



























SEPTEMBER 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>Pickleball 7 am–1:30 pm* Gym</div></div>	<div><div>Pickleball 7 am–1:30 pm* Gym</div></div>	<div><div>Pickleball 7 am–1:30 pm* 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 11:30–12:15 pm W2</div></div>	<div><div>Forever Fit w/Karen 11:30–12:15 pm W2</div></div>	<div><div>Chair Yoga w/Sarah 11:30–12:15 pm W2</div></div>
<div><div>Senior New Member Orientation September 8 12:30–1 pm</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>Pickleball 7 am–1:30 pm* Gym</div></div>	<div><div>Pickleball 7 am–1:30 pm* Gym</div></div>	
<div><div>Forever Fit w/David 11:30–12:15 am W2</div></div>	<div><div>Coffee & Connections 8:45–9:45 am Lobby</div></div>	
<div><div>Potluck September 25 12:15–1 pm Family Room</div></div>	<div><div>Zumba Gold w/Szu 10:15–11:15 am W2</div></div>	
<div><div>Presentation September 25 1–2 pm Family Room</div></div>	<div><div>TRX w/David 11:30 am–12:15 pm W2</div></div>	
		SUNDAY
		<div>SEE BACK FOR SPECIAL EVENTS</div> <div></div>



★ ★ SPECIAL EVENTS ★ ★

Senior Potluck – Family Room–September 25
12:15–1 pm

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

Protecting Your Digital Life
1–2 pm

Come hear this presentation on helping seniors stay safe online as technology use increases. We will touch on passwords, spotting scams and keeping your personal information secure while you enjoy the benefits of the internet.

*Pickleball hours subject to change on non-school days, pickleball will need to end or move to half court at 10 am



PICKLEBALL

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.



GROUP EXERCISE

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

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.



COFFEE & CONNECTIONS

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



POTLUCK



SPECIAL EVENT



AOA BASKETBALL

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

Events that vary 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 event 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.