










# SSRAC MAY GYM SCHEDULE

 MONTGOMERY COUNTY <i>Recreation</i>	MONDAY PICKLEBALL	TUESDAY BASKETBALL	WEDNESDAY VOLLEYBALL	THURSDAY BADMINTON/PICKLEBALL		FRIDAY FUTSAL	SATURDAY	SUNDAY
								

6 a.m.	OPEN PICKLEBALL ALL AGES	OPEN BASKETBALL ALL AGES	*WALKING TRACK OPEN		OPEN PICKLEBALL ALL AGES	OPEN BASKETBALL ALL AGES			
7 a.m.									
8 a.m.									
9 a.m.	55+ PICKLEBALL	55+ BASKETBALL	TINY TOTS	OPEN BASKETBALL ALL AGES	55+ PICKLEBALL	TINY TOTS	OPEN BASKETBALL ALL AGES	JUMP START Youth Basketball Registration Required	OPEN VOLLEYBALL ALL AGES
10 a.m.									
11 a.m.									
Noon	PROS TO YOU Pickleball Lessons Registration Required	OPEN BASKETBALL ALL AGES	OPEN VOLLEYBALL ALL AGES		OPEN PICKLEBALL ALL AGE	OPEN FUTSAL ALL AGES		OPEN BASKETBALL ALL AGES	ADULT VOLLEYBALL LEAGUE Registration Required
1 p.m.									
2 p.m.	OPEN PICKLEBALL	YOUTH BASKETBALL 11-17	YOUTH VOLLEYBALL 11-17			YOUTH FUTSAL 11- 17			
3 p.m.									
4 p.m.	PROS TO YOU Pickleball Lessons Registration Required	OPEN BASKETBALL ALL AGES	OPEN VOLLEYBALL ALL AGES		OPEN BADMINTON ALL AGES	OPEN FUTSAL ALL AGES		GYM CLOSING AT 5:15 p.m.	
5 p.m.									
6 p.m.	18+ PICKLEBALL	18+ BASKETBALL	18+ VOLLEYBALL		18+ BADMINTON	18+ FUTSAL			
7 p.m.									
8 – 8:45 p.m.									

**\*THE GYM AND FITNESS CENTER CLOSE 15 MINUTES PRIOR TO THE CLOSURE OF THE FACILITY**



# SILVER SPRING RECREATION AND AQUATIC CENTER

## 1319 APPLE AVE, SILVER SPRING

### MONTGOMERY COUNTY RECREATION

### GYMNASIUM/FITNESS CENTER USE SCHEDULE

#### GYMNASIUM RULES:

**PARTICIPANTS MUST BE OVER 16 YEARS OLD TO ACCESS THE FITNESS CENTER. 14-15 YEAR OLDS MUST BE ACCOMPANIED BY AN ADULT 18+ IN THE FITNESS CENTER.**

**RESPECT EVERY MEMBER OF THE GYM AND SHARE EQUIPMENT WHEN THE COURTS ARE BUSY.**

**NO FOOD, GUM OR DRINKS BESIDES WATER ARE ALLOWED IN THE FITNESS CENTER OR GYM.**

**NO DUNKING OR HANGING FROM THE RIM.**

**ATHLETIC WEAR ONLY PERMITTED INSIDE THE FITNESS CENTER AND GYM.**

#### NOTICE OF FULL GYM CLOSURES:

**June 28 - Aug 16, 10 a.m. - 3 p.m. Mon-Fri for Summer Camp Use Only.**

#### SSRAC SECOND FLOOR SPRING PROGRAMS:

Pros To You Beginner Pickleball	Gymnasium	5/6,13,20	Mondays: Various Times, Please Check with Front Desk	R03036-301
Intro to Fitness	Fitness Room	3/13-5/15	Wednesdays 10 - 11 a.m.	R03036-300
Dynamic Movement Yoga	L2 Exercise Studio	4/10-6/12	Wednesdays 6 - 7 p.m.	R05128-319
Adult Volleyball League	Gymnasium	4/14-6/9	Sundays 11:30 - 4:30 p.m.	R05255-201
Jump Start Little Hoop Stars	Gymnasium	4/13-5/18	Saturdays 10:30-11:30 a.m.	R05012-351

#### PLEASE NOTE:

**MANAGEMENT RESERVES THE RIGHT TO ALTER THE GYM SCHEDULE WHEN DEEMED NECESSARY.**

**ALL CLASSES/SPECIAL EVENTS TAKE PRIORITY OVER OPEN GYM SPORTS.**

**\*\*THE WALKING TRACK IS A TRACK CREATED AROUND THE PERIMETER OF THE GYM FLOOR FOR WALKING OR JOGGING.**