

TEEN PROGRAMS

Framingham & Hopkinton

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

- Teen Leaders Club pg 22
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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



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



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.