










SSRAC GYM SCHEDULE - JUNE 1-23

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

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	OPEN BASKETBALL ALL AGES	OPEN VOLLEYBALL ALL AGES			
10 a.m.												
11 a.m.												
Noon	OPEN PICKLEBALL ALL AGES	OPEN BASKETBALL ALL AGES	OPEN VOLLEYBALL ALL AGES		OPEN PICKLEBALL ALL AGES	OPEN FUTSAL ALL AGES		ADULT VOLLEYBALL LEAGUE Registration Required ENDS JUNE 9				
1 p.m.						YOUTH BASKETBALL 11-17			YOUTH VOLLEYBALL 11-17		YOUTH FUTSAL 11-17	
2 p.m.						YOUTH BASKETBALL 11-17			YOUTH VOLLEYBALL 11-17		YOUTH FUTSAL 11-17	
3 p.m.						YOUTH BASKETBALL 11-17			YOUTH VOLLEYBALL 11-17		YOUTH FUTSAL 11-17	
4 p.m.	PROS TO YOU Pickleball Lessons Registration Required	OPEN BASKETBALL ALL AGES	OPEN VOLLEYBALL ALL AGES		OPEN PICKLEBALL ALL AGES	OPEN BADMINTON ALL AGES	OPEN FUTSAL ALL AGES	TEK TABLE	GYM CLOSING AT 5:15 p.m.			
5 p.m.												
6 p.m.												
7 p.m.	18+ PICKLEBALL	18+ BASKETBALL	18+ VOLLEYBALL		18+ BADMINTON	18+ FUTSAL						
8 - 8:45 p.m.												

***THE GYM AND FITNESS CENTER WILL BEGIN CLOSING 30 MINUTES PRIOR TO THE COMPLETE CLOSURE OF THE CENTER**



SILVER SPRING RECREATION AND AQUATIC CENTER

1319 APPLE AVE, SILVER SPRING

MONTGOMERY COUNTY RECREATION

GYMNASIUM/FITNESS CENTER 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 GYM CLOSURES:

June 19 – Center Closed

June 22 – Dominique Dawes Statue Unveiling

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

SSRAC 2nd FLOOR SPRING PROGRAMS:

Pros To You Beginner Pickleball	Gymnasium	6/10,6/17 and 6/24	Mondays Various Times, Please Check with Front Desk	R05261-504
HIIT (High Intensity Interval Training)	L2 Exercise Studio	6/24-8/5	Mondays 7:30 - 8:30 p.m.	R05018-504
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
55+ Drop-In Table Tennis	L2 Exercise Studio	5/9-6/27	Thursdays 2 - 4 p.m.	Drop in

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.**