



2026 WINTER Y-GAMES ACTIVITY CALENDAR

Active Older Adults, please join us for our Y-GAMES! Register at our YMCA Front Desk , so we can assign you a team. Everything is free! Then, you can show up for any of the events that you're interested in during the week of Feb. 9-13.

The only events that need additional sign-ups are those with an *

	MONDAY Feb. 9	TUESDAY Feb. 10	WEDNESDAY Feb. 11	THURSDAY Feb. 12	FRIDAY Feb. 13
7:45am		7:45-9:45am Pickleball			7-8:30am Sports League Pickleball Tournament *
9am	9-9:30am 1-Mile Walk	9-10:15am Indoor Curling & Wii Curling	9-10am Cornhole	9-9:45am Cornhole	
	9-10 Lap Swim	9-10:15am Board Games	9-10am Wii Slalom	9-9:45am BINGO	
10am	10-10:30am 1-Mile Walk	10-10:30am 1-Mile Walk	10-11am Water Volleyball	10am-11am Euchre Tournament	9-10:30am Rec. League Pickleball Tournament *
			10-11:15am Board Games		
10:30am	10:30-11:30am Euchre				
	10:30-11:15am Cardio Drumming Class	10:30am-11:15am Aging Backwards Class			10:30-11:15am Dance Party
11:30am	11:30am-12:15pm Taste & Tell			11:30am-1pm Lunch & Learn *	11:30am-12:30pm Lunch Celebration
1pm		1-2pm Water Volleyball	1-2pm Water Volleyball		
1:30pm		1:30-2:30pm HU Functional Fitness Class	1:30-2pm Speed Walking Relay	1:30-2:30pm HU Functional Fitness Class	



Non-Competitive Activities. Earn points just by participating.



Competitive Activities. Earn points by winning the activity/game.

* Registration required

This week you may bring a non-member guest to any Y-Games activity with you for free.

Attend any of these regularly held, free classes for Y-Games participation points.

Earn extra point(s) in these classes if your clothing represents the day's theme.

Feb. 9	Feb. 10	Feb. 11	Feb. 12
Monday's theme: Team USA Spirit	Tuesday's theme: 60's or 70's	Wednesday's theme: Hawaiian	Thursday's theme: Sports Team
7:30am Essentrics	8:15am Y-Cycle	7:30am Essentrics	8:15am Y-Cycle
	9:00am Cardio Drumming		9:00am Pilates / 9:30am Yoga
9:15am Silver Sneakers Classic	9:15am Silver Sneakers Classic	9:15am Silver Sneakers Classic	9:15am Silver Sneakers Classic
10:30am Silver Sneakers Circuit	10:30am Chair Yoga	10:30am Silver Sneakers Circuit	10:30am Chair Yoga
	10:30am Line Dance		

You can also receive participation points by attending our **Water Aerobics** classes Feb. 9-12.

All regularly scheduled group exercise classes will still be held on Fri, Feb. 13, but Y-Games points will not be awarded on Friday.