

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