








# SSRAC APRIL GYM SCHEDULE

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

6 a.m.	OPEN PICKLEBALL ALL AGES	OPEN BASKETBALL ALL AGES	OPEN VOLLEYBALL ALL AGES		OPEN BASKETBALL ALL AGES		*WALKING TRACK OPEN			
7 a.m.										
8 a.m.										
9 a.m.	SENIORS 55+	SENIORS 55+	TINY TOTS	SENIORS 55+	*WALKING TRACK OPEN	SENIORS 55+	TINY TOTS	SENIORS 55+	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 ALL AGES	OPEN ALL AGES		OPEN ALL AGES		OPEN ALL AGES		OPEN BASKETBALL ALL AGES	ADULT VOLLEYBALL LEAGUE Registration Required
1 p.m.										
2 p.m.										
3 p.m.	YOUTH 11-17	YOUTH 11-17	YOUTH 11-17		YOUTH 11-17		YOUTH 11-17			
4 p.m.										
5 p.m.	PROS TO YOU Pickleball Lessons Registration Required	OPEN ALL AGES	OPEN ALL AGES		OPEN ALL AGES		OPEN ALL AGES			
6 p.m.										
7 p.m.	ADULT 18+	ADULT 18+	ADULT 18+		ADULT 18+		ADULT 18+			
8 - 9* p.m.										

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



# SILVER SPRING RECREATION AND AQUATIC CENTER

1319 APPLE AVE, SILVER SPRING, MD, 20910

## MONTGOMERY COUNTY RECREATION GYMNASIUM/FITNESS CENTER USE SCHEDULE

### GYMNASIUM RULES:

**ALL PARTICIPANTS BELOW THE AGE OF 11 MUST BE ACCOMPANIED BY AN ADULT OVER THE AGE OF 18 AT ALL TIMES.**

**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:

**Wednesday, April 10: 9:30 a.m. - 4 p.m.**

**Monday, April 22: 9:30 a.m. - 4 p.m.**

### SSRAC 2<sup>nd</sup> FLOOR SPRING PROGRAMS:

Pros To You Beginner Pickleball	Gymnasium	April 8,15,29	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
Strength and Conditioning	Exercise Studio	4/7/-6/9	Sundays 3 - 4 p.m.	R05018-310
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.**