










SSRAC GYM SCHEDULE JUNE 24 – JULY 30

	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 ALL AGES		OPEN PICKLEBALL ALL AGES		OPEN BASKETBALL ALL AGES		<div style="background-color: black; width: 100%; height: 100%;"></div>	
7 a.m.												
8 a.m.												
9 a.m.												
10 a.m.	OPEN PICKLE- BALL ALL AGES	CLOSED FOR SUMMER CAMPS	OPEN BASKET- BALL ALL AGES	CLOSED FOR SUMMER CAMPS	TINY TOTS	CLOSED FOR SUMMER CAMPS	OPEN PICKLE- BALL ALL AGES	CLOSED FOR SUMMER CAMPS	TINY TOTS	CLOSED FOR SUMMER CAMPS	OPEN BASKETBALL ALL AGES	OPEN VOLLEYBALL ALL AGES
11 a.m.												
Noon												
1 p.m.												
2 p.m.	OPEN PICKLEBALL ALL AGES		YOUTH BASKETBALL 11-17		YOUTH VOLLEYBALL 11-17		OPEN PICKLEBALL ALL AGES		OPEN BASKETBALL ALL AGES		TEK TABLE AND FUTSAL	
3 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		<div style="background-color: black; width: 100%; height: 100%; text-align: center; vertical-align: middle;"> GYM CLOSING AT 5:15 p.m. </div>	
4 p.m.	ADULT 18+ PICKLEBALL		ADULT 18+ BASKETBALL		ADULT 18+ VOLLEYBALL		ADULT 18+ BADMINTON		ADULT 18+ FUTSAL			
5 p.m.	ADULT 18+ PICKLEBALL		ADULT 18+ BASKETBALL		ADULT 18+ VOLLEYBALL		ADULT 18+ BADMINTON		ADULT 18+ FUTSAL			
6 p.m.	ADULT 18+ PICKLEBALL		ADULT 18+ BASKETBALL		ADULT 18+ VOLLEYBALL		ADULT 18+ BADMINTON		ADULT 18+ FUTSAL			
7 p.m.	ADULT 18+ PICKLEBALL		ADULT 18+ BASKETBALL		ADULT 18+ VOLLEYBALL		ADULT 18+ BADMINTON		ADULT 18+ FUTSAL			
8 – 8:45 p.m.	ADULT 18+ PICKLEBALL		ADULT 18+ BASKETBALL		ADULT 18+ VOLLEYBALL		ADULT 18+ BADMINTON		ADULT 18+ FUTSAL			

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

***Monday – Friday 10 a.m. – 3 p.m., the gym will be divided to accommodate summer camps.**



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:

July 4 – Facility Closed

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

SSRAC FITNESS SUMMER PROGRAMS:

Pros To You Beginner Pickleball	Gymnasium	7/15,7/22, 7/29	Mondays Various Times, Please Check with Front Desk	R05261-505
HIIT (High Intensity Interval Training)	L2 Exercise Studio	6/24-8/5	Mondays 7:30 - 8:30 p.m.	R05018-504
Boxing with WBG Sports and Fitness	L1 Social Hall	6/25-8/6	Tuesdays 5 - 6 p.m.	R05342-504
Seated Chairside Exercises	L2 Exercise Studio	6/28-8/9	Fridays 4:30 - 5:25 p.m.	R05016-501
Stress Relief with Egyptian Yoga	L2 Exercise Studio	6/26-8/7	Wednesdays 6 - 7 p.m.	R05128-522

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.**