



East Region Sports Programs Schedule

Hastings, Hudson, and Woodbury

2023 Session 3, June 5 - August 13

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.

LEAGUES

starting week of June 5

Games/meets take place on various days starting Week 3

SOCCER

All Gender Ages 8 and under at Hudson YMCA Games/meets take place on Wednesdays	Mon/Wed 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
All Gender Ages 8 and under at Woodbury YMCA Games/meets take place on Wednesdays	Mon/Wed 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
All Gender Ages 10 and under at Hudson YMCA Games/meets take place on Wednesdays	Mon/Wed 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
All Gender Ages 10 and under at Woodbury YMCA Games/meets take place on Wednesdays	Mon/Wed 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
All Gender Ages 12 and under at Hudson YMCA Games/meets take place on Wednesdays	Mon/Wed 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
All Gender Ages 12 and under at Woodbury YMCA Games/meets take place on Wednesdays	Mon/Wed 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
All Gender Ages 14 and under at Hudson YMCA Games/meets take place on Wednesdays	Mon/Wed 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
All Gender Ages 14 and under at Woodbury YMCA Games/meets take place on Wednesdays	Mon/Wed 6:30 pm to 7:30 pm	\$109 member / \$134 non-member

TRACK AND FIELD

Girls Grades 1 - 2 at Hastings High School Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
Boys Grades 1 - 2 at Hastings High School Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
Girls Grades 1 - 2 at Hudson YMCA Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
Boys Grades 1 - 2 at Hudson YMCA Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
Girls Grades 3 - 4 at Hastings High School Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
Boys Grades 3 - 4 at Hastings High School Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$109 member / \$134 non-member

REGISTRATION BEGINS MARCH 14, 2023

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Class availability varies by location. Schedules subject to change. Please visit ymcanorth.org for updated class listings.

Girls Grades 3 – 4 at Hudson YMCA Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
Boys Grades 3 – 4 at Hudson YMCA Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$109 member / \$134 non-member
Girls Grades 5 – 6 at Hastings High School Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
Boys Grades 5 – 6 at Hastings High School Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
Girls Grades 5 – 6 at Hudson YMCA Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
Boys Grades 5 – 6 at Hudson YMCA Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
Girls Grades 7 – 8 at Hastings High School Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
Boys Grades 7 – 8 at Hastings High School Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
Girls Grades 7 – 8 at Hudson YMCA Games/meets take place on Wednesdays	Tue/Thu 6:30 pm to 7:30 pm	\$109 member / \$134 non-member
Boys Grades 7 – 8 at Hudson YMCA Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$109 member / \$134 non-member

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

ADULT & HIGH SCHOOL LEAGUES

starting week of June 5

BASKETBALL

Men's League at Hudson YMCA	Sun 5:00 pm to 8:00 pm	\$600 team / \$75 individual
<i>Game times vary due to number of teams-5v5: Minimum 6/max 12 players per team-Self-Officiated Games-End of Session Tournament</i>		

CLASSES

BASEBALL / SOFTBALL

T-Ball/Baseball/Softball Class: grade Pre-K

Hastings YMCA	Wed 5:00 pm to 5:30 pm	\$74 member / \$99 non-member
Class meets 8 times starting June 7		

T-Ball/Baseball/Softball Class: grade K

Hastings YMCA	Wed 5:30 pm to 6:15 pm	\$74 member / \$99 non-member
Class meets 8 times starting June 7		

T-Ball/Baseball/Softball Class: grades 1-2

Hastings YMCA	Wed 6:30 pm to 7:30 pm	\$74 member / \$99 non-member
Class meets 8 times starting June 7		

BASKETBALL

Basketball Class: grade Pre-K

Woodbury YMCA	Mon 4:30 pm to 5:00 pm	\$74 member / \$99 non-member
Class meets 8 times starting June 5		

Hudson YMCA	Tue 4:00 pm to 4:30 pm	\$65 member / \$87 non-member
Class meets 7 times starting June 6		

Hastings YMCA	Wed 5:00 pm to 5:30 pm	\$74 member / \$99 non-member
Class meets 8 times starting June 7		

Basketball Class: grade K

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Woodbury YMCA Class meets 8 times starting June 5	Mon 5:00 pm to 5:45 pm	\$74 member / \$99 non-member
Hudson YMCA Class meets 7 times starting June 6	Tue 4:00 pm to 4:45 pm	\$65 member / \$87 non-member
Hastings YMCA Class meets 8 times starting June 7	Wed 5:30 pm to 6:15 pm	\$74 member / \$99 non-member

SOCCER

Soccer Class: ages 3-4

Hudson YMCA Class meets 8 times starting June 5	Mon 4:00 pm to 4:30 pm	\$74 member / \$99 non-member
Woodbury YMCA Class meets 8 times starting June 5	Mon 4:00 pm to 4:30 pm	\$74 member / \$99 non-member
Hastings YMCA Class meets 7 times starting June 6	Tue 4:30 pm to 5:00 pm	\$65 member / \$87 non-member

Soccer Class: ages 5-6

Hudson YMCA Class meets 8 times starting June 5	Mon 4:30 pm to 5:15 pm	\$74 member / \$99 non-member
Woodbury YMCA Class meets 8 times starting June 5	Mon 4:30 pm to 5:15 pm	\$74 member / \$99 non-member
Hastings YMCA Class meets 7 times starting June 6	Tue 5:00 pm to 5:45 pm	\$65 member / \$87 non-member

Soccer Class: ages 7-8

Hastings YMCA Class meets 7 times starting June 6	Tue 6:00 pm to 7:00 pm	\$65 member / \$87 non-member
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TRACK AND FIELD

Track and Field Class: grade Pre-K

Hastings High School Class meets 7 times starting June 6	Tue 5:30 pm to 6:00 pm	\$65 member / \$87 non-member
Hudson YMCA Class meets 7 times starting June 6	Tue 5:30 pm to 6:00 pm	\$65 member / \$87 non-member

Track and Field Class: grade K

Hastings High School Class meets 7 times starting June 6	Tue 5:30 pm to 6:15 pm	\$65 member / \$87 non-member
Hastings YMCA Class meets 7 times starting June 6	Tue 5:30 pm to 6:15 pm	\$65 member / \$87 non-member

TUMBLING

Tumbling Class: grade Pre-K

Hastings YMCA Class meets 8 times starting June 5	Mon 6:00 pm to 6:30 pm	\$74 member / \$99 non-member
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Tumbling Class: grade K

Hastings YMCA Class meets 8 times starting June 5	Mon 6:00 pm to 6:45 pm	\$74 member / \$99 non-member
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VOLLEYBALL

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Class availability varies by location. Schedules subject to change. Please visit ymcanorth.org for updated class listings.

Volleyball Class: grades 3-4

Hastings YMCA

Class meets 8 times starting June 5

Mon 5:30 pm to 6:30 pm

\$74 member / \$99 non-member

Volleyball Class: grades 5-6

Hastings YMCA

Class meets 8 times starting June 5

Mon 5:30 pm to 6:30 pm

\$74 member / \$99 non-member

Volleyball Class: grades 7-8

Hastings YMCA

Class meets 8 times starting June 5

Mon 5:30 pm to 6:30 pm

\$74 member / \$99 non-member

PROGRAM LOCATIONS**Hastings High School**

200 General Sieben Dr

Hastings

MN

55033

Hastings YMCA

85 Pleasant Dr

Hastings

MN

55033

Hudson YMCA

2211 Vine St

Hudson

WI

54016

Woodbury YMCA

2175 Radio Drive

Woodbury

MN

55125

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