






























APRIL 2026

MUKILTEO FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY	
<p> Water Fitness w/Carolyn 7:30-8:30 am Pool</p> <p> Pickleball 7 am-1 pm* Gym</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Chair Yoga w/Karen 11:30-12:15 pm W2</p> <p> Craft Hour - April 20 12:30-2 pm Lighthouse Room</p>	<p> Water Fitness w/Leslee 7:30-8:30 am Pool</p> <p> Pickleball 7 am-1 pm* Gym</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Forever Fit w/Karen 11:30-12:15 pm W2</p>	<p> Water Fitness w/Leslee 7:30-8:30 am Pool</p> <p> Pickleball 7 am-1 pm* Gym</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Chair Yoga w/Sarah 11:30-12:15 pm W2</p> <p> Stroke Prevention April 8 12:30-1:15 pm Lighthouse Room</p> <p> Senior Game Hour April 29 12:30 - 2 pm YDC</p>	
THURSDAY	FRIDAY	SATURDAY	
<p> Water Fitness w/Leslee 7:30-8:30 am Pool</p> <p> Pickleball 7 am- 1 pm* Gym</p> <p> Forever Fit w/David 11:30-12:15 am W2</p> <p> Potluck -April 16 12:15 pm Family Room</p> <p> Presentation-Charitable Giving April 16 1 pm Family Room</p>	<p> Water Fitness w/Carolyn 7:30-8:30 am Pool</p> <p> Pickleball 7 am-1 pm* Gym</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Zumba Gold w/Gail 10:15-11:15 am W2</p> <p> TRX w/David 11:30 am-12:15 pm W2</p> <p> Chair Yoga w/Varies 12:30 pm W2</p>		
		<th data-bbox="1068 1707 1624 1787">SUNDAY</th>	SUNDAY
		<p>SEE BACK FOR SPECIAL EVENTS</p> 	



★ ★ SPECIAL EVENTS ★ ★

Presentation–Stroke Prevention

Wednesday, April 8, 12:30–1:15 pm–Lighthouse Room

Learn how to tell if someone might be having a stroke, how to help someone who might be having a stroke, and how to keep from having a stroke yourself.

Potluck

Thursday, April 16, 12:15 pm–Family Room

Join us for our monthly potluck! Bring your favorite dish to share!

Presentation–Charitable Giving

Thursday, April 16, 1–2 pm–Family Room

Join us for a free educational workshop on charitable giving and learn practical ways to support the causes you care about while staying intentional and tax smart with your overall financial plan.

Lynnwood Lightrail Tour

Wednesday, April 22 12:30–3:30 pm

We are partnering with Community Transit to help you feel confident navigating public transportation. Registration is free but required and can be completed online or at the front desk.

Senior Game Hour

Wednesday, April 29, 12:30–2 pm

Come join us for games in the teen center at the Mukilteo Y for just seniors! We have board games, cards, and a ping pong table! If you would like, you are welcome to come right after class and bring snacks or a sack lunch, too!

***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

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.



AOA BASKETBALL

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.