



Dale Turner Family YMCA | March 10th - March 16th

All times are subject to change. Visit seattleyymca.org/schedules for current activities and times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Dale Turner Y Activity Pool	6:00 a.m.-12:00 p.m. (Lap Swim & Water Walking - Swim) 3:30 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	6:00 a.m.-12:00 p.m. (Lap Swim & Water Walking - Swim) 3:30 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	6:00 a.m.-12:00 p.m. (Lap Swim & Water Walking - Swim) 3:30 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	6:00 a.m.-12:00 p.m. (Lap Swim & Water Walking - Swim) 3:30 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	6:00 a.m.-12:00 p.m. (Lap Swim & Water Walking - Swim) 3:30 p.m.-7:30 p.m. (Lap Swim & Water Walking - Swim)	7:00 a.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)	8:00 a.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)
Water Walking Dale Turner Y Activity Pool	6:00 a.m.-10:00 a.m. (Lap Swim & Water Walking - Swim) 3:30 p.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)	6:00 a.m.-10:00 a.m. (Lap Swim & Water Walking - Swim)	6:00 a.m.-10:00 a.m. (Lap Swim & Water Walking - Swim) 3:30 p.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)	6:00 a.m.-10:00 a.m. (Lap Swim & Water Walking - Swim)	6:00 a.m.-10:00 a.m. (Lap Swim & Water Walking - Swim) 3:30 p.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)	7:00 a.m.-8:00 a.m. (Lap Swim & Water Walking - Swim)	8:00 a.m.-12:00 p.m. (Lap Swim & Water Walking - Swim)
Open Gym - All Ages Dale Turner Y Gymnasium	6:00 a.m.-7:00 a.m. (Open Gym Drop In) 4:00 p.m.-8:55 p.m. (Open Gym Drop In)	6:00 a.m.-7:00 a.m. (Open Gym Drop In) 6:30 p.m.-8:55 p.m. (Open Gym Drop In)	6:00 a.m.-7:00 a.m. (Open Gym Drop In) 7:00 p.m.-8:55 p.m. (Open Gym Drop In)	6:00 a.m.-7:00 a.m. (Open Gym Drop In) 4:00 p.m.-8:55 p.m. (Open Gym Drop In)	6:00 a.m.-7:00 a.m. (Open Gym Drop In) 4:00 p.m.-6:00 p.m. (Open Gym Drop In)	8:30 a.m.-5:00 p.m. (Open Gym Drop In)	8:00 a.m.-9:00 a.m. (Open Gym Drop In) 11:00 a.m.-4:55 p.m. (Open Gym Drop In)
Boot Camp Dale Turner Y Group Wellness Studio	6:15 a.m.-7:15 a.m. (HIIT - Fitness)		6:15 a.m.-7:15 a.m. (HIIT - Fitness)		6:15 a.m.-7:15 a.m. (HIIT - Fitness)		
Pickleball - Adult Dale Turner Y Gymnasium	7:00 a.m.-9:00 a.m. (Pickleball Drop In) 12:00 p.m.-2:00 p.m. (Pickleball Drop In)	7:00 a.m.-8:55 a.m. (Pickleball Drop In) 12:00 p.m.-2:00 p.m. (Pickleball Drop In)	7:00 a.m.-10:00 a.m. (Pickleball Drop In) 12:00 p.m.-2:00 p.m. (Pickleball Drop In)	7:00 a.m.-8:55 a.m. (Pickleball Drop In) 12:00 p.m.-2:00 p.m. (Pickleball Drop In)	7:00 a.m.-9:00 a.m. (Pickleball Drop In) 12:00 p.m.-2:00 p.m. (Pickleball Drop In)	7:00 a.m.-8:30 a.m. (Pickleball Drop In)	9:30 a.m.-11:00 a.m. (Pickleball Drop In)
Pilates - Mat Dale Turner Y Reflection Studio	7:45 a.m.-8:30 a.m. (Mind Body)		7:45 a.m.-8:30 a.m. (Mind Body)				
Cycle - All Levels Dale Turner Y Cycle Studio	9:00 a.m.-9:45 a.m. (Cycle)	5:45 p.m.-6:30 p.m. (Cycle)		5:45 p.m.-6:30 p.m. (Cycle)		8:30 a.m.-9:30 a.m. (Cycle)	9:30 a.m.-10:30 a.m. (Cycle)
Adult Pickleball Skills & Drills Dale Turner Y Gymnasium	9:00 a.m.-10:15 a.m. (Pickleball Drop In)						
Kids Zone: Ages 6-weeks to 4-years-old Dale Turner Y Kids Corner	9:00 a.m.-12:00 p.m. (Kids Zone Drop In) 4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:00 p.m. (Kids Zone Drop In) 4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:00 p.m. (Kids Zone Drop In) 4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:00 p.m. (Kids Zone Drop In) 4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:00 p.m. (Kids Zone Drop In)	8:30 a.m.-12:30 p.m. (Kids Zone Drop In)	8:30 a.m.-12:30 p.m. (Kids Zone Drop In)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP Dale Turner Y Group Wellness Studio	9:00 a.m.-10:00 a.m. (Strength)	5:45 p.m.-6:30 p.m. (Strength)			9:00 a.m.-10:00 a.m. (Strength)		9:00 a.m.-10:00 a.m. (Strength)
Yoga - Gentle Dale Turner Y Reflection Studio	9:15 a.m.-10:15 a.m. (Mind Body)		9:15 a.m.-10:15 a.m. (Mind Body)		9:15 a.m.-10:15 a.m. (Mind Body)		
TRX® Dale Turner Y Small Studio	9:30 a.m.-10:15 a.m. (Strength)				9:30 a.m.-10:15 a.m. (Strength)		11:00 a.m.-12:00 p.m. (Strength)
Zumba® Gold Dale Turner Y Group Wellness Studio	10:15 a.m.-11:00 a.m. (Dance - Fitness)				10:15 a.m.-11:00 a.m. (Dance - Fitness)		
Aqua Fitness Dale Turner Y Activity Pool	11:00 a.m.-11:45 a.m. (Water Fitness)		11:00 a.m.-12:00 p.m. (Water Fitness)				
Tai Chi - First Section Dale Turner Y Small Studio	11:00 a.m.-12:00 p.m. (Mind Body)						
Yoga - All Levels Dale Turner Y Reflection Studio	4:30 p.m.-5:30 p.m. (Mind Body)		4:30 p.m.-5:30 p.m. (Mind Body)	5:30 p.m.-6:30 p.m. (Mind Body)		10:00 a.m.-11:00 a.m. (Mind Body) 11:15 a.m.-12:15 p.m. (Mind Body)	
Kids Zone: Ages 9 to 13- years-old Dale Turner Y Teen Center	4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	4:30 p.m.-8:00 p.m. (Kids Zone Drop In)		8:30 a.m.-12:30 p.m. (Kids Zone Drop In)	8:30 a.m.-12:30 p.m. (Kids Zone Drop In)
Step Dale Turner Y Group Wellness Studio	6:00 p.m.-6:45 p.m. (Cardio)					9:30 a.m.-10:30 a.m. (Cardio)	
Zumba® Dale Turner Y Group Wellness Studio	7:00 p.m.-8:00 p.m. (Dance - Fitness)		7:00 p.m.-8:00 p.m. (Dance - Fitness)				
Les Mills RPM Dale Turner Y Cycle Studio		6:15 a.m.-7:15 a.m. (Cycle)	9:00 a.m.-9:45 a.m. (Cycle)				
AOA Strength Dale Turner Y Group Wellness Studio		8:00 a.m.-8:45 a.m. (Strength)		8:00 a.m.-8:45 a.m. (Strength)		8:00 a.m.-8:45 a.m. (Strength)	
AOA Dance Dale Turner Y Group Wellness Studio		9:00 a.m.-10:00 a.m. (Dance - Fitness)		9:00 a.m.-10:00 a.m. (Dance - Fitness)			
Strength & Conditioning Dale Turner Y Group Wellness Studio		9:15 a.m.-10:00 a.m. (HIIT - Fitness)		9:15 a.m.-10:00 a.m. (HIIT - Fitness)			
Yoga - Power Vinyasa Dale Turner Y Reflection Studio		9:30 a.m.-10:30 a.m. (Mind Body)		9:30 a.m.-10:30 a.m. (Mind Body)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AOA - Chair Strength Dale Turner Y Group Wellness Studio		10:30 a.m.-11:30 a.m. (Strength)		10:30 a.m.-11:30 a.m. (Strength)			
Strength Training - Express Dale Turner Y Group Wellness Studio		5:00 p.m.-5:30 p.m. (Strength)		5:00 p.m.-5:30 p.m. (Strength)		10:30 a.m.-11:00 a.m. (Strength)	
Yoga - Vinyasa		6:30 p.m.-7:45 p.m. (Mind Body)					
Turbo Kick Dale Turner Y Group Wellness Studio		6:30 p.m.-7:30 p.m. (Cardio)					
Barbell Pump Dale Turner Y Group Wellness Studio			9:00 a.m.-9:45 a.m. (Strength)				
Dance Fitness Dale Turner Y Group Wellness Studio			10:00 a.m.-11:00 a.m. (Dance - Fitness)				
Yoga - Yin Dale Turner Y Reflection Studio			5:45 p.m.-6:45 p.m. (Mind Body)				
Step and Strength - Beginner Dale Turner Y Group Wellness Studio			6:00 p.m.-6:45 p.m. (Cardio)				
Kids Zone: Ages 4 to 6-years-old Dale Turner Y Kids Corner					9:00 a.m.-12:00 p.m. (Kids Zone Drop In)		
Recreational Swim Dale Turner Y Activity Pool					10:00 a.m.-12:00 p.m. (Recreational & Community Swim) 4:30 p.m.-7:30 p.m. (Recreational & Community Swim)	12:00 p.m.-4:30 p.m. (Recreational & Community Swim)	12:00 p.m.-4:30 p.m. (Recreational & Community Swim)
Yoga - Vinyasa Dale Turner Y Reflection Studio							10:00 a.m.-11:00 a.m. (Mind Body)