



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# #FORABETTERUS

Everyone is welcome at the MetroWest YMCA.



## Spring 1 2017 Program & Membership Guide METROWEST YMCA

**SESSION DATES:**  
February 27-April 15

**REGISTRATION DATES:**  
Members Only – Wednesday, February 15  
Online and Walk in starts at 6 AM  
Non-Members- Monday, February 20



# 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



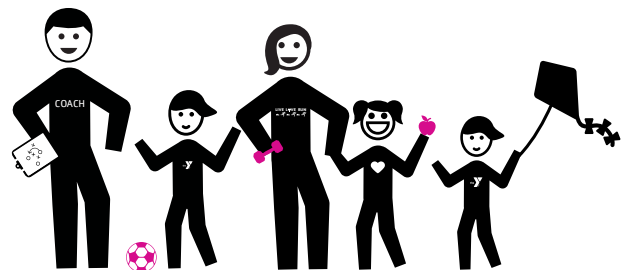
Building hours vary according to the program schedule. Please call or go online for more information.

## 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.

# 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](http://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](http://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](mailto:enews@metrowestymca.org) for more info.

# MEMBERSHIP RATES

Membership Category	Monthly Draft	Joiner's Fee
<b>Youth &amp; Teen</b> , ages 2-17	\$16.66	\$25
<b>Young Adult</b> , ages 18-25	\$31.50	\$30
<b>Adult</b> , ages 26-64	\$53.04	\$50
<b>Family of 2 (New)*</b>	\$79.56	\$75

*Two individuals, same address*

<b>Family of 3+*</b>	\$92.82	\$75
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*Two Adults with children under 26 residing at the same address*

<b>Senior</b> , age 65+	\$47.74	\$40
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<b>Sr Family of 2 (New)*</b>	\$71.60	\$60
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*Two individuals both 65+, same address*

<b>Sr Family of 3+*</b>	\$83.54	\$60
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*Two Adults both 65+ with children under 26 residing at the same address*

\* 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.

# SPECIAL EVENTS

## SPRING 2017



### HEALTHY HEART FAMILY PARTY

Friday February 3, 2017

6pm-7:30pm

@ the Framingham Branch

Healthy fun for everyone!

Free for Members / \$10 non-members per family



### FAMILY ADVENTURE DAY, ANIMAL ADVENTURE

Sunday, March 12, 2017

Join us for an afternoon of tracking animals and fun craft projects! Our property gives us the opportunity to look at deer tracks, turkey tracks, and more! We will match different tracks with what we can find on-site and we will have open shoot at our Archery Range.

**Time: 2:00-4:00PM**

**Location to Meet: Rec Lodge**

**Individual: Members FREE/ Non-member \$10**

**Families: Members FREE/ Non-members \$20**



### ADVENTURE DAY, CHALLENGE COURSE

Sunday, April 23, 2017

Come out to the Family Outdoor Center in Hopkinton for an afternoon on our high ropes course! Test your courage and strength on a series of high rope elements. Families are sure to enjoy a day full of fun, laughs, challenges and adventure.

**Time: 2:00-4:00PM**

**Location to Meet: Hayes**

**Individual: Members \$10 / Nonmembers \$20**

**Families: Members \$20 / Non-member \$40**



## Y-NIGHT FOR TEENS

### SPEND SATURDAY NIGHTS WITH YOUR FRIENDS!

**Drop In program for teens in grades 5-8**  
at the MetroWest YMCA Framingham Branch

Y-Night runs most every Saturday night during the school year from 7:15-9:45 pm. Enjoy the gym, pool, play air hockey, watch a sports game on TV, Pizza (\$1 slice), meet new friends and more.

Free for Y-Members and \$7 for Non-Members

Questions/More information please contact:  
Lisa Mandozzi, Branch Executive Director  
(508) 879-4420 Ext 45  
lmandozzi@metrowestymca.org

*\* Parents must sign a one-time registration form for their children to be eligible for Y-Night.*  
*\* Parents must sign their child out each night at parent pick-up.*

**Upcoming Y Night Dates:**  
February 4, 11 & 18    March 4, 11, 18 & 25  
April 1, 8, 29

## METROWEST YMCA

# SUMMER CAMPS



### Summer Day Camp in Hopkinton

### Gymnastics Camp

### My First Summer Camp

### Camp Clearbrook

### Camp OCP in Framingham

### Y STEM Academy, Natick

- Summer Camp Season runs from June 19-August 25, 2017.
- Summer Camps at the MetroWest YMCA are for youth age 3-16.
- Summer Camp Registration begins on January 16 for members and February 20 for non-members.
- Visit [metrowestymca.org/summer-camps](http://metrowestymca.org/summer-camps) for complete details on all summer camp programs.



# 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

Spring 1 2017 Session  
February 27-April 15 2017

7 week session no classes on Sunday April 16

Youth Aquatic class prices

7 Weeks \$66 members / \$132 non members

Sunday Classes 6 Weeks \$56 members / \$112 non members

## INFANT TODDLER CLASSES

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

### Water Babies Ages 6 to 24 months w/ parent

Introduces the child and parent to the YMCA Aquatic program and pool environment; including basic water skills such as kicking, breath control and body control. Also encourages movements in response to visual and verbal cues. Aquatic safety is emphasized and water fun is encouraged, while using toys and floatation devices.

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

### Perch Ages 2 to 3 years w/ parent

(19 to 24 months if swimming independently with floatation device). 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

### Dad or Mom 'N' Me, Ages Infant-5 years

Spend quality one-on-one time with your child in the water and enjoy "self-directed" interactive play time. The intent of this class is introductory water-orientation for toddlers and very young children. **(\$30 members/\$60 per non-members per one parent and one child).**

Sunday	11:00 - 11:30 am	02209-71
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### Pike 'N' Parent

This class is for 3 year olds who are not ready for PIKE A or for 2 year olds who have completed the PERCH class and can swim independently with a floatation device.

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

## 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

## PRESCHOOL, AGES 3-5

### Pike A - Without Parent

Has no swimming experience or is uncomfortable in the water. All swimmers should wear a 4 slice floatation

Monday	9:00 - 9:30 am	02205-11
Monday	2:00 - 2:30 pm	02205-13
Monday	4:20 - 4:50 pm	02205-15
Monday	6:30 - 7:00 pm	02205-17
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	4:55 - 5:25 pm	02205-25
Tuesday	5:30 - 6:00 pm	02205-27
Wednesday	9:30 - 10:00 am	02205-31
Wednesday	1:00 - 1:30 pm	02205-32
Wednesday	3:45 - 4:15 pm	02205-35
Wednesday	5:30 - 6:00 pm	02205-36
Thursday	9:30 - 10:00 am	02205-42
Thursday	1:00 - 1:30 pm	02205-43
Friday	2:00 - 2:30 pm	02205-53
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	9:40 - 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

### Pike B - Without Parent

Must have successfully completed PIKE A or be able to swim 25 yards with floatation learning forward with legs kicking behind. Must be able to kick with a barbell on the front and back for 25 yards & be comfortable getting 1/2 of the face wet.

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	9:00 - 9:30 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	2:00 - 2:30 pm	02206-32
Wednesday	3:45 - 4:15 pm	02206-33
Wednesday	4:20 - 4:50 pm	02206-34
Wednesday	5:30 - 6:00 pm	02206-36
Thursday	10:00 - 10:30 am	02206-41
Thursday	1:00 - 1:30 pm	02206-42
Thursday	1:30 - 2:00 pm	02206-43
Friday	9:30 - 10:00 am	02206-51
Friday	1:00 - 1:30 pm	02206-52
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
Saturday	9:40 - 10:10 am	02206-63
Saturday	10:15 - 10:45 pm	02206-64
Saturday	11:25 - 11:55 am	02206-65
Sunday	11:00 - 11:30 am	02206-71
Sunday	12:05 - 12:35 pm	02206-72

# AQUATICS

## YOUTH DEVELOPMENT

### PROGRESSIVE-AGES 6-11

#### Eels

Must have successfully completed PIKE B or can swim 25 yards in a 2 slice floatation, with face in the water blowing bubbles & legs kicking behind. Must be able to kick on back with 2 slice floatation for 25 yards. Must be able to jump in the water without assistance & be comfortable with entire face in the water.

Monday	1:30 - 2:00 pm	02207-12
Monday	4:55 - 5:25 pm	02207-15
Monday	7:05 - 7:35 pm	02207-18
Tuesday	9:30 - 10:00 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	1:30 - 2:00 pm	02207-31
Wednesday	4:20 - 4:50 pm	02207-32
Wednesday	5:30 - 6:00 pm	02207-34
Thursday	9:30 - 10:00 am	02207-41
Thursday	2:00 - 2:30 pm	02207-42
Friday	10:00 - 10:30 am	02207-51
Friday	1:30 - 2:00 pm	02207-52
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	12:00 - 12:30 pm	02207-66
Sunday	11:30 - 12:00 pm	02207-71
Sunday	1:45 - 2:15 pm	02207-72

#### Rays

Must have successfully completed EELS or can swim 25 yards without floatation blowing bubbles and legs kicking behind. Must be able to kick on back 25 yards without floatation. Must be able to kick with rhythmic breathing using barbell for 25 yards.

Monday	4:20 - 4:50 pm	02208-12
Tuesday	4:20 - 4:50 pm	02208-21
Wednesday	4:55 - 5:25 pm	02208-31
Saturday	12:00 - 12:30 pm	02208-61

### AGES 5-7

#### Starfish

Must have successfully completed RAYS or can swim 25 yards without floatation with over arm recovery. Must be able to swim 25 yards of rotary breathing with a kick board.

Monday	4:20 - 4:50 pm	02218-11
Monday	6:30 - 7:00 pm	02218-12
Wednesday	4:55 - 5:25 pm	02218-31

#### 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. \$66 members only

Friday... (ages 9-12)	5:00-5:40pm	02217-23
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#### Polliwog A

Designed for beginners with little or no swimming skills

Monday	3:45 - 4:15 pm	02210-11
Monday	6:30 - 7:00pm	02210-12
Tuesday	4:55 - 5:25 pm	02210-21
Wednesday	4:20 - 4:50 pm	02210-31
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

#### Polliwog B

Must have successfully competed POLLIWOG A or able to swim 25 yards in 2 slice floatation on both the front and the back. Must be able to flutter kick 25 yards with a barbell on both the front and the back.

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
Wednesday	3:45 - 4:15 pm	02211-31
Wednesday	4:20 - 4:50 pm	02211-32
Wednesday	4:55 - 5:25 pm	02211-33
Wednesday	5:30 - 6:00 pm	02211-34
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	10:50 - 11:20 am	02211-64
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

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

Wednesday: 11:30-12:00pm  
Saturday: 2:00-2:15pm

Free to members and non members. Please sign up at the Member Service Desk



# AQUATICS

## YOUTH DEVELOPMENT

### PROGRESSIVE-AGES 6-11

#### Guppy

Must have successfully completed POLLIWOG B or be able to swim 25 yards without floatation with face in the water blowing bubbles and over arm recovery. Must be able to kick on back 25 yards without floatation in a streamline position.

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	02212-32
Wednesday	4:20 - 4:50 pm	02212-33
Wednesday	4:55 - 5:25 pm	02212-34
Wednesday	5:30 - 6:00 pm	02212-35
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

#### Minnow

Must have successfully competed GUPPY or can swim 25 yards with rotary breathing. Must be able to swim 25 yards backstroke.

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

#### Fish

Must have successfully competed MINNOW or be able to swim 50 yards freestyle, 50 yards backstroke and 50 yards dolphin kick.

Tuesday	6:10 - 6:50 pm	02214-21
Thursday	6:00 - 6:40 pm	02214-41
Friday	5:00 - 5:40 pm	02214-51
Sunday	2:20 - 3:00 pm	02214-71

#### Flying Fish

Must have successfully completed FISH or be able to swim 300 yards freestyle and 25 yards breaststroke kick.

Tuesday	6:10 - 6:50 pm	02215-21
Thursday	6:00 - 6:40 pm	02215-41
Saturday (Fish/Fly)	12:40 - 1:20 pm	02215-61
Sunday	2:20 - 3:00 pm	02215-71

#### Shark

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
Friday	5:00 - 5:40 pm	02216-51

### 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](http://Metrowestymca.org)**  
**Please choose Hopkinton Outdoor Center as the Branch**

**Keefe Tech Aquatic class prices**  
**5 Weeks \$47 members / \$94 non members**  
**March 12-April 9**

#### PRESCHOOL CLASSES

##### AGES 3-5

###### Pike A

Sunday.....9:10 - 9:40 am.....02205-85

###### Pike B

Sunday.....9:10 - 9:40 am.....02206-85

###### Eel

Sunday.....10:20 - 10:50 am.....02207-87

#### YOUTH CLASSES AGES 6-11

##### Polliwog A

Sunday.....10:20 - 10:50 am.....02210-87

##### Polliwog B

Sunday.....9:45 - 10:15 am.....02211-86

##### Guppy

Sunday.....9:45 - 10:15 am.....02212-86

##### Minnow

Sunday.....9:15 - 9:55 am.....02213-85

##### Fish/Flying Fish

Sunday.....10:10 - 10:50 am.....02214-86

### SAFETY AROUND WATER

#### April Vacation Week

#### April 18 -21, 2017

Classes run Tuesday-Friday. Kids will be taught water safety and self-rescue skills. The class will be \$25 for those who have never participated.

Preschool (3-5yrs old).....3:45-4:15pm.....02205-19

School Age (6yrs+).....4:20-4:50pm.....02210-19



# ADULT AQUATICS

## ADULT HEALTHY LIVING

### ADULT SWIM LESSONS

#### 7 Week Session

**Classes \$66 members / \$132 non members**  
**Sunday Class \$56 members / \$112 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 - 10:45 am	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

# SPORTS

## YOUTH DEVELOPMENT

**Spring 1 2017 Session**  
**February 27-April 15 2017**  
 7 week session  
 no classes on Sunday April 16

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

**7 Weeks \$60 members / \$120 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	4:00 - 4:40 pm	03210-23
Thursday	10:30-11:10 am	03210-42
Thursday	4:00 - 4:40pm	03210-43
Saturday	9:30 - 10:10	03210-63
Saturday	10:15-10:55	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
Saturday	8:30 - 9:00 am	03210-61

### 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

## YBL EXTENDED BASKETBALL LEAGUE

MetroWest YMCA Youth Basketball League for boys and girls PreK-6th Grade. Games are played at the MetroWest YMCA. Dates & Times: Games begin on Saturday, March 4th. **The season runs from March 4th—April 8th.**

Registration DEADLINE 2/20/2017

6 Week Session \$54 Members/\$108 non-members

**Rookie GIRLS & BOYS -PreK - Kindergarten** Skills, drills and teamplay. Half-hour practice followed by half-hour of team play.

Saturday	1:30 pm.- 2:30 pm	03214-41
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### Small Shots GIRLS & BOYS Grade 1-2

Skills, drills and team play. Half-hour practice followed by half-hour of team play.

Saturday	2:40pm.- 4:50 pm	03214-42
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### Big Shots BOYS ONLY Grade 3-6

Skills, drills and team play. Half-hour practice followed by half-hour of team play.

Saturday	5:00 pm.- 6:00 pm	03214-44
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## 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.

**7 Weeks \$63 members / \$126 non members**

### Ages 6-8

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

### Ages 9-10

Tuesday	5:45 - 6:30 pm	03210-25
Thursday	5:00 - 5:45 pm	03210-44
Thursday	6:15 - 7:00 pm	03210-46
Saturday	11:45am-12:30pm	03210-66

## YOUTH BASKETBALL CLINICS

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



**\$63 members / \$126 non-members**

### Small Ball - 1st-3rd graders

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

Wednesday	4:30-5:15 pm	03210-34
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### Buzzer Beaters - 4th-6th graders

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

Wednesday	5:15-6:00 pm	03210-35
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## 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 \$25/Members and \$49/non-members for 7 week session.**

**Code: 03225-21**

**Spring 1 2017 Session  
February 27-April 15 2017**

7 week session no classes on Sunday April 16

**Preschool Gymnastics class prices  
\$56 members / \$112 non-members**

**School Age Gymnastics class prices  
\$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.

# GYMNASTICS

## YOUTH DEVELOPMENT

### 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)

Tuesday	9:30 - 10:00 am	05202-21
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.

### Little's (Gym Tumblers A) Ages 3-4

Begin to learn gymnastics skill independently from parent.

Tuesday	10:00-10:40am	05203-21
Thursday	9:00 - 9:40am	05203-41
Thursday	11:00-11:40am	05203-42
Friday	3:40-4:20 pm	05203-51
Saturday	9:00-9:40am	05203-62
Saturday	9:45-10:45am	05203-63

### Mighty's (Gym Tumblers B) Ages 4-5

Begin to learn gymnastics skill independently from parent.

Tuesday	11:40 am-12:20pm	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 (Rising Stars) 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.

Tuesday	3:40 - 4:40 pm	05207-25
Wednesday	3:40 - 4:40 pm	05207-31
Thursday	3:40 - 4:40 pm	05207-42
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	05207-63

### **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 parallel bars and rings.

Wednesdays	3:40 - 4:40 pm	05206-31
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### Rollers (Rising Stars) 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.

Tuesday	3:40 - 4:40 pm	05207-25
Friday	4:30 - 5:30 pm	05207-53
Saturday	10:35 - 11:35 am	05207-63

### Swingers (Shining Stars & Shooting Stars) Ages 7+

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)

Tuesday	3:40 - 4:40 pm	05208-21
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 (Super Stars) 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)

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. (This class enrollment is based on our recommendations only)

**\$150 members / \$300 non members**

Tues/Thurs	4:45 - 6:15 pm	05210-26
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For more information about gymnastics classes, please contact Shannon Vayo at (508)-879-4420 X62 or by email at svayo@metrowestymca.org



# ENRICHMENT YOUTH DEVELOPMENT

**Spring 1 2017 Session**  
**February 27-April 15 2017**

7 week session

No classes on Sunday April 16.

Building Closed for Easter Holiday.

## PARENT & CHILD 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*

**Members \$44/Non-Members \$88**

### My First Art Class with Parent

Join us as we explore messy and age appropriate art projects without making a mess at home. Now is the chance to let your toddler's creativity shine through!

Monday..... 9:00-9:45am..... 05215-11  
Tuesday..... 9:45-10:30am..... 05215-21

## 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 \$44/Non-Members \$88**

### Tot A: I love to Travel

Get your passports in order because we are about to embark on an adventure that will take us around the world! Each week we will travel to a new continent, locate famous landmarks, and celebrate different customs and cultures and create indigenous crafts. So let's get going, there is a whole world to discover.

Wednesday..... 9:30-10:30 am..... 05215-31

### Tot A: Color Me Creative

How many colors are in the rainbow? Let's find out! Join us on an adventure with colors. Create colorful crafts and enjoy story time, games, music and free play.

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

## 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 \$58/Non-Members \$116**

### Tot B: Alphabetivities

Explore a different letter of the alphabet each week. Your child will practice writing each letter, learning sounds, and making a theme related craft.

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

### Tot B: Crafty Kids

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 dresses for a mess.

Thursday..... 10:45-11:45 am..... 05215-42

### Tot B: Jurassic Dino Dig

Dinosaurs...dinosaurs...and more dinosaurs. Play create, and learn about our prehistoric pals. We will make dinosaur crafts, play with dinosaurs and learn about fossils.

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

## 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 3.5-5

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 \$67/Non-Members \$134**

Monday..... 9:15-10:30am..... 05215-12  
Monday..... 10:00-11:15am..... 05215-13

### Tumble & Create, ages 3.5-5

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

**Members \$67/Non-Members \$134**

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

**Members \$58/Non-Members \$116**

### Cooking Around the World ages 3.9-5

Go on a culinary tour as we explore different parts of the world each week. Each country will be explored through books, games, music and by cooking an ethnic recipe. Please inform Program Director if there are any food allergies.

Friday..... 10:45-11:45 am..... 05215-52  
Saturday..... 10:00-11:00am..... 05215-61

### Bead It & More! Ages 4-6

This class will cover jewelry making basics from stringing necklaces to making bracelets and rings.

Thursday..... 12:00-1:00pm..... 05215-44

### Pint Sized Picassos, ages 3.6-5

Children will learn about famous artists and their techniques. Each week a famous work of art will be the inspiration for our craft.

Tuesday..... 12:00-1:00pm..... 05215-23

### Kid 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 if there are any food allergies.

Thursday..... 4:15-5:15 pm..... 05215-44  
Saturday..... 11:15am-12:15pm..... 05215-62

### Color Me Creative for Big Kids, ages 10-13

Enjoy the relaxation of coloring! After a long day of school before starting your homework come have some fun with your friends and destress with some adult coloring pages. As we finish our projects we can pick some to put in a frame.

Tuesday..... 4:00-5:00pm..... 05215-24

★
**PARENTS NIGHT OUT**
★

@ the Framingham Branch

The MetroWest YMCA presents Parents' Night Out, babysitting service for parents. For kids age 3-12. (must be potty trained) Night Includes: From 6-9pm Games, activities, arts, pizza dinner and more.

**Friday March 10, 2017**  
**Friday April 14, 2017**



# VACATION CAMPS

## YOUTH DEVELOPMENT



## SCHOOL VACATION PROGRAMS

### FRAMINGHAM BRANCH PROGRAMS

February 20-24, 2017  
April 18-21

#### MY FIRST VACATION CLUB

February 20-24  
April 18-21

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](mailto:jhyman@metrowestymca.org)  
508-879-4420 x81

#### SCHOOL AGE @ FRAMINGHAM BRANCH

February 20-24  
April 18-21

8:30am-6pm Grades K-8

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: \$57 members/\$84 non-members**

Morning care is available from 7:30-8:30am for \$9 a day

Contact Karl Knipple, [kknipple@metrowestymca.org](mailto:kknipple@metrowestymca.org)  
508-879-4420 x30

### FAMILY OUTDOOR CENTER

February Vacation Club: February 21-24  
April Vacation Club: April 18-21

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 and projects for everyone to enjoy. Each week we will go on a field trip that will be announced as the dates get closer. Participants must bring their own snacks, lunches, and water bottles daily. Please be sure to pack appropriate outerwear for your child so they can enjoy all of the fun we have to offer outside! The Vacation Day Club runs from 8:30-6, T-F. AM Care is available for an extra fee. Register for all the days or individually.

**Rate:** \$57/day for members and \$84/day for non-members

**AM Care:** 7:30-8:30: \$10/day

Please Note: There is an additional \$10 fee for children attending on 2/23 to cover field trip costs.

#### President's Day Kids Club @ The Family Outdoor Center

February 20, 2017

8:30am-6pm

Join us for a day of fun at the Family Outdoor Center! We will spend our day participating in games, activities, projects, as well as indoor and outdoor fun! There is limited space, so sign up today!  
\$54/non-members and \$87/non-members

**For more information and to register, please call our Family Outdoor Center Branch, 508-435-9345. Space is limited; sign up now so you don't miss out!**

#### FOC Vacation Camp 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.



# FAMILY TIME

## HEALTHY LIVING



### 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 Members Only**

**Monday, 10:15-11:45 am Open to all**  
**Wednesday, 9:00-9:40 am Open to all**  
**Friday, 11:00 -11:40 am Open to all**

### PARENT & ME CLASSES!

Did you know the Y offers Parent & Me classes in Enrichment, Sports, Gymnastics and Wellness. The Y also has a new Family Time Calendar on the schedules page of our website with drop in activities that are free for families to participate in.

### BIRTHDAY PARTIES AT THE METROWEST YMCA!



**Family Outdoor Center:** Come celebrate your party with us at the Family Outdoor Center. Enjoy an afternoon of games, climbing, or archery with all your friends. Our indoor rock walls and archery ranges allow for all of our parties to happen year round!

*We no longer offer birthday parties at the Framingham Branch.*

### Y-NIGHT FOR TEENS

@ the Framingham Branch

**Hang out with your friends during Y Night, Drop In program for teens in grades 5-8**

Y-Night runs most every Saturday night during the school year from 7:15-9:45 pm. Enjoy the gym, pool, play air hockey, watch a sports game on TV, Pizza (\$1 slice), meet new friends and more.

Free for Y-Members and \$7 for Non-Members

Questions/More information please contact:  
Lisa Mandozzi, Branch Executive Director  
(508) 879-4420 Ext 45  
lmandozzi@metrowestymca.org

- \* Parents must sign a one-time registration form for their children to be eligible for Y-Night.
- \* Parents must sign their child out each night at parent pick-up.

#### Upcoming Y Night Dates:

February 4, 11 & 18  
March 4, 11, 18 & 25  
April 1, 8, 29



### SNOW SHOE RENTALS

at the Family Outdoor Center  
45 East Street, Hopkinton MA 01748  
(508) 435-9345



Come explore the great outdoors after a winter snow covering. Snow shoes are the perfect tool to help families hike together in a winter wonderland. Take in some fresh air, and wonderful views throughout our 122 wooded acres of land. Call ahead / refer to our website for pricing and hours to rent shoes.

[metrowestymca.org/family-outdoor-center](http://metrowestymca.org/family-outdoor-center)



# YOUTH & TEEN FITNESS

## HEALTHY LIVING

**Spring 1 2017 Session  
February 27-April 15 2017**

### 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 / \$126 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 be ready to move.

**7 weeks @ \$63 members/\$126 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.

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

Monday.....	5:45 to 6:30 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

**7 weeks @ \$63 members/\$126 non-members**  
(Requires Yellow Belt or instructor approval).

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

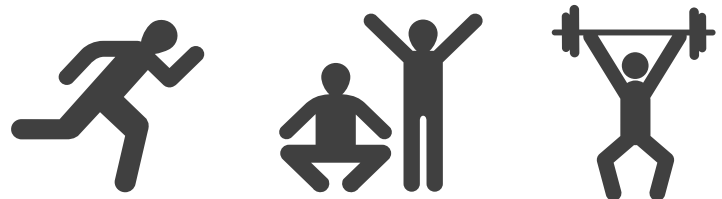
### SPORTS PERFORMANCE TRAINING Ages 13 - 17

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

Wed/Fri.....	3:45 - 4:30 pm.....	01102-34
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## EXPRESS EXERCISE

**NEW!** 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 American 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 a 7 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 \$84 for members/\$168 for non-members for the 7 week session. The two day per week rate is \$140 for members/\$280 for non-members for the 7 week session.**

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.....	5:30-6:30 am.....	01206-21
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.....	5:30-6:30 am.....	01206-41
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 \$128 per 7 week session code 01101-10.

The Group Exercise schedule and complete descriptions for Group Exercise Classes can be viewed online at [metrowestymca.org](http://metrowestymca.org) under the Schedules & Downloads tab on the homepage.  
**Spirit Mind Body Room Schedule**  
**Aerobics Room Schedule**

Brandy Isom  
508-879-4420 x31  
[bisom@metrowestymca.org](mailto:bisom@metrowestymca.org)

**NEW!** **STRENGTH TRAIN TOGETHER**  
Our new Group Exercise program will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

#### CLASS SCHEDULE:

MONDAYS: 8:05-9:05am / 6:45-7:45pm  
TUESDAYS: 5:30-6:30am / 9:15-10:15am  
THURSDAYS: 5:30-6:30am / 9:15-10:15am / 6:30-7:30pm  
SATURDAYS: 8:05-9:05am

**NEW!** **ONLINE NUTRITION MASTERMIND**  
If you are ready to take control of your body and the food you eat then you MUST join this program! This isn't about dieting. It's about learning, in a community setting, how to eat properly. In this online program you will learn about the 6 pillars of nutrition and how to implement them in your life. Food journals will be kept and reviewed on an individual basis. On Mondays we will give weekly assignments to help you stay on track. **Interested in learning more? Contact Rick Nadell [Rnadell@metrowestymca.org](mailto:Rnadell@metrowestymca.org) x38**  
**\$33 members/ \$66 non-members**  
Online Class... 01207-25

### 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.

**7 weeks @ free members/ \$128 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  
**7 weeks @ free members/ \$128 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](mailto:rnadell@metrowestymca.org).



# ADULT FITNESS

## HEALTHY LIVING

### 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 12 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.

### PARKINSON'S DISEASE WELLNESS PROGRAM



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 Gilber, 508-879-4420 x32 for information on this program and how to apply for the scholarship.**

**7 weeks @ free members / \$64 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 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
- Family Archery
- Monthly Family Adventure Club & 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

#### Stay Connected

Facebook @mwydaycamp  
Twitter @mwymca\_outdoors  
(508) 435-9345

[metrowestymca.org/family-outdoor-center](http://metrowestymca.org/family-outdoor-center)

### FEBRUARY VACATION CLUB

February 21-24 8:30am-6:00pm  
For children currently enrolled in  
Grades K-6

For more information SEE PAGE 13 and to register, please call our Family Outdoor Center Branch, 508-435-9345. Space is limited; sign up now so you don't miss out!

**Save the Dates!** April Vacation Camp  
April 18-21, 2017

### YOUTH ADVENTURE

Spring 2017 Sessions  
February 27-April 15



#### BEGINNER & INTERMEDIATE ARCHERY

Ages 7-12

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..... Saturday.....9:00 – 10:00am  
Intermediate Class..... Saturday.....10:15 – 11:15am

#### WILDERNESS SURVIVAL

Ever wonder what it takes to survive in the wilderness? Our Wilderness Survival course will give your kids the opportunity to learn hands-on what skills are needed and how to use the resources given. We will be learning how to build shelters, make fires, orienteer, and other camp crafting techniques so make sure to come prepared for the weather each week!

**7 weeks, members \$89 / Non-Members \$178**  
Ages 10 – 16.....Sundays.....11:00 – 11:00am



### SNOW SHOE RENTALS

Come explore the great outdoors after a winter snow covering. Snow shoes are the perfect tool to help families hike together in a winter wonderland. Take in some fresh air, and wonderful views throughout our 122 wooded acres of land. Call ahead / refer to our website for pricing and hours to rent shoes.





# FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

## FAMILY ADVENTURE

### FAMILY ADVENTURE CLUB, SATURDAYS

Our Family Adventure Class is dedicated to helping you build those lifetime bonds with your child through events that are fun, engaging, and designed to build character and lasting memories. The Family Adventure Class provides opportunities to climb, shoot at the archery range, and participate in other exciting activities together with the whole family.

**6 weeks, members \$50 / Non-Members \$100**

**Members, Families of 4 or more \$150**

Any Age..... Saturday..... 12:00-1:00pm

### 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 \*NEW TIME**

**Drop In Free for Members**

**Non-members \$10**

**Families of 4 or more \$20**

**Parent Belay Class \$25**

### G.R.E.A.T Sundays at the Y

Join us at the Family Outdoor Center for a Great Sunday! Our G.R.E.A.T Sundays include an afternoon of exciting possibilities of Gaga, Recreation, Exercise, Archery and Trails throughout our remarkable property. These activities are planned with the whole family in mind and will provide everyone with a great afternoon of games, excitement and lasting memories.

**Members:** \$5 fee for archery (optional activity), all other activities included

**Non/Members Individual:** \$10 for open activities, with an additional \$10 fee for archery

**Non/Members Family:** \$20 for open activities, with an additional \$10 fee for archery

### ORIENTEERING COURSE

Come with your family to learn how to read a compass and directional clues so that you can navigate yourself on our orienteering course! After attending this 1 hour class you and your family will be able to come back and check out a compass, map, and punch card to take your family on an orienteering adventure.

Sundays... 9:00am-10:00am..

**Individual Members \$5 / Non-Members \$10**

**Families of 4 or more Members \$10 / Non-members \$20**



## ADVENTURE EVENTS

Spring 2017 Sessions

February 27-April 15

### FAMILY ADVENTURE DAY, ANIMAL ADVENTURE

**Sunday, March 12, 2017**

Join us for an afternoon of tracking animals and fun craft projects! Our property gives us the opportunity to look at deer tracks, turkey tracks, and more! We will match different tracks with what we can find on-site and we will have open shoot at our Archery Range.

**Time: 2:00-4:00PM**

**Location to Meet: Rec Lodge**

**Individual: Members FREE/ Non-member \$10**

**Families: Members FREE/ Non-members \$20**



### ADVENTURE DAY, CHALLENGE COURSE

**Sunday, April 23, 2017**

Come out to the Family Outdoor Center in Hopkinton for an afternoon on our high ropes course! Test your courage and strength on a series of high rope elements. Families are sure to enjoy a day full of fun, laughs, challenges and adventure.

**Time: 2:00-4:00PM**

**Location to Meet: Hayes**

**Individual: Members \$10 / Nonmembers \$20**

**Families: Members \$20 / Non-member \$40**



## TEEN PROGRAMS

### JUNIOR LEADERS AND LEADERS CLUBS

The Y is counting on you to lead the way! The goal of both Junior Leaders and Leaders Club is to promote and develop leadership skills for you and others. It's our goal that these clubs will provide its members with opportunities for leadership training, personal growth, service to others, and social development. Of course making some amazing new friends along the way! Service projects and volunteerism can be used for community service hours.

**Junior Leaders Club grades 7th-8th.**

Meets every Friday at 2pm at Hopkinton Middle School

**The cost these clubs is FREE FOR ALL!**

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

Kristen Hinnners

508-435-9345 x104

[Khinnners@metrowestymca.org](mailto:Khinnners@metrowestymca.org)

# 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](http://metrowestymca.org/birthdayparties)**

#### Not-Your-Typical Party \$300

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 \$350

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 \$400

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.

### SCOUTING PROGRAMS

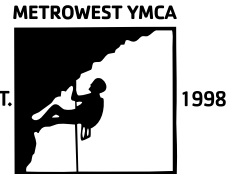
We offer a variety of programs for scout troops, from adventures on our challenge course to assistance with badge program completion. Contact The Family Outdoor Center for more information or to schedule a program for your Scouts. (508) 435-9345



### 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. Parents can also make referrals.

#### General Info

High Flight runs three 10 week sessions during the school year as well as two 4 week sessions during the summer. During the school year groups meet up to 2 times after school until 6pm. Groups also meet every other Saturday from 10am-4pm.

Each 10 week session includes an 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:

Randy Herk  
Senior Program Director  
MetroWest YMCA Family Outdoor Center  
45 East Street, Hopkinton, MA 01748  
508-435-9345 x107 [www.metrowestymca.org](http://www.metrowestymca.org)  
[rherk@metrowestymca.org](mailto:rherk@metrowestymca.org)

# CPR/SAFETY EDUCATION

## SAFETY EDUCATION COURSES

### 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**

**Tuesday March 7**

6:00-10:00pm.....02307-12

### 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**

**Tuesday, February 28**

6:00-10:00pm.....02306-12

### YMCA 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. **Cost: \$283 Member/\$361 Non Member**

**February 20-23**

**8am-3pm**

**Online Registration Code: 02301-11**

### 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 scenerios in addition to apssing 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. **Cost: Member \$129/\$206 Non Member**

**Sunday February 19 8am-6pm**

**Online Registration Code: 02302-11**

**Sunday April 23 8am-6pm**

**Online Registration Code: 02302-61**

# 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.**



# ANNUAL CAMPAIGN

## THE Y.™ FOR A BETTER US.

### WE ARE THE Y! STRONGER TOGETHER

Every day the MetroWest YMCA gives our community the support it needs to learn, grow and thrive. From advocacy to disease prevention, from athletics to dance classes, everything we do helps strengthen our neighborhood and the people who live here.

Every day, our community faces new challenges that create a greater need for the work we do. And we need your help to do it. Your gift can help your community and everyone in it.

For a better you. For a better community.



*LIVESTRONG Graduates*



*Summer Campers prepare for boating.*

#### **In addition to financial assistance, programs supported by the Annual Campaign include:**

- › **LIVESTRONG®** at the YMCA, a free program for cancer survivors.
- › **YMCA Diabetes Prevention Program**, for those at risk in our community.
- › **Y Nights** provide an evening of teen-only programs and activities led by engaging and caring professional role models; our teen leadership staff.
- › **After School Programs and Camps** that are designed to reduce the achievement gap and prevent summer learning loss. Donations to these programs support Early Childhood, School's Out, Camp and Camp transportation.



### **100% OF YOUR DONATION SUPPORTS YOUR LOCAL COMMUNITY!**

Every dollar donated to the MetroWest YMCA has a lasting impact on the people in our community. Please donate today for a better us.

#### **\$100**

Helps children become comfortable in the water, overcome their fears and could save a life.

#### **\$250**

Helps a cancer survivor participate in a life changing 10 week session of LIVESTRONG at the YMCA®.

#### **\$500**

Helps send a child to summer camp where he or she will make friends and memories that will last a life time.

The MetroWest YMCA is a 501(c)3 charitable organization.

For more information, please contact

Miriam Kimball, Philanthropy Director (508) 879-4420 x53 or [mkimball@metrowestymca.org](mailto:mkimball@metrowestymca.org)

#### **Need Help?**

Within its available resources, the MetroWest YMCA will provide partial financial assistance through our ASSIST program will be awarded to those who can demonstrate their inability to pay the full fee. Funds are secured by volunteers during the YMCA's Annual Campaign. Visit member services or download an application online.



# YMCA SPRING 1 2017 Registration Form

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



**Member Registration for ALL CLASSES begins Wednesday February 15 at 6 AM, On-Line and Walk-In.**

**To register online**, visit [www.metrowestymca.org](http://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 February 20  
Non member registration is Walk-In only.

## YMCA Spring 1 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

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

### ONLINE REGISTRATION

Now available-registering online!  
visit [www.metrowestymca.org](http://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 SPRING 2017 CLASSES. WE ENCOURAGE YOU TO SET UP YOUR ONLINE ACCOUNT PRIOR TO FEBRUARY 15

- 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 April 16 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 FEBRUARY 15

- 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 APRIL 16, 2017. Membership issues will be handled separately on February 15 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

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 Framingham

**POSTMASTER-PLEASE DELIVER BY FEBRUARY 10**

**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](http://www.metrowestymca.org)  
**Framingham Branch Staff 508-879-4420**

Branch Executive Director (x45)	Lisa Mandozzi
Senior Program Director (x39)	Thomas Black
Membership Experience Director (x23)	Ashley Short
Wellness Director (x38)	Rick Nadell
Prevention & Wellness Referral Coordinator (x32)	Laura Gilbert
Group Exercise Coordinator (x31)	Brandy Isom
Aquatics Director (x37)	TBA
Asst. Aquatics Director (x35)	Ashley Phoenix
Gymnastics & Dance Director (x62)	Shannon Vayo
Sports Director (x30)	Karl Knipple
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)	Kelly Boccia
Camp and Teen Director (x101)	Kelley Ratcliffe
Senior Program Director (x107)	Randy Herk
Adventure & Outdoor Ed Director (x104)	Kristen Hinners
Adventure Coordinator (x113)	Austin Arkin
Leadership Development Lead Instructor (x106)	TBA
School's Out Area Director – Ashland/Hopkinton (x103)	Brittany Josti

**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
Director of Family Services (x46)	Kathleen Glennon
Education Billing Coordinator (x68)	Maricela Quintanilla

**Association Staff 508-879-4420**

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

**Spring 1 2017 Session**  
**February 27- April 15**  
**Important Dates**

<b>February 3</b>	<b>Healthy Heart Family Party, Framingham Branch</b>
<b>February 15</b>	<b>Spring 1 Member Online and Walk In Registration begins at 6 am</b>
<b>February 15</b>	<b>Camp Info Night – Family Outdoor Center, Hayes Lodge 7-8:30pm</b>
<b>February 19</b>	<b>Winter Session Ends</b>
<b>February 20</b>	<b>Spring 1 Nonmember Walk In registration begins</b>
<b>February 20</b>	<b>Camp Registration for Non-Members</b>
<b>February 20 – 24</b>	<b>YMCA open- Vacation Programs for all ages</b>
<b>February 27</b>	<b>Spring 1 Session begins</b>
<b>March 12</b>	<b>Family Adventure Day, Animal Adventure- Family Outdoor Center pg 21</b>
<b>March 18</b>	<b>Camp Tour Day 10am-1pm- Family Outdoor Center</b>
<b>April 12</b>	<b>Spring 2 Member Online and Walk in Registration begins at 6 am</b>
<b>April 15</b>	<b>Spring 1 session ends</b>
<b>April 16</b>	<b>Easter; YMCA closed</b>
<b>April 17</b>	<b>Spring 2 Nonmember Walk in Registration begins</b>
<b>April 17</b>	<b>Patriot's Day- YMCA open</b>
<b>April 18-21</b>	<b>School vacation; YMCA vacation program for all ages</b>
<b>April 24</b>	<b>Spring 2 Session begins</b>
<b>May 6</b>	<b>Camp Tour Day 10am-1pm: Family Outdoor Center</b>

**THE Y.™ FOR A BETTER US.**  
**the METROWEST YMCA ANNUAL CAMPAIGN**  
 The MetroWest YMCA is a 501(c)3 charitable organization.  
 Donate today online at [www.metrowestymca.org](http://www.metrowestymca.org) by the Member Service Desk to make your donation. 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.