

School Ages 5-13

COOKING

FRAMINGHAM BRANCH Kid Chef Series

Kids will learn basic skills in the kitchen and gain confidence in using new kitchen equipment and cooking techniques. Each week we will enjoy a new recipe together!

Ages 6-9 with Liz

Saturdays, 11:15 AM - 12:15 PM

Y Member \$84 | Youth & Teen Y Member

\$126 Community Member \$168

[REGISTER](#)

Teen Chef Series

Each week teens will build upon their culinary skills, learning and building confidence with new knife skills and cooking techniques. We will cook and eat healthy, delicious recipes each week!

Ages 10-16 with Liz

Thursdays, 5:00 PM - 6:30 PM

Saturdays, 12:45 PM - 2:15 PM

Y Member \$119 | Youth & Teen Y Member

\$178 Community Member \$238

[REGISTER](#)

HOPKINTON OUTDOOR CENTER

Kids in the Kitchen After School Series

Looking for a hands-on program for your child to engage in after school? Kids in the Kitchen will teach children basic cooking skills like knife skills, how to measure ingredients, safety around the stove and oven, how to read through a recipe, and so much more!

Ages 6-9 with Karley

Mondays, 5:00 PM - 7:00 PM

Y Member \$150 | Youth & Teen Y Member

\$200 | Community Member \$300

Ages 10-16 with Chef John

Wednesdays, 5:00 PM - 7:00 PM

Y Member \$165 | Youth & Teen Y Member

\$247 | Community Member \$330

[REGISTER](#)

7

See Youth Pickleball on pg. 9!

One-Time Kids' Cooking Classes Ages 6-12

Baking 101; Saturday, September 21

Beginner bakers or novice bakers, come join us in our teaching kitchen as we create delicious baked goods! In this class children will whip up apple crumble bars and pumpkin scones.

11:00 AM - 1:00 PM

[REGISTER](#)

Twist on Take Out; Saturday, October 19

In this class children will learn how to prepare their favorite take out dishes at home! On the menu are homemade chicken nuggets, french fries, and dipping sauces!

11:00 AM - 1:00 PM

Y Member \$20/person | Youth & Teen Y

Member \$30/person | Community Members

\$40/person

[REGISTER](#)

Kids in the Kitchen Half-Day

Friday, October 3

School is out, cooking is in! Join us for a half day cooking program in our Hopkinton Teaching Kitchen. On the menu is sweet potato and ground turkey chili with homemade cornbread and honey iced tea!

Ages 6-12

9:00 AM - 1:00 PM

Y Member \$60/person | Youth & Teen Y

Member \$90/person | Community Members

\$120/person

[REGISTER](#)

ENRICHMENT

FRAMINGHAM BRANCH

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

Full-Access Framingham Member \$72 | Youth Y

Member \$97 | Community Member \$144

[REGISTER](#)

SPORTS - Outdoor Center

HOPKINTON OUTDOOR CENTER

Archery: For pricing see page pg. 14

Beginner/Intermediate

Beginner/Intermediate Archery works on foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and other information. All equipment is provided! Ages 6+

Saturdays, 9:00 AM - 10:00 AM

[REGISTER](#)

Advanced Archery

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

[REGISTER](#)

SPORTS - Framingham

Full-Access Framingham Member \$96

Youth Y Member \$130 | Community

Member \$192 (unless otherwise noted)

FRAMINGHAM BRANCH

Soccer Skills & 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 6-8

Tuesdays, 4:30 PM - 5:15 PM

[REGISTER](#)

Flag Football

Practice skills required for football like throwing, catching, pulling flags, and running routes. This class takes place outside (weather permitting) and is perfect for trying new positions and learning the value of teamwork. Practices will consist of various drills in proper age groups with the ultimate goal of introducing the sport of flag football and having fun!

Age 6-10

Thursdays 5:15 PM - 6:00 PM

[REGISTER](#)

Youth Soccer League

Play on a team to learn the basic rules and fundamentals skills 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.

Age 5-6

Saturdays, 10:50 AM - 11:50 PM

Full-Access Framingham Member \$108

Youth Y Member \$145

Community Member \$216

[REGISTER](#)

Floor Hockey

GOAL! Players will learn the basics of floor hockey through practice and guided play each week. Sticks are available for every player, so all you need is the energy to learn and have fun!

Age 6-10

Tuesdays, 5:20 PM - 6:05 PM

[REGISTER](#)

Youth Basketball

Introduce players to the skills they need to love the game and prepare for the season. Groups will work on dribbling, shooting, and other skills required for basketball. Our 10-12 age group will end practices with 20 minutes of game play.

Age 5-6 (Member \$86 | Y & T Member \$116

Community Member \$172)

Mondays, 4:30 PM - 5:00 PM (30 min)

Wednesdays, 4:30 PM - 5:00 PM (30 min)

Saturdays, 9:35 AM - 10:05 AM (30 min)

Age 7-9

Mondays, 5:05 PM - 5:50 PM (45 min)

Wednesdays, 5:05 PM - 5:50 PM (45 min)

Saturdays, 10:10 AM - 10:55 AM (45 min)

Saturdays, 11:00 AM - 11:45 AM (45 min)

Age 10-12

Wednesdays, 5:55 PM - 6:40 PM (45 min)

Saturdays, 12:15 PM - 1:00 PM (45 min)

[REGISTER](#)

Girls-Only Basketball

All girls basketball classes will focus on skill development and enhancement, concluding with game play each week.

Age 7-10

Saturdays, 11:50 AM - 12:35 PM (45 min)

[REGISTER](#)

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

Rollers

Ages 7-9

Tuesdays, 5:40 PM - 6:10 PM

Saturdays, 9:40 AM - 10:10 AM

Full-Access Framingham Member \$86

Youth Member \$116 | Community Member \$172

[REGISTER](#)

Cooking, Sports, Adventure, and Swim

MARTIAL ARTS - Ages 5-13

Led by Villari's of Natick, this introductory class focuses on the movements of Karate and how they relate to self-defense. Students will learn confidence, respect and self-control. Sneakers are required.

Age 5-7

Saturdays, 12:30 pm - 1:00 PM

Age 8-13

Saturdays, 1:15 pm - 1:45 PM

Full-Access Framingham Member \$86

Youth/Teen Member \$116 | Community Member \$172

[REGISTER](#)

DANCE

Taught by the MetroWest Dance Academy, these classes offer an introduction to a variety of dance.

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

Ballet 3

A ballet class for rising Kindergarteners. Following a Royal Academy of Dance syllabus developing ballet and natural movements through creativity and musicality. Building self-esteem, strength and discipline in a nurturing way.

Ages 5-6

Saturdays, 10:25 AM - 10:55 AM

[REGISTER](#)

Jazz and Tap 3

Calling all Kindergarteners! Step into this fun jazz and tap class to dance to popular tunes and develop flexibility, quick footwork and rhythm! If you have a child who can't stop dancing this is for them!

Ages 5-6

Saturdays, 10:55 AM - 11:25 PM

[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!

Junior Ninjas

Ages 6-8

Thursdays, 5:05 PM - 5:35 PM

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

[REGISTER](#)

SWIM

FRAMINGHAM BRANCH

School Age 1: Water Acclimation

Designed for beginners with little to no swimming experience or are uncomfortable in the water. Students increase their comfort with the water with underwater exploration and basic self-rescue skills performed with assistance. Ages 6-13

Tuesdays, 6:20 PM - 6:50 PM

Wednesdays, 5:10 PM - 5:40 PM

Saturdays, 8:10 AM - 8:40 AM

Saturdays, 9:55 AM - 10:25 AM

Saturdays, 11:05 AM - 11:35 AM

Sundays, 11:30 AM - 12:00 PM

School Age 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 6-13

Monday, 4:15 PM - 4:45 PM

Monday, 6:35 PM - 7:05 PM

Tuesday, 6:20 PM - 6:50 PM

Thursday, 4:00 PM - 4:30 PM

Friday, 6:35 PM - 7:05 PM

Saturday, 8:45 AM - 9:15 AM

Saturday, 9:20 AM - 9:50 AM

Saturday, 10:30 AM - 11:00 AM

Sunday, 11:30 AM - 12:00 PM

Sunday, 12:40 PM - 1:10 PM

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

School Age 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 20 seconds, tread water for 10 seconds, front and back glide 10 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 6-13

Monday, 4:15 PM - 4:45 PM

Monday, 6:35 PM - 7:05 PM

Tuesday, 4:00 PM - 4:30 PM

Wednesday, 6:20 PM - 6:50 PM

Thursday, 6:20 PM - 6:50 PM

Friday, 4:15 PM - 4:45 PM

Friday, 4:50 PM - 5:20 PM

Friday, 6:35 PM - 7:05 PM

Saturday, 8:10 AM - 8:40 AM

Saturday, 11:40 AM - 12:10 PM

Sunday, 9:10 AM - 9:40 AM

Sunday, 10:20 AM - 10:50 AM

Sunday, 11:30 AM - 12:00 PM

School Age 4: Stroke Introduction

Must have completed Stage 3 or be able to swim, float, swim 25 yards any stroke, swim 15 yards on back and front, jump in and swim 10 yards, tread water for a minute. Students are introduced to basic stroke technique in freestyle and backstroke and water safety through treading water and elementary backstroke. Ages 6-13

Monday, 5:25 PM - 5:55 PM

Monday, 6:00 PM - 6:30 PM

Wednesday, 6:20 PM - 6:50 PM

Thursday, 6:20 PM - 6:50 PM

Friday, 4:15 PM - 4:45 PM

Friday, 4:50 PM - 5:20 PM

Friday, 5:25 PM - 5:55 PM

Friday, 6:00 PM - 6:30 PM

Saturday, 8:45 AM - 9:15 AM

Saturday, 11:40 AM - 12:10 PM

Sunday, 9:45 AM - 10:15 AM

Sunday, 10:55 AM - 11:25 AM

Sunday, 12:05 PM - 12:35 PM

Sunday, 12:40 PM - 1:10 PM

School Age 5: Stroke Development

Must have completed Stage 4 or be able to swim 25 yards any stroke and perform freestyle with rotary breathing, backstroke, elementary backstroke, tread water for a minute, breaststroke kick and butterfly kick. Students are introduced to a full breaststroke and butterfly and water safety through treading water and sidestroke. Ages 6-13

Monday, 6:35 PM - 7:05 PM

Wednesday, 5:45 PM - 6:15 PM

Thursday, 6:20 PM - 6:50 PM

Friday, 5:25 PM - 5:55 PM

Friday, 6:00 PM - 6:30 PM

Friday, 6:35 PM - 7:05 PM

Saturday, 9:20 AM - 9:50 AM

Saturday, 10:30 AM - 11:00 AM

Sunday, 11:30 AM - 12:00 PM

School Age 6: Stroke Mechanics

Must have completed Stage 5 or be able to swim 50 yards any stroke and perform freestyle with bent arm recovery, backstroke, sidestroke, breaststroke, and butterfly for 25 yards, tread water for 2 minutes, and be able to dive. Students refine their stroke technique in all major competitive strokes, build endurance, and are encouraged to swim as part of a healthy lifestyle. Ages 6-13

Monday, 4:15 PM - 4:45 PM

Monday, 6:35 PM - 7:05 PM

Wednesday, 6:20 PM - 6:50 PM

Friday, 6:35 PM - 7:05 PM

Saturday, 9:55 AM - 10:25 AM

Sunday, 12:05 PM - 12:35 PM

Aquatic Conditioning

Must have completed School Age 6 or be able to swim a 50 yards Freestyle, Backstroke, Breaststroke, and Butterfly. This course is for students who are interested in swimming competitively to build on their endurance and stroke technique. Ages 10-16

Wednesday, 3:15 PM - 4:00 PM

Saturday, 11:05 AM - 11:50 AM

Full-Access Framingham Member \$106

Youth/Teen Member \$143 | Community Member \$212

[REGISTER](#)

Don't sit on a waitlist! Check out Perpetual Swim Lessons pg. 6

School Ages 5-13, Teen

FITNESS

FRAMINGHAM BRANCH

Kids FT

7 WEEKS (9/9-10/21)

It is recommended that kids get at least 60 minutes of physical activity a day and that can be challenging when they are at school all day. This class enables kids to run, jump, hang, and lift which helps them learn more about their bodies as they grow. Like FT, we will do aerobic conditioning for endurance, basic strength training, and some jumping for power development.

Ages 5-7 | Instructor: Katrina

Mondays, 4:45 - 5:15 PM

Ages 8-11 | Instructor: Francois

Mondays, 5:20 PM - 5:50 PM

Full-Access Framingham Y Member \$86

Youth Y Member \$116 | Community Member \$172

[REGISTER](#)

Cardio Kids

7 WEEKS (9/10-10/22)

Cardio Kids is a fun movement-based class with exercise challenges, relays, and games.

Ages 7-11 | Instructor: Kevin

Tuesdays, 4:15 PM - 4:45 PM

Full-Access Framingham Member FREE

Youth Y Member \$112 | Community Member \$179

[REGISTER](#)

Powerful Girls

7 WEEKS (9/11-10/23)

For young girls looking to start exercising, this class teaches total body movements using different techniques and helps to build confidence. Each class does a dynamic warm-up, 2-3 strength moves for the upper or lower body using equipment like a barbell, dumbbells, or kettlebells, explore a new piece of equipment like the sled or the battle ropes, and finish with abs and stretching.

Ages 9-13 | Instructor: Vanessa/ Katrina

Thursdays, 4:00 - 5:00 PM

Full-Access Framingham Member \$105

Youth/Teen Member \$142 | Community Member \$210

[REGISTER](#)

NEW!

Cycle Power

7 WEEKS (9/11-10/23)

Improve your cardiovascular fitness and lower body leg strength through this high-level cycle class. Pre- and post-power tests are performed so participants can determine their intensity level and see their improvement.

Ages 12+ Instructor: Katrina

Fridays, 6:00 AM - 7:00 AM

Full-Access Framingham Member \$105

Youth/Teen Y Member \$142

Community Member \$210

[REGISTER](#)

Teen Boxing

7 WEEKS (9/12-10/24)

Boxing is a fun, cool way to exercise! You'll learn various techniques, improve your cardiovascular fitness, become familiar with different movements, and use equipment to defend yourself.

Ages 11-16

Instructor: Francois

Thursdays, 5:00 - 6:00 PM

Full-Access Framingham Member \$105

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

[REGISTER](#)

Teen Weightlifting

7 WEEKS (9/10-10/22)

Teens will learn the basics of strength training using kettlebells, dumbbells, and barbells. They'll learn how to properly perform movements like bench press, squat, and deadlift as well as other upper body and lower body push and pull movements to support overall strength development.

Ages 11-16

Tuesdays, 5:00 PM - 6:00 PM

Fridays, 5:00 PM - 6:00 PM

Full-Access Framingham Member \$105

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

[REGISTER](#)

SPORTS

HOPKINTON OUTDOOR CENTER

Youth Pickleball Clinic

Kids will learn 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](#)

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 other information. All equipment is provided!

Ages 6+

Saturdays, 9:00 AM - 10:00 AM

[REGISTER](#)

Advanced Archery

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

[REGISTER](#)

CHANGEMAKER ACADEMY: PAID INTERNSHIP AND WORKFORCE DEVELOPMENT PROGRAM

Next cohort: October 2024 with applications and interviews opening in September

The MetroWest YMCA Changemaker Academy is a paid internship and job training program to help teens succeed. It's for MetroWest area high school students ages 14-19 and includes:

- 16-week leadership curriculum taught once a week
- 8-week on-the-job training: 2-5 hours/week that could include childcare, marketing, aquatics, sports,
- food and nutrition, and more
- Opportunities for advancement
- Free membership included with internship

Come be a part of a team that's helping to make our community stronger!

To learn more about Changemaker Academy, contact Lisa Mandozzi at lmandozzi@metrowestymca.org

TEEN CENTER

Monday - Friday, 3:00 PM - 7:00 PM

Teens can connect; listen to music; and play games like ping pong, e-games, and board games in this new, supervised space. It's located on the first floor of the Framingham Branch in Studio B.