






















SEPTEMBER 2023

MONROE/SKY VALLEY FAMILY
YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Pickleball 7-11 am Gym</p> <p> Forever Fit w/ Lisa 10:45-11:45 am Group Ex Rm #1</p> <p> Water Fitness w/ Nadine 11 am-Noon Pool</p>	<p> Water Fitness w/ Lisa 7:45-8:45 am Pool</p> <p> Gentle Water Fitness w/ Nadine 11 am- Noon Pool</p> <p> Pickleball Learn-to-Play 12:30-2:30 pm Gym</p>	<p> Pickleball 7-11 am Gym</p> <p> Water Fitness w/ Lisa 7:45-8:45 am Pool</p> <p> Coffee & Connections 9-11 am Lobby</p> <p> Forever Fit w/Lisa 10:45-11:45 am Group Ex Rm #1</p> <p> Water Fitness w/ Nadine 11 am-Noon Pool</p>
THURSDAY	FRIDAY	SATURDAY
<p> Water Fitness w/ Lisa 7:45-8:45 am Pool</p> <p> Gentle Water Fitness w/ Nadine 11 am-Noon Pool</p> <p> Pickleball Learn-to-Play 12:30-2:30 pm Gym</p>	<p> Pickleball 7-11 am Gym</p> <p> Board Game Drop in September 8 9-11 am Lobby</p> <p> Water Fitness w/ Nadine 11 am-Noon Pool</p> <p> Potluck Sep 15 12:30-2 pm Group Ex Rm #1</p>	<p style="text-align: center;">CONTACT</p> <p>Questions? Please contact: Melissa Johnson, Health & Wellness Director, mjohnson@ymca-snoco.org</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.



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.



Board Game Drop in Friday, September 8 9-11 am Lobby

Bring your a game to play at our board game event! All skill levels and game players welcome. Bring a game or a deck of cards from home, or play what we've got. The point is to have fun and maybe win.