**DROP-IN NET SPORTS**

**SCHEDULE OF DROP-IN SPORTS**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>PICKLEBALL-ALL AGES 6:00-8:00 AM GYM 2</td>
<td>PICKLEBALL-ALL AGES 6:00-8:00 AM GYM 2</td>
<td>BADMINTON-ALL AGES 6:00-9:00 AM GYM 1</td>
<td>PICKLEBALL-ALL AGES 6:00-8:00 AM GYM 2</td>
<td>VOLLEYBALL-ALL AGES 8:00 AM-2:00 PM GYM 1</td>
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<tr>
<td>PICKLEBALL-ALL AGES 11:00 AM-3:00 PM GYM 2</td>
<td>TABLE TENNIS-ALL AGES 11:00 AM-3:00 PM GYM 1</td>
<td>PICKLEBALL-ALL AGES 11:00 AM-3:00 PM GYM 2</td>
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<td>PICKLEBALL-ALL AGES 11:00 AM-3:00 PM GYM 2</td>
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<tr>
<td>VOLLEYBALL-ALL AGES 7:30 PM-9:00 PM GYM 1</td>
<td>BADMINTON-ALL AGES 3:30-5:00 PM GYM 1</td>
<td>VOLLEYBALL-ALL AGES 8:00 AM-2:00 PM GYM 1</td>
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View all schedules online at seattleymca.org/schedules  
Schedules may change without notice.

**Whether you miss the competition of team sports from your youth or are new to sports, the Y offers a variety of options for adults to stay active and healthy while having fun!**

**Badminton**  
The world's second most popular sport, Badminton is a fast-paced and fun way to get fit.

**Basketball**  
Play some hoop at the place where it was invented. Now with nets instead of peach baskets!

**Pickleball**  
No actual pickles are needed to enjoy this hugely popular sport for enthusiasts of all ages!

**Table Tennis**  
This internationally popular sport, a.k.a Ping Pong, is fun for all regardless of age or skill level.

**Volleyball**  
A team sport for those who love to jump, hit, and block, Volleyball is always a fan favorite at the Y.