

FAMILY TIME

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



**FAMILY ARCHERY,
FAMILY HIKING,
FAMILY OPEN CLIMB,
FAMILY COOKING AND MORE!**



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

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. Registration at front desk only.

Friday November 9, 2018, Reg closes 11/7 Code: 7612
Friday December 14, 2018, Reg closes 12/12 Code: 7613

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

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.



8 weeks @ \$73 Members/\$146 Non-Members

Ages 4-7..... Saturday 1:30-2:00pm..... 7461
(Introductory session for first-time karate students)

Ages 4-7..... Saturday 2:00-2:30pm..... 7462
(Requires completion of introductory session or prior karate experience)

Ages 8-13..... Saturday 2:30-3:00pm..... 7463

Advanced Karate Class

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

All ages..... Saturday 3:15-4:00pm..... 7464

YOUTH & TEEN

FITNESS

HEALTHY LIVING

Fall 2 2018 Session
October 29-December 23, 2018

8 week session (Mon-Wed classes)
7 week session (Thur-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 / \$126 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.....	7563
Tuesday.....	4:15-5:00 pm.....	7564
Thursday.....	4:15-5:00 pm.....	7565
Friday.....	4:15-5:00 pm.....	7566

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 \$72 / Non-Members \$126

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 \$126

Friday..... 4:00-4:45 pm..... 7569



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.