



Y HUB Schedule

Updated 9/10/25

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		
Open HUB 8 - 9am	Open HUB 8 - 9am	Open HUB 8 - 9am	Open HUB 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		
Open HUB 10am - 2pm	Unified Champions 10 - 12pm	Cribbage/Bridge Club (begins 10/1) 10 - 2pm	Open HUB 10 - 12pm	Open HUB 10am - 2pm	Family Time 9:15- 11:15am	Golf Sim 9:15 - 11:15am
	Golf Sim 12 - 2pm	Open HUB 12 - 2pm	Golf Sim 12 - 2pm		Family Time / Rentals* 11:15 - 2pm	Family Time / Rentals* 11:15 - 2pm To inquire about rentals, contact Sponge Savage at sponge@bathymca.org.
Teen Time 2 - 5pm	Teen Time 2 - 5pm	Teen Time 2 - 5pm	Teen Time 2 - 5pm	Teen Time 2 - 5pm	Family Time 2 - 3:45pm	Family Time 2 - 2:45pm
					Golf sim 3:45 - 4:45pm	
Family Time 5 - 7pm	Mad Science Club (begins Oct. 14) 5 - 6pm	Family Time 5 - 7pm	Open HUB 5 - 6pm	Family Time + Rotating Social Activities (see descriptions for details) 5 - 8:45pm		
	Open HUB 6 - 7pm		Cooking Matters for Families 6 - 7pm			
Golf Sim 7 - 8:45pm	Golf Sim 7 - 8:45pm	Golf Sim 7 - 8:45pm	Golf Sim 7 - 8:45pm			

***Open Family Time from 11-2pm on weekends is dependent on party rentals - please call for availability.**



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.

Cooking Matters for Families

This free 6-week cooking and nutrition class helps families learn to cook simple, delicious, affordable meals. Participants will prepare and try new recipes each week, and learn tips and tricks for shopping for affordable, healthy food. This program runs from Sept. 11 to Oct 16 in partnership with MaineHealth MidCoast Hospital and the Good Shepherd Food Bank.

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.

Cribbage/Bridge Club

Join us for a friendly game of cribbage or bridge! Whether you're a seasoned player or just learning the ropes, this free drop-in program is the perfect way to sharpen your skills, connect with others, and enjoy some fun competition. No experience necessary—just bring your curiosity and a love of games!

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 42,000 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!

Mad Science Club

We're excited to partner with Mad Science to offer a fun, safe, and engaging way for kids ages 5-12 to explore scientific topics in a hands-on way. This eight week program begins on October 14, preregistration is required.

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.