



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHOOSE YOUR ADVENTURE
BEST. SUMMER. EVER

MAKE NEW FRIENDS!
BEST. SUMMER. EVER

FOCUS ON YOUR HEALTH
BEST. SUMMER. EVER

GOGGLE UP!
BEST. SUMMER. EVER

SPEND TIME TOGETHER
BEST. SUMMER. EVER

SUMMER + POOL = AWESOMENESS!
BEST. SUMMER. EVER

BEST SUMMER EVER

Summer 2017 Program & Membership Guide METROWEST YMCA

REGISTRATION DATES:

Members Only – Wednesday, June 7
Online and Walk in starts at 6 AM
Non-Members- Monday, June 12

SESSION DATES:

June 26-August 26, 2017

THE Y

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

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

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

TABLE OF CONTENTS

RECENT NEWS	3	
CLEARBROOK SWIM CLUB		4
CHILDCARE & BEFORE/AFTER SCHOOL PROGRAMS	14	
YOUTH DEVELOPMENT		
Summer Camps	4-5	
Youth Aquatics & Swimming	6-8, 21	
Sports	10	
Gymnastics	11	
Enrichment Programs	12 & 13	
Early Childhood Centers	14	
Before & After School Programs	14	
HighFlight for Teens	22	
Youth Well-being & Fitness	15	
Outdoor Adventure Programs	20 & 21	
Birthday Parties	21	
HEALTHY LIVING		
Family Time	3, 14 & 21	
Youth Well-being & Fitness	15	
Adult Aquatics & Swimming	9	
Adult Sports	10	
Adult Well-being & Fitness	16-19	
Active Older Adults	17-18	
Wellness Prevention Programs	18	
Family/Adult Outdoor Adventure Programs	20-21	
LIVESTRONG at the YMCA	23	
SOCIAL RESPONSIBILITY		
Safety & Education Courses	23	
Locations & Rates	24	
Member Benefits, Facility & General Info	25-27	
Important Dates & Contact Info	28	

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



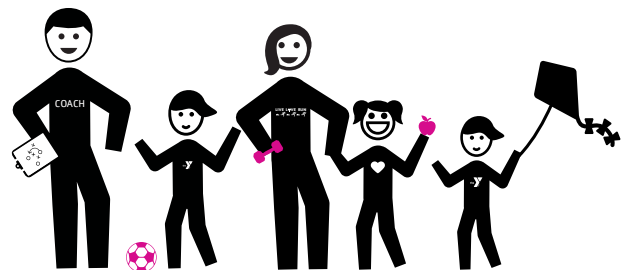
Building hours vary according to the program schedule. Please call or go online for more information.

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.

CLEARBROOK SWIM CLUB



LOCATED AT:

120 Parker Road, Framingham MA 01702
 metrowestymca.org/locations/clearbrook
 508-405-0350 (seasonal phone)

SUMMER SEASON

June 17-September 4
 Weekend hours: 10am-6pm
 Weekday hours: 11am-7pm

CLEARBROOK SWIM CLUB FACILITY AMENITIES

- Outdoor Swimming Pool
- Recreation Room
- Shower & Changing Stalls
- Snack Bar & Picnic Tables
- Playground for Children
- Lounge chairs available
- Swim lessons *
- Camp Clearbrook *

* additional cost

INCLUDED IN YOUR CLEARBROOK MEMBERSHIP

- Family Activities - see Calendar
- 3 Guest passes to use as you wish
- Babysitters/Nanny's allowed on membership
- Non-members have access to the Framingham Branch facility for July and August
- Family Membership includes: 2 adults and any number of children under age 26 living in the same household

RATES & REGISTER ONLINE

MEMBERSHIP TYPE	FULL SUMMER	OPENING DAY- JULY 30	AUGUST 1-CLOSING DAY
Y- Adult Member	\$300 02905-13	\$225 02905-15	\$225 02905-17
Y- Family Member	\$225 02905-12	\$150 02905-14	\$150 02905-16
General Public Family	\$500	n/a	n/a



SWIM CLUB OPEN HOUSE
 Stop in for a swim! Open House Weekend
 Saturday June 17 & Sunday June 18 12-5pm



Family Membership: This rate is only available to Framingham branch members with an active Family type membership. Family Clearbrook Membership includes 2 adults and any number of children under age 26 living in the same household.

Adult Membership: This rate is for members who have an Adult membership at the Framingham branch who would like to have a Clearbrook Family membership. This membership includes 2 adults and any number of children under age 26 living in the same household.

General Public Membership: This rate is available to members of the community who do not have a Family or Adult membership at the MetroWest YMCA's Framingham Branch. The Full Summer membership is the only membership option available to the General Public. This membership includes 2 adults and any number of children under age 26 living in the same household.

SUMMER CAMPS

YOUTH DEVELOPMENT

SUMMER CAMPS
AT THE METROWEST YMCA
Camp Registration Going on Now!

NATICK CAMPS



Y STEM ACADEMY, NATICK

WHO: children entering grades 1-5 who are excited to explore STEM
WHEN: June 26-August 18, 2017 (1 week sessions) Monday-Friday 9am-4:00pm, AM/PM care available
WHAT: A Science, Technology, Engineering and Math (STEM) camp with traditional camp activities woven in throughout the day. Each week, children will participate in small group STEM academic enrichment activities. They will use the scientific method to ask questions and explore the world around them. They will also have time for more traditional camp activities including being active and spending time outdoors on the back field.
WHERE: East School, 90 Oak Street, Natick MA
ABOUT: One-week themed sessions that support STEM. By focusing on hands-on STEM curriculum, the Y STEM Academy will allow for in-depth exploration that is youth-driven and staff guided in a way that cannot be achieved in a traditional school setting. This program will allow children to make a connection between activities they enjoy and professions in the ever growing STEM field, all while building on 21st Century skills.



FRAMINGHAM CAMPS

PRESCHOOL CAMPS

MY FIRST SUMMER CLUB

WHO: For children who are ages 3, 4, & 5
WHEN: One-week theme based sessions June 26-August 25, 2017
Hours: Monday-Friday 8:30 am to 1:00 pm 2,3,&5 Day available.
WHERE: MetroWest YMCA Framingham Branch at 280 Old Connecticut Path

ABOUT MY FIRST SUMMER CLUB

- Learn a variety of sports and play games
- Arts & craft projects as well as outdoor activities
- (Optional) Supervised open swim every day (not lessons)
- Must be able to use the bathroom independently
- Optional free breakfast and lunch



FRAMINGHAM CAMPS

SCHOOL AGE CAMPS



CAMP OCP

WHO: children entering grades 1-6
WHEN: One-week theme based sessions June 26-August 25, 2017
Hours: Monday-Friday 7:30am- 6:00 pm.
WHERE: MetroWest YMCA Framingham Branch 280 Old Connecticut Path, Framingham

ABOUT CAMP OCP:

- Small group setting
- Highly motivated, friendly, professional & experienced staff
- Indoor & outdoor activities and weekly field trips
- Water play including swim lessons at Clearbrook
- Weekly trips to the public library for books & special events.
- Optional free breakfast and lunch

GYMNASTICS CAMP

WHO: All Levels of Gymnasts are welcome. Boys and girls who have entering grades 1-8
WHEN: Two Week Sessions: June 26-August 25, 2017
Hours: Monday-Friday 8:30am- 4:00 pm with before and after care available
WHERE: MetroWest YMCA Framingham Branch 280 Old Connecticut Path, Framingham

ABOUT GYMNASTICS CAMP:

Tumbling, strength building, dancing and more are featured in our co-ed Gymnastics Camp. Mornings are spent in the gym and after lunch campers participate in traditional camp activities ranging from sports to arts and crafts to group games. Campers have free swim in our indoor pool along with other outdoor water activities. On the last day of each two-week session parents and friends are invited to the Gymnastics Show at the Framingham YMCA gymnasium.

CAMP CLEARBROOK

WHO: children entering grades 1-4
WHEN: June 26-August 25, 2017 (1 week sessions) Monday-Friday 8am-1:00pm
WHAT: This is the perfect camp for the first time camper. The camp environment features small group settings in an outdoor environment with plenty of shady spaces.
WHERE: Clearbrook Family Swim Club, 120 Parker Road, Framingham, MA 01702

ABOUT:

One-week themed sessions that incorporate sports and games, arts and craft activities, and special events. Instructional swim lessons and open swims will round out the camp experience. Activities and camper groups will be age specific with plenty of fun built in and camp songs and developing camp traditions.



SUMMER CAMPS

YOUTH DEVELOPMENT

HOPKINTON CAMPS

PRESCHOOL, SCHOOL AGE & TEEN CAMPS

METROWEST YMCA SUMMER DAY CAMP HOPKINTON

WHO: For children ages 3-15

WHEN: The summer camp season is June 19-August 25, 2017

WHAT: Offering traditional camps, specialty camps, teen camps, leadership programs, and CIT training program. Each program stresses a healthy balance of safety and fun and challenges campers to try new things and improve their skills.



Youth Camps

- Camp Chipmunk, ages 3-4
- Scamper, ages 4-5
- Camp Carol, entering 1st grade
- Bobolink, entering 2nd grade
- Explorers, entering 3rd grade
- Bob White, entering 4th & 5th grades
- Adventure, entering 6th & 7th grades
- Adventure Plus, entering 8th & 9th grades
- All Sports, entering 2nd-6th grades
- Athletic Training Camps, entering 1st-6th
- Little Scientists & Discovery, entering 1st-6th
- Pioneers Camps, entering 1st-7th grades
- Creative Art Camps, entering 2nd-8th grades



TEEN CAMPS

- Leader In Training Program, entering 7th & 8th grades
- On the Road Camps, entering 8th & 9th grades
- Counselor In Training Program, entering 9th & 10th grades

WHERE: Our 122 wooded acre facility is the perfect setting for the true camp experience and wonderful summer memories.

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

Camp Open House
Saturday, June 17, 10am-1pm
45 East Street, Hopkinton MA

TEEN CAMPS
Adventure Plus, Grades 6-7
On the Road, Grades 8-9
LIT - Leaders In Training Hopkinton, Grades 6-8
CIT - Counselors in Training Hopkinton, Grades 9-10
YES - Middle School Youth Engaging in Service, Grades 5-8
LIT Clearbrook, Framingham, Grades 6-8
CIT Gymnastics Camp, Framingham, Grades 9-10
CIT at Camp OCP, Framingham, Grades 9-10

Complete Details @ metrowestymca.org/teencamps

AQUATICS YOUTH DEVELOPMENT

Summer Session
June 26-August 26, 2017

All Youth Aquatics class prices:

9 Weeks: \$84 members / \$168 non members

8 Weeks (No July 4) \$74 members / \$148 non members

INFANT/TODDLER CLASSES

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

Parent & Child A (Water Babies)

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

Parent & Child B (Perch)

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	9:30 - 10:00 am	02203-41
Saturday	8:30 - 9:00 am	02203-61
Saturday	9:05 - 9:35 am	02203-62
Sunday	1:10 - 1:40 pm	02203-72

Parent & Child B (Dad or Mom 'N' Me)

Ages Infant-5 years

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

Sunday	11:00 - 11:30 am	02209-71
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Parent & Child B (Pike 'N' Parent)

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

Saturday	10:15 - 10:45 am	02204-61
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Swim Team Tryouts

AGE	DATE	TIME
10 & under	July 24	6:15-7:15pm
11 and up	July 24	7:30-8:45pm

Contact Ashley Phoenix, Aquatics Director
aphoenix@metrowestymca.org ext. 37



PRESCHOOL, AGES 3-5

Preschool 1 (Pike A - Without Parent)

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	3:45 - 4:15 pm	02205-14
Monday	4:20 - 4:50 pm	02205-15
Monday	6:30 - 7:00 pm	02205-17
Tuesday	9:30 - 10:00 am	02205-22
Wednesday	9:00 - 9:30 am	02205-31
Wednesday	4:55 - 5:25 pm	02205-36
Thursday	9:00 - 9:30 am	02205-42
Saturday	8:30 - 9:00 am	02205-61
Saturday	9:40 - 10:10 am	02205-63
Saturday	10:15 - 10:45 am	02205-64
Saturday	10:50 - 11:20 am	02205-65
Saturday	11:25 - 11:55 am	02205-66
Saturday	12:00 - 12:30 pm	02205-67
Sunday	11:30am - 12:00 pm	02205-71
Sunday	12:05 - 12:35 pm	02205-72
Sunday	12:35 - 1:05 pm	02205-73

Preschool 2 (Pike B - Without Parent)

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

Monday	9:30 - 10:00 am	02206-11
Monday	3:45 - 4:15 pm	02206-15
Monday	4:55 - 5:25 pm	02206-17
Monday	6:30 - 7:00 pm	02206-18
Tuesday	9:00 - 9:30 am	02206-21
Wednesday	9:00 - 9:30 am	02206-31
Thursday	9:30 - 10:00 am	02206-41
Thursday	4:55 - 5:25 pm	02206-45
Friday	9:00 - 9:30 am	02206-51
Saturday	8:30 - 9:00 am	02206-61
Saturday	9:05 - 9:35 am	02206-62
Saturday	9:40 - 10:10 am	02206-63
Saturday	10:15 - 10:45 pm	02206-64
Saturday	11:25 - 11:55 am	02206-65
Sunday	11:00 - 11:30 am	02206-71
Sunday	12:05 - 12:35 pm	02206-72

Preschool 3 (Eels)

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

Monday	4:55 - 5:25 pm	02207-15
Monday	7:05 - 7:35 pm	02207-18
Tuesday	9:00 - 9:30 am	02207-21
Wednesday	9:30 - 10:00 am	02207-31
Wednesday	4:55 - 5:25 pm	02207-34
Thursday	9:00 - 9:30 am	02207-41
Friday	9:30 - 10:00 am	02207-51
Saturday	8:30 - 9:00 am	02207-61
Saturday	9:05 - 9:35 am	02207-63
Saturday	9:40 - 10:10 am	02207-64
Saturday	10:50 - 11:20 am	02207-65
Saturday	12:00 - 12:30 pm	02207-66
Sunday	11:30 - 12:00 pm	02207-71

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

Saturday: 2:00-2:15pm

Free to all. Please sign up at the Member Service Desk

AQUATICS

YOUTH DEVELOPMENT

Preschool 4 (Rays)

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

Monday	4:20 - 4:50 pm	02208-12
Monday	7:05 - 7:35 pm	02208-18
Saturday	12:00 - 12:30 pm	02208-61
Sunday	1:45 - 2:15 pm	02208-71

Preschool 4 (Starfish)

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

Monday	4:20 - 4:50 pm	02218-11
Monday	6:30 - 7:00 pm	02218-12
Thursday	4:55 - 5:25 pm	02218-41

PROGRESSIVE-AGES 6-11

School Age 1 (Polliwog A)

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, Swim.

Monday	3:45 - 4:15 pm	02210-11
Monday	6:30 - 7:00 pm	02210-12
Monday	7:05 - 7:35 pm	02210-13
Wednesday	4:55 - 5:25 pm	02210-31
Thursday	4:55 - 5:25 pm	02210-41
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 (Polliwog B)

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

Monday	3:45 - 4:15 pm	02211-11
Monday	4:20 - 4:50 pm	02211-12
Monday	4:55 - 5:25 pm	02211-13
Monday	6:30 - 7:00 pm	02211-14
Monday	7:05 - 7:35 pm	02211-15
Wednesday	4:55 - 5:25 pm	02211-33
Thursday	4:55 - 5:25 pm	02211-43
Saturday	8:30 - 9:00 am	02211-61
Saturday	9:40 - 10:10 am	02211-62
Saturday	10:15 - 10:45 am	02211-63
Saturday	10:50 - 11:20 am	02211-64
Saturday	11:25 - 11:55 am	02211-65
Saturday	12:00 - 12:30 pm	02211-66
Sunday	1:10 - 1:40 pm	02211-71
Sunday	1:45 - 2:15 pm	02211-72

School Age 3 (Guppy)

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

Monday	3:45 - 4:15 pm	02212-12
Monday	4:20 - 4:50 pm	02212-13
Monday	4:55 - 5:25 pm	02212-14
Monday	7:05 - 7:35 pm	02212-15
Wednesday	4:55 - 5:25 pm	02212-34
Thursday	4:55 - 5:25 pm	02212-43

School Age 3 continued (Guppy)

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 (Minnow)

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

Monday	7:40 - 8:20 pm	02213-11
Tuesday	5:00 - 5:40 pm	02213-21
Wednesday	5:35 - 6:15 pm	02213-31
Thursday	5:35 - 6:15 pm	02213-41
Friday	5:00 - 5:40 pm	02213-51
Saturday	12:40 - 1:20 pm	02213-61
Saturday	1:25 - 2:05 pm	02216-62
Sunday	2:20 - 3:00 pm	02213-71

School Age 5 (Fish/Flying Fish)

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

Tuesday	5:00 - 5:40 pm	02214-21
Wednesday	5:35 - 6:15 pm	02215-31
Thursday	5:35 - 6:15 pm	02214-41
Friday	5:00 - 5:40 pm	02214-51
Saturday (Fish/Fly)	12:40 - 1:20 pm	02215-61
Sunday	2:20 - 3:00 pm	02214-71

School Age 6 (Shark)

Must have successfully completed level 5 Fish Fly Fish or be able to swim 25 yards backstroke, freestyle and breaststroke and 15 yards butterfly and 50 yards endurance.

Tuesday	5:00 - 5:40 pm	02216-21
Friday	5:00 - 5:40 pm	02216-51
Sunday	2:20 - 3:00 pm	02216-71

ACCELERATED 1 WEEK LESSONS

ALL CLASSES ARE HELD TUESDAY THRU FRIDAY

\$37 MEMBERS / \$74 NON-MEMERS

SESSION 1 - August 22-25

PS 1 Pike A	3:45 - 4:15 pm	02205-28
PS 2 Pike B	3:45 - 4:15 pm	02206-29
PS 2 Pike B	4:20 - 4:50 pm	02210-39
PS 3 Eels	3:45 - 4:15 pm	02207-23
PS 3 Eels	4:20 - 4:50 pm	02207-24
PS 4 Rays	4:20 - 4:50 pm	02208-28
SA 1 Polliwog A	4:20 - 4:50 pm	02210-29
SA 2 Polliwog B	3:45 - 4:15 pm	02211-27
SA 2 Polliwog B	4:20 - 4:50 pm	02211-28
SA 3 Guppy	3:45 - 4:15 pm	02212-29

Swim lessons continued on next page

AQUATICS

YOUTH DEVELOPMENT

FRAMINGHAM BRANCH

ACCELERATED 2 WEEK LESSONS

ALL CLASSES ARE HELD TUESDAY THRU FRIDAY
FOR A TWO-WEEK SESSION - TOTAL OF 8 LESSONS
Classes: \$74 members/\$148 non-members

SESSION 1 - June 27 - July 7

PS 1 Pike A	3:45 - 4:15 pm	02205-23
PS 1 Pike A	4:20 - 4:50 pm	02205-24
PS 2 Pike B	3:45 - 4:15 pm	02206-24
PS 3 Pike B	4:20 - 4:50 pm	02206-23
PS 3 Eels	4:20 - 4:50 pm	02207-28
PS 4 Rays	4:20 - 4:50pm	02212-23
SA 1 Polliwog A	3:45 - 4:15 pm	02210-25
SA 2 Polliwog A	4:20 - 4:50 pm	02210-26
SA 2 Polliwog B	3:45 - 4:15 pm	02211-23
SA 3 Guppy	3:45 - 4:15 pm	02212-26

SESSION 2 - July 11-21

PS 1 Pike A	3:45 - 4:15 pm	02205-25
PS 1 Pike A	4:20 - 4:50 pm	02205-39
PS2 Pike B	4:20 - 4:50 pm	02206-25
PS 3 Eels	3:45 - 4:15 pm	02207-26
PS 3 Eels	4:20 - 4:50 pm	02207-27
PS 4 Rays	4:20 - 4:50 pm	02208-25
SA 1 Polliwog A	3:45 - 4:15 pm	02210-27
SA 2 Polliwog B	3:45 - 4:15 pm	02211-24
SA 2 Polliwog B	4:20 - 4:50pm	02211-25
SA 3 Guppy	3:45 - 4:15 pm	02212-27

SESSION 3 - July 25-August 4

PS 1 Pike A	3:45 - 4:15 pm	02205-26
PS 1 Pike A	4:20 - 4:50 pm	02205-27
PS 2 Pike B	3:45 - 4:15 pm	02206-27
PS 3 Eels	3:45 - 4:15 pm	02207-25
PS 4 Rays	4:20 - 4:50 pm	
SA 1 Polliwog A	4:20 - 4:50 pm	02210-28
SA 2 Polliwog B	4:20 - 4:50 pm	02211-26
SA 3 Guppy	3:45 - 4:15 pm	02212-28
SA 3 Guppy	4:20 - 4:50 pm	02212-28

SESSION 4 - August 8-August 18

PS 1 Pike A	3:45 - 4:15 pm	02205-28
PS 2 Pike B	3:45 - 4:15 pm	02206-29
PS 2 Pike B	4:20 - 4:50 pm	02210-39
PS 3 Eels	3:45 - 4:15 pm	02207-23
PS 3 Eels	4:20 - 4:50 pm	02207-24
PS 4 Rays	4:20 - 4:50 pm	02208-28
SA 1 Polliwog A	4:20 - 4:50 pm	02210-29
SA 2 Polliwog B	3:45 - 4:15 pm	02211-27
SA 2 Polliwog B	4:20 - 4:50 pm	02211-28
SA 3 Guppy	3:45 - 4:15 pm	02212-29

COMPETITIVE SWIM CLASS

For youth ages 9-12 who are Fish to Shark Level. This class is designed to give interested swimmers a chance to work on their competitive swim skills in a friendly environment. \$84 members/\$168 Non-members only

Thursday.....	5:35-6:15pm.....	02217-41
Friday..(ages 9-12).....	5:00-5:40pm.....	02217-23

CLEARBROOK

ACCELERATED 2 WEEK LESSONS

ALL CLASSES ARE HELD MONDAY - THURSDAY

SESSION 1- June 26-July 6

Classes: \$74 members/\$148 non-members

PS 1 & 2 (Pike A & B)	5:20-5:50pm	02205-91
SA 1 & 2 (Polliwog A&B)	5:55-6:25pm	02210-91
SA 3 (Guppy)	6:30-7:00pm	02212-91

SESSION 2 - July 10-20

Classes: \$74 members/\$148 non-members

PS 1 & 2 (Pike A & B)	5:20-5:50pm	02205-92
PS 3 & 4 (Eels/Rays)	5:55-6:25pm	02207-92
SA 3 & 4 (Guppy/Minnow)	6:30-7:00pm	02212-92

SESSION 3 - July 24 -Aug 3

Classes: \$74 members/\$148 non-members

PS 1 & 2 (Pike A & B)	5:20-5:50pm	02205-93
SA 1 & 2 (Polliwog A & B)	5:55-6:25pm	02210-93
SA 3 & 4 (Guppy/Minnow)	6:30-7:00pm	02212-93

SESSION 4 - August 7-17

Classes: \$74 members/\$148 non-members

PS 1 & 2 (Pike A & B)	5:20-5:50pm	02205-94
PS 3 & 4 (Eels/Rays)	5:55-6:25pm	02207-94
SA 1 & 2 (Polliwog A & B)	6:30-7:00pm	02210-94

ACCELERATED 1 WEEK LESSONS

SESSION 1- AUGUST 21-24

Classes: \$37 members/\$74 non-members

PS 1 & 2 (Pike A & B)	5:20-5:50pm	02205-95
SA 1 & 2 (Polliwog A & B)	5:55-6:25pm	02207-95
SA 3 & 4 (Guppy/Minnow)	6:30-7:00pm	02210-95

TWICE A WEEK FOR 4 WEEKS

TUES/THURS June 27-July 20

Classes: \$74 members/\$148 non-members

P&C B (Perch)	11:45am-12:15pm	02203-87
PS 1 (Pike A)	11:45am-12:15pm	02205-87
PS 2 (Pike B)	11:45am-12:15pm	02206-87
SA 3 (Guppy)	11:45am-12:15pm	02212-87

TUES/THURS July 25 -August 17

Classes: \$74 members/\$148 non-members

PS 1 (Pike A)	11:45am-12:15pm	02205-88
PS 2 (Pike B)	11:45am-12:15pm	02206-88
SA 1&2 (Polliwog A & B)	11:45am-12:15pm	02210-88
SA 3&4 (Guppy/Minnow)	11:45am-12:15pm	02212-88

MON/WED June 26-July 19

Classes: \$74 members/\$148 non-members

PS 1 (Pike A)	11:45am-12:15pm	02205-89
PS 2 (Pike B)	11:45am-12:15pm	02206-89
SA 1&2 (Polliwog A&B)	11:45am-12:15pm	02210-87
SA 3&4 (Guppy/Minnow)	11:45am-12:15pm	02213-87

MON/WED July 24 - August 16

Classes: \$74 members/\$148 non-members

PS 3 & 4 (Eels/Rays)	11:45am-12:15pm	02207-89
SA 1&2 (Polliwog A&B)	11:45am-12:15pm	02210-89
SA 3&4 (Guppy/Minnow)	11:45am-12:15pm	02213-89
SA 5&6 (Fish/Flying)	11:45am-12:15pm	02214-89

ADULT AQUATICS

ADULT HEALTHY LIVING

ADULT SWIM LESSONS

9 Week Session

Classes \$84 members / \$168 non members

8 Week Session (no July 4)

Classes \$74 members / \$148 non members

Beginner A

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

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

Beginner B

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

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

Intermediate Swim Lesson

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

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

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

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

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

Team members are eligible to compete in meets.

(8 weeks - no break)

Session Cost & Code: 02904-12

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

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



ADULT AQUATIC FITNESS

Water Aerobics

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

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

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

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

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

Water Walking

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

\$10 members/\$22 non-members

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

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

Advanced Water Walking

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

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

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

Ai Chi

Non-swimmers welcome.

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

\$20 members/\$40 non-members

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

SPORTS YOUTH DEVELOPMENT

Summer 2017 Session
June 26 - August 24, 2017

FRAMINGHAM BRANCH

SESSION A June 27th – July 27th
5 week session \$45 Member / \$90 Non-Member

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.

Monday..... 4:10 - 4:50 pm..... 03210-23
Wednesday..... 4:10 - 4:50 pm..... 03210-43

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.

9 Weeks \$80 members / \$160 non members

Ages 6-8

Monday..... 5:00 - 5:45 pm..... 03210-24
Wednesday..... 5:45 - 6:30 pm..... 03210-45

Ages 9-10

Monday..... 5:45 - 6:30 pm..... 03210-25
Wednesday..... 5:00 - 5:45 pm..... 03210-44

SESSION B-August 1st – 24th

4 week session \$35 Member / \$70 Non-Member

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.

Monday..... 4:10 - 4:50 pm..... 03210-23
Wednesday..... 4:10 - 4:50 pm..... 03210-43

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.

9 Weeks \$80 members / \$160 non members

Ages 6-8

Monday..... 5:00 - 5:45 pm..... 03210-24
Wednesday..... 5:45 - 6:30 pm..... 03210-45

Ages 9-10

Monday..... 5:45 - 6:30 pm..... 03210-25
Wednesday..... 5:00 - 5:45 pm..... 03210-44

Young Adult Kickball

Co-ed League, Ages 18-26

A good time to play a relaxed game and hang out with those who are home for the summer. Each team will play one game on Monday night at either 6:30 or 7:15pm.

Make a team or sign up as a free agent.

\$20/Player 03214-12

CLEARBROOK SPORTS

SESSION A June 27th – July 27th
5 week session \$45 Member / \$90 Non-Member

Double Play, Ages 3-5 - Basketball & Soccer

This course is offered to children of any skill level that want to play a variety of athletic games. Children will be divided into teams to play actual games while learning teamwork and the skills of each sport.

Tuesday..... 2:00-2:30pm..... 03210-21
Thursday..... 2:00-2:30pm..... 03210-41

First - Tee- Golf, Ages 6-10

Learn the fundamentals of the game of golf at Clearbrook this summer! In a non-traditional setting, youth will learn golfing basics like, putting, calling shots, scoring, how to grip and swing a club and more. Equipment will be provided and is specifically designed to help young golfers learn golf basics.

Tuesday..... 2:45-3:15pm..... 03210-22
Thursday..... 2:45-3:15pm..... 03210-42

SESSION B-August 1st – 24th

4 week session \$35 Member / \$70 Non-Member

Double Play, Ages 3-5 - Basketball & Soccer

This course is offered to children of any skill level that want to play a variety of athletic games. Children will be divided into teams to play actual games while learning teamwork and the skills of each sport.

Tuesday..... 2:00-2:30pm..... 03210-24
Thursday..... 2:00-2:30pm..... 03210-44

First - Tee- Golf, Ages 6-10

Learn the fundamentals of the game of golf at Clearbrook this summer! In a non-traditional setting, youth will learn golfing basics like, putting, calling shots, scoring, how to grip and swing a club and more. Equipment will be provided and is specifically designed to help young golfers learn golf basics.

Tuesday..... 2:45-3:15pm..... 03210-25
Thursday..... 2:45-3:15pm..... 03210-45

Tennis Clinic, Ages 6-10

9 week session June 27th – August 24th
\$102 Member / \$149 Non-Member

A great way to learn tennis customized for kids! This class will teach the fundamentals of tennis in a fun atmosphere. The curriculum is designed by the US Tennis Association. Players will practice on Tuesday and play round robin matches on Thursdays.

Tuesday & Thursday..... 5:00-6:00pm..... 03210-26

YOUTH SPORT LEAGUES

7 Week Session Dates July 11-August 24

\$80 members / \$160 non members

T-Shirts & schedules will be available on the first Saturday.

Munchkin Soccer Girls & Boys, Ages 4-6

Children will be divided into teams and play actual games while learning teamwork and the skills of the sports. The first half hour will be practice followed by a game against another team in the league.

Tuesday..... 6:30-7:30pm..... 03214-22

Flag Football League, 5th-8th Graders

Ready, Set, Hike! Football Season is here and it's time to play. Join us on the back fields where you will learn skills and drills necessary for flag football. This program is set up for 30 minutes of practice with a volunteer coach, followed by a half hour game.

Thursday..... 6:30-7:30pm..... 03214-42

GYMNASTICS

YOUTH DEVELOPMENT

SESSION A

JUNE 26-JULY 28 No classes July 4
5 week session

Preschool \$40 members /\$80 non members
Youth \$45 members /\$90 non members

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)

Tuesday 3:00 - 3:30 pm 05202-21

Little's Ages 3 - 4years 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.

Tuesday 3:40 - 4:20 pm 05203-21

Thursday 3:40 - 4:20 pm 05203-42

Mighty's Ages 4-5 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.

Tuesday 3:40 - 4:20 pm 05204-21

Thursday 3:40 - 4:20 pm 05204-46

Rollers Ages 5+ years old

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

Tuesday 4:30 - 5:30 pm 05207-23

Thursday 4:30 - 5:30 pm 05207-41

Swingers Ages 6-12

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 recommendation only.

Tuesday 4:30 - 5:30 pm 05208-21

Thursday 4:30 - 5:30 pm 05208-44

Kippers Ages 6 - 12 years

The most advanced level in our progressive program that continues to build on skills learned in Swingers. This class enrollment is based on our recommendation only.

Thursday 4:30 - 5:30 pm 05209-45

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 5:30-7:00 pm. **must be invited to join by an instructor.*

Session A: \$106 members / \$211 non members

Session B: \$84 members / \$169 non members

Tues/Thurs 5:30-7:00pm 05210-26

SESSION B

July 31 - AUGUST 26
4 week session

Preschool \$32 members /\$64 non members
Youth \$36 members /\$72 non members

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)

Tuesday 3:00 - 3:30 pm 05202-22

Little's Ages 3-4 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.

Tuesday 3:40 - 4:20 pm 05203-22

Thursday 3:40 - 4:20 pm 05203-43

Mighty's, Ages 4-5 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.

Tuesday 3:40 - 4:20 pm 05204-23

Thursday 3:40 - 4:20 pm 05204-47

Rollers Ages 5+ years old

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

Tuesday 4:30 - 5:30 pm 05207-24

Thursday 4:30 - 5:30 pm 05207-43

Swingers Ages 6-12

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 recommendation only.

Tuesday 4:30 - 5:30 pm 05208-22

Thursday 4:30 - 5:30 pm 05208-45

Kippers Ages 6 - 12 years

The most advanced level in our progressive program that continues to build on skills learned in Swingers. This class enrollment is based on our recommendation only.

Thursday 4:30 - 5:30 pm 05209-46

For more information about gymnastics classes, please contact Tom Black at (508)-879-4420 X39 or by email at tblack@metrowestymca.org

ENRICHMENT YOUTH DEVELOPMENT

SESSION A JUNE 26-JULY 30, 5 WEEKS

PARENT & CHILD CLASSES, AGES 1.6-2.9

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

Members \$40/Non-Members \$80

Tues Classes Members \$36/Non-Members \$64

My First Art Class with Parent

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

Friday.....9:30-10:45am.....05215-51

TODDLIN' TOTS A CLASSES, AGES 2.6-3.6

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

Members \$45/Non-Members \$90

Tuesday Class Members \$36 / Non-members \$72

Tot A: Snails & Pails

Each week we will explore a different summertime activities. Activities will include story time, crafts, games, music, and free play.

Tuesday.....9:30-10:30 am.....05215-21

Tot A: Color Me Creative

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

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

Tot A: Lady Bug Picnic

Join us for a picnic with ladybugs and butterflies through music, story time, free play, arts and crafts. Let's explore summer time together.

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

TODDLIN' TOTS B CLASSES, AGES 3-4

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

Members \$45/Non-Members \$90

Tuesday Class Members \$36 / Non-members \$72

Tot B: Treasure Island

Argh! Join us on a pirate adventure. Little explorers will enjoy story time, games, music, and a craft.

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

Tot B: I Love Science & Engineering

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

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

Tot B: Animal Adventure

Lions, tigers and bears Oh My! Join us as we learn about different animals each week. We will play, read stories and make animal crafts.

Monday.....10:45-11:45 am.....05215-12

Tot B: Monsters & Aliens

Let's explore the silly world of monsters & aliens. We will read stories, play and create our own creations to take home.

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

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.

Members \$45/Non-Members \$90

Tuesday Class Members \$36 / Non-members \$72

Cooking Around the World, ages 3.6-5

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

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

Rhythm & Rhyme, ages 3.6-5

Children will sing, dance, and play shakers, bells, drums, and more. They will learn about beat rhythm, pitch and make musical concepts. Each week, children will make their own instrument to take home.

Wednesday.....12:00-1:00.....05215-33

Crafty Kids, ages 3.6-5

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

Thursday.....12:00-1:00.....05215-43

Pint-Sized Picassos, ages 3.6-5

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

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

Little Explorers

This adventurous class will explore a different part of the world each week. Each country will be explored through reading books, playing cultural games, listening or dancing to music and creating related art craft.

Wednesday.....10:45-11:45.....05215-32

SESSION B

JULY 31-AUGUST 26, 4 WEEKS

PARENT & CHILD CLASSES, AGES 1.6-2.9

Classes Members \$32/Non-Members \$64

My First Art Class with Parent

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

Friday.....9:30-10:45am.....05215-52

TODDLIN' TOTS A CLASSES, AGES 2.6-3.6

Members \$36/Non-Members \$72

Tot A: Snails & Pails

Each week we will explore a different summertime activities. Activities will include story time, crafts, games, music, and free play.

Tuesday.....9:30-10:30 am.....05215-24

Tot A: Color Me Creative

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

Monday.....9:30-10:30 am.....05215-13

Tot A: Lady Bug Picnic

Join us for a picnic with ladybugs and butterflies through music, story time, free play, arts and crafts. Let's explore summer time together.

Thursday.....9:30-10:30 am.....05215-44

TODDLIN' TOTS B CLASSES, AGES 3-4

Members \$36/Non-Members \$72

Tot B: Treasure Island

Argh! Join us on a pirate adventure. Little explorers will enjoy story time, games, music, and a craft.

Tuesday.....10:45-11:45am.....05215-25

Tot B: I Love Science & Engineering

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

Wednesday.....9:30-10:30 am.....05125-34

Tot B: Animal Adventure

Lions, tigers and bears Oh My! Join us as we learn about different animals each week. We will play, read stories and make animal crafts.

Monday.....10:45-11:45 am.....05215-14

Tot B: Monsters & Aliens

Let's explore the silly world of monsters & aliens. We will read stories, play and create our own creations to take home.

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

PRE-SCHOOL & SCHOOL AGED CLASSES

Cooking Around the World, ages 3.6-5

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

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

Rhythm & Rhyme, ages 3.6-5

Children will sing, dance, and play shakers, bells, drums, and more. They will learn about beat rhythm, pitch and make musical concepts. Each week, children will make their own instrument to take home.

Wednesday.....12:00-1:00.....05215-36

Crafty Kids, ages 3.5-5

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

Thursday.....12:00-1:00.....05215-46

Pint-Sized Picassos, ages 3.6-5

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

Tuesday.....12:00-1:00.....05215-26

Little Explorers

This adventurous class will explore a different part of the world each week. Each country will be explored through reading books, playing cultural games, listening or dancing to music and creating related art craft.

Wednesday.....10:45-11:45.....05215-35

CHILD CARE

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

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

ASHLAND PUBLIC SCHOOLS

Schools: Mindness & Warren

Location: Ashland Middle School, afternoon
transportation is provided by the public schools

HOPKINTON PUBLIC SCHOOLS

Schools: Center, Elmwood & Hopkins

School Locations: Elmwood & Hopkins

Transportation is provided by the public schools
mornings and afternoons

NATICK PUBLIC SCHOOLS

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

Location: East School, 90 Oak Street, Natick

Transportation is provided by the MetroWest YMCA
Afternoons only

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

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

Out-Of-School Time Director

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



YOUTH & TEEN FITNESS

HEALTHY LIVING

SESSION A

JUNE 26-JULY 29 No classes July 4
5 week session
\$45 members /\$90 non members

KIDS ON THE MOVE Ages 7-10

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

Wednesday.....4:30-5:15pm.....01101-35..

ZUMBA® KIDS JUNIOR Ages 4-6

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

Friday.....11:45am.-12:30pm.....01101-61

SPORTS PERFORMANCE TRAINING Ages 13 - 17

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

Wed/Fri.....3:45.-4:30pm.....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 American Ninja Warrior class! Please see one of our friendly, qualified personal trainers to get started today! **Free for members!**

SESSION B

JULY 30 - AUGUST 26
4 week session
\$36 members /\$72 non members

KIDS ON THE MOVE Ages 7-10

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

Wednesday.....4:30-5:15pm.....01101-35..

ZUMBA® KIDS JUNIOR Ages 4-6

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

Friday.....11:45am.-12:30pm.....01101-61

SPORTS PERFORMANCE TRAINING Ages 13 - 17

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

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

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.



9 weeks @ \$75 members/\$150 non-members

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

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

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

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

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

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 help you achieve your goals in a group setting.** The motivation and support of a group is unrivaled when it comes to achieving new heights in your fitness.



This individualized program is designed around each participants goals and **lead by our certified personal trainers. Each session will include:** myofascial release, dynamic warm-up, functional strength training, conditioning and mobility. **Start today - come get Y-FIT!**

SESSION A: 5 Weeks, June 26-July 30

One day per week rate is \$60 for members/\$120 for non-members
The two day per week rate is \$86 for members/\$172 for non-members

SESSION B: 4 Weeks, July 31-August 27

One day per week rate is \$48 for members/\$96 for non-members
The two day per week rate is \$69 for members/\$138 for non-members

For Session A, Tuesday classes please register at the Member Service Desk to receive the pro-rated fee, no classes July 4 holiday.

SESSION A

JUNE 26-JULY 30 No classes July 4 5 week session

Monday.....	5:30-6:30 am.....	01206-11
Monday.....	9:30-10:30 am.....	01206-12
Monday.....	6:00-7:00 pm.....	01206-13
Tuesday.....	11:00am-12:00 pm.....	01206-22
Tuesday.....	7:00-8:00 pm.....	01206-23
Wednesday.....	5:30-6:30 am.....	01206-31
Wednesday.....	9:30-10:30 am.....	01206-32
Wednesday.....	7:00-8:00 pm.....	01206-33
Thursday.....	9:30-10:30 am.....	01206-42
Thursday.....	10:30-11:30 am.....	01206-43
Thursday.....	6:30-7:30 pm.....	01206-44
Fridays.....	9:30-10:30 am.....	01206-51
Sunday.....	10:15-11:15 am.....	01206-71
Sunday.....	12:30-1:30 pm.....	01206-72

SESSION B

JULY 31-AUGUST 27 5 week session

Monday.....	5:30-6:30 am.....	01207-11
Monday.....	9:30-10:30 am.....	01207-12
Monday.....	6:00-7:00 pm.....	01207-13
Tuesday.....	11:00am-12:00 pm.....	01207-22
Tuesday.....	7:00-8:00 pm.....	01207-23
Wednesday.....	5:30-6:30 am.....	01207-31
Wednesday.....	9:30-10:30 am.....	01207-32
Wednesday.....	7:00-8:00 pm.....	01207-33
Thursday.....	9:30-10:30 am.....	01207-42
Thursday.....	10:30-11:30 am.....	01207-43
Thursday.....	6:30-7:30 pm.....	01207-44
Fridays.....	9:30-10:30 am.....	01207-51
Sunday.....	10:15-11:15 am.....	01207-71
Sunday.....	12:30-1:30 pm.....	01207-72



ADULT FITNESS

HEALTHY LIVING

GROUP EXERCISE CLASSES

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

Please note that the group exercise classes are for ages 16 and older. Teens 13-15 years old may attend class with a parent or guardian. Non-members pay \$165 per 9 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

Rick Nadell
508-879-4420 x38
rnadell@metrowestymca.org

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

CLASS SCHEDULE:

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

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.

9 weeks @ free members/ \$165 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
9 weeks @ free members/ \$165 non-members
Thursday 11:45am - 12:45pm 01206-45

CARDIOPULMONARY WELLNESS PROGRAM

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

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



ADULT FITNESS

HEALTHY LIVING

PARKINSON'S DISEASE WELLNESS PROGRAM



PREVENTION & WELLNESS CLASSES FOR OLDER ADULTS

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

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

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

MATTER OF BALANCE (MOB)

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

MOVING FOR BETTER BALANCE

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

ENHANCEFITNESS

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

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

9 weeks @ free members / \$81 non-members

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

YMCA'S DIABETES PREVENTION PROGRAM

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

As a participant, you'll enjoy:

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

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



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

ADULT FITNESS

HEALTHY LIVING

PERSONALIZED WELLNESS PROGRAMS

PERSONAL TRAINING *Members Only*

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

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

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

NEW! GET STARTED PROGRAM

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

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

PERSONALIZED NUTRITION PROGRAMS

NUTRITION COUNSELING

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

COMPREHENSIVE NUTRITIONAL EVALUATION

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

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

ADDITIONAL FOLLOW-UP

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

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

1 hour Follow-up Visit: \$40



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

WELLNESS ORIENTATION

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

FITNESS ASSESSMENTS

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

Fitness Assessment Includes:

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

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

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

OUTDOOR FUN ALL YEAR LONG!

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

Programs & Events Included in FOC

Membership:

- Open Climb
- Family Archery
- Monthly Family 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



OUTDOOR CENTER SWIM CLUB

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

OUTDOOR CENTER SWIM CLUB AMENITIES

- Two Swimming Pools
 - Swim lessons *
 - Picnic Area with Tables
 - Play Area for Children
 - Basketball & Tennis Courts
 - Ball Fields
 - Hiking Trails
 - Plenty of Parking
 - Family Fun Nights
- * *additional cost*



WHATS INCLUDED IN YOUR MEMBERSHIP?

- Family Activities - see Calendar
- 5 Guest passes to use as you wish
- Family Membership includes: 2 adults and any number of children under age 24 living in the same household

SUMMER SEASON

June 17-September 4
Weekend hours: 10am-7pm
Weekday hours: 3:15-7pm

RATES & REGISTER ONLINE

\$300 year long membership to the Family Outdoor Center.

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STINGRAY SUMMER SWIM TEAM

The Stingrays Summer Swim Team is a recreation-based team and participates in a recreation-based league. Our practices, coaching, and swim meet are focused on skill development, building confidence, and learning the sport of competitive swimming. We are skill development and fun first. Swim competition and sport second.

PARENT ORIENTATION & TEAM MEETING

Thursday, June 1 at 6:30pm @ the Family Outdoor Center, Rec Lodge Arts Center

We split to the following age groups at meets: 6 & Under, 7-8, 9-10, 11-12, 13-14 and 15-18.

More details online at

metrowestymca.org/summerswimteam

Stay Connected

Facebook @mwydaycamp

Twitter @mwymca_outdoors

(508) 435-9345

metrowestymca.org/family-outdoor-center

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

SWIM LESSONS at THE FAMILY OUTDOOR CENTER POOL

Members \$74 / Non-Members \$148

The YMCA has a new progressive swim lesson structure. Learn more about each level and review Stages of Learning online. Parent and Child (PC) - 6mo to 3 years, Preschool (PS) - 3 to 5 years, School Age (SA) - 6 to 11 years.

2 WEEK LESSONS, MEETS 4 DAYS A WEEK

All classes are held Monday through Thursday for a Four-week lesson, Total of 8 Lessons (Sessions are listed as S1, S2, S3, or S4 online)

SESSION 1 - 6/26 to 7/6 (no July 4th)

PS Level 1+2 (Pike A+B)	4:30-5:00pm	02205-21
PS Level 3+4 (Eel + Ray)	4:30-5:00pm	02205-22
SA Level 1+2 (Polliwog)	4:30-5:00pm	02205-23
SA Level 3+4 (Guppy + Min)	4:30-5:00pm	02205-24

SESSION 2 - 7/10 to 7/20

PS Level 1+2 (Pike A+B)	4:30-5:00pm	02205-25
PS Level 3+4 (Eel + Ray)	4:30-5:00pm	02205-26
SA Level 1+2 (Polliwog)	4:30-5:00pm	02205-27
SA Level 3+4 (Guppy + Min)	4:30-5:00pm	02205-28

SESSION 3 - 7/24 to 8/3

PS Level 1+2 (Pike A+B)	4:30-5:00pm	02205-41
PS Level 3+4 (Eel + Ray)	4:30-5:00pm	02205-42
SA Level 1+2 (Polliwog)	4:30-5:00pm	02205-43
SA Level 3+4 (Guppy + Min)	4:30-5:00pm	02205-44

SESSION 4 - 8/7 to 8/17

PS Level 1+2 (Pike A+B)	4:30-5:00pm	02205-45
PS Level 3+4 (Eel + Ray)	4:30-5:00pm	02205-46
SA Level 1+2 (Polliwog)	4:30-5:00pm	02205-47
SA Level 3+4 (Guppy + Min)	4:30-5:00pm	02205-48

8 WEEK LESSONS, EVERY SATURDAY

All classes are held every Saturday Eight-week lesson, Total of 8 Lessons (Session listed as SAT or ST online)

6/26 to 8/17 (no July 4th)

PwC Level B (Perch)	10:00-10:30am	02205-81
PS Level 1+2 (Pike A+B)	10:00-10:30am	02205-82
PwC Level A (Water Babies)	10:30-11:00am	02205-83
PS Level 1+2 (Pike A+B)	10:30-11:00am	02205-84
PwC Level B (Perch)	11:00-11:30am	02208-21
PS Level 3+4 (Eel + Ray)	11:00-11:30am	02208-22
SA Level 1+2 (Polliwog)	12:00-12:30pm	02208-23
SA Level 3+4 (Guppy + Min)	12:00-12:30pm	02208-24
PS Level 3+4 (Eel + Ray)	12:30-1:00pm	02208-25
SA Level 5 (Fish & Flying Fish)	12:30-1:00pm	02208-26

4 WEEK LESSONS, MEETS 2 DAYS A WEEK

Classes are either Mon + Wed or Tues + Thurs Four-week lesson, Total of 8 Lessons (Sessions are listed as A or B online, then check days)

SESSION A - 6/26 to 7/20 (no July 4th)

MON + WED		
PS Level 1+2 (Pike A+B)	5:00-5:30pm	02205-49
PS Level 3+4 (Eel+Ray)	5:00-5:30pm	02205-50
SA Level 1+2 (Polliwog)	5:00-5:30pm	02205-51
SA Level 3+4 (Guppy+Min)	5:00-5:30pm	02205-52
PS Level 1+2 (Pike A+B)	5:30-6:00pm	02205-53
PS Level 3+4 (Eel+Ray)	5:30-6:00pm	02205-54
SA Level 1+2 (Polliwog)	5:30-6:00pm	02205-55
SA Level 5 (Fish + Flying Fish)	5:30-6:00pm	02205-56

TUES + THURS

PS Level 1+2 (Pike A+B)	5:00-5:30pm	02205-57
PS Level 3+4 (Eel+Ray)	5:00-5:30pm	02205-58
SA Level 1+2 (Polliwog)	5:00-5:30pm	02205-59
SA Level 3+4 (Guppy+Min)	5:00-5:30pm	02205-60
PS Level 1+2 (Pike A+B)	5:30-6:00pm	02205-61
PS Level 3+4 (Eel+Ray)	5:30-6:00pm	02205-62
SA Level 1+2 (Polliwog)	5:30-6:00pm	02205-63
SA Level 5 (Fish+Flying Fish)	5:30-6:00pm	02205-64

SESSION B - 7/24 to 8/17

MON + WED		
PS Level 1+2 (Pike A+B)	5:00-5:30pm	02205-65
PS Level 3+4 (Eel + Ray)	5:00-5:30pm	02205-66
SA Level 1+2 (Polliwog)	5:00-5:30pm	02205-67
SA Level 3+4 (Guppy + Min)	5:00-5:30pm	02205-68
PS Level 1+2 (Pike A+B)	5:30-6:00pm	02205-69
PS Level 3+4 (Eel + Ray)	5:30-6:00pm	02205-70
SA Level 1+2 (Polliwog)	5:30-6:00pm	02205-71
SA Level 5 (Fish+Flying Fish)	5:30-6:00pm	02205-72

TUES + THURS

PS Level 1+2 (Pike A+B)	5:00-5:30pm	02205-73
PS Level 3+4 (Eel+Ray)	5:00-5:30pm	02205-74
SA Level 1+2 (Polliwog)	5:00-5:30pm	02205-75
SA Level 3+4 (Guppy+Min)	5:00-5:30pm	02205-76
PS Level 1+2 (Pike A+B)	5:30-6:00pm	02205-77
PS Level 3+4 (Eel+Ray)	5:30-6:00pm	02205-78
SA Level 1+2 (Polliwog)	5:30-6:00pm	02205-79
SA Level 5 (Fish+Flying Fish)	5:30-6:00pm	02205-80

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 \$300

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

Archery Party \$350

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

Vertical Climbing Party \$400

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

SCOUTING PROGRAMS

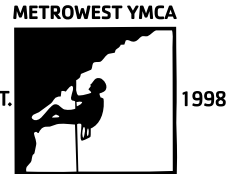
We offer a variety of programs for scout troops, from adventures on our challenge course to assistance with badge program completion. Contact The Family Outdoor Center for more information or to schedule a program for your Scouts. (508) 435-9345



HIGH FLIGHT PROGRAM

What is High Flight?

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



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

How Do I Participate?

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

General Info

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

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

For more info contact:

Randy Herk
Senior Program Director
MetroWest YMCA Family Outdoor Center
45 East Street, Hopkinton, MA 01748
508-435-9345 x107 www.metrowestymca.org
rherk@metrowestymca.org

CPR/SAFETY EDUCATION

SAFETY EDUCATION COURSES

BASIC FIRST AID

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

Tuesday July 18
6:00-10:00 pm.....02307-22

Tuesday August 8
6:00-10:00 pm.....02307-23

CPR/AED FOR THE COMMUNITY

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

Tuesday, June 27
6:00-10:00pm.....02306-25

Tuesday, July 25
6:00-10:00pm.....02306-28

Tuesday, August 15
6:00-10:00pm.....02306-29

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
July 1, 8 & 15
8am-5pm
Online Registration Code: 02301-34

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
8am-6pm
Code: 02302-41

LIVESTRONG



LIVESTRONG®

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

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

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

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



GET STARTED

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

MEMBERSHIP

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

FINANCIAL ASSISTANCE

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

GET INVOLVED

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

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

TOGETHERHOOD

A Member-led Community Service program

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

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

MEMBERSHIP RATES

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

* Access to Family Outdoor Center included in Family Member Benefits

** Add an adult 18+ \$20

Daily Guest Fees at Framingham Branch

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

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

FAMILY OUTDOOR CENTER MEMBERSHIP

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

Programs & Events Included in FOC Membership:

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

Facility Use Included in Membership:

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



WELCOME EVERYWHERE IN NEW ENGLAND

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

YMCA SUMMER 2017 Registration Form

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



Member Registration for ALL CLASSES begins Wednesday June 7 at 6 AM, On-Line and Walk-In.

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.

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 June 12
Non member registration is Walk-In only.

YMCA SUMMER 2017 Program Registration

For more registration information, please refer to page 26

Please complete one form per participant.

Today's Date _____

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

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

Mandatory YMCA Waiver

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

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

Parent/Guardian's Name _____

Parent/Guardian's Birth date _____

Participant's Name _____

Participant's Gender _____ Participant's Birth Date _____

Address _____

City, State, Zip Code _____

Daytime Phone _____ Evening Phone _____

E-mail Address _____

MEMBER ONLY BENEFITS

FRAMINGHAM MEMBER-ONLY BENEFITS:

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

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

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

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

Y-CHILDWATCH

Drop-In Play Room - For Members Only

Ages 2 months - 10 years old
1 1/2 HOUR LIMIT PER SHIFT
Enhanced childwatch service for you and your family. Parents must be in the building at all times. We will transport your child to and from a Youth & Family, Sports or Enrichment class while you use the facility. Sorry, we can not transport to and from a swimming class. See the Child Watch staff for details.

CHILDWATCH HOURS

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

ONLINE REGISTRATION

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

FACILITY INFORMATION

FAMILY OUTDOOR CENTER

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

FRAMINGHAM BRANCH

Full-Size Gymnasium

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

Heated Indoor Swimming

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

Wellness Center

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

Youth & Family Interactive Gym

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

Aerobics/Cycle Studio

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

Youth & Family Game Room Lounge

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

Locker Rooms:

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



MY Y IS EVERY Y IN NEW ENGLAND!

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

GENERAL INFORMATION

PROGRAM REGISTRATION

In order to receive member rates for programs, your membership must be current throughout the entire program session. If it expires during the session and you do not wish to renew, you must pay the non-member rate.

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

PROGRAM REFUND/CREDIT PROCEDURES

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

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

3. A YMCA credit or refund will be issued if a participant is unable to attend a class due to a prolonged illness (3 or more weeks). This request must be made prior to the end of the program session and must be accompanied by a doctor's note.

Program Satisfaction:

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

Note: Please let the Program Director know if you cannot make a class due to religious reasons. We will be happy to offer you a credit for that class.

FACILITY ACCESS

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

Youth 10 years and younger:

* Parents/Guardian must remain in the building while a child is attending an instructional class.

* May participate in designated open gymnasium and open swim times with adult supervision.

* May use the youth and family game room lounge area with adult supervision.

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

Youth 11-15 years old:

* Parent/Guardian does not have to be present while a child is attending an instructional class.

* May participate in designated open gymnasium, open swim and use the family game room lounge without adult supervision.

* **Youth 13 years** and up upon completion of a wellness orientation may use the nautilus and cardio area of the wellness center without adult supervision. Please see the Wellness section of the program guide for more information.

Youth 16 years old and up:

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

IMPORTANT INFORMATION ABOUT MEMBER REGISTRATION FOR SPRING 2 2017 CLASSES. WE ENCOURAGE YOU TO SET UP YOUR ONLINE ACCOUNT PRIOR TO JUNE 7

- 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 June 25 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 JUNE 7

- 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 AUGUST 26, 2017. Membership issues will be handled separately on JUNE 7 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 APRIL 7

MetroWest YMCA Staff
We're here to serve you!

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

Branch Executive Director (x45)	Lisa Mandozzi
Senior Program Director (x39)	Thomas Black
Membership Experience Director (x23)	Ashley Short
Wellness Director (x38)	Rick Nadell
Prevention & Wellness Referral Coordinator (x32)	Laura Gilbert
Group Exercise Coordinator (x31)	
Aquatics Director (x35)	Ashley Phoenix
Gymnastics & Dance Director (x62)	Shannon Vayo
Sports Director (x30)	Karl Knipple
Director of Family Engagement (x81)	Jen Hyman
Business Manager (x71)	Aura Hernandez

Family Outdoor Center Staff 508-435-9345

Branch Executive Director (x105)	Scott Umbel
Business Manager & Camp Registrar (x110)	Matt Donato
Camp and Teen Director (x101)	Kelley Ratcliffe
Senior Program Director (x107)	Randy Herk
Adventure & Outdoor Ed Director (x104)	
Adventure Coordinator (x113)	
Leadership Development Lead Instructor (x106)	Jen Curtis
School's Out Area Director - Ashland/Hopkinton (x103)	Brittany Martinelli
School's Out Area Director- Framingham (x116)	Nicole Morse

Child Care / Education

Early Education & School's Out Program Staff

Executive Director of Education (x66)	Heidi Kaufman
Early Learning Center Director (x51)	Lolly Butz
Out-of-School Time Director (508) 435-9345 (x115)	Shannon Dixon
Director of Family Services (x46)	Kathleen Glennon
Education Billing Coordinator (x68)	Maricela Quintanilla

Association Staff 508-879-4420

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

Summer 2017 Session
June 26-August 26
Important Dates

May 29	Memorial Day: YMCA closed
June 7	Summer Session Member Registration begins at 6 am Online and Walk-in
June 12	Summer Session Nonmember Registration begins
June 17	Camp Open House, Family Outdoor Center, 10 am - 1pm
June 17 & 18	Swim Clubs Open: Clearbrook & Family Outdoor Center
	Swim Club Open Houses Both Locations 12- 5 pm
June 25	Spring 2 Session ends
June 26	Summer Session begins
July 4	Framingham Branch Closed
August 16	Fall 1 Member On-line and walk-in registration begins at 6 am
August 21	Fall 1 Non-member registration begins
August 26	Summer Session ends
August 27-Sept 4	Maintenance Week
September 5	Fall 1 Session Begins

Attention Members
August 28- Sept 4
The Framingham Branch pool will be closed
August 27 - September 4 for annual maintenance.

the Y™ FOR A BETTER US.
METROWEST YMCA ANNUAL CAMPAIGN
 The MetroWest YMCA is a 501(c)3 charitable organization.
 Donate today online at www.metrowestymca.org by the Member Service Desk to make your donation. Thank you in advance!

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