



# FUEL YOUR PASSIONS

WINTER 2025 PROGRAM & MEMBERSHIP GUIDE

Session: January 6 – February 16

MetroWest YMCA: Framingham, Hopkinton



# Welcome to the Y!

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



## Important Dates

### Winter 2025: January 6 – February 16

Registration Dates

Y Members: December 10

Community Members: December 17

### Spring I 2025: February 24 – April 19

Registration Dates

Y Members: February 4

Community Members: February 11

### Framingham Branch Holiday Hours

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

Wednesday, December 25: CLOSED

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

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

### Outdoor Center Holiday Hours

Tuesday, December 24: Open until 4:30 PM

Wednesday, December 25: CLOSED

Tuesday, December 31: Open until 4:30 PM

Wednesday, January 1: CLOSED

### Camp Info Sessions – Hopkinton Summer Day Camp

Thursday, December 5 | 7:45 PM – 8:45 PM

Monday, December 9 | 10:30 AM – 11:30 AM

Thursday, December 12 | 7:45 PM – 8:45 PM

Monday, January 6 | 10:30 AM – 11:30 AM

Sign up: [metrowestymca.org/camps/hopkinton-summer-day-camp](https://metrowestymca.org/camps/hopkinton-summer-day-camp)

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## 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.

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



## Join as a member for great benefits!

Join as a Framingham Family Membership level and get access to the Hopkinton Outdoor Center programming, too! LEARN MORE AT: [MetroWestYMCA.org/Membership](http://MetroWestYMCA.org/Membership)

## Free & Unlimited Group Exercise Classes

Members enjoy unlimited Group Exercise classes. We offer 65 classes per week at the Framingham Branch. Reserve your spot in Y360! 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' App: YMCA360

Download the YMCA360 app, input your member email, follow the prompts, and access:

- Framingham Branch schedules: gym, pool, GroupEx
- Ability to reserve GroupEx classes
- Browse instructors and "save" your favorite classes
- 800+ on-demand videos
- Your membership barcode for scan in

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

## Fitness ADD ONS (\$)

### Goal Setting

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

**Ages 18+**

Full-Access Framingham Member \$20 | Teen Member \$25 | Community Member \$40

### 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

## 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)

# Enrichment & Family Fun

Youth, Adults | Framingham

## FREE DROP-IN PROGRAMS

Enjoy weekly opportunities to meet other families, have fun, and be active together!

### 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

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 \$62 | Youth Y Member \$84 | Community Member \$124

### 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, 9:30 AM - 10:30 AM

Saturdays, 9:30 AM - 10:30 AM

REGISTER

### 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, 9:30 AM - 10:30 AM

Saturdays, 10:45 AM - 11:45 AM

REGISTER

### 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

REGISTER

### 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

REGISTER

### Winter Wonderland: Ages 3.5-5

Delight in the magic of the season with activities that foster imagination, sensory engagement, and social skills. Each week, we'll explore different aspects of winter through games, music, free play, and crafts.

Mondays, 9:30 AM - 10:30 AM

REGISTER

### 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, 10:45 AM - 11:45 AM

REGISTER

### 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

REGISTER

## FAMILY FUN

### Valentine's Day Party

Gather the family for a fun-filled evening of Valentine's Day festivities! Enjoy games, crafts, exciting activities, and even a bounce house! It's the perfect way to celebrate together and make sweet memories!

Friday, February 7

6:00 PM - 7:30 PM

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



REGISTER

### 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: January 17 and January 31

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 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

Monday, January 20

8:00 AM - 5:00 PM

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

REGISTER

# Martial Arts, Dance, & Ninjas

## Youth | Framingham

### PRICING: MARTIAL ARTS, GYMNASTICS, NINJAS

30 minutes: Full-Access Framingham Member \$76 | Youth/Teen Member \$103 | Community Member \$152

45 minutes: Full-Access Framingham Member \$84 | Youth/Teen Member \$113 | Community Member \$168

### PRICING: DANCE

30 minutes: Full-Access Framingham Member \$82 | Youth/Teen Member \$111 | Community Member \$164

45 minutes: Full-Access Framingham Member \$92 | Youth/Teen Member \$124 | Community Member \$184

## 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

[REGISTER](#)

## 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

[REGISTER](#)

## 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 and 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

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

Saturdays, 9:40 AM - 10:25 AM

[REGISTER](#)

## 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

[REGISTER](#)

# Sports of All Sorts

## Youth & Adult | Framingham

### PRICING: SPORTS (unless stated otherwise)

30 minutes: Full-Access Framingham Member \$76 | Youth/Teen Member \$103 | Community Member \$152

45 minutes: Full-Access Framingham Member \$84 | Youth/Teen Member \$113 | Community Member \$168

## 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

[REGISTER](#)

### Soccer Skills and Drills

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!

#### Ages 3-5

Fridays, 4:30 PM - 5:00 PM

Saturdays, 9:05 AM - 9:35 AM

#### Ages 6-8

Tuesdays, 4:20 PM - 5:05 PM

[REGISTER](#)

### 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

[REGISTER](#)

### Volleyball 101 - NEW! ★

Bump, set, spike! Join us this winter for a beginner-level volleyball class where we'll 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

[REGISTER](#)

### Youth Basketball League: December 7 - February 15

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

Rookies: Kindergarten-grade 1

Saturdays, 12:00 PM - 2:00 PM

Small Shots: Grades 2-3

Saturdays, 2:00 PM - 4:00 PM

### Girls-Only Basketball

All girl's basketball classes will focus on skill development and enhancement, concluding with game play each week.

Age 7-10

Saturdays, 11:50 AM - 12:35 PM

[REGISTER](#)

### 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, 9:35 AM - 10:05 AM

#### Ages 7-9

Mondays, 5:05 PM - 5:50 PM

Wednesdays, 5:05 PM - 5:50 PM

Saturdays, 10:10 AM - 10:55 AM; 11:00 AM - 11:45 AM

#### Ages 10-12

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

Wednesdays, 5:55 PM - 6:40 PM

[REGISTER](#)

### Basketball Skills

This class takes place in the gym, where participants will be divided into 3-4 groups based on skill level. Kids will work with their peers to improve specific skills, targeting areas that will help them progress to the next level of play.

#### Ages 5-10

Thursdays, 5:15 - 6:00 PM

[REGISTER](#)

### 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 (2/18), 4:30 PM - 6:30 PM

Wednesday (2/19), 4:30 PM - 6:30 PM

Thursday (2/20), 4:30 PM - 6:30 PM

Full-Access Framingham Member \$30 | Youth Member \$45 | Community Member \$60

[REGISTER](#)

### FAMILY PICKLEBALL

Pickleball is the fastest growing sport in the world! In this parent/child class, participants will learn the rules, fundamental skills, and play with other families each week.

#### Ages 8-14

Saturdays, 12:00 PM - 1:00 PM

Full-Access Framingham Member \$140 | Youth/Teen Member \$210 | Community Member \$280

[REGISTER](#)

#### Pickleball 101 (Ages 18+)

Tuesdays, 6:00 PM - 7:00 PM

Fridays, 6:15 PM - 7:15 PM

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

#### Pickleball 102 (Ages 18+)

Tuesdays, 7:05 PM - 8:05 PM

[REGISTER](#)

## FREE SPORTS: Members Only

### 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://metrowestymca.org/schedules)



# Aquatics

## Youth | Framingham

### PERPETUAL SWIM

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

#### Ages 3-15

##### How does it work?

Simply choose a day and time that works for your schedule, and you can keep that spot for as long as you'd like through the end of the school year—no more re-enrolling every session!

At your child's first lesson, they'll take a skills test to determine the appropriate swim level. As they progress, our instructors will adjust their teaching to match their growing abilities, all within the same lesson time slot.

##### How do I get started?

Choose your preferred time and register anytime, either online or at the Framingham Branch. Your child will be placed in the next cycle, which starts at the beginning 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](http://metrowestymca.org/programs/aquatics)

#### 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 6-15

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](#)

### PARENT/CHILD SWIM

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

Accompanied by a grown-up, infants and toddlers will become comfortable in the water and develop swim readiness skills through fun, confidence-building activities. Adults will also 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

[REGISTER](#)

#### 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

[REGISTER](#)

#### 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 at times, while assuring them that their parents are nearby for reassurance.

Saturdays, 10:30 AM - 11:00 AM

Sundays, 12:05 PM - 12:35 PM

[REGISTER](#)

### 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  
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, 8:10 AM - 8:40 AM  
Saturdays, 9:55 AM - 10:25 AM  
Saturdays, 11:40 AM - 12:10 PM  
Sundays, 9:45 AM - 10:15 AM  
Sundays, 10:55 AM - 11:25 AM  
Sundays, 12:40 PM - 1:10 PM

[REGISTER](#)

#### 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, 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

[REGISTER](#)

#### 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

[REGISTER](#)

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

Full-Access Framingham Member \$83 | Youth/Teen Member \$112 | Community Member \$166

# Aquatics

Youth, Teens | Framingham

## 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

Sundays, 9:10 AM – 9:40 AM

## SCHOOL AGE SWIM: Ages 6-15

REGISTER

### 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, 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

REGISTER

### 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

REGISTER

### 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

Tuesdays, 4:00 PM – 4:30 PM

Tuesdays, 6:20 PM – 6:50 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, 10:20 AM – 10:50 AM

REGISTER

## 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

REGISTER

## 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

REGISTER

## 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

REGISTER

## PRICING: PRESCHOOL SWIM, SCHOOL AGE SWIM

Full-Access Framingham Member \$83 | Youth/Teen Member \$112 | Community Member \$166

## 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

Saturdays, 11:05 AM – 11:50 AM

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

REGISTER



# Aquatics

## Teen, Adult | Framingham



## 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 January 14 and February 11 | 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.

Full-Access Framingham Member \$75 | Community Member \$110

January: [REGISTER](#) February: [REGISTER](#)

### AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION R.24 January 4-5 | 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.

Full-Access Framingham Member \$150 | Youth/Teen Member \$175 | Community Member \$200

[REGISTER](#)

### AMERICAN RED CROSS LIFEGUARD CERTIFICATION R.24

December 27 – 29 | 8:00 AM – 6:00 PM

February 18 – 21 | 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.

Full-Access Framingham Member \$300 | Youth/Teen Member \$350 | Community Member \$400

December: [REGISTER](#) February: [REGISTER](#)

## FIND YOUR PASSION. WORK AT THE Y!

The MetroWest YMCA seeks swim instructors for full-time and part-time shifts, with training available for those with youth experience.

You will create a welcoming, positive atmosphere for all and lead engaging swim classes following YMCA guidelines. Responsibilities include preparing lesson plans, helping participants reach their goals, and fostering connections among members and families. Instructors also handle record-keeping, equipment, and basic safety procedures.

#### Schedule:

Mondays to Fridays, 3:45 PM – 7:15 PM

Saturdays, 9:00 AM – 1:00 PM

Sundays, 9:00 AM – 1:00 PM

#### Benefits:

Free Y membership, paid sick time, and more. Pay: Up to \$25/hour

#### Requirements:

Age 16+, ability to lift and assist participants.

Learn more: [metrowestymca.org/jobs](https://metrowestymca.org/jobs)

# Aquatics

## Adults | Framingham

### ADULT SWIM 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. 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

[REGISTER](#)

#### PRICING: ADULT SWIM

Full-Access Framingham Member \$83 | Youth/Teen Member \$112 | Community Member \$166

### WATER FITNESS

#### 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 \$96 | Community Member \$192

[REGISTER](#)

#### 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 \$15 | Community Member \$30

[REGISTER](#)

#### 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 \$15 | Community Member \$30

[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, 11:15 AM - 12:00 PM

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

Wednesdays, 11:15 AM - 12:00 PM

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

Fridays, 11:15 AM - 12:00 PM

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

Mondays, 7:15 PM - 8:10 PM

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

Thursdays, 7:15 PM - 8:10 PM

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

[REGISTER](#)



# Fitness

Youth, Teens, Adults | Framingham

## 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 - 5:40 PM

#### Ages 8-11

Mondays, 5:20 PM - 5:50 PM

Saturdays, 9:30 AM - 10:00 AM

Full-Access Framingham Y Member \$45 | Youth Y Member \$61 | Community Member \$90

[REGISTER](#)

### 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 \$61 | Community Member \$90

[REGISTER](#)

### PRICING: ONE-HOUR FITNESS PROGRAMS

Full-Access Framingham Member \$92 | Youth/Teen Member \$124 | Community Member \$184

### 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

[REGISTER](#)

### 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

[REGISTER](#)

### 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

[REGISTER](#)

### 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

[REGISTER](#)

### 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

[REGISTER](#)

### 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

[REGISTER](#)

### RALLY FOR THE Y - FEBRUARY

Join us in February for the Rally for the Y. Together, we rally, ride, and raise awareness and funds to support programs and services for youth and families in our community

Last year, thanks to members like you, we had more than 100 riders participate, helping raise more than \$24,000 and come in fourth in the country against 139 other Ys! Watch for your chance to register to ride, or support at rider.

When we have more information, we'll announce it in our Y News email and on social media. Stay tuned!





# Fitness & Weight Loss

Teens, Adults | Framingham

## PRICING: ONE-HOUR FITNESS PROGRAMS

Full-Access Framingham Member \$92 | Youth/Teen Member \$124 | Community Member \$184

## FITNESS (cont.)

### 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

[REGISTER](#)

### ★ 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

[REGISTER](#)

### 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

[REGISTER](#)

### ★ 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

[REGISTER](#)

### ★ 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

[REGISTER](#)

### ★ 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

[REGISTER](#)

## FREE Online Workshop: How to Create a Workout

January 8, 6:00 PM – 7:00 PM

[REGISTER](#)

### Self-Defense

This full-contact class is based on martial arts principles, particularly aikijitsu and jujitsu. Students will learn techniques such as safe falling, takedowns, throws, and the proper form for punching, kicking, and blocking.

**Ages 11+**

Wednesdays, 4:00 PM – 5:00 PM

[REGISTER](#)

### 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

[REGISTER](#)

### 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

[REGISTER](#)

### Prepare for the Indoor Triathlon!

Full-Access Y Member \$15 | Youth/Teen Member \$22 | Community Member \$30 (per clinic)

Triathlon Clinic – SWIM

January 5, 10:00 AM – 11:00 AM

Triathlon Clinic – BIKE

January 25, 10:00 AM – 11:00 AM

Triathlon Clinic – RUN

February 8, 10:00 AM – 11:00 AM

[REGISTER](#)

## WEIGHT LOSS

**Weigh to Change – STARTS JANUARY 13, 2025 – Don't miss this opportunity!**

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 4 small group training classes
- Two 1:1 nutrition consultations with a registered dietitian
- Two Inbody scans to measure progress
- Ongoing community support

[REGISTER](#)

Group Trainings: Mon/Wed at 6:30 PM – 7:30 PM OR Sat at 8:30 AM – 9:30 AM

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

# Health Intervention Programs

Adults | Framingham

## 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 learn more and join these programs contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: [jpotter@metrowestymca.org](mailto: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, 11:15 AM – 12:00 PM

**PWR! Moves**

Wednesdays, 11:45 AM – 12:45 PM

**Pedal for Parkinson's**

Tuesdays/Fridays/Sundays, 11:00 AM – 12:00 PM

**Parkinson's Movement to Music Class**

Thursdays, 1:00 PM – 2:00 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 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

### 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.



# Cooking & Nutrition

All ages | Framingham, Hopkinton

## 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

Y Member \$96 | Youth & Teen Y Member \$130 | Community Member \$192

[REGISTER](#)

#### 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

Saturdays with Liz, 12:45 PM – 2:15 PM

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

[REGISTER](#)

#### 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 \$84 | Youth Y Member \$114 | Community Member \$168

[REGISTER](#)

#### 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, January 24 | 10:15 AM – 11:00 AM

Vegetable egg cups and a fruit salad

Friday, February 7 | 10:15 AM – 11:00 AM

Lemon broccoli pasta with mango sorbet

[REGISTER](#)

### ADULT COOKING CLASSES

Y Member \$18/person | Community Member \$36/person

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

Wednesday, January 22, February 12 | 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.

[REGISTER](#)

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

Wednesday January 15, February 5 | 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.

[REGISTER](#)

## 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

Mondays with Karley, 5:00 PM – 7:00 PM

Ages 10–16

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

Y Member \$144 | Youth & Teen Y Member \$198 | Community Member \$288

[REGISTER](#)

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

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

Friday, January 17 | 10:15 AM – 11:00 AM

Banana and spinach pancakes with a fruit smoothie

[REGISTER](#)

Friday, February 14 | 10:15 AM – 11:00 AM

Heart-shaped pizza and thumbprint jam cookies

[REGISTER](#)

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

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

Homemade Sushi: Saturday, January 25 | 1:00 PM – 3:00 PM

In celebration of the Lunar New Year, kids will learn hands-on skills to create their own vegetable sushi rolls and potstickers! This class is perfect for young chefs excited to explore new flavors, practice kitchen skills, and share a creative meal with new friends.

[REGISTER](#)

Homemade Pasta: Saturday, February 8 | 1:00 PM – 3:00 PM

Join us for a pasta party where kids will learn to make homemade pasta from scratch, paired with a delicious homemade sauce, parmesan roasted Brussels sprouts, and garlic bread. A fun and tasty hands-on cooking experience!

[REGISTER](#)

### 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

Soup and Sandwiches: Friday, January 24 from 5:30 PM – 7:30 PM

Cozy up with your family in the kitchen as you learn to make hearty vegetable minestrone soup and grilled cheese sandwiches. It's a comforting winter meal to warm you up!

[REGISTER](#)

Homemade Pizza Night: Friday, February 7 from 5:30 PM – 7:30 PM

Kick off the weekend with homemade pizza night! Families will make pizza dough from scratch, customize their toppings, and enjoy a fresh salad on the side. It's a fun, interactive way to end the week with a delicious homemade feast!

[REGISTER](#)

### ADULT COOKING CLASS

(Ages 18+)

Meal Prep: Sunday, February 16 | 4:00 PM – 6:00 PM

Kick off the new year with fresh flavors and a nourishing meal! Together, we'll prepare roasted vegetable couscous and garlic herb chicken breast—a delicious, wholesome dish perfect for fueling your week ahead.

Y Member \$30/person | Community Member \$60/person

[REGISTER](#)





# Winter at the Outdoor Center

Youth, Adults | Hopkinton

## ADVENTURE PROGRAMS

### Beginner Archery: Ages 6+

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+

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+

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

Full Access Framingham Member \$77 | Outdoor Center + Youth/Teen Member \$83

Community Member \$154

REGISTER

### 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

REGISTER

## WORKSHOPS & TRIPS

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

\*REGISTER BY DECEMBER 27\*

Gear up for a winter adventure at Pats Peak Ski Area in Henniker, New Hampshire! Supervised by YMCA staff, participants will depart from the Hopkinton Outdoor Center at 7:00 AM, spend the day skiing or snowboarding, and return by 7:00 PM. The trip fee covers the lift ticket and bus transportation. Equipment rentals and lessons are available for an additional cost.

Saturday, January 11 | 7:00 AM – 7:00 PM

Y Member \$115 | Community Member \$230

REGISTER

### 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 and their friends a memorable day. Learn more at [metrowestymca.org](http://metrowestymca.org)



## FARM TO SCHOOL PROGRAMS

### Botanical Beauty: Make Your Own Plant-Based Skincare

Discover the art of crafting skin care products with fresh, garden-sourced ingredients! In this hands-on workshop, you'll create two nourishing products:

- Calendula Salve: A soothing skin balm made from calendula flowers, oils, and waxes, celebrated for its anti-inflammatory and anti-fungal, and cut-healing benefits.
- Oatmeal, Honey, & Yogurt Face Mask: A gentle, rejuvenating mask to cleanse skin.

Take home a 2 oz jar of each product, along with detailed recipes to continue your sustainable skincare journey at home. Join us and explore the healing power of nature!

All ages 14+

Saturday, January 25 | 10:00 AM – 11:00 AM

Y Member \$15 | Community Member \$30



REGISTER

### Seed Paper Valentines Workshop

Get ready for Valentine's Day with a creative and eco-friendly twist! In this hands-on workshop, you'll learn how to create your own seed paper Valentines—perfect for friends, family, classmates, coworkers, and anyone else on your list. Each Valentine can be planted in the spring to bloom into flowers, making it a gift that keeps giving!

All ages

Saturday, February 8 | 11:00 AM – 12:30 PM

Y Member \$15 | Community Member Families \$30

REGISTER

## 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, 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



See page 15 for our February vacation programs at the Outdoor Center!

# Early Learning, OST, February Vacation Framingham & Hopkinton

## 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. Ages 12 months through Pre-K.

MetroWest YMCA Framingham Branch  
282 Old Connecticut Path  
Framingham, MA 01701

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](https://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 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.

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

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

## 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](https://projectabc.org)

## FEBRUARY VACATION PROGRAMS

### FRAMINGHAM BRANCH VACATION PROGRAM - Framingham

Looking for a way to keep your kids active and engaged while school is out? Our full-day February Vacation Program offers a balanced schedule packed with exciting activities like sports, games, arts and crafts, and swimming. Plus, we provide a healthy lunch to fuel their day! Program highlights include:

- Full-day play: 9-4PM with structured activities
- Extended care: AM and PM options available
- Flexibility: Register for as many days as you need

**February 17 - February 21, 9:00 AM - 4:00 PM**

Y Member \$74 | Youth Y Member \$100 | Community Member \$148

AM Care 7:30 AM - 9:00 PM | PM Care 4:00 PM - 6:00 PM

Y Member \$14 | Youth Y Member \$19 | Community Member \$28

REGISTER

### FRAMINGHAM WELLNESS/FITNESS HALF-DAY VACATION PROGRAM

Kids who are off from school can join this educational program to learn about fitness and nutrition! The fitness portion includes both classroom lessons and hands-on workouts in the Wellness Center, covering topics like gym rules and etiquette, using cardio equipment, strength machines, and creating a workout plan. Nutrition education focuses on understanding carbohydrates, fats, and proteins, making energy balls or trail mix, and learning how to fuel for a workout. Lunch is provided.

**Ages 9+**

Wednesday, February 19 and Thursday, February 20 | 10:00 AM - 2:00 PM

Full-Access Framingham Member \$50 | Youth/ Teen Y Member \$75 | Community Member \$100

REGISTER

### ADVENTURE VACATION PROGRAM - Hopkinton Outdoor Center

This outdoor-based vacation program at the Outdoor Center in Hopkinton offers a mix of outdoor activities like hiking, orienteering, and low ropes elements, along with indoor fun including games, rock climbing, archery, and arts & crafts. Please provide your child with lunch, a water bottle, and two snacks. Limited space available.

**Ages 7-12**

February 17 - February 21, 8:00 AM - 5:00 PM

Full Access Framingham Member \$85 | Outdoor Center + Youth/Teen Member \$95 | Community Member \$160 (prices per day)

REGISTER

### KIDS IN THE KITCHEN VACATION PROGRAM - Hopkinton Outdoor Center

Looking for a hands-on program for your child while school is out? Kids in the Kitchen teaches basic cooking skills while preparing healthy, delicious recipes! Each day, kids will make multiple recipes to enjoy together, or they can bring Tupperware to take their creations home. Sign up for one class or all of them!

**Ages 6-12**

**9:00 AM - 1:00 PM**

Tuesday, February 18: Mexico

Wednesday, February 19: Greece

Thursday, February 20: India

Friday, February 21: Italy

REGISTER

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