

Preschool, Ages 2.6-5

Framingham Branch

SPORTS

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!

Tiny Tumblers: Ages 2-3

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.

Thursdays (7 weeks), 11:15 AM - 11:45 AM

Saturdays (7 weeks), 8:45 AM - 9:15 AM

Gym Stars: Ages 4-6

Tuesdays (8 weeks), 4:30 PM - 5:00 PM; 5:05 PM - 5:35 PM

Saturdays (7 weeks), 9:20 AM - 9:50 AM

Soccer Skills and Drills: Ages 3-5

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

Fridays (7 weeks), 4:30 PM - 5:00 PM

Saturdays (7 weeks), 9:05 AM - 9:35 AM

Mini Sports: Ages 4-6

This is a great class to start with as kids will improve their gross motor and fine motor skills like running, jumping, catching, passing, and teamwork. Different sports covered will include soccer, basketball, four square, pickleball, and more!

Thursdays (7 weeks), 4:30 PM - 5:00 PM

Saturdays (7 weeks), 8:30 AM - 9:00 AM

Youth Basketball League

Runs December 7 - February 15

Rookies: Kindergarten-grade 1

Saturdays, 12:00 PM - 2:00 PM

Full-Access Framingham Member \$148 | Youth & Teen Y Member \$200 | Community Member \$296

DANCE

FRAMINGHAM BRANCH

Classes are taught by the MetroWest Dance Academy.

Pre-Ballet I: Ages 3-4

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

Saturdays (7 weeks), 9:00 AM - 9:30 AM

Pre-Ballet and Tap II: Ages 4-5

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.

Saturdays (7 weeks), 9:35 AM - 10:20 AM

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 overcome obstacles and other challenges!

Little Ninjas: Ages 3-5

Wednesdays (8 weeks), 5:05 PM - 5:35 PM

Thursdays (7 weeks), 10:30 AM - 11:00 AM

Thursdays (7 weeks), 4:30 PM - 5:00 PM

Saturdays (7 weeks), 10:45 AM - 11:15 AM, 11:20 AM - 11:50 AM

Pricing: Sports, Dance, Ninjas

8 weeks (Mon-Wed) | 30 minutes

Full-Access Framingham Member \$98 | Youth Y Member \$132 | Community Member \$196

8 weeks (Mon-Wed) | 45 minutes

Full-Access Framingham Member \$109 | Youth Y Member \$147 | Community Member \$218

7 weeks (Thu-Sun) | 30 minutes

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

7 weeks (Thu-Sun) | 45 minutes

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

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.

8-week pricing (Mon-Wed)

Full-Access Framingham Member \$82 | Youth Y Member \$111
Community Member \$164

7-week pricing (Th-Sun)

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, 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

Sports questions? Contact Brendan LeBlanc:

lbrendan@metrowestymca.org

Enrichment questions? Contact Jen Hyman:

jhyman@metrowestymca.org

Preschool, Ages 2.6-5

Framingham Branch



Choose your preferred schedule and keep it as long as you want up until next summer!

Who is it for?

Children between the ages of three and 12.

How does it work?

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

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

How do I get started?

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

What is the cost?

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

Preschool Stages 1-4 | Ages 3-5

- Mondays, 6:00 PM - 6:30 PM
- Tuesdays, 4:00 PM - 4:30 PM
- Tuesdays, 4:35 PM - 5:05 PM
- Wednesdays, 5:10 PM - 5:40 PM
- Wednesdays, 5:45 PM - 6:15 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 Preschool Swim

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, 10:00 AM - 10:30 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
- Tuesdays, 10:35 AM - 11:05 AM
- Wednesdays, 3:25 PM - 3:55 PM
- Thursdays, 9:25 AM - 9:55 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.

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.



Pricing: Preschool, School Age 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