



SPORTS/REC. ACTIVITIES

Downtown Seattle YMCA

RACQUETBALL LEAGUE

Registration: 7/17-8/25
League matches begin 8/28

\$25 members/\$80 Non-members
8-9 Week Season
7 Skill Divisions
Weekly Matches Scheduled By You



Clinic 8/25 5:30-6:30pm

Want to learn how to play? Need to freshen up on the rules? Interested in learning some tips to take your game to the next level?

Kick-Off Rally 8/26 10am-2pm

Want to make sure you're in the correct division? Stop by to meet some other players and play a few matches! Refreshments will be provided.

SQUASH LEAGUE

Registration: 10/9-11/3
League matches begin 11/6

\$25 members/\$80 Non-members
8-9 Week Season
4 Skill Divisions
Weekly Matches Scheduled By You



Clinic 11/3 5:30-6:30pm

Want to learn how to play? Need to freshen up on the rules? Interested in learning some tips to take your game to the next level?

Kick-Off Rally 11/4 10am-12pm

Want to make sure you're in the correct division? Stop by to meet some other players and play a few matches! Refreshments will be provided.

DOWNTOWN YMCA HIKING CLUB

Looking for a hiking buddy?

Join others looking to explore the Pacific Northwest and take advantage of the beautiful sights this area has to offer.

Transportation available upon request.



Upcoming Hikes:

8/13: Rattlesnake Ledge
4 miles roundtrip
40 min drive from Downtown

9/10: Poo Poo Point Trail
7.2 miles roundtrip
25 min drive from Downtown



**Paddle Boarding
On Lake Union**

Saturday, 8/12 10:00am-11:30am

Have you ever been paddle boarding? Now's your chance! Join Junior, Steve and the Downtown YMCA for an adventure on Lake Union.

No experience necessary. Equipment will be provided.



**3 VS 3 Basketball
Tournament**

Saturday, 9/9 11:00am-2:00pm

Do you have what it takes to be our next 3 VS 3 Champion? Sign up individually or as a team and see if you have what it takes to win it all!

For questions regarding any of the information above please contact Junior at esantos@seattleyymca.org



GYMNASIUM/SPORTS SCHEDULE

Downtown Seattle YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-7:00am Open Gym	5:00am-7:00am Open Gym	5:00am-7:00am Open Gym	5:00am-7:00am Open Gym	5:00am-7:00am Open Gym	
7:00am-8:30am Adult Pickup Basketball	7:00am-8:30am Adult Pickup Basketball	7:00am-8:30am Adult Pickup Basketball	7:00am-8:30am Adult Pickup Basketball	7:00am-8:30am Adult Pickup Basketball	7:00am-5:00pm Open Gym
8:30am-10:00am Open Gym	8:30am-12:00pm Open Gym	8:30am-12:00pm Open Gym	8:30am-12:00pm Open Gym	8:30am-12:00pm Open Gym	
10:00am-11:00am Open Badminton					
11:00am-12:00pm Open Gym					
12:00pm-1:30pm Adult Pickup Basketball	12:00pm-1:30pm Adult Pickup Basketball	12:00pm-1:30pm Adult Pickup Basketball	12:00pm-1:30pm Adult Pickup Basketball	12:00pm-1:30pm Adult Pickup Basketball	
1:30pm-5:00pm Open Gym	1:30pm-5:00pm Open Gym	1:30pm-5:00pm Open Gym	1:30pm-9:00pm Open Gym	1:30pm-9:00pm Open Gym	
5:00pm-7:00pm Volleyball	5:15pm-6:15pm Healthy Happy Hour	6:00pm-7:00pm Volleyball			
7:00pm-9:00pm Open Gym	6:15pm-9:00pm Open Gym	7:00pm-9:00pm Open Gym			



Healthy Happy Hour

Tuesdays
5:15pm-6:15pm

A weekly rotation of indoor soccer, floor hockey, badminton or dodgeball

Adult Pickup Basketball

Monday-Friday
7:00am-8:30am
12:00pm-1:30pm

Courts reserved for full court pickup games

Open Badminton

Mondays
10:00am-11:00am

Racquets and birdies available for rent

Open Volleyball

Mondays
5:00pm-7:00pm

Wednesdays
6:00pm-7:00pm