

THE Y

You may have noticed that the Y is changing the way we present ourselves. For the first time in 43 years, we are unveiling a new brand strategy. The new strategy is designed to increase understanding of the impact we are making in the community.

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.

So while we've changed our appearance to better reflect the work we do and the positive impact we make, we're still supporting the MetroWest community in the same way we always have.

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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GENERAL INFORMATION

LOCATIONS

MetroWest YMCA at 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 8:00 am - 6:30 pm

All areas (except locker rooms) 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 the branch office for more information.

IMPORTANT BUILDING POLICIES

Audio, Camera and Video Recording Device Policy

The use of audio, camera and video recording devices is prohibited in all MetroWest YMCA facilities, owned or leased. Those wishing to use a video recording device must receive written consent in advance from the designated YMCA Director. Consent forms are available at the Member Service Desk, and must be submitted at least 48 hours in advance.

Cell Phone Policy

Cell phone use is restricted to offices, conference rooms, hallways and lobby areas only. Cell phone use is not allowed in any program space including but not limited to: locker rooms, childcare areas, bathrooms, the gymnasium and all work-out areas.

Youth Age 10 and under

Must be accompanied by an adult at all times when not in instructional classes or childwatch areas.



MetroWest YMCA Mission Statement

The MetroWest YMCA is dedicated to the development of all people regardless of age, gender, race, religion, income or ability. Our programs, services and facilities are designed to enhance the spiritual, mental, physical and social quality of life for our families, our communities and ourselves.

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

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 session.
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.

PARTICIPATION IN PROGRAMS & FACILITY ACCESS

We invite you to observe your child during the first and last class of each session. During all other classes, we encourage parents to wait in the upstairs lobby viewing area or the downstairs lobby area. This will help your child remain focused on the class while gaining independence and self confidence.

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 9-12years** old upon completion of a wellness orientation may use the Youth and Family Interactive Gym with adult supervision. Please see the Wellness section of the program guide for more information.



Information Regarding Member Registration for the Spring 2 Session

We understand that the registration process has been challenging for many of our members, and we appreciate and thank you for your feedback. **Our web registration host has made upgrades to our server that they anticipate will speed up the online registration process for the Spring 2 session.**

Please note the following changes to our Member Registration procedure for April 4th:

- Online registration will begin at 6:00 AM on Wednesday, April 4th.
- Walk-in registration will begin at 7:00 AM on Wednesday, April 4th.
- We will not be processing any registrations over the phone. Therefore, if you have a circumstance that prevents you from registering online, you will need to come in for Walk-in registration. *
- We will hand out numbers for lining up for walk-in registration beginning at 6:30 AM.
- Wi Fi will not be available within our building for online registration.

Please note the following:

- In order to register as a member, your membership must be active through at least June 24th. If your membership expires prior to June 24th, you will not be able to register online.
- If your child has not turned of age that is required for the program on the day that you are registering, you will not be able to register online.
- If your child under 2 is receiving member rates under your adult membership, you will not be able to register online.
- We encourage you to set up your online account prior to April 4th.
- 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 to determine your member number.

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 13years** 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.

We are here to help you! Please contact a YMCA staff member immediately if there is an accident, injury or unusual incident. Please be advised that you are participating in all activities at your own risk and are fully responsible for yourself, your children, and your guests. Members and guest are responsible for their own medical expenses in the event of an accident or illness. You must apply to your own insurance company for reimbursement of expenses.

MEMBERSHIP INFORMATION

Anytime of year is the right time to join the MetroWest YMCA. Our dedicated staff is always creating new programs that encourage members to reach their full potential. Stop by our Member Service Desk or call (508) 879-4420 for more information about our programs, facilities or membership benefits.

Membership Rates at the MetroWest YMCA in Framingham

Membership Category*	Monthly Draft**	Joiner's Fee***
Adult (25+)	\$52.92	\$50
Young Adult (18-24)	\$34.41	\$30
Family	\$79.33	\$75
Senior (60+)	\$42.08	\$40
Senior Family (60+)	\$62.92	\$60
Youth (2-12)	\$14.33	\$25
Teen (13-17)	\$14.33	\$25

Confidential financial assistance is available. Please contact Member Services for an ASSIST application at 508-879-4420.

- * Family memberships are up to two adults living in the same household and any number of children under the age of 18 who consider themselves a family. Family members who are full-time students must be under the age of 23 years.
- ** All monthly draft membership plans are automatic bank draft from checking accounts, statement savings, Mastercard, Visa or Discover.
- *** Joining fees are payable in addition to the published annual membership fee. New members and any former member whose membership has lapsed for more than a 30-day period (following the expiration date) are subject to paying a joining fee. This fee goes toward yearly improvements of the facility.

DAILY & GUEST FEES METROWEST YMCA AT FRAMINGHAM

Anyone may use the MetroWest YMCA facility on a daily basis at the rates listed below. These fees are not applicable towards the purchase of a membership and do not include class participation (with the exception of regularly scheduled group exercise class).

*Photo Id is required for access to facility

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

OUR GUARANTEE

At the MetroWest YMCA, we place great value on the satisfaction of our members. Therefore, we guarantee your membership. If you are not satisfied during the first month, you may cancel your membership and receive a 100% refund (including your capital joining fee). After the first month, joining fees are non-refundable, but you may — with 30 days written notice — cancel the remainder of your membership and receive a pro-rated refund on your membership fee.

PAYMENTS

Memberships may be paid annually (in full) or by monthly bank draft. Joiner's fees are paid in full at enrollment.

Annual and draft memberships may be placed on hold for a minimum of one month and a maximum of four months within a calendar year.

Membership changes, holds and cancellations require a 30 day written notice.

Memberships are non-transferable.

The MetroWest YMCA reserves the right to revoke a membership.

MEMBERSHIP POLICY

The protection of our members and guests participating in our programs and/or using our facilities is a paramount interest of the MetroWest YMCA. We reserve the right to deny access or membership to any person who has been accused or convicted of any crime including, but not limited to: crimes involving sexual abuse; is a registered sex offender; habitually or excessively uses narcotics or dangerous drugs; has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit-forming and/or dangerous drugs; or continuously or excessively uses intoxicating beverages; or has been convicted of carrying a concealed weapon of any kind.

FINANCIAL ASSISTANCE

The MetroWest YMCA provides an opportunity for every person to use the YMCA, regardless of income.

If you need financial assistance from the Y, please stop by our Member Service Desk for an ASSIST program application. Reduced fees are available in the areas of membership, child care, summer camp, and other programs. The amount of assistance is based on need, as determined by family income guidelines, and is available to individuals and families who live or work in the MetroWest YMCA service area.

For more information contact Member Services at 508-879-4420. To apply for ASSIST, please pick up an application at the Member Service Desk or online at www.metrowestymca.org > Join the Y

MEMBER ONLY BENEFITS

MetroWest YMCA ENews

The MetroWest YMCA offers a monthly email communication. A great way to stay connected!

It is a simple and easy way to receive information about what is happening in our MetroWest Y-Community. Stay up to date with Schedules, Events, Class listings, Registration Dates, Online Program Guide, and more!

Sign up online at our website www.metrowestymca.org. Or send an email to Enews@metrowestymca.org with a written request to be added to our ENews list.

Our Privacy Policy: Your information will be kept confidential and used solely for the MetroWest YMCA email communications. All communications include SafeUnsubscribe. **FYI:** Please check your computer settings and with your ISP for SPAM control so that emails from the MetroWest YMCA are received. Another way is to add us to your address book. Enews@metrowestymca.org

Y-CHILDWATCH FREE FOR MEMBERS!

Drop-In Play Room

Ages 10 months - 10 years old

1 1/2 HOUR LIMIT PER DAY

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 will not transport to and from a swimming class. See the Child Watch staff for details.

Mornings	Monday through Friday 8:45 am - 1:15 pm
Evenings	Monday through Thursday 4:00 - 8:00 pm
Saturdays	8:00 am-12:00 pm
Fees	Free for Adult and Family members! Non-Member \$3.00/1.5 hours (Limit 1.5 hours)

Passes available at the Member Service Desk

15 hour pass: \$40 non-members

25 hour pass: \$60 non-members

ONLINE REGISTRATION

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

MY Y IS EVERY Y IN NEW ENGLAND!

New member only benefit! Now 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. We are for healthy living and we want you to stay active and keep moving!

All YMCA members from Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont will be welcome-free-with their current YMCA ID card anywhere in New England. Find a Y by location.

Some restrictions may apply so please check the Y you plan to visit by going to their website and clicking on My Y / Every Y to learn more. Photo ID's are required.

FACILITY INFORMATION

FAMILY OUTDOOR CENTER

- 116 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

Framingham Member-Only Benefits:

- Unlimited access to group exercise classes, including cycling, kick-boxing, step classes and more
- Pilates is now free for members!
- Free Wellness Consultation 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*)

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 swims and family swims

Wellness Center

- Precor
- Nautilus
- Cybex
- Stair climbers
- Updated free weights
- Stationary cycles, and more
- "Reduced Fee for Yoga" Members Only
- Free Wellness Center Orientations

Youth & Family Interactive Gym

- Trazer and Dance Dance Revolution
- Espresso Bikes
- Cybex
- Wii

Aerobics/Cycle Studio

- Suspended wood flooring
- Climate Controlled

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

On-Site Early Childhood Education Center