



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