



FOREVERWELL® CALENDAR

MARCH 2026



Flip over this calendar to learn more about programs and events happening at the Y this month.

SPECIAL EVENTS

Register at the business desk

FOREVERWELL ORIENTATION

Thu. March 12 @ 1:00PM

POPCORN AND MOVIE

Tue. March 17 @ 1:00PM

TRIATHLON TRAINING

See reverse for offerings

InFORMation (Squat and Lunge Form)

Wed. March 25 @ 12:00PM

ERAS SENIOR NETWORK

Wednesday April 1 @ 12:00-1:30PM

SECRETS OF BLUE ZONES

Wednesday April 8 & 29 @ 12:00-1:30PM

POPCORN AND MOVIE

Tue. April 14 @ 1:00PM

FOREVERWELL ORIENTATION

Thu. April 16 @ 1:00PM

WISCONSIN DIAMOND DANCERS

Fri. April 24 @ 11:00AM

WEST SUBURBAN
YMCA

2420 N. 124th Street
Wauwatosa, WI 53226

414-302-9622

gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Pickleball 10:15-12:30PM	3 Pickleball 9:30-12:30PM	4 Pickleball 10:15-12:30PM	5 Beginner Pickleball 9:30-11:30AM (Meet in gym) Mahjong 11:00AM (Meet front lobby)	6 Pickleball 10:15-12:30PM	7
8	9 Pickleball 10:15-12:30PM	10 Pickleball 9:30-12:30PM	11 Pickleball 10:15-12:30PM	12 Beginner Pickleball 9:30-11:30AM (Meet in gym) Mahjong 11:00AM (Meet front lobby)	13 Pickleball 10:15-12:30PM	14
15	16 Pickleball 10:15-12:30PM	17 Pickleball 9:30-12:30PM	18 Pickleball 10:15-12:30PM	19 Beginner Pickleball 9:30-11:30AM (Meet in gym) Mahjong 11:00AM (Meet front lobby)	20 Pickleball 10:15-12:30PM	21
22	23 Pickleball 10:15-12:30PM	24 Pickleball 9:30-12:30PM	25 Pickleball 10:15-12:30PM	26 Beginner Pickleball 9:30-11:30AM (Meet in gym) Mahjong 11:00AM (Meet front lobby)	27 Pickleball 10:15-12:30PM	28
29	30 Pickleball 10:15-12:30PM	31 Pickleball 9:30-12:30PM	 <p>VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!</p>			

LOOKING FOR MORE INFO? WE'RE HERE TO HELP!

GO TO GWCYMCA.ORG • CALL 414-302-9622 • VISIT THE BUSINESS SERVICE DESK AT THE WEST SUBURBAN Y!

FOREVERWELL® SOCIALS | WEST SUBURBAN YMCA



FOREVERWELL ORIENTATION

 THU, MAR 12 | 1:00 – 2:00 PM

The FOREVERWELL orientation introduces members to the facility layout, equipment usage, and safety guidelines.

POPCORN & MOVIE

 TUE, MAR 17 | 1:00 – 2:30 PM

Join us for a classic movie and popcorn!



TRIATHLON TRAINING

 WED, MAR 18 | 12:00—1:30 PM
 THU, MAR 19 | 6:00—8:00PM

Join Sheryl L-5 as she goes through everything you need to know and be able to do to successfully complete your first outdoor triathlon.

IN(FORM)ATION

 WED, MAR 25 | 12:00 – 1:30 PM

How to squat and lunge so your knees still love you. Meet our certified personal trainers.



REGISTER ONLINE, OVER THE PHONE, OR AT THE BUSINESS DESK.

WEST SUBURBAN YMCA | 2420 N 124th St, Wauwatosa, WI | 414-302-9622 | GWCYMCA.ORG