

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 7:00	0 0 0		5:00am-8:30am Drop-In Open Gym		5:00am-8:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym		5:10am-5:55am HIIT Class		CLOSED		CLOSED	
7:30 8:00	5:00am-1 Drop-In O		8:30am-		CLOSED for event set up 8:00am-9:00am Foreverwell Community Wellness Fair		8:45am- 10:00am 9:45am Open Gym Circuit		6:00am-11:40am Drop-In Open Gym		7:00am-5:00pm Drop-In Open Gym		7:00am-5:00pm Drop-In Open Gym	
8:30 9:00 9:30														
10:00 10:30 11:00			Drop-In Open Gym	Family Gym		9:00am-10:30am CLOSED for event set up 10:30am-11:30am		10:00am-11:00am Open Beginner Pickleball						
11:30 12:00 12:30	11:40am- Adult Pi Baske	ick-Up	12:00pm-1:00pm Open Beg/Int Pickleball 1:00-2:00pm PickleBall Class		11:40am-1:10pm Adult Pick-Up Basketball		11:00am-2:00pm Open Pickleball Int/Advanced		11:40am-1:10pm Adult Pick-Up Basketball					
1:00 1:30	1:10pm-1:30													
2:00 2:30	Beginner F		2:00pm- 4:30pm	2:10-3:10pm Pickleball	1:00pm-4:00pm Drop-In Open Gym				1:15pm-4:30pm Drop-In Open Gym					
3:00 3:30			Drop-In Open	Class 3:15-4:20pm						pen dym				
4:00 4:30				Open Gym		4:00pm-								
5:00					4:15pm-	7:30pm	2:00pm	-9:00pm	4.20	F-00				
5:30	3:00pm-	00pm-9:00pm p-In Open Gym			7:15pm Youth Sports	Drop-In Open	Drop-In C	pen Gym	4:30pm- 7:30pm	5:00pm- 7:00pm				
6:00	Drop-In O				routinoporto	Gym			Open Gym	Family Gym				
6:30			4:30pm-9:00pm Drop-In Open Gym											
7:00											CLOSED CLOSED	CLOSED	CLOSED	
7:30					= = =									
8:00					7:30pm-					7:30pm-9:00pm				
8:30					Drop-In O	ipen Gym			Drop-In Open Gym					
9:00	0													

**Gym Schedule is subject to change, due to events, weather, and programming

Last Updated: 9/26/2024

Youth & Adult Sports Game Days:

There could be frequent adjustments to the gym schedule.

YMCA Sports Program	Family Gym	Open Pickleball	Open Beg. Pickleball
Open Adult Basketball	Fitness Class	Kids Fitness Class	Gym Event/Rental



Hudson YMCA GYM SCHEDULE

October 7 - October 13, 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 5:00am-7:00am 5:00 Drop-In Open Gym		5:00am-8:30am		5:00am-7:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym		5:10am-5:55am HIIT Class 6:00am-6:55am Drop-In Open Gym		CLOSED		CLOSED		
7:00 7:30 8:00 8:30 9:00 9:30	7:00am-: Open Pi Int/Adv	ickleball	8:30am- 12:00pm Drop-In Open Gym		7:00am-10:00am Open Pickleball Int/Advanced 10		8:45am- 10:00am Open Gym	9:00am- 9:45am Circuit	Open Pi	7:00am-10:00am Open Pickleball Int/Advanced					
10:00 10:30 11:00	10:15am- Drop-In O					10:00am-11:40am Drop-In Open Gym		10:15am-11:40am Drop-In Open Gym							
11:30 12:00 12:30	Adult P Baske	11:40am-1:10pm Adult Pick-Up Basketball		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-1:3 1:30pm-3:0 Beginner	00pm Open	1:00-2:00pm PickleBall Class 2:10-3:10pm		1:00pm-4:00pm										
2:30 3:00 3:30 4:00 4:30	Degimier	PICKIEDali	2:00pm- 4:30pm Drop-In Open Gym	Pickleball Class 3:15-4:20pm Open Gym	ickleball Class 5-4:20pm pen Gym										
5:00 5:30 6:00 6:30 7:00	3:00pm- Drop-In O		4:30pm- Drop-In O		4:15pm- 7:15pm Youth Sports	4:00pm- 7:30pm Drop-In Open Gym	2:00pm-9:00pm Drop-In Open Gym		4:30pm- 7:30pm Open Gym	5:00pm- 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- Drop-In C						

**Gym Schedule is subject to change, due to events, weather, and programming

Last Updated: 10/2/2024

Youth & Adult Sports Game Days:

There could be frequent adjustments to the gym schedule.

YMCA Sports Program	Family Gym	Open Pickleball	Open Beg. Pickleball
1 0	Failing Gynn	Open Pickiebali	Open beg. Pickiebali
Open Adult Basketball	Fitness Class	Kids Fitness Class	Gym Event/Rental



Hudson YMCA GYM SCHEDULE

October 14 - October 20, 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 5:00am-7:00am 5:00 Drop-In Open Gym		5:00am-8:30am		5:00am-7:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym		5:10am-5:55am HIIT Class 6:00am-6:55am Drop-In Open Gym		CLOSED		CLOSED		
7:00 7:30 8:00 8:30 9:00 9:30	7:00am-1 Open Pie Int/Adv	ckleball	B:30am- 12:00pm Drop-In Open Gym		7:00am-10:00am 9:00am-10:00am 0pen Pickleball 8:45am- 1nt/Advanced 9:00am- 10:00am-11:40am 0pen Gym 10:00am-11:40am 10:00am-11:00am Open Drop-In Open Gym 10:00am-11:00am Open		8:45am- 10:00am	9:00am- 9:45am	7:00am-10:00am Open Pickleball Int/Advanced						
10:00 10:30 11:00	10:15am- Drop-In O						10:15am-11:40am Drop-In Open Gym								
11:30 12:00 12:30	Adult P Baske	11:40am-1:10pm Adult Pick-Up Basketball		20m-1:00pm Open 3/Int Pickleball Basketba		ick-Up	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	1:10pm-1:3 1:30pm-3:0		1:00-2:00pm PickleBall Class												
2:00 2:30	Beginner I		2:00pm-	2:10-3:10pm Pickleball	1:00pm-4:00pm Drop-In Open Gym				1:15pm-4:30pm Drop-In Open Gym						
3:00 3:30			4:30pm Class Drop-In Open Gym 3:15-4:20pm Open Gym						brop-in Open Gym						
4:00 4:30 5:00					4:15pm-	4:00pm- 7:30pm			4:30pm-	5:00pm-					
5:30 6:00 6:30 7:00	3:00pm- Drop-In O		Yi15pm Drop-In C		Dron-In Open Dron-In Open 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		CLUSED		CLOSED	

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Open Adult Basketball	Fitness Class	Kids Fitness Class	Gym Event/Rental