



Downtown Seattle YMCA | March 17th - March 23rd

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball - All Ages Downtown Y Gymnasium	6:00 a.m.-7:00 a.m. (Basketball Drop In) 7:00 a.m.-8:00 a.m. (Basketball Drop In) 8:00 a.m.-9:00 a.m. (Basketball Drop In)	5:30 p.m.-6:30 p.m. (Basketball Drop In) 6:30 p.m.-7:45 p.m. (Basketball Drop In)	6:00 a.m.-7:00 a.m. (Basketball Drop In) 7:00 a.m.-8:00 a.m. (Basketball Drop In) 8:00 a.m.-9:00 a.m. (Basketball Drop In)	5:30 p.m.-6:30 p.m. (Basketball Drop In) 6:30 p.m.-7:45 p.m. (Basketball Drop In)	6:00 a.m.-7:00 a.m. (Basketball Drop In) 7:00 a.m.-8:00 a.m. (Basketball Drop In) 8:00 a.m.-9:00 a.m. (Basketball Drop In)		
Lap Swim Downtown Y Pool	6:00 a.m.-1:00 p.m. (Lap Swim & Water Walking)		6:00 a.m.-1:00 p.m. (Lap Swim & Water Walking)	6:00 a.m.-1:00 p.m. (Lap Swim & Water Walking) 3:30 p.m.-5:00 p.m. (Lap Swim & Water Walking) 6:30 p.m.-7:30 p.m. (Lap Swim & Water Walking)	6:00 a.m.-1:00 p.m. (Lap Swim & Water Walking)		
Recreational Swim Downtown Y Pool	6:00 a.m.-11:00 a.m. (Recreational & Community Swim) 12:00 p.m.-1:00 p.m. (Recreational & Community Swim)		6:00 a.m.-12:00 p.m. (Recreational & Community Swim) 12:00 p.m.-1:00 p.m. (Recreational & Community Swim)	6:00 a.m.-1:00 p.m. (Recreational & Community Swim) 3:30 p.m.-7:30 p.m. (Recreational & Community Swim)	6:00 a.m.-11:00 a.m. (Recreational & Community Swim) 12:00 p.m.-1:00 p.m. (Recreational & Community Swim)		
Open Gym - All Ages Downtown Y Gymnasium	9:00 a.m.-5:45 p.m. (Open Gym Drop In)	1:00 p.m.-5:30 p.m. (Open Gym Drop In)	9:00 a.m.-4:30 p.m. (Open Gym Drop In)	1:00 p.m.-5:30 p.m. (Open Gym Drop In)	9:00 a.m.-7:45 p.m. (Open Gym Drop In)	8:00 a.m.-10:00 a.m. (Open Gym Drop In)	
Aqua Fitness Downtown Y Pool	11:00 a.m.-11:45 a.m. (Water Fitness)		11:00 a.m.-11:45 a.m. (Water Fitness)		11:00 a.m.-11:45 a.m. (Water Fitness)		
Total Body Conditioning Downtown Y 7th Floor	11:45 a.m.-12:30 p.m. (Cardio) 5:30 p.m.-6:30 p.m. (Cardio)			11:45 a.m.-12:30 p.m. (Cardio)			
Yoga - All Levels Downtown Y Mind Body	12:30 p.m.-1:30 p.m. (Mind Body) 6:45 p.m.-7:45 p.m. (Mind Body)		12:30 p.m.-1:30 p.m. (Mind Body) 6:45 p.m.-7:45 p.m. (Mind Body)		12:30 p.m.-1:30 p.m. (Mind Body)		
Lap Swim Limited Downtown Y Pool	3:30 p.m.-7:30 p.m. (Lap Swim & Water Walking - Swim)		3:30 p.m.-7:30 p.m. (Lap Swim & Water Walking - Swim)		3:30 p.m.-7:30 p.m. (Lap Swim & Water Walking - Swim)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIGH Fitness Downtown Y Creative Movement Studio	5:30 p.m.-6:30 p.m. (Cardio)						
Volleyball - All Ages Downtown Y Gymnasium	6:00 p.m.-7:30 p.m. (Volleyball Drop In)						
Open Drop-in Boxing Downtown Y 7th Floor		4:00 p.m.-5:00 p.m. (Boxing)		4:00 p.m.-5:00 p.m. (Boxing)			
Muscle Pump Downtown Y Creative Movement Studio		5:45 p.m.-6:45 p.m. (Strength)				10:30 a.m.-11:30 a.m. (Strength) 10:45 a.m.-11:45 a.m. (Strength)	
Pickleball - All Ages Downtown Y Gymnasium				9:00 a.m.-1:00 p.m. (Pickleball Drop In)			
Cycle - All Levels Downtown Y Creative Movement Studio				9:00 a.m.-9:45 a.m. (Cycle)			
AOA - Core Strength Downtown Y 7th Floor				9:45 a.m.-10:15 a.m. (Strength)			
AOA Bold and Balanced Downtown Y Creative Movement Studio				10:30 a.m.-11:15 a.m. (Strength)			
Above the Barre Downtown Y Creative Movement Studio				12:30 p.m.-1:30 p.m. (Mind Body)			
Les Mills BODYPUMP Downtown Y Creative Movement Studio				5:45 p.m.-6:45 p.m. (Strength)			
Zumba® Downtown Y Mind Body						9:30 a.m.-10:30 a.m. (Dance - Fitness)	
Basketball Drop-in - Adult Downtown Y Gymnasium						10:00 a.m.-12:00 p.m. (Basketball Drop In)	