



# Y HUB Schedule

5/29/2026

| Monday                          | Tuesday                         | Wednesday                       | Thursday                        | Friday   | Saturday                              | Sunday  |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|--|---------------------------------------|---|
| Golf Sim/Open HUB<br>6 - 8am    | Golf Sim/Open HUB<br>6 - 8am    | Golf Sim/Open HUB<br>6 - 8am    | Golf Sim/Open HUB<br>6 - 8am    | Golf Sim/Open HUB<br>6 - 8am   |                                       |   |
| Open HUB/Golf Sim<br>8 - 9am    | Open HUB/Golf Sim<br>8 - 9am    | Open HUB/Golf Sim<br>8 - 9am    | Open HUB/Golf Sim<br>8 - 9am    | Open HUB/Golf Sim<br>8 - 9am   | Golf Sim/Open HUB<br>7:15 - 9:00am    |   |
| Coffee w/Friends<br>9 - 10am    | Coffee w/Friends<br>9 - 10am    | Unified Champions<br>9 - 12pm   | Coffee w/Friends<br>9 - 10am    | Coffee w/Friends<br>9 - 10am   | 9:00-11:15am<br>Golf Lessons          | Golf Sim/Open HUB<br>9:15 - 11:15am   |
| Unified Champions<br>10 - 12pm  | Unified Champions<br>10 - 12pm  |                                 | Unified Champions<br>10 - 12pm  | Unified Champions<br>10 - 11:30am  |                                       |   |
| Open HUB/Golf Sim<br>12 - 2pm   | Open HUB/Golf Sim<br>12 - 2pm   | Open HUB/Golf Sim<br>12 - 2pm   | Open HUB/Golf Sim<br>12 - 2pm   | Open Hub/Golf Sim<br>12-2<br><br>Friday Talks<br>(2 <sup>nd</sup> Friday of the Month)<br>11:30-2:00 | Family Time / Rentals*<br>11:15 - 2pm | Family Time / Rentals*<br>11:15 - 2pm   |
| Teen Time<br>2 - 5pm            | Teen Time<br>2 - 5pm            | Teen Time<br>2 - 5pm            | Teen Time<br>2 - 5pm            | Teen Time<br>2 - 5pm   | Family Time<br>2 - 3:45pm             | Family Time<br>2 - 2:45pm   |
| Family Time<br>5 - 7pm          | Family Time/Ext. Hub<br>5-7pm   | Family Time/Ext. Hub<br>5 - 7pm | Family Time/Ext. Hub<br>5 - 7pm | Family Time + Rotating<br>Social Activities<br>(see descriptions for details)<br>5 - 8:45pm          | Golf sim/Open HUB<br>3:45 - 4:45pm    | To inquire about rentals,<br>contact Sponge Savage at<br>sponge@bathymca.org. |
| Golf Sim/Open HUB<br>7 - 8:45pm | Golf Sim/Open HUB<br>7 - 8:45pm | Golf Sim/Open HUB<br>7 - 8:45pm | Golf Sim/Open HUB<br>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 BATH AREA FAMILY YMCA HUB members.

## 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.

## 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.

## 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! Our extended HUB hours are meant to provide families with Children under 12 a place to belong and give their adult caregivers a chance to get in a class or a workout Tuesday through Thursday.

## 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!

## 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.