



BECOME A LIFEGUARD AT THE METROWEST YMCA!

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

Here's how it works:

1) APPLY. Fill out an employment application. (available online)

2) INTERVIEW & HIRING.

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

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

Lifeguard Classes and times can be found on the preceding page.

Questions? Please contact:

Hopkinton Family Outdoor Center

Scott Umbel, sumbel@metrowestymca.org 508-435-9345 x105

Framingham & Clearbrook

Jean Hart, jhart@metrowestymca.org 508-879-4420 x290

YOUTH & TEEN FITNESS

HEALTHY LIVING

FALL 1 SESSION
SEPTEMBER 3-OCTOBER 27
8 WEEKS

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!

Sign up for a maximum of 2 classes and we ask that you only sign up if you can attend 6 of the 8 classes.

*Parents must sign children in and out of every class.

Free for members / \$182 Non members

Monday.....	4:15-5:00 pm.....	9804
Tuesday.....	4:15-5:00 pm.....	9805
Wednesday.....	4:15-5:00 pm.....	9806
Thursday.....	4:15-5:00 pm.....	9807
Friday.....	4:15-5:00 pm.....	9808

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. This program is evidence based, 15 weeks long and can change the lives of children living with excess weight. Next program will start September 2019, contact Lauren Hanley for more information and to be added to the waitlist.
LaurenHanley@metrowestymca.org



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.