

Family Fun

Framingham Branch & Outdoor Center

Free Drop-in Programs

Enjoy weekly 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

Toddler Open Gym

Tuesdays and Wednesdays, 9:30 AM - 11:45 AM

HOPKINTON OUTDOOR CENTER

Family Open Climb: Fridays, 6:00 PM - 9:00 PM

The indoor climbing gym at the Outdoor Center Rec Hall accommodates all ages. The last hour is glow-in-the-dark/blacklight climb.

Family Open Rec: Saturdays, 12:00 PM - 3:00 PM

The Outdoor Center Rec Hall will offer a variety of activities, including pickleball, basketball, indoor lawn games like cornhole, horseshoes, and more.

Family Events and Classes

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!

All About the Sides:

Friday, November 8, 5:30 PM - 7:30 PM

Spanish Paella Night:

Friday, December 6, 5:30 PM - 7:30 PM

4th Annual Outdoor Center Pumpkin Hunt and Archery Shoot

Featuring a friendly archery competition and pumpkin hunting course! Don't just throw out that leftover pumpkin or jack-o-lantern, bring it to the Outdoor Center and give it a proper send-off!

Saturday, November 2

12:00 PM - 3:00 PM

Y Member FREE! | Community Member \$10/person



FRAMINGHAM BRANCH

Halloween Party

Sunday, October 20

2:00 PM - 4:00 PM

Member \$10 | Community Member \$15

Winter Wonderland Party

Friday, December 13

6:00 PM - 7:30 PM

Family Member FREE

All other memberships \$15/family

See page 13 for
winter vacation
programs in
Hopkinton &
Framingham!

Childcare Options

Child Watch - FREE with a Family Membership

Children ages two months - 10 years old 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. (Adult memberships can use it for an additional \$3 per child, per visit)

Monday-Friday, 8:30 AM - 1:15 PM

Monday-Thursday, 3:45 PM - 8:00 PM

Fridays, 3:45 PM - 7:00 PM

Sundays, 8:45 AM - 1:00 PM

Saturdays, 8:45 AM - 1:00 PM

Parents' Night Out

Bring your kids to the Y while you enjoy a night out for adult time! Parents' Night Out is held at the Framingham Branch on select Fridays throughout the school year where we'll have games, activities, crafts, and more. Pre-registration is required.

Select Fridays: November 1 and 15; December 6

6:00 PM - 9:00 PM

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

Tuesday, November 5

Monday, November 11

8:00 AM - 5:00 PM

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

Grown Up & Child Classes

Framingham Branch & Hopkinton Outdoor Center

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

Full-Access Framingham Member \$72

Youth Y Member \$97 | Community Member \$144



SPORTS: Ages 2–10

FRAMINGHAM BRANCH

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 (7 weeks), 5:15 PM – 6:00 PM

Full-Access Framingham Member \$96 | Youth Member \$130 | Community Member \$192

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, 10:15 AM – 11:00 AM

Full-Access Framingham Member \$84 | Youth Y

Member \$114 | Community Member \$168

Saturdays, 10:15 AM – 11:00 AM

Y Member \$72 | Youth Y Member \$98 | Community Member \$144

One-Time Cooking with Littles Classes

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

Y Member \$16/child/class | Youth Y Member

\$22/child/class | Community Member \$32/child/class

Friday, November 8 | 10:15 AM – 11:00 AM

Homemade orange juice with a healthy orange cake!

Friday, November 22 | 10:15 AM – 11:00 AM

Veggie tots with a sweet potato dip

Friday, December 13 | 10:15 AM – 11:00 AM

Pomegranate pumpkin granola bars and pomegranate smoothies

HOPKINTON OUTDOOR CENTER

One-Time Cooking with Littles Classes

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

Friday, November 15 | 10:15 AM – 11:00 AM

Blender orange muffins with a homemade orange zest glaze

Friday, December 20 | 10:15 AM – 11:00 AM

Homemade pomegranate salsa with homemade tortilla chips!

Y Member \$16/child/class | Youth Y Member \$22 |

Community Member \$32/child/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, 12:05 PM – 12:35 PM

Pricing: Parent/Child Swim

7 weeks (Mon-Wed)

Full-Access Framingham Member \$95 | Youth/Teen Member \$128 | Community Member \$190

6 weeks (Thu-Sun)

Full-Access Framingham Member \$81 | Youth/Teen Member \$109 | Community Member \$162

Outdoor Center

SESSION CLASSES

Full Access Framingham Member \$90 | Outdoor Center + Youth/Teen Member \$97
Community Member \$180

Beginner/Intermediate Archery: Ages 6+

Class focuses on foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and other information. All equipment is provided!
Saturdays, 9:00 AM – 10:00 AM (No class 11/30)

Advanced Archery: Ages 8+

Students will hone in on their form, learn range/competition commands, and learn stringing, waxing, and re-fletching of gear. To participate, you MUST have instructor approval.
Saturdays, 10:15 AM – 11:15 AM (No class 11/30)

WORKSHOPS & TRIPS

Adult Belay Class: Ages 18+

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.
Fridays, 6:00 PM – 8:00 PM
Full-Access Framingham Member \$25 | Outdoor Center & Youth/Teen Member \$25
Community Member \$35

NEW! Youth Ski & Snowboarding Trip: Ages 12-17

Gear up for some winter adventure at the beautiful Pats Peak Ski Area. Participants will leave from the Hopkinton Outdoor Center at 7:00 AM, spend the day skiing or snowboarding at the mountain, and then return to Hopkinton at 7:00 PM. The trip fee includes the lift ticket and bus transportation. Equipment rentals and lesson are available for an extra cost.

Saturday, January 11 | 7:00 AM – 7:00 PM
Y Member \$115 | Community Member \$230

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

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. The last hour is glow-in-the-dark/black-light climb. Anyone over 18 wishing to belay must attend the belay class.
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

MORE TO EXPLORE

YMCA Member Outdoor Gear Borrowing: FREE for Members

We offer 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.

COOKING EVENTS

FAMILY DINNER NIGHTS

Family Dinner Nights allow families of all sizes to come together, learn new recipes and flavors, and enjoy a delicious meal with others!
Y Member \$16/person | Community Member \$32/person (under 3 is free)

All About the Sides: Friday, November 8 from 5:30 PM – 7:30 PM

Learn how to prepare showstopping sides like homemade gravy, cornbread stuffing, wild rice pilaf, and balsamic roasted brussels sprouts with pomegranates.

Spanish Paella Night: Friday, December 6 from 5:30 PM – 7:30 PM

Dive into Spanish culture as you learn to make chicken and shrimp paella paired with a Spanish rice and sweet potato bravas!

FAMILY CHOPPED COMPETITION

Festive Challenge: Friday, December 13 from 5:30 PM – 7:30 PM

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 meal! (Limit four families)
Y Member \$35/family (2-6 people) | Community Member \$70/family

ADULT COOKING CLASS (Ages 18+)

Thanksgiving Pies: Saturday, November 9 6:00 PM – 8:00 PM

Join us in the kitchen and learn how to make healthy holiday pies that everyone will enjoy! In this class you will learn how to make a sweet potato pie and a blueberry pie.

NEW! NATURE CRAFTS AT THE OUTDOOR CENTER

Classes will be held at our onsite garden beds. Open to families of all ages.
Y Member \$5 | Community Member \$10

Nature Crafts: Seed Bombs and Bird Feeder Ornaments

Thursday, November 14 from 5:30 PM – 7:00 PM

Help us prepare for spring! We will be making two crafts: flower seed bombs with seeds from our garden to be used in the beginning of spring, along with bird feeder ornaments to hang outside so the birds have a tasty treat during these cold months. We'll be bringing the dirt inside, so please wear clothes you don't mind getting dirty.

Nature Crafts: Acorn Fairies and Stone Garden Markers

Monday, December 2 from 5:30 PM – 7:00 PM

Nurture your creativity as we make our own little garden fairies out of acorns, sticks, stones, moss, leaves, and more. Decorate your houses with them and then in spring, they can guard your garden! We will also paint stones to use as garden markers in our onsite garden. Please wear clothes you don't mind getting dirty.