



# East Region Sports Programs Schedule

## Eastside, Midway, Hastings, Hudson, Woodbury, and Egan

2024 Session 5, October 21 - December 15

### SPORTS PROGRAMS

#### LEAGUES

LEAGUES let kids take their skills to the next level and experience positive competition. Age-based offerings vary by session and by sport. Youth Leagues consist of organized practices and team contests. Each team will focus on skill development, practice and teamwork while preparing for games or meets. The fun isn't just for kids- high school and adult leagues are available too!

*Note: a structured game or meet schedule will be developed and issued the second week of the session on Friday.*

#### CLASSES

In CLASSES, kids will meet weekly to develop their skills through a variety of age appropriate skill drills and team-building exercises. Each session kicks off with a focus on skill development and advances to teamwork concepts which may include light scrimmaging and positive competition. Trained YMCA staff leads each class with help from qualified volunteers. At the end of the session, each age level will have acquired specific skill outcomes needed to advance to the next level of skill development.

#### SCHOOL'S OUT SPORTS CAMPS

At SCHOOL'S OUT SPORTS CAMPS, kids come to the Y to learn new sports, build sports skills and have fun playing, on days when school is not in session. Kids build the positive relationships that lead to good sportsmanship and teamwork. Ages vary by location.

#### CLINICS

CLINICS let kids try out a sport they're curious to explore in a no-pressure environment. Come test out something new, or learn more about your favorite sports. Clinics are available for a variety of sports and are offered at different locations and dates throughout the year.

### YOUTH LEAGUES starting week of October 21

### Games/meets take place starting Week 3

#### BASKETBALL

<b>Boys Grades 1 - 2 at Woodbury YMCA</b> Games/meets take place on Saturdays	Mon 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>Girls Grades 1 - 2 at Egan YMCA</b> Games/meets take place on Saturdays	Tue 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at Egan YMCA</b> Games/meets take place on Saturdays	Tue 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
<b>Girls Grades 1 - 2 at Hudson YMCA</b> Games/meets take place on Saturdays	Wed 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at Hudson YMCA</b> Games/meets take place on Saturdays	Wed 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
<b>Girls Grades 1 - 2 at Hastings YMCA</b> Games/meets take place on Saturdays	Thu 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>Girls Grades 1 - 2 at Woodbury YMCA</b> Games/meets take place on Saturdays	Thu 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at Hastings YMCA</b> Games/meets take place on Saturdays	Thu 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at Woodbury YMCA</b> Games/meets take place on Saturdays	Mon 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Egan YMCA</b> Games/meets take place on Saturdays	Tue 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at Egan YMCA</b> Games/meets take place on Saturdays	Tue 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Hudson YMCA</b> Games/meets take place on Saturdays	Wed 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at Hudson YMCA</b> Games/meets take place on Saturdays	Wed 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Hastings YMCA</b> Games/meets take place on Saturdays	Thu 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Woodbury YMCA</b> Games/meets take place on Saturdays	Thu 6:00 pm to 7:00 pm	\$119 member / \$149 non-member

**REGISTRATION BEGINS SEPTEMBER 17, 2024**

<b>Boys Grades 3 - 4 at Hastings YMCA</b> Games/meets take place on Saturdays	Thu 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 - 6 at Woodbury YMCA</b> Games/meets take place on Saturdays	Mon 7:00 pm to 8:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 - 6 at Eagan YMCA</b> Games/meets take place on Saturdays	Tue 8:00 pm to 9:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 - 6 at Hudson YMCA</b> Games/meets take place on Saturdays	Wed 8:00 pm to 9:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 - 6 at Hastings YMCA</b> Games/meets take place on Saturdays	Thu 8:00 pm to 9:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 - 8 at Eagan YMCA</b> Games/meets take place on Saturdays	Tue 8:00 pm to 9:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 - 8 at Hudson YMCA</b> Games/meets take place on Saturdays	Wed 8:00 pm to 9:00 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 - 8 at Woodbury YMCA</b> Games/meets take place on Saturdays	Thu 7:00 pm to 8:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 - 8 at Hastings YMCA</b> Games/meets take place on Saturdays	Thu 8:00 pm to 9:00 pm	\$119 member / \$149 non-member

## SOCCER

<b>All Gender Ages 8 and under at Eagan YMCA</b> Games/meets take place on Saturdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 8 and under at Woodbury YMCA</b> Games/meets take place on Saturdays	Wed 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 10 and under at Eagan YMCA</b> Games/meets take place on Saturdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 10 and under at Woodbury YMCA</b> Games/meets take place on Saturdays	Wed 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 12 and under at Eagan YMCA</b> Games/meets take place on Saturdays	Tue 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 12 and under at Woodbury YMCA</b> Games/meets take place on Saturdays	Wed 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 14 and under at Eagan YMCA</b> Games/meets take place on Saturdays	Tue 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 14 and under at Woodbury YMCA</b> Games/meets take place on Saturdays	Wed 6:30 pm to 7:30 pm	\$119 member / \$149 non-member

*Boys and Girls Leagues may be combined in cases of low registration.*

## CLASSES

No class on October 31st

### BASKETBALL

#### Basketball Class: grade Pre-K

<b>Woodbury YMCA</b> Class meets 7 times starting October 21	Mon 4:15 pm to 4:45 pm	\$74 member / \$95 non-member
<b>Hudson YMCA</b> Class meets 7 times starting October 22	Tue 4:15 pm to 4:45 pm	\$74 member / \$95 non-member
<b>Eagan YMCA</b> Class meets 7 times starting October 23	Wed 4:15 pm to 4:45 pm	\$74 member / \$95 non-member

**REGISTRATION BEGINS SEPTEMBER 17, 2024**

*Class availability varies by location. Schedules subject to change. Please visit [ymcanorth.org](http://ymcanorth.org) for updated class listings.*

<b>Hastings YMCA</b> Class meets 6 times starting October 24	Thu 4:15 pm to 4:45 pm	\$63 member / \$82 non-member
<b>Basketball Class: grade K</b>		
<b>Woodbury YMCA</b> Class meets 7 times starting October 21	Mon 4:15 pm to 5:00 pm	\$74 member / \$95 non-member
<b>Hudson YMCA</b> Class meets 7 times starting October 22	Tue 4:15 pm to 5:00 pm	\$74 member / \$95 non-member
<b>Eagan YMCA</b> Class meets 7 times starting October 23	Wed 4:15 pm to 5:00 pm	\$74 member / \$95 non-member
<b>Hastings YMCA</b> Class meets 6 times starting October 24	Thu 4:15 pm to 5:00 pm	\$63 member / \$82 non-member

## RACKET SPORTS

<b>Pickleball Class: Beginner</b>		
<b>Hudson YMCA</b> Class meets 7 times starting October 22	Tue 3:20 pm to 4:20 pm	\$74 member / \$95 non-member
<b>Woodbury YMCA</b> Class meets 7 times starting October 24	Thu 9:15 am to 10:15 am	\$74 member / \$95 non-member
<b>Pickleball Class: Intermediate</b>		
<b>Hudson YMCA</b> Class meets 7 times starting October 22	Tue 2:10 pm to 3:10 pm	\$74 member / \$95 non-member
<b>Woodbury YMCA</b> Class meets 7 times starting October 24	Thu 8:00 am to 9:00 am	\$74 member / \$95 non-member
<b>Pickleball Class: Advanced/Drills &amp; Skills</b>		
<b>Hudson YMCA</b> Class meets 7 times starting October 22	Tue 1:00 pm to 2:00 pm	\$74 member / \$95 non-member

## VOLLEYBALL

<b>Volleyball Class: grades 1-2</b>		
<b>Hastings YMCA</b> Class meets 7 times starting October 21	Mon 5:00 pm to 6:00 pm	\$74 member / \$95 non-member
<b>Volleyball Class: grades 3-4</b>		
<b>Hastings YMCA</b> Class meets 7 times starting October 21	Mon 5:00 pm to 6:00 pm	\$74 member / \$95 non-member
<b>Volleyball Class: grades 5-6</b>		
<b>Hastings YMCA</b> Class meets 7 times starting October 21	Mon 6:00 pm to 7:00 pm	\$74 member / \$95 non-member
<b>Volleyball Class: grades 7-8</b>		
<b>Hastings YMCA</b> Class meets 7 times starting October 21	Mon 6:00 pm to 7:00 pm	\$74 member / \$95 non-member

## CLINICS

### Pickleball Clinic

**Ages 18+**      **Hudson YMCA**      **Wed, October 23**      6:00 pm to 7:30 pm      \$25 member / \$30 non-member

### Pickleball Clinic

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<b>Ages 18+</b>	<b>Woodbury YMCA</b>	<b>Wed, October 30</b>	6:00 pm to 7:30 pm	\$25 member / \$30 non-member
<b>Pickleball Clinic</b>				
<b>Ages 18+</b>	<b>Hudson YMCA</b>	<b>Wed, November 20</b>	6:00 pm to 7:30 pm	\$25 member / \$30 non-member
<b>Pickleball Clinic</b>				
<b>Ages 18+</b>	<b>Woodbury YMCA</b>	<b>Wed, November 27</b>	6:00 pm to 7:30 pm	\$25 member / \$30 non-member

**PROGRAM LOCATIONS**

<b>Eagan YMCA</b> 550 Opperman Dr	Eagan	MN	55123
<b>Hastings YMCA</b> 85 Pleasant Dr	Hastings	MN	55033
<b>Hudson YMCA</b> 2211 Vine St	Hudson	WI	54016
<b>Woodbury YMCA</b> 2175 Radio Drive	Woodbury	MN	55125

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