



MARCH 2026

STANWOOD-CAMANO YMCA SENIOR CALENDAR

MONDAY



Pickleball
6:30-10:30 am
Gym



TRX
9-10 am
M2



Coffee & Connections
10-11:30 am
Community Room



Deep Water Fitness w/Lydia
9-10 am
Lap Pool



R30 w/Gena
10:15-10:45 am
Cycle Studio



Yoga
11 am-Noon
M2



Basic Strength & Tone w/ Jamie
11:15 am-Noon
Gym



Tai Chi w/Tom
12-12:45 pm
M1



Water Fitness w/ Teresa
1-2 pm
Rec Pool



Zumba w/ Lori
5:45-6:45 pm
M2

TUESDAY



Water Fitness w/Connie
7:30-8:30 am
Rec Pool



TRX w/ Gena
8-8:45 am
M2



Forever Fit w/Heather
10-10:45 am
Gym



Chair Yoga w/Heather
11 am- Noon
Gym



Beginning Tai Chi w/Tom
Noon-12:45 pm
M1



Pickleball
12:15-1:45 pm
Gym

WEDNESDAY



Pickleball
6:30-9:30 am
Gym



TRX
9-10 am
M2



Deep Water Fitness w/Lydia
9-10 am
Lap Pool



R30 w/John
10:15-10:45 am
Cycle Studio



Yoga
11 am-Noon
M2



Basic Strength and Tone
w/Jamie
11:15 am-Noon
Gym



Tai Chi w/Tom
12-12:45 pm
M1



Water Fitness w/ Teresa
1-2 pm
Rec Pool



Zumba w/ Lori
5:45-6:45 pm
M2

FRIDAY

THURSDAY



Water Fitness w/Connie
7:30-8:30 am
Rec Pool



TRX w/ Gena
8-8:45 am
M2



Forever Fit w/Sandy
10-10:45 am
Gym Starts Jan 6



Chair Yoga w/Sandy
11 am - Noon
Gym



Beginning Tai Chi w/Tom
Noon-12:45 pm
M1



Pickleball
12:15-1:45 pm
Gym



Pickleball
6:30-10:30 am
Gym



Deep Water Fitness w/Lydia
9-10 am
Lap Pool



R30 w/Gena
10:15-10:45 am
Cycle Studio



Yoga
11 am-Noon
M2



Basic Strength & Tone w/ Jamie
11:15 am-Noon
Gym



Beginner Line Dancing w/Kari
12:15-1 PM
M2



Water Fitness w/ Teresa
1-2 pm
Rec Pool



Senior Orientation
1:15-1:45 pm
March 11
Community Room



Senior Advisory Committee
12:15-1:15 pm
March 18
Community Room

**Schedule Change
Note for March:**
Deep Water Fitness w/Lydia
is now 9-10 am Monday,
Wednesday and Friday

SEE BACK
FOR SPECIAL
EVENTS





MARCH 2026

STANWOOD-CAMANO YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN MARCH	TUESDAY MARCH 10	WEDNESDAY MARCH 11	TUESDAY MARCH 17
<p>Senior Social Hour 10-11:30 am</p> <p>Coffee and Conversations are in the community room! A great time to make friends before or after a class. Come in for a round of cards, share fun stories, or read a book.</p>	<p>Beginning Writing Class Noon</p> <p>Beginning-friendly memoir writing class designed to begin putting your life experiences into words. Through guided prompts, simple writing techniques and supportive discussion, you will learn how to turn memories into meaningful stories. No writing experience necessary, just bring your stories, your heart and your curiosity. This class will help you start your story with confidence and inspiration. Free</p>	<p>Senior Orientation 1:15-1:45 pm</p> <p>Connect with fellow seniors, discover the wealth of benefits your YMCA membership brings, and get all your questions answered.</p> <p>Coffee will be served. Guided Branch Tour with Q&A</p>	<p>Senior Tech Drop-In Help! 10-11 AM</p> <p>A little confused by your electronic device and need some help getting started? Bring your device and your questions and meet with a staff member from the Stanwood Library to get basic tech assistance and find answers to questions about your mobile device, eReader, websites, and more. Free</p>
WEDNESDAY MARCH 18	WEDNESDAY MARCH 18	SUNDAY MARCH 29	MONDAY MARCH 30
<p>BUILDING A BETTER YOU 1-1:45 pm</p> <p>Ready to feel better, move better, and gain confidence in your fitness routine? This six-week series is designed to help you build strength, improve mobility, and create healthy habits that support your personal goal. Join us the 3rd Wednesday of the month, Feb. through June. - Free</p>	<p>Senior Advisory Committee 12:15-1:15 pm</p> <p>Do you love to advocate for/advise for the needs and events for your community? This is a great way to volunteer and be a voice for seniors at the Stanwood-Camano Y. We would love to have your perspective.</p>	<p>Pickleball Clinics for Beginners</p> <p>Two sessions: 12:30-2:30 pm -or- 3-5 pm</p> <p>Registration Fee is \$10/FM - \$20/CM Register at the Welcome Center</p>	<p>Ikebana-The Art of Japanese Flower Arranging</p> <p>Two times available: 11:30 am -or- 3:30 pm</p> <p>Discover the simplicity, balance and mindfulness exploring basic Ikebana, work with seasonal flowers and create an arrangement to take home! Materials provided flowers, pin frogs Fee: \$15</p>



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.



PEDALING FOR PARKINSON'S

The simple act of pedaling may change the life of someone with Parkinson's disease. Participants should be able to ride on an upright Spin bike. This class is open to members who have other conditions/injuries or would enjoy a light cycling class.



SENIOR SOCIAL HOUR

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



POTLUCK

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



SPECIAL EVENT

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 even and talk to our Senior program leaders.



Senior Gentle Hikes

Hikes are independent, volunteer led and not held by the YMCA. Participants need to be comfortable walking on uneven ground and be able to walk independently. Refer to flyer for more information.



VOLUNTEER OPPORTUNITIES

Stanwood-Camano YMCA is building a Senior Committee. We are looking for members who would love to help plan, facilitate, and speak for the seniors of our branch. This is a volunteer opportunity as well as a way to represent the senior voice.