

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 125 acres of land abutting the Ashland Reservoir and support several healthy ecosystems including: White Pine forests, 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, and Barred Owls and Screech Owls. Our residents include squirrels, rabbits, skunks, woodchucks, mice, 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 us at:

Phone: 508-435-9345 ex.12

Fax: 508-435-9201

Email: jmarker@metrowestymca.org

MetroWest YMCA at
Hopkinton

Outdoor & Environmental Education

"Where seeing is believing and experiencing is understanding."



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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 this program is to increase awareness of our natural surroundings within the students and to satisfy their curiosities with practical and useful knowledge.

These classes are intended to be a useful tool for teachers to use as an extension or compliment to the traditional "in-school" curriculum.

Classes can be tailored to meet the specific needs of teachers and students, and will aid in meeting state, or local, curriculum standards and frameworks.



**Great Hands-on
Learning
experience!!!**

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 in which they play 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 yet still teach about different aspects of nature.

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 eco-system in balance.



**Learn about our
animal friends in
THEIR home: the
WILD!!**

Additional Class Topics

**Outdoor Skills
(Survival & Preparedness)**

**Feathered Friends
(Birding Study)**

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

Orienteering

Outdoor Cooking

Camping Skills

Archery

Kayaking / Canoeing

AND MUCH MORE!!

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Contact person: Jason Marker