



Y HUB Schedule

Updated 5/12/25

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Golf Sim 6 – 8am		Golf Sim 6 – 8am		Golf Sim 6 – 8am		Golf Sim 6 – 8am		Golf Sim 6 – 8am			
Golf Sim 8 – 9am	Open HUB 8 – 9am	Golf Sim 8 – 9am	Open HUB 8 – 9am	Golf Sim 8 – 9am	Open HUB 8 – 9am	Golf Sim 8 – 9am	Open HUB 8 – 9am	Golf Sim 8 – 9am	Open HUB 8 – 9am	Golf Sim 7:15 – 9:15am	
Coffee w/Friends 9 – 10am		Coffee w/Friends 9 – 10am		Coffee w/Friends 9 – 10am		Coffee w/Friends 9 – 10am		Coffee w/Friends 9 – 10am		Family Time 9:15– 11:45am	Golf Sim 9:15 – 11:15am
Technology Tutorials 10 – 11am		Unified Champions 10 – 12pm		Open HUB 10 – 2pm		Open HUB 10 – 12pm		Open HUB 10 – 2pm			
Open HUB 11 – 2pm										Golf Sim 12 – 2pm	
Teen Time 2 – 5pm		Teen Time 2 – 5pm		Teen Time 2 – 5pm		Teen Time 2 – 5pm		Teen Time 2 – 5pm		Family Time / Rentals* 11:45 – 1:45pm To inquire about rentals, contact Eddie Newell at eddie@bathymca.org	Family Time / Rentals* 11:15 – 12:15pm
										Family Time 1:45 – 3:45pm	
										Golf sim 3:45 – 4:45pm	<div>*Open Family Time from 11-2pm on weekends is dependent on party rentals – please call for availability.</div>
Family Time 5 – 7pm		Family Time 5 – 7pm		Family Time 5 – 7pm		Family Time 5 – 7pm		Family Time 5 – 8:45pm			
Golf Sim 7 – 8:45pm		Golf Sim 7 – 8:45pm		Golf Sim 7 – 8:45pm		Golf Sim 7 – 8:45pm					



HUB Pass: Open to all teens in the community!

Thanks to the generous support of MaineHealth Mid Coast Hospital's Community Health Improvement Fund, we're proud to offer free access to kids in our community ages 11 to 17 during dedicated times—creating a safe, welcoming environment where all local teens can hang out, express themselves, and grow.

Visitors can sign up for a HUB pass online or during their first visit. They'll get a special scan card that will allow them access to the space during designated hours. Current Y members can use their regular membership card to access the space.

Times denoted with a  symbol are open to HUB pass holders.

Coffee with Friends

Join us for Coffee with Friends, a relaxed social hour where members gather after classes to enjoy a warm cup of coffee, some light snacks, and great conversation. Whether you're winding down after a workout or simply stopping by to say hello, it's a perfect way to make new friends, catch up with familiar faces, and build deeper connections in our Y community.

Family Time



Looking for a fun, safe space where your family can connect and your kids can make new friends? Join us for Open Family Time—a special time just for youth and families in our community!

Golf Simulator

Our state of the art golf simulator offers over 43,000 golf courses around the world. Space can be reserved online or through our welcome center in 1 hour timeslots during designated times.

Open HUB

Come as you are—Open HUB is a welcoming time for all YMCA members and guests to enjoy the HUB space however they choose. Whether you're relaxing, connecting, playing, or exploring, this unstructured time is all about community, flexibility, and shared experiences. Everyone's invited!

Technology Tutorials

At the Y, we believe learning never stops—especially when it helps you stay connected and safe. Our Technology Tutorials for Older Adults are designed to build confidence with everyday tech, focusing on practical skills and internet safety in a friendly, no-pressure environment.

Teen Time



Open to all teens and youth in the community, this free program offers a welcoming, supervised space where young people can be themselves, explore new interests, and build lasting friendships. Whether you're into sports, tabletop games, air hockey, foosball, or gaming—or just need a quiet place to finish homework—we've got something for you. Our teen-centered time also encourages leadership, creativity, and positive social interaction in a safe, inclusive space.

Unified Champions

A dedicated time for our Unified Champions Club. Unified is a dynamic adult program at the YMCA that brings people of all abilities together through sports, social activities, and community engagement. Designed to promote inclusion and active lifestyles, this program unites participants and volunteers in shared experiences that build lasting friendships and a strong sense of belonging.