



# East Region Sports Programs Schedule

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

2024 Session 3, June 3 - September 1

### 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 June 3

### Games/meets take place starting Week 3

#### FLAG FOOTBALL

<b>All Gender Grades 1 - 2 at Hastings YMCA</b> Games/meets take place on Thursdays	Mon 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 1 - 2 at St Paul Eastside YMCA</b> Games/meets take place on Thursdays	Mon 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 1 - 2 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 3 - 4 at Hastings YMCA</b> Games/meets take place on Thursdays	Mon 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 3 - 4 at St Paul Eastside YMCA</b> Games/meets take place on Thursdays	Mon 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 3 - 4 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 5 - 6 at Hastings YMCA</b> Games/meets take place on Thursdays	Mon 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 5 - 6 at St Paul Eastside YMCA</b> Games/meets take place on Thursdays	Mon 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 5 - 6 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 7 - 8 at Hastings YMCA</b> Games/meets take place on Thursdays	Mon 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 7 - 8 at St Paul Eastside YMCA</b> Games/meets take place on Thursdays	Mon 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
<b>All Gender Grades 7 - 8 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue 7:00 pm to 8:00 pm	\$119 member / \$149 non-member

#### SOCCER

<b>All Gender Ages 8 and under at Hudson YMCA</b> Games/meets take place on Wednesdays	Mon 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 Wednesdays	Mon 5:30 pm to 6:30 pm	\$119 member / \$149 non-member

**REGISTRATION BEGINS MARCH 12, 2024**

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

<b>All Gender Ages 8 and under at St Paul Eastside YMCA</b> Games/meets take place on Wednesdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 10 and under at Hudson YMCA</b> Games/meets take place on Wednesdays	Mon 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 Wednesdays	Mon 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 10 and under at St Paul Eastside YMCA</b> Games/meets take place on Wednesdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 12 and under at Hudson YMCA</b> Games/meets take place on Wednesdays	Mon 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 Wednesdays	Mon 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 12 and under at St Paul Eastside YMCA</b> Games/meets take place on Wednesdays	Tue 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 14 and under at Hudson YMCA</b> Games/meets take place on Wednesdays	Mon 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 Wednesdays	Mon 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>All Gender Ages 14 and under at St Paul Eastside YMCA</b> Games/meets take place on Wednesdays	Tue 6:30 pm to 7:30 pm	\$119 member / \$149 non-member

## TRACK AND FIELD

<b>Girls Grades 1 - 2 at Hastings High School</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at Hastings High School</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 1 - 2 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Hastings High School</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at Hastings High School</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 5 - 6 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 - 6 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 5 - 6 at Hastings High School</b> Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 - 6 at Hastings High School</b> Games/meets take place on Thursdays	Tue/Thu 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 7 - 8 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 - 8 at Hudson YMCA</b> Games/meets take place on Thursdays	Tue/Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member

**REGISTRATION BEGINS MARCH 12, 2024**

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

**Girls Grades 7 – 8 at Hastings High School**  
Games/meets take place on Thursdays

Tue/Thu 6:30 pm to 7:30 pm

\$119 member / \$149 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

\$119 member / \$149 non-member

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

## CLASSES

No class on July 4th

### BASKETBALL

#### Basketball Class: grade Pre-K

Woodbury YMCA

Class meets 8 times starting June 4

Tue 4:00 pm to 4:30 pm

\$84 member / \$109 non-member

Hastings YMCA

Class meets 8 times starting June 5

Wed 4:00 pm to 4:30 pm

\$84 member / \$109 non-member

Hudson YMCA

Class meets 8 times starting June 5

Wed 4:15 pm to 4:45 pm

\$84 member / \$109 non-member

St Paul Eastside YMCA

Class meets 8 times starting June 5

Wed 4:30 pm to 5:00 pm

\$84 member / \$109 non-member

#### Basketball Class: grade K

Woodbury YMCA

Class meets 8 times starting June 4

Tue 4:00 pm to 4:45 pm

\$84 member / \$109 non-member

Hastings YMCA

Class meets 8 times starting June 5

Wed 4:00 pm to 4:45 pm

\$84 member / \$109 non-member

Hudson YMCA

Class meets 8 times starting June 5

Wed 4:15 pm to 5:00 pm

\$84 member / \$109 non-member

St Paul Eastside YMCA

Class meets 8 times starting June 5

Wed 4:30 pm to 5:15 pm

\$84 member / \$109 non-member

#### Basketball Class: grades 1-2

Woodbury YMCA

Class meets 8 times starting June 4

Tue 5:00 pm to 6:00 pm

\$84 member / \$109 non-member

Hastings YMCA

Class meets 8 times starting June 5

Wed 5:00 pm to 6:00 pm

\$84 member / \$109 non-member

Hudson YMCA

Class meets 8 times starting June 5

Wed 5:15 pm to 6:15 pm

\$84 member / \$109 non-member

St Paul Eastside YMCA

Class meets 8 times starting June 5

Wed 5:30 pm to 6:30 pm

\$84 member / \$109 non-member

#### Basketball Class: grades 3-4

Woodbury YMCA

Class meets 8 times starting June 4

Tue 6:00 pm to 7:00 pm

\$84 member / \$109 non-member

Hastings YMCA

Class meets 8 times starting June 5

Wed 6:00 pm to 7:00 pm

\$84 member / \$109 non-member

Hudson YMCA

Class meets 8 times starting June 5

Wed 6:15 pm to 7:15 pm

\$84 member / \$109 non-member

**REGISTRATION BEGINS MARCH 12, 2024**

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

<b>St Paul Eastside YMCA</b> Class meets 8 times starting June 5	Wed 6:30 pm to 7:30 pm	\$84 member / \$109 non-member
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## FLAG FOOTBALL

### Flag Football Class: grade Pre-K

<b>Hastings YMCA</b> Class meets 8 times starting June 3	Mon 4:00 pm to 4:30 pm	\$84 member / \$109 non-member
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<b>St Paul Eastside YMCA</b> Class meets 8 times starting June 3	Mon 4:00 pm to 4:30 pm	\$84 member / \$109 non-member
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<b>Hudson YMCA</b> Class meets 8 times starting June 4	Tue 4:00 pm to 4:30 pm	\$84 member / \$109 non-member
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### Flag Football Class: grade K

<b>Hastings YMCA</b> Class meets 8 times starting June 3	Mon 4:00 pm to 4:45 pm	\$84 member / \$109 non-member
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<b>St Paul Eastside YMCA</b> Class meets 8 times starting June 3	Mon 4:00 pm to 4:45 pm	\$84 member / \$109 non-member
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<b>Hudson YMCA</b> Class meets 8 times starting June 4	Tue 4:00 pm to 4:45 pm	\$84 member / \$109 non-member
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## HOME SCHOOL

### Homeschool P.E. Class: grades K-2

<b>Woodbury YMCA</b> Class meets 8 times starting June 3	Mon 12:00 pm to 2:00 pm	\$84 member / \$109 non-member
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### Homeschool P.E. Class: grades 3-5

<b>Woodbury YMCA</b> Class meets 8 times starting June 3	Mon 12:00 pm to 2:00 pm	\$84 member / \$109 non-member
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### Homeschool P.E. Class: grades 6-9

<b>Woodbury YMCA</b> Class meets 8 times starting June 3	Mon 12:00 pm to 2:00 pm	\$84 member / \$109 non-member
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### Homeschool P.E. Class: grades 10-12

<b>Woodbury YMCA</b> Class meets 8 times starting June 3	Mon 12:00 pm to 2:00 pm	\$84 member / \$109 non-member
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## SOCCER

### Soccer Class: ages 3-4

<b>Hudson YMCA</b> Class meets 8 times starting June 3	Mon 4:00 pm to 4:30 pm	\$84 member / \$109 non-member
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<b>Woodbury YMCA</b> Class meets 8 times starting June 3	Mon 4:00 pm to 4:30 pm	\$84 member / \$109 non-member
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<b>St Paul Eastside YMCA</b> Class meets 8 times starting June 4	Tue 4:00 pm to 4:30 pm	\$84 member / \$109 non-member
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### Soccer Class: ages 5-6

<b>Hudson YMCA</b> Class meets 8 times starting June 3	Mon 4:30 pm to 5:15 pm	\$84 member / \$109 non-member
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<b>Woodbury YMCA</b> Class meets 8 times starting June 3	Mon 4:30 pm to 5:15 pm	\$84 member / \$109 non-member
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**REGISTRATION BEGINS MARCH 12, 2024**

**St Paul Eastside YMCA**  
Class meets 8 times starting June 4

Tue 4:30 pm to 5:15 pm

\$84 member / \$109 non-member

## TUMBLING

### Tumbling Class: grade Pre-K

**Hastings YMCA**  
Class meets 8 times starting June 5

Wed 5:00 pm to 5:30 pm

\$84 member / \$109 non-member

### Tumbling Class: grade K

**Hastings YMCA**  
Class meets 8 times starting June 5

Wed 5:00 pm to 5:45 pm

\$84 member / \$109 non-member

## VOLLEYBALL

### Volleyball Class: grades 1-2

**Hastings YMCA**  
Class meets 8 times starting June 3

Mon 5:00 pm to 6:00 pm

\$84 member / \$109 non-member

### Volleyball Class: grades 3-4

**Hastings YMCA**  
Class meets 8 times starting June 3

Mon 5:00 pm to 6:00 pm

\$84 member / \$109 non-member

### Volleyball Class: grades 5-6

**Hastings YMCA**  
Class meets 8 times starting June 3

Mon 6:00 pm to 7:00 pm

\$84 member / \$109 non-member

### Volleyball Class: grades 7-8

**Hastings YMCA**  
Class meets 8 times starting June 3

Mon 6:00 pm to 7:00 pm

\$84 member / \$109 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

### St Paul Eastside YMCA

875 Arcade St

Saint Paul

MN

55106

### Woodbury YMCA

2175 Radio Drive

Woodbury

MN

55125

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