Politica

Hudson YMCA

GYM SCHEDULE

September 30 - October 6, 2024

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym
5:00 5:30 6:00 6:30	5:30 6:00 6:30 7:00 7:30 8:00 5:00am-11:40am Drop-In Open Gym 9:00 9:30 0:00 0:30 1:00 1:30 Adult Pick-Up Baskethall		5:00am-8:30am Drop-In Open Gym		5:00am-8:00am Drop-In Open Gym CLOSED for event set up 8:00am-9:00am		5:00am-8:45am Drop-In Open Gym 8:45am- 9:00am-		5:10am-5:55am HIIT Class 6:00am-11:40am		CLOSED		CLOSED	
7:00 7:30 8:00 8:30														
9:00 9:30			8:30am- 12:00pm Drop-In Open Gym	9:00am- 11:30am Family Gym	Foreverwell Community Wellness Fair 9:00am-10:30am		10:00am 9:45am Open Gym Circuit 10:00am-11:00am Open Beginner Pickleball		Drop-In Open Gym					
10:30 11:00					CLOSED for event set up 10:30am-11:30am									
11:30 12:00 12:30			12:00pm-1:00pm Open Beg/Int Pickleball		11:40am-1:10pm Adult Pick-Up Basketball		11:00am-2:00pm Open Pickleball Int/Advanced		11:40am-1:10pm Adult Pick-Up Basketball		7:00am-5:00pm Drop-In Open Gym		7:00am-5:00pm Drop-In Open Gym	
1:00 1:30 2:00	1:10pm-1:30pm Open 1:30pm-3:00pm Open Beginner Pickleball		1:00-2:00pm PickleBall Class		1:00pm-4:00pm									
2:30 3:00			2:00pm- 4:30pm Drop-In Open	2:10-3:10pm Pickleball Class	Drop-In Open Gym				1:15pm-4:30pm Drop-In Open Gym					
3:30 4:00				3:15-4:20pm Open Gym		4:00pm- 7:30pm							,	
4:30 5:00	3:00pm-9:00pm Drop-In Open Gym				4:15pm- 7:15pm		2:00pm-		4:30pm-	5:00pm-				
5:30 6:00 6:30 7:00			4:30pm-9:00pm Drop-In Open Gym		Youth Sports Drop-In Open Gym	Drop-In Open Gym	pen Gym	7:30pm Open Gym	7:00pm Family Gym	CLOSED	CLOSED	CLOSED	CLOSED	
7:30 8:00 8:30 9:00					7:30pm-9:00pm Drop-In Open Gym				7:30pm-9:00pm Drop-In Open Gym		CLOSED	CLOSED	CLOSED	CLOSED

^{**}Gym Schedule is subject to change, due to events, weather, and programming There could be frequent adjustments to the gym schedule.

YMCA Sports Program
Open Adult Basketball

Family Gym Fitness Class Open Pickleball
Kids Fitness Class

Open Beg. Pickleball

Gym Event/Rental

9/26/2024

Last Updated:

Youth & Adult Sports Game Days: