

2024 FALL PROGRAM & MEMBERSHIP GUIDE

Session: Sept. 9 - Oct. 27



MetroWest YMCA

WHERE FAMILIES THRIVE



We can't wait to see you!

Achievement, Relationships, Belonging

The MetroWest YMCA is a place where everyone belongs. When you join the Y as a member, or take a class, you join a community of people who support your health and well-being. You also help make our community stronger. Join us at the Y this fall to:

- Get active joyfully
- Learn new things
- Achieve goals
- Have an adventure
- Meet new people
- Enjoy quality time with family
- Give back to the community
- Be part of a community that cares



Curious to learn more?
SCAN FOR A VIRTUAL TOUR!



What's New at the Y?



Members of the MetroWest YMCA Board of Directors and Hopkinton Chamber of Commerce Celebrate the Opening of Eight Pickleball Courts

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Remember, if you have a Framingham Family, Adult, or Senior Membership, it includes the Hopkinton Outdoor Center!

Locations:

Framingham Branch
280 Old Connecticut Path
Framingham, MA 01701
Phone: (508) 879-4420
Hours: Mon-Fri, 5:00 AM - 10:00 PM
Sat & Sun, 7:00 AM - 7:00 PM

Hopkinton Outdoor Center
45 East Street
Hopkinton, MA 01748
Phone: (508) 435-9345
Hours: Mon-Fri, 9:00 AM - 5:00 PM
Evenings and weekends per program schedule

IMPORTANT DATES

Fall I Session 2024
September 9 - October 27
Registration Dates
Y Members: August 13
Community Members: August 20

Fall II Session 2024
October 28 - December 22
Registration Dates
Y Members: October 8
Community Members: October 15

Register for programs online: [METROWESTYMCA.ORG](https://www.METROWESTYMCA.ORG)

HEALTHY LIVING.

The MetroWest YMCA is a cause-driven charitable organization that stands for healthy living, youth development, and social responsibility. We offer programs and services that build a healthy spirit, mind, and body for all.

YOUTH DEVELOPMENT.

SOCIAL RESPONSIBILITY

The Y believes that finances should not be an obstacle to living a healthy lifestyle. We offer financial assistance which can be used to help cover the cost of membership and programs. Learn more about financial assistance options.



FREE WELLNESS CONSULTATION

As a member, you'll get to sit down with one of our experts to discuss your goals and fitness experience. We'll walk you through our various programs and offerings and explore opportunities that would work best for you!

FREE EQUIPMENT FITTINGS

We can help you get started in our Wellness Center by reviewing our cardiovascular and strength machines. Sign up for a small group (max. 3 people) equipment fitting or make a one-on-one appointment with one of our trainers. You will walk away with a workout card and some basics to get you started. We offer Drop-In Equipment Fittings five days a week; reserve a spot in Y360.

ADD ONS: Personal Training (\$)

Invest in your future by working one-on-one with a certified personal trainer. To meet our dynamic team of trainers and learn more about personal training options for members, visit Metrowestymca.org/personal-training, or contact Kevin Meleshuk: KMeleshuk@metrowestymca.org or 508-879-4420 x292.

Nutrition Consultation (\$)

Additionally, we offer virtual or in-person consultations with a registered dietitian that include a one-hour evaluation and a one-hour follow-up. Your evaluation includes a nutrition assessment and individual goal-setting. For nutrition, contact Lauren Hanley at LaurenHanley@metrowestymca.org or 508-879-4420 ext. 239

InBody Scan (\$)

Learn what you are made up of via the InBody, non-invasive body composition scan. You will review your results with a certified personal trainer. If you're interested, contact Kevin Meleshuk, Assistant Health and Wellness Director: kmeleshuk@metrowestymca.org
Ages 18+ by appointment ONLY

Your first class is free!

FT (Functional Training)

This is our signature high-intensity interval training (HIIT) class involving progressive programming to help improve your endurance, muscular strength, and power.
Ages 11+

FREE & UNLIMITED GROUP EXERCISE CLASSES

Members enjoy unlimited Group Exercise classes at the Framingham Branch. With more than 65 options offered each week, you are bound to find something that fits your goals. Ages 16+

Mind/Body

Core Fusion
Gentle Yoga
Yoga Vinyasa Flow
Power Yoga
Pilates
Pilates HIIT

Cardio

BollyX®
Zumba®
Cycle
Cardio Dance
Group Fight
Senior Fitness
Pedal for Parkinson's

Strength & Weights

Bootcamp
Core Fusion
Group Power
TRX
Parkinson's PWR!

Strength & Cardio

Group Active
Step & Strength
Strength & Cardio
Parkinson's Exercise
TRX Circuit

To learn more about these classes or to see the current schedule, visit:



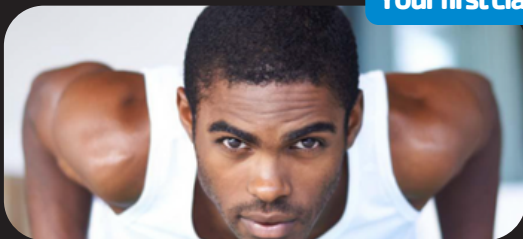
MEMBERS' APP: Y360!

Reserve your spot in GroupEx. View schedules. Check in. Access 800+ on-demand and live-streamed videos!

Now you can manage your fitness at your fingertips and unlimited videos on topics like fitness, wellness, cooking, sports drills, and more! Available on mobile, desktop, an app, and across multiple streaming services.



Not a Member? Join Today!



Classes are offered:

Monday - Friday, 6:00 AM, 6:00 PM
Mondays/Wednesdays/Fridays, 9:30 AM
Tuesdays/Thursdays, 7:00 AM
Saturdays, 7:15 AM, 10:15 AM
Sundays, 10:15 AM

Pricing:

Y Member (Family & Adult) \$50/month
Y Member (Youth & Teen) \$63/month

Or, purchase a class pack!

5 or 10 class packs pricing, visit:
metrowestymca.org/functional-training

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

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

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

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

Wednesdays, 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

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

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



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

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

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

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

Parent/Child, Preschool, School Age Pricing

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

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

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

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

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

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

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

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, 11:30 AM - 12:00 PM, 12:05 PM - 12:35 PM

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

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

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

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

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

Kindergarten Readiness

In Kindergarten Readiness where we'll explore patterns, sequencing, rhyming, and more. Ages 4-5
Thursdays, 10:45 AM - 11:45 AM

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

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

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

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

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

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

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
Mondays, 5:00 PM - 7:00 PM with Karley
Y Member \$150 | Youth & Teen Y Member \$200 | Community Member \$300
Ages 10-16
Wednesdays, 5:00 PM - 7:00 PM - Chef John
Y Member \$165 | Youth & Teen Y Member \$247 | Community Member \$330

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

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

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 teal.
Ages 6-12

9:00 AM - 1:00 PM
Y Member \$60/person | Youth & Teen Y Member \$90/person | Community Members \$120/person

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

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

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

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, 4:40 PM - 5:25 PM

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

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

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, 5:30 PM - 6:15 PM

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)

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)

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

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 \$162

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

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

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

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

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

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

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 7-11 | Instructor: Francois

Mondays, 5:20 PM - 5:50 PM

Full-Access Framingham Y Member \$86

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

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

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

Wednesdays, 4:00 - 5:00 PM

Full-Access Framingham Member \$105

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



Couch to 5K

7 WEEKS (9/15 - 10/27)

Every runner's journey starts somewhere and for most, that first goal is a completing a 5K. This class will take you from being a non-runner or someone who has taken a break from running to completing a 5K in your final week. You will participate in running workouts, strength training, and education to improve your running ability.

Ages 12+

Instructor: Kevin

Sundays, 7:15 AM - 8:00 AM

Full-Access Framingham Member \$102

Youth/Teen Member \$128

Community Member \$204

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

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 \$79

Youth Y Member \$107 | Community

Member \$158

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 \$79

Youth/Teen Y Member \$107 Community

Member \$158

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

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

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

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.

COOKING

HOPKINTON OUTDOOR CENTER Adult Cooking Classes (Ages 18+)

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

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

NEW!

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!

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!

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

NEW!

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**

NEW!

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

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

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

Couch to 5k

7 WEEKS (9/15 - 10/27)

Every runner's journey starts somewhere and for most, that first goal is a completing a 5K. This class will take you from being a non-runner or someone who has taken a break from running to completing a 5K in your final week. You will participate in running workouts, strength training, and education to improve your running ability.

Ages 12+

Instructor: Kevin

Sundays, 7:15 AM - 8:00 AM

Full-Access Framingham Member \$102

Youth/Teen Member \$128

Community Member \$204

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

Nutrition First

10 WEEKS

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

Ages 16+

Tuesdays, 6:15 PM - 7:15 PM

Full-Access Framingham Member \$185

Community Member \$370

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

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

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

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

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

Wednesdays, 11:00 AM - 12:00 PM

Full-Access Framingham Member \$105

Community Member \$210

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

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

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

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

Water Walking (Advanced)

Thursdays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$18

Community Member \$36

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

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

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

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

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

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 metrowestymca.org/EBHI

EARLY LEARNING CENTER



The MetroWest YMCA's Early Learning Center (ELC) is licensed by the MA Department of Early Education and Care (EEC). In addition, the National Association for the Education of Young Children granted accreditation to our ELC based on our successfully meeting NAEYC's high-quality standards.

The ELC helps children meet their learning and developmental potential while providing the care needed for families to work. We provide high-quality early education and care to children 12 months until they start kindergarten.

MetroWest YMCA Framingham Branch
282 Old Connecticut Path
Framingham, MA 01701

Hours of operation (year-round)
Monday - Friday
7:30 AM - 6:00 PM

Ages 12 months through Pre-K
5 day for toddlers
2, 3, and 5 day options for preschool

For more information:
earlylearning@metrowestymca.org
508-879-4420 x251

Learn more: metrowestymca.org/locations/early-learning-center

SCHOOL'S OUT: BEFORE & AFTER SCHOOL PROGRAM

The MetroWest YMCA's Before and After School Program, School's Out, serves elementary school youth in Ashland, Framingham, Hopkinton, Natick, and Wayland. The Program nurtures your child's development by providing a safe place to learn foundational skills; develop healthy, trusting relationships; and build self-reliance. Our curriculum includes a focus on SEL (Social and Emotional Learning), which includes daily opportunities for children to learn about, practice, and gain real world skills in the areas of emotion management.

Slots are available for Monday through Friday with 2, 3, 4, and 5-day options. Our after-school programs serve children from school dismissal until 6:00 PM at all locations. Our before-school program serves Hopkinton Elementary School students at Marathon School from 7:00 AM until school starts.

CONTACT US: schoolsout@metrowestymca.org | 508-876-6096
Learn more: metrowestymca.org/schoolsout

Free Playgroups for Families

Project ABC hosts free playgroups for children ages 0-5 throughout the MetroWest community that help guide children's social-emotional development, cognitive development, language and communication, and physical health and well-being.

Project ABC is a Coordinated Family and Community Engagement (CFCE) grant program funded by the Department of Early Education and Care (EEC) and managed by the MetroWest YMCA.
Learn more at projectabc.org



MOVE WITH PURPOSE!

Through fundraising efforts like the Rodman Ride for Kids, Espresso Rally, and our Boston Marathon Team, there are year-round opportunities for you to get active, come together, and raise funds for the Y community. Together, we are making it possible for youth and families to access educational programs, healthy meals, leadership programs, and wellness opportunities while addressing mental health, social isolation, chronic disease, and the ever-changing needs of our community.

metrowestymca.org/support-our-y



HOPKINTON OUTDOOR CENTER FAMILY EVENTS

Family Boating Day - FREE for members

Come learn how to canoe/kayak/paddleboard on the Ashland Reservoir! Spend the afternoon on the water and learn some paddling skills from our boating staff. All equipment provided.

Saturday, September 7 from 12:30 PM - 3:30 PM

Full-Access Framingham Member FREE | Outdoor Center + Youth/Teen Member FREE | Community Member \$10/person

Family Day on the Ropes Course - FREE for members

Enjoy an afternoon climbing through the trees! Several of our high rope elements will be open including our "Leap of Faith" and zipline circuit (climb up to the tallest platform and jump off).

Ages: 6+ for high elements, 10+ for "Leap of Faith" and zipline circuit

Saturday, September 14 from 12:00 PM - 3:00 PM

Full-Access Framingham Member FREE | Outdoor Center + Youth/Teen Member FREE | Community Member \$10/person

Community Campout and Lunar Carnival

For new and experienced campers alike, come join us for some field-based camping! We will demonstrate tent site selection/set-up, have some backyard games available along with geocaching/orienteering, and cover campfire prep w/ outdoor cooking for dinner! After-dinner activities will include S'mores along with celestial stargazing utilizing the Skyview app loaded up onto iPad, and our resident telescope to check out features of the moon. Tents, sleeping bags, and ground pads available on a limited basis. Email Tyler at TReynolds@metrowestymca.org to reserve your gear.

Saturday, September 21, 4:00 PM - Sunday, September 22, 10:00 AM

Y Members bringing own tent: \$30/family | Non-members bringing own tent: \$50/family | Y Members borrowing tent: \$40/tent | Non-members borrowing tent: \$60/family

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

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

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

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

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)

Emanadas 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

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

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



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.



METROWEST YMCA FRAMINGHAM
280 OLD CONNECTICUT PATH
FRAMINGHAM, MA 01701

NON-PROFIT ORG.
 US POSTAGE
 PAID
 PERMIT #13
 FRAMINGHAM

PROGRAM POLICIES

PROGRAM REGISTRATION

In order to receive member rates for programs, your membership must be current throughout the entire program session. If it expires during the session and you do not wish to renew it, please notify Member Services.

We place great value on the satisfaction of our program participants. If a program is not meeting your needs for any reason, please notify the Program Director. Please let the Program Director know if you cannot make a class due to religious reasons. We will be happy to offer you a credit for that class.

PROGRAM REFUND/CREDIT PROCEDURES

1. If a class does not meet minimum enrollment and is cancelled, a full refund or YMCA credit will be issued.
2. A full refund or YMCA credit will be issued if a participant withdraws from a class after notifying the Program Director or authorized staff member at least 48 hours prior to the start of the class.
3. A YMCA credit or refund will be issued if a participant is unable to attend a class due to a prolonged illness (3 or more weeks). This request must be made prior to the end of the program session and must be accompanied by a doctor's note.

Please note we try to provide clear and accurate information, but the MetroWest YMCA does not assume responsibility for any typos or misprints.

THE HAUNT
 an outdoor theatrical experience
October 18-20 & 25-27

Fundraising Event for
 
 Your Arts Center METROWEST YMCA

Ticketing & Information
WickedHaunt.org