

Family Fun

Play together:

Enjoy free, weekly drop-in opportunities to meet other families, have fun, and be active together!

FRAMINGHAM BRANCH

Family Open Swim & Open Gym

Several times a week, families enjoy free play and swim and meet other families at our indoor pool. Additionally, they can try various sports and spend quality time together in our gymnasium during Open Gym. See the current schedules at metrowestymca.org/schedules



HOPKINTON OUTDOOR CENTER

Family Open Climb

The indoor climbing gym at the Outdoor Center Rec Hall accommodates all ages. The last hour is glow-in-the-dark/blacklight climb. Fridays, 6:00 PM - 9:00 PM in the Rec Hall

Family Open Rec

The Rec Hall will be open with a variety of activities including; pickleball, basketball, indoor lawn games like cornhole, horseshoes, and more.

Saturdays, 12:00 PM - 3:00 PM in the Rec Hall

Have fun and learn new things together:

Six times a year we run multi-week sessions of programs, classes, and special events for all ages!

FRAMINGHAM BRANCH

Grown-up and Child Classes

Starting at six months of age, we offer enrichment and swim classes for caregivers and children. At the Framingham Branch, classes include music, art, parent-child swim lessons, and more. Help your child build confidence while you enjoy quality time together. At the Outdoor Center in Hopkinton, you can try our popular "Cooking with Littles" Series starting at age three.

HOPKINTON OUTDOOR CENTER

Family Dinner Nights

Family Dinner Nights are an excellent way for families of all ages and sizes to come together, learn new recipes and flavors, and enjoy a delicious meal with others! See page 14.

Family Chopped Competition

Have you seen the popular TV competition? Gather your peeps and give it a try! You'll be given a basket of four mystery ingredients and one hour to create a delicious vegetarian meal!

Workshops, Guest Speakers, Events

Throughout the year, we hold special events and workshops at the Framingham Branch and the Outdoor Center in Hopkinton. Many are free for members. See pages 13 & 14 or visit MetroWestYMCA.org/events

3

Join us for a special event:

SAVE THE DATE! Halloween Party at the Framingham Branch
October 20, 2:00 PM - 4:00 PM. Visit: metrowestymca.org/events

Give back together:

At MetroWest YMCA, we're committed to strengthening community and empowering everyone to reach their full potential. From fighting food insecurity to reducing social isolation, to promoting water safety, our mission drives impactful initiatives. Explore our volunteer and fundraising opportunities and join us to discover what inspires you on this journey:



Do your own thing:

Sometimes, it's nice to take a break and rejuvenate. The Y has childcare options so you can enjoy free time to exercise, swim, or explore your passions.

Child Watch - FREE with a Family Membership

Children can enjoy free play or participate in activities that may include painting, crafts, reading, STEM projects, or music. Parents can work out, swim, take a class, shower, or read in our lobby (parents must be in the building at all times). Children are welcome to stay for up to two hours. Ages 2 months - 10 years old (Adult memberships can use it for an additional \$3 per child, per visit)

FREE, Unlimited GroupEx

We offer more than 65 classes per week - try invigorating TRX and Group Power, joyful BollyX and Zumba, gentle yoga, and so much more! Ages 16+

Parents' Night Out

Bring your kids to the Y while you enjoy a night out for adult time! Parents' Night Out is from 6:00 PM - 9:00 PM on select Fridays throughout the school year. We'll have games, activities, crafts, and more. Pre-registration is required.

Friday, September 20

Friday, October 4

Full-Access Framingham Member \$21 | Youth Y Member \$28 | Community Member \$42

[REGISTER](#)

Kids' Day Out

Kids' Day Out is for kids who are off from school and want to get out of the house. Days will be planned with physical activities, arts & crafts, swim time, and more. Registration in advance is required. Grades K-5

Thursday, October 3

Monday, October 14

8:00 AM - 5:00 PM

Full-Access Framingham Member \$70 | Youth Y Member \$95 | Community Member \$140

[REGISTER](#)

Grown Up & Child Classes

SPORTS: Ages 2-10

FRAMINGHAM BRANCH Tiny Tumblers

This parent and child class enables you to support and encourage your child as they challenge themselves, practice following direction, improve their gross motor skills, and build confidence.

Ages 2-3

Thursdays, 10:30 AM - 11:00 AM

Saturdays, 8:30 AM - 9:00 AM

Full-Access Framingham Member \$86 | Youth Y Member | \$116 Community Member \$172

[REGISTER](#)

Family Pickleball

Pickleball is the fastest growing sport in the world! Learn and play the sport with your child in this parent/ child class. Participants will learn the rules, fundamental skills, and play with other families each week. Ages 6-10

Fridays, 5:15 PM - 6:00 PM

Full-Access Framingham Member \$96 | Youth Member \$120 | Community Member \$192

[REGISTER](#)

ENRICHMENT: Ages 0-2.9

FRAMINGHAM BRANCH

Child Development Playgroup (Drop-In Class)

This class will explore a variety of topics such as feeding, sleep, and play techniques to maximize your child's physical, language, cognitive and social development. This is a baby-friendly class and caregivers are encouraged to follow their baby's cues and feed them or change them as needed during the session. Mats and toys will be provided.

Ages 0-1.5

Thursdays, 10:30 AM - 11:30 AM

[REGISTER](#)

Music and Art with a Grown Up

Assist your child in the beginning stages of exploring the arts. In addition to music and art, there will be stories and free play time. This is a great way to start your child in the preschool setting, plus the grown-ups can make new friends.

Ages 1.6-2.9

Thursdays, 9:30 AM - 10:30 AM

Saturdays, 9:30 AM - 10:30 AM

[REGISTER](#)

Enrichment Classes: Full-Access Framingham Member \$72 | Youth Y Member \$97 | Community Member \$144

COOKING: Ages 2-6

FRAMINGHAM BRANCH Cooking With Littles Series

Parents/guardians and children will learn cooking skills while exploring new foods and flavors together! You'll prepare a delicious kid-friendly recipe and gain confidence in feeding your little!

Ages 3-5 with Liz

Tuesdays, 10:45 AM - 11:45 AM

Saturdays, 10:00 AM - 11:00 AM

Y Member \$84 | Youth & Teen Y Member \$126
Community Member \$168

One-Time Cooking with Littles Classes

Sign up for one or all of our classes! Ages 3-5

Friday, September 27

10:45 AM - 11:45 AM

Apple Muffins and Fall Smoothie

Friday, October 4

10:45 AM - 11:45 AM

Pumpkin quesadillas with guacamole

Friday, October 25

10:45 AM - 11:45 AM

Rainbow pepper egg bites with home fries

[REGISTER](#)

Y Member \$16 per child, per class

Youth & Teen Y Member \$24 per child, per class

Community Member \$32 per child, per class

HOPKINTON OUTDOOR CENTER

One-Time Cooking with Littles Classes

Sign up for one or all of our classes! Ages 2-6

Friday, September 20

10:30 AM - 12:00 PM

Apple pancakes with apple cinnamon compote

Friday, October 11

10:30 AM - 12:00 PM

Crispy baked tofu nuggets with dipping sauce and a pumpkin pie smoothie

[REGISTER](#)

Y Member \$20 per child, per class

Youth and Teen Member \$30

Community Member \$40 per child, per class

PARENT/CHILD SWIM: Ages 6 months - 3+ years

FRAMINGHAM BRANCH

Parent/Child A: Ages 6-24 months

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun, confidence-building experiences. Parents will learn about water safety, drowning prevention and the importance of supervision.

Wednesdays, 9:25 AM - 9:55 AM

Thursdays, 9:45 AM - 10:15 AM

Fridays, 3:40 PM - 4:10 PM

Saturdays, 8:10 AM - 8:40 AM

Sundays, 9:45 AM - 10:15 AM



Parent/Child B: Ages 2-3

Accompanied by a parent, children prepare for the transition to preschool level aquatics by encouraging purposeful movement through audio and/or visual cues.

Tuesdays, 10:00 AM - 10:30 AM

Thursdays, 4:00 PM - 4:30 PM

Fridays, 9:25 AM - 9:55 AM

Saturdays, 9:20 AM - 9:50 AM

Sundays, 10:55 AM - 11:25 AM

Parent/Child C: Ages 3+

Swimmers will build on the confidence they achieved in Parent/Child A & B and welcomes participants over the age of 3 into our swim lesson program. Parents will be in the water for support, guidance, and safety so participants can challenge their swim and social skills in an aquatic group lesson setting. Instructors will encourage participants to practice skills away from parents at certain times while assuring participants that their parents are nearby.

Wednesdays, 10:00 AM - 10:30 AM

Fridays, 10:00 AM - 10:30 AM

Saturdays, 10:30 AM - 11:00 AM

Sundays, 11:00 AM - 12:00 PM

[REGISTER](#)

Parent/Child, Preschool, School Age Pricing

7-Week Session

Full-Access Framingham Member \$95

Youth/Teen Member \$128

Community Member \$190

Outdoor Center

If you have a full-access Framingham membership, you also enjoy membership at the Hopkinton Outdoor Center.

SESSION CLASSES

Beginner/Intermediate Archery

Beginner/Intermediate Archery works on foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and more. All equipment is provided! Ages 6+ Saturdays, 9:00 AM - 10:00 AM
Full-Access Framingham Member \$90
Outdoor Center + Youth/Teen Member \$97
Community Member \$180

[REGISTER](#)

Advanced Archery - Youth & Adult

Students will hone in on their form, learn range/competition commands, and learn care of essential gear such as stringing, waxing, and re-fletching. To participate you MUST have instructor approval. Ages 8+ Saturdays, 10:15 AM - 11:15 AM
Full-Access Framingham Member \$90
Outdoor Center + Youth/Teen Member \$97
Community Member \$180

[REGISTER](#)

WORKSHOPS

Adult Belay Class

Register for a learn-to-belay class so that YOU can manage the ropes and take charge of your family's lifeline! Once you pass the course, you will have the ability to belay your family and approved guests during Open Climb. Ages 18+ Fridays, 6:00 PM - 8:00 PM
Full-Access Framingham Member \$25
Outdoor Center & Youth/Teen Member \$25
Community Member \$35

[REGISTER](#)

Hold Your Birthday Party at the Y!

Imagine the fun activities of summer camp, like archery, indoor rock climbing, for your child's birthday! Choose from one of our themed party packages to give your child and their friends a memorable day.

Learn more at metrowestymca.org/birthday



NEW!

Beginner Pickleball Clinic: 4 Weeks

This progressive clinic is designed for new/newer players who have minimal to no knowledge of the game and are looking to learn how to play. Players will be introduced to the basics of the game, and each week you will build upon previously learned skills and techniques. The goal is to get players proficient in rules and scoring so you feel comfortable joining social groups. Must be committed to all four sessions. No partner necessary to attend. Individual registrations encouraged.

Saturdays; September 14, 21, & 28 and October 5
8:30 AM - 9:30 AM
Full Access Framingham Member \$60 | Outdoor Center + Youth/Teen Member \$71 | Community Member \$120

Intermediate Pickleball Clinic: 4 Weeks

Looking to take your game to the next level? Attend this 4-week program for beginner, advanced, and intermediate players. This program will focus on key areas to improve your game immediately including: strategy, court positioning, ball control and more.

Saturdays; September 14, 21, & 28 and October 5
9:30 AM - 10:30 AM
Full-Access Framingham Member \$60 | Outdoor Center + Youth/Teen Member \$71 | Community Member \$120

Youth Pickleball Clinic: 4 Weeks

This clinic will teach basic pickleball rules including scoring, plus serving and basic stroke fundamentals. Mix of other sport skills such as bowling, and hockey. Saturdays; September 14, 21, & 28 and October 5
Kids ages 10+, 10:45 AM - 11:30 AM
Kids ages 7-10, 11:30 AM - 12:15 PM
Full-Access Framingham Member \$45 | Outdoor Center + Youth/Teen Member \$61 | Community Member \$90

[REGISTER](#)

Outdoor Education and Team-Building

We host schools and corporate groups for custom adventure and team-building experiences. Participants jump out of their comfort zone and into a place of growth in a purposeful way. For more information, visit: Metrowestymca.org/adventure



FAMILY DINNER NIGHTS

Family Dinner Nights are an excellent way for families of all sizes to come together, learn new recipes and flavors, and enjoy a delicious meal with others! You will have a blast and likely leave with leftovers!
Y Member \$16/person | Community Members \$32/person (under 3 is free)

Empanadas 3 ways! Friday, September 20

Come learn how to make the Spanish delight of empanadas! You will get to make a traditional beef style empanada, a vegetarian version, and a special apple dessert empanada!
Hopkinton Outdoor Center Kitchen from 5:30 PM - 7:30 PM

[REGISTER](#)

Pumpkin Patch Party: Friday, October 18

In this class, we will prepare pumpkin mac & cheese with a fall harvest salad and finish with homemade pumpkin muffins to enjoy on your Saturday morning.
Hopkinton Outdoor Center Kitchen from 5:30 PM - 7:30 PM

[REGISTER](#)

FAMILY CHOPPED COMPETITION

Vegetarian Challenge: Friday, October 4

Join us for a family-friendly competition where you'll be given a basket of four mystery ingredients and one hour to create a delicious vegetarian meal! (Limit four families)
Hopkinton Outdoor Center Kitchen from 5:30 PM - 7:00 PM
Y Member \$35/family (2-6 people) | Community Member \$70/family

[REGISTER](#)

DROP-IN PROGRAMS

Open Climb: Fridays, 6:00 PM - 9:00 PM in the Rec Hall

The indoor climbing gym is open to climbers of all ages, shapes, and sizes. If you can be appropriately harnessed, you may climb. Anyone over 18 wishing to belay must attend the belay class. The last hour of open climb is glow-in-the-dark/black-light climb.
Y Member FREE! | Community Member \$10/person

Open Rec: Saturdays, 12:00 PM - 3:00 PM in the Rec Hall

The Rec Hall will be open, offering participants a variety of activities including; pickleball, basketball, cornhole, indoor horseshoes, giant Connect Four, giant Jenga, and more. Check the Outdoor Center Facebook page each week to confirm.
Y Member FREE! | Community Member \$10/person

YMCA Member Outdoor Gear Borrowing

The Outdoor Center is happy to be able to begin offering YMCA members use of our outdoor gear library to borrow for your weekend adventures! Available gear includes items needed for camping, backpacking, and hiking. Email Tyler at TReynolds@MetrowestYMCA.org for more details.