

# METROWEST YMCA FAMILY OUTDOOR CENTER



## PROGRAM AND ACTIVITY GUIDE

January 2-February 16, 2019

Registration Dates: Members December 12 • Non Members December 17



45 East Street, Hopkinton MA 01748  
(508) 435-9345 [metrowestymca.org](http://metrowestymca.org)

# YOUTH & ADULT ADVENTURE

Winter 2019 Session  
January 2-February 16, 2019

## YOUTH ADVENTURE



### ARCHERY: BEGINNER & INTERMEDIATE & ADVANCED FOR YOUTH & ADULTS

Aim for the future with our YMCA Archery classes! Our Beginner/Intermediate youth class gradually teaches kids patience, confidence, and the skills needed to succeed as archers. Current students may be invited to join this class from the beginner/intermediate class. If you are new to our program, you may come and try out for the class! Call Abby Biser 508.435.9345 x104 to make arrangements.

Each program helps kids stay on target towards becoming a successful archery and all equipment is provided!

All ages (youth ages 7+ through adult) are welcome  
**7 weeks, Members \$95 / Non-Members \$190**  
Beginner/Inter Saturday...9:00 - 10:00am  
Advanced Class Saturday...10:15am-11:15pm

## TRAIN YOUR BRAIN: MINDFUL METHODS FOR KIDS

### For students in 5th -7th grade

Have you ever wondered what is going on inside your head? Sometimes it doesn't feel like we have much control over what's happening in our brain. But did you know by learning more about your brain you can become more successful in school, be a better friend and develop strategies to help manage stress as you get older. Come join us for 4 weeks of mindfulness instruction, where we will play games and complete challenges all while learning about your brain.

**Saturday mornings from 10-11AM January 19th & 26th, and February 3rd & 10th.**  
**Members: \$55 / Non-members: \$105**

## GEO QUEST

**JAN 19, 26, AND FEB 2.**

### For students in 4th - 6th grade

In this 3 class series, explore what makes up the earth and how different types of rocks are forms. Learn about crystals and find examples on our property. And finally, break into your very own Geode! Class sessions are "Rock Hounds," "Minerals: They're Everywhere," and "What's in Your Geode?"

**Saturday afternoons from 1-2:30 PM**  
**Members: \$75 / Non-members: \$150**

## OPEN CLIMB

Build strength of body and strength of mind during Open Climb! Our indoor rock walls provide great opportunities to practice and gain experience in rock climbing. Bring the whole family as no previous experience is needed and we provide all the necessary equipment. Must bring a willingness to challenge yourself and have some fun!

**Most Fridays from 6:30 - 8:30pm**

**Members FREE & Non-members \$10/person or \$20/family Adult Belay Class \$30** Note: Checked-off belayers can belay their family, increasing climb-time!

**Must call ahead to schedule adult belay classes.**

## OPEN CLIMB VACATION DAYS

EXTRA Open Climbs during winter break!! Will you have family visiting? Will your kids need to get some energy out?

Wednesday, December 26.....1:30 - 3:30pm

Thursday, December 27.....1:30 - 3:30pm

Friday, December 28.....6:30 - 8:30pm

## PRIZES FOR BEST HOLIDAY THEMED COSTUMES

for Hanukah, Christmas, Kwanzaa, Solstice, & New Year's Eve!



Family Open Climb



## SNOW SHOE RENTALS

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



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## VACATION DAY PROGRAMS

### NO SCHOOL DAYS KIDS CLUB

December 26-28, 2019  
February 18-22, 2019

For children currently enrolled in K-6th grade

8:30am-4pm, \$58/day for members and \$77/day for non-members

AM Care: 7:30-8:30, \$9/day for members and \$12/day for non-members

PM Care: 4:00pm-6:00pm, \$9/day for members and \$12/day for non-members

Join us for a week of games, crafts, sports, and more! Each day there will be different activities and projects for everyone to enjoy! We will travel off site for a field trip on Friday! Participants must bring their own snacks, lunches, and water bottles daily. Please be sure to pack appropriate indoor and outdoor apparel for your child so they can enjoy all the fun we have to offer both inside and out! Vacation Camps run from 8:30am-4pm daily, AM and PM Care are available for an extra fee. Register for all the days or individually!

### CREATIVE KITCHEN

#### VACATION CAMP

December 26-28  
February 18-22

Aspiring chefs between the ages of 8-12 are invited to join us for an adventurous culinary experience! Half their day will be spent in the kitchen while the other half will be spent participating in traditional camp activities! If your camper has a food allergy or dietary restrictions, we strongly encourage you to contact us prior to registration. Register for all days or individually!

8:30am-4pm, \$79/day for members and \$109/day for non-members

AM Care: 7:30-8:30, \$9/day for members and \$12/day for non-members

PM Care: 4:00pm-6:00pm, \$9/day for members and \$12/day for non-members

### MLK KIDS CLUB DAY

January 21

8:30am-4pm, Grades K-6

Spend a day of fun at the Y and participate in a variety of activities, including a field trip! Daily rate is \$68/members and \$87/non-members. PM Care is available from 4-6pm for \$9/member and \$12/non-member. For more information and to register please email or call Kelley Ratcliffe, Camp & Teen Director at [kmratcliffe@metrowestymca.org](mailto:kmratcliffe@metrowestymca.org) or 508-435-9345 x101. Space is limited, sign up today!

### CREATIVE ADVENTURERS

Tuesday, February 19th

8:30am-4:00pm

For students ages 8-12

Get creative in the outdoors during winter! Any number of adventures may come our way depending on how much snow we have: making pinecone birdfeeders, building Swedish Snowball Lanterns, creating ice art, making a deer out of wood to take home, or any number of other activities!

Members \$65 / Non-members \$90

### ACTIVE ADVENTURERS

Wednesday, February 20th

8:30am-4:00pm

For students ages 11 and up

Get active in the outdoors during winter! Any number of adventures may come our way depending on how much snow we have: building snow and winter shelters, outdoor cooking, snowshoeing, ice fishing, or any number of other activities!

Members \$65 / Non-members \$90

AM and PM care available for both camps with our Traditional Vacation Camps

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

# FOC PROGRAMS

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## TEEN PROGRAMS

### JUNIOR LEADERS CLUB, GRADES 6-8

**Wednesday's 4:30 – 6:00 pm**  
**LEADERS CLUB, GRADES 9-12**  
**Thursday's 6:30 – 8:00 pm**

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

**The cost of these clubs are FREE FOR ALL! Weekly meetings are held at the Family Outdoor Center in Hopkinton, MA**

### LEAP

**Grades 6th-8th**  
**Thursdays, 2-6pm,**  
**Winter 1 Session | Jan. 3rd – Feb 14th**

Leap into the MetroWest Family Outdoor Center's new Leadership, Education, & Adventure Program! LEAP is an after school program every Thursday for teens to gain leadership skills through adventure-based activities; including archery, high and low ropes course elements, hiking, snowshoeing, boating, and more! Teens will participate in homework help, a healthy snack, an adventure activity, and a leadership activity each week. Transportation provided for Adams, Ashland, and Hopkinton Middle School students. **\$140 members / \$209 non-member**

### TEEN TRIPS

**Grades 6-8**  
**December 27th & 28th**  
**February 19th & 21st**  
**8:30 am – 4:00 pm**

Come join the Family Outdoor Center on some adventurous field trips during December and February Vacation Weeks! We will be traveling to Rock On Adventure in Norwood on 12/27 and Boda Borg Boston on 12/28. In February, we will travel to Nashoba Valley for a day of tubing on 2/20 and on 2/22 we will go to Apex Entertainment Center in Marlboro! Bring your friends and enjoy an adventurous day filled with challenge and laughter accompanied by YMCA staff!

**\$77 members / \$89 non-member per day**

### EARLY RELEASE DAY PROGRAM

**Grades 6th-8th**  
**Dec. 21st | Ashland Middle School**

Calling all Ashland Middle School students! The Family Outdoor Center YMCA will be providing recreational inside Ashland Middle school. Upon dismissal, teens have the opportunity to play sports, Gaga ball, music, arts and crafts, and a pizza lunch!

Registration is located on our website under Middle School Programs. Stay tuned for more info regarding upcoming Ashland & Hopkinton Early Release Day Programs!

**Members & Non-Members: \$15 per day**

## COOKING CLASSES (for all ages!)

### FAMILY DINNER NIGHTS

**Fridays, 4:30-7:00**

**1/4: A Mediterranean Dinner**

**1/18: Pizza & A Salad, Homemade & Healthy**

**2/1: Fresh & Healthy Fast Food Favorites**

**2/15: Winter Harvest, Bringing Veggies to the Table**



Join us in the Hopkinton Teaching Kitchen for an evening of healthy cooking and dinner amongst family and friends! Each class brings families together to explore the delicious culinary style that leads to lifelong health. Classes are for chefs 5 years and older. Parents are required to stay through the duration of the program. If you or a family member has a food allergy or dietary restrictions; we strongly recommend you contact us prior to registration! Each class is designed to be filled with new and exciting recipes and menu items, come for one or come for all! Each family member in attendance must register either in person, over the phone, or online.

**\$15/member, \$20/non-member per class.**

### PLANT-BASED DINNERS

**Wednesdays, 5:00-6:30, 4 week class**

**1/2, 1/9, 1/16, & 1/23**

This four week class for ages 13 and older will explore new cooking options without meat. We will learn to cook with beans, tofu, and how to pair foods to make a vegetarian meal satisfactory. Each class is 90 minutes. This class is designed to help vegetarians and meat-eaters alike to explore new menu options. Vegetarian.

**\$73/members, \$146/non-members per 4 week session.**



### A TASTE OF THE WORLD

**Tuesdays, 5:00-6:30, 4 week class**

**1/8, 1/15, 1/22, & 1/29**

This four week class for ages 13 and older will provide a sample of cultural foods from around the world. We will explore unique and foreign flavor profiles. Each class is 90 minutes.

**\$73/members, \$146/non-members per 4 week session.**

### PICKY EATER CLUB

**Thursdays, 4:15 -5:30, 4 week class**

**1/24, 1/31, 2/7, & 2/14**

For children ages 5-10 encourages selective eaters to try new foods in a safe and comfortable way. Students who cook foods are more likely to try a food they have helped prepare. This class will also provide resources and community for parents of children who have difficulty trying new foods.

**\$73/members, \$146/non-members per 4 week session.**

### KIDS IN THE KITCHEN

**Mondays, 4:00-5:30, 4 week class**

**1/7, 1/14, 1/28, and 2/4**

For children ages 5-8 introduces children to the kitchen. Students will learn or strengthen basic cooking skills to create some amazing healthy dishes.

**\$73/members, \$146/non-members per 4 week session.**

*For all of the above classes, please contact us prior to registration regarding food allergies or dietary restrictions.*

→  
*One more cooking class!*

# COMMUNITY & FAMILY ADVENTURE

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### WINTER EXPLORERS

If you want to discover the wonders of winter, then this program is for you! Explorers will develop a range of outdoor skills, including animal tracking, firebuilding, shelter construction, snowshoeing, and orienteering. Join us to learn about New England nature and become a wintertime expert!

7 Weeks

Youth (Ages 4-11): **Saturday 11:30am-12:30pm**

Young Adult (Ages 12-16): **Saturday 1:00-2:00pm**

Members: \$105

Non-Members: \$210

### TEA AND TALES

Come together with a community of fellow writers to drink tea and develop your literary skills! Participants will experiment with a variety of forms, including fiction, poetry, nonfiction, and playwriting, in a supportive workshop setting. The course will culminate with a celebratory reading of original works for an audience of family and friends—featuring tea and snacks, of course!

7 Weeks

Youth (Ages 7-11): **Thursday 6:00-7:00pm**

Young Adult (Ages 12-18): **Thursday 7:00-8:00pm**

Members: \$105

Non-Members: \$210

### IMPROV ADVENTURES

If you love acting, like to laugh, or want to develop your self-confidence, then come explore the wild world of improvisational comedy! Through short- and long-form games and activities, we'll learn about scene-building, character creation, environment, and more! The course will culminate with an improvised performance for an audience of family and friends.

7 Weeks

Youth and Young Adult (Ages 7-16):

**Saturday 10:00-11:00am**

Members: \$105

Non-Members: \$210

## SPROUTS

Ages 4-5

7 Week Session, 1 class per week

Tuesdays, 10:30-11:30

Thursdays, 10:00-11:00



4 and 5 year olds are invited to join our first ever pre-school cooking class! In this introductory class, kids will learn basic kitchen cooking and safety skills while crafting fun, healthy, and edible creations!

### LUNAR CARNIVAL: ECLIPSE EDITION

Come join us to talk all things eclipse: what is lunar eclipse is, why they occur, and how to see this month's lunar eclipse yourself! During this evening of family fun, we'll be playing games, making models, and answering all your moon-related questions. Register early for this **One-Time Community Event**

**All ages:**

**Saturday, January 19th, 6:00-7:30pm**

**Free to members.**

For our non-member community - \$10/person or \$20/family

### LUNAR CARNIVAL: MOON MYTHS EDITION

This month, we'll be gathering around a campfire to watch the moon rise and talk about its place in legend and folklore. Join us to discover how people have viewed the moon through the ages, learn cool moon-related words, and tell some moon stories of your own!

Register early for this **One-Time Community Event**

**All ages:**

**Saturday, February 16th, 3:00-5:00pm**

**Free to our members.**

For our non-member community - \$10/person or \$20/family

### IT'S ICE TO MEET YOU!

This is the first of an annual tradition of ice sculpture and snow-creation building! Join us for an afternoon and evening of creating ice and snow sculptures - prizes for the most amazing family creation, young artist creation, and silliest creation. Read books with Elsa and Olaf in the Rainbow Igloo! Stay until dusk when the ice sculptures are lit up and glow in the night sky! Meet members of our Y and community members from nearby. Drink warm beverages around a camp fire to warm your fingers and toes, and have fun!

Register early for this **One-Time Community Event**

**All ages: A Saturday yet to be determined from**

**1:00 - 5:00PM: this event can only happen after a fresh snowfall. We will send out an e-blast, post on facebook, and send out a personal invitation to any folks who have registered as soon as we get the best snow.**

Free to our members

For our non-member community - \$20/person or \$20/family

# BIRTHDAY PARTIES & HIGH FLIGHT

## BIRTHDAY PARTIES

We'll partner with you to make it a HAPPY, FUN, and SPECIAL occasion for your child. We make it EASY, AFFORDABLE and MEMORABLE for you to host a party. Our parties are designed for all ages and we offer several theme party options to meet the diverse interests of our birthday party hosts.

**Please visit our website and fill out the birthday party request form @ [metrowestymca.org/birthdayparties](http://metrowestymca.org/birthdayparties)**

### **Not-Your-Typical Party \$275**

We partner with you to make it a happy, fun, and special occasion for your child or family member celebration. 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 \$325**

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 fewer (10 recommended) will join us on the indoor or outdoor range for up to 1.5 hours. Fee for additional guests.

### **Vertical Climbing Party \$350**

Your party will rock on our indoor climbing wall! In addition to a standard celebration with an hour in the party room or pavilion, your group will join us on any climbing elements we agree on. Indoor & Outdoor, beginner & difficult, Climbing walls and towers to Zip Lines to choose from! 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 (10 recommended) may climb in 1 hour. Additional staff at an increased cost may be required for numbers beyond 15 or for specialty climb elements such as the Zip Line!



## HIGH FLIGHT PROGRAM

### **What is High Flight?**

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



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

### **How Do I Participate?**

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

### **General Info**

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

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

### **For more info contact:**

Jen Curtis  
HighFlight Director  
MetroWest YMCA Family Outdoor Center  
45 East Street, Hopkinton, MA 01748  
508-435-9345 x106 [www.metrowestymca.org](http://www.metrowestymca.org)  
[jcurtis@metrowestymca.org](mailto:jcurtis@metrowestymca.org)

# SCHOOL'S OUT!

## After school program serving youth who attend the Hopkinton Public Schools

There's plenty for kids and parents to love about the Y's School's Out Program. Kids get to experiment with their new knowledge, move their bodies, and be surrounded by positive adult role models. Kids who attend School's Out have the opportunity to explore nature, try new activities, gain independence, and make lasting friendships and memories. A Membership to the Outdoor Center is included in your school year tuition...so the whole family can have fun together too!

**Who:** Children who attend Elmwood, Hopkins and Marathon Elementary schools.

**Where:** PM care will take place at the Family Outdoor Center with an available PM pickup location at HCA.

### When:

After school starting at school release – 6:30 p.m. 2, 3, 4, & 5 day options, early release days included. Vacation & snow day programming available.

### Activities include:

- Homework support
- Healthy snacks
- Physical fitness
- STEM and ELA
- Wellness/nutrition
- Arts education
- 21st Century Skills and leadership development
- College & career exploration
- Global & service learning
- Outdoor education and activities including archery, rock climbing, nature trails and more

New for 2018!  
NEW! Lower rates &  
Open later until  
6:30pm

# GET INVOLVED

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

## VOLUNTEER OPPORTUNITIES

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

## JOB OPPORTUNITIES

Visit [metrowestymca.org/employment](http://metrowestymca.org/employment) for open positions in our staff family.

# MEMBERSHIP

The Family Outdoor Center is the perfect place to spend time together as a family. Below are some of the many benefits of member!

### PROGRAMS & EVENTS INCLUDED IN FAMILY OUTDOOR CENTER 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,

### FACILITY AMENITIES

- 122 wooded acres
- Two outdoor pools
- 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

## FINANCIAL ASSISTANCE

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





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## CONTACT US

### FAMILY OUTDOOR CENTER

**Family Outdoor Center Staff 508-435-9345**

Branch Executive Director (x105)	Scott Umbel
Business Manager & Registrar (x110)	Matt Donato
Camp and Teen Director (x101)	Kelley Ratcliffe
Challenge Course Manager (x107)	Emerson Badessa
Adventure & Outdoor Ed Director (x104)	Abby Biser
High Flight Director (x106)	Jen Curtis
High Flight Program Coordinator (x116)	Ethan Kenvarg
School's Out Hopk & Nutrition Director (x114)	Danielle Allen

## GIVING TODAY

### METROWEST YMCA ANNUAL CAMPAIGN

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

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