

YOUTH SPORT LEAGUES

Tshirts and schedules will be available on the first Saturday. No games on Memorial Day Weekend.

Munchkin Soccer Girls and Boys Ages 4-6

Children will be divided into teams and play actual games while learning teamwork and the skills of the sport. The first half-hour will be practice followed by a game against another team in the league. League T-shirt included! Program runs from May 1 through June 26. **\$64 member/\$118 non-member**

| | | |
|----------|------------------|----------|
| Saturday | 9:00 - 10:00 am | 03214-61 |
| Saturday | 10:10 - 11:10 am | 03214-63 |

Little Sox T-Ball Ages 4-6 years old

Children will be divided into teams and play actual games while learning teamwork and the skills of the sport. The first half-hour will be practice followed by a game against another team in the league. Program runs from May 1 through June 26. **\$64 member/\$118 non-member**

| | | |
|----------|---------------------|----------|
| Saturday | 11:30 am - 12:30 pm | 03215-61 |
| Saturday | 12:45 - 1:45 pm | 03215-62 |

Kwik Kicks Soccer Clinic Boys and Girls 7-8 years old

Players will be organized in a festival format with a staff facilitator and coach. Teams will play 5v5 with a goal keeper. T-Shirt Included! Program begins May 1-June 26. Games on Saturday 2:00-3:00pm/ Practice Thursday nights 5:30-6:30pm. First practice is Thurs May 6.

\$64 members/\$118 non members

| | | |
|----------|----------------|----------|
| Saturday | 2:00 - 3:00 pm | 03214-62 |
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"Every great team needs a great coach" Parents interested in volunteering for the munchkin soccer and T-ball leagues should contact Kevin Rodis in the Sports Office or E-mail him at KRodis@metrowestymca.org Coaches meeting Thursday April 29 7:00pm for all coaches!

MINOR LEAGUE SPORTS SUMMER PROGRAM

- Learn the Fundamentals of Sports in this 8 one week sessions summer program.
- Half Day Program, 9am-1pm w/ morning care available.
- For kids who have completed grades K-5
- Sports, Games, Swimming, field trips and more!
- Brochure available online and at the Member service desk.
- Or you may contact Cija Affannato at caffannato@metrowestymca.org

DROP-IN VOLLEYBALL

Ages 16+, all levels welcome! *Limited instruction available*
Thursdays 7:30-9:45 pm
 Free for members, \$7 non members
 No registration needed, drop in style

Check out our website: www.metrowestymca.org

Family Programs

FAMILY PROGRAMS

FAMILY WEEKEND ADVENTURES!

AT THE METROWEST YMCA HOPKINTON

Join us for a family bird walk at the MetroWest YMCA in Hopkinton, on **Saturday May 15, from 10am -12pm**. We'll walk through wooded trails and fields in search of our resident and late spring migrant birds. You don't have to be an expert birder - we'll provide plenty of instruction for beginners; just bring binoculars and a sense of adventure!

We'll meet at the Hayes Lodge facility; **cost is \$10 for member families and \$15 for non-members**. Pre-registration required. Please contact Outdoor Education Director Cynthia Menard at: 508-435-9345, x12, or cmenard@metrowestymca.org.

Free & Open to Everyone!

ACTIVATE AMERICA

YMCA HEALTHY KIDS DAY

Framingham Branch

Fun activities, local resources, games, and more!

April 17, 2010, 1-4pm

Hopkinton Branch

Earth Day Celebration, Arts & Crafts, Climbing wall and more!

April 17, 2010, 10am-12:30pm

★ Family Swim Club & Summer Swim Lessons ★

June 5 - September 6, 2010

**NEW THIS YEAR:
LOW RATES FOR YMCA MEMBERS!**

- Two Swimming Pools
- Swim lessons
- Tennis & Basketball Courts
- Hiking Trails
- Picnic Area with Tables
- Play Area for Children
- Plenty of Parking
- Float Night & Water Carnival
- Family Fun Nights

Stop in for a swim during our Open House!
 Saturday, June 19 & Sunday, June 20, 1-5pm.

See page 24 for rates and sign up info.