

# HOPKINTON PROGRAMS



## OUT-OF-SCHOOL TIME PROGRAMS

**REGISTER NOW FOR 2010-2011 SCHOOL YEAR**

### SCHOOL-AGE EXTENDED DAY

**K - 6th Grade**

**Serving Ashland & Hopkinton Schools**

**2:00 - 6:00pm** (transportation provided)

An energetic staff provides homework assistance, supervises indoor and outdoor activities, games, creative project, team building, cooking and more. Vacation/snow day options available for children enrolled in this program. **For more info on School Age-Extended Day call John Barclay (508) 435-9345**

### WRAP AROUND KINDERGARTEN

**Kindergarteners**

**Serving Ashland & Hopkinton Schools**

**School Release - 6:00 pm** (transportation provided)

An energetic staff provides homework assistance, supervises indoor and outdoor activities, games, creative project, team building, cooking and more. Vacation/snow day options available for children enrolled in this program. **For more info on Wrap Around Kindergarten call John Barclay (508) 435-9345**

## December Vacation Club at the Hopkinton Branch

**December 28-31, 2009**

**8:30am-6:00pm (5:00pm on 12/31).**

**For Children currently in Grades K-6**

Join us for a week of games, crafts, sports and winter adventures! Each day will bring different games and activities. This is a week you won't want to miss. A field trip (location TBD) will also be held on Wednesday 12/30. Participants must bring their own lunch daily; snacks will be provided by the YMCA. Participants must dress appropriately for indoor and outdoor activities daily. If weather permits, participants should also bring a sled.

Register for all four days or for individual days.

**Day Rate:** \$50 per day Members/\$65 per day non-members

**Week Rate** (4 days): \$180 Members/\$240 non-members

**AM Care** is available from 7:00am-8:30am for \$8.00 a day.

For more information or to register for this program. Please contact 508-435-9345 or hopkintony@metrowestymca.org.

Space is limited for this program so sign-up early and don't miss out. Mark your calendar from February Vacation Club: February 15-19, 2010.

## COMMUNITY /FAMILY PROGRAMS

### CHALLENGE COURSE, TEAM BUILDING, OUTDOOR ED AND MORE!



Is your staff, scout, school or church group looking for an exciting new adventure? If you're a leader or member of a group of any kind, check out what the Outdoor Education Center can offer you!

All of our programs are able to be tailored to meet the needs of schools, community groups, youth groups, church groups, corporate groups, as well as families and individuals.

The Hopkinton branch has 116 acres of diverse forest and wetlands available for a variety of outdoor and experiential programming. We also host one of the largest challenge courses in New England. Our challenge course is designed for a hands on, physical approach to work on teambuilding, communication, goal setting, positive risk taking, and problem solving skills to name a few.

Additionally, our array of offerings in environmental and adventure education programs are designed to encourage an understanding and appreciation of our natural surroundings through guided discovery, hands on experience, and group discussions. These programs are also a unique and creative way for schools/teachers to meet state and local curriculum requirements.

Available programs and/or activities include:

#### CHALLENGE/TEAMBUILDING

- Games and Group Initiatives
- Low and High Ropes
- Climbing Tower and Zip Line

#### ADVENTURE EDUCATION

- Archery, Hiking,
- Canoeing, Kayaking
- Orienteering
- Survival/Outdoor Skills

#### ENVIRONMENTAL EDUCATION

- Ecology/Discovery Treks
- Pond/Stream/Wetland Exploration
- Predator/Prey Relations
- Birding and Nature Based Games

**Contact Cynthia Menard at (508) 435-9345 x12 to make a reservation or for more information.**

## COMMUNITY /FAMILY PROGRAMS

### WILD WEEKEND ADVENTURES!

#### AT THE METROWEST YMCA HOPKINTON

In conjunction with the YMCA of the USA's Activate America Initiative and the No Child Left Inside Act the MetroWest YMCA at Hopkinton is offering a new program that affords families the opportunity to get out and play. **Each month this spring and fall, the YMCA will offer a fun, seasonal based activity that will allow for the entire family to step away from the norm and enjoy the season.**

The upcoming schedule is as follows:

#### EARLY WINTER WALK

**Saturday December 10, 10am-12pm**

The cost of the program is \$10.00 per family for YMCA members and \$15.00 per family for non-members.

**Contact Cynthia Menard at (508) 435-9345 ext 12 to register for this program.**

## BACK NATURAL HISTORY PROGRAMS

#### OWL AND RAPTOR FAMILY PROGRAM

**Thursday, Jan 7th, 2010, 6:30 - 8 PM**

Many of us are fascinated by hawks, owl and eagles. What makes owls and raptors different from other birds, and so compelling? Our Outdoor Education Instructor Lisa Bates will provide families of all ages with a fun, informative slide show, followed by a hands-on opportunity to become scientists and explore owl feathers, dissect pellets and more!

#### THE WOLVES OF YELLOWSTONE

**Thursday, February 11th, 2010, 7 - 9 PM**

Late winter begins the breeding season for Yellowstone's wolves, and is a wonderful time to visit the park. The MetroWest YMCA's Outdoor Education Director, Cynthia Menard, co-lead a trip to study the wolves of Yellowstone as a graduate student, and will present a slide show and discussion on these fascinating and often controversial animals and their habitat. Come learn about the wolf re-introduction process and how it might relate to wolves coming back into New England.

#### ASTRONOMY NIGHT

**Thursday, March 11th, 2010, 7 - 9 PM**

Join the MetroWest YMCA's naturalists for an evening of discovering the stars and planets in their winter constellations. We'll spend some time both indoors and outdoors with telescopes and binoculars exploring the night sky.

Pre-registration required. \$5 per person for Y members; \$7 per non-member; \$10 member family, \$15 non-member families. For more info or to register, call 508-435-9345 x12; or email: cmenard@metrowestymca.org.

org.

## SUMMER DAY CAMP UPDATE

### START THINKING SUMMER...

#### METROWEST YMCA HOPKINTON SUMMER DAY CAMP 2010 DATES

Session 1	June 28-July 9
Session 2	July 12-July 23
Session 3	July 26-August 6
Session 4	August 9-August 20
Super Week	August 23-August 27

Registration information will be available in early January. Registration for members begins at the end of January and registration for non-members begins in early February. Summer 2010 is going to be bigger and better than ever with new programs, themes and a new Recreation Lodge! Mark your calendars and make sure to register early. [www.metrowestymca.org](http://www.metrowestymca.org)

### February Vacation Club

**February 15-19**

**8:30am-6:00pm**

**For Children currently in Grades K-6**

Join us for a week of games, crafts, sports and winter adventures at our Hopkinton Branch! Each day will bring different games and activities. This is a week you won't want to miss. A field trip (location TBD) will also be held on Wednesday 2/17. Participants must bring their own lunch daily; snacks will be provided by the YMCA. Participants must dress appropriately for indoor and outdoor activities daily. If weather permits, participants should also bring a sled.

**Register for individual days or the entire week:**

**Day Rate:** \$55 members/\$70 non-members

**Week Rate:** \$230 members/\$305 non-members

AM Care is also available from 7:00am-8:30am for \$8.00 a day

For more information or to register for this program, please contact 508-435-9345 or [hopkintony@metrowestymca.org](mailto:hopkintony@metrowestymca.org). Spaces are limited so sign-up early and don't miss out.

**Mark your calendar for April Vacation Club:**

April 19-23, 2010.