

General Information



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OUR LOCATIONS

MetroWest YMCA at Framingham

280 Old Connecticut Path, Framingham, MA 01701
508-879-4420

Facility Hours

Monday-Friday (Pool Hours)	5:00 am - 6:00 am	10:00 pm - 9:30 pm
Saturday (Pool Hours)	7:00 am - 7:00 am	5:00 pm
Sunday (Pool Hours)	7:00 am - 8:00 am	7:00 pm - 5:00 pm

All areas (except locker rooms) close 15 minutes before closing time.

MetroWest YMCA at Hopkinton

45 East Street, Hopkinton, MA 01748
508-435-9345

Building hours vary according to the program schedule. Please call the branch office for more information.

Early Childhood Education Center

Monday-Friday 7:00 am - 6:00 pm

IMPORTANT BUILDING POLICIES

Audio, Camera and Video Recording Device Policy

The use of audio, camera and video recording devices is prohibited in all MetroWest YMCA facilities, owned or leased. Those wishing to use a video recording device must receive written consent in advance from the designated YMCA Director. Consent forms are available at the Member Service Desk, and must be submitted at least 48 hours in advance.

Cell Phone Policy

Cell phone use is restricted to offices, conference rooms, hallways, and lobby areas only. Cell phone use is not allowed in any program space including but not limited to: locker rooms, childcare areas, bathrooms, the gymnasium, and all work-out areas.

Youth Age 10 and under

Must be accompanied by an adult at all times when not in instructional classes or childwatch areas.

MetroWest YMCA Mission Statement

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



REGISTRATION

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, you must pay the non-member rate. If you wish to renew your membership, please send a separate check. To renew by credit card, please check the renewal request box on the mail-in registration form.

Members only are invited to mail in or fax registrations. Current dates of Program Session registration are listed on the back page with the registration form

1. One form (page 26 of this program guide) and one check must be completed for each program participant. Please fill out the entire form.
2. Please specify your choice of classes in priority order. You will receive notification of your registration.
3. Mail to: MetroWest YMCA
Program Registration
280 Old Connecticut Path
Framingham, MA 01701

Program Refund/Credit Procedures

These are the only reasons for refunds or credits:

1. Class does not meet minimum enrollment and is cancelled, full refund or credit will be issued.
2. A full refund will be issued, if a participant withdraws from a class after notifying the Program Director at least 48 hours prior to the start of the session.
3. A YMCA credit will be issued, if a participant if is unable to attend 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.
4. Credits expire 3 years from issue date

NOTE: 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.

Did you know, we offer financial assistance?

The MetroWest YMCA's program provides an opportunity for every person to use the YMCA, regardless of income. Reduced fees are available in the areas of membership, child care, summer camp and other programs.

The YMCA secures funding through generous contributors to **Partners With Youth**, area businesses and the United Way of Tri-County. In 2009, The YMCA distributed over \$795,000 in financial assistance to children and families throughout the MetroWest area. Assistance is based on need, as determined by family income guidelines, and is available to individuals and families who live or work in the MetroWest YMCA service area. The amount of assistance offered cannot exceed the resources of the MetroWest YMCA.

For more information or to apply for ASSIST, contact Member Services at 508-879-4420.

PARTICIPATION IN PROGRAMS & FACILITY ACCESS

We invite you to observe your child during the first and last class of each session. During all other classes, we encourage parents to wait in the upstairs lobby viewing area or the downstairs lobby area. This will help your child remain focused on the class while gaining independence and self confidence.

All members must present their membership card upon entry to the YMCA. All non-member program participants must present program class passes upon entry. All daily guests must sign in at the member service desk and present a photo ID.

Youth 10 years and younger:

- * Parents/Guardian must remain in the building while a child is attending an instructional class.
- * May participate in designated open gymnasium and open swim times with adult supervision.
- * May use the youth and family game room lounge area with adult supervision.
- * **Youth 9-12years** old upon completion of a wellness orientation may use the Youth and Family Interactive Gym with adult supervision. Please see the Wellness section of the program guide for more information.

Youth 11-15 years old:

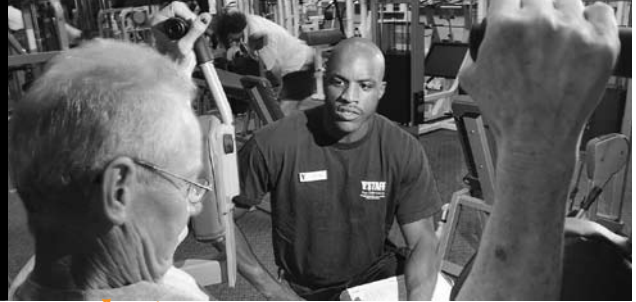
- * Parent/Guardian does not have to be present while a child is attending an instructional class.
- * May participate in designated open gymnasium, open swim and use the family game room lounge without adult supervision.
- * **Youth 13years** and up upon completion of a wellness orientation may use the nautilus and cardio area of the wellness center without adult supervision. Please see the Wellness section of the program guide for more information.

Youth 16 years old and up:

- * May participate in all of the above to include using the free weight area of the wellness center.

We are here to help you! Please contact a YMCA staff member immediately if there is an accident, injury or unusual incident. Please be advised that you are participating in all activities at your own risk and are fully responsible for yourself, your children, and your guests. Members and guest are responsible for their own medical expenses in the event of an accident or illness. You must apply to your own insurance company for reimbursement of expenses.

Membership Information



Keep up your health all year long – join the Y! Anytime of year is the right time to join the MetroWest YMCA. Our dedicated staff is always creating new programs that encourage members to reach their full potential. Stop by our Member Service Desk or call 508-879-4420 for more information about our programs, facilities or membership benefits.

Membership Rates at the MetroWest YMCA in Framingham

Membership Category*	Monthly Draft**	Joiner's Fee***
Adult (25+)	\$50.92	\$100
Young Adult (18-24)	\$33.08	\$30
Family	\$76.33	\$100
Senior (60+)	\$40.75	\$80
Senior Family (60+)	\$60.45	\$80
Youth (2-12)	\$13.83	\$20
Teen (13-17)	\$13.83	\$20

Confidential financial assistance is available. Please contact Member Services for an ASSIST application at 508-879-4420.

- * Family memberships are up to two adults living in the same household and any number of children under the age of 18 who consider themselves a family. Family members who are full-time students must be under the age of 23 years.
- ** All monthly draft membership plans are automatic bank draft from checking accounts, statement savings, Mastercard, Visa or Discover.
- *** Joining fees are payable in addition to the published annual membership fee. New members and any former member whose membership has lapsed for more than a 30-day period (following the expiration date) are subject to paying a joining fee. This fee goes toward yearly improvements of the facility.

DAILY & GUEST FEES METROWEST YMCA AT FRAMINGHAM

Anyone may use the MetroWest YMCA facility on a daily basis at the rates listed below. These fees are not applicable towards the purchase of a membership and do not include class participation (with the exception of regularly scheduled group exercise class).

*Photo Id is required for access to facility

Family	\$15	Seniors, Teens & Youth	\$5
Adults	\$12	Towel Rental	\$1

OUR GUARANTEE

At the MetroWest YMCA, we place great value on the satisfaction of our members. Therefore, we guarantee your membership. If you are not satisfied during the first month, you may cancel your membership and receive a 100% refund (including your capital joining fee). After the first month, joining fees are non-refundable, but you may — with 30 days written notice — cancel the remainder of your membership and receive a pro-rated refund on your membership fee.

PAYMENTS

Memberships may be paid annually (in full) or by monthly bank draft. Joiner's fees are paid in full at enrollment.

Annual and draft memberships may be placed on hold for a minimum of one month and a maximum of four months within a calendar year.

Membership changes, holds and cancellations require a 30 day written notice.

Memberships are non-transferable.

The MetroWest YMCA reserves the right to revoke a membership.

MEMBERSHIP POLICY STATEMENT

The protection of our members and guests participating in our programs and/or using our facilities is a paramount interest of the MetroWest YMCA. We reserve the right to deny access or membership to any person who has been accused or convicted of any crime including, but not limited to: crimes involving sexual abuse; is a registered sex offender; habitually or excessively uses narcotics or dangerous drugs; has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit-forming and/or dangerous drugs; or continuously or excessively uses intoxicating beverages; or has been convicted of carrying a concealed weapon of any kind.

METROWEST HOPKINTON

- 116 wooded acres
- two outdoor pools
- outdoor basketball court
- outdoor tennis courts
- three sand volleyball courts
- picnic pavilions and playing fields
- Hayes Lodge (A fully winterized, multi-purpose facility for rentals and group meetings.)
- School-age Extended Day Programs
- Wrap around Kindergarten
- Licensed Summer Day Camp facility

METROWEST FRAMINGHAM

Full-Size Gymnasium

- regulation-size basketball court
- open basketball
- family, youth and teen recreation
- Sport Wall (interactive games for youth & families)

Heated Indoor Swimming

- over 70 hours of lap swimming time
- designated open swims and family swims

Wellness Center

- Precor
- Nautilus
- Cybex
- Stair climbers
- Updated free weights
- Stationary cycles, and more
- "Reduced Fee for Yoga" Members Only
- Free Wellness Center Orientations
- AMT's
- ARC Trainers
- Cardio Theatre
- Espresso Bikes
- Treadmills
- Ellipticals

Youth & Family Interactive Gym

- Trazer and Dance Dance Revolution
- Espresso Bikes
- Cybex

Aerobics/Cycle Studio

- Suspended wood flooring
- Climate Controlled

Youth & Family Game Room Lounge

- Pool table, foosball, ping pong and air hockey table.
- Free Wi-Fi

Locker Rooms:

- Adult-Only Rooms
- Adult-Only Steam and Sauna
- Youth & Family Rooms

On-Site Early Childhood Education Center

Framingham Member-Only Benefits:

- Unlimited access to group exercise classes, including cycling, kick-boxing, step classes and more
- Pilates is now free for members!
- Free Wellness Consultation with our certified fitness staff
- Priority mail-in registration for youth, adult and senior instructional programs
- Towel and locker service*
- Nutritional consultations with our registered dietitian* (*additional fee for these services)

Check out our website: www.metrowestymca.org



STAY CONNECTED WITH... METROWEST YMCA ENEWS

Are you online?

Would you like to receive a monthly email newsletter from the MetroWest YMCA?

The MetroWest YMCA is now offering a monthly email communication. A great way to stay connected!

It is a simple and easy way to receive information about what is happening in our MetroWest Y-Community. Stay up to date with Schedules, Events, Class listings, Registration Dates, Online Program Guide, and more!

Sign up online at our website www.metrowestymca.org. Or send an email to Enews@metrowestymca.org with a written request to be added to our ENews list.

Our Privacy Policy: Your information will be kept confidential and used solely for the MetroWest YMCA email communications. All communications include SafeUnsubscribe. **FYI:** Please check your computer settings and with your ISP for SPAM control so that emails from the MetroWest YMCA are received. Another way is to add us to your address book. Enews@metrowestymca.org



YCHILD WATCH

We build strong kids, strong families, strong communities.



FREE FOR MEMBERS!

Drop-In Play Room

Ages 10 months - 10 years old
1 1/2 HOUR LIMIT PER DAY

Enhanced childwatch service for you and your family. Parents must be in the building at all times. We will transport your child to and from a Youth & Family, Sports or Enrichment class while you use the facility. Sorry, we will not transport to and from a swimming class. See the Child Watch staff for details.

Mornings	Monday through Friday 8:45 am - 1:15 pm
Evenings	Monday through Thursday 5:00 - 8:00 pm
Saturdays	8:00 am-12:00 pm
Fees	Free for Adult and Family members! Non-Member \$3.00/hr. (Limit 1.5 hours)

Passes available at the Member Service Desk