

School Ages 5-13, Teen

Framingham Branch & Hopkinton Outdoor Center

FITNESS – Framingham

Kids FT

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 (8 weeks), 4:45 - 5:15 PM

Ages 7-11 | Instructor: Francois
Mondays (8 weeks), 5:20 PM - 5:50 PM

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

Cardio Kids

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

Ages 7-11
Tuesdays (8 weeks), 4:15 PM - 4:45 PM

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

Powerful Girls

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: Katrina
Wednesdays (8 weeks), 4:00 - 5:00 PM

Full-Access Framingham Member \$120 | Youth/Teen Member \$162 | Community Member \$240

Cycle Power

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 (7 weeks), 6:00 AM - 7:00 AM (No class 11/22)

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

Teen Boxing

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 (7 weeks), 5:00 - 6:00 PM

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

Teen Weightlifting

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

Full-Access Framingham Member \$120 | Youth/Teen Y Member \$162 | Community Member \$240

Fridays, 5:00 PM - 6:00 PM

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

5K Treadmill Turkey Trot

Ready to kick off the holiday season? Come participate in our indoor 5K Treadmill Turkey Trot! Open to walkers or runners. Ages 7+ can participate with an adult; ages 11+ can participate independently.

Tuesday, November 26
6:00 AM - 8:00 PM (come anytime!)

Y Members and Community Members \$10

All proceeds benefit the MetroWest YMCA's Annual Fund

SPORTS – Hopkinton

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)

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

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)

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

CHANGEMAKER ACADEMY: WORKFORCE DEVELOPMENT PROGRAM

Stay tuned for information on the next cohort.

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, contact Lisa Mandozzi: lmandozzi@metrowestymca.org



TEEN CENTER – Framingham

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

Framingham Branch & Hopkinton Outdoor Center

AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION - Framingham

November 30 - December 1
9:00 AM - 3:00 PM

This course is for those who hold an active American Red Cross Lifeguarding Certification or for those who have expired within 30 days of the course date. This course will be instructor-led, meaning there is no prerequisite coursework. The course had a minimum of 9.25 hours of in-person instruction.

AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE - Framingham

December 27-29
8:00 AM - 6:00 PM

This course is for those training for the first time or for those whose certifications have expired. The class is offered in a blended learning format: minimum of 21.5 hours of in-person instruction; 7-8 hours of online coursework.

Participants must be 15 years of age by the last day of the course AND pass the pre-requisite swimming skills evaluation on the first day. Participants who successfully complete the course will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. Per Massachusetts law, lifeguards must be at least 16 years old.

Y Member \$300 | Teen Y Member \$350 | Community Member \$400

Questions? Contact Hayley Maskell:
hmaskell@metrowestymca.org

Drop-in Programs - Framingham

Drop-In Adult Pickleball

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

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

FITNESS - Framingham

Powerful Women

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 (7 weeks), 10:45 AM - 11:45 AM

Saturdays (7 weeks), 12:30 PM - 1:30 PM

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

Cycle Power

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 (7 weeks), 6:00 AM - 7:00 AM (No class 11/22)

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

Self-Defense

This full-contact class is based on martial arts principles especially aikijutsu and jujitsu. Students will learn how to fall without getting hurt; takedowns and throws; and proper form when punching, kicking and blocking.

Ages 18+

Wednesdays (8 weeks), 4:00 PM - 5:00 PM

Full-Access Framingham Member \$120 | Community Member \$240

5K Treadmill Turkey Trot - BACK BY POPULAR DEMAND!



Ready to kick off the holiday season? Come participate in our indoor 5K Treadmill Turkey Trot! Open to walkers or runners. Ages 7+ can participate with an adult; ages 11+ can participate independently.

Tuesday, November 26

6:00 AM - 8:00 PM (come anytime!)

Y Members and Community Members \$10

All proceeds benefit the MetroWest YMCA's Annual Fund

We will be doing the free 30 Days of Wellness calendar together again this December. If you would like to be notified to participate, email KLadd@metrowestymca.org



THE HAUNT

October 18-20 and October 25-27

6:00 PM - 9:00 PM

You are cordially invited to attend "The Haunt: A Wedding in Deadwoodville." This interactive, theatrical experience, held deep in the woods of the YMCA Outdoor Center, will feature a wedding of forbidden love as two worlds collide - the living and the dead.

All proceeds will benefit the Hopkinton Center for the Arts and the MetroWest YMCA.

GET YOUR TICKETS TODAY:



Volunteers are needed to assist with The Haunt and to act in scenes. Those spooky individuals interested in channeling their inner ghoul should contact Bartt Pinchuck: BPinchuck@metrowestyca.org

Adult Programs, Ages 18+

Framingham Branch

FITNESS (cont.) – Framingham

Adult Boxing – NEW TIMES

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 with Yash, 9:30 AM – 10:30 AM

Full-Access Framingham Member \$120 | Youth Y Member \$162
Community Member \$240

Sundays with Francois, 9:00 AM – 10:00 AM

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

Strength Training for Healthy Bones

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 (8 weeks), 11:00 AM – 12:00 PM

Full-Access Framingham Member \$120 | Community Member \$240

Strength Training for Pickleball

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 (7 weeks), 11:00 AM – 12:00 PM

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

POWERFUL AGING FOR WOMEN – NEW!

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, stretching and meditation and provide opportunities to share with others going through the stages of menopause (perimenopause, menopause, post menopause).

Instructor: Leslie

Fridays (7 weeks), 4:30 PM – 5:30 PM

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

WATER FITNESS – Framingham

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 \$96 | Community Member \$192

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

Full-Access Framingham Member \$18 | Community Member \$36

Water Walking (Advanced)

Thursdays, 11:15 AM – 12:00 PM

Full-Access Framingham Member \$15 | Community Member \$30

Water Aerobics

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

Mondays/Wednesdays, 11:15 AM – 12:00 PM

Full-Access Framingham Member \$18 | Community Member \$36

Fridays, 11:15 AM – 12:00 PM

Full-Access Framingham Member \$15 | Community Member \$36

Mondays, 7:15 PM – 8:10 PM

Full-Access Framingham Member \$22 | Community Member \$44

Thursdays, 7:15 PM – 8:10 PM

Full-Access Framingham Member \$19 | Community Member \$38

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 \$15 | Community Member \$30

ADULT SWIM LESSONS – Framingham 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

Pricing: Adult 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

Special Populations

Framingham Branch

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. To receive information on any of the below programs, contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: jpotter@metrowestymca.org

ONGOING PROGRAMS – Join at any time

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

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

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

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.

YMCA's Diabetes Prevention: Now enrolling for fall and winter classes

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

UPCOMING PROGRAMS

LIVESTRONG® at the YMCA: Next session runs 1/14/25 – 4/3/25

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.

