

# Y-NIGHT

@ the MetroWest YMCA Framingham Branch



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## What happens at Y-Night?

Hangout with old friends and make new ones!

Open Gym @ the Basketball Court

Open Swim in the Pool

Workout in our Youth Cardio Space

Play games with friends

Design and create art

## Want more Information?

Fill out the Request form at the bottom of the flyer and turn it in to Member Services to receive email updates about Y-Night!

Or contact Nathan Burrage at  
NBurrage@metrowestymca.org

---

## Email List Sign Up

Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Email: \_\_\_\_\_

Any questions you have about Y-Night: \_\_\_\_\_

---