



GOOD HOPE RECREATION CENTER
14715 GOOD HOPE ROAD, SILVER SPRING, MD 20905
240-777-8055

MASK MUST BE WORN IN COMMON AREAS

GYM WILL BE CLOSED FOR PLAYMontgomery CAMP AUGUST 16-20 FROM 9:00 am - 4:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
C L O S E D		WEIGHT AND FITNESS ROOMS AVAILABLE DURING ALL OPEN HOURS ACTIVE SENIOR 55+ OPEN GYM 10:00 AM to 12:00 PM				11:00 PM - 4:00 PM FAMILY OPEN GYM
		ADULT OPEN GYM 12:00 PM to 3:00 PM				
		RECFIT YOUTH OPEN GYM 3:00 PM to 6:00 PM				
		CLOSES at 6:00 PM	CLOSES at 6:00PM	6:00 PM - 8:00 PM ADULT BASKETBALL	CLOSES at 6:00 PM	FACILITY CLOSES AT 4:00PM

*Open Gym Activities Vary

*Schedules are subject to change to accommodate new regulations and programming