



Hudson YMCA

GYM SCHEDULE

May 13 – May 19, 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	5:00am-7:00am Drop-In Open Gym		5:00am-8:30am Drop-In Open Gym		5:00am-7:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym		5:10am-5:55am HIIT Class		CLOSED		CLOSED	
5:30									6:00am-7:00am Drop-In Open Gym					
6:00														
6:30	7:00am-10:00am Int/Advanced Open Pickleball				7:00am-10:00am Int/Advanced Open Pickleball				7:00am-10:00am Int/Advanced Open Pickleball		7:00am-10:00am Int/Advanced Open Pickleball		7:00am-10:00am Int/Advanced Open Pickleball	
7:00														
7:30														
8:00														
8:30	Open Pickleball		Open		9:00am-11:00am Pickleball Class		8:45am-10:00am Open Gym		9:00am-9:45am Circuit		9:00am-10:00am Open Beginner Pickleball			
9:00														
9:30														
10:00	10:15am-11:40am Drop-In Open Gym		9:00am-11:30am Family Gym		10:15am-10:45am Open		10:00am-1:00pm Int/Advanced Open Pickleball		10:15am-11:40am Drop-In Open Gym		10:00am-12:00pm Drop-In Open Gym			
10:30					10:45-11:40am Open									
11:00	11:40am-1:10pm Adult Pick-Up Basketball				11:40am-1:10pm Adult Pick-Up Basketball		11:40am-1:10pm Adult Pick-Up Basketball		1:00pm-2:00pm Open Beginner Pickleball				11:40am-1:10pm Adult Pick-Up Basketball	
11:30														
12:00	12:00pm-1:00pm Drop-In Open Gym		12:00pm-1:00pm Drop-In Open Gym		1:00pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		1:15pm-4:30pm Drop-In Open Gym		2:00pm-5:00pm Drop-In Open Gym			
12:30														
1:00	1:10pm-1:30pm Open		1:00-2:00pm PB Class		1:00-2:00pm Drop-In Open Gym		2:00-3:10pm Pickleball Class		4:30pm-7:30pm Open Gym		5:00pm-7:00pm Family Gym			
1:30	1:30pm-2:30pm Open													
2:00	Beginner Pickleball													
2:30	2:30pm-9:00pm Drop-In Open Gym		2:15-4:20pm Pickleball Class		4:30pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		CLOSED			
3:00														
3:30														
4:00			4:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-5:00pm Drop-In Open Gym		CLOSED					
4:30														
5:00														
5:30														
6:00														
6:30	4:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-5:00pm Drop-In Open Gym		CLOSED							
7:00														
7:30														
8:00														
8:30														
9:00	4:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-5:00pm Drop-In Open Gym		CLOSED							

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

Last Updated: 5/3/2024

Youth & Adult Sports Game Days:

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

May 20 - May 26, 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	5:00am-7:00am Drop-In Open Gym		5:00am-8:30am Drop-In Open Gym		5:00am-7:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym		5:10am-5:55am HIIT Class		CLOSED		CLOSED			
5:30									6:00am-7:00am Drop-In Open Gym							
6:00																
6:30	7:00am-10:00am Int/Advanced Open Pickleball				7:00am-10:00am Int/Advanced Open Pickleball				7:00am-10:00am Int/Advanced Open Pickleball		7:00am-10:00am Int/Advanced Open Pickleball		7:00am-10:00am Int/Advanced Open Pickleball		7:00am-9:00am Int/Advanced Open Pickleball	
7:30																
8:00																
8:30																
9:00																
9:30	10:15am-11:40am Drop-In Open Gym		Open		9:00am-11:30am Family Gym (Last Day, Will return next Fall)		8:45am-10:00am Open Gym		9:00am-9:45am Circuit		7:00am-5:00pm Drop-In Open Gym		9:00am-10:00am Open Beginner Pickleball			
10:00			9:00am-11:00am Pickleball Class													
10:30			11:15am-12:00pm Open													
11:00			10:45-11:40am Open				10:00am-1:00pm Int/Advanced Open Pickleball		10:15am-11:40am Drop-In Open Gym							
11:30	11:40am-1:10pm Adult Pick-Up Basketball														11:40am-1:10pm Adult Pick-Up Basketball	
12:00	12:00pm-1:00pm Drop-In Open Gym				1:00pm-2:00pm Open Beginner Pickleball						1:15pm-4:30pm Drop-In Open Gym					
12:30							1:00pm-2:00pm Open Beginner Pickleball		1:15pm-4:30pm Drop-In Open Gym							
1:00	1:10pm-1:30pm Open		1:00-2:00pm PB Class										1:00pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym	
1:30	1:30pm-2:30pm Open Beginner Pickleball		2:10-3:10pm Pickleball Class		1:00pm-9:00pm Drop-In Open Gym						2:00pm-9:00pm Drop-In Open Gym					
2:00			3:15-4:20pm Pickleball Class				1:00pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym							
2:30	2:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym										1:00pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym	
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7:00	7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		CLOSED		CLOSED			
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**Gym Schedule is subject to change, due to events, weather, and programming
There could be frequent adjustments to the gym schedule.

Last Updated: 5/3/2024

Youth & Adult Sports Game Days:

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

May 27 - June 2, 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	CLOSED		5:00am-9:00am Drop-In Open Gym		5:00am-7:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym		5:10am-5:55am HIIT Class		CLOSED		CLOSED							
6:00am-7:00am Drop-In Open Gym																				
7:00					7:00am-12:00pm Drop-In Open Gym				9:00am-11:00am Pickleball Class						9:00am-11:00am Open Gym		7:00am-10:00am Int/Advanced Open Pickleball		10:15am-11:40am Drop-In Open Gym	
7:30																				
8:00																				
8:30	8:45am-10:00am Open Gym		9:00am-9:45am Circuit				7:00am-5:00pm Drop-In Open Gym		7:00am-9:00am Int/Advanced Open Pickleball											
9:00	10:00am-1:00pm Int/Advanced Open Pickleball		9:00am-10:00am Open Beginner Pickleball																	
9:30																				
10:00					10:15am-11:40am Drop-In Open Gym															
10:30	CLOSED		11:15am-12:45pm Drop-In Open Gym		10:15am-10:45am Open		10:15am-10:45am Kids Fit		11:40am-1:10pm Adult Pick-Up Basketball		10:00am-5:00pm Drop-In Open Gym									
11:00													10:45-11:40am Open							
11:30																				
12:00			1:00pm-2:00pm Open Beginner Pickleball																	
12:30					1:00pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		1:15pm-9:00pm Drop-In Open Gym											
1:00																				
1:30																				
2:00			12:45-2:00pm Drop-In Open Gym		1:00-2:00pm PB Class		2:10-3:10pm Pickleball Class		3:15-4:20pm Pickleball Class				CLOSED		CLOSED					
2:30																				
3:00																				
3:30	CLOSED		4:30pm-9:00pm Drop-In Open Gym		1:00pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		1:15pm-9:00pm Drop-In Open Gym											
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**Gym Schedule is subject to change, due to events, weather, and programming
There could be frequent adjustments to the gym schedule.

Last Updated: 5/3/2024

Youth & Adult Sports Game Days:

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

June 3 - June 9, 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	5:00am-6:00am		5:00am-6:00am		5:00am-6:00am		5:00am-6:00am		5:00am-6:00am		CLOSED		CLOSED	
5:30	Drop-In Open Gym		Drop-In Open Gym		Drop-In Open Gym		Drop-In Open Gym		Drop-In Open Gym					
6:00	6:00am-11:40am Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	6:00am-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	6:00am-11:40am Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	6:00am-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	6:00am-11:40am Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	7:00am-5:00pm Drop-In Open Gym		7:00am-8:00am Open Gym	
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7:00														
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8:00														
8:30													8:00am-10:00am Open Beginner Pickleball	
9:00														
9:30														
10:00														
10:30														
11:00	11:40am-1:10pm Pick-Up Basketball	6:00am-6:00pm Summer Power (CLOSED)	6:00am-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	11:40am-1:10pm Pick-Up Basketball	6:00am-6:00pm Summer Power (CLOSED)	6:00am-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	11:40am-1:10pm Pick-Up Basketball	6:00am-6:00pm Summer Power (CLOSED)	10:00am-5:00pm Drop-In Open Gym			
11:30														
12:00														
12:30														
1:00														
1:30	1:15pm-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	6:00am-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	1:15pm-4:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	6:00am-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	1:15pm-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)				
2:00														
2:30														
3:00														
3:30														
4:00	1:15pm-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	6:00am-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	4:15pm-7:15pm Youth Sports	6:00-7:30pm OPEN	6:00am-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)	1:15pm-6:00pm Drop-In Open Gym	6:00am-6:00pm Summer Power (CLOSED)				
4:30														
5:00														
5:30														
6:00														
6:30	6:00pm-9:00pm Drop-In Open Gym		6:00pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		6:00pm-9:00pm Drop-In Open Gym		6:00pm-9:00pm Drop-In Open Gym		CLOSED	CLOSED	CLOSED	CLOSED
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7:30														
8:00														
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9:00														

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

Last Updated: 5/14/2024

Youth & Adult Sports Game Days:

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