



East Region Sports Programs Schedule

Eastside, Midway, Hastings, Hudson, Woodbury, and Eagan

2025 Session 1, January 13 - March 9

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 January 13

Games/meets take place starting Week 3

BASKETBALL

Boys Grades 1 - 2 at Woodbury YMCA Games/meets take place on Saturdays	Mon 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Girls Grades 1 - 2 at Hudson YMCA Games/meets take place on Saturdays	Tue 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 1 - 2 at Hudson YMCA Games/meets take place on Saturdays	Tue 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
Girls Grades 1 - 2 at Eagan YMCA Games/meets take place on Saturdays	Wed 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 1 - 2 at Eagan YMCA Games/meets take place on Saturdays	Wed 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
Girls Grades 1 - 2 at Woodbury YMCA Games/meets take place on Saturdays	Thu 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 3 - 4 at Woodbury YMCA Games/meets take place on Saturdays	Mon 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
Girls Grades 3 - 4 at Hudson YMCA Games/meets take place on Saturdays	Tue 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 3 - 4 at Hudson YMCA Games/meets take place on Saturdays	Tue 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
Girls Grades 3 - 4 at Eagan YMCA Games/meets take place on Saturdays	Wed 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 3 - 4 at Eagan YMCA Games/meets take place on Saturdays	Wed 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
Girls Grades 3 - 4 at Woodbury YMCA Games/meets take place on Saturdays	Thu 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
Boys Grades 5 - 6 at Woodbury YMCA Games/meets take place on Saturdays	Mon 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
Girls Grades 5 - 6 at Hudson YMCA Games/meets take place on Saturdays	Tue 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 5 - 6 at Hudson YMCA Games/meets take place on Saturdays	Tue 8:00 pm to 9:00 pm	\$119 member / \$149 non-member

REGISTRATION BEGINS DECEMBER 17, 2024

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

Girls Grades 5 – 6 at Eagan YMCA Games/meets take place on Saturdays	Wed 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 5 – 6 at Eagan YMCA Games/meets take place on Saturdays	Wed 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
Girls Grades 5 – 6 at Woodbury YMCA Games/meets take place on Saturdays	Thu 7:00 pm to 8:00 pm	\$119 member / \$149 non-member
Boys Grades 7 – 8 at Woodbury YMCA Games/meets take place on Saturdays	Mon 8:00 pm to 9:00 pm	\$119 member / \$149 non-member
Girls Grades 7 – 8 at Hudson YMCA Games/meets take place on Saturdays	Tue 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 7 – 8 at Hudson YMCA Games/meets take place on Saturdays	Tue 8:00 pm to 9:00 pm	\$119 member / \$149 non-member
Girls Grades 7 – 8 at Eagan YMCA Games/meets take place on Saturdays	Wed 5:00 pm to 6:00 pm	\$119 member / \$149 non-member
Boys Grades 7 – 8 at Eagan YMCA Games/meets take place on Saturdays	Wed 8:00 pm to 9:00 pm	\$119 member / \$149 non-member
Girls Grades 7 – 8 at Woodbury YMCA Games/meets take place on Saturdays	Thu 7:00 pm to 8:00 pm	\$119 member / \$149 non-member

VOLLEYBALL

All Gender Grades 5 – 6 at Hastings YMCA Games/meets take place on Saturdays	Mon 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
All Gender Grades 5 – 6 at Woodbury YMCA Games/meets take place on Saturdays	Tue 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
All Gender Grades 7 – 8 at Hastings YMCA Games/meets take place on Saturdays	Mon 6:00 pm to 7:00 pm	\$119 member / \$149 non-member
All Gender Grades 7 – 8 at Woodbury YMCA Games/meets take place on Saturdays	Tue 6:00 pm to 7:00 pm	\$119 member / \$149 non-member

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

CLASSES

BASKETBALL

Basketball Class: grade Pre-K

Woodbury YMCA Class meets 8 times starting January 13	Mon 4:15 pm to 4:45 pm	\$84 member / \$109 non-member
Hudson YMCA Class meets 8 times starting January 14	Tue 4:15 pm to 4:45 pm	\$84 member / \$109 non-member
Eagan YMCA Class meets 8 times starting January 15	Wed 4:15 pm to 4:45 pm	\$84 member / \$109 non-member
Hastings YMCA Class meets 8 times starting January 16	Thu 4:15 pm to 4:45 pm	\$84 member / \$109 non-member

Basketball Class: grade K

Woodbury YMCA Class meets 8 times starting January 13	Mon 4:15 pm to 5:00 pm	\$84 member / \$109 non-member
Hudson YMCA Class meets 8 times starting January 14	Tue 4:15 pm to 5:00 pm	\$84 member / \$109 non-member

REGISTRATION BEGINS DECEMBER 17, 2024

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

Eagan YMCA Class meets 8 times starting January 15	Wed 4:15 pm to 5:00 pm	\$84 member / \$109 non-member
Hastings YMCA Class meets 8 times starting January 16	Thu 4:15 pm to 5:00 pm	\$84 member / \$109 non-member

HOME SCHOOL

Homeschool P.E. Class: grades K-2

Eagan YMCA Class meets 7 times starting January 21	Tue 12:00 pm to 2:00 pm	\$74 member / \$95 non-member
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Homeschool P.E. Class: grades 3-5

Eagan YMCA Class meets 7 times starting January 21	Tue 12:00 pm to 2:00 pm	\$74 member / \$95 non-member
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Homeschool P.E. Class: grades 6-9

Eagan YMCA Class meets 7 times starting January 21	Tue 12:00 pm to 2:00 pm	\$74 member / \$95 non-member
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Homeschool P.E. Class: grades 10-12

Eagan YMCA Class meets 7 times starting January 21	Tue 12:00 pm to 2:00 pm	\$74 member / \$95 non-member
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RACKET SPORTS

Pickleball Class: Beginner

Woodbury YMCA Class meets 8 times starting January 16	Thu 9:15 am to 10:15 am	\$84 member / \$109 non-member
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Pickleball Class: Intermediate

Hudson YMCA Class meets 8 times starting January 14	Tue 2:10 pm to 3:10 pm	\$84 member / \$109 non-member
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Woodbury YMCA Class meets 8 times starting January 16	Thu 8:00 am to 9:00 am	\$84 member / \$109 non-member
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Pickleball Class: Advanced/Drills & Skills

Hudson YMCA Class meets 8 times starting January 14	Tue 1:00 pm to 2:00 pm	\$84 member / \$109 non-member
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VOLLEYBALL

Volleyball Class: grades 1-2

Hastings YMCA Class meets 8 times starting January 13	Mon 5:00 pm to 6:00 pm	\$84 member / \$109 non-member
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Woodbury YMCA Class meets 8 times starting January 14	Tue 5:00 pm to 6:00 pm	\$84 member / \$109 non-member
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Volleyball Class: grades 3-4

Hastings YMCA Class meets 8 times starting January 13	Mon 5:00 pm to 6:00 pm	\$84 member / \$109 non-member
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Woodbury YMCA Class meets 8 times starting January 14	Tue 5:00 pm to 6:00 pm	\$84 member / \$109 non-member
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CLINICS

Pickleball Clinic

Ages 18+	Woodbury YMCA	Wed, January 22	6:00 pm to 7:30 pm	\$25 member / \$30 non-member
Pickleball Clinic				
Ages 18+	Hudson YMCA	Wed, January 29	6:00 pm to 7:30 pm	\$25 member / \$30 non-member
Pickleball Clinic				
Ages 18+	Woodbury YMCA	Wed, February 19	6:00 pm to 7:30 pm	\$25 member / \$30 non-member
Pickleball Clinic				
Ages 18+	Hudson YMCA	Wed, February 26	6:00 pm to 7:30 pm	\$25 member / \$30 non-member

PROGRAM LOCATIONS

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