




KIDS ENJOY EXERCISE NOW  
greater dc

# October 2009

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 <b>Sports (DC)</b> Kids: 12:00 – 1:15 Teens: 1:30 – 2:45 Tennis: 4:00 – 5:00
4 <b>Kids Sports (MC)</b> 12:15 – 1:30 1:45 – 3:00 <b>Adults Fit</b> 2:00 – 3:00 <b>Adults Sports</b> 3:15 – 4:30 <b>Family Fit</b> 3:15 – 4:15	5	6	7	8	9	10 <b>Swim (DC)</b> 9:30 – 10:30
11 <b>Teen Sports (MC)</b> 12:15 – 1:30 1:45 – 3:00 <b>Kids Music (MC)</b> 12:30 – 1:30 1:45 – 2:45 <b>Teen Club</b> 3:15 – 4:30	12	13	14	15	16	17 <b>Sports (DC)</b> Kids: 12:00 – 1:15 Teens: 1:30 – 2:45 <b>Music (DC)</b> Teens: 12:15 – 1:15 Kids: 1:30 – 2:30
18 <b>Kids Sports (MC)</b> 12:15 – 1:30 1:45 – 3:00 <b>Teen Music (MC)</b> 12:30 – 1:30 1:45 – 2:45 <b>Swim (MC)</b> Dolphins: 9:00 – 9:45 Seals: 10:00 – 10:45 <b>Bowling</b> 1:15 – 2:30	19	20	21	22	23	24
25 <b>Teen Sports (MC)</b> 12:15 – 1:30 1:45 – 3:00 <b>Teen Club</b> 3:15 – 4:30	26	27	28	29  Celebrating 16 Years of KEEN! 6:30 pm Bethesda North Marriott Hotel and Convention Center	30	31