

Preschool, Ages 2.6-5

SPORTS

Full-Access Framingham Member \$86 | Youth Y Member \$116 | Community Member \$172 (unless otherwise noted)

FRAMINGHAM BRANCH

Gymnastics

Work on uneven bars, vault, beam, and floor while improving flexibility, strength, and eye-hand coordination. Each class will be tailored depending on skill level so kids stay challenged and reach their potential faster!

Gym Stars

Ages 4-6

Tuesdays, 4:30 PM - 5:00 PM; 5:05 PM - 5:35 PM

Saturdays, 9:05 AM - 9:35 AM

[REGISTER](#)

Soccer Skills and Drills

This indoor soccer class will focus on introducing and developing dribbling, passing, shooting, and teamwork skills while teaching kids to enjoy the game! For our younger families, we encourage parents to jump in to learn and play. For our older groups, the goal is to build upon the fundamentals to get ready for games!

Age 3-5

Fridays, 4:30 PM - 5:00 PM

Saturdays, 9:00 AM - 9:30 AM

[REGISTER](#)

Youth Soccer League

Play on a team to learn the basic rules and fundamentals while making friends. Teams will be coached by volunteers and Y staff, with 30-minute practices followed by 30-minute games. Players will need cleats.

Little Kickers: Ages 3-4

Saturdays, 9:45 AM - 10:45 AM

Kickers: Ages 5-6

Saturdays, 10:50 AM - 11:50 AM

Y Member \$108 | Youth Y Member \$145 | Community Member \$216

[REGISTER](#)

Mini Sports

This is a great started class so kids can try a bunch of sports throughout the session from soccer, basketball, badminton, pickleball, and more!

Ages 4-6

Thursdays, 4:30 PM - 5:00 PM

[REGISTER](#)

For Preschool Youth Basketball - See page 7

DANCE

Taught by the MetroWest Dance Academy. These classes introduce children to a variety of class formats with no experience necessary.

Pre-Ballet I

A wonderful introduction to ballet to help develop coordination, musicality and expression. Each class will engage their imagination and creativity. The class will develop great listening skills as they interact with their teacher and friends.

Ages 3-4

Saturdays, 9:00 AM - 9:30 AM

Full-Access Framingham Member \$94 | Youth Y Member \$127 Community Member \$188

[REGISTER](#)

Pre-Ballet and Tap II

Learn ballet through imagination, expression, and creativity. Developmentally appropriate dance skills are nurtured through natural movement and more complex coordination and rhythm as control is developed. Students will listen to instructions, gain confidence, and build strong bones and muscles! 30 minutes of ballet will be followed by 15 minutes of tap! Tap shoes are required.

Ages 4-5

Saturdays, 9:35 AM - 10:20 AM

Y Member \$105 | Youth Y Member | \$142 Community Member \$210

[REGISTER](#)

NINJAS

FRAMINGHAM BRANCH

Ninja classes use an obstacle course to assist children in increasing strength, eye-hand coordination, and improved self-esteem. They'll develop critical thinking skills to help them overcome obstacles and other challenges!

Little Ninjas

Ages 3-5

Wednesdays, 11:15 AM - 11:45 AM

Thursdays, 4:30 PM - 5:00 PM

Saturdays, 10:45 AM - 11:15 AM; 11:20 AM - 11:50 AM

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

[REGISTER](#)

Sports questions? Contact Brendan LeBlanc:

lbrendan@metrowestymca.org

Enrichment questions? Contact Jen Hyman,

Director of Family Engagement: jhyman@metrowestymca.org



ENRICHMENT: Ages 2.6 - 6

FRAMINGHAM BRANCH

Children will learn, create, and have fun. Classes use hands-on activities to help them learn and socialize with children in their age group.

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

Sticky Fingers

Come dressed for a mess and ready for fun as we work with a variety of materials. Ages 2.6-3.6

Wednesdays, 9:30 AM - 10:30 AM

[REGISTER](#)

Count with Me

This class explores preschool math concepts like counting and recognition of numbers, shapes, and patterns. Ages 3-4

Mondays, 10:45 AM - 11:45 AM

[REGISTER](#)

Alphabetivities

Explore a different letter of the alphabet each week. Your child will practice writing each letter, learning sounds, and making a theme-related craft. Ages 3-4

Wednesdays, 10:45 AM - 11:45 AM

[REGISTER](#)

Hickory Dickory Dock

Each week we will explore a different classical nursery rhyme. Activities include games, music, free play, and crafts.

Ages 3.5-5

Mondays, 9:30 AM - 10:30 AM

[REGISTER](#)

Kindergarten Readiness

In Kindergarten Readiness where we'll explore patterns, sequencing, rhyming, and more.

Ages 4-5

Thursdays, 10:45 AM - 11:45 AM

[REGISTER](#)

Crafty Kids

Bring your imagination and be dressed for a mess! Projects may use paint, pastels, beading, charcoal, clay, foam, or wood.

Ages 4-6

Tuesdays, 9:30 AM - 10:30 AM

Saturdays, 12:00 PM - 1:00 PM

[REGISTER](#)

Sports, Dance, Ninjas, Enrichment, Swim

PRESCHOOL SWIM Ages 3-5 Choose Perpetual Swim Lessons!



CHOOSE YOUR PREFERRED SCHEDULE AND KEEP IT AS LONG AS YOU WANT (up until next summer)!

Who is it for?

Children between the ages of three and 12.

How does it work?

Simply choose a day and time that works for your schedule, and you can keep it for as long as you want up until the end of the school year. No more having to re-enroll your child every seven to eight weeks!

At your child's first lesson, they'll be placed in the appropriate swim level based on their performance in a skills test. As those skills develop, our instructors will adjust their teaching to the appropriate swim level within the same lesson slot!

How do I get started?

Choose your time. Register anytime, online or at the Framingham Branch, and we'll slot your child in the next cycle, which begins at the start of each month. We'll bill your card monthly, and you can cancel at any time with a written 30-day notice.

What is the cost?

Visit our website for pricing: metrowestymca.org/programs/aquatics-swim

Preschool Stages 1-4 | Ages 3-5

Mondays, 6:00 PM - 6:30 PM
 Tuesdays, 4:00 PM - 4:30 PM
 Tuesdays, 4:35 PM - 5:05 PM
 Wednesdays, 5:30 PM - 6:00 PM
 Wednesdays, 6:05 PM - 6:35 PM
 Thursdays, 4:00 PM - 4:30 PM
 Thursdays, 4:35 PM - 5:05 PM

School Age Stages 1-6 | Ages 6-12

Mondays, 4:50 PM - 5:20 PM
 Tuesdays, 5:10 PM - 5:40 PM
 Tuesdays, 5:45 PM - 6:15 PM
 Wednesdays, 4:00 PM - 4:30 PM
 Wednesdays, 4:35 PM - 5:05 PM
 Thursdays, 5:10 PM - 5:40 PM
 Thursdays, 5:45 PM - 6:15 PM

Or, you can sign up for :

FRAMINGHAM BRANCH Preschool 1: Water Acclimation

Designed for beginners with little to no swimming experience or who are uncomfortable in the water. Students increase their comfort with the water with underwater exploration and basic self-rescue skills performed with assistance. Ages 3-5

Mondays, 4:15 PM - 4:45 PM
 Mondays, 5:25 PM - 5:55 PM
 Tuesdays, 10:05 AM - 10:35 AM
 Wednesdays, 10:35 AM - 11:05 AM
 Wednesdays, 3:25 PM - 3:55 PM
 Thursdays, 3:25 PM - 3:55 PM
 Fridays, 3:40 PM - 4:10 PM
 Fridays, 4:15 PM - 4:45 PM
 Fridays, 4:50 PM - 5:20 PM
 Fridays, 5:25 PM - 5:55 PM
 Fridays, 6:00 PM - 6:30 PM
 Saturdays, 9:55 AM - 10:25 AM
 Saturdays, 11:40 AM - 12:10 PM
 Sundays, 10:55 AM - 11:25 AM
 Sundays, 12:40 PM - 1:10 PM

Preschool 2: Water Movement

Must have completed Stage 1 or be comfortable going underwater independently. Students increase their swimming ability with forward movement in the water and basic self-rescue skills performed independently. Ages 3-5

Mondays, 5:25 PM - 5:55 PM
 Wednesdays, 3:25 PM - 3:55 PM
 Thursdays, 9:10 AM - 9:40 AM
 Fridays, 10:35 AM - 11:05 AM
 Fridays, 4:15 PM - 4:45 PM
 Fridays, 4:50 PM - 5:20 PM
 Fridays, 5:25 PM - 5:55 PM
 Fridays, 6:00 PM - 6:30 PM
 Saturdays, 9:20 AM - 9:50 AM
 Saturdays, 10:30 AM - 11:00 AM
 Sundays, 10:20 AM - 10:50 AM
 Sundays, 12:05 PM - 12:35 PM

Preschool 3: Water Stamina

Must have completed Stage 2 or be able to submerge and blow out air, jump in, float on back and front for 10 seconds, tread water for 10 seconds, front and back glide 5 yards, and swim, roll, float, roll, swim 5 yards all independently. Students develop intermediate self-rescue skills performed for longer durations and distances than previous stages. Ages 3-5

Mondays, 5:25 PM - 5:55 PM
 Tuesdays, 10:35 AM - 11:05 AM
 Fridays, 6:00 PM - 6:30 PM
 Saturdays, 8:45 AM - 9:15 AM
 Saturdays, 11:05 AM - 11:35 AM
 Sundays, 9:45 AM - 10:15 AM

Preschool 4: Water Acclimation

Must have completed Level 3 - or can swim 15 yards with face in the water, submerge and retrieve an object from the bottom, swim on back 10 yards independently, tread water 30 seconds, jump in independently and swim to wall. Ages 3-5

Saturdays, 8:10 AM - 8:40 AM
 Sundays, 9:10 AM - 9:40 AM

REGISTER

Parent/Child, Preschool, School Age Pricing

7-Week Session
Full-Access Framingham Member \$95
Youth/Teen Member \$128
Community Member \$190

Questions? Contact Angelica Mayne, Aquatics Director of Instructional Programming: amayne@metrowestymca.org