

BE ACTIVE BE INVOLVED BELONG!



The Y is for all and we believe our community is stronger when everyone feels welcome and we work together for the common good. We welcome you to discover all that the Y has to offer and become a member today!

FALL 2 2017 Program & Membership Guide METROWEST YMCA

REGISTRATION DATES:

Members Only – Wednesday, October 18

Online and Walk in starts at 6 AM

Non-Members- Monday, October 23

SESSION DATES:

October 30-December 23, 2017

THE Y

The MetroWest YMCA is a cause driven charitable organization that is for youth development, healthy living and social responsibility.

- **Youth Development**, because young people need caring adults to provide support, guidance and encouragement as they grow.
- **Healthy Living**, because wellness in spirit, mind and body strengthens our very being and enhances our interactions with others.
- **Social Responsibility**, because we truly are in this together, and together we can harness our individual strengths and bring about positive change around us.

For over 50 years the MetroWest YMCA, with branches in Framingham and Hopkinton, has helped members improve their health and well-being while building a stronger sense of community.

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PLEASE NOTE: We try to provide clear and accurate information, but the MetroWest YMCA does not assume responsibility for any typos or misprints.

LOCATIONS

METROWEST YMCA FRAMINGHAM BRANCH

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



Facility Hours

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

All areas close 15 minutes before closing time.

METROWEST YMCA FAMILY OUTDOOR CENTER

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



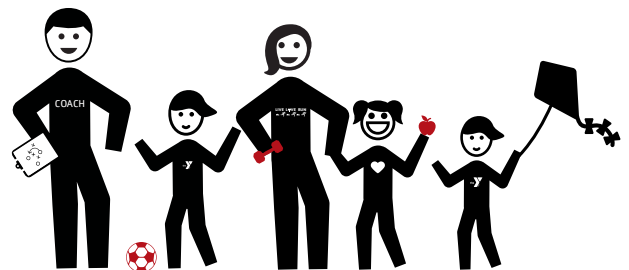
Building hours vary according to the program schedule. Please call or go online for more information.

METROWEST YMCA CLEARBROOK FAMILY SWIM CLUB

120 Parker Road
Framingham MA 01702
508-405-0350



Clearbrook Family Swim Club is a seasonal facility. Hours vary according to the program schedule. Please call the office for more information.



MetroWest YMCA Mission Statement

The MetroWest YMCA is dedicated to providing programs and services that build healthy mind, body and spirit for all.

JOIN US!

We're making a difference.

You may know the Y for our fitness equipment and swimming pools, but did you know we also offer child care to **help working families**? Did you know we offer youth sports and activities to **help kids learn, grow and thrive**? Did you know our summer camps offer academic enrichment to **help prevent summer learning loss**? Did you know that **we offer programs aimed at chronic disease prevention, obesity, nutrition and civic engagement** among others?

It's true! The Y helps people of all ages, abilities and incomes reach their full potential. **We're everything you'd expect and so much more.**



Cardio-Pulmonary Class

Y PROGRAMS THAT POSITIVELY IMPACT OUR COMMUNITY.

- YMCA's Diabetes Prevention Program
- LIVESTRONG® at the YMCA for Cancer Survivors
- Parkinsons Disease Wellness Program
- Chronic Disease Prevention and Intervention programs – in partnership with the Prevention Wellness Trust Fund
- Cardio Pulmonary Wellness Program in collaboration with MetroWest Medical Center
- Summer Learning Loss Prevention
- Commitment to "HEPA" – Healthy Eating & Physical Activity
- Teen Leaders Programs Focusing on academic achievement, volunteerism, career exploration and leadership
- Y Night for Teens - Saturday Night Programming for Middle School Youth
- Before and after school programs
- Health Seminars and Workshops (MWMC & VNA, etc)
- Parent Education Series
- Lifeguard & CPR Trainings
- Volunteer Opportunities and more!



LIVESTRONG Graduates



Health & Wellness Classes for Families

WE INVITE YOU TO JOIN US AND BECOME A PART OF SOMETHING MORE!



Nutrition Interns giving a HEPA approved "healthy food" taste test.

DAY PASS - TRY THE Y!

Name _____

Address _____

Town _____ State _____ Zip _____

Email _____

Date of Birth _____

The MetroWest YMCA has a guest pass policy. 2 guest passes per person per lifetime. This pass can not be used if two guest passes have already been used. Free day pass applies to Adult, Family and Senior membership categories only. Not valid for youth and teens. Must show a Valid ID and sign the Code of Conduct Form. Day Pass can also be found online at metrowestymca.org/daypass

SPECIAL EVENTS

FALL 2017

LIVE LOVE RUN



ASHLAND HALF MARATHON 13.1 MILE HALF & 5 MILE RACE Saturday October 28, 2017 10am

Join us for the annual Ashland Half Marathon 13.1 Mile & 5 mile race on Saturday October 28, 2017. The race begins and ends at Marathon Park, Ashland, which marks the original starting line area for Boston's marathon for its first 27 years, from 1897-1923.

Register online at ashlandhalfmarathon.com

Enter Code: MWYMCA and save \$5!

**Email Rick Nadell, RNadell@metrowestymca.org in our Wellness Department to find out more about our Runner Training Programs.*

HALLOWEEN PARTY at the Framingham Branch



Friday, October 20, 2017
6:00 - 7:30 pm

Join us at the Framingham YMCA for a fun family evening of music, crafts, bouncey house, face painter, dancing and games!

\$10 per family, tickets on sale during the month of October.

Y-NIGHT FOR TEENS

@ the Framingham Branch

Hang out and make new friends at Y-Night!

This is a Drop In program for students in 5th-8th grade that runs most Saturday Nights during the school year from 7:15-9:45pm. Take a dip in the pool, challenge your friends to a game of basketball, play games, and create art and memories!

The program is free for members of the Framingham YMCA and is \$7 for non-members.

For Questions or more information please contact Nathan Burrage, Membership Service Coordinator
NBurrage@metrowestymca.org

Upcoming Y-Night Dates:

October: 14, 21, 28
November: 4, 11, 18
December: 2, 9, 16

Parents must fill out a one-time registration form for the children to be eligible for Y-Night. Application is available at sign in of the program, and on our website. www.metrowestymca.org Parents must sign out their children each night at parent pick up or have approved individuals listed on their child's Y-Night Application



AN EVENING OF MAGIC!

Thursday, November 2, 2017
5:30-9:00pm
at The Verve/Crowne Plaza Hotel, Natick

Join us for our annual silent and live auction event, featuring magical entertainment, live music, a light nosh and a signature potion served during the first hour.

Space is limited. Please reserve your tickets online at metrowestymca.org/auction
\$40 online/\$50 at the door

If you are interested in donating an item to our Auction or becoming a corporate sponsor, please contact Amy Miller at amiller@metrowestymca.org (508) 879-4420 ext. 53. More info online metrowestymca.org/auction

THANK YOU TO OUR 2017 SPONSORS!

Presenting Sponsor

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Needham Bank

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Decision Insight
Framed in Time
Real Hopkinton Housewives



CHILDCARE

YOUTH DEVELOPMENT

TODDLER / PRESCHOOL

Early Learning Center

280 Old Connecticut Path
Framingham MA 01701

Hours of Operation:

Monday - Friday (year-round) 7:30 am to 6:00 pm

Ages 15 months - 6 years old

5 day for toddlers
2,3 & 5 day options for preschool

Early Learning Center Director

Lolly Butz
508-879-4420 x51
MButz@metrowestymca.org



The MetroWest YMCA Early Learning Center, provides high quality early education and care to children ages 15 months through 5 years old. Our classes are designed to make your child feel safe and comfortable while learning, exploring, socializing and having fun. Activities at the Y are designed to put learning in the context of play and to celebrate the joys of learning and growing. They include gross motor and language activities, sensory experiences, creative expression, learning through hands-on exploration and acquisition of self-help skills. Our curriculum addresses each child's developmental needs and interests and emphasizes the YMCA character values of caring, honesty, respect and responsibility.

Beginning at 3 years of age, parents have the option of enrolling their children in YMCA classes such as swimming, sports and gymnastics.



Director of Family Services

Kathleen Glennon
(508) 879-4420 x46
schoolsout@metrowestymca.org

SCHOOL AGE

School's Out Before & After School Programs

For youth in grades K-5

2,3,4 & 5 day programs available

Mornings: 7:00am - until school starts

Afternoons: School release until 6:00pm

FRAMINGHAM PUBLIC SCHOOLS

School's Out

Schools: Barbieri, Hemenway, McCarthy & Potter Road
Mornings and afternoons

ASHLAND PUBLIC SCHOOLS

School's Out

Schools: Mindness & Warren

Location: Ashland Middle School, transportation is provided by the Public Schools afternoons only

HOPKINTON PUBLIC SCHOOLS

School's Out

Schools: Center, Elmwood & Hopkins

School Locations: Elmwood & Hopkins

Transportation is provided by the Public Schools
Mornings and Afternoons

NATICK PUBLIC SCHOOLS

School's Out

Schools: Children in grades K-4 who attend Lilja & Ben-Hem Elementary Schools and grades 5-6 who attend Wilson Middle

Location: East School, 90 Oak Street, Natick

Transportation is provided by the MetroWest YMCA
Afternoons only

School's Out is designed to provide recreational, social and educational activities that stimulate children's growth and development for the children enrolled. Our developmentally appropriate program meets the individual needs of your child. School's Out provides a variety of positive, healthy and interesting activities that promote a child's physical, intellectual, emotional and social well-being.

Each day, students participate in project-based learning activities linked to the Common Core and engage in at least 30 minutes of moderate to vigorous physical activity. They also receive individualized homework support and a healthy snack with a fruit or vegetable. Hands-on enrichment activities are carefully created to build on STEM, ELA, arts education, wellness/nutrition, global learning, college & career exploration, 21st century skills and leadership development, and service learning. The curriculum includes opportunities to enhance social and emotional skills as well as interactions that build 21st century skills such as leadership, problem solving, engagement in learning, and initiative by means of small and large group activities and service learning projects.


Out-Of-School Time Director

Shannon Dixon
(508) 435-9345 x115
sdixon@metrowestymca.org



AQUATICS

YOUTH DEVELOPMENT

 This year, the MetroWest YMCA updated its lessons to increase the accessibility and enjoyment of swimming to all ages and skill levels. The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers progress between levels. Through this latest approach to swim lessons, kids of all ages can progress at their own pace while building the confidence needed to become a successful swimmer.

Y Swim Lessons have been re-organized into three new categories:

- **Swim Starters** develops water enrichment and aquatic readiness in children ages 6 months to 3 years.
- **Swim Basics** develops personal water safety and basic swimming skills in students of all ages.
- **Swim Strokes** introduces and refines stroke technique in older students (school age, teens and adults).

INFANT TODDLER CLASSES

Each child under the age of 3 must be accompanied by an adult in the water. **No regular diapers allowed in the pool.** Children must wear tight fitting rubber pants or **swim diapers** under swim suits.

Parent & Child A Ages 6 to 24 months w/ parent

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Monday	9:30 - 10:00 am	02201-11
Tuesday	10:00 - 10:30 am	02201-21
Wednesday	9:00 - 9:30 am	02201-31
Saturday	9:40 - 10:10 am	02202-62

Parent & Child B Ages 2 to 3 years w/ parent

Encourages children to explore their own skills. Basic aquatic and boating safety are practiced. Children are prepared for the transition to preschool level aquatics.

Monday	9:00 - 9:30 am	02203-11
Wednesday	9:30 - 10:00 am	02203-31
Thursday	10:00 - 10:30 am	02203-41
Friday	9:00 - 9:30 am	02204-51
Saturday	8:30 - 9:00 am	02203-61
Saturday	9:05 - 9:35 am	02203-62
Sunday	1:10 - 1:40 pm	02203-72
Sunday	11:00 - 11:30 am	02203-71

Parent & Child B (Pike 'N' Parent)

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Friday	9:00 - 9:30 am	02204-51
Saturday	10:15 - 10:45 am	02204-61

PRESCHOOL, AGES 3-5

Preschool 1

Has no swimming experience or is uncomfortable in the water. This level teaches front and back glide to wall, going underwater independently, breath control, roll assisted front to back, front and back float, jumping in assisted and exiting independently, and Swim, float, Swim.

Monday	9:00 - 9:30 am	02205-11
Monday	2:00 - 2:30 pm	02205-13
Monday	3:45 - 4:15 pm	02205-14
Monday	4:20 - 4:50 pm	02205-15
Monday	6:30 - 7:00 pm	02205-17
Tuesday	9:00 - 9:30 am	02205-21
Tuesday	9:30 - 10:00 am	02205-22
Tuesday	1:30 - 2:00 pm	02205-23
Tuesday	3:45 - 4:15 pm	02205-24
Tuesday	4:20 - 4:50 pm	02205-25
Tuesday	4:55 - 5:25 pm	02205-26
Tuesday	5:30 - 6:00 pm	02205-27
Wednesday	9:30 - 10:00 am	02205-31
Wednesday	1:30 - 2:00 pm	02205-32
Wednesday	3:45 - 4:15 pm	02205-35
Wednesday	4:20 - 4:50 pm	02205-38
Wednesday	4:55 - 5:25 pm	02205-36
Wednesday	5:30 - 6:00 pm	02205-37
Thursday	9:00 - 9:30 am	02205-41
Thursday	9:30 - 10:00 am	02205-42
Thursday	1:30 - 2:00 pm	02205-43
Thursday	2:00 - 2:30 pm	02205-44
Thursday	3:45 - 4:15 pm	02205-45
Thursday	4:20 - 4:50 pm	02205-46
Friday	3:45 - 4:15 pm	02205-55
Friday	4:20 - 4:50 pm	02205-56
Saturday	8:30 - 9:00 am	02205-61
Saturday	9:05 - 9:35 am	02205-62
Saturday	9:40 - 10:10 am	02205-63
Saturday	10:15 - 10:45 am	02205-64
Saturday	10:50 - 11:20 am	02205-65
Saturday	11:25 - 11:55 am	02205-66
Saturday	12:00 - 12:30 pm	02205-67
Sunday	11:30am - 12:00 pm	02205-71
Sunday	12:05 - 12:35 pm	02205-72
Sunday	12:35 - 1:05 pm	02205-73

Preschool 2

Must have successfully completed Level 1 - PIKE A or be able to glide off wall front and back, going under water independently, roll from front to back, exit water independently, float with assistance and recover.

Monday	9:30 - 10:00 am	02206-11
Monday	1:30 - 2:00 pm	02206-14
Monday	3:45 - 4:15 pm	02206-15
Monday	4:20 - 4:50 pm	02206-16
Monday	4:55 - 5:25 pm	02206-17
Monday	6:30 - 7:00 pm	02206-18
Tuesday	9:30 - 10:00 am	02206-21
Tuesday	3:45 - 4:15 pm	02206-24
Tuesday	4:55 - 5:25 pm	02206-25
Tuesday	5:30 - 6:00 pm	02206-26
Wednesday	9:00 - 9:30 pm	02206-31
Wednesday	1:30 - 2:00 pm	02206-32
Wednesday	4:20 - 4:50 pm	02206-34
Wednesday	4:55 - 5:25 pm	02206-35
Wednesday	5:30 - 6:00 pm	02206-36
Thursday	9:00 - 9:30 am	02206-41
Thursday	10:00 - 10:30 am	02206-42
Thursday	3:45 - 4:15 pm	02206-44
Thursday	4:55 - 5:25 pm	02206-45
Friday	9:30 - 10:00 am	02206-51
Friday	3:45 - 4:15 pm	02206-54
Friday	4:20 - 4:50 pm	02206-55
Saturday	8:30 - 9:00 am	02206-61
Saturday	9:05 - 9:35 am	02206-62

Fall 2 2017 Session October 30-December 23 2017

Youth Aquatic class prices

Mon-Wed Classes \$74 members / \$148 non members

Thur-Sat Classes \$66 members / \$132 non members

Sun Classes \$56 members / \$112 non members

AQUATICS YOUTH DEVELOPMENT

PROGRESSIVE-AGES 6-11

Preschool 2 Continued...

Saturday	9:40 - 10:10 am	02206-63
Saturday	10:15 - 10:45 pm	02206-64
Saturday	10:50 - 11:20 am	02206-66
Saturday	11:25 - 11:55 am	02206-65
Sunday	11:00 - 11:30 am	02206-71
Sunday	12:05 - 12:35 pm	02206-72

Preschool 3

Must have successfully completed Level 2- PIKE B or be able to submerge and blow bubbles, float 10 seconds, glide front and back 5 feet, treading water 10 seconds and swim, float swim independently with face in the water.

Monday	10:00 - 10:30 am	02207-11
Monday	2:00 - 2:30 pm	02207-12
Monday	4:55 - 5:25 pm	02207-15
Monday	7:05 - 7:35 pm	02207-18
Tuesday	10:00 - 10:30 am	02207-21
Tuesday	1:30 - 2:00 pm	02207-22
Tuesday	3:45 - 4:15 pm	02207-23
Tuesday	4:20 - 4:50 pm	02207-24
Tuesday	4:55 - 5:25 pm	02207-25
Tuesday	5:30 - 6:00 pm	02207-26
Wednesday	2:00 - 2:30 pm	02207-31
Wednesday	3:45 - 4:20 pm	02207-34
Wednesday	4:20 - 4:50 pm	02207-35
Wednesday	5:30 - 6:00 pm	02207-36
Thursday	9:30 - 10:00 am	02207-41
Thursday	3:45 - 4:15 pm	02207-44
Thursday	4:55 - 5:25 pm	02207-45
Friday	10:00 - 10:30 am	02207-51
Friday	3:45 - 4:15 pm	02207-53
Saturday	8:30 - 9:00 am	02207-61
Saturday	9:05 - 9:35 am	02207-63
Saturday	9:40 - 10:10 am	02207-64
Saturday	10:50 - 11:20 am	02207-65
Saturday	11:25 - 11:55 am	02207-66
Saturday	12:00 - 12:30 pm	02207-67
Sunday	11:30 - 12:00 pm	02207-71

Preschool 4

Must have successfully completed Level 3 - EELS or can swim 15 yards with face in the water, submerge and retrieve and object from the bottom, swim on back 10 yards independently, tread water 30 seconds, jump in independently and swim to wall.

Monday	1:30 - 2:00 pm	02208-11
Monday	4:20 - 4:50 pm	02208-12
Monday	6:30 - 7:00 pm	02208-13
Tuesday	3:45 - 4:15 pm	02208-21
Tuesday	4:20 - 4:50 pm	02208-22
Wednesday	3:45 - 4:15 pm	02208-31
Wednesday	4:55 - 5:25 pm	02208-32
Wednesday	5:30 - 6:00 pm	02208-33
Thursday	4:20 - 4:50 pm	02208-41
Thursday	4:55 - 5:25 pm	02208-42
Saturday	12:00 - 12:30 pm	02208-61
Sunday	1:45 - 2:15 pm	02208-71

School Age 1

Designed for beginners with little or no swimming skills or is uncomfortable in the water. This level teaches front and back glide to wall, going underwater independently, breath control, roll assisted front to back, front and back float, jumping in assisted and exiting independently, and Swim, float,

Monday	3:45 - 4:15 pm	02210-11
Monday	6:30 - 7:00 pm	02210-12
Monday	7:05 - 7:35 pm	02210-13
Tuesday	4:55 - 5:25 pm	02210-21
Tuesday	5:30 - 6:00 pm	02210-22
Wednesday	4:20 - 4:50 pm	02210-31
Wednesday	4:55 - 5:15 pm	02210-33
Thursday	4:20 - 5:50 pm	02210-41
Friday	3:45 - 4:15 pm	02210-52
Friday	4:20 - 4:50 pm	02210-51
Saturday	11:25 - 11:55 am	02210-61
Saturday	12:00 - 12:30 pm	02210-62
Sunday	12:35 - 1:05 pm	02210-71

School Age 2

Must have successfully completed Level 1 - Polliwog A or be able to glide off wall front and back, going under water independently, roll from front to back, exit water independently, float with assistance and recover.

Monday	3:45 - 4:15 pm	02211-11
Monday	4:20 - 4:50 pm	02211-12
Monday	4:55 - 5:25 pm	02211-13
Monday	6:30 - 7:00 pm	02211-14
Monday	7:05 - 7:35 pm	02211-15
Tuesday	3:45 - 4:15 pm	02211-21
Tuesday	4:20 - 4:50 pm	02211-22
Tuesday	4:55 - 5:25 pm	02211-23
Tuesday	5:30 - 6:00 pm	02211-24
Wednesday	3:45 - 4:15 pm	02211-31
Wednesday	4:20 - 4:50 pm	02211-32
Wednesday	4:55 - 5:25 pm	02211-33
Thursday	3:45 - 4:15 pm	02211-41
Thursday	4:20 - 4:50 pm	02211-42
Thursday	4:55 - 5:25 pm	02211-43
Friday	3:45 - 4:15 pm	02211-51
Friday	4:20 - 4:50 pm	02211-52
Saturday	8:30 - 9:00 am	02211-61
Saturday	9:40 - 10:10 am	02211-62
Saturday	10:15 - 10:45 am	02211-63
Saturday	11:25 - 11:55 am	02211-65
Saturday	12:00 - 12:30 pm	02211-66
Sunday	1:10 - 1:40 pm	02211-71
Sunday	1:45 - 2:15 pm	02211-72

COMPETITIVE SWIM CLASS

For youth ages 9-12 who are Fish to Shark Level.

This class is designed to give interested swimmers a chance to work on their competitive swim skills in a friendly environment.

\$84 members/\$168 Non-members only

Thursday	5:35-6:15pm	02217-41
Friday	(ages 9-12) 5:00-5:40pm	02217-51

Swim lessons continued on next page

Unsure which class to sign up for?
Have a Swim Evaluation done.

Saturday 2:00-2:15pm
Free to all. Please sign up at the Member Service Desk

AQUATICS

YOUTH DEVELOPMENT

Fall 2 2017 Session
October 30-December 23 2017

Youth Aquatic class prices
Mon-Wed Classes \$74 members / \$148 non members
Thur-Sat Classes \$66 members / \$132 non members
Sun Classes \$56 members / \$112 non members

PROGRESSIVE-AGES 6-11

School Age 3

Must have successfully completed Level 2 - Polliwog B or be able to submerge and blow bubbles, float 20 seconds, glide front and back 10 feet, treading water 10 seconds and swim, float swim independently with face in the water.

Monday	3:45 - 4:15 pm	02212-12
Monday	4:20 - 4:50 pm	02212-13
Monday	4:55 - 5:25 pm	02212-14
Monday	7:05 - 7:35 pm	02212-15
Tuesday	3:45 - 4:15 pm	02212-21
Tuesday	4:20 - 4:50 pm	02212-22
Tuesday	4:55 - 5:25 pm	02212-23
Tuesday	5:30 - 6:00 pm	02212-24
Wednesday	3:45 - 4:15 pm	02212-31
Wednesday	4:20 - 4:50 pm	02212-32
Wednesday	4:55 - 5:25 pm	02212-33
Wednesday	5:30 - 6:00 pm	02212-34
Thursday	3:45 - 4:15 pm	02212-41
Thursday	4:20 - 4:50 pm	02212-42
Thursday	4:55 - 5:25 pm	02212-43
Friday	3:45 - 4:15 pm	02212-51
Friday	4:20 - 4:50 pm	02212-52
Saturday	9:05 - 9:35 am	02212-61
Saturday	10:15 - 10:45 am	02212-62
Saturday	10:50 - 11:20 am	02212-63
Saturday	11:25 - 11:55 am	02212-64
Saturday	12:00 - 12:30 pm	02212-65
Sunday	1:10 - 1:40 pm	02212-71
Sunday	1:45 - 2:15 pm	02212-72

School Age 4

Must have successfully completed Level 3 - Guppy or can swim 25 yards with face in the water, submerge and retrieve and object from the bottom, swim on back 15 yards independently, tread water 1 minute, jump in independently and swim to wall.

Monday	7:40 - 8:20 pm	02213-11
Tuesday	6:10 - 6:50 pm	02213-21
Thursday	5:35 - 6:15 pm	02213-41
Friday	5:00 - 5:40 pm	02213-51
Friday	5:45 - 6:25 pm	02213-52
Saturday	12:40 - 1:20 pm	02213-61
Saturday	1:25 - 2:05 pm	02213-62
Sunday	2:20 - 3:00 pm	02213-71

School Age 5

Must have successfully competed Level 4 - Minnow or be able to swim 15 Yards rotary breathing with over arm recovery, backstroke 15 yards, breaststroke and butterfly kick 15 yards and diving

Tuesday	6:10 - 6:50 pm	02214-21
Thursday	5:35 - 6:15 pm	02214-41
Friday	5:00 - 5:40 pm	02214-51
Saturday	12:40 - 1:20 pm	02214-61
Sunday	2:20 - 3:00 pm	02214-71

School Age 6

Must have successfully competed FLYING FISH or be able to swim 300 yards freestyle, 100 backstroke, 50 yards breaststroke and 25 yards butterfly.

Tuesday	7:00 - 7:40 pm	02216-21
Sunday	2:20 - 3:00 pm	02216-71

YMCA SWIM LESSONS @ KEEFE TECH POOL

The Y is proud to announce that we are collaborating with Keefe Tech and will be teaching swimming lessons **at Keefe Tech Pool on Sunday afternoons.** YMCA Swim Lessons are designed to develop and strengthen swimming skills, build confidence and teach youth a valuable life lesson and encourage water safety.

Register Online @ Metrowestymca.org
Please choose Hopkinton Outdoor Center as the Branch

Keefe Tech Aquatic class prices
6 Weeks \$56 members / \$112 non members
No class on November 26

PRESCHOOL CLASSES

AGES 3-5

Preschool 1

Sunday	12:40 - 1:10 pm	02205-86
Sunday	1:15 - 1:45 pm	02205-87

Preschool 2

Sunday	12:05 - 12:35 pm	02206-85
Sunday	12:40 - 1:10 pm	02206-86

YOUTH CLASSES AGES 6-11

School Age 1

Sunday	1:15 - 1:45 pm	02210-87
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School Age 2

Sunday	12:05 - 12:35 pm	02211-85
Sunday	12:40 - 1:10 pm	02211-86

School Age 3

Sunday	12:40 - 1:10 pm	02212-86
Sunday	1:15 - 1:45 pm	02212-87

School Age 4

Sunday	12:15 - 12:55 pm	02213-85
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School Age 5

Sunday	1:10 - 1:50 pm	02214-86
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HOME SCHOOL SWIMMING

School Age Children

Must have successfully completed POLLIWOG A level. Ages 6-12 years old. This is a multi level swim class. Class will work on endurance, rotary breathing and stroke improvement.

Tuesday (Beg)	2:00 - 2:30 pm	02210-24
Tuesday (Adv)	2:00 - 2:30 pm	02210-25

ADULT AQUATICS

ADULT HEALTHY LIVING

ADULT SWIM LESSONS

**Fall 2 2017 Session
October 30-December 23 2017**

Mon-Wed Classes \$74 members / \$148 non members
Thur/Fri Classes \$65 members / \$130 non-members

Beginner A

For adults who have no swimming experience or are unable to put their face in the water or have a fear of the water.

Wednesday	8:00 - 8:40 pm	02220-31
Thursday	2:00 - 2:30 pm	02220-41

Beginner B

This adult class will focus on floating, beginner strokes, stroke technique, jumping in, combination skills, safety and endurance.

Monday	7:40 - 8:20 pm	02220-11
Wednesday	8:40 - 9:20 pm	02220-32
Thursday	1:30 - 2:00 pm	02220-43

Intermediate Swim Lesson

Must have successfully completed BEGINNER B or swim one pool length (25 yards) with over arm recovery. Teaches rotary breathing, backstroke, and endurance.

Tuesday	8:45 - 9:30 pm	02220-21
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Adult Coached Advanced Tune Up

Swim more.... **EFFICIENTLY, EFFECTIVELY, FASTER**

Thursday	8:30-9:30 pm	02220-42
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MASTERS SWIM TEAM

Open to adults 19 years old and up. Program features coached workouts and drills. Practices are held on Monday, Wednesday, and Fridays. 5am-6am.

Team members are eligible to compete in meets.

(8 weeks - no break)

Session Cost & Code: 02904-12

\$74 Members/\$148 non-members per session.

Yearly Session Cost & Code: 02904-11 \$345 members only



ADULT AQUATIC FITNESS

Water Aerobics

Aerobic water workout focuses on coordination, flexibility, endurance and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!

1-day option: \$20 members/\$37 non-members

Monday	10:05 - 10:45am	02102-13
Monday	8:30 - 9:30 pm	02102-14
Tuesday	7:45 - 8:30 pm	02102-21
Wednesday	10:05 - 10:45 am	02102-31
Thursday	7:45 - 8:30 pm	02102-41
Friday	10:05 - 10:45 am	02102-51

3 day \$46 members/\$92 non-members

Mon/Wed/Fri	10:05 -10:45 am	02102-11
Monday	8:30 - 9:30 pm	02102-12
Tues/Thurs	7:45- 8:30 pm	02102-12

Water Walking

Total body workout with less impact on joints and more resistance than land walking. One half hour of water walking is equal to 2 hours on land. MWF class: 11-11:30am.

\$10 members/\$22 non-members

Please sign up for the class or classes you wish to attend.

Monday	11:30 am -12:00 pm	02101-12
Tuesday	11:30 am -12:00 pm	02101-21
Tuesday	7:15 - 7:45 pm	02101-22
Wednesday	11:30 am -12:00 pm	02101-32
Thursday	11:30 am -12:00 pm	02101-41
Thursday	7:15 - 7:45 pm	02101-42
Friday	11:30 am - 12:00 pm	02101-52

Advanced Water Walking

This is a high energy class, must already know how to water walk. High energy portion includes water walking, jogging, running and biking all done in the water. 11:30-12 is water walking with less impact.

\$10 members/\$22 non-members per day

Monday	11:00 -11:30 am	02101-11
Wednesday	11:00 -11:30 am	02101-31
Friday	11:00 -11:30 am	02101-51

Ai Chi

Non-swimmers welcome.

Ai Chi is a water exercise and relaxation program created to help participants enjoy the water in a flowing, yet powerful progression. It consists of a sequence of slow, broad movements of the arms and legs, breathing, upper extremities, trunk stability, lower extremity movements, and coordinated total body movements. Ai Chi is used for pain management, back pain, arthritis, fibromyalgia, orthopedic problems, prenatal, stroke rehab and asthma.

\$20 members/\$40 non-members

Tuesday	10:30 - 11:15 am	02103-21
Thursday	10:30 - 11:15 am	02103-42

SCHOOL VACATION PROGRAMS

FRAMINGHAM BRANCH PROGRAMS

December 26-29, 2017

MY FIRST VACATION CLUB

December 26-29

9am-1pm Ages 3-5

Vacation weeks are fun at the Y! Arts & Crafts, games, new best friends & more! Space is limited- so register early. Look for the registration form online and at the Member Service Desk. Children must be completely potty trained.

Daily Rate: \$39 member/ \$59 non member

Contact Jen Hyman, jhyman@metrowestymca.org
508-879-4420 x81

SCHOOL AGE @ FRAMINGHAM BRANCH

December 26-29

8:30am-6pm Grades K-6

The MetroWest YMCA vacation program will engage your child in fun and exciting activities all day long. Gym games, sports, reading, arts and crafts and other fun activities. Field trips are planned for some afternoons. **Registration forms are available at the member service desk**

Daily Rate: \$60 members/\$87 non-members

Morning care is available from 7:30-8:30am for \$9 a day Contact enews@metrowestymca.org
508-879-4420 x30

VIEW FAMILY OUTDOOR CENTER IN HOPKINTON VACATION DAY PROGRAMS ON PAGE 20



DANCE YOUTH DEVELOPMENT

Fall 2 2017 Session
October 30-december 23 2017

Preschool Dance class prices

7 weeks (Thur/Fri/Sat) \$56 Members/\$112 non members
8 weeks (Mon/Tue/Wed) \$64 Members/\$128 non members

School Age Dance class prices

7 weeks (Thur/Fri/Sat) \$63 Members/\$126 non members
8 weeks (Mon/Tue/Wed) \$72 members/\$144 non members

PRE-SCHOOL DANCE CLASSES

Plié Pre Ballet, Ages 3-4

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will begin positions of the feet and introductory movement vocabulary.

Wednesday..... 11:15-11:45am 05217-21
Saturday..... 11:00-11:30am 05217-61

Shakers Jazz/Hip Hop Combo, Ages 3-5

Let your little one be introduced to the basics of jazz and hip hop dance. In this class your child will be introduced to basic jazz and hip hop steps. This is a fast moving class with an emphasis on fun!

Wednesday..... 10:45-11:15am 05217-31

SCHOOL AGE DANCE CLASSES

Tendu Ballet, Ages 5-7

A beginner level ballet class with further concentration on proper body alignment, balance, and coordination. Basic ballet steps such as first through fifth position, plié, tendu, chasé, and arabesque will be introduced.

Saturday..... 11:45am-12:30pm 05217-62

Movers Hip-Hop, Ages 6+

Hip hop is a high-energy class that will really get your child moving and having fun! Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for movement combinations.

Monday..... 5:00-5:45pm 05217-13
Saturday..... 12:45-1:15pm 05217-63

Show Stoppers Beginner Jazz Pop, Ages 7+

Your child will build jazz technique while learning dance steps and concepts. This class combines jazz and hip hop techniques.

Thursday..... 4:15-5:00pm 05217-42

Artist Creative Movement, Ages 3-5

This class is designed to gently teach the basics of dance in a fun and positive way. Creative movement will give students a chance to express themselves while listening to a variety of music.

Friday..... 4:30-5:30pm 05217-51

**Fall 2 2017 Session
October 30-December 23 2017**

GYMNASTICS

YOUTH DEVELOPMENT

Preschool Gymnastics class prices
Mon-Wed Classes \$64 members / \$128 non-members
Thurs-Sat Classes \$56 members / \$112 non-members

School Age Gymnastics class prices
Mon-Wed Classes \$72 members / \$144 non-members
Thur-Sat Classes \$63 members / \$126 non-members

The MetroWest YMCA's Gymnastics Program is a building block for the development of lifetime healthy habits. Preschool gymnastics classes are the perfect environment and structure to help develop gross motor and social skills. As gymnasts move into youth classes they will learn more traditional gymnastics skills in a progressive, achievement orientated manner, so every participant feels success along the way.

My Friend & Me, Ages 2 -3 years old with Parent

Children and parents will explore the world of creative movement through gymnastics. Your child will enhance social skills, risk taking, body awareness and confidence. (participants must be able to walk independently and each child must be accompanied by an adult)

Thursday	9:45 - 10:15 am	05202-42
Saturday	8:30 - 9:00 am	05202-61

Preschool, Ages 3-5 years old

Children will work independently from parent in a fun and playful environment. Your child will work on class basics such as taking turns, lining up and transitioning. Age appropriate skills will be taught to improve strength, flexibility and coordination.

Littles, Ages 3-4

Begin to learn gymnastics skill independently from parent.

Tuesday	10:00-10:40am	05203-21
Thursday	11:00-11:40am	05203-42
Friday	3:40-4:20 pm	05203-51
Saturday	9:00-9:40am	05203-62
Saturday	9:45-10:25am	05203-63

Mighty's, Ages 4-5

Begin to learn gymnastics skill independently from parent.

Tuesday	11:00 -11:40am	05204-23
Wednesday	9:45-10:25 am	05204-31
Thursday	10:20-11:00am	05204-42
Friday	3:40-4:20 pm	05204-51
Saturday	9:00-9:40am	05204-62
Saturday	9:45-10:25am	05204-63

Rollers, Ages 5 - 7 years old

Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.

Monday	5:00 - 6:00 pm	05207-11
Tuesday	3:40 - 4:40 pm	05207-26
Wednesday	3:40 - 4:40 pm	05207-31
Thursday	3:40 - 4:40 pm	05207-41
Thursday	5:15 - 6:15 pm	05207-43
Friday	3:40 - 4:40 pm	05207-51
Friday	4:30 - 5:30 pm	05207-52
Saturday	10:35 -11:35 am	05207-62
Saturday	11:40 am -12:40 pm	05207-64

NEW! Rockets Boys Gymnastics Ages 5-8

New for this spring is a boys only gymnastics class. In this class the gymnasts will work on beginner to intermediate skills on mens gymnastics equipment such as pommel horse and rings.

Tuesdays	3:40-4:40 pm	05206-21
Wednesdays	3:40 -4:40 pm	05206-31
Thursdays	3:40-4:40 pm	05206-41

Rollers, Ages 8+

Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.

Monday	4:05 - 5:05 pm	05207-12
Friday	4:30 - 5:30 pm	05207-53
Saturday	10:35 -11:35 am	05207-63

Swingers, Ages 6+

This is the intermediate level in our progressive program that continues to build on skills learned in rollers. (This class enrollment is based on our recommendations only)

Monday	5:05 - 6:05 pm	05208-11
Tuesday	3:40 - 4:40 pm	05208-21
Tuesday	4:45 - 5:45 pm	05208-22
Wednesday	4:45 - 5:45 pm	05208-32
Friday	4:40 - 5:40 pm	05208-55
Saturday	11:40am -12:40 pm	05208-62

Kippers, Ages 8+

The most advanced level in our progressive program that continues to build on skills learned in swingers. (This class enrollment is based on our recommendations only)

Monday	3:45 - 4:45 pm	05209-11
Wednesday	4:45 - 5:45 pm	05209-32
Thursday	3:40 - 4:40 pm	05209-41
Saturday	10:35 -11:35 am	05209-61
Saturday	11:40 am -12:40 pm	05209-62

High Flyers, Ages 8+

High Flyers is our most intense class which is for those gymnasts who are looking to build on skills from previous experience. Coaches will work with each gymnast on a more individual level to accommodate each gymnast's needs and goals. This class will meet on both Tuesday's and Thursday's from 4:45-6:15 pm. **must be invited to join by an instructor.*

\$190 members / \$380 non members

Tues/Thurs	4:45 - 6:15 pm	05210-26
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GymKats Gymnastics Team

The GymKats Gymnastics Team trains and competes under the curriculums and guidelines of the USA Gymnastics Program (USAG). The Junior Olympic Program (JO) consists of levels 3-10 and the GymKats Gymnastics Team offers levels 3-6. Each level contains more difficulty and as gymnasts advance through the levels strength, flexibility, coordination and endurance are expected to increase. Levels 3-6 are referred to as compulsories, where every gymnast learns the same routine on each event. (Team enrollment is based on our recommendations or a formal try-out and evaluation). To try out for our GymKats please contact our Gymnastics Director at (508)879-4420 X62

Mondays/Tuesdays/Thursdays... 5:15pm-7:15pm

For more information about gymnastics classes, please call (508)-879-4420 X62

SPORTS

YOUTH DEVELOPMENT

Fall 2 2017 Session
October 30-December 23 2017

The MetroWest YMCA's Sports Program is the starting point for many youth to learn sportsmanship and basic skill development. Whether it's gaining the confidence that comes from learning sports skills or developing better listening and social skills, participating in sports at the MetroWest YMCA is about building the whole child, from the inside out.

PRESCHOOL INSTRUCTIONAL CLASSES

8 Weeks \$68 members / \$136 non-members

Little Ninjas Ages 3 - 5 years old

Introductory level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.

Tuesday	10:30-11:10 am	03210-22
Tuesday	4:10 - 4:50 pm	03210-23
Thursday	10:30-11:10 am	03210-42
Thursday	4:10-4:50 pm	03210-43
Saturday	8:50 - 9:30am	03210-63
Saturday	9:40-10:10am	03210-64

Double Play (Soccer/Basketball) Ages 3 - 5 years old

Children will be divided into teams to play actual games while learning teamwork and the skills of each sport.

Tuesday	9:20 - 10:00am	03210-21
Thursday	9:20 - 10:00 am	03210-41

Sports of All Sorts, Ages 2-3 with parent

Child and parents will participate in a variety of sports together to help children develop gross motor skills. Your child will enhance social skills, body awareness and confidence.

Wednesday	10:30-11:00am	03210-31
Friday	10:30-11:00am	03210-51

ADULT SPORTS

HEALTHY LIVING

PICK-UP VOLLEYBALL

Come join us for a competitive night of volleyball. This is a drop in style of play where teams will be made on a week to week basis.

Tuesday Nights from 7:30-9:30pm

\$7/Night or \$28/Members and \$63/nonmembers for 9 week session.

Code: 03225-21

YOUTH SPORT CLASSES

Ninja Warrior, Ages 6-10

Beginner level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.

8 Weeks \$72 members / \$144 non-members

Ages 6-8

Tuesday	5:00 -5:45 pm	03210-24
Thursday	5:45-6:30 pm	03210-45
Saturday	10:15-11:00 am	03210-65
Saturday	11:00- 11:45 am	03210-66

Ages 8-10

Tuesday	5:45 - 6:30 pm	03210-25
Thursday	5:00 - 5:45 pm	03210-44
Saturday	11:45am-12:30pm	03210-67

YOUTH SPORTS CLINICS

Clinics are designed to teach the fundamentals of sports. Children will learn how to work as a team, do individual drills and have fun.

September 5-October 29 2017

\$72 members / \$144 non-members

Small Ball Girls & Boys 1st-3rd graders

Dribbling, passing, shooting, rebounding and defensive drills will be taught.

Wednesday	4:30-5:15 pm	03210-34
Thursday	5:45-6:30 pm	03210-45

Buzzer Beaters Girls & Boys 4th-6th graders

Game situation skills are developed using drills to improve dribbling, passing, shooting, rebounding and defensive strategies.

Wednesday	5:20-6:05 pm	03210-35
Tuesday	5:45-6:30pm	03210-44

Alternative Sports Girls & Boys Ages 9-12

Children will be exposed to a variety of sports they otherwise may not be familiar with, such as Frisbee, kickball, whiffle ball, handball, and more. Classes will consist of skill development as well as actual gameplay.

Wednesday	6:00-6:45 pm	03210-36
Thursday	6:00-6:45pm	03210-45



YOUTH BASKETBALL LEAGUES DECEMBER 2-FEBRUARY 3

SPORTS YOUTH DEVELOPMENT



MIGHTIES, Girls & Boys Age 3

NEW! At this level, children are introduced to the FUNdamentals of the game. We focus on confidence building, skill development, participation, teamwork, and sportsmanship. 20-min practice followed by 20 minutes of team play on Saturday between 1:15-5:00pm. **\$90 Members/\$130 Non-Members 03218-51**

ROOKIE Girls & Boys PreK - Kindergarten, Ages 4-6

Skills, drills and teamplay. 30-min practice followed by 30 minutes of team play on Saturday between 8:30am - 5:30pm **\$102 Members/\$149 non-members 03218-11**

Small Shots BOYS ONLY Grade 1-2

Skills, drills and team play. Half-hour practice followed by half-hour of team play on Saturday between 8:30am - 3:30 pm **\$107 Members/\$158 non-members 03218-21**

Lady's Small Shots GIRLS ONLY Grades 1-3

Emphasis on skills, drills and team play. Half-hour practice followed by half-hour game on Saturday between 8:30am - 12:00 pm **\$107 Members/\$158 non-members 03129-22**

Big Shots BOYS ONLY Grade 3-4

Hoops are set at regulation height. Practices will emphasize beginner level plays for games. Half-hour practice followed by half-hour games on Saturday between 8:30am - 11:00 am **\$107 members/\$158 non-members 03218-31**

Hot Shots BOYS ONLY Grade 5-6

Hoops are set at regulation height. Practices will emphasize beginner level plays for games. Teams will practice once a week and play games on Saturday. Games on Saturday between 1:00pm - 7:00pm **\$115 members/\$173 non-members 03218-41**



Registration deadline is October 31.

Any players registered after October 31 will be placed on a waiting list and may be assigned to a team if space is available.

Look for details when schedules and shirts will be distributed. Games begin December 2nd

Important Registration Information:

One of the primary missions of YMCA Youth Sports is to create balance in play. Due to this reason we are unable to accept requests for practice times. All divisions play a rotating schedule so game times will rotate through the time slots indicated in the division details. Team placement requests are not guaranteed and will only be accepted for extenuating circumstances.



COACHES CORNER

VOLUNTEER COACHES NEEDED

All Teams are coached by parent volunteers. Parents interested in volunteering to coach a team should contact Brendan Tuma Sports Director by E-mail BTuma@metrowestymca.org

All coaches need to attend a Coaches meeting on November 29th at 6pm at the MetroWest YMCA.

ENRICHMENT YOUTH DEVELOPMENT

Fall 2 2017 Session
October 30-December 23 2017
 8 week session (Mon-Wed classes)
 7 week session (Thur-Sat classes)

TINIEST TOTS CLASSES, AGES 1.6-2.9

The purpose of the Parent & Child classes is to introduce your toddler to a classroom environment with parent. These classes will have parent and child work together

Mon-Wed Classes Members \$66/Non-Members \$132
Tues-Sat Classes Members \$58/Non-Members \$116



Music & Art

Assist your child in the beginning stages of exploring the arts. In addition to music and art there will be stories and free play time. This is a great way to start your child in the preschool setting and the grown-ups can make new friends

Tuesday..... 9:30-10:30am..... 05215-21
 Friday..... 1:00-2:00pm..... 05210-53
 Saturday..... 9:15-10:15am..... 05210-61

TODDLIN' TOTS A CLASSES, AGES 2.6-3.6

The purpose of the Toddlin' Tots A classes is to introduce your toddler to a preschool environment. The goal is to achieve a smoother parent-child transition and help children develop and improve their social skills with their peers. Classes include music, story time, free play, arts and crafts. These classes are without parent.

Members \$58/Non-Members \$116



Tot A: Animal Around the World

Travel around the globe with us as we learn about animals from different countries.

Thursday..... 9:30-10:30 am..... 05215-41

Tot A: Autumn Adventures

Learn what Autumn is all about. There are many activities in class to help learn the exciting activities that take place during the Fall months. Many stories, songs, and crafts will take place during class.

Friday..... 9:30-10:30 am..... 05215-51

TODDLIN' TOTS B CLASSES, AGES 3-4

The purpose of the Toddlin' Tots B classes is to provide children the opportunity to improve social skills and fine motor skills in a lightly structured setting. These classes are designed for children who easily transition from parent to classroom. Classes include music, story time, free play, and crafts.

Members \$74/Non-Members \$148



Tot B: Tiny Builders

We're going to get creative with Legos, recycled material, and other items that we can build with. We will learn problem solving skills, team work, and develop communication.

Monday..... 9:30-10:30 am..... 05215-11
 Wednesday..... 12:15-1:15 pm..... 05215-32



Tot B: Little Doctors

The littles will use stuffed animals and dolls as patients in their doctor's office. They will use different scenarios and apply band aids, ace bandages, casts, learn how to read blood pressure. At the end of the session they will have a first aid kit to bring home with them.

Tuesday..... 10:45-11:45 am..... 05215-22

Tot B: I love Science & Engineering

This hands-on class will give your little learner the opportunity to investigate all kinds of experiments. The teacher will lead your children in the right direction, but let them explore independently to truly discover something new. Put on your lab coat and let's dive in.

Wednesday..... 9:45-10:45 am..... 05215-31

PRE-SCHOOL & SCHOOL AGED CLASSES

The purpose for the school aged classes is to give children the opportunity to learn, create and have fun in a different environment than the typical classroom. These classes are designed to use hands on crafts and activities to learn. These classes are without parent.

Gym Games & Crafts, ages 3.6-5

Learn some gym games, sports skills, and more while in the gymnasium and then move down to the enrichment room for a craft. Please bring a nut-free snack.

Members \$76/Non-Members \$152

Monday..... 10:00-11:15am..... 05215-12

Tumble & Create, ages 3.6-5

Learn gymnastic skills and tumbling then onto our enrichment room to create some exciting art projects. Bring your own nut-free snack.

Members \$76/Non-Members \$152

Wednesday..... 10:45-12:00 pm..... 05201-31

Cooks and Books, ages 3.9-5

Read books while we cook! This class will incorporate a book and a great recipe that kids can make themselves. Kids will learn to measure, chop, blend, bake, boil, and simmer. Kitchen safety and table manners will be introduced. **Please inform Program Director if there are any food allergies.**

Thursday..... 10:45-11:45am..... 05215-42
 Saturday..... 10:30-11:30am..... 05215-62

Kids Chefs, Ages 6-8

Kids will learn to measure, chop, blend, bake, boil, and simmer as they create child friendly recipes. Please inform program director of food allergies prior to first class.

Wednesday..... 4:15-5:15pm..... 05215-33
 Saturday..... 11:45-12:45pm..... 05215-63

Crafty Kids, ages 4-5

Join us as we explore a variety of crafting materials. Projects may include paint, pastels, beading, charcoal, clay, foam, or wood. Bring your imagination and be dressed for a mess.

Monday..... 11:45am-12:30pm..... 05215-13

PRE-SCHOOL OPEN PLAY/OPEN GYM with parent

(Free for Members/non-members \$5 child/\$10 per family per visit)
 Open to youth Ages 1-6

Climbing equipment, balance beams, mats and other equipment will be set-up for enjoyment in our gym. No preregistration is required. **Parents MUST accompany children during all open playtime programs.**

Monday, 9:15 - 10:15am
Monday, 10:15-11:45 am
Wednesday, 9:00-9:40 am
Friday, 11:00 -11:40 am

Members Only
Open to all
Open to all
Open to all

PARENTS NIGHT OUT

@ the Framingham Branch

For kids age 3-12. (must be potty trained)

Night Includes: From 6-9pm Games, activities, arts, pizza dinner and more. Registration at front desk only.

Friday Nov 10, 2017 05215-56
Friday Dec 8, 2017 05215-57

New Participants need to fill out a one-time emergency contact form.
 Family Members \$10 / Youth&Adult \$15 /Non Members \$20

YOUTH & TEEN FITNESS

HEALTHY LIVING

Fall 2 2017 Session
October 30-december 23 2017

8 week session (Mon-Wed classes)
 7 week session (Thur-Sun classes)

CARDIO KIDS Ages 9-12

Join the fun in our Youth & Family Interactive Gym and get fit by learning how to properly use our VR-1 Cybex equipment, new cardio equipment, X-Box Kinect and MORE! We require a youth and family gym orientation for your child before taking this class. Appointments can be booked at the Member Service Desk.

free members / \$150 non-members

Thur & Fri class: \$134 non-members

Sign up for a maximum of 2 classes.

*Parents must sign children in and out of class.

Monday.....	4:30-5:15 pm.....	01102-12
Tuesday.....	4:00-4:45 pm.....	01102-25
Thursday.....	4:00-4:45 pm.....	01102-43
Friday.....	3:45-4:30 pm.....	01102-51

KIDS ON THE MOVE Ages 7-10

Kids will have fun with games, dancing and exercise to move more and help them reach 60 minutes of daily activity. So come in comfortable clothing and sneakers and

8 weeks @ \$72 members/\$144 non-members

Wednesday.....	4:30-5:15pm.....	01101-35..
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ZUMBA® KIDS JUNIOR Ages 4-6

Zumba® kids junior class is rockin', high energy dancing with kid friendly routines. We break down the steps; add games, activities and different dance rhythms in to the class structure. So come in comfortable

clothing and sneaker to be ready to move.

8 weeks @ \$72 members/\$144 non-members

Monday.....	4:15 to 4:45 pm.....	01101-61.
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YOGA FOR KIDS

Kids will learn to breathe deeper, stretch longer, balance more and relax. Come in comfortable clothing to stretch and practice different yoga postures.

7 weeks @ \$63 members/\$126 non-members

Thursday.....	5:00-5:45 pm.....	01201-43
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KIDS BASIC MARTIAL ARTS PROGRAM

Based on the teachings of Shaolin Kempo Karate, classes focus on developing the critical life skills of respect, self-discipline and self-control. Students will learn to control and be confident in their actions by learning varied martial arts movements such as strikes, kicks, and footwork; progressing to more complex movements and patterns as they develop. Sneakers are required; please no boots, clogs, flip flops or sandals. *Introductory belt is provided, Karate uniform optional to purchase.



7 weeks @ \$63 members/\$126 non-members

Ages 4-7 Saturday 1:30-2:00pm 01205-64
 (Introductory session for first-time karate students)

Ages 4-7 Saturday 2:00-2:30pm 01205-62
 (Requires completion of introductory session or prior karate experience)

Ages 8-13 Saturday 2:30-3:00pm 01205-63

Advanced Karate Class

9 weeks @ \$75 members/\$150 non-members
 (Requires Yellow Belt or instructor approval).

All ages Saturday 3:15-4:00pm 01205-61

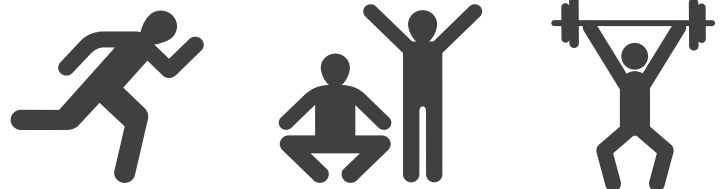
SPORTS PERFORMANCE TRAINING Ages 13 - 17

Looking to improve your game? This class, run by a former Atlanta Braves Strength & Conditioning Coach will help you run faster, jump higher and be stronger than your opponent. A strong body does not break; reduce your risk of injury with this class. If you are looking for a competitive edge then you cannot afford to miss this class. **8 weeks @ \$72 members/\$144 non-members**

Mon/Wed..... 3:45 - 4:30 pm..... 01102-34

NEW! EXPRESS EXERCISE

Having children is demanding. It's hard to get a minute to yourself, never mind get a workout in. Well here's your chance. **The Wellness Staff has a developed a 20 minute workout for you!** This program is perfect for when you're children in off in swim lessons or in Ninja Warrior class! Please see one of our friendly, qualified personal trainers to get started today! **Free for members!**



ADULT FITNESS

HEALTHY LIVING



Y – FIT

Adult Strength & Conditioning

Achieve what matters most to you! Strength & Conditioning is not solely for athletes, it is a science based program tailored specifically to your needs. **Whether your goal is to gain strength, lose weight, or improve the way you move, this type of program will get you there.** We are here to put you in the best possible position to take control of your health and fitness. We want to give you the strength to take on whatever life throws at you and the conditioning to blast through your hardest moments. **Achieve your goals in a community setting with old friends or making new friendships along the way.** The motivation and support of a group is unrivaled when it comes to achieving new heights in your fitness.



This is an 8 week, individualized program designed around your goals and **lead by our certified personal trainers.** **Each session will include:** myofascial release, dynamic warm-up, functional strength training, conditioning and mobility. By taking a generalized strength & conditioning program and fine tuning it to your needs and wants we will be able to assist you in attaining your goals. **There will never be a better time than today to start, so come get Y-FIT!**

One day per week rate is \$96 for members/\$192 for non-members for the 8 week session.
The two day per week rate is \$160 for members/\$220 for non-members for the 8 week session.
For the two day option, please register at the Member Service Desk to receive the pro-rated fee.
Thur-Sun classes (7weeks): One Day Rate: \$84 members / \$168 Non members
Two Day Rate: \$150 members / \$210 non members

Monday.....5:30-6:30 am.....01206-11
 Monday.....9:30-10:30 am.....01206-12
 Monday.....6:00-7:00 pm.....01206-13
 Tuesday.....11:00am-12:00 pm...01206-22
 Tuesday.....7:00-8:00 pm.....01206-23
 Wednesday....5:30-6:30 am.....01206-31
 Wednesday....9:30-10:30 am.....01206-32
 Wednesday....7:00-8:00 pm.....01206-33
 Wednesday....7:30-8:30 pm.....01206-34

Thursday.....9:30-10:30 am.....01206-42
 Thursday.....10:30-11:30 am.....01206-43
 Thursday.....6:30-7:30 pm.....01206-44
 Fridays.....9:30-10:30 am.....01206-51
 Friday.....6:15-7:15 pm.....01206-52
 Saturday.....9:15-10:15 am.....01206-61
 Sunday.....10:15-11:15 am.....01206-71
 Sunday.....12:30-1:30 pm.....01206-72



ADULT FITNESS

HEALTHY LIVING

GROUP EXERCISE CLASSES

Our group exercise classes are included in your membership / **FREE FOR MEMBERS**. Lots of group exercise classes, from Pilates, Zumba, Cycle, Yoga to Step, there is something for everyone!

Please note that the group exercise classes are for ages 16 and older. Teens 13-15 years old may attend class with a parent or guardian. Non-members pay \$133 per 8 week session code 01101-10.

The Group Exercise schedule and complete descriptions for Group Exercise Classes can be viewed online at metrowestymca.org under the Schedules & Downloads tab on the homepage.
Spirit Mind Body Room Schedule
Aerobics Room Schedule

Michelle Krol
 508-879-4420 x31
mkrol@metrowestymca.org

MINDFUL BONES

Osteoporosis affects 44 million men and woman across the country and over 55% of the population over than 50! Through the use of stretches, strength exercises and proper body mechanics we will reeducate your body's postural systems. Join us as we work to consciously prevent and reverse the effects of osteoporosis.

\$72 members / \$144 non-members
 Monday.....11:00am-11:45pm.....01206-14

KRAV MAGA

- Intent-driven self-defense system
- Tailored to meet the needs of the user
- Skill layers on basic easy to learn techniques
- Training through exercises and drills
- Skills based on natural everyday gestures
- Immediately useful



8 weeks @ \$72 members/\$144 non-members
 Thursdays.....7:00-8:00pm.....01101-41..

ACTIVE OLDER ADULTS

SENIOR FITNESS CLASS!

A group program designed for seniors consisting of low impact aerobics and exercise to maintain flexibility, balance, muscle strength and endurance. Classes will be in the Aerobics room, and Friday is Zumba for Seniors.

8 weeks @ free members/ \$133 non-members
 Tuesday.....10:30 -11:30 am No sign up needed
 Thursday.....10:35 -11:35 am No sign up needed
 Friday.....10:30 -11:30 am No sign up needed

T'AI CHI FOR HEALTHY AGING

The T'ai Chi for healthy aging program consists of gentle, graceful movements consisting of the ancient Chinese practice of T'ai Chi. In this class participants will interact with their peers while learning exercises to improve balance and physical functioning to decrease the fear of falling, reduce pain and achieve greater relaxation.

Sign-up Required
8 weeks @ free members/ \$150 non-members
 Thursday.....11:45am - 12:45pm.....01206-45

CARDIOPULMONARY WELLNESS PROGRAM

The Cardiopulmonary Wellness Program is offered through a partnership with the MetroWest Medical Center. This program offers a medically supervised exercise/risk factor management program for individuals who are at risk for or have known cardiovascular and/or pulmonary disease. **Classes meet on Tuesdays and Fridays** and are supervised by a Clinical Exercise Physiologist from the MetroWest Medical Center's Cardiac Rehabilitation Department.

For more information about the Cardiopulmonary Wellness Program please contact Rick Nadell 508-879-4420 ext. 38 or rnadell@metrowestymca.org.



ADULT FITNESS

HEALTHY LIVING

PARKINSON'S DISEASE WELLNESS PROGRAM



PREVENTION & WELLNESS CLASSES FOR OLDER ADULTS

The MetroWest YMCA is offering the following classes to help older adults improve their health and wellness. These programs are offered through the MetroWest Prevention & Wellness Partnership.

These programs are **FREE** and funded by the Massachusetts Department of Public Health and the MetroWest Health Foundation.

Classes forming now, register today by contacting Laura Gilbert at 508-879-4420 ext. 32
LGilbert@metrowestymca.org

MATTER OF BALANCE (MOB)

MOB is designed to reduce the fear of falling that many older adults experience, while increasing their activity level. During the class participants learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risk at home. This class meets for 2 hours, once a week for 8 weeks.

MOVING FOR BETTER BALANCE

Moving for Better Balance helps improve balance and increase confidence in doing everyday activities using movements developed from Tai Chi. This is a 16 week class that meets for 1 hour, two times a week.

ENHANCEFITNESS

EnhanceFitness helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This class focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. This class meets for 1 hour, three times a week for 16 weeks.

The PD Wellness Program is specifically designed to help individuals with Parkinson's disease, MS, or any other neuromuscular conditions to maintain and improve their quality of life. Each one hour class will include balance, cognition, strength, and flexibility exercises. All exercises can be modified to accommodate each individual's needs and abilities. **Please contact the Laura Gilbert, 508-879-4420 x32 for information on this program and how to apply for the scholarship.**

8 weeks @ free members / \$75 non-members

Wednesday.....	12:00-1:00pm.....	01201-33
Friday.....	1:30-2:30pm.....	01201-33

YMCA'S DIABETES PREVENTION PROGRAM

If you're at risk for type 2 diabetes, you can make small, measurable, changes that can reduce your risk and help you live a happier, healthier life. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help. **The YMCA's Diabetes Prevention Program** gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes.

As a participant, you'll enjoy:

- A safe space where you can feel comfortable sharing and learning in private.
- Making new friends. You will support each other as you all trade old habits for healthier new ones.
- The new energy and confidence that comes with losing weight and reducing your risk for diabetes.

Contact Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x32



For updates tips and other events, follow us on Facebook.

ADULT SPORTS

HEALTHY LIVING



PICK-UP VOLLEYBALL

Come join us for a competitive night of volleyball. This is a drop in style of play where teams will be made on a week to week basis.

Tuesday Nights from 7:30-9:30pm
\$7/Night or \$28/Members and \$63/nonmembers
for 9 week session.

Code: 03225-21

ADULT FITNESS

HEALTHY LIVING

PERSONALIZED WELLNESS PROGRAMS

PERSONAL TRAINING *Members Only*

Need someone to develop a realistic exercise plan for you and keep you motivated? A YMCA Certified Personal Trainer will help you get the most from your exercise routine. Trainers are certified through nationally recognized organizations including American College of Sports Medicine, American Council on Exercise, Aerobics and Fitness Association of America, National Strength and Conditioning Association and the YMCA of the USA. Invest in your future by working one-on-one with one of our dynamic trainers!

Contact Rick Nadell to set up your first appointment (508) 879-4420 x38 or RNadell@metrowestymca.org

Length of Session	One-On-One
1-hour	1 Session: \$45
1-hour	5 Sessions: \$195
1-hour	10 Sessions: \$360
30 min	1 Session: \$30
30 min	5 Sessions: \$125
30 min	10 Sessions: \$230

NEW! GET STARTED PROGRAM

Our new Get Started Program here at the Y FREE FOR ALL MEMBERS. It's a series of three complimentary wellness appointments designed to support you in your pursuit of healthy living through personal goals. In these three appointments we will help you set a PLAN, put it into ACTION, and help you EVALUATE your progress.

To learn more about how to get involved with the MetroWest YMCA Get Started Program contact Ashley Short at ext. 23 or ashort@metrowestymca.org

PERSONALIZED NUTRITION PROGRAMS

NUTRITION COUNSELING

Conducted by Lisa Brown PhD, LN, RD (Registered Dietitian). To schedule an appointment, please stop by the Member Service Desk or call Rick Nadell, Assistant Wellness Director at 508-879-4420 x38.

COMPREHENSIVE NUTRITIONAL EVALUATION

Includes an 1 hour initial consultation and 1 follow-up. Your evaluation includes nutrition assessment and individual goal setting.

Consultation & one-hour Follow-up: \$84

ADDITIONAL FOLLOW-UP

For the member who would like continued one-on-one support for their nutritional and weight management.

1/2 hour Follow-up Visit: \$26

1 hour Follow-up Visit: \$40



Did you know.... about our Wellness Orientations & Fitness Assessments?

WELLNESS ORIENTATION

Two 45-60 minute sessions with a personal trainer to discuss wellness and fitness goals as well as help you better understand and learn the equipment of the fitness center. They will also help you explore all of the other wellness benefits your Y membership has to offer! Schedule your free orientation today! See the member service desk for more information.

FITNESS ASSESSMENTS

This is a great starting point to keep track of your fitness improvements and help identify what areas you should focus on in your workout routine.

Fitness Assessment Includes:

- Body Composition
- Resting Blood Pressure and Heart Rate
- Cardiorespiratory Endurance Test
- Muscular Strength
- Flexibility

To schedule an appointment, please stop by the Member service desk or call Rick Nadell (508) 879-4420 x38
\$25 for members only

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

OUTDOOR FUN ALL YEAR LONG!

Join us, your neighbors, and community all year long in programs and activities together. We celebrate the importance of a strong family, building bonds with new families, and simply enjoying time all together. Below are the many benefits of being a MetroWest YMCA Family Outdoor Center Family Member!

Programs & Events Included in FOC Membership:

- Open Climb (Fridays 6:30-8:30pm)
- Family Archery
- Monthly Family Events & Quarterly family events
- Junior and Senior Leaders Club
- Y Nights for Middle School Students
- Family Outdoor Center Swim Club Membership
- Member rates on classes, programs, and summer camp

Facility Use Included in Membership:

- Family Swim Club; June – August, Weekdays 3:15pm-7:00pm, and Weekends, 10:00am-7:00pm
- Hiking Trails
- Courts and Fields
- Winter self-guided trail use; snowshoes, x-country skiing



DECEMBER VACATION CLUB December 26-29 8:30am-6:00pm For children currently enrolled in Grades K-6

Join us for four days of games, crafts, sports, and winter fun! Each day there will be different activities for everyone to enjoy! On Thursday, 12/28 we will be traveling off site for a field trip (TBA). Participants must bring their own snacks, lunches, and water bottles daily. Please be sure to pack appropriate indoor and outdoor apparel for your child so they can enjoy all the fun we have to offer both inside and out! AM and PM Care are available at an additional cost.

Register for all the days or individually!

Rate: \$55/day for members and \$72/day for non-members

AM Care: 7:30-8:30, \$8/day members \$11/day non-members

PM Care: 4:00-6:00, \$8/day members \$11/day non-members

Licensing: This camp complies with the regulations of the MA Department of Public Health and is licensed by the local Board of Health. Parents may call the camp to request copies of background checks, health care, and discipline policies, as well as procedures for filing grievances. All staff and volunteers complete a SORI and CORI check by the Commonwealth of Massachusetts.

YOUTH ADVENTURE

Fall 2017 Session
October 29-December 23

ADVENTURE CLUB

Our Adventure Club is dedicated to helping youth build lasting friendships through activities that are fun, engaging, and educational. Participants will have the opportunity to climb, hike, play games and participate in other exciting experiential events.

7 weeks, Members \$89 / Non-Members \$178

Ages 7-12.....Wednesday.....5:00-6:00pm

Ages 7-12.....Saturday.....11:30am-12:30pm



BEGINNER & INTERMEDIATE ARCHERY

Aim for the future with our YMCA Archery classes! Our Beginner Archery program gradually teaches kids patience, confidence, and the skills needed to succeed as beginner archers. Our Intermediate Archery program works to improve current skills and avoid those bad shooting habits. Each program helps kids stay on target towards becoming a successful archer and all equipment is provided!

7 weeks, Members \$89 / Non-Members \$178

Beginner Class.....Wednesday 6:00 - 7:00pm

Beginner Class.....Saturday.....9:00 - 10:00am

Intermediate Class.....Saturday.....10:15 - 11:15am



Family Open Climb

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

FAMILY ADVENTURE

Fall 2017 Session
October 29-December 23

OPEN CLIMB

Build strength of body and strength of mind during Open Climb! Our indoor rock walls provide great opportunities to practice and gain experience in rock climbing. Bring the whole family as no previous experience is needed and we provide all the necessary equipment. Must bring a willingness to challenge yourself and have some fun!

Fridays – 6:30pm-8:30pm

Drop In Free for Members

Non-members \$10

Families of 4 or more \$20

Parent Belay Class \$25

**once trained can belay family members during open climb.*

FAMILY OPEN HIGH ROPES COURSE

Saturday, October 14, 1-4pm

Join our team on the high ropes course. You may traverse a cargo net, climb a giant post or tower, or participate in any of a number of other challenges. Climbers must be able to be appropriately harnessed – typically around 5 years old.

Thanks to funding from Sierra Trading Post, all participants are FREE

BASIC OUTDOOR SURVIVAL AND COOKING

Saturday, November 11 – 2-4pm

Activities may include starting fires using flint, magnesium, or a bow drill, means for cooking over a fire – perhaps in a Dutch Oven, and even taking a hike in the woods to explore other parts of nature while our ovens are baking. This will be a fun afternoon of learning new skills and enjoying a fun hike and meal with other families. Enrollment is capped at 20 total participants for this special event

FREE for Members

Non-Members are \$20/Family

SCOUTING PROGRAMS

We offer a variety of programs for scout troops, from adventures on our challenge course to assistance with badge program completion. Contact The Family Outdoor Center for more information or to schedule a program for your Scouts. (508) 435-9345



TEEN PROGRAMS

JUNIOR LEADERS CLUB, GRADES 6-8

LEADERS CLUB, GRADES 9-12

The Y is counting on you to lead the way! The goal of both Junior Leaders and Leaders Club is to provide opportunities for leadership training, personal growth, service to others, and social development. This is also a great way to make new friends and memories while fulfilling community service hours, boosting your college and work resume, and developing leadership and social skills.

There is no cost for these clubs.

For more information about either of these clubs, please contact:

Connor Spilman, Teen Director

508-435-3945 x 108

CSpilman@metrowestymca.org

ASHLAND & HOLLISTON Y FRIDAYS

Grades 6-8 are invited to spend Friday afternoons with us from school dismissal until 5pm.

The YMCA provides transportation for Holliston's Adams Middle School and Ashland Middle School students from school to our Family Outdoor Center for an afternoon of fun! Activities include indoor and outdoor adventures such as climbing, trail running, gaga, sports, bon fires, and more! Y Fridays 2 Week November Session begins on Friday, November 3rd. Y Fridays 4 week December Session begins on December 1st.

For more information and to register please contact Connor Spilman, Teen Director, 508-435-9345 or CSpilman@metrowestymca.org

Stay Connected

Facebook @mwydaycamp

Twitter @mwymca_outdoors

(508) 435-9345

metrowestymca.org/family-outdoor-center

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

BIRTHDAY PARTIES

We'll partner with you to make it a HAPPY, FUN, and SPECIAL occasion for your child. We make it EASY, AFFORDABLE and MEMORABLE for you to host a party. Our parties are designed for all ages and we offer several theme party options to meet the diverse interests of our birthday party hosts

Please visit our website and fill out the birthday party request form @ metrowestymca.org/birthdayparties

Not-Your-Typical Party \$275

We partner with you to make it a happy, fun, and special occasion for your child or family member celebration. We make it easy, affordable and memorable for you to host a party. Our parties are designed for all ages and we offer several theme party options to meet the diverse interests of our birthday party hosts. For our standard party you will have the party room or pavilion for one hour and an additional hour of fun indoor or outdoor games led by a YMCA staff person.

Archery Party \$300

This party is right on target for you! Parties include all the equipment and a dedicated staff member that is NFAA/USA certified to instruct archery. We will take the time to instruct each individual on the sport of archery. The archers will then shoot at targets approximately 15+ feet away. After an hour in the party room or pavilion, your group of 15 or less will join us on the indoor or outdoor range for up to 1.5 hours. Fee for additional guests.

Vertical Climbing Party \$350

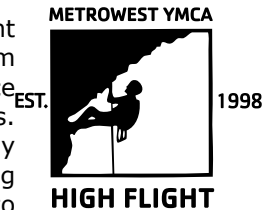
Your party will rock on our indoor climbing wall! In addition to a standard celebration with an hour in the party room or pavilion, your group will join us on our towering climbing walls up to 1.5 hours. Our certified climbing instructors provide instruction and fun up and down the climbing walls. Harnesses and helmets are provided for all climbers. Comfy clothes and sneakers are recommended. A waiver form must be signed prior to climbing. Up to 15 guests and an additional fee for more guests.



HIGH FLIGHT PROGRAM

What is High Flight?

Established in 1998, High Flight is an adventure-based program designed to develop self-confidence and social skills in youth and teens. The program adopts the philosophy "to try is to succeed," encouraging and empowering all participants to challenge themselves and push their limits while in a safe and accepting environment.



Each session, families are encouraged to attend activities designed to foster positive relationships and support their youth's development. Families are encouraged to communicate with the staff about their youth's progress in the program. Every session, High Flight participants develop a sense of responsibility and connection to their community by taking part in a service project such as trail maintenance, conservation initiatives, recycling and other volunteer efforts.

How Do I Participate?

Youth and teens ages 12-17 are referred to the program through school counselors, social service agency or community organizations.

General Info

High Flight runs three 10 weeks sessions during the school year where the group meets twice a week from 4pm-6pm after school and 10am -4pm every other Saturday.

Each 10 week session includes and overnight camping trip as well as a three day backpacking trip at the end. The MetroWest YMCA can provide limited transportation to and from local schools or the Framingham YMCA. Due to time and logistical restraints some families are requested to provide transportation to the Family Outdoor Center in Hopkinton. The program fee is based on a tiered pricing scale, according to the families' income. Financial Assistance is available for those who qualify. All equipment is provided as are some personal items according to need.

For more info contact:

Jen Curtis
HighFlight Director
MetroWest YMCA Family Outdoor Center
45 East Street, Hopkinton, MA 01748
508-435-9345 x106 www.metrowestymca.org
jcurtis@metrowestymca.org

CPR/SAFETY EDUCATION

SAFETY EDUCATION COURSES

Please contact Ashley Phoenix aphoenix@metrowestymca.org for more information about the classes listed below.

BASIC FIRST AID

In this nationally recognized program, participants will develop basic first aid knowledge and skill and the confidence to respond. Certification will be American Safety and Health Institute. Online Student Handbook Available. **Cost: \$ 55**

CPR/AED FOR THE COMMUNITY

The program is for individual who want or are required to have CPR and AED knowledge and skills. Certification will be American Safety and Health Institute. Online Student Handbook Available **Cost: \$65**

RED CROSS LIFEGUARD COURSES

Must be 16 years old by the last day of the course. To successfully complete the lifeguarding certification course, participants must attend and participate in all sessions, demonstrate competency in all skills. Participants are required to demonstrate all components of the prerequisite swim prior to registering for the class. Please contact Benjamin to set up an appointment to complete prerequisite swim. You will be required to show a registration approval form to register for the course: this form is given after successful completion of prerequisite swim.

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION COURSES

To successfully complete the lifeguarding recertification course, participants must demonstrate competency in all required skills, activities and final rescue skill scenarios in addition to passing both exams with a minimum grade of 80%. The lifeguard recertification course is for individuals that possess current lifeguarding certification that need to be recertified before expiration date. Participants DO NOT need to pass a pre-req swim to sign up for course.

LIVESTRONG



LIVESTRONG®

More than 12 million cancer survivors live in the United States, and 3 out of 4 families will help care for a family member with cancer. Recent medical research has shown that exercise can counteract the often debilitating side effects of cancer treatment. When cancer survivors participate in moderate levels of physical activity, fatigue is reduced, physical strength is increased and quality of life is significantly improved. Unfortunately, many cancer survivors do not engage in any activity during and after treatment because they don't know where to go for the special kind of program they need.

LIVESTRONG® at the YMCA is free, 12 week program designed for small groups of adult cancer survivors. The goal of the program is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. The program is led by our staff that have been specially trained in the physical and emotional needs of cancer survivors.

When a cancer survivor walks through our doors, they will become a part of the YMCA family. LIVESTRONG® at the YMCA will engage cancer survivors by focusing on the whole person and will provide a supportive, community environment where people affected by cancer can connect during treatment and beyond.

For more information about LIVESTRONG® at the YMCA, please contact Laura Gilbert at (508) 879-4420 x32.



GET STARTED

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day making sure that you, your family and our community have the resources and support needed to learn, grow, and thrive.

MEMBERSHIP

More than just a gym, a pool, or a place for fitness, Y members experience a sense of belonging that can't be found anywhere else. **With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.** As a result, thousands of people, just like you, are receiving the support and resources they need to engage in healthy lifestyles! **Be part of something that is good for our whole community!**

FINANCIAL ASSISTANCE

The Y believes finances should not be an obstacle to living a healthy lifestyle. The Y offers financial assistance which can be used to help cover the cost of YMCA membership and programs. Please visit our website at metrowestymca.org/assist to see if you qualify and for more information. Funds are secured by volunteers during the YMCA's Annual Campaign.

GET INVOLVED

With a focus on developing the potential of kids, improving health and well-being and giving back and supporting our neighbors, your participation will not just bring about meaningful change in yourself, but in your community too. **Here are some of the ways you can get involved.**

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member, community board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole.

JOB OPPORTUNITIES

Visit metrowestymca.org/employment for open positions in our staff family.

TOGETHERHOOD

A Member-led Community Service program

Togetherhood is the YMCA's Signature Program for Social Responsibility. We invite Y members to activate your social responsibility by participating in the Y's cause to strengthen our community.

The program is run through individual Y branches as a partnership between a committee of members and a Y Staff Advisor. It is designed to be a simple, fun and rewarding way for members to identify ways that they can give back and support their neighbors through their own ideas, skills and energy, and the network of the Y. If you are interested in participating, please email, enews@metrowestymca.org for more info.

MEMBERSHIP RATES

Membership Category	Monthly Draft	Joiner's Fee
Youth & Teen , ages 2-17	\$16.66	\$25
Young Adult , ages 18-25	\$31.50	\$30
Adult , ages 26-64	\$53.04	\$50
Family of 2 (New)*	\$79.56	\$75
<i>Two individuals, same address</i>		
Family of 3+*	\$92.82	\$75
<i>Two Adults with children under 26 residing at the same address</i>		
Senior , age 65+	\$47.74	\$40
Sr Family of 2 (New)*	\$71.60	\$60
<i>Two individuals both 65+, same address</i>		
Sr Family of 3+*	\$83.54	\$60
<i>Two Adults both 65+ with children under 26 residing at the same address</i>		

* Access to Family Outdoor Center included in Family Member Benefits

** Add an adult 18+ \$20

Daily Guest Fees at Framingham Branch

Anyone may use the MetroWest YMCA facility on a daily basis at the rates listed below. *Photo Id is required for access to facility

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

FAMILY OUTDOOR CENTER MEMBERSHIP

Join us, your neighbors, and community all year long in programs and activities together. We celebrate the importance of a strong family, building bonds with new families, and simply enjoying time all together. Below are some of the many benefits of being a MetroWest YMCA Family Outdoor Center Family Member.

Programs & Events Included in FOC Membership:

- Open Climb (School Year on Fridays)
- Monthly Family Events
- Member rates for quarterly family events
- Junior and Senior Leaders Club
- Y Nights for Middle School Students
- Family Outdoor Center Swim Club Membership
- Member rates on Family Outdoor Center classes, programs, and summer camp

Facility Use Included in Membership:

- Family Swim Club; June – August
Weekdays 3:15pm-7pm, Weekends 10am-7pm
- Hiking Trails
- Courts & Fields
- Winter self-guided trail use; snowshoes, x-country skiing



WELCOME EVERYWHERE IN NEW ENGLAND

Your valid MetroWest YMCA membership can be used at any YMCA in New England. Your YMCA membership card will provide you free access to any YMCA membership facility in New England.

YMCA FALL 2 2017 Registration Form

Please Register Online OR use this form for ALL Classes & Sport Leagues



Member Registration for ALL CLASSES begins Wednesday OCTOBER 18at 6 AM, On-Line and Walk-In.

To register online, visit www.metrowestymca.org and click on the "Register Online" button. Registration for the session begins at 6:00 AM, HOWEVER, you may set up your Online User profile anytime and we encourage you to do so.

All classes require a minimum enrollment. The MetroWest YMCA reserves the right to cancel any class that does not meet the minimum amount of participants. If your class is cancelled, you will be notified prior to the scheduled start of class.

Non member Registration: Monday October 23
Non member registration is Walk-In only.

YMCA Fall 2 2017 Program Registration

For more registration information, please refer to page 26

Please complete one form per participant.

Today's Date _____

PLEASE PRINT CLEARLY. To be completed by participant if age 18 or parent if under age 18.

Class Name(s)	Class Code / 2nd Choice Code	Price
First Class _____	_____ / _____	\$ _____
Second Class _____	_____ / _____	\$ _____
Third Class _____	_____ / _____	\$ _____
Total # of Classes: _____		- Credit _____
		Total \$ Due: _____

Mandatory YMCA Waiver

I understand that the MetroWest YMCA assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports programs, the use of any equipment, exercise or other activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illnesses which may result from participation in these activities. I hereby release and discharge the MetroWest YMCA, its agents, servants and employees from any and all claims for injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the MetroWest YMCA is not responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities on YMCA premises. I give my permission for the MetroWest YMCA to take photographs/video or myself/my child while involved in the daily activities of the YMCA programs or special events. I understand that these photographs/video may be used for media purposes or in MetroWest YMCA videos, newsletters, brochures, website and other promotional vehicles. **I acknowledge the WAIVER set forth above.**

Signature of Participant or Parent **GUARDIAN** _____
Date _____

Parent/Guardian's Name _____

Parent/Guardian's Birth date _____

Participant's Name _____

Participant's Gender _____ Participant's Birth Date _____

Address _____

City, State, Zip Code _____

Daytime Phone _____ Evening Phone _____

E-mail Address _____

MEMBER ONLY BENEFITS

FRAMINGHAM MEMBER-ONLY BENEFITS:

- Family Parties, Open Swim, Open Gym
- Unlimited access to group exercise classes, including cycling, kick-boxing, step classes and TRX
- Yoga & Pilates included with membership
- Wellness Consultations with our certified fitness staff
- Priority registration for youth, adult and senior programs
- Towel and locker service*
- Nutritional consultations with our registered dietitian* (*additional fee for these services)

YOUR FRAMINGHAM FAMILY OF 3+ MEMBERSHIP INCLUDES THE FAMILY OUTDOOR CENTER TOO!

- Open Climb (School Year on Fridays)
- Open Ropes (May through October)
- Monthly Family Events
- Member rates for quarterly family events
- Junior and Senior Leaders Club
- Y Nights for Middle School Students
- Family Outdoor Center Swim Club Membership
- Member rates on Family Outdoor Center classes, programs, and summer camp
- Hiking Trails
- Courts & Fields
- Winter self-guided trail use; snowshoes, x-country skiing

Member Benefits available to those with Family Membership. You may join the MetroWest YMCA Family Outdoor Center. Outdoor Center Member Only do not have access to the Framingham Branch.

Y-CHILDWATCH

Drop-In Play Room - For Members Only

Ages 2 months - 10 years old
1 1/2 HOUR LIMIT PER SHIFT
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 can not transport to and from a swimming class. See the Child Watch staff for details.

CHILDWATCH HOURS

Mornings	Monday through Friday 8:00 am - 1:15 pm
Evenings	Monday through Thursday 4:00 - 8:00 pm 4:00 - 7:00 pm Friday evenings
Saturdays	8:00 am-1:00 pm
Fees	Free for MetroWest YMCA Family members! Adult Members \$3/child/day

ONLINE REGISTRATION

Now available-registering online!
visit www.metrowestymca.org to create your account and begin registering today!

FACILITY INFORMATION

FAMILY OUTDOOR CENTER

- 122 wooded acres
- Two outdoor pools (*additional Summer Swim Membership needed*)
- Outdoor basketball court
- Outdoor tennis courts
- Picnic pavilions and playing fields
- Extensive Challenge Course
- Hayes Lodge (A fully winterized, multi-purpose facility for rentals and group meetings.)
- School-age Extended Day Programs
- Licensed Summer Day Camp facility

FRAMINGHAM BRANCH

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 65 hours of lap swimming time
- Designated open swim times for the whole family

Wellness Center

- Cardio & Selectorized strength equipment from Precor, Nautilus, Cybex, LifeFitness
- Stair climber, Stationary cycles, Ellipticals, Treadmills
- Updated free weights
- Free Wellness Center Orientations

Youth & Family Interactive Gym

- X-Box Kinect, Espresso Bikes, Cybex & Wii

Aerobics/Cycle Studio

- Suspended wood flooring
- Climate Controlled
- TRX Class included with membership

Youth & Family Game Room Lounge

- Pool table, ping pong and air hockey table.
- Free Wi-Fi
- Cafe Tables & Chairs

Locker Rooms:

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



MY Y IS EVERY Y IN NEW ENGLAND!

Member only benefit! Your valid MetroWest YMCA membership can be used at any YMCA in New England. Your YMCA membership card will provide you free access to any YMCA membership facility in New England.

GENERAL INFORMATION

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.

Current dates of Program Session registration are listed on the back page with the registration form

PROGRAM REFUND/CREDIT PROCEDURES

1. If a class does not meet minimum enrollment and is cancelled, a full refund or YMCA credit will be issued.

2. A full refund or YMCA credit will be issued if a participant withdraws from a class after notifying the Program Director or authorized staff member at least 48 hours prior to the start of the class.

3. A YMCA credit or refund will be issued if a participant is unable to attend a 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.

Program Satisfaction:

We place great value on the satisfaction of our program participants. If a program is not meeting your needs for any reason please notify the Program Director.

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 for that class.

FACILITY ACCESS

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 9-12 years** old upon completion of a wellness orientation may use the Youth and Family Interactive Gym with adult supervision.

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 13 years** 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.

IMPORTANT INFORMATION ABOUT MEMBER REGISTRATION FOR FALL 2 2017 CLASSES. WE ENCOURAGE YOU TO SET UP YOUR ONLINE ACCOUNT PRIOR TO OCTOBER 18

- When setting up an online account for a youth membership, you must use the Member Number, NOT the facility access number. Please contact the Member Service Desk at (508) 879-4420 during business hours to determine your member number or if you have any other questions.
- If your membership is due to renew on or before December 23 or if your draft membership is inactive for any reason including draft returns, membership holds or account changes, you will not be able to access online registration.
- It is important that you DO NOT log into the registration page before 6 am.
- We process a high volume of registrations in the first hour of registration. Some classes will fill within the first 5 minutes of registration.

PLEASE NOTE THE FOLLOWING PROCEDURES FOR WALK-IN REGISTRATION ON OCTOBER 18

- Members arriving between 5 and 5:45 AM will receive a number that will be drawn randomly beginning at 6 AM.
- Members arriving between 5:45 and 6:45 AM will receive a number that will be drawn randomly after all numbers have been drawn from the first group.
- Registrations will be accepted and processed for 1 immediate family per number. If you are bringing registrations for a friend or relative that is not part of your family membership, you will need to take an additional lottery number.
- Please make sure that your membership is current and in the case of annual memberships, does not end on or before DECEMBER 23, 2017. Membership issues will be handled separately on October 18 and will delay your program registration.

PHONE REGISTRATIONS WILL BE ACCEPTED ONLY FOR THE FOLLOWING CIRCUMSTANCES:

- If your child is not yet the age that is required for the program on the day that you are registering, you will not be able to register online, and you will need to call or walk in.
- If your child under 2 is receiving member rates under your adult membership, you will not be able to register online and you will need to call or walk in.



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

Non-Profit Org.
 US Postage
 PAID
 Permit #13
 Framingham

POSTMASTER-PLEASE DELIVER BY OCTOBER 13

MetroWest YMCA Staff
We're here to serve you!

Please contact us if you have any questions or require assistance.
 Visit us on the web at www.metrowestymca.org
Framingham Branch Staff 508-879-4420

Branch Executive Director (x45)	Lisa Mandozzi
Senior Program Director (x39)	
Membership Experience Director (x23)	Ashley Short
Wellness Director (x38)	Rick Nadell
Prevention & Wellness Referral Coordinator (x32)	Laura Gilbert
Assistant Wellness Director (x31)	Michelle Krol
Aquatics Director (x35)	Ashley Phoenix
Gymnastics & Dance Director (x62)	
Sports Director (x30)	Brendan Tuma
Director of Family Engagement (x81)	Jen Hyman
Business Manager (x71)	Aura Hernandez

Family Outdoor Center Staff 508-435-9345

Branch Executive Director (x105)	Scott Umbel
Business Manager & Camp Registrar (x110)	Matt Donato
Camp and Teen Director (x101)	Kelley Ratcliffe
Senior Program Director (x107)	
Adventure & Outdoor Ed Director (x104)	Kristen Hinners
Leadership Development Lead Instructor (x106)	Jen Curtis

Child Care
Early Education & School's Out Program Staff

Executive Director of Education (x66)	Heidi Kaufman
Early Learning Center Director (x51)	Lolly Butz
Out-of-School Time Director (508) 435-9345 (x115)	Shannon Dixon
School's Out Area Director - Ashland/Hopkinton (x103)	Brittany Martinelli
School's Out Area Director - Framingham/Natick (x116)	Nicole Morse
Director of Family Services (x46)	Kathleen Glennon
Education Billing Coordinator (x68)	Arlet Wilson

Association Staff 508-879-4420


President & CEO (x27)	Rick MacPherson
Chief Operating Officer (x20)	Jeanne Sherlock
Chief Financial Officer (x21)	Sean McGourty
Chief Development Officer (x70)	Peter Waisgerber
Building & Grounds Director (x33)	Dave Byrne
Human Resource Director (x24)	Joya Casey
Development & Public Relations (x53)	Amy Miller
Marketing Director (x55)	Carolyn Lister

Fall 2 2017 Session
October 29-December 23
Important Dates

October 18	Fall 2 Registration for members begins at 6am both online and in-person
October 20	Family Halloween Party, Framingham Branch
October 23	Fall 2 Registration for non-members, in-person
October 28	Ashland Half Marathon & 5 Miler ashlandhalfmarathon.com
October 29	Fall 1 Session Ends
October 30	Fall 2 Session Begins
November 2	Annual Auction Event, The Verve
November 11	Veterans Day, Classes run
November 23	Thanksgiving Day, Classes do not run, Building open 7-11am
November 24-26	YMCA Open, no classes
November 28	Giving Tuesday, Giving thanks by giving back.
December 13	Member Registration: Winter 2018 Session
December 19	Non Member Registration: Winter 2018 Session
December 23	Fall 2 Session Ends
December 24	Y Open, closes at 1:30pm
December 25	Y Closed
December 26-29	Vacation Programs Run, Framingham & Hopkinton
December 31	Y Open, closes at 5:00pm
January 1	Y Open, 1:00-5:00pm

GIVING TUESDAY
GIVE THANKS BY GIVING BACK
METROWEST YMCA ANNUAL CAMPAIGN

The MetroWest YMCA is a 501(c)3 charitable organization. Donate today online at metrowestymca.org/giving or at the Member Service Desk Thank you in advance!



PLEASE NOTE: We try to provide clear and accurate information, but the MetroWest YMCA does not assume responsibility for any typos or misprints.