SESSION DATES:
February 24 - April 19 (closed Easter Sunday, April 12)

REGISTRATION DATES:
Members Only: Wednesday, February 12
Online and Walk in starts at 6 AM
Non-Members: Monday, February 17

MWYMCA Sting Ray Swim Team helps kick off this year’s 2020 Annual Campaign!
DEAR MEMBERS & PROGRAM PARTICIPANTS,

As you may have noticed, the MetroWest YMCA is under construction. As part of our commitment to enhancing your Y experience and strengthening the foundations of our community, we are expanding our facility by 7,800-square feet and renovating existing spaces.

PROJECTS STILL IN PROGRESS:
- A café for your enjoyment
- Expanded gymnasium for functional training (Think Turf Floor and Cool New Equipment)

The above areas are expected to be completed and open for use by April 2020.

RECENTLY COMPLETED PARTS OF THE PROJECT ARE:
- Improving the front walkway and entrance area for more convenient building access including a drop off and pick up area.
- Completely renovated Aquatic Center
- Updated gymnasium including long awaited air-conditioning.
- Relocated exercise studio to a more convenient upstairs location.
- A dedicated room to dance and a variety of other healthy living programs.
- A brand new cycle studio.
- A renovated and expanded Early Learning Center!
- A new space focused on youth development for an after school program during the week and other youth and family enrichment programs during mornings and weekends.
- A new community conference room for training, lectures, meeting and special activities.

Stay connected and informed on the project by visiting ymcaheartofthecommunity.org or follow us on social media or stop by the Framingham branch for a personal tour of the updates and changes we are making for you.

On behalf of the entire Y Staff team and all of our board members thank you for your support and for choosing to be a member of our Y family. We are very excited and hope you are too!

Rick MacPherson
President & CEO

NEW TURF & FUNCTIONAL TRAINING SPACE!

More equipment coming Feb 1st!
See pages 18-19 for more info on exciting classes!
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.

**METROWEST YMCA**
**FRAMINGHAM BRANCH**
280 Old Connecticut Path
Framingham, MA 01701
508-879-4420

**Facility Hours**
Monday-Friday  5:00 am - 10:00 pm  
(Pool Hours)  
Saturday  7:00 am - 7:00 pm  
(Pool Hours)  
Sunday  7:00 am - 7:00 pm

All areas close 15 minutes before closing time.

**LOCATIONS**

**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.

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**TABLE OF CONTENTS**

**EARLY LEARNING CENTER & BEFORE/AFTER SCHOOL PROGRAMS**  4-5

**YOUTH DEVELOPMENT**
Early Childhood Centers  4
Before & After School Programs  5
Youth Aquatics & Swimming  6-9
Enrichment Programs  10-11
Sports  12-13
Dance  14
Gymnastics  15
Teens  16
Youth Well-being & Fitness  16
Family Outdoor Center Programs  22-23
Family Outdoor Center Summer Camp  23
Cooking Classes  22
Birthday Parties  23
Family Programs  6, 13, 15, 18, 22

**HEALTHY LIVING**
Youth & Teen Well-being & Fitness  16
Adult Aquatics & Swimming  9
Adult Well-being & Fitness  17-21
Active Older Adults  19-20
Wellness Prevention Programs  20
LIVESTRONG at the YMCA  20
Family Outdoor Center  22-23

**SOCIAL RESPONSIBILITY**
Safety Courses  8
Boston Marathon Team  27

**ABOUT YOUR Y**
Locations & Rates  24-25
Member Benefits, Facility & General Info  24-26
Important Dates & Contact Info  28

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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.

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**EARLY LEARNING CENTER**
282 Old Connecticut Path
Framingham MA 01701

**Hours of Operation:**
Monday - Friday (year-round) 7:30 am to 6:00 pm

**Toddler - Pre-Kindergarten**
- 5 day for toddlers
- 2, 3 & 5 day options for preschool

**Early Learning Center Director**
Lolly Butz
508-879-4420 x251
MButz@metrowestymca.org

The MetroWest YMCA Early Learning Center provides high quality early education and care to children ages 12 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 during the day, for a small fee.

**Recently Expanded and Renovated!**

Newly renovated and expanded
EARLY LEARNING CENTER
at the MetroWest YMCA

- Brand new center with a quality design based on recommendations developed by the Children’s Investment Fund
- Located at the new dedicated entrance to the Y located at 282 Old Connecticut Path on the Concord Street side of the building – designed to limit the need to walk through busy parking lots
- Brand new toddler classroom added
- Natural lighting in each classroom
- Bathrooms in each classroom to help improve toileting independence
- Breakfast and afternoon snack included
- New indoor gross motor opportunities when the weather is poor
- New sensory path and shared community room and so much more!

**Project ABC**

Project ABC is an exciting new initiative here at the Y. It’s a Coordinated Family and Community Engagement (CFCE) grant program funded by the Department of Early Education and Care (EEC) and managed by the MetroWest YMCA. The program is designed to provide families with young children in Ashland, Holliston and Hopkinton with full access to locally available comprehensive services and supports that strengthen families, promote optimal child development, and bolster school readiness. Project ABC is currently running FREE playgroups for parents and young children at the libraries and other venues in all three communities.

For more information, to learn more about and stay engaged with the activities of Project ABC, please contact Project ABC Coordinator Laina Abolfazli at labolfazli@metrowestymca.org or you can join our FaceBook community by liking us @ProjectABCMetroWest.
SCHOOL’S OUT
Before & After School Programs

For youth in grades K-5
2,3,4 & 5 day programs available

FRAMINGHAM PUBLIC SCHOOLS
School’s Out
Schools: Hemenway & Potter Road
Mornings: 7:00am - until school starts
Afternoons: school release - 6:00pm

ASHLAND PUBLIC SCHOOLS
School’s Out
Schools: Mindness & Warren
Location: Ashland Middle School, transportation is provided by the Public Schools afternoons only
Afternoons only: School release until 6:30pm

HOPKINTON PUBLIC SCHOOLS
School’s Out
Schools: Center, Elmwood & Hopkins
Location: Family Outdoor Center, 45 East Street, Hopkinton MA 01748
Transportation is provided by the Public Schools
Afternoons only: School release until 6:30pm

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 release until 6:30pm

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, initiative by means of small and large group activities and service learning projects.

School’s Out Director
(508) 435-9345 x115
schoolsout@metrowestymca.org

FRAMINGHAM BRANCH
Afternoons Only: School release to 6:00pm
Location: Framingham Branch, Youth Development Zone Room. Kids will be able to use the Framingham Branch to participate in activities such as Swim lessons, Gaga-Ball, exercise equipment and more. Two healthy snacks will be provided.

Transportation provided by the MetroWest YMCA for McCarthy elementary school students only. Children from other elementary schools with their own transportation are welcome to attend.

Have fun with us all year long!
Before & After School Programs
AQUATICS

YOUTH DEVELOPMENT

INFANT TODDLER CLASSES

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

Parent & Child A (PCA)
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 though fun and confidence building experiences. Parents will learn about water safety, drowning prevention and the importance of supervision.

Tuesday 10:00 - 10:30 am 10972
Saturday (10 spots) 8:30 - 9:00 am 10973
Saturday (10 spots) 9:40 - 10:10 am 10974
Sunday 11:00 - 11:30 am 10975

Parent & Child B (PCB)
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.

Wednesday 9:30 - 10:00 am 10976
Thursday 9:05 - 9:35 am 10978
Saturday 9:05 - 9:35 am 10979

PRESCHOOL
AGES 3-5

Preschool 1 (PS 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 2:00 - 2:30 pm 10980
Monday 3:30 - 4:00 pm 10981
Tuesday 1:00 - 1:30 pm 10982
Tuesday 4:00 - 4:30 pm 10983
Tuesday 4:35 - 5:05 pm 10984
Tuesday 5:10 - 5:40 pm 10985
Tuesday 5:45 - 6:15 pm 10986
Wednesday 9:30 - 10:00 am 10987
Wednesday 4:35 - 5:05 pm 10988
Wednesday 4:35 - 5:05 pm 10989
Wednesday 5:10 - 5:40 pm 10990
Wednesday 5:45 - 6:15 pm 10991
Thursday 2:00 - 2:30 pm 10992
Thursday 4:00 - 4:30 pm 10993
Thursday 4:35 - 5:05 pm 10994
Friday 4:35 - 5:05 pm 10995
Saturday 8:30 - 9:00 am 10996
Saturday 9:05 - 9:35 am 10997
Saturday 9:40 - 10:10 am 10998
Saturday 10:15 - 10:45 am 10999
Saturday (8 spots) 10:50 - 11:20 am 11000
Saturday (4 spots) 11:25 - 11:55 am 11001
Saturday (8 spots) 12:00 - 12:30 pm 11002
Sunday 11:00 - 11:30 am 11003
Sunday 11:35 - 12:05 pm 11004
Sunday 12:45 - 1:15 pm 11005
Sunday 1:20 - 1:50 pm 11006
Sunday 1:55 - 2:25 pm 11007

Preschool 2 (PS 2)
Must have successfully completed Level 1 - or be able to glide off wall front and back, going underwater independently, roll from front to back, exit water independently, float with assistance and recover.

Monday 9:30 - 10:00 am 11013
Monday 1:30 - 2:00 pm 11014
Monday 5:05 - 5:35 pm 11015
Monday 6:30 - 7:00 pm 11016
Tuesday 9:30 - 10:00 am 11017
Tuesday 4:00 - 4:30 pm 11018
Tuesday 5:10 - 5:40 pm 11019
Wednesday 1:30 - 2:00 pm 11020
Wednesday 4:35 - 5:05 pm 11021
Wednesday 5:45 - 6:15 pm 11022
Thursday 9:00 - 9:30 am 11023
Thursday 10:00 - 10:30 am 11024
Thursday 5:10 - 5:40 pm 11025
Friday 9:30 - 10:00 am 11026
Friday 4:35 - 5:05 pm 11027
Friday 4:35 - 5:05 pm 11028
Saturday 8:30 - 9:00 am 11029
Saturday 9:05 - 9:35 am 11030
Saturday 9:40 - 10:10 am 11031
Saturday 10:15 - 10:45 pm 11032
Saturday 10:50 - 11:20 am 11033
Saturday 11:25 - 11:55 am 11034
Sunday 11:00 - 11:30 am 11035
Sunday 11:35 - 12:05 pm 11036
Sunday 12:10 - 12:40 pm 11037
Sunday 12:45 - 1:15 pm 11038

Preschool 3 (PS 3)
Must have successfully completed Level 2 - or be able to submerge and blow bubbles, float 10 seconds, glide front and back 5 feet, treading water 10 seconds and swim, float swim independently with face in the water 5 yards.

Monday 7:05 - 7:35 pm 11039
Tuesday 1:30 - 2:00 pm 11040
Tuesday 5:45 - 6:15 pm 11041
Wednesday 4:00 - 4:30 pm 11042
Wednesday 5:45 - 6:15 pm 11043
Thursday 9:30 - 10:00 am 11044
Thursday 4:00 - 4:30 pm 11045
Thursday 5:10 - 5:40 pm 11046
Friday 10:10 - 10:40 am 11047
Friday 4:00 - 4:30 pm 11048
Saturday 8:30 - 9:00 am 11049
Saturday 9:05 - 9:35 am 11050
Saturday 9:40 - 10:10 am 11051
Saturday 10:50 - 11:20 am 11052
Sunday 11:35 - 12:05 pm 11053

Preschool 4 (Ps 4)
Must have successfully completed Level 3 - or can swim 15 yards with face in the water, submerge and retrieve and object from the bottom, swim on back 10 yards independently, tread water 30 seconds, jump in independently and swim to wall.

Tuesday 4:35 - 5:05 pm 11054
Wednesday 5:10 - 5:40 pm 11055
Thursday 4:35 - 5:05 pm 11056
Saturday 8:30 - 9:00 am 11057
# SCHOOL AGE LESSONS
## AGES 6-13

### School Age 1 (SA1)
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,

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<td>12:45 - 1:15pm</td>
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### School Age 2 (SA2)
Must have successfully completed Level 1 – or be able to glide off wall front and back, going under water independently, roll from front to back, exit water independently, float with assistance and recover.

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<td>1:55 - 2:25pm</td>
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### School Age 3 (SA3)
Must have successfully completed Level 2 - or be able to submerge and blow bubbles, float 20 seconds, glide front and back 10 feet, treading water 10 seconds and swim, float independently with face in the water.

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### School Age 4 (SA4)
Must have successfully completed Level 3 - or can swim 25 yards with face in the water, submerge and retrieve and object from the bottom, swim on back 15 yards independently, tread water 1 minute, jump in independently and swim to wall.

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<td>2:30 - 3:10pm</td>
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### School Age 5 (SA5)
Must have successfully competed Level 4 – or be able to swim 15 yards rotary breathing with over arm recovery, backstroke 15 yards, breaststroke and butterfly kick 15 yards and diving.

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<td>2:30 - 3:10pm</td>
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### School Age 6 (SA6)
Must have successfully competed Level 5 or be able to swim 300 yards freestyle, 100 backstroke, 50 yards breaststroke and 25 yards butterfly.

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<td>Sunday</td>
<td>2:30 - 3:10pm</td>
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### COMPETITIVE SWIM CLASS
For youth ages 9-12 who are levels 5 or 6. This class is designed to give interested swimmers a chance to work on their competitive swim skills in a friendly environment.

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### HOME SCHOOL SWIMMING
School Age Children
Ages 6-12 years old. This is a multi level swim class. Class will work on endurance, rotary breathing and stroke improvement.

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<tr>
<td>Tuesday (Adv)</td>
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<td>11121</td>
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</tbody>
</table>

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.
Basic First Aid for the Community and Workplace
In this nationally recognized program, participants will develop basic first aid knowledge and skill and the confidence to respond. They learn signs, symptoms, and treatment of emergencies such as severe bleeding, shock, burns, allergic reactions, poisoning and more. **Cost: $55**
Thursday, Mar 5  
6:00-9:30pm  
11179

CPR/AED American Heart Association for the Professional Rescuer
The BLS Instructor-led course teaches both single-rescuer and team basic life support skills for application in both pre-hospital and in-facility environments, with a focus on High-Quality CPR and team dynamics. **Cost: $75**
Thursday, Mar 19  
6:00-9:30pm  
11181

ASHI CPR/AED for the Community
The program is for the individual who wants or are required to have CPR and AED knowledge and skills: including emergency response teams in the workplace, school bus drivers, adult residential care personnel, child care worker, teachers, parents, and baby-sitters. **Cost: $65**
Thursday, Apr 2  
6:00 - 9:30 pm  
11180

American Red Cross Lifeguard Courses
Must be 15 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 sessions, demonstrate competency in all required skills, activities, and final rescue skill scenarios in addition to passing both exams with a minimum grade of 80%. Participants should be able to complete a prerequisite swim: 300 yard continuous swim, 2 minutes of treading water using ONLY legs, and completion of a timed event within 1 minute and 40 seconds. **Cost: Member $283 / Non-Member $350**
Sundays  
Apr 5,19,26  
9:00 am - 7:00 pm  
11182

American Red Cross Lifeguard Recertification Courses
The lifeguard recertification course is for individuals that possess current lifeguarding certifications that need to be recertified before their certifications expire. Participants DO NOT need to pass a prerequisite swim to register for this course. Must bring a copy of their current certification to class. **Cost: Members $129 / Non-Members $206**
Saturday, Apr 18  
9:00 am - 7:00 pm  
11183

BE A LIFEGUARD AT THE METROWEST YMCA!
The MetroWest YMCA is currently offering a unique job training program. If you are interested in becoming a lifeguard, the Y will train you and hire you - at no cost to you!

Here’s how it works:
**1) APPLY.** Fill out an employment application (available online).

**2) INTERVIEW & HIRING.**
A YMCA Director will invite you to interview. If offered the position, complete the paperwork to become an employee. Basic Requirements: At least 16 years at the end of the training, able to complete swim endurance requirements: 300yard swim, 2-min treading water and brick retrieval.

**3) COMPLETE THE AMERICAN RED CROSS LIFEGUARD COURSE.** Free!! If you commit to 12-months of employment with the MetroWest YMCA. $200 if you commit to the summer-only employment at the MetroWest YMCA.

Questions? Interested in signing up? Please contact: Katie DuPont  
kdupont@metrowestymca.org  
508-879-4420 x288
ADULT SWIM LESSONS

FEB 24 - APR 19

$86 Members
$172 Non-Members

Beginner A
For adults who have little to no swimming experience or are unable to put their face in the water or have a fear of the water. This class will also focus on floating and safety.
Wednesday 8:00 - 8:40 pm 11122
Thursday 1:30 - 2:10 pm 11184
Saturday 1:25 - 2:05 pm 11185

Beginner B
This adult class will focus on beginner strokes, stroke technique, jumping in, combination skills, safety and endurance.
Monday 7:45 - 8:25 pm 11123
Wednesday 2:00 - 2:30 pm 11124
Wednesday 8:40 - 9:20 pm 11125
Thursday 1:30 - 2:00 pm 11126

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, 5:15am-6:15am. Team members are eligible to compete in meets. (9 weeks - no break)
Session $102 members / $204 non members
Session (MWF) 5:15-6:15 am 11129

ADULT AQUATIC FITNESS

Water Aerobics
Aerobic water workout focuses on coordination, flexibility, endurance and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!
1-day option: $20 members/$40 non-members
Monday 10:05 - 10:45am 11130
Monday 8:30 - 9:30 pm 11131
Tuesday 7:30 - 8:15 pm 11132
Wednesday 10:05 - 10:45 am 11133
Thursday 7:30 - 8:15 pm 11134
Friday 10:05 - 10:45 am 11135

3 day $46 members/$105 non-members
Mon/Wed/Fri 10:05-10:45 am 11136
Mon/Tues/Thurs (Mon) 8:30 - 9:30 pm 11137
(Tue/Thurs) 7:30-8:15 pm

Water Walking - Low Impact
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.
$10 members/$35 non-members per day
Please sign up for the class or classes you wish to attend.
Monday 11:30 am - 12:00 pm 11138
Tuesday 11:30 am - 12:00 pm 11139
Tuesday 7:00 - 7:30 pm 11140
Wednesday 11:30 am - 12:00 pm 11141
Thursday 11:30 am - 12:00 pm 11142
Thursday 7:00 - 7:30 pm 11143
Friday 11:30 am - 12:00 pm 11144

Advanced Water Walking -High Impact
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.
$10 members/$35 non-members per day
Monday 11:00 - 11:30 am 11145
Wednesday 11:00 - 11:30 am 11146
Friday 11:00 - 11:30 am 11147

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 10:30 - 11:15 am 11148
Thursday 10:30 - 11:15 am 11149

OPPORTUNITIES TO ENGAGE

NOW HIRING!

CPR/FIRST AID TRAINER
LIFEGUARD INSTRUCTOR TRAINER
WATER FITNESS INSTRUCTOR
ASSISTANT SWIM TEAM COACH
SWIM INSTRUCTORS
AQUATICS PROFESSIONAL

Get a job, Get a membership!

metrowestymca.org/employment-0

REGISTER ONLINE & MORE @ WWW.METROWESTYMCA.ORG
**LETS GET READY FOR KINDERGARTEN!**

**Kindergarten Readiness Program**
(ages 4–5)

Getting ready for elementary school is a fun and exciting time for kids. This class is to work on skills that will be useful and successful in your child’s kindergarten experience.

$150 M / $160 YM / $300 NM
Tuesday and Thursday 9:30–12:30 11234

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**ENRICHMENT YOUTH DEVELOPMENT**

**TINIEST TOTS CLASSES, AGES 1.6–2.9**
The purpose of the Parent & Child classes is to introduce your toddler to a classroom environment with parent. These classes will have parent and child work together.

**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.

Wednesday 9:30–10:30am 11219
Saturday 9:30–10:30am 11220

**TODDLIN’ TOTS A CLASSES, AGES 2.6–3.6**
The purpose of the Toddlin’ Tots A classes is to introduce your toddler to a preschool environment. The goal is to achieve a smoother parent-child transition and help children develop and improve their social skills with their peers. Classes include music, story time, free play, arts and crafts. These classes are without parent.

**Sticky Fingers**
Make a mess and use different materials such as paint, paper-machine and clay. Come dressed for a mess.
Monday 9:30–10:30am 11221

**TODDLIN’ TOTS B CLASSES, AGES 3–4**
The purpose of the Toddlin’ Tots B classes is to provide children the opportunity to improve social skills and fine motor skills in a lightly structured setting. These classes are designed for children who easily transition from parent to classroom. Classes include music, story time, free play, and crafts.

**Alphabetivities**
Explore a different letter of the alphabet each week. Your child will practice writing each letter, learning sounds, and making a theme related craft.
Friday 9:30–10:30am 11222

**Travel Around the World**
Get your passports in order because we are about to embark on an adventure that will take us around the world! Each week we will travel to a new continent, locate famous landmarks, and celebrate different customs and cultures and create indigenous crafts. So let’s get going, there is a whole world to discover!
Wednesday 9:30–10:30am 11224

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**LET’S GET READY FOR KINDERGARTEN!**

**FEB 24 – APR 19**
8 WEEKS
$76 Members
$94 Youth
$152 Non-members

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**PARENTS NIGHT OUT**
@ the Framingham Branch From 6–9pm

For kids age 3-12. (must be potty trained)
Night Includes: Games, activities, arts, pizza dinner and more.
Register online or at our Member Service Desk.

Friday, February 14 10827
Friday, March 13 10829
Friday, April 10 10835
Friday, May 8 11236
Friday, June 12 11237

New Participants need to fill out a one-time emergency contact form. Family Members $10 / Youth $15 / Non Members $20 per child.

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**METROWEST YMCA**
**Ninjas & Arts**, ages 3.5-5
Start this class with 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 and then move down to the enrichment room for a snack provided from home and craft & activity time. Prices are different due to a longer class time.
**Members $90 | Youth $113 | Non-members $180**
Thursday ....................10:45-12:00 pm ............11233

**NO SCHOOL DAY PROGRAM**
@ The Framingham Branch
Grades K-6
8:30 AM – 4:00 PM
Crafts, sports, board games, reading and more are offered on No School Days at the Framingham Branch. Bring snacks, lunch, water and clothes for outdoor play!

- Dates are for the 2019-2020 School Year.
- Please watch for Vacation Week information for 2019-2020 school year.
- Registration forms are available on our website or at the Member Service Desk.

$63/day family members; $79/day youth members; $126 non-members
March 3 10155
April 10 10163

**Questions?** Please contact Jen Hyman, Youth and Family Engagement Director at jhyman@metrowestymca.org 508-879-4420 x281
**KIDS BASIC MARTIAL ARTS PROGRAM**

Based on the teachings of Shaolin Kempo Karate, classes focus on developing the critical life skills of respect, self-discipline and self-control. Students will learn to control and be confident in their actions by learning varied martial arts movements such as strikes, kicks, and footwork; progressing to more complex movements and patterns as they develop. Sneakers are required; please no boots, clogs, flip flops or sandals. *Introductory belt is provided, Karate uniform optional to purchase. This class is being held in Studio A. (Price listed under Youth)*

<table>
<thead>
<tr>
<th>Ages 4-7</th>
<th>Saturday 1:30-2:00pm</th>
<th>11316</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Introductory session for first-time karate students)</td>
<td></td>
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<tr>
<td>Ages 4-7</td>
<td>Saturday 2:00-2:30pm</td>
<td>11317</td>
</tr>
<tr>
<td>(Requires completion of introductory session or prior karate experience)</td>
<td></td>
<td></td>
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<tr>
<td>Ages 8-13</td>
<td>Saturday 2:30-3:00pm</td>
<td>11318</td>
</tr>
</tbody>
</table>

**Advanced Karate Class**

Members $80 | Youth $100 | Non-members $160

(Requires Yellow Belt or instructor approval).

All ages Saturday 3:15-4:00pm 11319

**PRE-SCHOOL CLASSES**

**ages 3-5**

**Members $78 | Youth $98 | Non-members $156**

**Sports of all Sorts**, ages 3-5

Children will learn the basic skills of catching, throwing, kicking, and laughing! The class will help build self-confidence in groups and develop basic coordination through sport activities such as baseball, basketball, soccer, floor hockey, etc. We will introduce a new sport each week.

Wednesday 10:00-10:30 am 11327

**Little Ninjas**, ages 3-5

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.

Tuesday 4:00 - 4:30 pm 11309
Tuesday 4:40 - 5:10 pm 11310
Thursday 10:00 - 10:30 am 11306
Thursday 4:00 - 4:30 pm 11312
Saturday 9:00 - 9:30 am 11301
Saturday 9:40 - 10:10 am 11302

**Ninjas & Arts**, ages 3.5-5

Start this class with 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 and then move down to the enrichment room for a snack provided from home and craft & activity time.

Members $90 | Youth $113 | Non-members $180

Thursday 10:45-12:00 pm 11233

**Gym Games & Crafts**, ages 3.5-5

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

Members $90 | Youth $113 | Non-members $180

Monday 10:30-11:45 am 11231

**YOUTH CLASSES**

**ages 6-10**

**Members $80 | Youth $100 | Non-members $160**

**Golf**, ages 6-8

Children will learn the basics of golf through the First Tee DRIVE program. The DRIVE program integrates values and character building through the game of golf. In the class students will use modified equipment to learn the basic strokes of golf through activity based lessons. This is a fun and interactive method of teaching golf while integrating important life skills and character building. This class will utilize our new turf space! **This class will run 7 weeks. Therefore pricing is different.**

Members $72 | Youth $87.50 | Non-members $140

Wednesday 4:00 - 4:40 pm 11324

**Golf**, ages 8-10

Children will learn the basics of golf through the First Tee DRIVE program. The DRIVE program integrates values and character building through the game of golf. In the class students will use modified equipment to learn the basic strokes of golf through activity based lessons. This is a fun and interactive method of teaching golf while integrating important life skills and character building. This class will utilize our new turf space! **This class will run 7 weeks. Therefore pricing is different.**

Members $72 | Youth $87.50 | Non-members $140

Wednesday 4:45 - 5:25 pm 11325

**Ninja Warrior**, ages 6-8

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.

Tuesday 5:20 - 6:00 pm 11311
Tuesday 4:40 - 5:20 pm 11313
Saturday 11:10 - 11:50 am 11304

**Ninja Warrior**, ages 8-10

Thursday 5:30 – 6:10 pm 11314
Saturday 12:00 – 12:40 pm 11305

**Small Ball Basketball**, 1st-3rd grade clinic

Dribbling, passing, shooting, rebounding and defensive drills will be taught along with actual game play.

Wednesday 4:00 - 4:40 pm 11307

**Buzzer Beater Basketball**, 4-6th grade clinic

Dribbling, passing, shooting, rebounding and defensive drills will be taught along with actual game play.

Wednesday 4:45 - 5:25 pm 11308

**Pickleball**, ages 7-10

Learn the basics of the new pickle ball craze with our sports staff! This class is open to kids ages 7-10 who want to play competitive games in addition to practicing.

Friday 4:10 - 4:50 pm 11315
The Youth Basketball Extended League is for both returning and new players. Sign ups are available online NOW.

**When:** From March 7th to April 11th.

**Where:** MetroWest YMCA and Barbieri Elementary School (times and locations for each grade TBD)

**Pricing:** Family Membership:$65  Youth Membership:$81  Non-Members: $130

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**Rookie**, GIRLS AND BOYS Pre-K
Kindergarten Skills, drills and team play. Half-hour practice followed by half-hour of team play. Games will be held on Saturdays. Times and location TBD

**Code:** 11331

**Hot Shots**, BOYS ONLY grades 1-2
Skills, drills and team play. Half-hour practice followed by half-hour of team play. Games will be held on Saturdays. Times and location TBD.

**Code:** 11330

**Big Shots**, BOYS ONLY grades 3-4
Hoops are set at a regulation height. Practices will emphasize beginner level plays for games. Teams will practice once a week during the evening. Games will be held on Saturday afternoons.

**Code:** 11334

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**Hot Shots**, GIRLS ONLY grades 1-2
Skills, drills and team play. Half-hour practice followed by half-hour of team play. Games will be held on Saturdays. Times and location TBD.

**Code:** 11332

**Big Shots**, GIRLS ONLY grades 3-4
Hoops are set at a regulation height. Practices will emphasize beginner level plays for games. Teams will practice once a week during the evening. Games will be held on Saturday afternoons.

**Code:** 11333

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**VOLUNTEER COACHES NEEDED**

All teams are coached by parent volunteers. Parents interested in volunteering to coach a team should contact Cody Ross, our Director of Youth Development, at cross@metrowestymca.org or call 508-879-4420 x262.
The Metrowest YMCA is excited to announce our collaboration with the Metrowest Dance Academy to bring safe, professional and quality dance training to your child! Teachers are trained in the ‘how’ to teach dance and classes are developmentally appropriate, full of creativity and use of imagination. At the YMCA we will teach pre-ballet, ballet, tap and jazz to ages 3-7 on Saturday mornings. We know that teaching with the development and enjoyment of each student in mind is going to help them grow into confident, fit, and happy people.

PRE-SCHOOL DANCE CLASSES
Family $80 / Youth $100 / Non-Member $160

Pre-Ballet 1, Ages 3-4
A wonderful introduction to ballet for 3-4 year olds to develop their coordination, musicality and expression. Each class will engage their imagination and creativity. The class will develop great listening skills as they interact with their teacher and friends.
Saturday, 8:30 - 9:00 am   11171

Pre-Ballet 2, Ages 4-5
Learning ballet through use of imagination, expression and creativity. Developmentally appropriate dance skills are nurtured through natural movement and more complex coordination, rhythm and control is developed. Students will listen to instructions, gain confidence and build strong bones and muscles!
Saturday, 9:00 - 9:30 am   11172
Saturday, 12:20 - 12:50 pm   11340

Jazz and Tap 2 & 3, Ages 4-6
An upbeat class for 4-6 year olds! Jazz and tap are combined for a fun class developing rhythm, ankle dexterity and strength, greater flexibility and fitness while working on core control and dynamics to age appropriate current music!
Saturday, 9:35 - 10:05 am   11339

SCHOOL AGE DANCE CLASSES
Family $80 / Youth $100 / Non-Member $160

Ballet 3, Ages 5-6
A perfect ballet class for rising Kindergartners. Following a Royal Academy of Dance syllabus developing ballet and natural movement through creativity and musicality. Building self-esteem, strength and discipline in a nurturing and inspiring way.
Saturday, 10:05 - 10:35 am   11174

Ballet 4, Ages 6-7
Primary Ballet follows a Royal Academy of Dance syllabus that is developmentally appropriate, fun and engaging. The students will develop ballet technique, artistry, and musicality whilst building strength and coordination.
Family $96 / Youth $120 / Non-Member $192
Saturday, 10:50 - 11:35 pm   11176

Jazz and Tap 4, Ages 6-7
First graders dance to today’s tunes! Step into this fun jazz and tap combination class to develop flexibility, strength and style! Floor work, traveling steps and creative dances will make for an entertaining and fun class.
Family $96 / Youth $120 / Non-Member $192
Saturday, 11:35 - 12:20 pm   11177
GYMNASTICS
YOUTH DEVELOPMENT

PRE-SCHOOL GYMNASTICS
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.

**My Friend & Me, Ages 2 -3 years old with Parent**
Children and parents will explore the world of creative movement through gymnastics. Your child will enhance social skills, risk taking, body awareness and confidence. (participants must be able to walk independently and each child must be accompanied by an adult)
Thursday 9:45-10:15 am  11245
Saturday 8:30-9:00 am  11246

**Littles, Ages 3-4**
Begin to learn gymnastics skill independently from parent.
Thursday 10:20-11:00 am  11247
Saturday 9:00-9:40 am  11248
Saturday  9:45-10:25 am  11249

**Mighty’s, Ages 4-5**
Begin to learn gymnastics skill independently from parent.
Thursday 11:00-11:40 am  11250
Saturday 8:00-8:40 am  11251
Saturday  8:45-10:25 am  11252

OPPORTUNITIES TO ENGAGE

NOW HIRING!
Part-Time
Full-Time
Summer-Time

Apply now!

For more information about gymnastics classes, please reach out to Cody Ross, our Director of Youth Development at 508-879-4420 x262 or cross@metrowestymca.org

SCHOOL AGE GYMNASTICS

**Rollers, Ages 5 - 7 years old**
Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.

Tuesday 4:00 - 5:00 pm  11253
Wednesday 4:00 - 5:00 pm  11254
Thursday 4:00 - 5:00 pm  11255
Thursday 5:00 - 6:00 pm  11256
Friday 4:30 - 5:30 pm  11257
Saturday 10:35 - 11:35 am  11258
Saturday 10:35 - 11:35 am  11259
Saturday 11:40 - 12:40 pm  11260

**Swingers, Ages 6+**
This is the intermediate level in our progressive program that continues to build on skills learned in rollers. (This class enrollment is based on our recommendations only)
Tuesday 5:00 - 6:00 pm  11261
Wednesday 5:00 - 6:00 pm  11262
Friday 4:40 - 5:40 pm  11263
Saturday 11:40 - 12:40 pm  11264

**Rollers, Ages 8+**
Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.

Wednesday 5:00 - 6:00 pm  11265
Friday 4:30 - 5:30 pm  11266
Saturday 10:35 - 11:35 am  11267
Saturday 11:40 - 12:40 pm  11268

**Kippers, Ages 8+**
The most advanced level in our progressive program that continues to build on skills learned in swingers. (This class enrollment is based on our recommendations only)
Saturday 11:40 am - 12:40 pm  11269

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

**FEB 24 - APR 19**
8 WEEKS
$ 78 Members
$98 Youth
$ 156 Non-members

**FEB 24 - APR 19**
8 WEEKS
$ 86 Members
$108 Youth
$ 172 Non-members

8 WEEKS
$ 78 Members
$98 Youth
$ 156 Non-members

8 WEEKS
$ 86 Members
$108 Youth
$ 172 Non-members

REGISTER ONLINE & MORE @ WWW.METROWESTYMCA.ORG
YOUTH & TEEN FITNESS

HEALTHY LIVING

FEB 24 - APR 19

8 WEEKS

CARDIO KIDS AGES 7-11
Kids learn how to use the cardio and strength equipment in the youth and family area as well as have fun through games. **Sign up for a maximum of 2 classes.** *Parents must sign children in and out of every class.

Free for members / $182 Non members
Monday .......... 4:15-5:00 pm ................. 11189
Tuesday ......... 4:15-5:00 pm ................. 11191
Thursday ........ 4:15-5:00 pm ................. 11192
Friday .......... 4:15-5:00 pm ................. 11193

TEEN WEIGHTLIFTING AGES 12-16
Using a variety of equipment like kettlebells, dumbbells, and barbells, teens will learn the basics of weightlifting/ strength training. Teens will learn how to perform movements like bench press, squat, deadlift, and more.

$87 family members/ $91 youth members/
$174 non members
Tuesday .......... 4:00-5:00 pm ................. 11194
Thursday ........ 4:00-5:00 pm ................. 11190

POWERFUL GIRLS AGES 10-14
A takeoff from our successful “Powerful Women” class, this program works on building strength and power in a private, supported environment to help participants with their body awareness, self-esteem, and stress management. Learn fun, full-body movements, designed specifically for young girls in our new Functional Training Studio.

$87 family members/ $91 youth members/
$174 non members
Monday .......... 4:00-5:00 pm ................. 11200

TEEN BOOTCAMP AGES 12-16
This new, fun, and energetic class is perfect for young athletes and teens looking for a strength and cardio based workout. It will take place in the NEW functional training and turf area.

$87 family members/ $91 youth members/
$174 non members
Sunday .......... 10:30-11:30 am ............. 11202

FAMILY WELLNESS
See “Group Exercise” on page 18.

TEEN FORUM

• Are you a teenager looking for leadership opportunities?
• Are you a parent looking for a safe place for your teens to hang out?
• Are you a community member with interest in helping the teen population?

Calling all teens in grades 5th-12th! And their families!

Join us here at the MetroWest YMCA on March 12th at 6:00pm

All are invited to participate in a Teen Forum to discuss how the MetroWest YMCA can provide opportunities for teens to grow and succeed. Our goal is to open up the dialog to the community, to hear what interest’s teens have. Come join the conversation to on how to prepare the leaders of tomorrow!

Free Food will be served! There will be opportunities to win prizes and giveaways!

Y-NIGHT FOR TEENS

@ the Framingham Branch

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

New! A well balanced meal will be offered to everyone that attends Y-Night for free. Students will be able to select fresh fruits and vegetables, low fat milk, whole grains, and lean proteins.

The program is FREE for all! Members and Non-Members!


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

OPEN WELLNESS TIMES

Ages 7-11 are free to use the Youth & Family Center whenever it is open with a parent/guardian present (unless in class listed program above). A FREE equipment fitting is recommended.

Ages 12-14 are able to use the general fitness areas, strength machines and cardio machines with a parent/guardian present (unless in a class). A FREE equipment fitting is recommended.

Ages 14+ are able to use all areas of the wellness center without a parent/guardian during operational hours. If new to exercise or our facility we recommend a FREE equipment fitting or joining one of the above programs to familiarize yourself with the equipment and to ensure your safety when exercising.

Contact Stephen Cano (scano@metrowestymca.org) to schedule an equipment fitting.
NEED HELP JUMP STARTING YOUR NEW YEAR’S RESOLUTION? DON’T KNOW WHERE TO START? LET US HELP YOU!

WEIGH TO CHANGE
April 13 - June 21

Need help jump starting your New Year’s Resolution? Don’t know where to start? Let us help you! Weigh to change is a 10 week lifestyle change program open to individuals of all levels of fitness. Our trainers and dietitian work to meet you where you are and help you gain strength, endurance, and confidence to live a healthy lifestyle. All coaches are 100% dedicated to your success!

Includes:
• Weekly 30 minute personal training sessions
• Individual nutrition counseling
• Recommended minimum of 3 weekly group training sessions (specifically for WTC participants)
• Constant online support through our Facebook group
• Before/middle/after Styku 3-D body scans
• Shoe fitting with PR running
• Nutrition and fitness workshops
• Meal prep cooking class!

To learn more about this program please contact Jenny Bustin at jbustin@metrowestymca.org or call 508-879-4420 ext 287.

Cost: $449 members / $649 non-members. Payment plans are available.

PERSONALIZED NUTRITION PROGRAMS

Schedule an appointment with Maggie by calling her at 508-879-4420 x286 or email at maggie@metrowestymca.org

PERSONALIZED WELLNESS PROGRAMS

PERSONAL TRAINING *Members Only*

Work with one of our nationally certified trainers to help you reach your fitness goals! Personal training is great for:

• Strength/Weightlifting guidance
• Improving your form
• Learning about new exercises and equipment
• Injury prevention
• Injury recovery
• Innovated exercise ideas
• Exercise program reboot
• Race prep
• Accountability

We’d love to hear from you about how our team can help support your fitness journey. Contact Katrina Ladd, kladd@metrowestymca.org or 508-879-4420 x238 for more information or to schedule a Wellness Consultation.

<table>
<thead>
<tr>
<th>Length of Session</th>
<th>One-On-One</th>
<th>Semi-Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-hour</td>
<td>1 Session: $51</td>
<td>1 Session: $36</td>
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</tr>
<tr>
<td>30 min</td>
<td>20 Sessions: $485</td>
<td>20 Sessions: $280</td>
</tr>
</tbody>
</table>

PERSONAL TRAINING & NUTRITION COMBO
*Members Only*

Nutrition and exercise play important roles in weight and body composition. If you are looking to reach a goal, consider working with a personal trainer and our registered dietitian in a combo package below.

Combo Option 1
Five 30 min Personal Training sessions
1 hour nutrition consultation + 30 min follow-up
$260 members only

Combo Option 2
Ten 30 min Personal Training sessions
1 hour nutrition consultation + two 30 min follow-ups
$365 members only

Contact Our Wellness Team
Lauren Hanley, Senior Director of Health Integration (x239)
Katrina Ladd, Wellness Director (x238)
Maggie Lynch, Director of Nutritional Services (x286)
Laura Gilbert, Prevention & Wellness Referral Coordinator (x232)
Jenny Bustin, Assistant Wellness Director (x287)

REGISTER ONLINE & MORE @ WWW.METROWESTYMCA.ORG
ADULT FITNESS

SMALL GROUP CLASSES
For ages 16+

FEB 24 - APR 19
8 WEEKS

SWIMMING FOR TRIATHLETES  8 SPOTS PER CLASS
Open to anyone interested in doing open water swimming like triathlons or open water races. You will work on drills to improve your freestyle stroke efficiency and power. As the session processes we will work on sighting and transferring your skills to open water. This class is taught by a triathlon coach.
$79 FM / $83 YM / $158 NM
Monday.............6:15 - 7:15 am (Katrina)......11210

CYCLE POWER  15 SPOTS PER CLASS
Improve your cardiovascular fitness and lower body strength through this high level cycle class. Pre and post power tests will be performed for participants to see their improvement. Throughout the session, participants will work at intensities specific to them based on their power tests. Power cycle is open to all as intensities are customized for you, and a class is a must if you are an outdoor cyclist, triathlete or looking to improve your cardiovascular fitness.
$79 FM / $83 YM / $158 NM
Tuesday.........5:30 - 6:30 am (Katrina)......11203
Friday.........5:30 - 6:30 am (Katrina)......11196

GROUP EXERCISE Free for Members Families welcome!
We offer about 74 classes a week with a variety of class formats including strength, bootcamp, cardiovascular, balance, Pilates, Yoga and Senior Fitness. For a full list of classes and descriptions visit our website, ask a staff member, or check out the schedules outside the studios. Our talented instructors can modify the exercises to match your abilities and fitness level.

Schedule a Wellness Consultation for personalized class recommendation.

We welcome youth and adults of ALL ages to join a parent or guardian in attendance to a Zumba or BollyX class. We welcome youth 12+ accompanied by a parent or guardian to any group exercise class offered.

CARDIO TURF EXPRESS
This 30 min cardio focused class will work on your endurance through drills, plyometric, and interval work.
$48 FM / $50 YM / $96 NM
Monday.........5:30 - 6:00 pm (Jenny)........11211
Tuesday.........11:30 - 12:00 pm (Maria).....11212
Wednesday.......5:30 - 6:30 pm (Stephen)....11213
Thursday.......11:30 - 12:00 pm (Stephen)....11214

FUNCTIONAL STRENGTH EXPRESS
This 30 min strength based workout will focus on improving your strength through complex movements you do every day.
$48 FM / $50 YM / $96 NM
Tuesday.........12:00 - 12:30 pm (Maria)......11215
Thursday.......12:00 - 12:30 pm (Stephen).....11216

KETTLEBELLS
Learn the fundamentals of kettlebell training and technique through clinic-style drills as well as strength and conditioning.
$102 FM / $108 YM / $201 NM
Tuesday.........5:30 - 6:30 pm (Stephen)......11217
Thursday.......5:30 - 6:30 pm (Jesse).........11218

FREE DEMO WEEK
FEB 17-23
TRY ANY OF THE SMALL GROUP TRAINING CLASSES FOR FREE!
SMALL GROUP CLASSES (CONTINUED)

POWERFUL WOMEN
Increasing muscle mass results in a decrease in fat mass, increase metabolism, and improved body composition. Get stronger and build confidence through strength training within the free weight area of the Wellness Center. Perform complex movements recruiting various muscle groups by using different equipment. For the most improvement we recommend attending one class a day.

$102 FM / $108 YM / $201 NM
Monday 10:15 – 11:15am (Lorelei) 11204
Wednesday 10:15 – 11:15am (Lorelei) 11197
Wednesday 6:00 – 7:00 pm (Lorelei) 11206
Friday 10:15 – 11:15 am (Lorelei) 11205

STRENGTH TRAINING
This class will focus on squat, deadlift and bench press...the 3 powerlifting movements. There will be a mobility warm-up, lift focus with accessory movements and a cool-down.

$102 FM / $108 YM / $201 NM
Monday 9:30 – 10:30 am (Bri) 11199
Tuesday 7:30 – 8:30 pm (Stephen) 11207
Thursday 7:30 – 8:30 pm (Brandon) 11208
Saturday 9:15 – 10:15 am (Stephen) 11209

55+ STRENGTH
This class will focus on the total body and core strength while incorporating balance moves and stretches. It is the perfect way for all to improve flexibility, posture, strength and balance.

$82 Members / $161 non-members one class per week
Thursday 10:30 am – 11:15 am (Laura) 11198

FT60
A large group circuit training class that utilizes the Synergy360, unique cardio equipment and turf in the NEW FUNCTIONAL TRAINING AREA for a dynamic total body workout. These classes will train both your cardiovascular and muscular endurance systems. With a new workout every week and a group setting to keep you motivated, this class is designed to push participants harder than you’d push yourself and will keep the body guessing. FT60 is offered 7 times per week and you may attend as many as you want each week.

SpecialS Project Price = $50/month; One-day drop in rate = $13. Payments are monthly.
Monday 5:45 – 6:45 am
Tuesday 6:30 – 7:30 pm
Wednesday 5:45 – 6:45 am
Thursday 6:30 – 7:30 pm
Friday 9:15 – 10:15 am
Saturday 10:30 – 11:30 am
Sunday 9:30 – 10:30 am

Hablo espanol?
Toma una clase con Maria o Stephen.

COMING SOON
TURF WARS
More equipment coming Feb 1st!
ENHANCE FITNESS
EnhanceFitness is an evidence-based group exercise program for older adults that offers simple, easy to learn movements. The goal of the program is for participants to improve overall function and well-being by doing cardio exercise, strength training, flexibility and balance.
16 Weeks Free for Members / $245 non-members.  
Mon, Wed & Friday ............1:15-2:15pm ............

PARKINSON’S CLASS
The Parkinson’s classes are specifically designed to help with Parkinson’s, MS or any other neuromuscular conditions. Each one hour class includes balance, strength, cognition and flexibility exercises. Non-Members can apply for a scholarship.
8 weeks @ free members/$78 non-members  
Wednesday & Friday ............1:30-2:30pm ............11187

T’AI CHI FOR HEALTHY AGING
Participants proceed through a series of T’ai Chi movements with the aim of improving balance. These movements are taken from more traditional styles of T’ai Chi and simplified which allows participants to follow along more easily to help improve balance. This class takes place in the aerobics room.
8 weeks @ free members/$153 non-members  
Thursdays .........................12:45-1:45pm ............11186

LIVESTRONG AT THE YMCA
Recent medical research has shown that exercise can counteract the debilitating side effects of cancer treatment, reduce fatigue, increase physical strength and significantly improve quality of life.

LIVESTRONG at the YMCA is a free, 12 week program for adult cancer survivors. The program helps participants gain muscle, strength, flexibility, endurance, and improve overall function. The program offers support from the group as well as a way to become more independent if desired while helping all in weight management, improved energy, and self-esteem. The program is led by specially trained staff in the physical and emotional needs of cancer survivors.

Please contact Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x232

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.

Night class starting Monday, March 9th from 6:00 pm to 7:00 pm. Class ID# 11161.

FREE Information Sessions:
Monday, February 24th @ 6:00 - 7:00 pm  
Monday, March 2nd @ 6:00 - 7:00 pm

DIABETES SELF-MANAGEMENT
Developed by Stanford University and based on the Chronic Disease Self-Management curriculum, this program is for people with diabetes and their families and caregivers. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, appropriate exercise, medication usage and healthy eating. Participants make weekly action plans, share experiences and help each other solve problems they encounter in daily life. This 6 week program meets once a week for 2.5 hours.

Contact Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x232

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. $22 per month For Y members only.

For more information about the Cardiopulmonary Wellness Program please contact Jenny Bustin at jbustin@metrowestymca.org.
**ADULT FITNESS**

**GETTING STARTED**

**WHERE DO I START?**

**WELLNESS CONSULTATION**
Schedule a one-on-one meeting with one of our dedicated Wellness Ambassadors to discuss health and wellbeing goals and explore all of the benefits available to you and your family that are included in your Y membership! Your Wellness Ambassador can provide support and individualized recommendations for classes, programs, and offerings based on your health & fitness history, current levels, and future goals.

For more information or to schedule your consultation e-mail Jenny Bustin, Assistant Wellness Director at jbustin@metrowestymca or call (508) 879-4420 ext. 287

**FUNCTIONAL TRAINING & TURF AREA ORIENTATION**
Learn how to utilize our new spaces, stocked with the latest pieces in innovative functional training equipment and turf equipment to provide a unique full-body exercise experience. Register for your spot at the Welcome Center.

Mondays.........6:00 - 6:45 pm
Sundays.........8:30 - 9:15 am

**FITNESS ASSESSMENTS**
Physical fitness testing is used extensively to predict chronic disease risk, quantify fitness levels, and assess performance. They are a great starting point to keep track of your fitness and identify areas of focus for your workout routine. A fitness assessment includes resting vital signs, STYKU scan and a cardiovascular, muscular, and flexibility test. $45 for members only

**BODY COMPOSITION ANALYSIS**
Weight loss is more than just a number on a scale. A scan using the Styku measures body surface area, determining circumference measurements to predicts body fat percentage, muscle to fat ratios, and more. The software also provides personalized plans for weight reduction and chronic disease prevention. Pre and post-tests can be compared to show measurable changes in body composition that a scale is unable to show. $25 for members only

E-mail Jenny Bustin (jbustin@metrowestymca.org) to get started today!

**EQUIPMENT FITTING**
Experienced Wellness staff will provide a guided tour of the Wellness Center, demonstrate proper use of cardio and strength equipment, and describe the function of each different type of machine. During the Equipment Fitting session, you will learn how to determine the correct settings and adjust each machine to fit your body so you are safe and can create a balanced workout. Wellness staff will discuss choosing appropriate weights, sets, reps, and progressions as your body gets stronger. This opportunity is FREE for members and great for individuals new to exercise, returning to exercise, and needing a “refresher,” or are an experienced exerciser just looking to familiarize yourself with our location’s machines and want someone to double check your form and alignment.

The Equipment Fitting sessions are offered in a small group format and last approximately 45 minutes. Please dress in comfortable workout attire. Register for your spot at the Welcome Center.

Mondays........8:30 am
Thursdays........6:00 pm
Sundays........1:30 pm

**GAUGE YOUR FITNESS**

Improve Your Overall Wellness

Tuesday, April 7 @ 6:00 pm

**CYCLE POWER TEST**
This tough aerobic test will give you your max watts produced in 20 minutes. This is valuable information for cyclists and triathletes. FREE for Cycle Power participants.

Cost: $10

Tuesday 2/18 ........ 5:30 am
Thursday 2/20 ....... 7:00 am
Saturday 2/22....... 10:00 am
Thursday 2/27 ....... 5:30 am

We recommend taking the Cycle Power test every 3-4 months.

For more information, contact Katrina Ladd at kladd@metrowestymca.org or call 508-879-4420 x238.
OPEN CLIMB
(Drop-in program)

OPEN CLIMB
The indoor climbing gym is open to climbers of all ages, shapes, and sizes. If you can be appropriately harnessed, you may climb! We have lawn games, mini soccer, and gaga ball open for non-climbing family members and climbers who want a break.

Every Friday from 6:30PM – 8:30PM
Members: FREE! | Non-members: $10/person or $20/family

VACATION CAMPS

TRADITIONAL VACATION CAMP
Grades K-6
February 17 - 21; April 21-24
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!

Family Members $60/day
Youth & Teen Members $63/day
Non-Members $85/day

AM Care, 7:30am-8:30am:
Members $9/day | Non-Members $12/day

PM Care, 4:00pm-6:00pm:
Members $9/day | Non-Members $12/day

Register for all days or individually!
For more information, please contact the Family Outdoor Center office at 508-435-9345.

COOKING CLASSES

FAMILY DINNER NIGHTS
Spend some quality family time together while cooking a fun, healthy meal!

Members: $15 | Non-members: $20

Irish Favorites
Learn how to make Irish soda bread, hearty beef & veggie stew, and a Green “Shamrock Shake.”
Friday, March 13 @ 4:30 pm - 7:00 pm
Code: 11297

Bite into Breakfast
We will make a whole wheat crepe with blueberry compote, a veggie & bacon quiche, and a breakfast smoothie!
Friday, March 27 @ 4:30 pm - 7:00 pm
Code: 11298

A Taste of Italy
Create handmade gnocchi, easy from-scratch tomato sauce, and chicken parmesan. Delizioso!
Friday, April 10 @ 5:00 pm - 7:00 pm
Code: 11299

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

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. **$300**

**ARCHERY PARTY**

This party is right on target for you! Parties include all the equipment needed as well as a USA Archery certified instructor. Your party will include up to 90 minutes of archery and up to 60 minutes of family/party time. Indoor and outdoor spaces are available to allow us to plan for weather. **$350**

**VERTICAL CLIMBING PARTY**

Any of our climbing elements could be used in a party like this! Zap line to climbing tower, indoor or outdoor. Our instructors are lead trained and verified. Harnesses and helmets are provided for all climbers. In addition of up to 90 minutes of climb-time, you will have up to 60 minutes of family/party time. Up to 15 guests (10 recommended) may climb in 90 minutes. Additional staff at an increased cost may be required for numbers beyond 15 or for specialty considerations. **$400**

**SLIME PARTY**

1/2 Hour for set up + 2 hours of Party Time!
Slime making will be led by YMCA staff for 1 hour, followed by 1 hour in a party room. Come learn how to make your own slime! We will provide all slime making equipment for up to 15 party guests. Additional costs will be incurred at $10/person beyond fifteen to cover the cost of additional supplies. **$350 for up to 15 participants**

*For participants ages 6 and under, one adult attending the party must participate in behavior management of party-goers for every 5 children attending.

All of the above Birthday Parties are held at the Family Outdoor Center. Birthday parties are NOT available at the Framingham Branch. Please call 508-435-9345 x104 for more info.

**SUMMER CAMP**

**WHAT WE OFFER**

Traditional Camps
Juniors Village
Middlers Village
Seniors Village

Specialty Camps
STEM
Creative Arts
Athletic Camps
Pioneer Camps

In-Training Corps Programs
Leader-In-Training
Counselor-In-Training

Camp activities, apart from specialty camps, include boating, fishing, sports, games, arts & crafts, drama, ropes courses, tennis, pickleball, archery, outdoor skills and more!

**AGES**

Whether your child is entering pre-school or 10th grade, they can have the best summer ever with us! We offer a half-day program for kids ages 3-4. Interested in being a counselor? Need experience first? Apply to be a Leader in Training (grades 7 & 8) or a Counselor in Training (grades 9 & 10).

**REGISTRATION DATES**

Members: Monday, January 20th @ 7am
Non-Members: Monday, February 17th @ 7am

**HOPKINTON BRANCH HOURS**

Monday - Friday
8:00am - 5:00pm
First day of camp registration we open at 6:30am.

**SUMMER EMPLOYMENT**

Are you looking to make a difference in a child’s life this summer? Then this is the camp for you! Our staff are the heroes, friends, teachers, and mentors to the children we serve. We’re always in need of senior counselors, junior counselors, activity counselors, lifeguards, leadership staff, support staff and medical staff. Typical camp days run from 8:15-4:15 with early shifts starting at 7am and late shifts running until 6pm. Staff must attend a training at the start of June and the entire summer camp season is from the end of June to the end of August. We are accepting applications starting in January through the end of May.

Submit applications to:
Family Outdoor Center
45 East Street, Hopkinton, MA 01748
PH (508) 435-9345
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

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<th>Membership Category</th>
<th>Monthly Draft</th>
<th>Joiner’s Fee</th>
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<tr>
<td>Youth &amp; Teen, ages 2-17</td>
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<tr>
<td>Young Adult, ages 18-25</td>
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<td>Adult, ages 26-64</td>
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<td>Family of 2+*</td>
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<td>Sr Family of 2 (New)*</td>
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<td>$60</td>
</tr>
<tr>
<td>Sr Family of 2+*</td>
<td>$101.43</td>
<td>$60</td>
</tr>
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</table>

* Access to Family Outdoor Center included in Family Member Benefits
** Add an adult 18+ $24.15

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**

<table>
<thead>
<tr>
<th>Category</th>
<th>Daily Fee</th>
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<tbody>
<tr>
<td>Family</td>
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<td>Seniors, Teens &amp; Youth</td>
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<td>Adults</td>
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<td>Towel Rental</td>
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</table>

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

EMPLOYMENT OPPORTUNITIES

NOW HIRING!
Part-Time
Full-Time
Summer

Apply now! Get a job, get a membership!

metrowestymca.org/employment-0
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 Course (May and October)
- Monthly Family Events
- Member rates for quarterly family events
- Junior and Senior Leaders Club
- 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

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

Y-CHILDWATCH
Drop-In Play Room - For Members Only
Ages 2 months - 10 years old

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

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

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

ONLINE REGISTRATION
visit www.metrowestymca.org to create your account and begin registering today!

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

FACILITY INFORMATION

FAMILY OUTDOOR CENTER
- 122 wooded acres
- Two outdoor pools
- Outdoor basketball court
- Outdoor tennis courts
- Picnic pavilions and playing fields
- Extensive Challenge Course
- Multi-purpose buildings for rentals and group meetings including: Hayes Lodge, Rec Lodge and the Annex
- 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

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, Expresso Bikes, Cybex & Wii

Group Exercise Studio(s)
- Suspended wood flooring
- Climate Controlled
- TRX Class included with membership

Youth & Family Game Room Lounge
- Indoor climbing structure, ping pong and air hockey table.
- Free Wi-Fi
- Cafe Tables & Chairs

Locker Rooms:
- Adult-Only Rooms, with Sauna
- Girls, Boys and Family Rooms
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 old and upon completion of a wellness orientation may use the cardio area of the wellness center without adult supervision. Please see the Wellness section of the program guide for more information.

Youth 16 years old and up:
* May participate in all of the above to include using the free weight area of the wellness center.

IMPORTANT INFORMATION ABOUT MEMBER REGISTRATION FOR SPRING 1 2020 CLASSES.
• Registration will begin at 6 am on February 12. Walk-in registration is first come, first served.
• Please set up your online account prior to February 12. If you need assistance with your online account, please contact member service between 9 am and 5 pm at (508) 879-4420 ext 0.
• It is very important that you do not log in to 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.
• Please make sure that your membership is active and current. In the case of annual memberships, please be certain that your membership does not end before the last day of the class or program for which you are registering.
• Registrations are accepted on line or in person. We are not able to accept phone registrations. If you need assistance with your on line registration, please call us at (508) 879-4420 ext 0.
Join us at our 2020 Marathon Community Breakfast!

Please join us as we come together to:
• Kick-off our 2020 Annual Campaign
• Hear powerful personal testimonials
• Meet our 2020 MetroWest YMCA Boston Marathon Team

This year’s Inspiration Award recipient is Joe Andruzzi, 3x Super Bowl Champion and Founder of the Joe Andruzzi Foundation. Guests include previous Inspiration Award honorees, Dave McGillivray, Becca Pizzi, Bill Rodgers and Dick and Rick Hoyt, local officials and dignitaries, and other special guests.

Thursday, March 12, 2020
at Sheraton Hotel & Conference Center
7:00 AM Networking & Breakfast
7:30 - 8:45 AM Program & Awards

Inspiration Guaranteed!
For more information or to register for the Breakfast, please contact Amy Miller at amiller@metrowestymca.org or 508-879-4420 ext. 253

Meet the MetroWest YMCA’s 2020 Boston Marathon Team!

We are pleased to introduce our 2020 Marathon Team who is working hard training for the 2020 Boston Marathon while they fundraise for our annual campaign. By April 2020 they will have run more than 8160 miles training and raised more than $110,000 for our annual campaign. You can support our runners by going to:


From left to right: Sarah Pawluczonek, Matt Naffah, Peter Waisgerber, Chantal Balben, Chris Resmini, Julia Larson, Carolyn Jarvis, Samantha Morin, Shane Nassar, Hannah Amirault, Kaitlin Weidner, Jackie Daigneault, and Amy Miller (Team Coordinator). Not shown: Raul Jain, Nilda Romero and Sarah Westvold). Photo Credit: Sheldon Golder (Volunteer).
METROWEST YMCA

POSTMASTER-PLEASE DELIVER BY FEBRUARY 7.