anita Dandeker	<a href="mailto:anita.dandeker@ymcadc.org">anita.dandeker@ymcadc.org</a>
March 16-April 10	Initial Assessment		Wellness Director	<a href="mailto:kym.porter@ymcadc.org">kym.porter@ymcadc.org</a>
Saturday April 11, 2026	Kick-Off Event	8:30 AM	Wellness/Health Team	<a href="mailto:kym.porter@ymcadc.org">kym.porter@ymcadc.org</a>
March 30th-April 10 (Virtual appointment)	Initial Nutrition Session		Caroline Schmalz	<a href="mailto:caroline.schmalz@ymcadc.org">caroline.schmalz@ymcadc.org</a>
<b>Small Group Workout Schedule</b>				
Mondays	Small Group Training	7:30am	Ryanne Ross	<a href="mailto:rgeorge1@ymcawashdc.org">rgeorge1@ymcawashdc.org</a>
Wednesdays	Small Group Training	6:00pm	Jill Scholnik	<a href="mailto:Jill.Scholnik@ymcadc.org">Jill.Scholnik@ymcadc.org</a>
Fridays	Small Group Training	7:30am	Chris Tucker	<a href="mailto:christine.tucker@ymcadc.org">christine.tucker@ymcadc.org</a>
<b>Workshop Schedule</b>				
Tuesday, April 21	Workshop #1 on Zoom	6:30-7:30 PM	Wellness Director and Health Team	<a href="mailto:caroline.schmalz@ymcadc.org">caroline.schmalz@ymcadc.org</a>
Thursday, May 7	Workshop #2 on Zoom	6:30-7:30 PM	Wellness Director and Health Team	<a href="mailto:caroline.schmalz@ymcadc.org">caroline.schmalz@ymcadc.org</a>
Thursday, May 28	Workshop #3 on Zoom	6:30-7:30 PM	Wellness Director and Health Team	<a href="mailto:caroline.schmalz@ymcadc.org">caroline.schmalz@ymcadc.org</a>
<b>Program Support and Motivations</b>				
Beginning Monday April 13	Weekly Emails	Every Monday		<a href="mailto:kym.porter@ymcadc.org">kym.porter@ymcadc.org</a>
Beginning Monday April 13	Access to Discord			<a href="mailto:caroline.schmalz@ymcadc.org">caroline.schmalz@ymcadc.org</a>
<b>Program Completion</b>				
May 25-June 5	Final Assessment		Wellness Team	<a href="mailto:kym.porter@ymcadc.org">kym.porter@ymcadc.org</a>
Completed by Friday June 5th (Virtual Appointment)	Final Nutrition Session		Caroline Schmalz	<a href="mailto:caroline.schmalz@ymcadc.org">caroline.schmalz@ymcadc.org</a>
Saturday June 6th	Wrap Up Celebration	8:30 AM	Wellness/Health Team	<a href="mailto:kym.porter@ymcadc.org">kym.porter@ymcadc.org</a>
<b>Your Program Trainers</b>				
Kym Porter				<a href="mailto:kym.porter@ymcadc.org">kym.porter@ymcadc.org</a>
Chris Tucker				<a href="mailto:christine.tucker@ymcadc.org">christine.tucker@ymcadc.org</a>
Jill Scholnik				<a href="mailto:Jill.Scholnik@ymcadc.org">Jill.Scholnik@ymcadc.org</a>
Ryanne Ross				<a href="mailto:rgeorge1@ymcawashdc.org">rgeorge1@ymcawashdc.org</a>

