

2024 FALL II PROGRAM & MEMBERSHIP GUIDE

Session: Oct. 28 – Dec. 22



MetroWest YMCA
FUEL YOUR PASSIONS.



Welcome to the Y!

The MetroWest YMCA is a place where you can build skills and boost your physical and mental energy, so you can engage more fully in all areas of your life. With greater vitality and support, you'll strengthen your relationships, increase your resilience, tackle challenges with confidence, and be ready to ***fuel your passions.***

Important Dates

Fall II Session 2024

October 28 – December 22

Registration Dates:

Y Members: October 8

Community Members: October 15

Winter Session 2025

Starts January 6

Registration Dates:

Y Members: December 10

Community Members: December 17

Framingham Holiday Hours

Thursday, Nov 28: Open 7:00 AM – 11:00 AM

Thursday, Nov 28 – Sunday, December 1: No instructional classes

Tuesday, Dec 24: Open 5:00 AM – 1:30 PM

Wednesday, Dec 25: CLOSED

Tuesday, Dec 31: Open 5:00 AM – 5:00 PM

Wednesday, Jan 1: Open 1:00 PM – 5:00 PM

Hopkinton Holiday Hours

Thursday, November 28: CLOSED

Wednesday, December 25: CLOSED

Wednesday, January 1: CLOSED

Open 9:00 PM – 5:00 PM on days before and after holidays



IMPORTANT NOTICE FOR FALL II

Programs at the Framingham Branch will not run Thursday, 11/28 – Sunday, 12/1. Pricing will be based on 8-week programs and 7-week programs.

Additionally, the Framingham Branch pool will be closed Monday, 10/28 – Sunday, 11/3 for maintenance. Fall II Aquatics classes will begin the week of Monday, 11/4. Pricing will be based on 6-week programs and 7-week programs.

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 & weekend programs



Browse programs and register online:

metrowestymca.org/programs

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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.

Fuel Your Passions

Framingham Branch

MEMBER BENEFITS:

Free & Unlimited Group Exercise Classes

Members enjoy unlimited Group Exercise classes. We offer 65 classes per week at the Framingham Branch. Ages 16+

Mind/Body	Cardio	Strength & Weights	Strength & Cardio
Core Fusion	BollyX®	Bootcamp	Group Active
Gentle Yoga	Zumba®	Core Fusion	Step & Strength
Yoga Vinyasa Flow	Cycle	Group Power	Strength & Cardio
Power Yoga	Cardio Dance	TRX	Parkinson's Exercise
Pilates	Group Fight	Parkinson's PWR!	TRX Circuit
Pilates HIIT	Senior Fitness		
	Pedal for Parkinson's		

Members, reserve your spot in Y360!

Check out our current schedule:
metrowestymca.org/schedules



Members' App: YMCA360

Download the YMCA360 app and access:

- Framingham Branch schedules: gym, pool, GroupEx
- Ability to reserve GroupEx classes
- 800+ on-demand videos
- Your membership barcode for scan in

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.

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!

Child Watch FREE with a Family Membership!

Children ages two months - 10 years old can enjoy free play or participate in enrichment activities for up to two hours. Parents can work out, swim, take a class, or read in our lobby (parents must be in the building at all times). (Adult members pay \$3 per child, per visit)

Mon.-Fri., 8:30 AM - 1:15 PM

Mon.-Thurs., 3:45 PM - 8:00 PM

Fri., 3:45 PM - 7:00 PM

Sun., 8:45 AM - 1:00 PM

Sat., 8:45 AM - 1:00 PM

ADD ONS (\$):

Functional Training (FT)

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

Schedule:

Monday - Friday, 6:00 AM, 6:00 PM

Mondays/Wednesdays/Fridays, 9:30 AM

Saturdays, 7:15 AM, 10:15 AM

Sundays, 10:15 AM

Your first class is free!

Pricing:

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

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

Class packs:

Y Member (Family) \$60 for 5 or \$100 for 10

Y Member (Youth & Teen) \$75 for 5 or \$125 for 10

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 Katrina Ladd: kladd@metrowestymca.org or 508-879-4420 x238

Nutrition Consultation

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: LaurenHanley@metrowestymca.org or 508-879-4420 x239

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. Ages 18+ by appointment ONLY. If you're interested, contact Katrina Ladd: kladd@metrowestymca.org or 508-879-4420 x238

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

[REGISTER](#)

HOPKINTON OUTDOOR CENTER

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 make a delicious meal!

Festive Challenge:

Friday, December 13, 5:30 PM - 7:30 PM

[REGISTER](#)

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

[REGISTER](#)



FRAMINGHAM BRANCH

Halloween Party

Sunday, October 20

2:00 PM - 4:00 PM

Member \$10 | Community Member \$15

[REGISTER](#)

Winter Wonderland Party

Friday, December 13

6:00 PM - 7:30 PM

Family Member FREE

All other memberships \$15/family

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

Community Member \$32/child/class

[REGISTER](#)

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

[REGISTER](#)

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), 8:30 AM - 9:00 AM

[REGISTER](#)

Gym Stars: Ages 4-6

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

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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), 10:30 AM - 11:00 AM, 11:05 AM - 11:35 AM

[REGISTER](#)

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

Sports questions? Contact Brendan LeBlanc:
lbrendan@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.

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

Kindergarten Readiness

In Kindergarten Readiness, we'll explore patterns, sequencing, rhyming, and more.

Ages 4-5

Thursdays, 10:45 AM - 11:45 AM

[REGISTER](#)

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

[REGISTER](#)

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

REGISTER

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.

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



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

REGISTER

School Ages 5-13

Framingham Branch & Hopkinton Outdoor Center

ENRICHMENT - Framingham

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

8-week pricing (Mon-Wed)

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

[REGISTER](#)

7-week pricing (Th-Sun)

Full-Access Framingham Member \$72 | Youth Y Member \$97 | Community Member \$144

COOKING - Framingham

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

Tuesdays with Nate, 5:15 PM - 6:15 PM

Y Member \$84 | Youth & Teen Y Member \$114 | Community Member \$168

Saturdays with Liz, 11:15 AM - 12:15 PM

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

[REGISTER](#)

Teen Chef Series

Each week teens will build upon their culinary skills, gaining 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 \$161 | Community Member \$238

[REGISTER](#)

COOKING - Hopkinton

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 knife skills, how to measure ingredients, safety around the stove and oven, how to read through a recipe, and more!

Ages 6-9 with Karley

Mondays, 5:00 PM - 7:00 PM

Y Member \$150 | Youth & Teen Y Member \$202 | Community Member \$300

Ages 10-16 with Chef John

Wednesdays, 5:00 PM - 7:00 PM

Y Member \$165 | Youth & Teen Y Member \$223 | Community Member \$330

[REGISTER](#)

One-Time Kids' Cooking Classes

Ages 6-12

Y Member \$20/person | Youth & Teen Y Member \$27/person | Community Members \$40/person

Homemade Pasta

Saturday, November 9 | 1:00 PM - 3:00 PM

Join us for a pasta party where children will learn the craft of homemade pasta paired with a homemade sauce, parmesan roasted brussels sprouts and garlic bread.

[REGISTER](#)

Winter Wonderland

Saturday, December 14 | 11:00 AM - 1:00 PM

Warm up in the kitchen while we prepare recipes perfect for a snow day! On the menu will be a vegetable minestrone soup, homemade biscuits, and hot coco!

[REGISTER](#)

Kids in the Kitchen Half-Day: Ages 6-12

Friday, November 1 | 9:00 AM - 1:00 PM

School is out, cooking is in! Join us for a half day cooking program in our teaching kitchen. To celebrate Diwali, we will be making Samosas, a mango lassi, and a healthy dessert!

Y Member \$60/person | Youth & Teen Y Member \$81/person | Community Member \$120/person

[REGISTER](#)

SPORTS - Hopkinton

Full-Access Framingham Member \$90 | Youth Member \$97 | Community Member \$180

Beginner/Intermediate Archery: Ages 6+

Classes focus 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)

Saturdays, 10:15 AM - 11:15 AM

Advanced Archery: Ages 8+

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.

Saturdays, 10:15 AM - 11:15 AM (No class 11/30)

[REGISTER](#)

SPORTS - Framingham

Soccer Skills & Drills: Ages 6-8

This indoor soccer class will focus on 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!

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

[REGISTER](#)

Floor Hockey: Ages 6-10

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!

Tuesdays (8 weeks), 5:15 PM - 6:00 PM

[REGISTER](#)

Gymnastics

Gym Stars: Ages 4-6

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

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

Rollers: Ages 7-9

Tuesdays (8 weeks), 5:40 PM - 6:10 PM

Saturdays (7 weeks), 9:40 AM - 10:10 AM

[REGISTER](#)

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.

Ages 5-6

Mondays (8 weeks), 4:30 PM - 5:00 PM

Wednesdays (8 weeks), 4:30 PM - 5:00 PM

Thursdays (7 weeks), 5:05 PM - 5:35 PM

Saturdays (7 weeks), 9:35 AM - 10:05 AM

Ages 7-9

Mondays (8 weeks), 5:05 PM - 5:50 PM

Wednesdays (8 weeks), 5:05 PM - 5:50 PM

Saturdays (7 weeks), 10:10 AM - 10:55 AM

11:00 AM - 11:45 AM

Ages 10-12

Wednesdays (8 weeks), 5:55 PM - 6:40 PM

Youth Basketball League

Runs December 7 - February 15

Small Shots: Grades 2-3

Saturdays, 2:00 PM - 4:00 PM

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

VOLUNTEERS NEEDED! We're looking for volunteers to coach our Youth Basketball League. If you're interested, please contact Brendan LeBlanc: lbrendan@metrowestymca.org

[REGISTER](#)

Pricing: Framingham Sports

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

School Ages 5-13

Framingham Branch

MARTIAL ARTS – Framingham

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 (7 weeks), 12:30 PM – 1:00 PM

Age 8-13

Saturdays (7 weeks), 1:15 PM – 1:45 PM

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

[REGISTER](#)

DANCE – Framingham

Classes are taught by the MetroWest Dance Academy.

Ballet 3: Ages 5-6

Following a Royal Academy of Dance syllabus class will help kids build self-esteem, strength, and discipline in a nurturing way.

Saturdays (7 weeks), 10:25 AM – 10:55 AM

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

[REGISTER](#)

Jazz and Tap 3: Ages 5-6

Step into this fun jazz and tap class to dance to popular tunes and develop flexibility, quick footwork, and rhythm!

Saturdays (7 weeks), 10:55 AM – 11:25 PM

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

[REGISTER](#)

NINJAS – Framingham

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!

Junior Ninjas: Ages 6-8

Wednesdays (8 weeks), 5:40 PM – 6:10 PM

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

Thursdays (7 weeks), 5:05 PM – 5:35 PM

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

[REGISTER](#)

SWIM – Framingham

Perpetual 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

[REGISTER](#)

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

Mondays, 4:15 PM – 4:45 PM

Mondays, 6:35 PM – 7:05 PM

Tuesdays, 6:20 PM – 6:50 PM

Thursdays, 4:00 PM – 4:30 PM

Fridays, 6:35 PM – 7:05 PM

Saturdays, 8:45 AM – 9:15 AM

Saturdays, 9:20 AM – 9:50 AM

Saturdays, 10:30 AM – 11:00 AM

Sundays, 11:30 AM – 12:00 PM

Sundays, 12:40 PM – 1:10 PM

Pricing: 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

[REGISTER](#)

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

Mondays, 4:15 PM – 4:45 PM

Mondays, 6:35 PM – 7:05 PM

Tuesdays, 4:00 PM – 4:30 PM

Wednesdays, 6:20 PM – 6:50 PM

Thursdays, 6:20 PM – 6:50 PM

Fridays, 4:15 PM – 4:45 PM

Fridays, 4:50 PM – 5:20 PM

Fridays, 6:35 PM – 7:05 PM

Saturdays, 8:10 AM – 8:40 AM

Saturdays, 11:40 AM – 12:10 PM

Sundays, 9:10 AM – 9:40 AM

Sundays, 10:20 AM – 10:50 AM

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

Mondays, 5:25 PM – 5:55 PM

Mondays, 6:00 PM – 6:30 PM

Wednesdays, 6:20 PM – 6:50 PM

Thursdays, 6:20 PM – 6:50 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, 8:45 AM – 9:15 AM

Saturdays, 11:40 AM – 12:10 PM

Sundays, 9:45 AM – 10:15 AM

Sundays, 10:55 AM – 11:25 AM

Sundays, 12:05 PM – 12:35 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

Mondays, 6:35 PM – 7:05 PM

Wednesdays, 5:45 PM – 6:15 PM

Thursdays, 6:20 PM – 6:50 PM

Fridays, 5:25 PM – 5:55 PM

Fridays, 6:35 PM – 7:05 PM

Saturdays, 9:20 AM – 9:50 AM

Saturdays, 10:30 AM – 11:00 AM

Sundays, 11:30 AM – 12:00 PM

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

Mondays, 4:15 PM – 4:45 PM

Mondays, 6:35 PM – 7:05 PM

Wednesdays, 6:20 PM – 6:50 PM

Fridays, 6:35 PM – 7:05 PM

Saturdays, 9:55 AM – 10:25 AM

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

Wednesdays, 3:15 PM – 4:00 PM

Full-Access Framingham Member \$106 | Youth/Teen Member \$143 | Community Member \$212

Saturdays, 11:05 AM – 11:50 AM

Full-Access Framingham Member \$90 | Youth/Teen Member \$122 | Community Member \$180

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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)

Saturdays, 10:15 AM - 11:15 AM

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

[REGISTER](#)

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.

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.

Y Member \$150 | Teen Y Member \$175 | Community Member \$200

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

REGISTER

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

SPORTS – Framingham

Pickleball Clinic 101 – Ages 18+

Choose a slot: 10/29 – 11/19 or 11/16 – 12/27

An introduction to pickleball where participants will learn the skills critical to begin 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

REGISTER

Pickleball Clinic 102 – Ages 18+

Choose a slot: 10/29 – 11/19 or 11/16 – 12/27

For more experienced players to build on current skills and improve their game.

Tuesdays, 7:05 PM – 8:05 PM

Full-Access Framingham Member \$60 | Community Member \$120

REGISTER

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

REGISTER

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

REGISTER

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

REGISTER

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

Teens & Adults

Framingham Branch & Hopkinton Outdoor Center



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 ghoulish should contact Bartt Pinchuck: BPinchuck@metrowestymca.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

Thursdays, 7:15 PM – 8:15 PM

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

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

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

Water Walking (Low Impact)

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

Tuesdays, 11:15 AM – 12:00 PM

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

[REGISTER](#)

Water Walking (Advanced)

Thursdays, 11:15 AM – 12:00 PM

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

[REGISTER](#)

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

[REGISTER](#)

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

[REGISTER](#)

Ai Chi

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

Thursdays, 10:20 AM – 11:05 AM

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

[REGISTER](#)

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

[REGISTER](#)

[REGISTER](#)

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.



Education & Care

Framingham Branch & Hopkinton Outdoor Center

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

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

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

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. 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.



WINTER/ DECEMBER VACATION PROGRAMS HOPKINTON OUTDOOR CENTER

For this outdoor-based vacation program, we plan to spend time outdoors hiking, orienteering, and trying a few low ropes elements. Indoors, we will run games, indoor rock climbing, archery, and work arts & crafts. Please supply your child with lunch, a water bottle, and two snacks. Limited space available. Ages 7-12

Full day: December 23, 27, & 30 | 8:00 AM – 5:00 PM
Full Access Framingham Member \$85 | Outdoor Center + Youth/Teen Member \$95 Community Member \$160

REGISTER

Half day: December 31 | 8:00 AM – 1:00 PM
Full Access Framingham Member \$42 | Outdoor Center + Youth/Teen Member \$47 Community Member \$80

KIDS IN THE KITCHEN VACATION PROGRAM

Looking for a hands-on program for your child to engage in while school is out? Kids in the Kitchen will teach youth basic cooking skills while they learn how to cook healthy, delicious recipes! Each day we will make multiple recipes and enjoy them together or kids can bring in Tupperware to take home and share! You can sign up for one or all of our classes!

Ages 6-12
December 23, 26, 27, and 30 | 9:00 AM – 1:00 PM

REGISTER

Y Member \$60 | Outdoor Center/Youth & Teen Member \$81 | Community Member \$120 (prices per day)

FRAMINGHAM BRANCH

We offer a full-day program with additional AM and PM care available. The program offers structured days featuring sports, games, arts and crafts, and swimming. A healthy lunch will be provided. Grades K-5

December 23, 26, 27, and 30 | 9:00 AM – 4:00 PM
Full-Access Framingham Member \$74 | Youth Y Member \$100
Community Member \$148

REGISTER

AM Care, 7:30 AM – 9:00 AM | PM Care, 4:00 PM – 6:00 PM
Full-Access Framingham Member \$14 | Youth Y Member \$19 | Community Member \$28

Questions? Contact Jen Hyman: jhyman@metrowestymca.org

Did you know? The MetroWest YMCA hosts birthday parties at our Hopkinton Outdoor Center!



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

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)
Saturdays, 10:15 AM – 11:15 AM

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)

REGISTER

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

REGISTER

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.

REGISTER

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.

REGISTER

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!

REGISTER

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

REGISTER

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.

REGISTER

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.

REGISTER

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.

REGISTER



METROWEST YMCA FRAMINGHAM
280 OLD CONNECTICUT PATH
FRAMINGHAM, MA 01701

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

the **MetroWest YMCA**

DREAM BIG Gala & Auction

November 19, 2024

REGISTER TODAY TO BID
 GALA TICKETS ARE LIMITED

Online auction bidding takes
 place 11/12- 11/19

Giving Tuesday – December 3, 2024

Giving Tuesday is a global generosity movement inspiring hundreds of millions of people to give, collaborate, and celebrate generosity. We invite you to participate with our MetroWest YMCA community this Giving Tuesday and consider a donation to our Y. Through your support, 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/give

Follow us on social media!

FACEBOOK: MetroWest YMCA Framingham Branch

INSTAGRAM: @metrowestymca.org

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.

FACILITY ACCESS

All members must present their membership card upon entry to the YMCA. All non-member program participants must sign in at the member service desk.

Youth 12 years and younger:

- * Parents/Guardian must remain in the building while a child is attending an instructional class.
- * May participate in designated open gymnasium and open swim times with adult supervision.
- * May use the youth and family game room lounge area with adult supervision.

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