

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.

Teens & Adults

COOKING

HOPKINTON OUTDOOR CENTER
Adult Cooking Classes (Ages 18+)
Y Member \$30 | Community Member \$60

No Waste Cooking: Saturday, September 14

Do you normally throw away your stems and trimmings while cooking? Well not anymore! In this class you will learn how to use all the parts of all the ingredients. On the menu is an "everything but the kitchen sink" soup and a breakfast quiche.
6:00 PM - 8:00 PM

REGISTER

Sheet Pan Meals: Saturday, October 19

Cook an easy dinner all in one place! In this class we will prepare a fall harvest balsamic chicken and vegetable sheet pan meal for dinner and an apple cobbler for dessert!
6:00 PM - 8:00 PM

REGISTER

FREE GARDENING WORKSHOPS

Garlic and Flower Bulb Planting Workshop

Saturday, September 14, 11:00 AM - 12:00 PM
This hands-on workshop will teach kids how to plant garlic and flower bulbs properly so they thrive in the spring and summer! Kids will get their hands dirty and have fun learning the life cycle of a plant.

Free for kids, members, and nonmembers!

REGISTER

Adult Composting Workshop: Ages 16+

Saturday, October 5, 10:00 AM - 12:00 PM
Join our Farm to School Coordinator, Lindsey, as she builds and educates attendees how to create a compost stall. Participants will learn all about composting from start to finish so they can replicate the process at home. Educational resources and materials provided. This is a free event!

REGISTER



Farm to Table Harvesting Event

Saturday, September 28, 11:30 AM - 1:30 PM
This class will begin in the garden with our Farm to School Coordinator, Lindsey, who will guide participants through a fall season harvest. We will transition to the kitchen where we will turn our harvest into a culinary masterpiece!
Y Member \$30 | Community Member \$60
Questions? Contact Karley Doray, Director of Nutrition
Education:
kdoray@metrowestymca.org

SPORTS

FRAMINGHAM BRANCH

Adult Pickleball - Drop-in

Come see what all the hype is about in our beginner lessons or work on your game with more advanced lessons to become a better player. Reserve your spot in Y360.
MEMBERS ONLY. All Membership Types: FREE

REGISTER

Adult Pickleball Clinics Pickleball 101 (9/10-10/1)

An introduction to pickleball where participants will learn the skills critical to beginning on-court play, including grip, serve, and strokes. Participants will be provided with the instruction necessary for them to play games on their own.
Tuesdays, 6:00 PM - 7:00 PM
Full-Access Framingham Member \$60
Community Member \$120

NEW!

REGISTER

Pickleball 102 (9/10-10/1)

For more experienced players to build on current skills and improve their game.
Tuesdays, 7:05 PM - 8:05 PM
Full-Access Framingham Member \$60
Community Member \$120

REGISTER

Drop-In Basketball

Several times a week we hold Open Gym for members to meet and play pick-up basketball. Balls are provided. See schedule: metrowestymca.org/schedules

HOPKINTON OUTDOOR CENTER

See Outdoor Pickleball Clinics for all ages starting at age 7 on page 14.

FITNESS- Framingham Branch ADULTS (Ages 18+)

Powerful Women

7 WEEKS (9/12-10/24)
Increasing muscle mass results in a decrease in fat mass, increase metabolism, and improved body composition. Get stronger and build confidence through strength training within the free weight area of the Wellness Center. Perform complex movements recruiting various muscle groups by using different equipment.
Ages 18+
Thursdays, 10:45 AM - 11:45 AM
Saturdays, 12:30 PM - 1:30 PM
Full-Access Y Member \$105
Community Member \$210

REGISTER

MEMBERS: JOIN US!
9/3 - 9/8 - Sample Week
Try any Wellness Center
classes for FREE!

Learn more about
FT and FREE,
Unlimited Group
Exercise for
members on pg. 2

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

Nutrition First

10 WEEKS | AGES 16+
This 10-week program takes a whole-person approach to weight management by focusing on multiple dimensions of well-being. Learn how to create a successful relationship with food and exercise and create pathways for achieving balance, mindfulness, and sustained progress. This program includes:

- Two 1:1 nutrition consultations
- Two meal prep workshops
- Six weeks of guided group nutrition sessions
- A journal to help track progress

The next program will run in January 2025. For anyone interested in participating, contact **Lauren Hanley:**
laurenhanley@metrowestymca.org

Adult Programs, Ages 18+

FITNESS- Cont.

Adult Boxing

7 WEEKS (9/10-10/26)

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 18+

Tuesdays, 9:30 AM - 10:30 AM

Instructor: Yash

Saturdays, 11:30 AM - 12:30 PM

Thursdays, 7:15 PM - 8:15 PM

Instructor: Francois

Full-Access Framingham Member \$105 | Youth Y Member \$142 | Community Member \$210

REGISTER

Strength Training for Healthy Bones

7 WEEKS (9/9-10/21)

As we age, the density of our bones decreases, increasing our risk for injury. Fortunately, strength training can help maintain and improve the density of your bones! This class is a great introduction to strength training.

Ages 18+

Mondays, 11:00 AM - 12:00 PM

Full-Access Framingham Member \$105

Community Member \$210

REGISTER

Strength Training for Pickleball

7 WEEKS (9/13-10/25)

Do you play Pickleball? Have you started noticing some new aches and pains? Pickleball requires coordination, agility, strength and speed! This strength training class will help work on your lateral leg strength and stability, upper body strength, speed and agility to improve your game.

Ages 18+

Instructor: Katrina

Fridays, 11:00 AM - 12:00 PM

Full-Access Framingham Member \$105

Community Member \$210

REGISTER

NEW!

Weigh to Change

10 WEEKS (9/16-11/24)

Struggling with being motivated to exercise, but you're unsure where to start? Weigh to Change is your one-stop shop for making a lifestyle change. This 10-week program will cover nutrition counseling with a Registered Dietitian, 1:1 exercise support from a personal trainer and create community with others in the program. This program includes:

- Weekly 30-min personal training sessions
- Weekly exercise or nutrition educational
- Up to 4 small group training classes
- Two 1:1 nutrition consultations with a Registered Dietitian
- Two Inbody scans to measure progress
- Ongoing community support

A value of over \$800!

Group Trainings: Mon/Wed at 6:30 PM - 7:30 PM OR Sat. at 8:30 AM - 9:30 AM

Full-Access Framingham Member \$493 | Youth Y Member \$616 | Community Member \$986

Questions? Contact Kevin Meleshuk: kmeleshuk@metrowestymca.org or 508-879-4420 x292

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Nutrition Counseling

Meet with our registered dietitian to get your nutrition on track! You will receive one-on-one dietary guidance to help you achieve your personal goals. Consultations are individualized and can help prevent chronic disease and improve your relationship with food. For pricing and more information, contact

Lauren Hanley: LaurenHanley@metrowestymca.org or 508-879-4420 ext. 239

NEW!

Strength and Serenity Through Stages of Life

7 WEEKS (9/11-10/23)

This community-based class helps women find inner strength and peace as they enter another stage of life: menopause. Class will focus on ways to manage symptoms through strength training, yoga, and meditation and provide opportunities to share with others going through the stages of menopause (perimenopause, menopause, post menopause). Instructor: Leslie

Wednesdays, 5:30 AM - 6:30 AM

Fridays, 4:30 PM - 5:30 PM

Full-Access Framingham Member \$105 | Community Member \$210

REGISTER

WATER FITNESS (Ages 18+)

Masters Swimming

Open to adults 18 years and older, this volunteer-led program features workouts and drills.

Mondays/Wednesdays/Fridays

5:10 AM - 6:10 AM

Full-Access Framingham Member \$118

Community Member \$236

REGISTER

Water Walking (Low Impact)

Total body workout with less impact on joints and more resistance than land walking. A half hour of water walking is equal to two hours on land.

Tuesdays, 11:15 AM - 12:00 PM

REGISTER

Water Walking (Advanced)

Thursdays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$18

Community Member \$36

REGISTER

Water Aerobics

This class focuses on coordination, flexibility, endurance, and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!

Mondays, Wednesdays, Fridays

11:15 AM - 12:00 PM

Full-Access Framingham Member \$18

Community Member \$36

Mondays & Thursdays

7:15 PM - 8:10 PM

Full-Access Framingham Member \$22

Community Member \$44

*Cost per one class day

REGISTER

Ai Chi

Ai Chi is a water exercise and relaxation program that consists of a sequence of slow, broad movements of the arms and legs. It's used for pain management, back pain, arthritis, fibromyalgia, and orthopedic problems. Non-swimmers welcome!

Thursdays, 10:20 AM - 11:05 AM

Full Access Framingham Member \$18

Community Member \$36

REGISTER

ADULT SWIM LESSONS (Ages 18+)

Pricing

7-Week Session

Full-Access Framingham Member \$95

Youth/Teen Member \$128

Community Member \$190

Lessons A, B, C

A: Adult Stage A is an introductory class for adults who have minimal to no swimming experience or are hesitant about performing skills in the water. Focus in the class will be on submersion, front and back floats, as well as how to make forward movement.

Mondays, 12:15 PM - 12:45 PM

Wednesdays, 9:25 AM - 9:55 AM

Wednesdays, 6:20 PM - 6:50 PM

Saturdays, 8:45 AM - 9:15 AM

Sundays, 9:10 AM - 9:40 AM

B: Adult Stage B will focus on beginner stroke technique (front and back crawl), confidence in and around deep water, combination skills, safety and endurance. It's recommended that adults successfully complete Adult Stage A before registering for this course.

Mondays, 12:50 PM - 1:20 PM

Wednesdays, 10:00 AM - 10:30 AM

Thursdays, 6:20 PM - 6:50 PM

Saturdays, 9:55 AM - 10:25 AM

Sundays, 10:20 AM - 10:50 AM

C: Adults in Stage C will continue to build on skills mastered in Stages A and B. Participants will improve their endurance while refining their technique for each of the major swim strokes. It's recommended that adults successfully complete Stages A and B prior to registering for this course.

Mondays, 1:25 PM - 1:55 PM

Tuesdays, 9:25 AM - 9:55 AM

Tuesdays, 6:20 PM - 6:50 PM

Wednesdays, 10:35 AM - 11:05 AM

Saturdays, 11:05 AM - 11:35 AM

Sundays, 12:40 PM - 1:10 PM

REGISTER

Monthly Parkinson's Social Hours

Join us in Studio C for light refreshments and the chance to connect with other members and Y staff. Every second Friday of the month from 12:00 PM - 1:00 PM. For more information, contact Jesse Potter: jpotter@metrowestymca.org

Special Populations

FREE EVIDENCE-BASED HEALTH INTERVENTION PROGRAMS

Our Prevention and Wellness team offers evidence-based programs to help you or your loved one prevent, address, and have the support to reclaim health. Programs are FREE. To register for a program or to get on a waitlist, contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: jpotter@metrowestymca.org

PROGRAMS STARTING THIS FALL

Walk with Ease: Starts September 9

The Arthritis Foundation's Walk with Ease Program can teach you how to safely make physical activity part of your everyday life. This program has been proven to improve your overall health and:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build confidence in your ability to be physically active

Walk with Ease is offered as a self-guided course or in a community setting.

Tuesdays/Thursdays, 12:00 PM - 1:00 PM

Cushing Park, Framingham

Full-Access Framingham Members \$35 | Community Members \$70

YMCA's Diabetes Prevention: Starts October 2024

Our Diabetes Prevention program is a one-year, evidence-based program that helps adults prevent Type 2 Diabetes. Guided by a YMCA Diabetes Prevention Program Lifestyle Coach, participants learn small, measurable changes to reduce the risk for Type 2 Diabetes and live a healthier lifestyle.

Ages 18+

Day/Time TBD

FREE to Full-Access Framingham Members and Community Members

To receive information on the next program, contact Jesse Potter: jpotter@metrowestymca.org

LIVESTRONG®

LIVESTRONG® at the YMCA: Runs 9/3 - 11/21

AT THE YMCA

LIVESTRONG® at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals. They'll learn endurance, strength, flexibility, and balance, which helps to improve confidence and self-esteem by focusing on the whole person and not the disease. This is a 12-week program, FREE to anyone living with or beyond cancer treatments. Support/caregivers are welcome.

To receive information on the next program, contact Jesse Potter: jpotter@metrowestymca.org

ONGOING PROGRAMS - Join at any time

YMCA'S Blood Pressure Self-Monitoring

This four-month, evidence-based program helps participants with hypertension lower their blood pressure through blood pressure self-monitoring, nutrition education seminars, and personalized support from a trained Healthy Heart Ambassador. Participants will attend free monthly nutrition webinars. Sessions are provided in person or virtually. FREE to Full-Access Framingham Members and Community Members



Enhance Fitness

This evidence-based group exercise program for older adults offers simple, easy-to-learn movements designed to deliver cardio exercise, strength training, flexibility, and balance. The goal is to motivate participants to improve overall function and well-being. It may help you prevent falls and help with symptoms of arthritis. Class can be done seated or standing and exercises are modified for individual needs and abilities. This is a 16-week program.

Mondays/Wednesdays/Fridays

1:30 PM - 2:30 PM

FREE to Full-Access Framingham Members

To receive information on the next program, contact Jesse Potter: jpotter@metrowestymca.org

Parkinsons Disease Wellness Program

This program is supported by a community grant from the Parkinson's Foundation. FREE to Full-Access Framingham Members, Community Members

Parkinson's Exercise

Mondays, 11:00 AM - 11:45 AM

PWR! Moves

Wednesdays, 11:45 AM - 12:30 PM

Pedal for Parkinson's

Tuesdays/Fridays/Sundays, 11:00 AM - 12:00 PM

Parkinson's Movement to Music Class Thursdays, 1:00 PM - 1:45 PM

For more information about EBHI programs, visit our [website](#).