



# THRIVE IN '25

Join us for Spring Programs!

Spring I Session: February 24–April 19

MetroWest YMCA



Learn about our six **SUMMER CAMPS** on pg. 14!

# Welcome to the Y!

The MetroWest YMCA offers year-round programs for all ages in fitness, sports, aquatics, enrichment, adventure, cooking, wellness and disease prevention, and more! We serve the towns of Framingham, Ashland, Natick, Sherborn, Hopkinton, Holliston, Sudbury, Wayland, and beyond.

Join us to boost your physical and mental health and find community while you're at it.



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## 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 & weekends per program schedule

Clearbrook Swim Club - Opens Memorial Day Weekend  
120 Parker Road  
Framingham, MA 01702

## Important Dates

**Spring 1 2025: February 24 - April 19**

Registration Dates:

Y Members: February 4 | Community Members: February 11  
Sunday, April 20: MetroWest YMCA Closed

**Spring 2 2025: April 28 - June 15**

Registration Dates:

Y Members: April 8 | Community Members: April 15

**Healthy Kids Day**

Saturday, April 26

9:00 AM - 1:00 PM at the Hopkinton Outdoor Center

Rain Date: Sunday, April 27

**Clearbrook Swim Club: May 24 - September 1**

Registration begins March 3

## April Vacation Programs

Throughout the school year, we offer flexible vacation programs designed to fit your busy schedule. Whether it's a single day or multiple days, our programs offer a mix of fun, learning, and adventure for your child!

### Framingham

**Framingham Branch Vacation Program: Grades K-5**  
April 22 - April 25

### Hopkinton

**Hopkinton Adventure Vacation Program: Ages 7-12**  
Tuesday, April 22 - Friday, April 25

**Fitness/Nutrition Half-Day Program: Ages 9+**  
Wednesday, April 23 and Thursday, April 24

**Kids in the Kitchen Vacation Program: Ages 6-12**  
Tuesday, April 22 - Friday, April 25



LEARN MORE!

HEALTHY LIVING.

YOUTH DEVELOPMENT.

SOCIAL RESPONSIBILITY.

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.

# Member Programs

Framingham & Hopkinton

## Join as a Member!

We offer flexible, no-contract memberships at the Framingham Branch, Hopkinton Outdoor Center, and Clearbrook Swim Club. Learn more at [MetroWestYMCA.org/Membership](http://MetroWestYMCA.org/Membership)

## Free & Unlimited Group Exercise Classes

We offer 65 classes per week at the Framingham Branch. Ages 16+

### Mind/Body

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

### Cardio

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

### Strength & Weights

Bootcamp  
Core Fusion  
Group Power  
TRX  
Parkinson's PWR!

### Strength & Cardio

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

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



## Members' App: YMCA360

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

Now you can manage your fitness at your fingertips with access to unlimited videos on topics like fitness, wellness, cooking, sports drills, and more! You can also sync YMCA360 to your smart watch. Available on mobile, desktop, and across multiple streaming services.



## Free Equipment Fittings

Get started on the right foot with a complimentary equipment fitting. Reserve your spot in YMCA360. Sundays, 2:00 PM, Tuesdays, 10:45 AM or 7:00 PM, Fridays 4:30 PM, or by appointment.

## Free Wellness Consultation

All new members receive a 1:1 consultation with one of our fitness experts.

## Child Watch **FREE with a Family Membership!**

Our beautiful, light-filled Child Watch room hosts children ages two months to 10 years of age for up to two hours. Children can enjoy supervised free play or take part in instructor-led enrichment activities, while parents exercise or enjoy free time (must stay in the building).

FREE for Family Members  
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  
Sat., 8:45 AM - 1:00 PM  
Sun., 8:45 AM - 1:00 PM



## Fitness Add-Ons (\$)

### Goal Setting with InBody Scan: Ages 18+

Discover what your body is made of with the InBody body composition scan. After completing the scan, you'll review your results with a certified personal trainer, who will help you set achievable goals and provide insights for creating a personalized plan to reach them. By appointment ONLY. Full-Access Framingham Member \$20 | Teen Member \$25 Community Member \$40

### Personal Training

Invest in your future by working one-on-one with a certified personal trainer. [metrowestymca.org/personal-training](http://metrowestymca.org/personal-training)

### 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. [metrowestymca.org/nutrition](http://metrowestymca.org/nutrition)

## FREE Drop-In Programs

### Hopkinton Outdoor Center

**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 18+ wishing to belay must attend a class. Y Member FREE | Community Member \$10/person

**Open Rec: Saturdays, 1:00 PM - 3:00 PM in the Rec Hall**  
The Rec Hall will offer activities such as pickleball, basketball, cornhole, indoor horseshoes, giant games, and more. Participants may also use the bouldering wall or auto-belays (2) or may top-rope climb IF they have an adult who has taken the belay class with them. There will be NO YMCA staff belayers. Alternates with Open Archery. Y Member FREE | Community Member \$10/person

**Snowshoe Rentals: Saturdays, 1:00 PM - 3:00 PM**  
With its hiking trails, wetlands, ponds, and open fields, the seasonal changes at the Outdoor Center are a beautiful sight. Check in at the Rec Hall to sign in/pick up snowshoes. 5+ inches of snow on the ground is required. Y Member FREE | Community Member \$5/person per hour

### Framingham

#### Family Open Swim & Open Gym

Enjoy free play and swim and meet other families at our beautiful gym and indoor pool. [metrowestymca.org/schedules](http://metrowestymca.org/schedules)

#### Toddler Open Gym

During this time, we dedicate our beautiful gymnasium to youngsters and their grown-ups to enjoy age-appropriate activities and equipment. Parents and kids can burn off energy, socialize, and have a great time!  
Tuesdays and Wednesdays, 9:30 AM - 11:45 AM

# Enrichment & Family Fun

## Youth | Framingham

### Enrichment

Children will learn, create, and have fun. Classes use hands-on activities to help them learn and socialize with children in their age group.

Full-Access Framingham Member FREE | Youth Y Member \$115 | Community Member \$170

#### Music and Art with a Grown Up: Ages 1.6–2.9

Engage your child in a creative and interactive environment that promotes early socialization and discovery through the arts. This introductory class includes music, art, stories, and free playtime, making it a great way to ease your child into a preschool setting while allowing grown-ups to make new friends too.

Thursdays, 10:30 AM – 11:30 AM  
Saturdays, 9:30 AM – 10:30 AM

#### Sticky Fingers: Ages 2.6–3.6

Let your child express their creativity through hands-on, messy play that builds fine motor skills and encourages exploration. Dress for a mess and get ready for fun as we create with a variety of materials.

Wednesdays, 4:30 PM – 5:30 PM  
Saturdays, 10:45 AM – 11:45 AM

#### Count with Me: Ages 3–4

Introduce your child to foundational math concepts in a fun, engaging way that encourages curiosity and cognitive development. This class covers counting and number, shape, and pattern recognition.

Mondays, 10:45 AM – 11:45 AM

#### Alphabetivities: Ages 3–4

Build early literacy skills as your child explores the alphabet, helping them develop writing, phonics, and creativity. Each week, we'll focus on a new letter, practicing writing, learning sounds, and making a themed craft.

Wednesdays, 10:45 AM – 11:45 AM

#### Spring is Here: Ages 3.5–5

Each week we will explore different aspects of the spring season. Activities include games, music, free play, and crafts.

Thursdays, 4:30 PM – 5:30 PM

#### Kindergarten Readiness: Ages 4–5

Get a head start on school readiness with fun activities that reinforce early learning skills. In this class, we explore patterns, sequencing, rhyming, and more to prepare your child for Kindergarten.

Thursdays, 11:45 AM – 12:45 PM

#### Crafty Kids: Ages 4–6

Encourage your child's creativity and self-expression through crafting, building skills with varied materials. We'll use paint, pastels, beading, charcoal, clay, foam, and wood, so bring your imagination and dress for a mess!

Tuesdays, 9:30 AM – 10:30 AM  
Saturdays, 12:00 PM – 1:00 PM

#### Parents' Night Out

Enjoy a night out while your kids have fun at the Y! Parents' Night Out is held on select Fridays throughout the school year. Children will enjoy games, activities, crafts, and more. Pre-registration is required, and all children must be able to use the bathroom independently.

Select Fridays: March 4, March 28, and April 11  
6:00 PM – 9:00 PM

Full-Access Framingham Member \$22 | Youth Y Member \$30 | Community Member \$44

#### Kids' Day Out

Kids' Day Out is for children who are off from school and want to have fun outside the house. The day will include physical activities, arts & crafts, swim time, and more. Advanced registration is required. Grades K–5

March 21 and April 18

8:00 AM – 5:00 PM

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

### Spring Meet & Greet

Gather the family and stop by the Framingham Branch to celebrate the spring season! Enjoy games, crafts, and an afternoon on the new outdoor playground. It's the perfect way to celebrate together and make sweet memories!

Sunday, March 23  
1:00 PM – 3:00 PM

Full-Access Framingham Member FREE | Community Member \$15 per family



### Healthy Kids Day®



Plan to join us on Saturday, April 26 at the Hopkinton Outdoor Center for a morning of fun activities for families and kids of all ages. See page 14 for details. Free for all!

## PRICING: MARTIAL ARTS, GYMNASTICS, NINJAS

30 minutes: Full-Access Framingham Member \$102 | Youth/Teen Member \$138 Community Member \$204  
45 minutes: Full-Access Framingham Member \$113 | Youth/Teen Member \$153 Community Member \$226

## PRICING: DANCE (6 Weeks)

30 minutes: Full-Access Framingham Member \$83 | Youth/Teen Member \$112 Community Member \$166  
45 minutes: Full-Access Framingham Member \$93 | Youth/Teen Member \$126 Community Member \$186

## Martial Arts

Led by Villari's of Natick, these classes focus on building critical life skills like respect, self-discipline, and self-control. Students will gain confidence and control over their actions while learning a variety of martial arts movements, including strikes, kicks, and footwork, progressing to more complex techniques as they advance. Sneakers are required, and an introductory belt is provided. A uniform is optional and available for purchase online.

### Intro to Karate: Ages 5-7

Saturdays, 12:30 PM - 1:00 PM

### Intermediate Karate: Ages 8-13

Saturdays, 1:15 PM - 1:45 PM

## Dance

Taught by the MetroWest Dance Academy, these classes offer a great introduction to a variety of dance techniques with no experience necessary for any class.

### Pre-Ballet I: Ages 3-4

This introduction to ballet helps children develop coordination, musicality, and self-expression. Each class encourages imagination and creativity, while also fostering great listening skills as children interact with their teacher and peers.

Saturdays, 9:00 AM - 9:30 AM; 10:55 - 11:25 AM

### Pre-Ballet and Tap II: Ages 4-5

In this class, children will learn ballet through imagination, expression, and creativity. Developmentally appropriate dance skills are nurtured as they progress from natural movement to more complex coordination and rhythm. Students will develop confidence, improve listening skills, and build strong bones and muscles. Each session includes 30 minutes of ballet followed by 15 minutes of tap, with tap shoes required.

Saturdays, 9:35 AM - 10:20 AM

### Ballet 3: Ages 5-6

This ballet class for rising Kindergarteners follows the Royal Academy of Dance syllabus, focusing on developing ballet techniques and natural movements through creativity and musicality. The class helps build self-esteem, strength, and discipline in a nurturing and inspiring environment.

Saturdays, 10:25 AM - 10:55 AM



## Gymnastics

In these co-ed gymnastics classes, kids will work on a variety of age-appropriate skills. Classes are tailored to each child's skill level, ensuring they stay challenged and make faster progress toward reaching their full potential!

### Tiny Tumblers: Ages 2-3

Explore tumbling and gymnastics with your little one in this parent-and-child class! Practice learning forward roll, floor balance beam, gross motor skill development. You'll support and encourage your child as they challenge themselves, practice following directions, improve gross motor skills, and build confidence in a fun, supportive environment.

Thursdays, 11:15 AM - 11:45 AM

Saturdays, 8:30 AM - 9:00 AM

### Gym Stars: Ages 4-6

Skills learned include forward and backward rolls, hanging from bars, elevated balance beams, and cartwheel prep.

Tuesdays, 4:30 PM - 5:00 PM; 5:05 PM - 5:35 PM

Thursdays, 5:00 PM - 5:30 PM

Saturdays, 9:05 AM - 9:35 AM

### Rollers: Ages 7-9

Skills learned include cartwheels, handstands, independent beam, bar skills like a pullover, and beginning vault skills.

Tuesdays, 5:40 PM - 6:25 PM

Thursdays, 5:35 PM - 6:20 PM

Saturdays, 9:40 AM - 10:25 AM

## Ninjas

Ninja classes use an exciting obstacle course to help children build strength, improve eye-hand coordination, and boost self-esteem. As they navigate the course, they'll also develop critical thinking skills to overcome obstacles and tackle new challenges!

### Little Ninjas: Ages 3-5

Wednesdays, 4:45 PM - 5:15 PM

Thursdays, 10:30 AM - 11:00 AM

Fridays, 4:30 PM - 5:00 PM

Saturdays, 10:40 AM - 11:10 AM, 11:15 AM - 11:45 AM

### Junior Ninjas: Ages 6-8

Wednesdays, 5:20 PM - 6:05 PM

Fridays, 5:05 PM - 5:50 PM

# Sports of All Sorts

Youth & Adult | Framingham

## PRICING: SPORTS (unless stated otherwise)

30 minutes: Full-Access Framingham Member \$102 | Youth/Teen Member \$138 | Community Member \$204  
45 minutes: Full-Access Framingham Member \$113 | Youth/Teen Member \$153 | Community Member \$226



## Sports

### Mini Sports

If you're not sure which sport your child will love, start with Mini Sports! Kids will improve both gross and fine motor skills through a variety of sports, including running, jumping, catching, passing, teamwork, and more. Sports covered include soccer, basketball, floor hockey, volleyball, and more, giving kids the chance to try it all and find what they enjoy!

#### Ages 4-6

Thursdays, 4:30 PM - 5:00 PM  
Saturdays, 8:30 AM - 9:00 AM

### Soccer Skills & Drills

This indoor soccer class is designed to introduce young players to the fundamentals of the game while fostering a love for soccer. Through engaging drills and fun activities, children will develop key skills such as dribbling, passing, shooting, and teamwork. For our younger participants, we invite parents to join in the fun—helping to create a positive, supportive environment for learning and play. As players grow older, the focus shifts toward refining these skills and preparing for friendly, game-like scenarios, ensuring they're ready to take on the field with confidence!

#### Ages 3-5

Fridays, 4:30 PM - 5:00 PM  
Saturdays, 9:05 AM - 9:35 AM

#### Ages 6-8

Tuesdays, 4:20 - 5:05 PM

### Floor Hockey

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!

#### Ages 6-10

Tuesdays, 5:15 PM - 6:00 PM

### ★ Volleyball 101 - NEW!

Bump, set, spike! Join us for a class where we focus on fundamental skills, strategies and teamwork. Players of all levels are welcome to come and improve their game!

#### Ages 7-10

Fridays, 5:15 PM-6:00 PM

### Sports & Conditioning Workshops

Level up your game! Each workshop begins with a different sport, covering both fundamental skills and advanced tactics. After, participants will transition into a strength and conditioning session led by a certified personal trainer. Register for 1, 2, or all 3 days!

#### Ages 8-12

Tuesday (4/22), 4:30 PM - 6:30 PM  
Wednesday (4/23), 4:30 PM - 6:30 PM  
Thursday (4/24), 4:30 PM - 6:30 PM

Full-Access Framingham Member \$31 | Youth Member \$42  
Community Member \$62

### Youth Basketball

This class introduces players to the fundamental skills needed to enjoy the game and prepare for the season. Participants will work on dribbling, shooting, and other key basketball skills to build a strong foundation for the game.

#### Ages 5-6

Mondays, 4:30 PM - 5:00 PM  
Wednesdays, 4:30 PM - 5:00 PM  
Saturdays, 9:40 AM - 10:10 AM

#### Ages 7-9

Mondays, 5:05 PM - 5:50 PM  
Wednesdays, 5:05 PM - 5:50 PM  
Saturdays, 10:15 AM - 11:00 AM  
Saturdays, 11:05 AM - 11:50 AM

#### Ages 10-12

**These classes include practice and end with 20 minutes of game play.**

Wednesdays, 5:55 PM - 6:40 PM

### Basketball Workshops & Games

This class groups participants by age and skill level. The first half of class will focus on skills and drills and the second half will be game play.

#### Ages 5-10

Saturdays, 12:45 PM - 1:45 PM  
Full-Access Framingham Member \$124 | Youth Member \$167  
Community Member \$248

### Pickleball 101 (4 weeks)

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.

#### Ages 18+

Tuesdays, 6:00 PM - 7:00 PM  
Tuesdays, 7:05 PM - 8:05 PM  
Full-Access Framingham Member \$62 | Community Member \$124

### Adult Pickleball League

Looking for a slightly more competitive Pickleball game play? This league is perfect! Your game results will be recorded to give you a player ranking. This league is for intermediate and advanced players.

#### Ages 18+

Saturdays, 2:00 PM - 3:30 PM  
Full-Access Framingham Member \$124 | Youth/Teen Member \$167  
Community Member \$248

## Free Sports: Members Only - all ages

### Open Pickleball

Reservations are required and can be made in YMCA360 beginning 48 hours in advance.

### Drop-In Basketball

Members can play pick-up basketball in our gym. Balls are provided.

View schedule: [metrowestymca.org/schedules](https://www.metrowestymca.org/schedules)

### PRICING: PARENT/CHILD SWIM, PRESCHOOL SWIM

8 weeks: Monday-Saturday

Full-Access Framingham Member \$113 | Youth/Teen Member \$153 | Community Member \$226

7 weeks: Sundays

Full-Access Framingham Member \$99 | Youth/Teen Member \$134 | Community Member \$199

## Parent/Child Swim

### Parent/Child A: Ages 6-24 months

Accompanied by a grown-up, infants and toddlers will grow comfortable in the water and develop swim readiness skills through fun, confidence-building activities. Adults will learn about water safety, drowning prevention, and the importance of supervision.

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 grown-up, children will prepare for the transition to preschool-level aquatics by engaging in purposeful movement, guided by audio and/or visual cues to enhance their readiness and water confidence.

Tuesdays, 10:00 AM - 10:30 AM

Thursdays, 4:00 PM - 4:30 PM

Saturdays, 9:20 AM - 9:50 AM

Sundays, 10:55 AM - 11:25 AM

Sundays, 12:05 PM - 12:35 PM

### Parent/Child C: Ages 3+

Swimmers will build on the confidence gained in Parent/Child A & B, and this class welcomes participants over the age of 3 into the swim lesson program. Adults will be in the water for support, guidance, and safety, allowing children to challenge their swim and social skills in a group lesson setting. Instructors will encourage kids to practice skills independently, while assuring them that their parents are nearby.

Saturdays, 10:30 AM - 11:00 AM

## Preschool Swim: Ages 3-5

### Preschool 1: Water Acclimation

This class is designed for beginners with little to no swimming experience or those who feel uncomfortable in the water. Students will gradually increase their comfort level through underwater exploration and basic self-rescue skills, with assistance provided to ensure a safe and supportive learning environment.

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

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, 8:10 AM - 8:40 AM

Saturdays, 9:55 AM - 10:25 AM

Saturdays, 11:05 AM - 11:35 AM

Saturdays, 11:40 AM - 12:10 PM

Sundays, 9:45 AM - 10:15 AM

Sundays, 10:55 AM - 11:25 AM

Sundays, 11:30 AM - 12:00 PM

Sundays, 12:40 PM - 1:10 PM

### Preschool 2: Water Movement

This class is for students who have completed Stage 1 or are comfortable going underwater independently. Participants will build on their skills by practicing basic self-rescue skills and increasing their independent swimming ability with forward movement in the water.

Mondays, 4:15 PM - 4:45 PM

Mondays, 5:25 PM - 5:55 PM

Wednesdays, 3:25 PM - 3:55 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, 8:10 AM - 8:40 AM

Saturdays, 9:20 AM - 9:50 AM

Saturdays, 10:30 AM - 11:00 AM

Sundays, 9:10 AM - 9:40 AM

Sundays, 10:20 AM - 10:50 AM

Sundays, 11:30 AM - 12:00 PM

Sundays, 12:05 PM - 12:35 PM

### Preschool 3: Water Stamina

This class is for students who have completed Stage 2 or can independently perform the following skills: submerge and blow out air, jump in, float on back and front for 10 seconds, tread water for 10 seconds, glide front and back for 5 yards, and swim, roll, float, roll, swim for 5 yards. In this stage, students will develop intermediate self-rescue skills, practicing for longer durations and greater distances than in previous stages.

Mondays, 5:25 PM - 5:55 PM

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

Sundays, 10:20 AM - 10:50 AM

### Preschool 4: Water Acclimation

This class is for students who have completed Level 3 or can independently perform the following skills: swim 15 yards with their face in the water, submerge and retrieve an object from the bottom, swim 10 yards on their back, tread water for 30 seconds, and jump in and swim to the wall. Students will continue to build their swimming skills with a focus on endurance, technique, and self-rescue.

Fridays, 4:15 PM - 4:45 PM

## School Age Swim: Ages 6-15

### School Age 1: Water Acclimation

This class is designed for beginners with little to no swimming experience or those who are uncomfortable in the water. Students will gradually increase their comfort level through underwater exploration and will learn basic self-rescue skills, with assistance, to ensure safety and confidence.

Tuesdays, 6:20 PM - 6:50 PM

Saturdays, 9:55 AM - 10:25 AM

Sundays, 9:10 AM - 9:40 AM

### School Age 2: Water Movement

This class is for students who have completed Stage 1 or are comfortable going underwater independently. Participants will build on their skills by focusing on forward movement in the water and practicing basic self-rescue skills, all performed independently to help increase confidence and swimming ability.

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

### School Age 3: Water Stamina

This class is for students who have completed Stage 2 or can independently perform the following skills: submerge and blow out air, jump in, float on back and front for 20 seconds, tread water for 10 seconds, glide front and back for 10 yards, and swim, roll, float, roll, swim for 5 yards. In this stage, students will develop intermediate self-rescue skills, working for longer durations and greater distances than in previous stages to further enhance their swimming abilities.

Mondays, 4:15 PM - 4:45 PM

Mondays, 6:35 PM - 7:05 PM

Wednesdays, 5:10 PM - 5:40 PM

Wednesdays, 6:20 PM - 6:50 PM

Thursdays, 6:20 PM - 6:50 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, 9:45 AM - 10:15 AM

Sunday, 10:20 AM - 10:50 AM

# Aquatics

## Youth, Teens, Adult | Framingham

### School Age 4: Stroke Introduction

This class is for students who have completed Stage 3 or can independently perform the following skills: swim, float, swim 25 yards using any stroke, swim 15 yards on both their back and front, jump in and swim 10 yards, and tread water for a minute. In this stage, students are introduced to basic stroke techniques in freestyle and backstroke, as well as water safety skills such as treading water and learning the elementary backstroke.

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, 10:55 AM – 11:25 AM

Sundays, 12:05 PM – 12:35 PM

### School Age 5: Stroke Development

This class is for students who have completed Stage 4 or can independently swim 25 yards using any stroke, perform freestyle with rotary breathing, backstroke, elementary backstroke, tread water for a minute, and demonstrate the breaststroke and butterfly kicks. In this stage, students are introduced to the full breaststroke and butterfly strokes, as well as water safety skills like treading water and sidestroke.

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

Sundays, 12:40 PM – 1:10 PM

### School Age 6: Stroke Mechanics

This class is for students who have completed Stage 5 or can independently swim 50 yards using any stroke, perform freestyle with bent arm recovery, backstroke, sidestroke, breaststroke, and butterfly for 25 yards, tread water for 2 minutes, and dive. In this stage, students will refine their stroke technique in all major competitive strokes, build endurance, and be encouraged to swim as part of a healthy lifestyle.

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

Sundays, 12:05 PM – 12:35 PM

### Aquatic Conditioning

This class is for students who have completed School Age 6 or can independently swim 50 yards of Freestyle, Backstroke, Breaststroke, and Butterfly. It is designed for those interested in swimming competitively, with a focus on building endurance, refining stroke technique, and improving overall performance in preparation for swim meets. Ages 10-16

Tuesdays, 6:20 PM – 7:05 PM

Saturdays, 11:05 AM – 11:50 AM

Full-Access Framingham Member \$125 | Youth/Teen Member \$169 | Community Member \$250

#### PRICING: ADULT SWIM

8 weeks: Monday-Saturday

Full-Access Framingham Member \$113 | Youth/Teen Member \$153

Community Member \$226

7 weeks: Sunday

Full-Access Framingham Member \$99 | Youth/Teen Member \$134

Community Member \$199

## Adult Swim Lessons A, B, C: Ages 16+

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. Class will focus on submersion, front and back floats, and 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.

Tuesdays, 9:25 AM – 9:55 AM

Tuesdays, 6:20 PM – 6:50 PM

Saturdays, 11:05 AM – 11:35 AM

Sundays, 12:40 PM – 1:10 PM

## Water Fitness: Ages 18+

### Masters Swimming

Open to adults 18 years and older, this competitive swimming team features practice workouts and drills. Participants must be able to complete a 500-yard swim and know the competitive strokes to join.

Mondays/Wednesdays/Fridays

5:10 AM – 6:10 AM

Full-Access Framingham Member \$140 | Community Member \$280

### Water Walking (Low Impact)

Did you know that a half-hour of water walking is equal to two hours on land? In this class, participants will get a total body workout with less impact on joints and more resistance than land walking.

Tuesdays, 11:15 AM – 12:00 PM

Full-Access Framingham Member \$21 | Community Member \$42

### Water Walking (Advanced)

Thursdays, 11:15 AM – 12:00 PM

Full-Access Framingham Member \$21 | Community Member \$42

### Water Aerobics

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

#### 45-min class

Mondays, 11:15 AM – 12:00 PM

Wednesdays, 11:15 AM – 12:00 PM

Fridays, 11:15 AM – 12:00 PM

Full-Access Framingham Member \$21 | Community Member \$42

#### 55-minute class

Mondays, 7:15 PM – 8:10 PM

Thursdays, 7:15 PM – 8:10 PM

Full-Access Framingham Member \$26 | Community Member \$52

### Ai Chi

Ai Chi is a water exercise and relaxation program that involves a series of slow, broad movements of the arms and legs. It is designed to help manage pain, including back pain, arthritis, fibromyalgia, and other orthopedic issues. This class is suitable for non-swimmers and provides a gentle, effective way to improve mobility and relieve discomfort.

Thursdays, 10:20 AM – 11:05 AM

Full Access Framingham Member \$21 | Community Member \$42

Please note that we try to provide clear and accurate information, but the MetroWest YMCA does not assume responsibility for any typos or misprints. To register, and for program policies, visit, [MetroWestYMCA.org/programs](https://MetroWestYMCA.org/programs)



## American Red Cross Certifications

American Red Cross lifeguarding and water safety courses are led by skilled professionals who will help you build the confidence and abilities needed to provide care and instruction when it matters most.

### American Red Cross Adult & Pediatric First Aid/CPR/AED R.21 March 11, April 15 | 3:00 PM – 7:30 PM

Learning CPR empowers you to save lives! It's a skill anyone can learn—not just healthcare professionals or emergency responders. In fact, when bystanders step in with CPR, they can double or even triple a person's chance of survival. This class provides safe, effective training to prepare you to act confidently when every second counts. The class is instructor-led, with no prerequisite coursework required, and includes a minimum of 3.75 hours of in-person instruction.

Participants who successfully complete the course will receive an American Red Cross certificate for Adult and Pediatric First Aid/CPR/AED, valid for 2 years.

Y Member \$75 | Community Member \$110

### American Red Cross Lifeguard Re-Certification R.24 March 22 – 23 | 9:00 AM – 3:30 PM

Our lifeguarding program equips lifeguards with the knowledge to prevent, protect, and respond effectively to aquatic emergencies. This instructor-led course is for individuals who hold an active American Red Cross Lifeguarding Certification or whose certification expires within 30 days of the course date. The course includes a minimum of 9.25 hours of in-person instruction, with no prerequisite coursework required.

Participants must pass a swimming skills evaluation on the first day of the course. Those who successfully complete the course will receive an American Red Cross Lifeguarding (including Deep Water) certification, along with CPR/AED for Professional Rescuers and First Aid, valid for 2 years.

Y Member \$150 | Community Member \$200

### American Red Cross Lifeguard Certification R.24 February 18 – 21, April 22 – 25 | 9:00 AM – 4:00 PM

Our lifeguarding program equips lifeguards with the knowledge to prevent, protect, and respond effectively to aquatic emergencies. This course is designed for individuals training for the first time or those whose certifications have expired. It is offered in a blended learning format, which includes a minimum of 21.5 hours of in-person instruction and 7-8 hours of online coursework.

Participants must be at least 15 years of age by the last day of the course and must pass a prerequisite swimming skills evaluation on the first day. Upon successful completion, participants will receive an American Red Cross certificate for Lifeguarding (including Deep Water), along with CPR/AED for Professional Rescuers and First Aid, valid for 2 years. Per Massachusetts law, lifeguards must be at least 16 years old to work in the role.

Y Member \$350 | Community Member \$400

### Skill Boost: Administering Emergency Oxygen Certification April 25 | 5:00 PM – 6:45 PM

This skill boost was developed to provide training in the use of advanced resuscitation and airway management equipment, including oxygen delivery systems, suctioning devices and basic airways. Participants must be certified or enrolled in Lifeguarding, CPR/AED for Professional Rescuers, Basic Life Support, Advanced Life Support, Pediatric Advanced Life Support, Adult CPR and AED, Pediatric CPR and AED or an equivalent Red Cross course to take this skill boost.

Participants who successfully complete the course will receive an American Red Cross certificate for Skill Boost: Administering Emergency Oxygen Certification valid for 2 years.

Y Member \$30 | Community Member \$60

## SUMMER SWIM CLUBS FRAMINGHAM & HOPKINTON

### Clearbrook Swim Club

120 Parker Road | Framingham, MA 01702

Join us for the 2025 season! We look forward to a summer filled with games, swim lessons, and family events!

Amenities:

- Large outdoor pool
- Splash pad
- Grass covered lawn
- Tennis court
- Raised garden beds
- Gaga ball pit
- Brand new pool liner

REGISTRATION  
OPENS ON  
MARCH 3!

Hours of operation:

Monday – Sunday, 11:00 AM – 7:00 PM

### Memberships Options & Rates

**Y Family Memberships: Add Clearbrook to your membership**

Full Summer, May 24 – Sept. 1: \$350

Half Summer, May 24 – July 18 or July 19 – Sept. 1: \$190

**Y Adult Memberships: Upgrade to a Clearbrook Membership**

Full Summer, May 24 – Sept. 1: \$560

Half Summer, May 24 – July 18 or July 19 – Sept. 1: \$335

**Y Youth Memberships: Upgrade to a Clearbrook Membership**

Full Summer, May 24 – Sept. 1: \$728

Half Summer, May 25 – July 18 or July 19 – Sept. 1: \$408

**Community Members**

Full Summer, May 24 – Sept. 1: \$900

Half Summer, July 19 – Sept. 1: \$525

### Outdoor Center Swim Club

45 East Street | Hopkinton, MA 01748

The Hopkinton Outdoor Center is home to a beautiful outdoor swimming pool, available to members during the summer on evenings and weekends!

The Club will open on May 24. Hours of operation:

Monday – Friday, 4:00 PM – 7:00 PM

Saturday and Sunday, 11:00 AM – 7:00 PM

Who has access?

- Hopkinton Outdoor Center members
- Full-Access Framingham Branch members (excludes Youth or Teen)
- Clearbrook Swim Club members

### Outdoor Center Swim Team

45 East Street | Hopkinton, MA 01748

Hopkinton's Stingrays Summer Swim Team is a recreation-based, fun-first team for ages 6-13. Our team is comprised of swimmers who are new to competitive swimming and just getting their feet wet! We practice throughout the summer, leading up to the MetroWest Summer Swim League and Championships! Swimmers MUST be able to safely swim the length of the pool to participate.

More information about the 2025 swim team is coming soon. If you have questions in the meantime, contact Bart Pinchuck, Executive Director, Outdoor Center: [bpinchuck@metrowestymca.org](mailto:bpinchuck@metrowestymca.org)

### PRICING: ONE-HOUR FITNESS PROGRAMS

Full-Access Framingham Member \$124 | Youth/Teen Member \$167 | Community Member \$248

## Fitness

### Kids FT

Kids are recommended to get at least 60 minutes of physical activity a day, which can be tough with a full day at school. This class gives children the opportunity to run, jump, hang, and lift, helping them learn more about their bodies as they grow. Activities include aerobic conditioning for endurance, basic strength training, and jumping exercises to develop power.

#### Ages 5-7

Mondays, 4:45 - 5:15 PM  
Wednesdays, 5:10 PM - 5:50 PM

Full-Access Framingham Member \$102 | Youth/Teen Member \$138 | Community Member \$204

#### Ages 8-11

Mondays, 5:20 PM - 5:50 PM  
Saturdays, 9:30 AM - 10:00 AM

### Cardio Kids

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

#### Ages 7-11

Tuesdays, 4:15 PM - 4:45 PM

Full-Access Framingham Member FREE | Youth Y Member \$138 | Community Member \$204

### Powerful Girls

This class is designed for young girls who are new to exercise, focusing on total body movements to build strength and confidence. Each session includes a dynamic warm-up, 2-3 strength exercises for the upper or lower body using equipment like barbells, dumbbells, or kettlebells, as well as exploring new equipment like the sled or battle ropes. The class finishes with abs and stretching.

#### Ages 9-13

Wednesdays, 4:00 - 5:00 PM

Full-Access Framingham Member \$124 | Youth/Teen Member \$167 | Community Member \$248

### Teen Boxing

Boxing is a fun and effective way to get fit! In this class, you'll learn various techniques, improve cardiovascular fitness, master different movements, and use equipment to build your self-defense skills.

#### Ages 11-16

Thursdays, 5:00 - 6:00 PM

### Advanced Teen Boxing

This class is for those who have completed Teen Boxing and have a solid grasp of basic techniques. It focuses on refining advanced boxing skills while enhancing strength and conditioning.

#### Ages 11-16

Thursdays, 5:00 - 6:00 PM

### Teen Weightlifting

Teens will learn the fundamentals of strength training using kettlebells, dumbbells, and barbells. They'll master proper form for key exercises like bench press, squats, and deadlifts, along with other push and pull movements to support overall strength development.

#### Ages 11-16

Tuesdays, 5:00 PM - 6:00 PM

Fridays, 5:00 PM - 6:00 PM

### Advanced Teen Weightlifting - NEW!

This advanced class is for teens who have completed Teen Weightlifting. Participants will determine their max lifts and receive personalized guidance on appropriate weights. The class begins with a warm-up and instruction, then teens follow their workout plan at their own pace, with instructor support as needed.

#### Ages 12-16

Tuesdays, 5:00 PM - 6:00 PM

### Cycle Power

Boost your cardiovascular fitness and lower body strength in this high-intensity cycle class. Pre- and post-power tests help participants assess their intensity level and track their progress over time.

#### Ages 12+

Fridays, 6:00 AM - 7:00 AM

### Adult Boxing

Boxing is a fun and effective way to get fit! In this class, you'll learn various techniques, improve cardiovascular fitness, master different movements, and use equipment to build your self-defense skills.

#### Ages 18+

Tuesdays, 7:15 PM - 8:15 PM  
Thursdays, 7:15 PM - 8:15 PM  
Sundays, 9:00 AM - 10:00 AM

### Advanced Adult Boxing - NEW! ★

For those who have completed Adult Boxing, this class will build on your foundational skills. It focuses on refining advanced boxing techniques, improving strength and conditioning, and boosting your overall boxing IQ.

#### Ages 18+

Tuesdays, 7:15 PM - 8:15 PM  
Thursdays, 7:15 PM - 8:15 PM

### Strength Training for Healthy Bones

As we age, bone density decreases, which can increase the risk of injury. Fortunately, strength training helps maintain and even improve bone density! This class is a great introduction to strength training, offering a safe and effective way to support bone health and overall strength.

#### Ages 18+

Mondays, 11:00 AM - 12:00 PM  
Thursdays, 10:15 AM - 11:15 AM

### Strength Training for Pickleball - NEW!

Pickleball is a fast-paced sport that demands coordination, agility, strength, and speed! This strength training class focuses on improving your lateral leg strength and stability, upper body strength, speed, and agility to help enhance your pickleball performance.

#### Ages 18+

Fridays, 11:00 AM - 12:00 PM

### Powerful Women

Increasing muscle mass helps decrease fat mass, boost metabolism, and improve overall body composition. In Powerful Women, you will build strength and confidence through strength training! Participants will perform complex movements that engage multiple muscle groups using a variety of equipment.

#### Ages 18+

Mondays, 11:00 AM - 12:00 PM  
Thursdays, 10:15 AM - 11:15 AM

### Powerful Aging for Women - NEW!

This community-based class helps women navigate the changes of menopause by focusing on managing symptoms through strength training, stretching, and meditation. It also offers a supportive space to connect with others experiencing perimenopause, menopause, and postmenopause.

Fridays, 5:30 PM - 6:30 PM

### Stretch & Release

Learn a variety of recovery techniques to prevent injuries, improve range of motion, and enhance your workout routine. This class combines active and passive stretching with tools like foam rollers, Lacrosse balls, and yoga blocks, offering an integrated experience tailored to each participant's needs.

#### Ages 18+

Wednesdays, 10:30 AM - 11:30 AM

## 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+

**Your first class is free!**

### 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



### Pricing & Class Packs:

Y Member (Family & Adult) \$50/month  
 Y Member (Youth & Teen) \$63/month  
 Y Member (Family) \$60 for 5 or \$100 for 10  
 Y Member (Youth & Teen) \$75 for 5 or \$125 for 10



### Indoor Triathlon: April 6

Early Bird Registration: December 10-March 22  
 Full-Access Framingham Member \$30 | Youth/Teen Member \$45  
 Community Member \$60  
 Registration: March 23-April 3  
 Full-Access Framingham Member \$35 | Youth/Teen Y Member \$53 | Community Member \$70

### Indoor Triathlon Swim Clinic

February 23, 10:00 AM - 11:00 AM  
 Full-Access Y Member \$15 | Youth/Teen Member \$22 | Community Member \$30

### FREE Online Workshop: How to Create a Workout

Wednesday, March 5 | 12:00 PM - 1:00 PM

This free online workshop is designed to help you build a personalized fitness plan based on your goals! This session will cover essential topics, including:

- Goal setting for effective fitness
- The American College of Sports Medicine (ACSM) guidelines for exercise
- Recommended amounts of aerobic exercise, strength training, and flexibility training
- Various small group and group exercise options that can support your journey toward success

These guidelines provide a starting point, but your individual training regimen should be tailored to your specific goals. By the end of the workshop, you'll walk away with a clear framework for structuring your weekly exercise routine, empowering you to take actionable steps toward your fitness goals.

## Weight Loss

**Weigh to Change - For information on the next program running in Spring II, contact Francois: [fmonestime@metrowestymca.org](mailto:fmonestime@metrowestymca.org)**

Weigh to Change is your one-stop shop for making a lifestyle change. This 10-week program will cover nutrition counseling and 1:1 exercise support, all while you create community with others. For less than \$50/week, you get:

- Weekly 30-min personal training sessions
- Weekly exercise or nutrition educational
- Up to 3 small group training classes
- Two 1:1 nutrition consultations with a registered dietitian
- Two Inbody scans to measure progress
- Ongoing community support

Group Trainings: Mon/Wed at 6:30 PM - 7:30 PM and Sat at 8:30 AM - 9:30 AM

Full-Access Framingham Member \$493 | Youth Member \$616  
 Community Member \$986

## MOVE WITH PURPOSE: PARTICIPATE IN THE RODMAN RIDE FOR KIDS

The Rodman Ride for Kids is a cycling event that has raised millions to support children in our communities. The MetroWest YMCA is excited to partner with the Rodman for Kids again so youth in our community have access to educational programs, healthy meals, and opportunities to build their career aspirations and goals.

Help support our YMCA and raise critical funds for children in our community by participating in the 35th Annual Rodman Ride for Kids on May 17, 2025 in Foxboro.

Complete the 25 mile, 50 mile, or NEW THIS YEAR - participate in the children's element! Grab your loved ones, your bike, and join us for an amazing day!

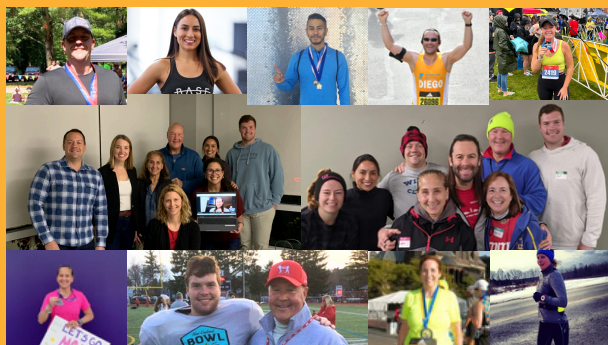
**REGISTER NOW!**



# Fitness & Wellness

Adults | Framingham

## MEET OUR 2025 BOSTON MARATHON TEAM



MEET EACH RUNNER & SUPPORT THEIR JOURNEY TO THE FINISH LINE AS THEY RAISE FUNDS TO SUPPORT AREA CHILDREN AND FAMILIES.



## METROWEST YMCA MARATHON COMMUNITY BREAKFAST

Friday, March 14, 2025

7:00 AM - 9:00 AM

The Sheraton | 1657 Worcester Rd, Framingham

Join us for a special morning where we will celebrate our 2025 Marathon Team Members, Honor our 2025 Inspiration Award Honorees, and celebrate the impact of our Y's work in the community!

### RSVP REQUIRED

Use QR code or send an email to:  
ashleyplace@metrowestymca.org



## Evidence-Based Health Intervention Programs: FREE

Ages 18+ Framingham Branch

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 learn more or join any of these programs, contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: [jpotter@metrowestymca.org](mailto:jpotter@metrowestymca.org)

### Starting in Spring I Session

#### LIVESTRONG® at the YMCA: Next session begins April 2025

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.

#### YMCA's Diabetes Prevention: Now enrolling for March 2025

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+**

FREE to Full-Access Framingham Members and Community Members

### Starting in Spring II Session (April 28)

#### Walk with a Doc - FREE ★

With Gwen Bourque, Doctor of Pharmacy, Certified Health and Wellness Coach, and Diabetes Prevention Lifestyle Coach

Walk with a Doc offers free, healthcare provider-led walking groups. Each event will start with a brief discussion on relevant topics from a health provider. Participants can walk at their own pace and distance while engaging in meaningful conversations and experiencing a sense of camaraderie.

Location TBD

### Ongoing - Join at any time

#### Parkinson's Disease Wellness Programs

These programs are supported by a community grant from the Parkinson's Foundation. They're FREE to Full-Access Framingham Members and Community Members.

**Parkinson's Exercise, PWR@ Moves, Pedal for Parkinson's, Parkinson's Movement to Music Class**

#### 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.

#### Enhance Fitness - 16 weeks

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.

Mondays/Wednesdays/Fridays, 1:30 PM - 2:30 PM

#### 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.

## Cooking – Framingham

### YOUTH CLASSES

#### Kid Chef Series (Ages 6–9)

Kids will learn basic kitchen skills and build confidence using new equipment and cooking techniques. Each week, they'll prepare and enjoy a new recipe together!

Tuesdays with Nate, 4:30 PM – 5:30 PM

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

Saturdays with Liz, 12:45 PM – 1:45 PM

Y Member \$128 | Youth & Teen Y Member \$172 | Community Member \$256

#### Teen Chef Series (Ages 10–16)

Each week, teens will expand their culinary skills by learning new knife techniques and cooking methods. They'll gain confidence while preparing and enjoying healthy, delicious recipes together!

Thursdays with Liz, 5:00 PM – 6:30 PM

Y Member \$144 | Youth & Teen Y Member \$194 | Community Member \$288

#### Cooking With Littles Series (Ages 3–5)

Grown-ups and children will learn cooking skills while exploring new foods and flavors together! In this class, you'll prepare a delicious, kid-friendly recipe. You will expand your child's palate and gain confidence in feeding your little one.

Tuesdays with Liz, 10:15 AM – 11:00 AM

Saturdays with Liz, 10:15 AM – 11:00 AM

Y Member \$108 | Youth Y Member \$146 | Community Member \$216

#### One-Time Cooking with Littles Classes (Ages 3–5)

Y Member \$16/child/class | Youth Y Member \$22/child/class | Community Member \$32/child/class

**Friday, March 14 | 10:15 AM – 11:00 AM**

Spinach pesto pasta

**Friday, April 11 | 10:15 AM – 11:00 AM**

Vegetable tots and a fruit salad

### ADULT COOKING CLASSES

Y Member \$18 per person, per class | Community Member \$36 per person, per class

#### Cooking for Older Adults (Ages 50+)

Select Wednesdays: March 12, April 9 | 12:30 PM – 1:30 PM in Studio C

In this cooking class, we will focus on nutritious, easy-to-prepare recipes designed for one serving. The goal is to teach practical skills and techniques for older adults, especially those who may have limited wrist strength or get tired easily. This approach aims to empower individuals to prepare healthy meals that are manageable and enjoyable, even for those who live alone.

#### Healthy Hacks for Tiny Taste Buds (Ages 18+)

Select Wednesdays: March 5, April 2 | 10:30 AM – 11:30 AM in Conference Room A

In these educational cooking classes, parents/caregivers of small children will gain skills in preparing their children's favorite foods with added nutrition! Two recipes will be made in each class, and nutrition education will be implemented to further highlight the ingredients used. Parents/caregivers will walk away with easy tips on how to increase their child's fruit and vegetable consumption.



## Cooking – Hopkinton Outdoor Center

### YOUTH CLASSES

#### Kids in the Kitchen After School Series

Looking for a hands-on after-school program for your child? Kids in the Kitchen teaches basic cooking skills in a fun and safe environment. Children will learn knife skills, how to measure ingredients, read recipes, operate the stove and oven safely, and more, all while preparing healthy and delicious meals!

##### Ages 6–9

Monday with Karley, 5:00 PM – 7:00 PM

##### Ages 10–16

Wednesdays with Chef John, 5:00 PM – 7:00 PM

Y Member \$172 | Youth & Teen Y Member \$232 | Community Member \$344

#### One-Time Cooking with Littles Classes (Ages 2–6)

Y Member \$16/child/class | Youth Y Member \$22 | Community Member \$32/child/class

**Friday, March 21 | 10:15 AM – 11:00 AM**

Homemade waffle grilled cheese with marinara sauce

**Friday, April 11 | 10:15 AM – 11:00 AM**

Egg-shaped breakfast muffins with a fruit smoothie



#### One-Time Kids' Cooking Classes (Ages 6–12)

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

**Breakfast Feast: Saturday, March 22 | 1:00 PM – 3:00 PM**

Kids will learn how to prepare a healthy breakfast all on their own. On the menu is scrambled egg burritos, avocado toast, a colorful smoothie, and a fruit salad!

**Snack Attack: Saturday, April 12 | 1:00 PM – 3:00 PM**

Kids love to snack, so why not learn how to make them!? Participants will learn how to create filling but fun snacks to enjoy after school or on the weekends. The menu will include loaded nachos, homemade trail mix, and fruit skewers with a yogurt dip.

### FAMILY DINNER NIGHTS

Gather your family and join us for special evenings filled with laughter, learning, and a delicious, healthy meal you'll prepare and enjoy together! Designed for families of all ages and sizes, each event offers hands-on cooking lessons and a chance to connect over a shared love of food. Plus, everyone gets to take home tasty leftovers! Y Member \$16/person | Community Member \$32/person | Children under 3 are free

**Back to the Basics: Simple Ingredients, Delicious Flavor!**

**Friday, March 21 from 5:30 PM – 7:30 PM**

Join us in the kitchen and learn how to prepare a winter bounty of root vegetables paired with lemon butter fish and a wild rice side.

**Homemade Gnocchi: Friday, April 11 from 5:30 PM – 7:30 PM**

Explore the flavors of Italy! Families will learn the craft of making homemade gnocchi – traditional and sweet potato variations – paired with a tomato sauce and a butter sage sauce. The kitchen will be full of delicious smells you won't want to miss!

# Spring at the Outdoor Center

Youth, Adults | Hopkinton



## Birthday Parties at the Y!

Does your child have a winter birthday? Choose from one of our themed party packages - slime-making, rock climbing, and more - to give your child a memorable day! MetroWestYMCA.org/locations/outdoor-center

## Adventure Programs



Full Access Framingham Member \$102 | Outdoor Center  
+ Youth/Teen Member \$110 Community Member \$205

### Beginner Archery: Ages 6+ (Indoor)

Our Beginner Archery program focuses on building fundamental skills, including identifying bow and arrow parts, proper equipment handling, stance, and other essential techniques. All equipment is provided.

Saturdays, 9:00 AM - 10:00 AM

### Beginner/Intermediate Archery: Ages 6+ (Indoor)

The Beginner/Intermediate Archery class is designed for those with some prior experience or those who have completed the beginner class. It builds on foundational skills while introducing advanced concepts like aiming and target acquisition. All equipment is provided.

Saturdays, 10:15 - 11:15 AM

### Advanced Archery: Ages 8+ (Indoor)

Advanced Archery focuses on refining form, learning range and competition commands, and maintaining essential gear like stringing, waxing, and re-fletching. Participation requires instructor approval.

Saturdays, 11:30 AM - 12:30 PM

### Adult Belay Class: Ages 18+

Learn how to belay and manage ropes to take charge of your family's safety! After completing the course, you'll be certified to belay your family and approved guests during Friday night weekly Open Climb sessions.

Fridays, 6:00 PM - 8:00 PM

Full-Access Framingham Member \$25 | Outdoor Center & Youth/Teen Member \$25 | Community Member \$35

### Adult Belay Class: Ages 7+

As winter begins to transition to spring, we will be covering the basics of identifying the different animal tracks on site learning: what to look for, what can we tell about an animal from its tracks, and what other signs do animals leave? Beyond the usual rabbits/birds/squirrels, animals spotted on site include deer, turkey, coyotes and bobcats.

Saturday, March 1 | 1:00 PM - 3:00 PM

Y Member FREE | Youth/Teen Y Member FREE | Community Member \$10/person

### Animal Tracking 101: Ages 7+ ★

As winter begins to transition to spring, we will be covering the basics of identifying the different animal tracks on site learning: what to look for, what can we tell about an animal from its tracks, and what other signs do animals leave? Beyond the usual rabbits/birds/squirrels, animals spotted on site include deer, turkey, coyotes and bobcats.

Saturday, March 1 | 1:00 PM - 3:00 PM

Y Member FREE | Youth/Teen Y Member FREE | Community Member \$10/person

### Map/Compass 101: Ages 10+ ★

Ever been lost before? What would happen if your GPS battery died? This class is perfect for kids who are interested in learning the basics of map-reading and using a compass. Learn about orienting a map using land/terrain features, as well as with a compass if you have no identifying land features besides trees. Explore the different kinds of maps including satellite, topography, orienteering, and hybrid maps.

Saturday, March 15 | 1:00 PM - 3:00 PM

Y Member FREE | Youth/Teen Y Member FREE | Community Member \$10/person

## Farm-to-School Programs: Free for All!

### Seed to Table: Spring Planting for the YMCA Garden

Spring is in the air, and we're kicking off the season by planting seeds for our garden! In this hands-on workshop, you'll learn the basics of seed starting while supporting the Y's farm-to-table mission. Together, we'll plant a variety of fruits and vegetables, which will eventually thrive in our 32 raised garden beds and contribute to our community's fresh food supply. Please bring water and wear clothing that can get a little dirty!

All ages welcome

Saturday, March 8 | 10:00 AM - 11:00 AM

### Spring Into Action: Gardening for the Growing Season

The beginning of spring means it's time to get those shovels out and begin preparing for the growing season. Come help our Farm to School Coordinator, Lindsey, prepare the Y's garden and learn how to plant seedlings, remove debris, add compost to the soil, apply mulch, and more! We plan to enjoy this lovely spring morning in the garden, so please bring water and wear clothing that can get a little dirty!

All ages welcome

Saturday, March 29 | 11:00 AM - 12:30 PM

### Earth Day Garden Event

Come spend Earth Day in the garden, giving back to the planet and supporting the Y's farm-to-table mission! Together, we'll be doing a variety of gardening tasks that could include planting, weeding, composting, mulching, watering, and more. It's a great way to spend time outdoors and get involved with your community. There will be snacks and a garden scavenger hunt for the kids! Bring the whole family!

All ages welcome

Tuesday, April 22 | 10:00 AM - 12:30 PM



## SAVE THE DATE: Healthy Kids Day®

Saturday, April 26

9:00 AM - 1:00 PM

FREE to the public

MetroWest YMCA Hopkinton Outdoor Center

Join us for fitness, sports, gardening, cooking, and enrichment demonstrations. Meet community vendors and organizations working to keep kids safe and healthy. Get a tour of our largest summer camp!



Participate in our:

Family Trail Run: 9:30 AM

Kids' Dashes: 10:15 AM & 10:30 AM



# Education & Summer Camp

Framingham, Hopkinton, & Natick

## 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. We provide high-quality early education and care to children 12 months until they start kindergarten. Ages 12 months through Pre-K.

Located at the MetroWest YMCA Framingham Branch (282 Old Connecticut Path), the ELC offers year-round, Monday - Friday care (7:30 AM - 6:00 PM). Five day options for toddlers. Two, three, and five day options for preschool aged children. For more information: [earlylearning@metrowestymca.org](mailto:earlylearning@metrowestymca.org) / 508-879-4420 x251

## 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 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.

Learn more: [metrowestymca.org/schoolsout](http://metrowestymca.org/schoolsout)

Contact us: [schoolsout@metrowestymca.org](mailto:schoolsout@metrowestymca.org) | 508-876-6096

## MetroWest YMA Summer Camp

Offering 30 program options so kids can explore new things, meet friends that broaden their perspective, and make memories that last a lifetime

### Hopkinton Summer Day Camp

Ages 3-16

Adventures await at Hopkinton Summer Day Camp! Campers will create life-long memories while they enjoy swimming, sports, outdoor activities, STEM, and arts on 122 acres of fields, woods, and shoreline.

The camp serves youth from across the MetroWest and offers many opportunities for your child to learn new things about themselves and others. Campers enjoy wide open spaces, swimming, miles of nature trails, ropes course and zip line, and boating on the Ashland Reservoir. To provide small group care, campers are placed in units by grade, and supervised by trained staff. Campers can choose traditional camp or specialty camps.

### Camp OCP

Entering grades 1-8

Learn, play, and grow at Camp OCP! This traditional summer day camp helps prevent learning loss through STEM, ELA, art, global learning, and social-emotional activities, with exciting weekly field trips and themed events.

### Camp Clearbrook

Entering grades 1-6

Dive in and experience a summer of fun at Camp Clearbrook! This part-day traditional camp offers swimming, arts & crafts, SEL activities, sports, and more, with flexible scheduling and meals included.



### Camp Stepping Stones

Ages 4-pre-K

Stepping Stones is an Early Learning Center program led by EEC certified preschool educators. Campers enjoy water play, movement songs, nature activities, art, story time, games, and more.

### Ninja Sports Camp

Entering grades 1-6

Play with purpose at Ninja Sports Camp! Campers will enjoy a fun, action-packed experience with sports, ninja warrior courses, swimming, and more!

### Y STEAM Camp

Entering grades 1-6

Y STEAM Camp is where youth come to ignite their curiosity. The camp blends swimming, songs, and team-building with STEAM challenges to prevent learning loss and promote social-emotional development.

#### The Y Difference



Swim lessons, recreational swim, or water play included in each camp



Dedicated inclusion staff and camp-wide DEI and anti-bullying training



A camp experience that encourages our core values of caring, honesty, respect and responsibility



Financial assistance so that all kids have the opportunity to experience camp

#### Convenience & Peace of Mind



Transportation available to Hopkinton Day Camp from 20 conveniently located bus stops



Flexible one-week camp programs with optional AM/PM care



30+ program options designed to support your child's growth and development



Healthy lunch included or available for purchase

LEARN MORE:





**METROWEST YMCA FRAMINGHAM  
280 OLD CONNECTICUT PATH  
FRAMINGHAM, MA 01701**

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



## **Check inside to learn about:**

- Spring Classes
- Special Events like Healthy Kids Day!
- Summer Camp
- Free Wellness Programs
- Birthday Parties
- Volunteer Opportunities
- and more!

**For a Better Us<sup>®</sup>**