



SPORTS/REC. ACTIVITIES

Downtown Seattle YMCA

SQUASH LEAGUE

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

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



Free Squash Clinic
Monday, October 30th 5:30pm-6:30pm
Learn how to play or freshen up on the rules!

Kick-Off Rally
Saturday, November 4th 10am-2pm
Find out if you're in the correct division, meet some other players and play a few matches! Refreshments will be provided.

RACQUETBALL LEAGUE

Registration: 12/11-1/19
League matches begin 1/22

\$30 members/\$70 Non-members
8-9 Week Season
7 Skill Divisions
Weekly Matches Scheduled By You



Free Racquetball Clinic
Monday, January 16th 5:30pm-6:30pm
Learn how to play or freshen up on the rules!

Kick-Off Rally
Saturday, January 20th 10am-2pm
Find out if you're in the correct division, 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:

10/8: Annette Lake Trail
7.5 miles roundtrip · 1800ft elevation
50 min drive from Downtown

11/12: Lake Twentytwo
5.4 miles roundtrip · 1350ft elevation
1 hour drive from Downtown

Questions?

Stay up to date with all things sports/outdoor rec. by following us on Facebook or by contacting Junior to be added to our email list!

Facebook: Downtown Seattle Y Outdoor Rec

Junior Santos
(206) 344-3198
esantos@seattleyymca.org



3 VS 3 Basketball Tournament

Thursday, 12/7 5:30pm-8:30pm

Registration: 11/6-12/6

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



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 touch football

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