



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

All times are subject to change. Visit [seattleyymca.org/schedules](http://seattleyymca.org/schedules) for current activities and times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> 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)
<b>Water Walking</b> 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)
<b>Open Gym - All Ages</b> 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)
<b>Boot Camp</b> 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)		
<b>Pickleball - Adult</b> 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)
<b>Pilates - Mat</b> 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)				
<b>Cycle - All Levels</b> 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)
<b>Adult Pickleball Skills &amp; Drills</b> Dale Turner Y Gymnasium	9:00 a.m.-10:15 a.m. (Pickleball Drop In)						
<b>Kids Zone: Ages 6-weeks to 4-years-old</b> 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)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Les Mills BODYPUMP</b> 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)
<b>Yoga - Gentle</b> 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)		
<b>TRX®</b> 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)
<b>Zumba® Gold</b> 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)		
<b>Aqua Fitness</b> 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)				
<b>Tai Chi - First Section</b> Dale Turner Y Small Studio	11:00 a.m.-12:00 p.m. (Mind Body)						
<b>Yoga - All Levels</b> 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)	
<b>Kids Zone: Ages 9 to 13- years-old</b> 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)
<b>Step</b> Dale Turner Y Group Wellness Studio	6:00 p.m.-6:45 p.m. (Cardio)					9:30 a.m.-10:30 a.m. (Cardio)	
<b>Zumba®</b> 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)				
<b>Les Mills RPM</b> Dale Turner Y Cycle Studio		6:15 a.m.-7:15 a.m. (Cycle)	9:00 a.m.-9:45 a.m. (Cycle)				
<b>AOA Strength</b> 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)	
<b>AOA Dance</b> 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)			
<b>Strength &amp; Conditioning</b> 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)			
<b>Yoga - Power Vinyasa</b> 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)			

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<b>AOA - Chair Strength</b> Dale Turner Y Group Wellness Studio		10:30 a.m.-11:30 a.m. (Strength)		10:30 a.m.-11:30 a.m. (Strength)			
<b>Strength Training - Express</b> 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)	
<b>Yoga - Vinyasa</b>		6:30 p.m.-7:45 p.m. (Mind Body)					
<b>Turbo Kick</b> Dale Turner Y Group Wellness Studio		6:30 p.m.-7:30 p.m. (Cardio)					
<b>Barbell Pump</b> Dale Turner Y Group Wellness Studio			9:00 a.m.-9:45 a.m. (Strength)				
<b>Dance Fitness</b> Dale Turner Y Group Wellness Studio			10:00 a.m.-11:00 a.m. (Dance - Fitness)				
<b>Yoga - Yin</b> Dale Turner Y Reflection Studio			5:45 p.m.-6:45 p.m. (Mind Body)				
<b>Step and Strength - Beginner</b> Dale Turner Y Group Wellness Studio			6:00 p.m.-6:45 p.m. (Cardio)				
<b>Kids Zone: Ages 4 to 6-years-old</b> Dale Turner Y Kids Corner					9:00 a.m.-12:00 p.m. (Kids Zone Drop In)		
<b>Recreational Swim</b> 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)
<b>AOA Meetup Lunch at Dough Zone</b> Dale Turner Y Adventure Zone					11:00 a.m.-1:00 p.m. (Dale Turner Gatherings)		
<b>Swim Starters Stage A Water Discovery</b> Dale Turner Y Activity Pool							9:00 a.m.-9:30 a.m. (Dale Turner Swim Lessons)
<b>Preschool Stage 1 Water Acclimation</b> Dale Turner Y Activity Pool							9:00 a.m.-9:30 a.m. (Dale Turner Swim Lessons)

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<b>Swim Starters Stage B Water Exploration</b> Dale Turner Y Activity Pool							9:35 a.m.-10:05 a.m. (Dale Turner Swim Lessons)
<b>Yoga - Vinyasa</b> Dale Turner Y Reflection Studio							10:00 a.m.-11:00 a.m. (Mind Body)
<b>Preschool Stage 3 Water Stamina</b> Dale Turner Y Activity Pool							10:10 a.m.-10:40 a.m. (Dale Turner Swim Lessons)
<b>School Age Stage 3 Water Stamina</b> Dale Turner Y Activity Pool							10:10 a.m.-10:40 a.m. (Dale Turner Swim Lessons)
<b>School Age Stage 4 Stroke Introduction</b> Dale Turner Y Activity Pool							10:45 a.m.-11:15 a.m. (Dale Turner Swim Lessons)
<b>School Age Stage 2 Water Movement</b> Dale Turner Y Activity Pool							10:45 a.m.-11:15 a.m. (Dale Turner Swim Lessons)
<b>Preschool Stage 2 Water Movement</b> Dale Turner Y Activity Pool							11:20 a.m.-11:50 a.m. (Dale Turner Swim Lessons)
<b>School Age Stage 5 Stroke Development</b> Dale Turner Y Activity Pool							11:20 a.m.-11:50 a.m. (Dale Turner Swim Lessons)
<b>School Age Stage 6 Stroke Mechanics</b> Dale Turner Y Activity Pool							11:20 a.m.-11:50 a.m. (Dale Turner Swim Lessons)