



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 2018 Program & Membership Guide METROWEST YMCA

REGISTRATION DATES:
Members Only – Wednesday, May 30
Online and Walk in starts at 6 AM
Non-Members- Monday, June 4

SESSION DATES:
June 25-August 25, 2018

THE Y

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

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

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

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

LOCATIONS

METROWEST YMCA FRAMINGHAM BRANCH

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



Facility Hours

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

All areas close 15 minutes before closing time.

METROWEST YMCA FAMILY OUTDOOR CENTER

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



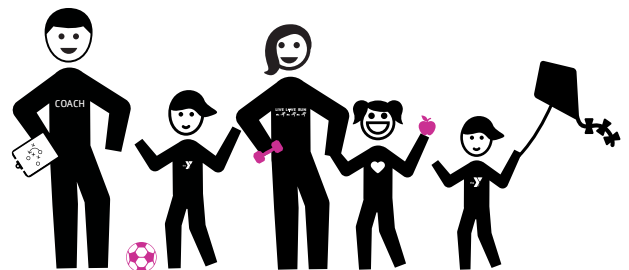
Building hours vary according to the program schedule. Please call or go online for more information.

METROWEST YMCA CLEARBROOK FAMILY SWIM CLUB

120 Parker Road
Framingham MA 01702
508-405-0350



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



MetroWest YMCA Mission Statement

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

CLEARBROOK SWIM CLUB



LOCATED AT:

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

SUMMER SEASON

June 16-September 3
 Weekend hours: 10am-6pm
 Weekday hours: 11am-7pm

CLEARBROOK SWIM CLUB FACILITY AMENITIES

- Outdoor Swimming Pool
 - Splash Pad
 - Shower & Changing Stalls
 - Snack Bar & Picnic Tables
 - Playground for Children
 - Ping Pong Tables, Lawn Games & Tennis Courts
 - 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 the summer season
- Family Membership includes: 2 adults and any number of children under age 26 living in the same household

SUMMER RATES

MEMBERSHIP TYPE	FULL SUMMER	OPENING DAY- JULY 31	AUGUST 1-CLOSING DAY
Y- Adult Member	\$400	\$250	\$250
Y- Family Member	\$300	\$175	\$175
General Public Family	\$500 (before June 1) \$550 (after June 1)	n/a	n/a

General Public membership includes full access to the Framingham Branch for the summer season.

SWIM CLUB TOURS & SWIM TESTS

Week of June 11-15

Stop by for a tour and sign up on the spot. Visit the website and please read the email newsletters for more details.



New Splash Pad being installed now!



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 24-August 18, 2018 (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 25-August 24, 2018
 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 25-August 24, 2018
 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 25-August 24, 2018
 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 25-August 24, 2018 (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 18-August 24, 2018

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, 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 16, 10am-12pm
45 East Street, Hopkinton MA

Send a Kid to Camp!
To donate text Kid2camp to 41444

TEEN CAMPS
Adventure Plus, Hopkinton Grades 6-7
On the Road, Hopkinton 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 25-August 26, 2018**

All Youth Aquatics class prices:

9 Weeks: \$85 members / \$170 non members

8 Weeks (No July 4) \$76 members / \$152 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

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
Tuesday	9:30 - 10:00 am
Saturday	8:30 - 9:00 am
Saturday	9:40 - 10:10 am
Sunday	11:00 - 11:30 am

Parent & Child B

Ages 2 to 3 years w/ parent

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

Monday	9:00 - 9:30 am
Wednesday	9:30 - 10:00 am
Thursday	9:30 - 10:00 am
Saturday	9:05 - 9:35 am
Saturday	10:15 - 10:45 am
Sunday	1:10 - 1:40 pm

**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

Swim Team Tryouts



Contact Ashley Phoenix, Aquatics Director
aphoenix@metrowestymca.org ext. 235

www.teamunify.com/Home.jsp?team=mwys

PRESCHOOL, AGES 3-5

Preschool 1

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

Monday	9:00 - 9:30 am
Monday	3:45 - 4:15 pm
Monday	4:20 - 4:50 pm
Monday	6:30 - 7:00 pm
Tuesday	9:30 - 10:00 am
Wednesday	9:00 - 9:30 am
Wednesday	4:55 - 5:25 pm
Thursday	9:00 - 9:30 am
Saturday	8:30 - 9:00 am
Saturday	9:40 - 10:10 am
Saturday	10:15 - 10:45 am
Saturday	10:50 - 11:20 am
Saturday	11:25 - 11:55 am
Saturday	12:00 - 12:30 pm
Sunday	11:30am - 12:00 pm
Sunday	12:05 - 12:35 pm
Sunday	12:35 - 1:05 pm

Preschool 2

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

Monday	9:30 - 10:00 am
Monday	3:45 - 4:15 pm
Monday	4:55 - 5:25 pm
Monday	6:30 - 7:00 pm
Tuesday	9:00 - 9:30 am
Wednesday	9:00 - 9:30 am
Thursday	9:30 - 10:00 am
Thursday	4:55 - 5:25 pm
Friday	9:00 - 9:30 am
Saturday	8:30 - 9:00 am
Saturday	9:05 - 9:35 am
Saturday	9:40 - 10:10 am
Saturday	10:15 - 10:45 pm
Saturday	11:25 - 11:55 am
Sunday	11:00 - 11:30 am
Sunday	12:05 - 12:35 pm

Preschool 3

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

Monday	4:55 - 5:25 pm
Monday	7:05 - 7:35 pm
Tuesday	9:00 - 9:30 am
Wednesday	9:30 - 10:00 am
Wednesday	4:55 - 5:25 pm
Thursday	9:00 - 9:30 am
Friday	9:30 - 10:00 am
Saturday	8:30 - 9:00 am
Saturday	9:05 - 9:35 am
Saturday	9:40 - 10:10 am
Saturday	10:50 - 11:20 am
Sunday	11:30 - 12:00 pm

AQUATICS

YOUTH DEVELOPMENT

Preschool 4

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

Monday	4:20 - 4:50 pm
Monday	6:30 - 7:00 pm
Thursday	4:55 - 5:25 pm
Saturday	8:30 - 9:00 am
Saturday	12:00 - 12:30 pm

School Age 3 (continued)

Saturday	10:15 - 10:45 am
Saturday	10:50 - 11:20 am
Saturday	11:25 - 11:55 am
Saturday	12:00 - 12:30 pm
Sunday	1:10 - 1:40 pm
Sunday	1:45 - 2:15 pm

School Age 4

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

Monday	7:40 - 8:20 pm
Tuesday	5:00 - 5:40 pm
Wednesday	5:35 - 6:15 pm
Thursday	5:35 - 6:15 pm
Friday	5:00 - 5:40 pm
Saturday	12:40 - 1:20 pm
Saturday	1:25 - 2:05 pm
Sunday	2:20 - 3:00 pm

PROGRESSIVE-AGES 6-11

School Age 1

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

Monday	3:45 - 4:15 pm
Monday	6:30 - 7:00 pm
Monday	7:05 - 7:35 pm
Wednesday	4:55 - 5:25 pm
Thursday	4:55 - 5:25 pm
Saturday	11:25 - 11:55 am
Saturday	12:00 - 12:30 pm
Sunday	12:35 - 1:05 pm

School Age 2

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

Monday	3:45 - 4:15 pm
Monday	4:20 - 4:50 pm
Monday	4:55 - 5:25 pm
Monday	7:05 - 7:35 pm
Wednesday	4:55 - 5:25 pm
Thursday	4:55 - 5:25 pm
Saturday	9:40 - 10:10 am
Saturday	10:15 - 10:45 am
Saturday	10:50 - 11:20 am
Saturday	11:25 - 11:55 am
Saturday	12:00 - 12:30 pm
Sunday	1:45 - 2:15 pm

School Age 3

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

Monday	3:45 - 4:15 pm
Monday	4:20 - 4:50 pm
Monday	4:55 - 5:25 pm
Monday	7:05 - 7:35 pm
Wednesday	4:55 - 5:25 pm
Thursday	4:55 - 5:25 pm
Saturday	9:05 - 9:35 am

School Age 5

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
Wednesday	5:35 - 6:15 pm
Thursday	5:35 - 6:15 pm
Friday	5:00 - 5:40 pm
Saturday (Fish/Fly)	12:40 - 1:20 pm
Sunday	2:20 - 3:00 pm

School Age 6

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
Friday	5:00 - 5:40 pm



ACCELERATED 1 WEEK LESSONS

ALL CLASSES ARE HELD TUESDAY THRU FRIDAY

\$38 MEMBERS / \$74 NON-MEMBERS

SESSION 1 - August 21-24

PS 1 Pike A	3:45 - 4:15 pm
PS 2 Pike B	3:45 - 4:15 pm
PS 2 Pike B	4:20 - 4:50 pm
PS 3 Eels	3:45 - 4:15 pm
PS 4 Rays	4:20 - 4:50 pm
SA 1 Polliwog A	4:20 - 4:50 pm
SA 2 Polliwog B	4:20 - 4:50 pm
SA 3 Guppy	3:45 - 4:15 pm

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: \$76 members/\$152 non-members

SESSION 1 - June 26 - July 6

PS 1 Pike A	3:45	-	4:15 pm
PS 1 Pike A	4:20	-	4:50 pm
PS 2 Pike B	4:20	-	4:50 pm
PS 3 Eels	4:20	-	4:50 pm
SA 1 Polliwog A	3:45	-	4:15 pm
SA 2 Polliwog A	4:20	-	4:50 pm
SA 2 Polliwog B	3:45	-	4:15 pm
SA 3 Guppy	3:45	-	4:15 pm

SESSION 2 - July 10-20

PS 1 Pike A	3:45	-	4:15 pm
PS 1 Pike A	4:20	-	4:50 pm
PS 2 Pike B	4:20	-	4:50 pm
PS 3 Eels	3:45	-	4:15 pm
PS 4 Rays	4:20	-	4:50 pm
SA 2 Polliwog B	3:45	-	4:15 pm
SA 2 Polliwog B	4:20	-	4:50 pm
SA 3 Guppy	3:45	-	4:15 pm

SESSION 3 - July 24-August 3

PS 1 Pike A	3:45	-	4:15 pm
PS 1 Pike A	4:20	-	4:50 pm
PS 2 Pike B	3:45	-	4:15 pm
PS 3 Eels	3:45	-	4:15 pm
PS 4 Rays	4:20	-	4:50 pm
SA 1 Polliwog A	4:20	-	4:50 pm
SA 2 Polliwog B	4:20	-	4:50 pm
SA 3 Guppy	3:45	-	4:15 pm

SESSION 4 - August 7-August 17

PS 1 Pike A	3:45	-	4:15 pm
PS 2 Pike B	3:45	-	4:15 pm
PS 2 Pike B	4:20	-	4:50 pm
PS 3 Eels	3:45	-	4:15 pm
PS 3 Eels	4:20	-	4:50 pm
PS 4 Rays	4:20	-	4:50 pm
SA 1 Polliwog A	4:20	-	4:50 pm
SA 2 Polliwog B	3:45	-	4:15 pm
SA 2 Polliwog B	4:20	-	4:50 pm
SA 3 Guppy	3:45	-	4:15 pm

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

Tuesday	5:00-5:40pm
Friday (ages 9-12)	5:00-5:40pm

CLEARBROOK

ACCELERATED 2 WEEK LESSONS

ALL CLASSES ARE HELD MONDAY - THURSDAY
Classes: \$76 members/\$152 non-members

SESSION 1- June 25-July 5

Classes: \$74 members/\$148 non-members	
PS 1	5:20-5:50pm
SA 1	5:55-6:25pm
SA 3	6:30-7:00pm

SESSION 2 - July 9-19

Classes: \$74 members/\$148 non-members	
PS 1	5:20-5:50pm
PS 3	5:55-6:25pm
SA 3	6:30-7:00pm

SESSION 3 - July 23 -Aug 2

Classes: \$74 members/\$148 non-members	
PS 2	5:20-5:50pm
SA 2	5:55-6:25pm
SA 3 & 4	6:30-7:00pm

SESSION 4 - August 6-16

Classes: \$74 members/\$148 non-members	
PS 1 & 2 (Pike A & B)	5:20-5:50pm
PS 3 & 4 (Eels/Rays)	5:55-6:25pm
SA 1 & 2 (Polliwog A & B)	6:30-7:00pm

ACCELERATED 1 WEEK LESSONS

SESSION 1- AUGUST 20-23

Classes: \$38 members/\$74 non-members	
PS 1 & 2	5:20-5:50pm
SA 1 & 2	5:55-6:25pm
SA 3 & 4	6:30-7:00pm

TWICE A WEEK FOR 4 WEEKS

TUES/THURS June 26-July 19

Classes: \$76 members/\$152 non-members	
P&C B	11:45am-12:15pm
PS 1	11:45am-12:15pm
PS 2	11:45am-12:15pm
SA 3	11:45am-12:15pm

TUES/THURS July 24 -August 16

Classes: \$76 members/\$152 non-members	
PS 1	11:45am-12:15pm
PS 2	11:45am-12:15pm
SA 1&2	11:45am-12:15pm
SA 3&4	1:45am-12:15pm

MON/WED June 25-July 18

Classes: \$76 members/\$152 non-members	
PS 1	11:45am-12:15pm
PS 2	11:45am-12:15pm
SA 1&2	11:45am-12:15pm
SA 3&4	11:45am-12:15pm

MON/WED July 23 - August 15

Classes: \$76 members/\$152 non-members	
PS 3 & 4	11:45am-12:15pm
SA 1&2	11:45am-12:15pm
SA 3&4	11:45am-12:15pm
SA 5&6	11:45am-12:15pm

ADULT AQUATICS

ADULT HEALTHY LIVING

ADULT SWIM LESSONS

9 Week Session

Classes **\$85 members / \$170 non members**

8 Week Session (no July 4)

Classes **\$76 members / \$152 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

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

Wednesday 8:40 - 9:20 pm

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

Adult Coached Advanced Tune Up

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

Thursday 8:30-9:30 pm

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.

(9 weeks - no break)

Session Cost & Code:

\$85 Members/\$170 non-members per session.

Yearly Session Cost \$345 members only



ADULT AQUATIC FITNESS

Water Aerobics

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

1-day option: \$20 members/\$40 non-members

Monday 10:05 - 10:45 am

Monday 8:30 - 9:30 pm

Tuesday 7:45 - 8:30 pm

Wednesday 10:05 - 10:45 am

Thursday 7:45 - 8:30 pm

Friday 10:05 - 10:45 am

3 day \$46 members/\$101 non-members

Mon/Wed/Fri 10:05 - 10:45 am

Monday 8:30 - 9:30 pm

Tues/Thurs 7:45 - 8:30 pm

Water Walking

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

\$10 members/\$35 non-members

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

Monday 11:30 am - 12:00 pm

Tuesday 11:30 am - 12:00 pm

Tuesday 7:15 - 7:45 pm

Wednesday 11:30 am - 12:00 pm

Thursday 11:30 am - 12:00 pm

Thursday 7:15 - 7:45 pm

Friday 11:30 am - 12:00 pm

Advanced Water Walking

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

\$10 members/\$35 non-members per day

Monday 11:00 - 11:30 am

Wednesday 11:00 - 11:30 am

Friday 11:00 - 11:30 am

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/\$45 non-members

Tuesday 11:20am - 12:00 pm

Thursday 11:20am - 12:00 pm

SPORTS YOUTH DEVELOPMENT

Summer 2018 Session
June 25 - August 26, 2018

FRAMINGHAM BRANCH

SESSION A June 25 – July 29

5 week session \$43 Member / \$86 Non-Member
Wednesday \$36 members / \$72 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..... 6547
Wednesday..... 4:10 - 4:50 pm..... 6548

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.

5 Weeks \$46 members / \$92 non members

Ages 6-8

Monday..... 5:00 - 5:40 pm..... 6551
Wednesday..... 5:00 - 5:40 pm..... 6548

Ages 9-10

Monday..... 5:50 - 6:30 pm..... 6555
Wednesday..... 5:50 - 6:30 pm..... 6556

SESSION B-July 30 – August 26

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..... 6548
Wednesday..... 4:10 - 4:50 pm..... 6550

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.

4 Weeks \$ 36 members / \$72 non members

Ages 6-8

Monday..... 5:00 - 5:40 pm..... 6549
Wednesday..... 5:00 - 5:40 pm..... 6554

Ages 9-10

Monday..... 5:50 - 6:30 pm..... 6557
Wednesday..... 5:50 - 6:30 pm..... 6558

VOLUNTEER COACHES NEEDED

Parents interested in volunteering for the should contact Brendan Tuma the Sports Office at btuma@metrowestymca.org or (508) 879-4420 x230

CLEARBROOK SPORTS

SESSION A June 25 – July 29

5 week session

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. **\$43 Member / \$86 Non-Member**

Tuesday..... 2:00-2:30pm..... 6663
Thursday..... 2:00-2:30pm..... 6664

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.

\$46 members / \$92 non members

Tuesday..... 2:45-3:15pm..... 6697
Thursday..... 2:45-3:15pm..... 6698

SESSION B-July 30– August 26

4 week session

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. **\$36 Member / \$72 Non-Member**

Tuesday..... 2:00-2:30pm..... 6699
Thursday..... 2:00-2:30pm..... 6700

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.

4 Weeks \$36 members / \$72 non members

Tuesday..... 2:45-3:15pm..... 6701
Thursday..... 2:45-3:15pm..... 6702

Tennis Clinic, Ages 6-10

9 week session June 26 – August 21

\$82 Member / \$164 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. .

Tuesday..... 3:30-4:30pm..... 6704

YOUTH SPORT LEAGUES

7 Week Session Dates July 9-August 20

\$80 members / \$160 non members

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

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.

Monday..... 6:30-7:30pm..... 6565

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.

Monday..... 6:30-7:30pm..... 6567

GYMNASTICS

YOUTH DEVELOPMENT

SESSION A

JUNE 25-JULY 29 No classes July 4
5 week session

Preschool \$42 members /\$84 non members
Youth \$47 members /\$94 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	6502
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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	6503
Thursday	3:40 - 4:20 pm	6504

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	6505
Thursday	3:40 - 4:20 pm	6506

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	6507
Thursday	4:30 - 5:30 pm	6508

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	6509
Thursday	4:30 - 5:30 pm	6510

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.

Tuesday	4:30 - 5:30 pm	6511
Thursday	4:30 - 5:30 pm	6512

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	6513
Session B: \$84 members / \$169 non members	6525
Tues/Thurs	5:30-7:00pm

SESSION B

July 30 - AUGUST 25
4 week session

Preschool \$33 members /\$66 non members
Youth \$37 members /\$74 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	6514
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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	6515
Thursday	3:40 - 4:20 pm	6516

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	6517
Thursday	3:40 - 4:20 pm	6518

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	6519
Thursday	4:30 - 5:30 pm	6520

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	6521
Thursday	4:30 - 5:30 pm	6522

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.

Tuesday	4:30 - 5:30 pm	6523
Thursday	4:30 - 5:30 pm	6524

For more information about gymnastics classes, please contact Alissa Schimmel at (508)-879-4420 X262 or by email aschimmel@metrowestymca.org

ENRICHMENT YOUTH DEVELOPMENT

SESSION A

JUNE 25-JULY 28, 5 WEEKS

\$43 MEMBERS/\$86 NON-MEMBERS (WEDNESDAYS \$34/\$68)

SESSION B

JULY 29-AUGUST 25, 4 WEEKS

SUMMER B: \$34 MEMBERS/\$68 NON-MEMBERS

GROWN-UP & 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

Music & Art With Grown-Up

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

Session A: Tuesday.....9:30-10:30am.....6563

Session B: Tuesday.....9:30-10:30am.....6566

TINIEST 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.

Under the Sea

Did you know that fish do not have eye lids? Learn more interesting facts about different sea creatures by listening to exciting stories and creating fun sea life crafts.

Session A:.....Monday 9:30-10:30.....6568

Session B:.....Monday 9:30-10:30.....6569

Treasure Island

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

Session A:.....Tuesday 10:45-11:45.....6571

Session B:.....Tuesday 10:45-11:45.....6572

Fabulous Five

Children will explore their five senses through hands on projects. Come dressed to get messy and be prepared for fun.

Session A:.....Wednesday 9:30-10:30.....6573

Session B:.....Wednesday 9:30-10:30.....6574

Animal Adventures

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.

Session A:.....Friday 9:30-10:30.....6575

Session B:.....Friday 9:30-10:30.....6576

TINY 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.

Creepy Crawlers

Explore itsy bitsy spiders, ants, and other insects with us through games, stories, songs, and crafts.

Session A:.....Thursday 9:30-10:30.....6592

Session B:.....Thursday 9:30-10:30.....6593

Monsters & Aliens

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

Session A:.....Monday 10:45-11:45.....6594

Session B:.....Monday 10:45-11:45.....6595

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.

Session A:.....Wednesday 10:45-11:45.....6596

Session B:.....Wednesday 10:45-11:45.....6597

Space Hop

Hop across the solar system. Each week we will learn about the moon, planets, stars, and more. Class will include stories, games, and a craft.

Session A:.....Friday 10:45-11:45.....6599

Session B:.....Friday 10:45-11:45.....6600

PRE-SCHOOL & SCHOOL AGED CLASSES AGES 3.5-5

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.

Pint Sized Picassos

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

Session A:.....Tuesday 12:00-1:00.....6603

Session B:.....Tuesday 12:00-1:00.....6604

Crafty Kids

We will explore a variety of crafty materials. Projects may include paint, pastels, beading, charcoal, clay, foam and more! Bring your imagination and be dressed for a mess.

Session A:.....Wednesday 12:00-1:00.....6605

Session B:.....Wednesday 12:00-1:00.....6607

Lil' Chefs/Experiments in Cooking

Join us as we experiment with food. Classes may include taste tests, chemical reactions, or non-edible recipes. Aprons and or lab coats are encouraged!

Session A:.....Thursday 10:45-11:45.....6608

Session B:.....Thursday 10:45-11:45.....6610

Global Games

Let's travel around the world and learn about games kids' play in other countries. Each week we will create a game to take home.

Session A:.....Monday 12:00-1:00.....6613

Session B:.....Monday 12:00-1:00.....6614

Rhythm & Rhyme

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

Session A:.....Thursday 12:00-1:00.....6609

Session B:.....Thursday 12:00-1:00.....6611

SESSION A

JUNE 25-JULY 28, 5 WEEKS

SESSION B

JULY 30-AUGUST 26 4 WEEKS

Preschool Instructional classes

5 weeks \$42 members/\$84 non members

4 week(Wednesday) \$33 members/\$66 non members

Plié Pre Ballet, Ages 3-5

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will begin positions of the feet and introductory movement vocabulary. This class will incorporate Plie Pre Ballet level 1 & 2 concepts and skills.

Wednesday.....11:15-11:45am.....6534

Shakers Jazz/Hip hop combo: Ages 3-5

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

Wednesday.....10:45-11:15am.....6533

School Age Instructional Classes

5 weeks \$47 Members/\$94 non members

4 weeks (Wednesday) \$37 members/\$74 non members

Movers Hip-Hop, Ages 6+

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

Monday.....4:30-5:15.....6530

Tendu Ballet, Ages 5-7

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

Tuesday.....4:30-5:15.....6531

Preschool Instructional classes

4 weeks \$33 members/\$66 non members

Plié Pre Ballet, Ages 3-5

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will begin positions of the feet and introductory movement vocabulary. This class will incorporate Plie Pre Ballet level 1 & 2 concepts and skills.

Wednesday.....11:15-11:45am.....6538

Shakers Jazz/Hip hop combo: Ages 3-5

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

Wednesday.....10:45-11:15am.....6537

School Age Instructional Classes

4 weeks \$37 members/\$74 non members

Movers Hip-Hop, Ages 6+

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

Monday.....4:30-5:15.....6535

Tendu Ballet, Ages 5-7

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

Tuesday.....4:30-5:15.....6536

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 6:30pm

FRAMINGHAM PUBLIC SCHOOLS

School's Out

Schools: Hemenway, McCarthy & Potter Road

Mornings and afternoons

ASHLAND PUBLIC SCHOOLS

School's Out

Schools: Mindness & Warren

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

HOPKINTON PUBLIC SCHOOLS

School's Out

Schools: Center, Elmwood & Hopkins

Location for 2018-2019 School Year: Family Outdoor

Center, 45 East Street, Hopkinton MA 01748

Transportation is provided by the Public Schools

NATICK PUBLIC SCHOOLS

School's Out

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

Location: East School, 90 Oak Street, Natick

Transportation is provided by the MetroWest YMCA and

Natick Public Schools

Afternoons only

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

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

Out-Of-School Time Director

Shannon Dixon

(508) 435-9345 x115

sdixon@metrowestymca.org



YOUTH & TEEN FITNESS

HEALTHY LIVING

SESSION A

JUNE 25-JULY 29 No classes July 4
5 week session

CARDIO KIDS Ages 9-12

Join the fun in our Youth & Family Interactive Gym and get fit by learning how to properly use our VR-1 Cybex equipment, new cardio equipment, X-Box Kinect and MORE! We require a youth and family gym orientation for your child before taking this class. Appointments can be booked at the Member Service Desk. Sign up for a maximum of 2 classes. *Parents must sign children in and out of class.

Session A: free members / \$95 non-members

Tuesday.....4:00-4:45 pm.....6615
Thursday.....4:00-4:45 pm.....6617

KIDS ON THE MOVE Ages 7-10

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

Session A: \$46 members / \$95 non-members

Friday.....4:30-5:15 pm.....6619

SPORTS PERFORMANCE TRAINING Ages 13 - 17

Looking to improve your game? This class, run by a certified personal trainer 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. This class is held in the Group Exercise Room

Session A: \$41 members / \$95 non-members

Mon/Wed.....3:45 - 4:30 pm.....6585

SESSION B

JULY 30 - AUGUST 26
4 week session

CARDIO KIDS Ages 9-12

Join the fun in our Youth & Family Interactive Gym and get fit by learning how to properly use our VR-1 Cybex equipment, new cardio equipment, X-Box Kinect and MORE! We require a youth and family gym orientation for your child before taking this class. Appointments can be booked at the Member Service Desk. Sign up for a maximum of 2 classes. *Parents must sign children in and out of class.

Session B: free members / \$76 non-members

Tuesday.....4:00-4:45 pm.....6616
Thursday.....4:00-4:45 pm.....6618

KIDS ON THE MOVE Ages 7-10

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

Session B: \$37 members / \$76 non-members

Friday.....4:30-5:15 pm.....6620

SPORTS PERFORMANCE TRAINING Ages 13 - 17

Looking to improve your game? This class, run by a certified personal trainer 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. This class is held in the Group Exercise Room

Session B: \$36 members / \$76 non-members

Mon/Wed.....3:45 - 4:30 pm.....6586



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!**

ADULT FITNESS

HEALTHY LIVING



Y – FIT

Adult Strength & Conditioning

Take control of your health and fitness! We will give you the strength to take whatever life throws at you and the conditioning to blast through your hardest moments. This small group training program will focus on improving your strength, refining your body composition, and increasing your endurance. The motivation and support of a small group is extraordinary when it comes to achieving new heights in your fitness.

Each session is led by a certified personal trainer and will include a dynamic warm-up with various joint mobility exercises, strength training, and anaerobic conditioning.



SESSION A

JUNE 25-JULY 29 No classes July 4

5 week session

Member \$45 / on-Member \$91

Wednesday Class (prorated for July 4th)

Member \$36 / Non-member \$73

Monday.....	5:30-6:30 am.....	6577
Monday.....	9:30-10:30 am.....	6623
Monday.....	6:00-7:00 pm.....	6622
Tuesday.....	7:00-8:00 pm.....	6578
Wednesday.....	12:00-1:00 pm.....	6624
Wednesday.....	7:30-8:30 pm.....	6633
Thursday.....	6:30-7:30 pm.....	6626
Saturday.....	9:15-10:15 am.....	6627
Sunday.....	10:15-11:15 am.....	6628

SESSION B

JULY 30-AUGUST 26

4 week session

Member \$36 / Non-Member- A \$73

Monday.....	5:30-6:30 am.....	6621
Monday.....	9:30-10:30 am.....	6630
Monday.....	6:00-7:00 pm.....	6631
Tuesday.....	7:00-8:00 pm.....	6625
Wednesday.....	12:00-1:00 pm.....	6632
Wednesday.....	7:30-8:30 pm.....	6634
Thursday.....	6:30-7:30 pm.....	6635
Saturday.....	9:15-10:15 am.....	6636
Sunday.....	10:15-11:15 am.....	6637

BOOTCAMP CONDITIONING

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

This class takes place in the gymnasium

SESSION A: Member \$45 /

Non-Member- A \$91

Wednesday Class (prorated for July 4th)

Member \$36 / Non-member \$73

Wednesday..... 9:30-10:30 am..... 6579

Friday..... 9:30-10:30 am..... 6580

SESSION B:

Member \$36 / Non-Member- A \$73

Wednesday..... 9:30-10:30 am..... 6581

Friday..... 9:30-10:30 am..... 6582



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 \$164 per 79 week session

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

**Spirit Mind Body Room Schedule
Aerobics Room Schedule**

Michelle Krol
508-879-4420 x231
mkrol@metrowestymca.org

MINDFUL BONES

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

Session A: \$41 members / \$82 non members
Monday.....11:00am-11:45am.....6589.

Session B: \$36 members / \$73 non members
Monday.....11:00am-11:45am.....6590.

YOUR WAY TO A 5K

Running can be for sport for anyone! Are you looking to start getting into running or for some more advanced run coaching? This class will discuss running gait and proper footwear as well as perform group runs/ workouts during every class.

Session A: \$75 members / \$73 non members
Monday/Wednesday...9:30-10:30 am.....6587.

Session B: \$65 members / \$73 non members
Monday/Wednesday...9:30-10:30 am.....6588.



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/ \$164 non-members

Tuesday 10:30 -11:30 am

Thursday 10:30 -11:30 am

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/ \$164 non-members

Thursday.....11:45am - 12:45pm.....6629.

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.



F o r m o r e information about the Cardiopulmonary Wellness Program please contact Jesse Potter 508-879-4420 ext. 287 or

KRAV MAGA

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



Session A: \$41 members/\$82 non members

Session B: \$36 members / \$73 non members

Thursdays.....7:00-8:00pm.....A:6583...B:6584

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 / \$82 non-members

Wednesday 12:00-1:00pm
Friday 1:30-2:30pm

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 x232



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

Contact Our Wellness Team

Lauren Hanley, Director of Health Integration (x239)
Katrina Ladd, Wellness Director (x238)
Jesse Potter, Assistant Wellness Director - Personal and Small Group Training (x287)
Maggie Lynch, Director of Nutritional Services (x286)
Laura Gilbert, Prevention & Wellness Referral Coordinator (x232)
Michelle Krol, Assistant Wellness Director - Group Exercise (x231)

ADULT FITNESS

HEALTHY LIVING



PERSONALIZED NUTRITION PROGRAMS

Introducing our new full time team member Maggie Lynch, registered and licensed dietitian. To schedule an appointment with Maggie you can call her at 508-879-4420 X245 or email at maggielynch@metrowestymca.org

Summer Nutrition Series

Join our registered and licensed dietitian, Maggie as she educates on popular nutrition topics such as Creating a Healthy Plate, Food Labels, Sugar, Hydration, Healthy Snacks and Mindful Eating. Recipes and samples of healthy foods at each session. Free to the community. Be on the lookout for dates and times!

COMPREHENSIVE NUTRITIONAL EVALUATION

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

Consultation & one-hour Follow-up: \$86

ADDITIONAL FOLLOW-UP

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

1/2 hour Follow-up Visit: \$27

1 hour Follow-up Visit: \$41



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 Katrina Ladd to set up your first appointment (508) 879-4420 x238 or Kladd@metrowestymca.org

Length of Session	One-On-One	Semi Private
1-hour	1 Session: \$46	1 Session: \$32
1-hour	5 Sessions: \$200	5 Sessions: \$140
1-hour	10 Sessions: \$370	10 Sessions: \$270
1-hour	20 Sessions: \$680	20 Sessions: \$520
30 min	1 Session: \$31	1 Session: \$17
30 min	5 Sessions: \$130	5 Sessions: \$75
30 min	10 Sessions: \$240	10 Sessions: \$140
30 min	20 Sessions: \$440	20 Sessions: \$260

GET STARTED!

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 Katrina Ladd, Wellness Director at 508-879-4420 x238 kladd@metrowestymca.org

\$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?

- 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 16-September 3
Weekend pool hours: 10am-7pm
Weekday pool hours: 3:30-7pm

RATES & REGISTER ONLINE

\$372 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.

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 \$76 / Non-Members \$152

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 - 6/25 to 7/5 (no July 4th)

PS Level 1+2..... 4:30-5:00pm..... 6410
PS Level 3+4..... 4:30-5:00pm..... 6411
SA Level 1+2..... 4:30-5:00pm..... 6412
SA Level 3+4..... 4:30-5:00pm..... 6413

SESSION 2 - 7/9 to 7/19

PS Level 1+2..... 4:30-5:00pm..... 6414
PS Level 3+4..... 4:30-5:00pm..... 6415
SA Level 1+2..... 4:30-5:00pm..... 6416
SA Level 3+4..... 4:30-5:00pm..... 6417

SESSION 3 - 7/23 to 8/2

PS Level 1+2..... 4:30-5:00pm..... 6418
PS Level 3+4..... 4:30-5:00pm..... 6419
SA Level 1+2..... 4:30-5:00pm..... 6420
SA Level 3+4..... 4:30-5:00pm..... 6421

SESSION 4 - 8/6 to 8/16

PS Level 1+2..... 4:30-5:00pm..... 6422
PS Level 3+4..... 4:30-5:00pm..... 6423
SA Level 1+2..... 4:30-5:00pm..... 6424
SA Level 3+4..... 4:30-5:00pm..... 6425

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)

6/25 to 8/16 (no July 4th)

Parent/Child B..... 10:00-10:30am..... 6426
PS Level 1+2..... 10:00-10:30am..... 6427
Parent/Child B..... 10:30-11:00am..... 6429
PS Level 1+2..... 10:30-11:00am..... 6431
Parent/Child B..... 11:00-11:30am..... 6432
PS Level 3+4..... 11:00-11:30am..... 6433
SA Level 1+2..... 12:00-12:30pm..... 6434
SA Level 3+4..... 12:00-12:30pm..... 6435
PS Level 3+4..... 12:30-1:00pm..... 6437
SA Level 5..... 12:30-1:00pm..... 6438

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 - 6/25 to 7/19 (no July 4th)

MON + WED

PS Level 1+2..... 5:00-5:30pm..... 6439
PS Level 3+4..... 5:00-5:30pm..... 6440
SA Level 1+2..... 5:00-5:30pm..... 6441
SA Level 3+4..... 5:00-5:30pm..... 6442
PS Level 1+2..... 5:30-6:00pm..... 6443
PS Level 3+4..... 5:30-6:00pm..... 6444
SA Level 1+2..... 5:30-6:00pm..... 6445
SA Level 5..... 5:30-6:00pm..... 6447

TUES + THURS

PS Level 1+2..... 5:00-5:30pm..... 6448
PS Level 3+4..... 5:00-5:30pm..... 6449
SA Level 1+2..... 5:00-5:30pm..... 6450
SA Level 3+4..... 5:00-5:30pm..... 6451
PS Level 1+2..... 5:30-6:00pm..... 6452
PS Level 3+4..... 5:30-6:00pm..... 6453
SA Level 1+2..... 5:30-6:00pm..... 6454
SA Level 5..... 5:30-6:00pm..... 6455

SESSION B - 7/23 to 8/16

MON + WED

PS Level 1+2..... 5:00-5:30pm..... 6460
PS Level 3+4..... 5:00-5:30pm..... 6461
SA Level 1+2..... 5:00-5:30pm..... 6462
SA Level 3+4..... 5:00-5:30pm..... 6463
PS Level 1+2..... 5:30-6:00pm..... 6464
PS Level 3+4..... 5:30-6:00pm..... 6465
SA Level 1+2..... 5:30-6:00pm..... 6466
SA Level 5..... 5:30-6:00pm..... 6467

TUES + THURS

PS Level 1+2..... 5:00-5:30pm..... 6468
PS Level 3+4..... 5:00-5:30pm..... 6469
SA Level 1+2..... 5:00-5:30pm..... 6470
SA Level 3+4..... 5:00-5:30pm..... 6471
PS Level 1+2..... 5:30-6:00pm..... 6472
PS Level 3+4..... 5:30-6:00pm..... 6473
SA Level 1+2..... 5:30-6:00pm..... 6474
SA Level 5..... 5:30-6:00pm..... 6475

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 *starting at \$250*

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 *starting at \$300*

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

Vertical Climbing Party *starting at \$350*

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

SCOUTING PROGRAMS

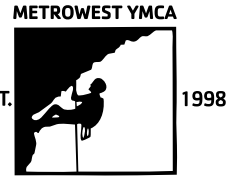
We offer a variety of programs for scout troops, from adventures on our challenge course to assistance with badge program completion. Contact The Family Outdoor Center for more information or to schedule a program for your Scouts. (508) 435-9345



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.

General Info

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

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

For more info contact:

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

CPR/SAFETY EDUCATION

SAFETY EDUCATION COURSES

BASIC FIRST AID

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

CPR/AED FOR THE COMMUNITY

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

RED CROSS LIFEGUARD COURSES

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

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**

Please contact the MetroWest YMCA or view our website for upcoming class times.

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

* Access to Family Outdoor Center included in Family Member Benefits
** Add an adult 18+ \$20

Daily Guest Fees at Framingham Branch

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

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

FAMILY OUTDOOR CENTER MEMBERSHIP

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

Programs & Events Included in FOC Membership:

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

Facility Use Included in Membership:

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



NATIONWIDE MEMBERSHIP

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

YMCA SUMMER 2018 Registration Form

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



Member Registration for ALL CLASSES begins Wednesday May 30 at 6 AM, On-Line and Walk-In.

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

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

Non member Registration: Monday June 4
Non member registration is Walk-In only.

YMCA SUMMER 2018 Program Registration

For more registration information, please refer to page 26

Please complete one form per participant.

Today's Date _____

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

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

Mandatory YMCA Waiver

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

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

Parent/Guardian's Name _____

Parent/Guardian's Birth date _____

Participant's Name _____

Participant's Gender _____ Participant's Birth Date _____

Address _____

City, State, Zip Code _____

Daytime Phone _____ Evening Phone _____

E-mail Address _____

MEMBER ONLY BENEFITS

FRAMINGHAM MEMBER-ONLY BENEFITS:

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

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

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

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

Y-CHILDWATCH

Drop-In Play Room - For Members Only

Ages 2 months - 10 years old
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 SUMMER 2018 CLASSES. WE ENCOURAGE YOU TO SET UP YOUR ONLINE ACCOUNT PRIOR TO MAY 30

- 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 May 30, 2018 or if your draft membership is inactive for any reason including draft returns, membership holds or account changes, you will not be able to access online registration.
- It is important that you DO NOT log into the registration page before 6 am.
- We process a high volume of registrations in the first hour of registration. Some classes will fill within the first 5 minutes of registration.

PLEASE NOTE THE FOLLOWING PROCEDURES FOR WALK-IN REGISTRATION ON MAY 30

- WALK IN REGISTRATIONS WILL BE MANAGED FIRST COME, FIRST SERVED.
- On May 30th, when we open the building at 5 am, we will hand out numbers to our members who are coming in for registration that begins at 6 am.
- At about 5:45 am, we will begin lining members up in order of their ticket number. We will begin processing registrations at 6 am. We will hand out one ticket per person.
- If you are not present when it is your turn to register, you will lose your turn.
- We greatly appreciate your patience and cooperation in this process.

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.

