

## About Our Facility

The MetroWest YMCA in Hopkinton, MA is located just 25 miles west of Boston, and 35 miles north of Providence.

We are situated on 116 acres of land abutting the Ashland State Forest & Reservoir and support several healthy ecosystems including: white pine forests, mixed hardwood forests, a small freshwater stream, and a protected wetlands area. These natural resources are carefully used and explored in our outdoor study experience.

You can find signs of wildlife throughout the year here in Hopkinton. We have regular visits from red-tailed hawks, goshawks, wild turkeys, white-tailed deer, barred owls and screech owls. Our residents include squirrels, rabbits, skunks, woodchucks, red foxes, and many other mammals, birds, and insects.

## Challenge Course

The MetroWest YMCA at Hopkinton is also home to one of New England's largest Challenge Courses.

On our challenge course, students are presented with a series of group and individual challenges. These initiatives and experiences take place on our Low and/or High Challenge Course Elements.

These activities are designed to increase self-confidence and esteem, communication and cooperation skills, as well as group decision making skills.

Please call for additional information.



YMCA

We build strong kids,  
strong families, strong communities.

The MetroWest YMCA is dedicated to the development of all people regardless of age, sex, race, religion, income, or ability. Our programs are designed to enhance the spiritual, mental, physical, and social quality of life for our families, our communities, and ourselves.

For more details, scheduling, and pricing information, please contact our Outdoor Education Director at:

Phone: 508-435-9345 ex.12

Fax: 508-435-9201

Email:  
[outdoored@metrowestymca.org](mailto:outdoored@metrowestymca.org)

MetroWest YMCA at  
Hopkinton

## Outdoor & Environmental Education

*"Nature is loved by  
what is best in us."  
- Ralph Waldo Emerson*



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# Outdoor Experiential Learning

The YMCA Outdoor and Environmental Education programs are designed to encourage an understanding of our natural surroundings through guided discovery, hands on experience, and independent critical thinking.

Courses are adapted to the ages and learning levels of the students in this interdisciplinary approach to outdoor and environmental education. The goal of our programs is to increase awareness of our natural surroundings within the students and to satisfy their curiosities with practical and useful knowledge.

## For classroom teachers:

We understand the importance of providing programs that assist you in meeting state and local standards and enhance your current curricula. We would be happy to talk with you to create a program to meet your specific needs either at our site or yours.



## Possible Class Topics

### Wonderful Wetlands

Learn the values and functions of wetlands while exploring a wetland community.

### Forest Ecology

Learn about the different parts of the forest and the role each plays in the environment.



### Wildlife Ecology

Learn all about the different array of wildlife in the area and all of the unique adaptations they use to survive.

### Nature Games

Interactive games that are fun and teach about different aspects of nature –great for younger children.

### Water Ecology

Spend time exploring the water and learning about the different critters that live there and the role they play to keep the water healthy.

### Predator/Prey Relationships

Unique lesson that teaches the importance of the roles that different animals play in nature and how they help to keep the ecosystem in balance.

### Want us to come to you?

Talk with our Outdoor Education Director about customizing a program that meets your needs at your school or center.

## Additional Class Topics

**Outdoor Skills  
(Survival & Preparedness)**

**Feathered Friends  
(Birding Study)**

**In Cold Blood  
(Reptiles & Amphibians)**

**Orienteering**

**Winter Ecology**

**Animal Tracking**

**Archery**

**Kayaking / Canoeing**

**AND MUCH MORE!!**

**Our programs can be tailored  
for school, scout, after-school,  
homeschool or other youth  
program.**

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