


























AUGUST 2025

MUKILTEO FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div><div>Water Fitness w/Carolyn 7:30–8:30 am Pool</div></div>	<div><div>Water Fitness w/Leslee 7:30–8:30 am Pool</div></div>	<div><div>Water Fitness w/Leslee 7:30–8:30 am Pool</div></div>
<div><div>Pickelball 7–10 am Gym</div></div>	<div><div>Pickelball 7–10 am Gym</div></div>	<div><div>Pickelball 7–10 am Gym</div></div>
<div><div>Coffee & Connections 8:45–9:45 am Lobby</div></div>	<div><div>Coffee & Connections 8:45–9:45 am Lobby</div></div>	<div><div>Coffee & Connections 8:45–9:45 am Lobby</div></div>
<div><div>Chair Yoga w/Karen 11:30 am–12:15 pm W2</div></div>	<div><div>Forever Fit w/Karen 11:30 am–12:15 pm W2</div></div>	<div><div>Chair Yoga w/Sarah 11:30 am–12:15 pm W2</div></div>
THURSDAY	FRIDAY	SATURDAY
<div><div>Water Fitness w/Christopher 7:30–8:30 am Pool</div></div>	<div><div>Water Fitness w/Carolyn 7:30–8:30 am Pool</div></div>	
<div><div>Pickelball 7–10 am Gym</div></div>	<div><div>Pickelball 7–10 am Gym</div></div>	
<div><div>Forever Fit w/David 11:30 am–12:15 am W2</div></div>	<div><div>Coffee & Connections 8:45–9:45 am Lobby</div></div>	SUNDAY
<div><div>FitWalk–August 21 12:15 pm Meet by the front desk</div></div>	<div><div>Zumba Gold w/Szu 10:15–11:15 am W2</div></div>	<div>SEE BACK FOR SPECIAL EVENTS</div>
<div><div>FitWalk August 28 12:30 pm Meet by the front desk</div></div>	<div><div>TRX w/David 11:30 am–12:15 pm W2</div></div>	

★ ★ SPECIAL EVENTS ★ ★

- Thursday, August 21-12:15 pm – Walk to Tapped Mukilteo for lunch (1 mile walk in total) – meet by the front desk. Each person covers their own food & drinks while we connect together in a room reserved for us!
- Thursday, August 28 -12:30 pm – Y Neighborhood Walk and Gulch Trail (1.5 mile walk) – meet by the front desk

Please note that youth camps have priority for all spaces during the summer – schedule subject to change to accommodate camps



Join in the fun and participate in the fastest growing sport in the nation! The game of Pickleball combines the sport of Badminton, tennis and Ping-Pong. The rules are simple and the game is easy for anyone to catch on fast.



Multiple formats offered to accommodate a wide range of ability levels on land. Pick up a group exercise schedule for more detailed descriptions of each class.



Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance.



Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.



A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community engagement.



Events that very each week or month to serve the interest and hobbies of our senior members. Do you have a special event you would like to see the YMCA host? Come to an even and talk to our Senior program leaders.



Drop-in basketball time offers a milder form of the game we all love in a fun and supportive environment exclusively offered for YMCA members over the age of 60.