



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE TIME FOR YOU!

It's a busy time of year.

There are a 1440 minutes in a day.

Schedule in 30 minutes for yourself...

...because you're worth it!

METROWEST YMCA

WINTER 2019 PROGRAM & MEMBERSHIP GUIDE

REGISTRATION DATES:

Members Only: Wed, December 12

Online and Walk in starts at 6 AM

Non-Members: Mon, December 17

SESSION DATES:

January 2-February 16, 2019

THE Y

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

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

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

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

LOCATIONS

METROWEST YMCA FRAMINGHAM BRANCH

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



Facility Hours

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

All areas close 15 minutes before closing time.

METROWEST YMCA FAMILY OUTDOOR CENTER

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



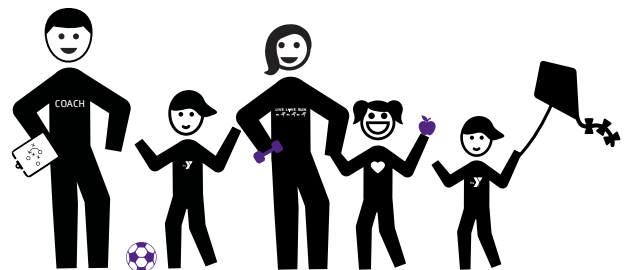
Building hours vary according to the program schedule. Please call or go online for more information.

METROWEST YMCA CLEARBROOK FAMILY SWIM CLUB

120 Parker Road
Framingham MA 01702
508-405-0350



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



MetroWest YMCA Mission Statement

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

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

MEMBERSHIP RATES

Membership Category	Monthly Draft	Joiner's Fee
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Youth & Teen , ages 2-17	\$17	\$25
Young Adult , ages 18-25	\$32.13	\$30
Adult , ages 26-64	\$54.09	\$50
Family of 2 (New)*	\$81.15	\$75

Two individuals, same address

Family of 3+*	\$94.68	\$75
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Two Adults with children under 26 residing at the same address

Senior , age 65+	\$48.69	\$40
Sr Family of 2 (New)*	\$73.04	\$60

Two individuals both 65+, same address

Sr Family of 3+*	\$85.21	\$60
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Two Adults both 65+ with children under 26 residing at the same address

* Access to Family Outdoor Center included in Family Member Benefits

** Add an adult 18+ \$22

Daily Guest Fees at Framingham Branch

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

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

FAMILY OUTDOOR CENTER MEMBERSHIP

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

Programs & Events Included in FOC Membership:

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

Facility Use Included in Membership:

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



NATIONWIDE MEMBERSHIP

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

CHILDCARE

YOUTH DEVELOPMENT

TODDLER / PRESCHOOL

Early Learning Center

280 Old Connecticut Path
Framingham MA 01701

Hours of Operation:

Monday - Friday (year-round) 7:30 am to 6:00 pm

Ages 15 months - 6 years old

5 day for toddlers
2,3 & 5 day options for preschool

Early Learning Center Director

Lolly Butz
508-879-4420 x251
MButz@metrowestymca.org



The MetroWest YMCA Early Learning Center, provides high quality early education and care to children ages 15 months through 5 years old. Our classes are designed to make your child feel safe and comfortable while learning, exploring, socializing and having fun. Activities at the Y are designed to put learning in the context of play and to celebrate the joys of learning and growing. They include gross motor and language activities, sensory experiences, creative expression, learning through hands-on exploration and acquisition of self-help skills. Our curriculum addresses each child's developmental needs and interests and emphasizes the YMCA character values of caring, honesty, respect and responsibility.

Beginning at 3 years of age, parents have the option of enrolling their children in YMCA classes such as swimming, sports and gymnastics.



Project ABC is an exciting new initiative here at the Y, 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 AGE

School's Out Before & After School Programs

For youth in grades K-5

2,3,4 & 5 day programs available

Mornings: 7:00am - until school starts

Afternoons: School release until 6:30pm*

FRAMINGHAM PUBLIC SCHOOLS

School's Out

Schools: Hemenway, McCarthy & Potter Road

Mornings and afternoons

*Framingham 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

HOPKINTON PUBLIC SCHOOLS

School's Out

Schools: Center, Elmwood & Hopkins

Location for 2018-2019 School Year: Family Outdoor

Center, 45 East Street, Hopkinton MA 01748

Transportation is provided by the Public Schools

NATICK PUBLIC SCHOOLS

School's Out

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

Location: East School, 90 Oak Street, Natick

Transportation is provided by the MetroWest YMCA and Natick Public Schools

Afternoons only

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

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

School's Out Director


(508) 435-9345 x115

schoolsout@metrowestymca.org



AQUATICS

YOUTH DEVELOPMENT

 The MetroWest YMCA swim lessons to increase the accessibility and enjoyment of swimming to all ages and skill levels. The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers progress between levels. Through this latest approach to swim lessons, kids of all ages can progress at their own pace while building the confidence needed to become a successful swimmer.

Y Swim Lessons have been re-organized into three new categories:

- **Swim Starters** develops water enrichment and aquatic readiness in children ages 6 months to 3 years.
- **Swim Basics** develops personal water safety and basic swimming skills in students of all ages.
- **Swim Strokes** introduces and refines stroke technique in older students (school age, teens and adults).

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 Ages 6 to 24 months w/ parent

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

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

Parent & Child B Ages 2 to 3 years w/ parent

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

Monday	9:00 - 9:30 am
Wednesday	9:30 - 10:00 am
Thursday	10:00 - 10:30 am
Friday	9:00 - 9:30 am
Saturday	9:05 - 9:35 am
Saturday	10:15 - 10:45 am

Winter Session January 2-February 16, 2019

Youth Aquatic class prices

Mon-Tue Classes \$61 members / \$122 non members
Wed-Sun Classes \$71 members / \$142 non members

PRESCHOOL, AGES 3-5

Preschool 1

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

Monday	9:00 - 9:30 am
Monday	2:00 - 2:30 pm
Monday	4:45 - 5:15 pm
Monday	6:30 - 7:00 pm
Tuesday	9:00 - 9:30 am
Tuesday	9:30 - 10:00 am
Tuesday	3:45 - 4:15 pm
Tuesday	4:20 - 4:50 pm
Tuesday	4:55 - 5:25 pm
Tuesday	5:30 - 6:00 pm
Wednesday	9:30 - 10:00 am
Wednesday	1:30 - 2:00 pm
Wednesday	2:00 - 2:30 pm
Wednesday	3:45 - 4:15 pm
Wednesday	4:20 - 4:50 pm
Wednesday	4:55 - 5:25 pm
Wednesday	5:30 - 6:00 pm
Thursday	9:00 - 9:30 am
Thursday	9:30 - 10:00 am
Thursday	1:30 - 2:00 pm
Thursday	3:45 - 4:15 pm
Thursday	4:20 - 4:50 pm
Friday	4:20 - 4:50 pm
Saturday	8:30 - 9:00 am
Saturday	9:05 - 9:35 am
Saturday	9:40 - 10:10 am
Saturday	10:15 - 10:45 am
Saturday	10:50 - 11:20 am
Saturday	11:25 - 11:55 am
Saturday	12:00 - 12:30 pm
Sunday	11:35am - 12:05 pm
Sunday	12:45 - 1:15 pm
Sunday	1:55 - 2:25 pm

Preschool 2

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.

Monday	9:30 - 10:00 am
Monday	1:30 - 2:00 pm
Monday	6:30 - 7:00 pm
Tuesday	9:30 - 10:00 am
Tuesday	1:30 - 2:00 pm
Tuesday	3:45 - 4:15 pm
Tuesday	4:55 - 5:25 pm
Wednesday	9:00 - 9:30 pm
Wednesday	1:30 - 2:00 pm
Wednesday	2:00 - 2:30 pm
Wednesday	4:20 - 4:50 pm
Wednesday	5:30 - 6:00 pm
Thursday	9:00 - 9:30 am
Thursday	10:00 - 10:30 am
Thursday	2:00 - 2:30 pm
Thursday	3:45 - 4:15 pm
Thursday	4:55 - 5:25 pm
Friday	9:30 - 10:00 am
Friday	3:45 - 4:15 pm
Friday	4:20 - 4:50 pm
Saturday	8:30 - 9:00 am
Saturday	9:05 - 9:35 am
Saturday	9:40 - 10:10 am
Saturday	10:15 - 10:45 pm
Saturday	10:50 - 11:20 am
Saturday	11:25 - 11:55 am
Sunday	11:00 - 11:30 am
Sunday	12:10 - 12:40 pm

AQUATICS

YOUTH DEVELOPMENT

Winter Session
January 2-February 16, 2019

Youth Aquatic class prices
Mon-Tue Classes \$61 members / \$122 non members
Wed-Sun Classes \$71 members / \$142 non members

PROGRESSIVE-AGES 6-13

Preschool 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.

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

Preschool 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	4:20	- 4:50 pm
Wednesday	4:55	- 5:25 pm
Thursday	4:55	- 5:25 pm
Saturday	8:30	- 9:00 am
Saturday	12:00	-12:30 pm

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.

Tuesday (Beg)	2:00	-2:30 pm
Tuesday (Adv)	2:00	-2:30 pm

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

Saturday 2:00-2:15pm
Free to all. Please sign up at the Member Service Desk

School Age 1

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

Monday	6:30	- 7:00pm
Tuesday	5:30	- 6:00 pm
Wednesday	4:20	- 4:50 pm
Wednesday	4:55	- 5:15 pm
Thursday	4:20	- 4:50 pm
Friday	4:20	- 4:50 pm
Saturday	11:25	-11:55 am
Saturday	12:00	-12:30 pm
Sunday	12:45	- 1:15 pm

School Age 2

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.

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



COMPETITIVE SWIM CLASS

For youth ages 9-12 who are Fish to Shark Level. This class is designed to give interested swimmers a chance to work on their competitive swim skills in a friendly environment.
 \$67 members/\$134 Non-members

Thursday	5:35-6:15pm	7812
Friday (ages 9-12)	5:00-5:40pm	7813

**Winter Session
January 2-February 16, 2019**

Youth Aquatic class prices
Mon-Tue Classes \$61 members / \$122 non members
Wed-Sun Classes \$71 members / \$142 non members

AQUATICS

YOUTH DEVELOPMENT

PROGRESSIVE-AGES 6-13

School Age 3

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 swim independently with face in the water.

Monday	4:45	-	5:15 pm
Monday	6:30	-	7:00 pm
Monday	7:05	-	7:35 pm
Tuesday	3:45	-	4:15 pm
Tuesday	4:20	-	4:50 pm
Tuesday	4:55	-	5:25 pm
Tuesday	5:30	-	6:00 pm
Wednesday	3:45	-	4:15 pm
Wednesday	4:55	-	5:25 pm
Wednesday	5:30	-	6:00 pm
Thursday	3:45	-	4:15 pm
Thursday	4:20	-	4:50 pm
Thursday	4:55	-	5:25 pm
Friday	3:45	-	4:15 pm
Friday	4:20	-	4:50 pm
Saturday	9:05	-	9:35 am
Saturday	10:15	-	10:45 am
Saturday	10:50	-	11:20 am
Saturday	11:25	-	11:55 am
Sunday	1:20	-	1:50 pm
Sunday	1:55	-	2:25 pm

School Age 4

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.

Monday	7:45	-	8:25 pm
Tuesday	6:10	-	6:50 pm
Thursday	5:35	-	6:15 pm
Friday	5:00	-	5:40 pm
Saturday	12:40	-	1:20 pm
Saturday	1:25	-	2:05 pm
Sunday	2:30	-	3:10 pm

School Age 5

Must have successfully completed 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

Tuesday	6:10	-	6:50 pm
Thursday	5:35	-	6:15 pm
Thursday	6:20	-	7:00 pm
Friday	5:00	-	5:40 pm
Saturday	12:40	-	1:20 pm
Sunday	2:30	-	3:10 pm

School Age 6

Must have successfully completed Level 5 or be able to swim 300 yards freestyle, 100 backstroke, 50 yards breaststroke and 25 yards butterfly.

Tuesday	7:00	-	7:40 pm
Friday	5:00	-	5:40 pm
Sunday	2:30	-	3:10 pm

YMCA SWIM LESSONS @ KEEFE TECH POOL

The Y is proud to announce that we are collaborating with Keefe Tech and will be teaching swimming lessons **at Keefe Tech Pool on Sunday afternoons.** YMCA Swim Lessons are designed to develop and strengthen swimming skills, build confidence and teach youth a valuable life lesson and encourage water safety.

Register Online @ Metrowestymca.org

Keefe Tech Aquatic class prices
6 Weeks \$61 members / \$122 non members

PRESCHOOL CLASSES

AGES 3-5

Preschool 1

Sunday	12:40	-	1:10 pm
Sunday	1:15	-	1:45 pm

Preschool 2

Sunday	12:05	-	12:35 pm
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YOUTH CLASSES AGES 6-11

School Age 1

Sunday	1:15	-	1:45 pm
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School Age 2

Sunday	12:05	-	12:35 pm
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School Age 3

Sunday	12:40	-	1:10 pm
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School Age 4

Sunday	12:15	-	12:55 pm
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School Age 5

Sunday	1:10	-	1:50 pm
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ADULT AQUATICS

ADULT HEALTHY LIVING

ADULT SWIM LESSONS

Winter Session

January 2-February 16, 2019

Mon-Tue Classes \$61 members / \$122 non members

Wed-Sun Classes \$71 members / \$142 non members

Beginner A

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

Wednesday	8:00 - 8:40 pm
Thursday	2:00 - 2:30 pm

Beginner B

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

Monday	7:45 - 8:25 pm
Wednesday	8:40 - 9:20 pm
Thursday	1:30 - 2:00 pm

Intermediate Swim Lesson

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

Tuesday	8:30 - 9:15 pm
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Adult Coached Advanced Tune Up

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

Thursday	8:15-9:15 pm
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MASTERS SWIM TEAM

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

Team members are eligible to compete in meets.
(8 weeks - no break)

Session Cost: \$76 Members/\$152 non-members

Yearly Session Cost \$345 members only



ADULT AQUATIC FITNESS

Water Aerobics

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

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

Monday	10:05 - 10:45am
Monday	8:30 - 9:30 pm
Tuesday	7:30 - 8:15 pm
Wednesday	10:05 - 10:45am
Thursday	7:30 - 8:15 pm
Friday	10:05 - 10:45 am

3 day \$46 members/\$105 non-members

Mon/Wed/Fri	10:05 -10:45 am
Monday	8:30 - 9:30 pm
Tues/Thurs	7:30- 8:15 pm

Water Walking

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

\$10 members/\$35 non-members

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

Monday	11:30 am -12:00 pm
Tuesday	11:30 am -12:00 pm
Tuesday	7:00 - 7:30 pm
Wednesday	11:30 am -12:00 pm
Thursday	11:30 am -12:00 pm
Thursday	7:00 - 7:30 pm
Friday	11:30 am - 12:00 pm

Advanced Water Walking

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

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

Monday	11:00 -11:30 am
Wednesday	11:00 -11:30 am
Friday	11:00 -11:30 am

Ai Chi

Non-swimmers welcome.

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

\$20 members/\$45 non-members

Tuesday	10:30 - 11:15 am
Thursday	10:30 - 11:15 am

ENRICHMENT YOUTH DEVELOPMENT

Winter 2019 Session
January 2-February 17, 2019

6 week session (Mon-Tues classes)
\$53 members / \$106 non-members

7 Week session (Wed-Sun classes)
\$63 members / \$126 non members

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 GrownUp

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

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.

Winter Wonderland

The winter season is approaching fast. Let's learn about the season to come through story, songs, activities, and crafts.
Friday.....9:30-10:30am..

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.

7 Weeks Members \$58/Non-Members \$116
Monday Class 8 Weeks Members \$68/Non-Members \$136

Treasure Island

Join us as we sail for adventures. Little explorers will build boats, sail ships, create a treasure map, and dig for fortune.
Thursday.....9:30-10:30am..

Crafty Kids

Join us as we explore a variety of crafting materials. Projects may include paint, pastels, beading, charcoal, clay, foam, or wood. Bring your imagination and be dressed for a mess.
Fridays.....10:45-11:45am

Geometry

Numbers, patterns, and shapes, oh my! Come dive into the world of geometry as we read books, sing songs, and create art as we inspire our little ones to love Math.
Wednesday.....9:00-10:00am

Jurassic Dino Dig

Dinosaurs, dinosaurs, and more dinosaurs. Play, create, and learn about our prehistoric pals. We will make dinosaur crafts, play with dinosaurs and learn about fossils.
Monday.....11:30-12:30

PRE-SCHOOL & SCHOOL AGED CLASSES

The purpose for the school aged classes is to give children the opportunity to learn, create and have fun in a different environment than the typical classroom. These classes are designed to use hands on crafts and activities to learn. These classes are without parent.

Gym Games & Crafts, ages 3.6-5

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

Members \$62/Non-Members \$124

Monday.....10:00-11:15am.

Tumble & Create, ages 3.6-5

Learn gymnastic skills and tumbling then onto our enrichment room to create some exciting art projects. Bring your own nut-free snack.

Members \$72/Non-Members \$144

Wednesday.....10:45-12:00pm

Little Chefs-Experiments in Cooking, ages 3.9-5

Join us as we experiment with food. Classes may include taste tests, chemical reactions or non-edible recipes. Aprons or lab coats are encouraged. Please inform the Program Director if there are any food allergies prior to the first class.

Thursday..10:45-11:45am

Saturday 10:30-11:30am

Kid Chefs, ages 6-8

Kids will learn to measure, chop, blend, bake, boil, and simmer as they create child friendly recipes. Please inform program director of food allergies prior to first class.

Thursday.....4:15-5:15pm

Saturday.....11:45-12:45pm.

STEM for Littles, Ages 4-5

From action contraptions to messy marvels and more, each class will explore, create, and experiment with different STEM concepts. Bring your curiosity and be dressed for a mess.

Wednesday.....3:45-4:45pm

Puppet Adventures, Ages 4-5

NEW! Each week we will make a different puppet and learn basic acting and script writing and put on a mini-show with our puppets.

Thursday.....12:00-1:00pm

DANCE

YOUTH DEVELOPMENT



Winter 2019 Session
January 2-February 16, 2019

Preschool Dance class prices
Mon-Tue Classes \$54 members / \$108 non-members
Wed-Sat Classes \$62 members / \$124 non-members

School Age Dance class prices
Mon-Tue Classes \$63 members / \$126 non-members
Wed-Sat Classes \$73 members / \$146 non-members

PRE-SCHOOL DANCE CLASSES

Plié Pre Ballet, Ages 3-4

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will begin positions of the feet and introductory movement vocabulary.

Wednesday.....11:15-11:45am
 Saturday.....9:45-10:15am

Shakers Jazz/Hip Hop Combo, Ages 3-5

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

Wednesday.....10:45 - 11:15am
 Saturday.....10:15 - 10:45am
 Saturday.....11:00 - 11:30am

Passé Combo Ballet/Jazz, Ages 3-5

This class is designed to give your child the opportunity to learn the basics of ballet and jazz dance. The class will be half ballet and then switch to Jazz dance the second half of class.

Friday.....5:00-5:30pm
 Saturday.....11:00-11:30am

SCHOOL AGE DANCE CLASSES

Tendu Ballet, Ages 5-7

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

Thursday.....5:00 - 6:00pm
 Saturday.....11:30am-12:30pm.

Jeté Intermediate Ballet, Ages 7+

This class is for dancers with 1 year or 2 sessions of previous ballet experience or instructor approval. The goal of intermediate ballet is to impart the fundamentals of classical ballet. Class will focus on basic ballet technique, proper body alignment, terminology, and musicality. Students will be introduced to barre and center work.

Friday.....4:00-5:00pm

Movers Hip-Hop, Ages 6-8

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

Wednesday.....4:00-5:00pm
 Friday.....4:00-5:00pm
 Saturday.....11:30-12:30pm

Movers Hip-Hop, Ages 8+

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

Tuesday.....4:15-5:15pm
 Friday.....4:00-5:00pm
 Saturday.....12:30-1:15pm

All Arouns Introduction to Dance, Ages 7+

This Class will introduce your child to different types of dance including but not limited to; jazz, ballet, hip-hop, and musical theater. This is a great class for the beginner dancer that wants to try out more than one style of dance.

Thursday.....4:00-5:00pm

NEW! Teen Hip Hop 13+

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

Friday.....6:00-7:00pm

NEW! Free Style Hip Hop

Learn hip hop in a different way- this class is to encourage your dancer to bring out their own style. Instructor will teach how to move to certain beats and connect with music. This class will help build dancers confidence while they discover a different way of dancing!

Wednesday.....5:00-5:30pm

NEW! ADULT DANCE CLASSES NEW!

Partner Dancing Ages 18+

Bring out your inner dancing with the stars self. Beginners and intermediate levels welcomed. There will be a variety of different styles taught while listening to an array of music. This class is held in the Group Exercise Studio

Friday.....7:00-8:00pm

Adult Hip Hop, 18+

Hip hop is a high-energy class that will really get you moving and having fun! Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Class includes upper and lower body conditioning as well as a rigorous warm up to help prepare students for movement combinations. Listen to the classics and the new hits of today's music while learning how to dance. **Beginners are welcome!**

This class is held in the Group Exercise Studio
 Wednesday.....2:30-3:30pm

GYMNASTICS

YOUTH DEVELOPMENT

Winter 2019 Session
January 2-February 16, 2019

Preschool Gymnastics class prices
Mon-Tue Classes \$53 members / \$106 non-members
Wed-Sat Classes \$61 members / \$122 non-members

School Age Gymnastics class prices
Mon-Tue Classes \$55 members / \$110 non-members
Wed-Sat Classes \$68 members / \$136 non-members

For more information about gymnastics classes,
 please call (508)-879-4420 X285

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.

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.
 Saturday..... 8:30-9:00 am

Preschool 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.

Tumble & Create, ages 3.6-5

Learn gymnastic skills and tumbling then onto our enrichment room to create some exciting art projects. Bring your own nut-free snack. **Members \$76/Non-Members \$152**

Wednesday..... 10:45-12:00 pm

Littles, Ages 3-4

Begin to learn gymnastics skill independently from parent.

Tuesday..... 10:00-10:40am
 Thursday..... 11:00-11:40am
 Friday..... 3:40-4:20 pm
 Saturday..... 9:00-9:40am
 Saturday..... 9:45-10:25am

Mighty's, Ages 4-5

Begin to learn gymnastics skill independently from parent.

Tuesday..... 10:45 -11:25 am
 Wednesday..... 9:45-10:25 am
 Thursday..... 10:20-11:00 am
 Friday..... 3:40-4:20 pm
 Saturday..... 9:00-9:40 am
 Saturday..... 9:45-10:25 am



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..... 3:40-4:40 pm
 Wednesday..... 4:00-5:00 pm
 Thursday (x2)..... 3:40-4:40 pm (two classes at this time)
 Thursday..... 4:45-5:45 pm
 Friday..... 4:30-5:30 pm
 Saturday..... 10:35 - 11:35 am
 Saturday..... 10:35-11:35 am
 Saturday..... 11:40 am - 12:40 pm

Rockets Boys Gymnastics Ages 5-8

In this boys only gymnastics class the gymnasts will work on beginner to intermediate skills on mens gymnastics equipment such as pommel horse and rings.

Rockets Class: Wednesday 4:00-5:00pm

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
 Friday..... 4:30 - 5:30 pm
 Saturday..... 10:35 - 11:35 am

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..... 3:40 - 4:40 pm
 Tuesday..... 4:45 - 5:45 pm
 Wednesday..... 5:00 - 6:00 pm
 Friday..... 4:40 - 5:40 pm
 Saturday..... 11:40am - 12:40 pm

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)

Tuesday..... 3:40-4:40 pm
 Thursday..... 3:40-4:40 pm
 Friday..... 3:40-4:40 pm
 Saturday..... 11:40 am - 12:40 pm

High Flyers, Ages 8+

High Flyers is our most intense class which is for those gymnasts who are looking to build on skills from previous experience. Coaches will work with each gymnast on a more individual level to accommodate each gymnast's needs and goals. This class will meet on both Tuesday's and Thursday's from 4:45-6:15 pm. **must be invited to join by an instructor.*

\$179 Family members

\$182 Youth members

\$364 non members

Tues/Thurs 4:45 - 6:15 pm

GymKats Gymnastics Team

The GymKats Gymnastics Team trains and competes under the curriculums and guidelines of the USA Gymnastics Program (USAG). The Junior Olympic Program (JO) consists of levels 3-10 and the GymKats Gymnastics Team offers levels 3-5. Each level contains more difficulty and as gymnasts advance through the levels strength, flexibility, coordination and endurance are expected to increase. Levels 3-6 are referred to as compulsories, where every gymnast learns the same routine on each event. (Team enrollment is based on our recommendations or a formal try-out and evaluation). To try out for our GymKats please contact our Gymnastics Director at (508)879-4420 X285

Mondays/Tuesdays/Thursdays - 5:15pm-7:15pm

SPORTS YOUTH DEVELOPMENT

Winter 2019 Session
January 2-February 16, 2019

The MetroWest YMCA's Sports Program is the starting point for many youth to learn sportsmanship and basic skill development. Whether it's gaining the confidence that comes from learning sports skills or developing better listening and social skills, participating in sports at the MetroWest YMCA is about building the whole child, from the inside out.

PRESCHOOL INSTRUCTIONAL CLASSES

Mon-Tue Classes \$55 Members / \$110 Non-Members
Wed-Sun Classes \$66 members / \$132 Non-Members

Little Ninjas Ages 3 - 5 years old

Introductory level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.

Monday	10:00-10:40 am
Tuesday	10:50-11:30 am
Tuesday	4:10 - 4:50 pm
Tuesday	5:00 - 5:40 pm
Thursday	10:50-11:30 am
Thursday	4:10-4:50 pm
Saturday	8:50 - 9:30am
Saturday	9:35-10:15am

Double Play (Soccer/Basketball) Ages 3 - 5 years old

Children will be divided into teams to play actual games while learning teamwork and the skills of each sport.

Wednesday	10:45 - 11:15 am
Thursday	9:45 - 10:15 am

Munchkin Soccer Ages 3 - 5 years old

Children will be divided into teams to play actual games while learning teamwork and the skills of soccer.

Monday	9:30-10:00 am
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Little Shooters Basketball Ages 3 - 5 years old

Children will be divided into teams to play actual games while learning teamwork and the skills of soccer.

Thursday	9:10-9:40 am
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Short Sports: Ages 2-3 with parent

Explore the basics of a different sport each week. This class will emphasize listening, following directions and fun to help enhance your child's social skills, body awareness and self-confidence. **Included with Family membership at no additional charge! To register for these classes, please come to the Member Service Desk.**

Fridays	10:30 - 11:15 am	drop-in
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ADULT VOLLEY BALL

Come join us for a competitive night of volleyball! Teams will be made on a week to week basis. 18+

Tuesday 7:30- 9:30pm

ADULT CATCH BALL

Come join us for a night of competitive catch ball!

This league is for 18+

Monday 8:00- 9:00pm

YOUTH SPORT CLASSES

Mon-Wed Classes \$59 Members / \$118 Non-Members

Thurs-Sun Classes \$69 Members / \$138 Non-Members

Ninja Warrior, Ages 6-10

Beginner level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.

Ages 6-8

Tuesday	5:50 - 6:30 pm
Thursday	5:00 - 5:40 pm
Saturday	10:20-11:00 am
Saturday	11:05-11:45 am

Ages 8-10

Thursday	5:50 - 6:30 pm
Saturday	11:50am-12:30pm

USTA Ten & Under Tennis Ages 6-10

A great way to learn tennis customized for kids! This class will teach the fundamentals of tennis in a fun atmosphere. The curriculum is designed by the US Tennis Association. **\$80 members / \$160 non members**

Wednesday	6:15-6:45pm
Friday	4:00-4:30pm

YOUTH SPORTS CLINICS

Clinics are designed to teach the fundamentals of sports. Children will learn how to work as a team, do individual drills and have fun.

7 Weeks \$65 Members / \$126 Non-Members

Small Ball Girls & Boys 1st-3rd graders

Dribbling, passing, shooting, rebounding and defensive drills will be taught.

Wednesday	4:15-5:00 pm
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Buzzer Beaters Girls & Boys 4th-6th graders

Game situation skills are developed using drills to improve dribbling, passing, shooting, rebounding and defensive strategies.

Wednesday	5:15-6:00 pm
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Flag Football Girls & Boys 5th - 8th Grades

Beginner clinic to flag football taking place in the front half of the gym!

Friday	4:45-5:15 pm
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Pickle Ball Girls & Boys 5th - 8th Grades

Join us to participate in the new pickle ball craze! Learn the basics and get ready to compete!

Monday	6:15-6:45pm
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Volleyball Girls & Boys 5th - 8th Grades

Join us in learning the basics of volleyball! Get ready to practice and compete!

Monday	7:00-7:40 pm
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FAMILY TIME & SPECIAL EVENTS

HEALTHY LIVING

PRE-SCHOOL OPEN PLAY/OPEN GYM

Open to youth Ages 1-5 with parent

(Free for Members/non-members \$5 child/\$10 per family per visit)
Climbing equipment, balance beams, mats and other equipment will be set-up for enjoyment in our gym. No preregistration is required. **Parents MUST accompany children during all open playtime programs.**

Monday, 9:15 - 10:15am
Monday, 10:15-11:45 am
Wednesday, 9:00-9:40 am
Friday, 11:00 -11:40 am

Members Only
Open to all
Open to all
Open to all

WINTER HOLIDAY PARTY at the Framingham Branch



Friday, December 7 , 2018
6:00 - 7:30 pm

Join us at the Framingham YMCA for a fun family evening of music, crafts, bouncey house, face painter, dancing and games! **Free and open to all.**

PARENTS NIGHT OUT

@ the Framingham Branch

For kids age 3-12. (must be potty trained)
Night Includes: From 6-9pm Games, activities, arts, pizza dinner and more.

Register online or in person.

Friday January 11, Reg closes 1/9
Friday February 8, Reg closes 2/6

New Participants need to fill out a one-time emergency contact form.
Family Members \$10 / Youth&Adult \$15 /Non Members \$20 per child.
Registration closes on the Wednesday prior to PNO

FAMILY VALENTINES DANCE at the Framingham Branch



Friday, February 1 , 2019
6:00 - 7:30 pm

Bring your family for an evening of dance, crafts, activities. Please dress nicely. **Free and open to all.**

FAMILY DINNER NIGHTS

Fridays, 4:30-7:00

1/4: A Mediterranean Dinner
1/18: Pizza & A Salad, Homemade & Healthy
2/1: To be announced
2/15: To be announced

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.**

Coming Soon 2019

EXPRESSO RALLY FOR THE Y

Thanks to the more than 80 Y members and staff who joined us for the 2018 Espresso Rally for the Y biking challenge, we raised \$14,000 to support children and families in our community. Join us for February 2019 to once compete against Ys around the state, country and even world! With your help we can again have fun competing against one another while we raise funds for families in need. To learn more about the Rally please contact Amy Miller, Director of Annual Giving to at amiller@metrowestymca.org or (508) 879-4420 x253

We looking forward to peddling for a purpose with YOU!



Expresso

NEW! **FAMILY ARCHERY,**
FAMILY OPEN CLIMB,
FAMILY ADVENTURE
FAMILY COOKING AND MORE! **NEW!**

See pages 21-23 for details on these Family programs at the Family Outdoor Center.

NO SCHOOL DAY PROGRAMS

Framingham & Hopkinton

FRAMINGHAM BRANCH PROGRAMS NO SCHOOL DAY PROGRAMS

December 26–28 & 31, 2018
January 21 and February 5, 2019
February 18–22, 2019

No school days and vacation days are fun at the Y. Join us for fun and exciting activities such as Gym games, sports, reading, arts and crafts and other fun activities. View the full list of school year long dates online. Registration forms are available at the member service desk or online at metrowestymca.org/vacationdayprograms. 8:30 AM – 6:00 PM
December 26th Roller Kingdom
December 27th Field Trip TBD
December 28th Launch Trampoline Park
December 31st Camper Talent Show
\$60 members / \$84 non-members
Extra \$9 for morning care 7:00 AM – 8:30 AM

MLK Day, January 21 **February 15**

\$60 members / \$84 non-members
8:00am-4:00pm

Please Contact Jen Hyman at
jhyman@metrowestymca.org
(508) 879-4420 x281

FAMILY OUTDOOR CENTER 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!

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



MLK KIDS CLUB DAY **FAMILY OUTDOOR CENTER**

January 21, 8:30-4, 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 or 508-435-9345 x101. Space is limited, sign up today!

CREATIVE KITCHEN VACATION CAMP **FAMILY OUTDOOR CENTER** **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

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

**More vacation programs at the Family
Outdoor Center, see page 21**

TEEN PROGRAMS

Framingham & Hopkinton

The MetroWest YMCA offers programs for Teen in grades 6-9.

Teen Leaders Club pg 22
 Teen LEAP program .pg 22
 T-Nights Saturdays, pg 15
 Teen Workouts, pg 15



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!

The program is free for members of the Framingham YMCA and is \$7 for non-members.

For Questions or more information please contact Nathan Burrage, Membership Service Coordinator NBurrage@metrowestymca.org

2018 Y-Night Dates:

December 1st, 8th, 15th

2019 Y-Night Dates:

January 5, 12, 26 February 2, 9 & 23

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

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.

7 weeks @ \$67 Members/\$135 Non-Members

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

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

Ages 8-13..... Saturday 2:30-3:00pm

Advanced Karate Class

8 weeks @ \$82 members/\$164 non-members
 (Requires Yellow Belt or instructor approval).

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



YOUTH & TEEN FITNESS

HEALTHY LIVING

Winter 2019 Session
January 2-February 16, 2019

6 week session (Mon-Tue classes)
 7 week session (Wed-Sun classes)

CARDIO KIDS Ages 9-12

Join the fun in our Youth & Family Interactive Gym and get fit by learning how to properly use our VR-1 Cybex equipment, new cardio equipment, X-Box Kinect and MORE! Appointments can be booked at the Member Service Desk.

free members / \$176 non-members

Sign up for a maximum of 2 classes.

*Parents must sign children in and out of class.

Monday.....	4:15-5:00 pm	7886
Tuesday.....	4:15-5:00 pm	7887
Thursday.....	4:15-5:00 pm	7888
Friday.....	4:15-5:00 pm	7889

STRENGTH & AGILITY FOR YOUTH Ages 12-16

Learn how to exercise to capitalize on the development of your strength and power as it relates to staying active and sport improvements. Develop speed and quickness through agility exercises. Each week covers strength and agility for youth at any level.

Members \$76 / Non-Members \$176

Monday.(Strength).....	4:00-4:45 pm	7567
Wednesday.(Agility).....	4:00-4:45 pm	7568

NEW! Y-FAMILY FITNESS, Ages 6-8 and parent

Come workout as a family with one of our trainers. This class combines PLAY with exercise that the entire family can enjoy! The class emphasizes increasing physical activity, fitness, and team building.

Free for Members/ Non-Members \$176

Friday.....	4:15-5:00 pm	7892
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YOUTH WELLNESS CENTER ORIENTATIONS

An orientation to our Youth and Family Interactive Space is available and encouraged for all youth members 7-13 years of age and covers the safe and appropriate operation of our aerobic equipment as well as applicable Life Fitness/Cybex strength equipment. Appointments can be scheduled at the Member Service Desk.

ADULT FITNESS

HEALTHY LIVING

Winter 2019 Session
January 2-February 16, 2019
 6 week session (Mon-Tue classes)
 7 week session (Wed-Sun classes)

Y – FIT

Take control of your health and fitness! This small group training program will focus on improving your strength, refining your body composition, and increasing your endurance. The motivation and support of a small group is extraordinary when it comes to achieving new heights in your fitness.

Each session will include a dynamic warm-up with various joint mobility exercises, strength training, and anaerobic conditioning.

Mon-Tue Classes:

\$76 Family Member / \$172 Non-Members

Wed-Sunday Class:

\$89 Members / \$210 Non-Members

Monday.....	9:30-10:30 am.....	7895
Tuesday.....	7:00-8:00 pm.....	7896
Wednesday.....	7:30-8:30 pm.....	7897
Thursday.....	6:30-7:30 pm.....	7898
Friday.....	5:30-6:30 am.....	7899
Saturday.....	9:15-10:15 am.....	7901
Sunday.....	10:15-11:15 am.....	7575

8 spots per class!

BOOTCAMP CONDITIONING

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

\$67 Members / \$175 Non-Members

Wednesday.....	9:30-10:30 am.....	7913
Friday.....	9:30-10:30 am.....	7917

12 spots per class!



MOVEMENT FOR A BETTER YOU

Work at a desk all day? Tight from difficult workouts? Recovering from an injury? This 30 minute corrective exercise class is for you! It will examine HOW we move and will implement stretches, drills and exercises to improve your range of motion, reduce the risk of chronic and acute injury and resulting in better quality of life. There will be an initial assessment to determine challenges you have in your movements and a post assessment to celebrate your improvements.

Members \$42 / Non-Members \$112

Saturday.....	10:30-11:00 am.....	7911
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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.

Monday Class \$57 Members / \$151 Non-Members

Wed-Fri Class \$67 Members / \$176 Non-Members

Monday.....	10:15 - 11:15 am.....	7930
Wednesdays.....	10:15 - 11:15 am.....	7906
Wednesdays.....	6:00 - 7:00 pm.....	7908
Fridays.....	10:15 - 11:15 am.....	7910

6 spots per class!

MINDFUL BONES

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

\$57 members / \$96 non-members

Monday.....	11:00am-11:45pm.....	7904
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HEALTHY WEIGHT AND YOUR CHILD

If you have a child living with excess weight and want to learn more about a program aimed to help children manage their weight and help families live healthier; please contact Lauren Hanley at laurenhanley@metrowestymca.org or 508-879-4420 X239 for more information about a new program slated to begin January 2018. This program is evidence based, 15 weeks long and can change the lives of children living with excess weight.

Winter 2019 Session
January 2-February 16, 2019
6 week session (Mon-Tue classes)
7 week session (Wed-Sun classes)

ADULT FITNESS

HEALTHY LIVING

GROUP EXERCISE CLASSES

FREE FOR MEMBERS. Lots of classes, from Pilates, Zumba, Cycle, Yoga to Step, there is something for everyone!

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

Looking for a low impact cardio session? Try Cycle! Now that the locker rooms are open, our classes our back in the Cycle Studio!

Contact Leslie Schofield 508-879-4420 x231
Lschofield@metrowestymca.org with any questions.

GET STARTED!

WELLNESS ORIENTATION

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

FITNESS ASSESSMENTS

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. **\$35 for members only**

To schedule an assessment please contact Katrina Ladd kladd@metrowestymca.org.

STYKU 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. E-mail Katrina Ladd (kladd@metrowestymca.org) to schedule your scan!
\$20 for members only

ACTIVE OLDER ADULTS

SENIOR FITNESS CLASS!

A group program designed for seniors consisting of low impact aerobics and exercise to maintain flexibility, balance, muscle strength and endurance. Classes will be in the Aerobics room, and Friday is Zumba for Seniors. No sign up needed
free Members/ \$164 Non-Members

Monday.....	11:45am-12:45 pm	drop in
Tuesday.....	10:30 -11:30 am	drop in
Thursday.....	10:30 -11:30 am	drop in
Friday.....	10:30 -11:30 am	drop in

CARDIOPULMONARY WELLNESS PROGRAM

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

For more information about the Cardiopulmonary Wellness Program please contact Katrina Ladd kladd@metrowestymca.org.

KRAV MAGA

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

\$67 Family member / \$176 non-member
Thursdays.....7:00-8:00pm.....7905



ADULT FITNESS

HEALTHY LIVING

PREVENTION & WELLNESS CLASSES

ENHANCEFITNESS

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.

Contact Laura Gilbert at 508-879-4420 ext. 232 for more information

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.

7 weeks @ free members/\$68 non-members
Wednesday 12-1pm & Friday 1:30-2:30pm 6940

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.

7 weeks @ free members/\$134 non-members
Thursdays 12:45-1:45pm 6948

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.

January 7-March 28th

Day Class: Mon & Thurs 11:45am-1:00pm

Evening Class: Tues-Thurs 5:45-7pm

MATTER OF BALANCE (MOB)

Program designed to reduce the fear of falling in older adults. Participants learn to: view falls as controllable, set goals for increasing activity, and make changes at home to reduce the fall risk at home.

MOVING FOR BETTER BALANCE

A class for older adults to practice eight Tai Chi movements to improve balance, memory, muscle strength, flexibility, reduce stress and improve mental & emotional wellbeing. Class includes a full warm up and stretch of the whole body.

January 8-March 28, 2019

12 Weeks @ Free to Members / \$123 Non-Members
Tuesday and Thursday 12:15-1:15pm

YMCA'S DIABETES PREVENTION PROGRAM

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

As a participant, you'll enjoy:

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

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



ADULT FITNESS

HEALTHY LIVING

PERSONALIZED NUTRITION PROGRAMS

Introducing our new full time team member Maggie Lynch, registered and licensed dietitian. Looking to improve your diet, athletic performance or overall health? Schedule an appointment with Maggie by calling her at 508-879-4420 X286 or email at maggielynch@metrowestymca.org

COMPREHENSIVE NUTRITIONAL EVALUATION

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

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

ADDITIONAL FOLLOW-UP

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

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

1 hour Follow-up Visit: \$41

WEIGH TO CHANGE

Weigh to change is a 10 week lifestyle change program. Need some help sticking to your New Year's resolutions? Than this is the program for you! Our registered dietitian and personal trainers are eager to help you reach your goals.

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 workshops and grocery store tours
- Training for a walk/run 5k
- Entry into a local walk/run 5k

This program is open to individuals of all ages and levels of fitness. Our coaches 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!

Cost: \$449 members / \$649 non-members

January 7th- March 17th

Information Sessions:

- Saturday, December 15th 1-2pm
- Tuesday, December 18th 6-7pm
- Thursday, December 20th 10-11am

If you are interested in participating, please contact Maggie Lynch at 508-879-4420 X286 or email at maggielynch@metrowestymca.org

PERSONALIZED WELLNESS PROGRAMS

PERSONAL TRAINING *Members Only*

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

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

Length of Session	One-On-One	Semi-Private
1-hour	1 Session: \$49	1 Session: \$34
1-hour	5 Sessions: \$210	5 Sessions: \$147
1-hour	10 Sessions: \$389	10 Sessions: \$284
1-hour	20 Sessions: \$714	20 Sessions: \$546
30 min	1 Session: \$33	1 Session: \$18
30 min	5 Sessions: \$137	5 Sessions: \$79
30 min	10 Sessions: \$252	10 Sessions: \$147
30 min	20 Sessions: \$462	30 Sessions: \$273

BODY POSITIVE

AT THE METROWEST YMCA

This 5-week workshop is developed to teach individuals how to overcome conflicts with their bodies to lead happier, more productive lives. This workshop will provide solution-focused, positive messages of hope and freedom, and provide an alternative to the mainstream weight-focused health model. Each workshop will focus on a different topic; reclaiming health, intuitive self-care, cultivating self-love, declaring your own authentic beauty, and building community.

Thursday's 6-7pm

5 Thursdays in a row, January 10, 17, 24, 31, and February 7th

\$65 members / \$100 non-members

Contact Maggie Lynch for more information maggielynch@metrowestymca.org or at 508-879-4420 x 286

Contact Our Wellness Team

Lauren Hanley, Director of Health Integration (x239)
 Katrina Ladd, Wellness Director (x238)
 Leslie Schofield, Assistant Wellness Director & Group Exercise (x231)
 Maggie Lynch, Director of Nutritional Services (x286)
 Laura Gilbert, Prevention & Wellness Referral Coordinator (x232)

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

ADVENTURE CLASSES

Winter 2019 Session
January 2- February 16, 2019

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

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

For students in 4th - 6th grade

In this 3 class series, explore what makes up the earth and how different types of rocks are formed. 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

JAN 19, 26, AND FEB 2.

Members: \$75 / Non-members: \$150



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



FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

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 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 or 508-435-9345 x101. Space is limited, sign up today!

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton



COMMUNITY & FAMILY ADVENTURE

Winter 2019 Session
January 2-February 18, 2019



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

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

COOKIN' 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!

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

YOUTH COOKING CLASSES

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.

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 / \$89non-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

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

BIRTHDAY PARTIES

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

Please visit our website and fill out the birthday party request form @ metrowestymca.org/birthdayparties

Not-Your-Typical Party \$275

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

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

For more info contact:

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

CPR/SAFETY EDUCATION

BASIC FIRST AID

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

January 10, 2019, 6:00-9:00pm

January 24, 2019, 6:00-9:00pm

February 7, 2019, 6:00-9:00pm

February 21, 2019, 6:00-9:00pm

March 14, 2019, 6:00-9:00pm

CPR/AED FOR THE COMMUNITY - AMERICAN HEART ASSOCIATION

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

January 17, 2019, 6:00-9:00pm

February 14, 2019, 6:00-9:00pm

March 7, 2019, 6:00-9:00pm

March 21, 2019, 6:00-9:00pm

CPR/AED FOR THE PROFESSIONAL - AMERICAN HEART ASSOCIATION

Designed for HEALTHCARE PROVIDERS and FIRST RESPONDERS. This program teaches participants to recognize signs of sudden cardiac arrest, heart attack and stroke, relieve foreign-body airway obstruction, perform cardiopulmonary resuscitation, and use an automated external defibrillator. Student handbook and certificate included. **COST: \$75**

January 31, 2019, 6:00-9:00pm

February 28, 2019, 6:00-9:00pm

March 28, 2019, 6:00-9:00pm

March 31, 2019, 12:00-3:00pm

RED CROSS LIFEGUARD COURSES

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

Lifeguarding Course (must attend all 3 days) –

Friday Feb. 22 – 5:00pm to 9:30pm

Sat. Feb. 23 – 9:00am to 9:00pm

Sun. Feb. 24 – 9:00am to 9:00pm (or until finish)

Lifeguarding Class (must attend all 3 Sundays) –

Sunday March 3 – 9:00am to 6:00pm

Sunday March 10 – 9:00am to 6:00pm

Sunday March 17 – 9:00am to 6:00pm

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION COURSES

To successfully complete the lifeguarding recertification course, participants must demonstrate competency in all required skills, activities and final rescue skill scenarios in addition to passing both exams with a minimum grade of 80%. The lifeguard recertification course is for individuals that possess current lifeguarding certification that need to be recertified before expiration date. Participants DO NOT need to pass a pre-req swim to sign up for course.

Cost: Member \$129/\$206 Non Member / \$65 Y-Staff

March 16th, 2019 9am-6pm



GIVE THE GIFT OF THE Y!

Give the Gift of Healthy Aging

Give the Gift of Seeing Someone Smile

Give the Gift of Nationwide Membership

Give the Gift of Sportsmanship

Give the Gift of Happiness

Give the Gift of Personal Training

Give the Gift of Swimming

Give the Gift of Summer Camp

Give the Gift of Friendship

Give the Gift of Giving Back

By donating today you can help others in your community receive the gift of the Y.

Please consider making a donation today. Donate Online at metrowestymca.org/givetoday or Text MWYMCA to 41444

MEMBER ONLY BENEFITS

FRAMINGHAM MEMBER-ONLY BENEFITS:

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

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

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

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

Y-CHILDWATCH

Drop-In Play Room - For Members Only

Ages 2 months - 10 years old

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 Friday evenings 4:00 - 7:00 pm
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

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

FACILITY INFORMATION

FAMILY OUTDOOR CENTER

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

FRAMINGHAM BRANCH

Full-Size Gymnasium

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

Heated Indoor Swimming

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

Wellness Center

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

Youth & Family Interactive Gym

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

Aerobics/Cycle Studio

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

Youth & Family Game Room Lounge

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

Locker Rooms:

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



NATIONWIDE MEMBERSHIP

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

GENERAL INFORMATION

PROGRAM REGISTRATION

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

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

PROGRAM REFUND/CREDIT PROCEDURES

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

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

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

Program Satisfaction:

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

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

FACILITY ACCESS

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

Youth 10 years and younger:

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

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

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

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

Youth 11-15 years old:

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

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

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

Youth 16 years old and up:

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

IMPORTANT INFORMATION ABOUT MEMBER REGISTRATION FOR FALL 2 2018 CLASSES.

- Registration will begin at 6 am on October 17. Walk-in registration is first come, first served.
- Please set up your online account prior to October 17. 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.



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

Non-Profit Org.
 US Postage
 PAID
 Permit #13
 Framingham

POSTMASTER-PLEASE DELIVER BY DECEMBER 7

MetroWest YMCA Staff
We're here to serve you!

Please contact us if you have any questions or require assistance.
 Visit us on the web at www.metrowestymca.org

Framingham Branch Staff 508-879-4420

Branch Executive Director (x245)	Lisa Mandozzi
Membership Experience Director (x223)	Ashley Short
Director of Health Integration (x239)	Lauren Hanley
Wellness Director (x238)	Katrina Ladd
Prevention & Wellness Referral Coordinator (x232)	Laura Gilbert
Director of Nutritional Services (x286)	Maggie Lynch
Senior Program Director (x290)	Jean Hart
Aquatics Director (x235)	Ashley Phoenix
Gymnastics & Dance Director (x262)	Alissa Schimmel
Assistant Gymnastics & Dance Director (x285)	Taylor Loesch
Sports Director (x230)	Brendan Tuma
Director of Family Engagement (x281)	Jen Hyman
Business Manager (x271)	Aura Hernandez

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

Early Education & School's Out Program Staff

Executive Director of Education (x266)	Heidi Kaufman
Early Learning Center Director (x251)	Lolly Butz
School's Out Director (508) 435-9345 (x115)	Tricia Mansfield
Director of Family Services (x246)	Kathleen Glennon
Education Billing Coordinator (x268)	Arlete Wilson

Association Staff 508-879-4420

President & CEO (x227)	Rick MacPherson
Chief Operating Officer (x220)	Jeanne Sherlock
Chief Financial Officer (x221)	Sean McGourty
Chief Development Officer (x270)	Peter Waisgerber
Building & Grounds Director (x233)	Dave Byrne
Human Resource Director (x224)	Joya Casey
Director of Annual Giving (x253)	Amy Miller
Marketing Director (x255)	Carolyn Lister

Winter 2019 Session
JANUARY 2-FEBRUARY 16, 2019
Important Dates

December 12	Member Registration for Winter 2019 Session begins
December 17	Non-Member Registration for Winter 2019 Session begins
December 23	Fall 2 Session Ends
December 24	Christmas Eve, YMCA Closes at 1:30pm
December 25	Christmas Holiday, YMCA Closed
December 26-28 & 31	Vacation Week Programming runs in Framingham and Hopkinton for youth in Grades K-6
December 31	New Year's Eve, YMCA Closes at 5pm
January 1, 2019	New Years Day, YMCA open 1-5pm
January 2	Winter 2019 Session Begins
January 21	Martin Luther King Day - Y Open, Classes Run & Vacation Day Program
January 21	Camp Registration begins for Members
February 13	Spring 1 Member Online and Walk In Registration begins at 6 am
February 16	Winter Session Ends
February 18	Spring 1 Nonmember Walk In registration begins
February 18 - 22	YMCA open- Vacation Programs for all ages
February 25	Spring 1 Session begins

GIVING TODAY

METROWEST YMCA ANNUAL CAMPAIGN

The MetroWest YMCA is a 501(c)3 charitable organization. Donate today online at 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.