### 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 first week of each session.*

#### 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 scrummaging 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 October 21

#### Girls Basketball League: grades 1-2

- **Hudson YMCA**
- Tue 5:15 pm to 6:15 pm
- Thu 5:15 pm to 6:15 pm
- $100 member / $125 non-member

#### Boys Basketball League: grades 1-2

- **Hudson YMCA**
- Tue 5:15 pm to 6:15 pm
- Thu 5:15 pm to 6:15 pm
- $100 member / $125 non-member

#### Girls Basketball League: grades 3-4

- **Hudson YMCA**
- Tue 5:15 pm to 6:15 pm
- Thu 5:15 pm to 6:15 pm
- $100 member / $125 non-member

#### Boys Basketball League: grades 3-4

- **Hudson YMCA**
- Tue 5:15 pm to 6:15 pm
- Thu 5:15 pm to 6:15 pm
- $100 member / $125 non-member

#### Girls Basketball League: grades 5-6

- **Hudson YMCA**
- Tue 6:15 pm to 7:15 pm
- Thu 6:15 pm to 7:15 pm
- $100 member / $125 non-member

#### Boys Basketball League: grades 5-6

- **Hudson YMCA**
- Tue 6:15 pm to 7:15 pm
- Thu 6:15 pm to 7:15 pm
- $100 member / $125 non-member

#### Girls Basketball League: grades 7-8

- **Hudson YMCA**
- Tue 6:15 pm to 7:15 pm
- Thu 6:15 pm to 7:15 pm
- $100 member / $125 non-member

#### Boys Basketball League: grades 7-8

- **Hudson YMCA**
- Tue 6:15 pm to 7:15 pm
- Thu 6:15 pm to 7:15 pm
- $100 member / $125 non-member

---

**REGISTRATION BEGINS SEPTEMBER 3, 2019**

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

**Basketball Class: age 3**
- Location: Hudson YMCA
- Schedule: Wed 5:15 pm to 6:15 pm starting October 22
- Fee: $65 member / $90 non-member

**Basketball Class: ages 4-5**
- Location: Hudson YMCA
- Schedule: Wed 5:15 pm to 6:15 pm starting October 22
- Fee: $65 member / $90 non-member

**Basketball Class: grades K-1**
- Location: Hudson YMCA
- Schedule: Wed 5:15 pm to 6:15 pm starting October 22
- Fee: $65 member / $90 non-member

**Basketball Class: ages 7-8**
- Location: Hudson YMCA
- Schedule: Wed 5:15 pm to 6:15 pm starting October 22
- Fee: $65 member / $90 non-member

**Soccer Class: age 3**
- Location: Hudson YMCA
- Schedule: Mon 4:30 pm to 5:00 pm starting October 22
- Fee: $65 member / $90 non-member

**Soccer Class: ages 4-5**
- Location: Hudson YMCA
- Schedule: Mon 4:30 pm to 5:00 pm starting October 21
- Fee: $65 member / $90 non-member

**Soccer Class: grades K-1**
- Location: Hudson YMCA
- Schedule: Mon 4:30 pm to 5:15 pm starting October 21
- Fee: $65 member / $90 non-member

**Soccer Class: grades 1-2**
- Location: Hudson YMCA
- Schedule: Mon 5:15 pm to 6:15 pm
- Fee: $100 member / $125 non-member

**Soccer Class: grades 3-4**
- Location: Hudson YMCA
- Schedule: Mon 5:15 pm to 6:15 pm
- Fee: $100 member / $125 non-member

**Soccer Class: grades 5-6**
- Location: Hudson YMCA
- Schedule: Mon 6:15 pm to 7:15 pm
- Fee: $100 member / $125 non-member

**Soccer Class: grades 7-8**
- Location: Hudson YMCA
- Schedule: Mon 6:15 pm to 7:15 pm
- Fee: $100 member / $125 non-member

**Futsal Soccer League: grades 1-2**
- Location: Hudson YMCA
- Schedule: Mon 5:15 pm to 6:15 pm
- Fee: $100 member / $125 non-member

**Futsal Soccer League: grades 3-4**
- Location: Hudson YMCA
- Schedule: Mon 5:15 pm to 6:15 pm
- Fee: $100 member / $125 non-member

**Futsal Soccer League: grades 5-6**
- Location: Hudson YMCA
- Schedule: Mon 6:15 pm to 7:15 pm
- Fee: $100 member / $125 non-member

**Futsal Soccer League: grades 7-8**
- Location: Hudson YMCA
- Schedule: Mon 6:15 pm to 7:15 pm
- Fee: $100 member / $125 non-member

**Martial Arts: ages 4 - 6**
- Location: Hudson YMCA
- Schedule: December
- Fee: $75 member / $85 non-member

**Martial Arts: ages 7 - 99**
- Location: Hudson YMCA
- Schedule: December
- Fee: $75 member / $85 non-member

**Martial Arts: ages 4 - 6**
- Location: Hudson YMCA
- Schedule: November
- Fee: $75 member / $85 non-member

**Martial Arts: ages 7 - 99**
- Location: Hudson YMCA
- Schedule: November
- Fee: $75 member / $85 non-member

### ADULT & HIGH SCHOOL LEAGUES

#### Co-Ed Adult Basketball League
- Location: Hudson YMCA
- Schedule: Sun 3:00 pm to 8:00 pm
- Fee: $350 team / $45 individual

#### Co-Ed Adult Futsal League
- Location: St Paul Eastside YMCA
- Schedule: Sat 3:00 pm to 8:00 pm
- Fee: $350 team / $45 individual

All games are played at Eastside YMCA.

**REGISTRATION BEGINS SEPTEMBER 3, 2019**

Class availability varies by location. Schedules subject to change. Please visit ymca-mn.org for updated class listings.
Martial Arts: ages 7 - 99
Hudson YMCA
2211 Vine St
Hudson
WI
54016
Class meets twice a week. (wed&thu) in Studio Room #2
December
Class meets Advanced
$75 member / $85 non-member

Martial Arts: ages 7 - 99
Hudson YMCA
875 Arcade St
Saint Paul
MN
55106
Class meets twice a week. (wed&thu) in Studio Room #2
November
Class meets Advanced
$75 member / $85 non-member

REGISTRATION BEGINS SEPTEMBER 3, 2019

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