

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs at 45 East Street, Hopkinton

CLIMBING

DROP-IN OPEN CLIMB

Every Friday from 6:30PM – 8:30PM

The indoor climbing gym is open to climbers of all ages, shapes, and sizes. If you can be appropriately harnessed, you may climb! We have lawn games, mini soccer, and gaga ball open for non-climbing family members and climbers who want a break.

Members: FREE! | Non-members: \$10/person or \$30/family

Check out Pre-Register Classes to find out how YOU can belay YOUR FAMILY by signing up for an Adult Belay Class!

ADULT BELAY CLASS

Calling all parents, guardians, and siblings over age 16!! Call to register for a learn-to-belay class so that YOU may learn how to manage the ropes and take charge of your family's life line! \$30 per person for adult belay. Call to schedule your training.

ARCHERY

BEGINNER/INTERMEDIATE ARCHERY YOUTH AND ADULT

Our Beginner/Intermediate Archery program works on foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and other information. All equipment is provided!

Saturdays from 9 – 10AM

No class 11/30

Members: \$90 | Youth & Teen: \$95 | Non-Members \$180

ADVANCED ARCHERY – YOUTH AND ADULT

The Advanced Archery class provides an environment in which students will hone in on their form, learn range/competition commands, and learn care of essential gear such as stringing, waxing, & re-fletching. To participate you MUST have instructor approval or schedule an audition with staff (call to arrange).

Saturdays from 10:15 – 11:15AM

No class 11/30

Members: \$90 | Youth & Teen: \$95 | Non-Members \$180

COOKING CLASSES

For youth, teens and adults

The kitchen is available for rental for private cooking events.

COOKING & EATING HEALTHY SERIES

\$100 per 6 week class

COOK HEALTHY, EAT HEALTHY Ages 18+

This class includes heart healthy, diabetes friendly recipes appropriate for most adults working towards eating and cooking healthy meals and snacks! Each week will include a healthy eating topic.

Thursdays from 5:00pm – 6:30pm

\$100

CHILDREN & FAMILY CLASSES

KIDS IN THE KITCHEN: Baking Edition

AGES 6-10

Each week kids will sharpen their baking skills by baking a variety of items including muffins, healthy cookies, and much more!

Wednesdays from 5:30pm – 6:45pm

\$140 member / \$230 non-member

FAMILY DINNER NIGHTS

Spend some quality family time together while cooking a fun, healthy meal!

Monday, November 4th Artisan Chicken Pot Pie

Friday, November 15th Healthy Holiday Favorites
4:30 - 7:00pm

\$15 member / \$20 non-member



BIRTHDAY PARTIES

COOKING PARTIES

Celebrate a birthday in our kitchen! Up to 15 chefs can cook up a storm in our teaching kitchen! Choose from options including make your own pasta, personalized pizzas, or a cooking competition where students compete to create the most delicious dish!

Birthdays start at \$450

Please visit p. 23 for other birthday options!

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VACATION CAMPS

VACATION ADVENTURERS Ages 11-16

Get adventurous! Almost all programming will be outdoors - from cooking our lunch over a fire & shelter-building, to snowshoeing to the lake, or any number of activities. Final activity decisions will be made based on the weather on the 30th and 31st. Both days will be different, so sign up for just one or both days!

Monday, December 30 from 8:30am - 4:00pm
Members: \$65 | Non-Members \$90
(early drop-off/late pick-up AVAILABLE)

Tuesday, December 31 from 8:30am - 1:00pm
Members: \$55 | Non-Members \$80
(early drop-off/late pick-up NOT AVAILABLE)

LITTLE VACATION ADVENTURERS Ages 7-10

Get Adventurous! Much of the programming will be outdoors and/or will include nature based activities. From making pinecone bird feeders and building Swedish Snowball Lanterns to tracking animals or any number of other activities! Final activity choices will be made based on the weather on the 31st.

Tuesday, December 31 from 8:30am - 1:00pm
Members: \$55 | Non-Members \$80
(early drop-off/late pick-up NOT AVAILABLE)



TRADITIONAL VACATION CAMP

Wednesday, Oct 9
Monday, Oct 14
Tuesday, Nov 5
Monday, Nov 11
Monday, Dec 23
Thursday, Dec 26
Friday, Dec 27

Spend the day off of school with us at the Y! Arts and crafts, cooking, games, sports, field trips, climbing, archery, swimming, and more activities for everyone to enjoy! Participants must bring their own snacks, lunches, and water bottles daily. Please be sure to pack appropriate indoor and outdoor apparel for your child so they can enjoy all the fun we have to offer both inside and out! Our Kids Club Program is for campers between the ages of 4-12 and the standard camp day is 8:30am-4pm.

Cost: FM \$58/day | YM \$61/day | NM \$85/day
AM Care, 7:30am-8:30am: Members \$9/day | Non-Members \$12/day
PM Care, 4:00-6:00pm: Members \$9/day | Non-Members \$12/day

Register for all days or individually!
For more information, please contact Kelley Ratcliffe, Camp & Teen Director, kmratcliffe@metrowestymca.org



For all of the above classes, please contact us prior to registration regarding food allergies or dietary restrictions.

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COMMUNITY & FAMILY ADVENTURE

LOW IMPACT WALK IN THE WOODS (GREEN LEVEL)

Sunday, October 27th | 1PM – 3PM

What's been holding you back from getting into the woods? Are you uncomfortable in this setting? Do you think you don't have enough physical ability? Do you need more knowledge? Are you afraid of bugs? This walk in the woods is designed for adults who have always wanted to try a hike but just haven't believed they could...until now! Join Outdoor Ed Director Abby Biser for a low impact, leisurely walk in the woods. Begin to learn your boundaries and ways to stay safe. We will be walking on a series of short trails connected to a main campus so there will always be easy access and egress. Come on out! What are you waiting for?

**Members at all levels: \$10 | Non-members \$20
Registration Code: 9908**

COMMUNITY BOATING

Sunday, October 20th with 10:30 AM, 11:45, & 1:00 PM Time Slots

Are you looking to get out on the water but don't own enough canoes for the whole family? Maybe you have always wanted to try but never quite got around to it? Maybe you heard about the animals in the cove, or the mermaids at mermaid rock? Join us as we teach you the basics of paddling. There will be a lifeguard on duty and a rescue trained staff. All participants will wear life jackets (provided for ages 3 and up).

**Members at all levels: FREE | Non-member Individuals: \$15 | Non-member Families: \$30
Registration Codes: 10:30am 9909 | 11:45am 9910 | 1:00pm 9911**

COMMUNITY CLIMB DAY

Sunday, November 3 from 12:30 PM – 4PM

Join us at our outdoor ropes course and see how high you can climb! A variety of our high elements will be open to try, including the Zip Zap, Islands in the Sky, Climbing Tower and several others! Registration is required so that we can ensure we have the appropriate amount of staff available to support you.

Members at all levels: FREE | Non-member Individuals: \$20 | Non-member Families: \$40

OLD FASHIONED FRIVOLITIES

Sunday, December 15th

Activities will be based on themes from Kwanzaa, Hanukkah, Christmas, Solstice, and "Old-Timey" winter fun and may include anything from preparing food to crafting to playing active games.

Members at all levels: FREE | Non-member Individuals: \$10 | Non-member families: \$20

SAFETY EDUCATION CLASSES

AMERICAN RED CROSS CPR/AED CERTIFICATION

Members at all levels: \$50 | Non-members: \$75

Friday, October 4 | 5:45PM – 8:45PM | ID: 9777

Friday, October 18 | 5:45PM – 8:45PM | ID: 9778

Monday, November 4 | 5:45PM – 8:45PM | ID: 9779

Monday, November 18 | 5:45PM – 8:45PM | ID: 9780

Friday, December 13 | 5:45PM – 8:45PM | ID: 10377

TEEN PROGRAMS

LEADERS CLUB, GRADES 9-12

Thursday's 6:30 – 8:00 pm

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

SCOUTING PROGRAMS

We offer a variety of programs for scout troops, from adventures on our challenge course to assistance with badge program completion.

Contact Outdoor Education Director Abby Biser for more information or to schedule a program for your Scouts.

(508) 435-9345 x104



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BIRTHDAY PARTIES

We'll partner with you to make it a HAPPY, FUN, and SPECIAL occasion for your child. We make it EASY, AFFORDABLE and MEMORABLE for you to host a party. Our parties are designed for all ages and we offer several theme party options to meet the diverse interests of our birthday party hosts.

Please visit our website and fill out the birthday party request form @ metrowestymca.org/birthdayparties



NOT-YOUR-TYPICAL PARTY

We partner with you to make it a happy, fun, and special occasion for your child or family member celebration. We make it easy, affordable and memorable for you to host a party. Our parties are designed for all ages and we offer several theme party options to meet the diverse interests of our birthday party hosts. For our standard party you will have the party room or pavilion for one hour and an additional hour of fun indoor or outdoor games led by a YMCA staff person. **\$300***

ARCHERY PARTY

This party is right on target for you! Parties include all the equipment needed as well as a USA Archery certified instructor. Your party will include up to 90 minutes of archery and up to 60 minutes of family/party time. Indoor and outdoor spaces are available to allow us to plan for weather. **\$350***

VERTICAL CLIMBING PARTY

Any of our climbing elements could be used in a party like this! Zap line to climbing tower, indoor or outdoor. Our instructors are lead trained and verified. Harnesses and helmets are provided for all climbers. In addition of up to 90 minutes of climb-time, you will have up to 60 minutes of family/party time. Up to 15 guests (10 recommended) may climb in 90 minutes. Additional staff at an increased cost may be required for numbers beyond 15 or for specialty considerations. **\$400***

SLIME PARTY

1/2 Hour for set up + 2 hours of Party Time!
Slime making will be led by YMCA staff for 1 hour, followed by 1 hour in a party room. Come learn how to make your own slime! We will provide all slime making equipment for up to 15 party guests. Additional costs will be incurred at \$10/person beyond fifteen to cover the cost of additional supplies.

\$350 for up to 15 participants*

**Please visit p. 20 for information on a cooking birthday party!*

**For participants ages 6 and under, one adult attending the party must participate in behavior management of party-goers for every 5 children attending.*

All of the above Birthday Parties are held at the Family Outdoor Center. Birthday parties are NOT available at the Framingham Branch. Please call 508-435-9345 x104 for more info.

HIGH FLIGHT PROGRAM

What is High Flight?

Established in 1998, High Flight is an adventure-based program designed to develop self-confidence and social skills in youth and teens. The program adopts the philosophy "to try is to succeed," encouraging and empowering all participants to challenge themselves and push their limits while in a safe and accepting environment.

Each session, families are encouraged to attend activities designed to foster positive relationships and support their youth's development. Families are encouraged to communicate with the staff about their youth's progress in the program. Every session, High Flight participants develop a sense of responsibility and connection to their community by taking part in a service project such as trail maintenance, conservation initiatives, recycling and other volunteer efforts.

How Do I Participate?

Youth and teens ages 12-17 are referred to the program through school counselors, social service agency or community organizations.

General Info

High Flight runs three 10-week sessions during the school year where the group meets twice a week from 4pm-6pm after school and 10am-4pm every other Saturday.

Each 10 week session includes an overnight camping trip as well as a three day backpacking trip at the end. The MetroWest YMCA can provide limited transportation to and from local schools or the Framingham YMCA. Due to time and logistical restraints some families are requested to provide transportation to the Family Outdoor Center in Hopkinton. The program fee is based on a tiered pricing scale, according to the families' income. Financial Assistance is available for those who qualify. All equipment is provided as are some personal items according to need.

Our spring session runs March 26-June 5. Please contact Jen Curtis by March 26 to sign up.

For more info contact:

Jen Curtis
HighFlight Director
MetroWest YMCA Family Outdoor Center
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