



FOR YOUTH DEVELOPMENT ©
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE FOR YOU AND YOUR FAMILY!



Spring 1 Program & Membership Guide METROWEST YMCA

REGISTRATION DATES:

Members Only: Wed, Feb 14, 2018
Online and Walk in starts at 6 AM
Non-Members- Mon, Feb 19, 2018

SESSION DATES:

February 26-April 15, 2018

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



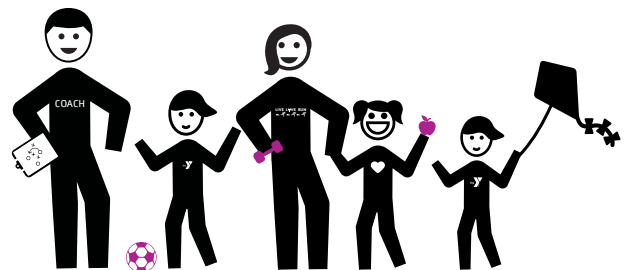
Building hours vary according to the program schedule. Please call or go online for more information.

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.

EXCITED TO ANNOUNCE!

AT THE Y, MEMBERS ENJOY A FULL RANGE OF BENEFITS, WHICH INCLUDE:

- **Nationwide Membership** - Use of Y's across the United States of America
- **INCLUDED** Our Get Started Program & New Member Challenge
- **INCLUDED** over 70 different Group Exercise Classes; Zumba, TRX, Yoga, Pilates, Shred, Kick-boxing, Insanity and more!
- **INCLUDED** Childwatch while you work out (Family Membership Categories Only)
- **INCLUDED** Pre-School Open Gym
- **INCLUDED** Teen Nights for youth in grades 5-8
- **INCLUDED** Monthly Family Events & Activities
- Over 65+ hours of Lap Swim time
- Special Family Rates on Parents Night Out & Family Parties
- Member Rates on Programs & Camps
- Family Open Swim & Family Open Gym
- Member's only Personal Training
- Member's only priority registration dates
- Access to our Family Outdoor Center & Activities - Family Open Climb, Open Ropes, Family Adventure Club, Hiking Trails & Summer Swim Club

INTRODUCING NATIONWIDE MEMBERSHIP!



AS A Y MEMBER YOU ARE ALWAYS WELCOME IN EVERY COMMUNITY!

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your home YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

ymca.net/find-your-y



ADDED VALUE FOR FAMILY MEMBERSHIP CATEGORIES



Sport Shorts and Intramural Sports Mash-up Classes are included with Family membership at no additional charge!

To register for these classes, please come to the Member Service Desk.

Short Sports: Ages 2-3 with parent

Explore the basics of a different sport each week. This class will emphasize listening, following directions and fun to help enhance your child's social skills, body awareness and self-confidence.

Mondays..... 5:15 - 6 pm..... 03202-12
Fridays..... 10:30 - 11:15 am..... 03202-53

Intramural Sports Mash-up: Ages 4-11

Drop-in for intramural sports and recess games under the supervision of our sports staff, including soccer, flag football, floor hockey, and kickball. This is a great opportunity for your child to be active and learn to play independently with other kids.

Monday ages 6-8..... 4:30-5:15 pm.....
Fridays ages 4-7..... 4:00 -4:45 pm.....
Fridays age 8-11..... 4:45- 5:30 pm.....

CONVERTING OUR MEMBER MANAGEMENT SOFTWARE

The MetroWest YMCA will be converting member management software in the Spring of 2018. Stay tuned for more information and updates on this conversion. Join our email list at metrowestymca.org/contactus

We look forward to serving you and appreciate your patience as we go through this software conversion.

The MetroWest YMCA

SPECIAL EVENTS

SPRING 2018

JOIN US!

We're making a difference.



LUNAR CARNIVAL

Sunday, January 28 from 4:00 – 6:00pm
For ages 3 and up

In January, we have the once-in-a-lifetime chance to see the blue moon, Supermoon, and lunar eclipse. Come to the Outdoor Center to learn about the blue moon & blood moon. Build a model! Experiment with light and shadow, and finally go look at the moon! See page 21 for additional details. **See page 21 for complete details.**

SURVIVAL SKILLS FOR KIDS AND TEENS!

Saturday, February 24th

Ages 4–7 from 9:30–10:00

Ages 8–12 from 10:15–11:15

Ages 13–16 from 2:00–3:30

- Learn about gear to wear outdoors and how to stay dry in the cold.
- Learn about basic safety around a fire
- Weather depending, we may either construct a snow shelter, learn to build fires
- Older youth will learn to construct an emergency extraction litter, and/or learn to build fires using wet wood and/or magnesium.

**Guardians are welcome to attend*

See page 21 for complete details.

Y-NIGHT FOR TEENS

@ the Framingham Branch

Hang out and make new friends at Y-Night!

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

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

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

2018 Y-Night Dates:

January 20 & 27 2018

February 3, 10, & 17 2018

March 3, 10, 17, 24 2018

April 7, 14 & 28 2018

May 5, 12, 19 2018

June 2 & 9 2018

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

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

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

Y PROGRAMS THAT POSITIVELY IMPACT OUR COMMUNITY.

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



Cardio-Pulmonary Class
with MetroWest Medical Center



LIVESTRONG® at the
YMCA Graduates

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, Brown & 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 and Natick Public Schools
Afternoons only

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

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


Out-Of-School Time Director

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



AQUATICS

YOUTH DEVELOPMENT

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

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

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

INFANT TODDLER CLASSES

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

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

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

Monday	9:30 - 10:00 am	02201-11
Tuesday	10:00 - 10:30 am	02201-21
Wednesday	9:00 - 9:30 am	02201-31
Saturday	9:40 - 10:10 am	02202-62
Sunday	11:00 - 11:30 am	02202-71

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

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

Monday	9:00 - 9:30 am	02203-11
Wednesday	9:30 - 10:00 am	02203-31
Thursday	10:00 - 10:30 am	02203-41
Friday	9:00 - 9:30 am	02204-51
Saturday	8:30 - 9:00 am	02203-61
Saturday	9:05 - 9:35 am	02203-62
Saturday	10:15 - 10:45 am	02203-64
Sunday	1:10 - 1:40 pm	02203-72

PRESCHOOL, AGES 3-5

Preschool 1

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

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

Preschool 2

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

Monday	9:30 - 10:00 am	02206-11
Monday	1:30 - 2:00 pm	02206-14
Monday	3:45 - 4:15 pm	02206-15
Monday	4:20 - 4:50 pm	02206-16
Monday	4:55 - 5:25 pm	02206-17
Monday	6:30 - 7:00 pm	02206-18
Tuesday	9:30 - 10:00 am	02206-21
Tuesday	1:30 - 2:00 pm	02206-23
Tuesday	3:45 - 4:15 pm	02206-24
Tuesday	4:55 - 5:25 pm	02206-25
Tuesday	5:30 - 6:00 pm	02206-26
Wednesday	9:00 - 9:30 pm	02206-31
Wednesday	1:30 - 2:00 pm	02206-32
Wednesday	4:20 - 4:50 pm	02206-34
Wednesday	5:30 - 6:00 pm	02206-36
Thursday	9:00 - 9:30 am	02206-41
Thursday	10:00 - 10:30 am	02206-42
Thursday	3:45 - 4:15 pm	02206-44
Thursday	4:55 - 5:25 pm	02206-45
Friday	9:30 - 10:00 am	02206-51
Friday	3:45 - 4:15 pm	02206-54
Friday	4:20 - 4:50 pm	02206-55
Saturday	8:30 - 9:00 am	02206-61
Saturday	9:05 - 9:35 am	02206-62
Saturday	9:40 - 10:10 am	02206-63
Saturday	10:15 - 10:45 am	02206-64
Saturday	10:50 - 11:20 am	02206-65

**Spring 1 2018 Session
February 26-April 15, 2018**

AQUATICS

YOUTH DEVELOPMENT

Youth Aquatic class prices

Sun Classes \$58 members / \$116 non members

Mon-Saturday Classes \$67 members / \$134 non members

Preschool 2 Continued...

Saturday	11:25 - 11:55 am	02206-66
Sunday	11:00 - 11:30 am	02206-71
Sunday	12:05 - 12:35 pm	02206-72

Preschool 3

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

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

Preschool 4

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

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

PROGRESSIVE-AGES 6-13

School Age 1

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

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

School Age 2

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

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

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

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

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.

\$67 members/\$134 Non-members

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

Swim lessons continued on next page

AQUATICS

YOUTH DEVELOPMENT

Spring 1 2018 Session
February 26-April 15, 2018

Youth Aquatic class prices
Sun Classes \$58members / \$116 non members
Mon-Saturday Classes \$67 members / \$134 non members

PROGRESSIVE-AGES 6-13

School Age 3

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

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

School Age 4

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

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

School Age 5

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

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

School Age 6

Must have successfully competed Level 5 or be able to swim 300 yards freestyle, 100 backstroke, 50 yards breaststroke and 25 yards butterfly.

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

YMCA SWIM LESSONS @ KEEFE TECH POOL

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

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

Keefe Tech Aquatic class prices
6 Weeks \$58 members / \$116 non members

PRESCHOOL CLASSES

AGES 3-5

Preschool 1

Sunday	12:05 - 12:35 pm	02205-86
Sunday	1:15 - 1:45 pm	02205-87

Preschool 2

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

YOUTH CLASSES AGES 6-11

School Age 1

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

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

School Age 3

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

School Age 4

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

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

School Age Children

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

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

ADULT AQUATICS

ADULT HEALTHY LIVING

ADULT SWIM LESSONS

Spring 1 2018 Session
February 26-April 15, 2018

Sunday Classes \$58 members / \$116 non members
Mon-Sat Classes \$67 members / \$134 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	7:45 - 8:25 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/\$40 non-members

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

3 day \$46 members/\$105 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/\$35 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/\$35 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, fibromalgia, orthopedic problems, prenatal, stroke rehab and asthma.

\$20 members/\$45 non-members

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

DANCE

YOUTH DEVELOPMENT

Spring 1 2018 Session
February 26-April 15, 2018

PRE-SCHOOL DANCE CLASSES

Preschool Dance class prices
7 weeks \$58 Members/\$116 non members

Plié Pre Ballet, Ages 3-5

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

Monday.....	5:00 - 5:30pm.....	05217-11
Wednesday.....	11:15-11:45am.....	05217-21
Saturday.....	11:00-11:30am.....	05217-61
Saturday*.....	10:15-10:45.....	05217-64

Plié Pre Ballet Level 2, Ages 3-5

Instructor approval required.

For the dancer that has taken at least 2 sessions of Pre ballet. This class will continue to introduce beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will continue with positions of the feet and introductory movement vocabulary.

Tuesday.....	10:15-10:45am.....	05217-22
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Tiny Tappers Beginner Tap Dance, Ages 3-5

An introduction to tap dance with beginning development tap concepts including rhythm and coordination. Children will learn basic tap steps. Exercises will focus on building flexibility of the knee and ankles and counting music.

Tuesday.....	9:30-10:00am.....	05217-21
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Shakers Jazz/Hip Hop Combo, Ages 3-5

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

Wednesday.....	10:45 - 11:15am.....	05217-31
Thursday.....	9:30 - 10:00 am.....	05217-41

Artist Creative Movement, Ages 3-5

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

Friday.....	5:00-5:30pm.....	05217-51
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SCHOOL AGE DANCE CLASSES

School Age Dance class prices
7 weeks \$65 Members/\$130 non members

Relevé Beginner Ballet, Ages 7+

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

Wednesday.....	4:00-4:45pm.....	05217-33
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**this class will take place in the large conference room*

Shuffle Beginner, Tap Ages 7+

An introduction to tap dance with beginning development tap concepts including rhythm and coordination. Children will learn basic tap steps. Exercises will focus on building flexibility of the knee and ankles and counting music.

Tuesday.....	4:15-5:00pm.....	05217-23
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Tendu Ballet, Ages 5-7

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

Saturday.....	11:45am-12:30pm.....	05217-62
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Movers Hip-Hop, Ages 6+

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

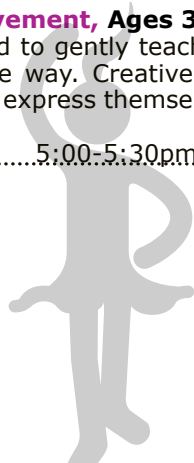
Tuesday.....	4:30-5:15pm.....	05217-24
Saturday.....	12:45-1:30pm.....	05217-63

All Arouns Introduction to Dance, Ages 7+

This Class will introduce your child to different types of dance including but not limited to; jazz, ballet, hip-hop, and musical theater. This is a great class for the beginner dancer that wants to try out more than one style of dance.

Thursday.....	4:15-5:00pm.....	05217-42
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**All dance classes are held in the Spirit Mind Body room unless noted next to the class time*



Spring 1 2018 Session February 26-April 15, 2018

Preschool Gymnastics class prices
Classes \$56 members / \$116 non-members

School Age Gymnastics class prices
Classes \$65 members / \$130 non-members

GYMNASTICS YOUTH DEVELOPMENT

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

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

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

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

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

Preschool, Ages 3-5 years old

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

Littles, Ages 3-4

Begin to learn gymnastics skill independently from parent.

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

Mighty's, Ages 4-5

Begin to learn gymnastics skill independently from parent.

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

Rollers, Ages 5 - 7 years old

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

Monday	5:00 - 6:00 pm	05207-11
Tuesday	3:40 - 4:40 pm	05207-26
Wednesday	3:40 - 4:40 pm	05207-31
Thursday	3:40 - 4:40 pm	05207-41
Thursday	5:00 - 6:00 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	10:35 - 11:35 am	05207-61
Saturday	11:40 am - 12:40 pm	05207-64

NEW! Rockets Boys Gymnastics Ages 5-8

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

Tuesdays	3:40-4:40 pm	05206-21
Wednesdays	4:45-5:45 pm	05206-31

Rockets Intermediate Class

Thursdays	3:40-4:40 pm	05206-41
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Rollers, Ages 8+

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

Monday	4:00 - 5:00 pm	05207-12
Wednesday	4:45 - 5:45 pm	05207-34
Friday	4:30 - 5:30 pm	05207-53
Saturday	10:35 - 11:35 am	05207-63

Swingers, Ages 6+

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

Monday	5:00 - 6:00 pm	05208-11
Tuesday	3:40 - 4:40 pm	05208-21
Tuesday	4:45 - 5:45 pm	05208-22
Wednesday	3:40 - 4:40 pm	05208-31
Wednesday	4:45 - 5:45 pm	05208-32
Friday	4:40 - 5:40 pm	05208-55
Saturday	11:40am - 12:40 pm	05208-62

Kippers, Ages 8+

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

Monday	4:00 - 5:00 pm	05209-11
Wednesday	3:40 - 4:40 pm	05209-32
Thursday	3:40 - 4:40 pm	05209-41
Saturday	11:40 am - 12:40 pm	05209-62

High Flyers, Ages 8+

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

\$170 members / \$340 non members

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

The GymKats Gymnastics Team trains and competes under the curriculums and guidelines of the USA Gymnastics Program (USAG). The Junior Olympic Program (JO) consists of levels 3-10 and the GymKats Gymnastics Team offers levels 3-6. Each level contains more difficulty and as gymnasts advance through the levels strength, flexibility, coordination and endurance are expected to increase. Levels 3-6 are referred to as compulsories, where every gymnast learns the same routine on each event.

(Team enrollment is based on our recommendations or a formal try-out and evaluation). To try out for our GymKats please contact our Gymnastics Director at (508)879-4420 X62

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

Tumble & Create, ages 3.6-5

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

Members \$68/Non-Members \$136

Wednesday	10:45-12:00 pm	05201-31
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ENRICHMENT YOUTH DEVELOPMENT

Spring 1 2018 Session
February 26-April 15, 2018
 7 week session (Monday-Saturday classes)

TINIEST TOTS CLASSES, AGES 1.6-2.9

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

7 week Session Members \$50/Non-Members \$100

Music & Art with GrownUp

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

Tuesday.....9:30-10:30am.....05215-21
 Saturday.....9:15-10:15am.....05210-61

TODDLIN' TOTS A CLASSES, AGES 2.6-3.6

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

7 Weeks Members \$59/Non-Members \$118

Tot A: Hickory Dickory Dock

Learn about a new nursery rhyme each week. This class is full of activities based around each nursery rhyme that is covered!

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

Tot A: Travel Around the World

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.....9:45-10:45 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 the activities.

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

TODDLIN' TOTS B CLASSES, AGES 3-4

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

Members \$59/Non-Members \$118

Tot B: Tiny Builders

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

Monday.....9:30-10:30 am.....05215-11

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.

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

Tot B: Animal Adventure

Come to our animal world. Learn about lions, tiger, bears and more! Activities will be based around each week's animal.

Friday.....10:45-11:45 am.....05215-52

PRE-SCHOOL & SCHOOL AGED CLASSES

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

Gym Games & Crafts, ages 3.6-5

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

Members \$68/Non-Members \$136

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

Tumble & Create, ages 3.6-5

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

Members \$68/Non-Members \$136

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

STEM Class, Ages 3.9-5

Each week will be a different activity that explores the STEM world. **Members \$59/Non-Members \$118**

Thursday.....3:30-4:30pm.....05215-13

Cooks & Books, ages 3.9-5

Read books while we cook! This class will incorporate a book and a great recipe that kids can make themselves. Kids will learn to measure, chop, blend, bake, boil, and simmer. Kitchen safety and table manners will be introduced.

Please inform Program Director if there are any food allergies. Members \$59/Non-Members \$118

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

Saturday.....10:30-11:30am.....05215-62

Kids Chefs, Ages 6-8

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

Wednesday.....4:15-5:15pm.....05215-33

Saturday.....11:45-12:45pm.....05215-63

Crafty Kids

Join us as we explore a variety of crafting materials. Projects may include paint, pastels, beading, charcoal, clay, foam, or wood. Bring your imagination and be dressed for a mess. **Members \$59/Non-Members \$118**

Monday (Ages 4-5).....11:30am-12:30pm.....05215-13

Tuesday (Ages 5-6).....4:15-5:15pm.....05215-23

PRE-SCHOOL OPEN PLAY/OPEN GYM

Open to youth Ages 1-6 with parent

(Free for Members/non-members \$5 child/\$10 per family per visit) 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

PARENTS NIGHT OUT

@ the Framingham Branch

For kids age 3-12. (must be potty trained)
 Night Includes: From 6-9pm Games, activities, arts, pizza dinner and more. Registration at front desk only.

Friday March 9 2018, Reg closes 3/7

Friday April 6, 2018, Reg closes 4/4

New Participants need to fill out a one-time emergency contact form.

Family Members \$10 / Youth&Adult \$15 /Non Members \$20 per child. Registration closes on the Wednesday prior to PNO

SCHOOL VACATION PROGRAMS

Framingham & Hopkinton

FRAMINGHAM BRANCH PROGRAMS

MY FIRST VACATION CLUB

February 19-23

April 16-20

9am-1pm Ages 3-5

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

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

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

SCHOOL AGE @ FRAMINGHAM BRANCH

February 19-23

April 16-20

8:30am-6pm Grades K-6

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

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

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

NO SCHOOL DAYS

March 30, 2018, 8:00am-4:00pm

April 13, 2018, 8:00am-4:00pm

Grades K-5

No Schools Days are fun at the MetroWest YMCA. Join us for activities that include Gym games, Crafts, Swimming, Scavenger Hunts, Board Games/ Card Games and more

Daily Rates \$57 Members/ \$114 Non-Members

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



FAMILY OUTDOOR CENTER PROGRAMS

FEBRUARY & APRIL VACATION CLUB

February 19-23

April 16-20

For children currently enrolled in K-6th grade

Join us for a week of games, crafts, sports, cooking, and more! Each day there will be different activities for everyone to enjoy! On Friday, we will travel off-site for a field trip (TBA). Participants must bring their own snacks, lunches, and water bottles daily. Please be sure to pack appropriate indoor and outdoor apparel for your child so they can enjoy all the fun we have to offer both inside and out! Kids Club runs from 8am-4pm daily, AM and PM Care options are available for an additional fee. Register for all the days or individually!

For more information and to register, please email or call Kelley Ratcliffe, Camp & Teen Director at kmratcliffe@metrowestymca.org or 508-435-9345 x101. Space is limited, sign up today!

Rate:

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

AM Care:

\$8/day for members and \$11/day for non-members

PM Care:

\$8/day for members and \$11/day for non-members

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

Special Vacation Open Climb added to Thursday, February 22nd from 1-3pm. Regular Open climb will still occur on Friday night. See page 21 for additional details.



SPORTS YOUTH DEVELOPMENT

Spring 1 2018 Session
February 26-April 15, 2018

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 \$62 members / \$124 non-members

Little Ninjas Ages 3 - 5 years old

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

Tuesday	10:30-11:10 am	03210-22
Tuesday	4:10 - 4:50 pm	03210-23
Thursday	10:30-11:10 am	03210-42
Thursday	4:10-4:50 pm	03210-43
Saturday	8:50 - 9:30am	03210-63
Saturday	9:35-10:15am	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

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 @ \$65 members/\$130non-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 @ \$65 members/\$130 non-members
(Requires Yellow Belt or instructor approval).

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

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 \$65 members / \$130 non-members

Ages 6-8

Tuesday	5:00 -5:40 pm	03210-24
Thursday	5:50-6:30 pm	03210-45
Saturday	10:20-11:00 am	03210-65
Saturday	11:05- 11:45 am	03210-66

Ages 8-10

Tuesday	5:50 - 6:30 pm	03210-25
Thursday	5:00 - 5:40 pm	03210-44
Saturday	11:50am-12:30pm	03210-67

YOUTH SPORTS CLINICS

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

7 Weeks \$65 members / \$130 non-members

Small Ball Girls & Boys 1st-3rd graders

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

Wednesday.....4:30-5:15 pm.....03210-34

Buzzer Beaters Girls & Boys 4th-6th graders

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

Wednesday.....5:20-6:05 pm.....03210-35



SPORTS

YOUTH DEVELOPMENT

Spring 1 2018 Session
February 26-April 15, 2018

NEW! **Sport Shorts and Intramural Sports Mash-up Classes Included with Family membership at no additional charge!**

To register for these classes, please come to the Member Service Desk.

Short Sports: Ages 2-3 with parent

Explore the basics of a different sport each week. This class will emphasize listening, following directions and fun to help enhance your child's social skills, body awareness and self-confidence.

Mondays..... 5:15 - 6 pm..... 03202-12
 Fridays..... 10:30 - 11:15 am..... 03202-53

Intramural Sports Mash-up: Ages 4-11

Drop-in for intramural sports and recess games under the supervision of our sports staff, including soccer, flag football, floor hockey, and kickball. This is a great opportunity for your child to be active and learn to play independently with other kids.

Monday, ages 6-8..... 4:30-5:15 pm
 Fridays, ages 4-7..... 4:00 -4:45 pm
 Fridays, age 8-11..... 4:45- 5:30 pm

YOUTH & TEEN

FITNESS

HEALTHY LIVING

Spring 1 2018 Session
February 26-April 15, 2018
 7 week session (Tues-Saturday classes)

CARDIO KIDS Ages 9-12

Join the fun in our Youth & Family Interactive Gym and get fit by learning how to properly use our VR-1 Cybox 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 / \$134 non-members

Sign up for a maximum of 2 classes.

*Parents must sign children in and out of class.

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

KIDS ON THE MOVE Ages 7-10

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

\$64 members/\$128 non-members

Friday..... 4:30-5:15pm..... 01101-55.

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. **\$64 members/\$128 non-members**

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



NEW! **EXPRESS EXERCISE**

Having children is demanding. It's hard to get a minute to yourself, never mind get a workout in. Well here's your chance. **The Wellness Staff**

has a developed a 20 minute workout for you! This program is perfect for when you're children in off in swim lessons or in Ninja Warrior class! Please see one of our friendly, qualified personal trainers to get started today!

Free for members!

ADULT FITNESS

HEALTHY LIVING



Y – FIT

Adult Strength & Conditioning

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



This is an 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 \$86 for members/\$143 for non-members for the 7 week session. The two day per week rate is \$143 for members/\$286 for non members for the 7 week session. For the two day option, please register at the Member Service Desk to receive the pro-rated fee. Sunday classes (6weeks): One Day Rate: \$74 members / \$148 non-members Monday + two day Rate” \$133 members / \$266 non-members

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

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

NEW! BOOTCAMP CONDITIONING

This small group is a great way to challenge yourself! Workouts include: body weight exercises, interval training, functional movements and agility drills. The coach will use different equipment to challenge, inspire, and motivate you while offering modifications to accommodate all levels of fitness. **\$64 members / \$128 non-members**

Wednesday.....9:30-10:30 am.....01206-32
Friday.....9:30-10:30 am.....01206-51



Spring 1 2018 Session
February 26-April 15, 2018
 8 week session (Mon-Wed classes)
 7 week session (Thur-Sun classes)

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 \$118 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 under the Schedules & Downloads tab on the homepage.
Spirit Mind Body Room Schedule
Aerobics Room Schedule

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

MINDFUL BONES

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

\$64 members / \$128 non-members
 Monday.....11:00am-11:45pm.....01206-14

KRAV MAGA

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



\$64 members/\$128 non-members
 Thursdays.....7:00-8:00pm.....01101-41..

ACTIVE OLDER ADULTS

SENIOR FITNESS CLASS!

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

7 weeks @ free members/ \$118 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 Lauren Hanley 508-879-4420 ext. 39 or laurenhanley@metrowestymca.org.



ADULT FITNESS

HEALTHY LIVING

PARKINSON'S DISEASE WELLNESS PROGRAM



PREVENTION & WELLNESS CLASSES FOR OLDER ADULTS

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

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

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

MATTER OF BALANCE (MOB)

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

MOVING FOR BETTER BALANCE

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

ENHANCEFITNESS

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

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

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 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 \$29/Members and \$84/nonmembers for 7 week session.

Code: 03225-21

ADULT FITNESS

HEALTHY LIVING

PERSONALIZED WELLNESS PROGRAMS

PERSONAL TRAINING *Members Only*

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

Contact Lauren Hanley to set up your first appointment (508) 879-4420 x39 or Laurenhanley@metrowestymca.org

Length of Session	One-On-One
1-hour	1 Session: \$46
1-hour	5 Sessions: \$200
1-hour	10 Sessions: \$370
30 min	1 Session: \$31
30 min	5 Sessions: \$130
30 min	10 Sessions: \$240

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 Lauren Hanley, Director of Health Integration at 508-879-4420 x39.

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: \$86

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: \$27

1 hour Follow-up Visit: \$41



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 Lauren Hanley, Director of Health Integration at 508-879-4420 x39 **\$25 for members only**

NEW!

WEIGH TO CHANGE - COMING IN FEBRUARY!

The Weigh to Change program offers support and education in both areas of fitness and nutrition. By combining physical training and better nutrition, participants will benefit in the most successful way to achieve weight loss. Participants will be challenged throughout the ten weeks with personal training, nutrition guidance, group work outs, and friendly challenge competitions.

Specifically the Weigh to Change Program includes:

- Weekly individual 30-minute personal training session
- Individual nutrition counseling with nutritionist
- Minimum of three weekly group training sessions
- Weekly nutrition and physical challenges
- Two Nutrition workshops
- Styku 3-D body scan
- Entry into a local spring road race

This new and exciting weight management program will be starting in February. Contact Lauren Hanley, Director of Health Integration at 508-879-4420 x39.

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

OUTDOOR FUN ALL YEAR LONG!

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

Programs & Events Included in FOC Membership:

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

Facility Use Included in Membership:

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



FEBRUARY & APRIL VACATION CLUBS

February 19-23 8:30am-4:00pm

April 17-20 8:30am-4:00pm

For children currently enrolled in Grades K-6

Join us for a week of games, crafts, sports, cooking, and more! Each day there will be different activities for everyone to enjoy! On Friday, we will travel off-site for a field trip (TBA). Participants must bring their own snacks, lunches, and water bottles daily. Please be sure to pack appropriate indoor and outdoor apparel for your child so they can enjoy all the fun we have to offer both inside and out! Kids Club runs from 8am-4pm daily, AM and PM Care options are available for an additional fee.

Register for all the days or individually!

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

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

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

YOUTH ADVENTURE

Spring 1 2018 Session
February 26-April 15, 2018

WINTER EXPLORERS' CLUB

Winter Explorers will play in the winter woods by hiking or snowshoeing the more than 5 miles of trails at the Family Outdoor Center over the course of 7 weeks. Weather depending, snow forts may be constructed, animals may be tracked, hot chocolate may be made on camp stoves in the woods, but no matter what, winter fun will occur!

7 Weeks: Members \$89 / Non-members \$178

Ages 5-9 Saturdays 11:30am-12:30pm

Ages 10-13 Saturdays 12:45-1:45pm



BEGINNER & INTERMEDIATE ARCHERY

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

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

Beginner Class Wednesday 6:00-7:00pm

Beginner Class Saturday 9:00-10:00am

Intermediate Class Saturday 10:15-11:15am



Family Open Climb



SNOW SHOE RENTALS

Drop-in snowshoeing! Anytime there is fresh snow call or email Outdoor Education Director Abby Biser to arrange a time for you and your friends or family to take a snowshoe walk in the woods. 508.435.9345 x104 | abiser@metrowestymca.org



FAMILY ADVENTURE

Spring 1 2018 Session
February 26-April 15, 2018

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!

Most Fridays from 6:30 – 8:30pm

Special vacation open climb is on Thursday February 22 from 1:00-3:00pm

Members FREE & Non-members \$10/person or \$20/family Adult Belay Class \$25 Note: *Checked-off belayers can belay their family, increasing climb-time!*

Must call ahead to schedule adult belay classes.

LUNAR CARNIVAL

Sunday, January 28 from 4:00 – 6:00pm
For ages 3 and up

In January, we have the once-in-a-lifetime chance to see the blue moon, Supermoon, and lunar eclipse. Come to the Outdoor Center to learn about the blue moon & blood moon. Build a model! Experiment with light and shadow, and finally go look at the moon! See page 21 for additional details.

\$5/\$10 Member/Non-member per person: Call, stop by, or go online to register.

\$20/\$30 Member/Non-member per family: Call or stop by for this price – 508.435.9345.

SURVIVAL SKILLS FOR KIDS AND TEENS!

Saturday, February 24th

Ages 4–7 from 9:30–10:00: A lot of just for fun! Still, we'll spend some time talking about the right gear to wear outdoors and the importance of staying dry in the cold. We'll also talk about basic safety around a fire, and put it in action as we make s'mores! **Members \$5/person & Non-members \$10/person***

Ages 8–12 from 10:15–11:15: We'll spend some time talking about the best gear to wear outdoors and how to stay dry in the cold. Weather depending, we may either construct a snow shelter, learn to build fires, and cover basic fire safety which we'll put into action as we make hot chocolate and roasted cinnamon apples! **Members \$10/person & Non-members \$15/person***

Ages 13–16 from 2:00–3:30: We'll spend some time talking about the best gear to wear outdoors and how to stay dry in the cold. Weather depending, we may either construct a snow shelter, construct an emergency extraction litter, and/or learn to build fires using wet wood and/or magnesium, and we'll make hot chocolate and roasted cinnamon apples! **Members \$12/person & Non-members \$17/person***

*Guardians are free

TEEN PROGRAMS

Spring 1 2018 Session
February 26-April 15, 2018

JUNIOR LEADERS CLUB, GRADES 6-8 LEADERS CLUB, GRADES 9-12

Do more, be more! Come check out the MetroWest Family Outdoor Center's Leaders Clubs! Leaders is a nationwide YMCA program that teaches teens leadership skills through community service, volunteerism, and personal growth. Teens have the opportunity to create strong and positive relationships, make connections in their community, and meet other teens across the New England Area. Jr. Leaders for grades 6-8. Leaders Clubs for grades 9-12. Open to all teens in the MetroWest community.

The cost of these clubs are FREE FOR ALL! Leaders Club meets every Thursday at the Family Outdoor Center from 6:30-8:00 pm.

LEAP

Grades 6th-8th

Thursdays, 2-6pm, March 1-April 12

Leap into the MetroWest Family Outdoor Center's new Leadership, Education, & Adventure Program! LEAP is an after school program every Thursday for teens to gain leadership skills through adventure-based activities; including indoor rock climbing, archery, high and low ropes course elements, hiking, snowshoeing, boating, and more! Teens will participate in homework help, a healthy snack, an adventure activity, and a leadership activity each week. Transportation provided for Adams, Ashland, and Holliston Middle School students.

**\$133/member per 6 week session,
\$199/non-member per 6 week session**

OPEN GYM FRIDAYS

Grades 6th-8th

Fridays, 2-5pm, March 2-April 13

Fridays @ the Y! Come join us at the MetroWest Family Outdoor Center for a few hours of fun, supervised, recreational programming! Middle school students have the ability to participate in sports, arts & crafts, climbing walls, healthy snacks, and much more! Transportation provided for Adams, Ashland, and Holliston Middle School students.

Members: \$10 per day

Non-Members: \$15 per day

TEEN VACATION TRIPS

Grades 6-8

Come join the Family Outdoor Center on some adventurous field trips during February vacation! We will be traveling to Boda Borg in Malden, MA and Nashoba Valley in Westford MA on separate days during the break. Teens will undergo a variety of different escape room challenges at Boda Borg and a day of snow tubing at Nashoba Valley. Bring your friends and enjoy an adventurous day filled with challenge and laughter accompanied by YMCA staff!

2/19 Boda Borg: \$68 per member | \$78 per nonmember

2/22 Nashoba Valley: \$68 per member | \$78 per non-member

For more information about any of our Teen Programs, please contact:

Connor Spilman, Teen Director

508-435-3945 x 108

CSpilman@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

Not-Your-Typical Party \$275

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

Archery Party \$300

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

Vertical Climbing Party \$350

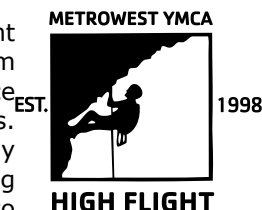
Your party will rock on our indoor climbing wall! In addition to a standard celebration with an hour in the party room or pavilion, your group will join us on our towering climbing walls up to 1.5 hours. Our certified climbing instructors provide instruction and fun up and down the climbing walls. Harnesses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



HIGH FLIGHT PROGRAM

What is High Flight?

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



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

How Do I Participate?

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

General Info

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

Each 10 week session includes 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:

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

CPR/SAFETY EDUCATION

SAFETY EDUCATION COURSES

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**

January 29	6-9pm	02307-15
February 12	6-9pm	03207-17
March 5	6-9pm	03207-18
March 19	6-9pm	03207-19
April 2	6-9pm	03207-20

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**

January 22	6-9pm	02306-15
February 5	6-9pm	02306-16
February 26	6-9pm	02306-17
March 12	6-9pm	02306-18
March 26	6-9pm	02306-19
April 9	6-9pm	02306-20

RED CROSS LIFEGUARD COURSES

Must be 16 years old by the last day of the course. To successfully complete the lifeguarding certification course, participants must attend and participate in all sessions, demonstrate competency in all skills. Participants are required to demonstrate all components of the prerequisite swim prior to registering for the class. Please contact Benjamin to set up an appointment to complete prerequisite swim. You will be required to show a registration approval form to register for the course: this form is given after successful completion of prerequisite swim. Cost: \$283 Member/\$361 Non Member

April 17-19
17, 1-9:30pm 18th, 1-9:30pm 19th 10am-6pm
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 scenarios in addition to passing both exams with a minimum grade of 80%. The lifeguard recertification course is for individuals that possess current lifeguarding certification that need to be recertified before expiration date. Participants DO NOT need to pass a pre-req swim to sign up for course. Cost: Member \$129/\$206 Non Member / \$65 Y-Staff

February 19 9am-6:30pm **02302-24**
April 16 9am-6:30pm **02302-25**

Please contact Tom Marsh tmarshj@metrowestymca.org for more information about the classes listed above.

LIVESTRONG



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

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

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

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



GET STARTED

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

MEMBERSHIP

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

FINANCIAL ASSISTANCE

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

GET INVOLVED

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

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

TOGETHERHOOD

A Member-led Community Service program

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

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

MEMBERSHIP RATES

Membership Category	Monthly Draft	Joiner's Fee
Youth & Teen , ages 2-17	\$17	\$25
Young Adult , ages 18-25	\$32.13	\$30
Adult , ages 26-64	\$54.09	\$50
Family of 2 (New)* <i>Two individuals, same address</i>	\$81.15	\$75
Family of 3+* <i>Two Adults with children under 26 residing at the same address</i>	\$94.68	\$75
Senior , age 65+	\$48.69	\$40
Sr Family of 2 (New)* <i>Two individuals both 65+, same address</i>	\$73.04	\$60
Sr Family of 3+* <i>Two Adults both 65+ with children under 26 residing at the same address</i>	\$85.21	\$60

* 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



NATIONWIDE MEMBERSHIP

Member only benefit! Your valid MetroWest YMCA membership can be used to access any YMCA membership facility in the United States.

Spring 1 2018 Registration Form

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



Member Registration for ALL CLASSES begins Wednesday FEBRUARY 14 at 6 AM, On-Line and Walk-In.

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

Non member Registration: Monday February 19
Non member registration is Walk-In only.

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.

YMCA Spring 1 2018 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

2 HOUR LIMIT PER SHIFT

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

CHILDWATCH HOURS

Mornings	Monday through Friday 8:00 am - 1:15 pm
Evenings	Monday through Thursday 4:00 - 8:00 pm Friday evenings 4:00 - 7:00 pm
Saturdays	8:00 am-1:00 pm
Sundays	8:00 am- 12:00 pm

EXPANDED HOURS & NOW ON SUNDAYS

Fees Free for MetroWest YMCA Family members!
Adult Members \$3/child/day

ONLINE REGISTRATION

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

FACILITY INFORMATION

FAMILY OUTDOOR CENTER

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

FRAMINGHAM BRANCH

Full-Size Gymnasium

- Regulation-size basketball court
- Open basketball
- Family, youth and teen recreation
- Sport Wall (interactive games for youth & families)

Heated Indoor Swimming

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

Wellness Center

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

Youth & Family Interactive Gym

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

Aerobics/Cycle Studio

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

Youth & Family Game Room Lounge

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

Locker Rooms:

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



NATIONWIDE MEMBERSHIP

Member only benefit! Your valid MetroWest YMCA membership can be used to access any YMCA membership facility in the United States.

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 WINTER 2018 CLASSES. WE ENCOURAGE YOU TO SET UP YOUR ONLINE ACCOUNT PRIOR TO FEBRUARY 14

- 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 February 14, 2018 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 14

- 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 15, 2018. Membership issues will be handled separately on February 14 and will delay your program registration.

PHONE REGISTRATIONS WILL BE ACCEPTED ONLY FOR THE FOLLOWING CIRCUMSTANCES:

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



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

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

POSTMASTER-PLEASE DELIVER BY FEBRUARY 9

MetroWest YMCA Staff
We're here to serve you!

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

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

Family Outdoor Center Staff 508-435-9345

Branch Executive Director (x105)	Scott Umbel
Business Manager & Registrar (x110)	Matt Donato
Camp and Teen Director (x101)	Kelley Ratcliffe
Teen Director (x108)	Connor Spilman
Program Specialist (x107)	Emerson Badessa
Adventure & Outdoor Ed Director (x104)	Abby Biser
HighFlight Director (x106)	Jen Curtis

Early Education & School's Out Program Staff

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

Association Staff 508-879-4420

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

Spring 1 2018 Session
February 26- April 15
Important Dates

February 3	Meet Camp Directors, 10 am- 1 pm, Framingham Branch
February 14	Spring 1 Member Online and Walk In Registration begins at 6 am
February 15	Camp Info Night – Family Outdoor Center, Hayes Lodge 7-8:30pm
February 18	Winter Session Ends
February 19	Spring 1 Nonmember Walk In registration begins
February 19	Camp Registration for Non-Members
February 19-23	YMCA open- Vacation Programs for all ages
February 26	Spring 1 Session begins
March 24	Camp Tour Day 10am-12pm- Family Outdoor Center
April 1	Easter- YMCA closed
April 11	Spring 2 Member Online & Walk in Registration begins at 6 am
April 15	Spring 1 session ends
April 16	Spring 2 Nonmember Walk in Registration begins
April 16	Patriot's Day- YMCA open
April 17-20	School vacation; YMCA vacation program for all ages
April 21	Healthy Kids Day, Framingham Branch
April 23	Spring 2 Session begins
May 5	Camp Tour Day 10am-12pm: Family Outdoor Center

GIVING TODAY

METROWEST YMCA ANNUAL CAMPAIGN

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

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