# Hudson YMCA

## Kids Stuff Schedule

**November 2019**

**Monthly Theme:** Thankful Hearts

**Kids Stuff Hours:**
- Monday - Thursday: 8:00am - 1:30pm; 3:30 - 8:30pm
- Friday: 8:00am - 1:30pm; 3:30 - 7pm
- Saturday: 7:45am - 3:00pm
- Sunday: 8:00am - 5:00pm

### Club Y Schedule
- Monday, Wednesday, Thursday: 5:30 - 7:30PM
- Saturday: 9AM - 12PM
- Ages: 6 - 12

### Fitness
- **Kids Fit:** Warm up, games, dancing, obstacle course, cool down and stretch
- **Little Lotus:** Yoga for Kids
- **Go Noodle:** Dancing, Yoga and Movement Activities

### REMINDERS
- PNO November 9th: 4 - 8 PM
- PNO December 14th: 4 - 8 PM
- ASHI CABS Class: Saturday Nov 16th: 9:30am - 3:30pm
- Home Alone Safety Class: November 9th: 9am - 4pm
- Drawing Classes: Ages 7-14: Tues, Oct 29th-Dec 10th: 5 - 6 PM
- Ballet/Tap: Fridays 3-5yrs 5:30pm - 6-9yrs 5:45 - 6:15pm

**Kids Stuff Closing at 11:30AM on November 28th.**