

Large Gym Large Gym Large Gym West Half Large Gym Large Gym Large Gym Large Gym Large Gym Small Gym Smal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball 12:30-3 pm Beginner/Intermedal 12:30-3 pm Large Gym Lar	7-9:45 am	6:30-9:45 am	7-9:45 am Large Gym	6:30-9:45 am	7 am-12:30 pm	7-9:45 am	Badminton 8-11 am
Tennis 12:30-5:45 pm Group Fitness 1 Pickleball 4-7 pm Small Gym Small Gym Adult Adult Family Tennis 12:30-5:30 pm Group Fitness 1 Tennis 12:30-5:30 pm Group Fitness 1 Pickleball 4-6:45 pm Small Gym Small Gym Adult Volleyball Adult Adult Family	Pickleball 12:30-3 pm	Pickleball 12:30-3 pm Beginner/Intermediate Preferred	Pickleball 12:30-3 pm	Pickleball 12:30-3 pm	Pickleball 12:30-3 pm	Pickleball 9am-12pm CWU gym	
Family 4-6:45 pm Small Gym 4-6:45 pm Small Gym 4-6:45 pm Small Gym 4-7 pm Small Gym 5 mall Gym Adult Volleyball Adult Adult Family				Tennis 12:30-5:45 pm	Tennis 12:30-5:30 pm	Tennis 12-6:30 pm	Tennis
Volleyball		4-7 pm	4-6:45 pm	4-6:45 pm	4-7 pm		
5:30-8:45 pm Large Gym CWU Gym T:45-9:45 pm CWU Gym S:30-8:45 pm Large Gym West Half CWU Gym Texted at 12 pm 7:45-9:45 pm CWU Gym Texted at 12 pm 7:45-9:45 pm CWU Gym Large Gym Large Gym Large Gym	Badminton 5:30-8:45 pm		Badminton 7:45-9:45 pm	5:30-8:45 pm Large Gym	Badminton 7:45-9:45 pm	Pickleball 5-7 pm	Pickleball 3:30-6pm

The YMCA Gymnasium at Central Washington University (CWU) is located at 120 228th Ave NE.

Adult Net Sports

Reserved for our members 18 and older.

Family Net Sports

Time for families to play together.

Community Net Sports

Y members and City of Sammamish community participants alike are welcome to participate. Community participants will be asked to present photo ID to enter.

55+ Pickleball

Open to Sammamish residents age 55 and older. Y membership not required. Community participants will be asked to present photo ID to enter.

*2/10/2024 will be held in the Sammamish Y Large gym to accommodate the City of Sammamish Lunar New Year Festival.



