

# School Ages 5-13

## Framingham Branch & Hopkinton Outdoor Center

### ENRICHMENT - Framingham

#### Crafty Kids

Bring your imagination and be dressed for a mess! Projects may use paint, pastels, beading, charcoal, clay, foam, or wood.

Ages 4-6

Tuesdays, 9:30 AM - 10:30 AM

Saturdays, 12:00 PM - 1:00 PM

#### 8-week pricing (Mon-Wed)

Full-Access Framingham Member \$82 | Youth Y Member \$111 | Community Member \$164

#### 7-week pricing (Th-Sun)

Full-Access Framingham Member \$72 | Youth Y Member \$97 | Community Member \$144

### COOKING - Framingham

#### Kid Chef Series

Kids will learn basic skills in the kitchen and gain confidence in using new kitchen equipment and cooking techniques. Each week we will enjoy a new recipe together!

Ages 6-9

Tuesdays with Nate, 5:15 PM - 6:15 PM

Y Member \$84 | Youth & Teen Y Member \$114 | Community Member \$168

Saturdays with Liz, 11:15 AM - 12:15 PM

Y Member \$72 | Youth & Teen Y Member \$98 | Community Member \$144

#### Teen Chef Series

Each week teens will build upon their culinary skills, gaining confidence with new knife skills and cooking techniques. We will cook and eat healthy, delicious recipes each week!

Ages 10-16 with Liz

Thursdays, 5:00 PM - 6:30 PM

Saturdays, 12:45 PM - 2:15 PM

Y Member \$119 | Youth & Teen Y Member \$161 | Community Member \$238

### COOKING - Hopkinton

#### Kids in the Kitchen After School Series

Looking for a hands-on program for your child to engage in after school? Kids in the Kitchen will teach children knife skills, how to measure ingredients, safety around the stove and oven, how to read through a recipe, and more!

#### Ages 6-9 with Karley

Mondays, 5:00 PM - 7:00 PM

Y Member \$150 | Youth & Teen Y Member \$202 | Community Member \$300

#### Ages 10-16 with Chef John

Wednesdays, 5:00 PM - 7:00 PM

Y Member \$165 | Youth & Teen Y Member \$223 | Community Member \$330

#### One-Time Kids' Cooking Classes

##### Ages 6-12

Y Member \$20/person | Youth & Teen Y Member \$27/person | Community Members \$40/person

#### Homemade Pasta

Saturday, November 9 | 1:00 PM - 3:00 PM

Join us for a pasta party where children will learn the craft of homemade pasta paired with a homemade sauce, parmesan roasted brussels sprouts and garlic bread.

#### Winter Wonderland

Saturday, December 14 | 11:00 AM - 1:00 PM

Warm up in the kitchen while we prepare recipes perfect for a snow day! On the menu will be a vegetable minestrone soup, homemade biscuits, and hot coco!

#### Kids in the Kitchen Half-Day: Ages 6-12

Friday, November 1 | 9:00 AM - 1:00 PM

School is out, cooking is in! Join us for a half day cooking program in our teaching kitchen. To celebrate Diwali, we will be making Samosas, a mango lassi, and a healthy dessert!

Y Member \$60/person | Youth & Teen Y Member \$81/person | Community Member \$120/person

### SPORTS - Hopkinton

Full-Access Framingham Member \$90 | Youth Member \$97 | Community Member \$180

#### Beginner/Intermediate Archery: Ages 6+

Classes focus 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, 9:00 AM - 10:00 AM (No class 11/30)

#### Advanced Archery: Ages 8+

Students will hone in on their form, learn range/competition commands, and learn care of essential gear such as stringing, waxing, and re-fletching. To participate you MUST have instructor approval.

Saturdays, 10:15 AM - 11:15 AM (No class 11/30)

### SPORTS - Framingham

#### Soccer Skills & Drills: Ages 6-8

This indoor soccer class will focus on dribbling, passing, shooting and teamwork skills while teaching kids to enjoy the game! For our younger families, we encourage parents to jump in to learn and play. For our older groups, the goal is to build upon the fundamentals to get ready for games!

Tuesdays (8 weeks), 4:30 PM - 5:00 PM

#### Floor Hockey: Ages 6-10

Players will learn the basics of floor hockey through practice and guided play each week. Sticks are available for every player, so all you need is the energy to learn and have fun!

Tuesdays (8 weeks), 5:15 PM - 6:00 PM

#### Gymnastics

##### Gym Stars: Ages 4-6

Tuesdays (8 weeks), 4:30 PM - 5:00 PM, 5:05 PM - 5:35 PM

Saturdays (7 weeks), 9:05 AM - 9:35 AM

##### Rollers: Ages 7-9

Tuesdays (8 weeks), 5:40 PM - 6:10 PM

Saturdays (7 weeks), 9:40 AM - 10:10 AM

#### Youth Basketball

Introduce players to the skills they need to love the game and prepare for the season. Groups will work on dribbling, shooting, and other skills required for basketball. Our 10-12 age group will end practices with 20 minutes of game play.

##### Ages 5-6

Mondays (8 weeks), 4:30 PM - 5:00 PM

Wednesdays (8 weeks), 4:30 PM - 5:00 PM

Thursdays (7 weeks), 5:05 PM - 5:35 PM

Saturdays (7 weeks), 9:35 AM - 10:05 AM

##### Ages 7-9

Mondays (8 weeks), 5:05 PM - 5:50 PM

Wednesdays (8 weeks), 5:05 PM - 5:50 PM

Saturdays (7 weeks), 10:10 AM - 10:55 AM; 11:00 AM - 11:45 AM

##### Ages 10-12

Wednesdays (8 weeks), 5:55 PM - 6:40 PM

#### Youth Basketball League

##### Runs December 7 - February 15

Small Shots: Grades 2-3

Saturdays, 2:00 PM - 4:00 PM

Full-Access Framingham Member \$148 | Youth & Teen Y Member \$200 | Community Member \$296

**VOLUNTEERS NEEDED!** We're looking for volunteers to coach our Youth Basketball League. If you're interested, please contact **Brendan LeBlanc:** [lbrendan@metrowestymca.org](mailto:lbrendan@metrowestymca.org)

#### Pricing: Framingham Sports

##### 8 weeks (Mon-Wed) | 30 minutes

Full-Access Framingham Member \$98 | Youth Y Member \$132 | Community Member \$196

##### 8 weeks (Mon-Wed) | 45 minutes

Full-Access Framingham Member \$109 | Youth Y Member \$147 | Community Member \$218

##### 7 weeks (Thu-Sun) | 30 minutes

Full-Access Framingham Member \$86 | Youth Y Member \$116 | Community Member \$172

##### 7 weeks (Thu-Sun) | 45 minutes

Full-Access Framingham Member \$96 | Youth Y Member \$130 | Community Member \$192

# School Ages 5-13

## Framingham Branch

### MARTIAL ARTS – Framingham

Led by Villari's of Natick, this introductory class focuses on the movements of Karate and how they relate to self-defense. Students will learn confidence, respect and self-control. Sneakers are required.

#### Age 5-7

Saturdays (7 weeks), 12:30 PM – 1:00 PM

#### Age 8-13

Saturdays (7 weeks), 1:15 PM – 1:45 PM

Full-Access Framingham Member \$86  
Youth/Teen Member \$116 | Community Member \$172

### DANCE – Framingham

Classes are taught by the MetroWest Dance Academy.

#### Ballet 3: Ages 5-6

Following a Royal Academy of Dance syllabus class will help kids build self-esteem, strength, and discipline in a nurturing way.

Saturdays (7 weeks), 10:25 AM – 10:55 AM

Full-Access Framingham Member \$94  
Youth/Teen Member \$127 | Community Member \$188

#### Jazz and Tap 3: Ages 5-6

Step into this fun jazz and tap class to dance to popular tunes and develop flexibility, quick footwork, and rhythm!

Saturdays (7 weeks), 10:55 AM – 11:25 PM

Full-Access Framingham Member \$105  
Youth/Teen Member \$142 | Community Member \$210

### NINJAS – Framingham

Ninja classes use an obstacle course to assist children in increasing strength, eye-hand coordination, and improved self-esteem. They'll develop critical thinking skills to help overcome obstacles and other challenges!

#### Junior Ninjas: Ages 6-8

Wednesdays (8 weeks), 5:40 PM – 6:10 PM

Full-Access Framingham Member \$98  
Youth/Teen Member \$132 | Community Member \$196

Thursdays (7 weeks), 5:05 PM – 5:35 PM

Full-Access Framingham Member \$86  
Youth/Teen Member \$116 | Community Member \$172

### SWIM – Framingham

#### Perpetual School Age Stages 1-6 Ages 6-12

Mondays, 4:50 PM – 5:20 PM

Tuesdays, 5:10 PM – 5:40 PM

Tuesdays, 5:45 PM – 6:15 PM

Wednesdays, 4:00 PM – 4:30 PM

Wednesdays, 4:35 PM – 5:05 PM

Thursdays, 5:10 PM – 5:40 PM

Thursdays, 5:45 PM – 6:15 PM

#### School Age 1: Water Acclimation

Designed for beginners with little to no swimming experience or are uncomfortable in the water. Students increase their comfort with the water with underwater exploration and basic self-rescue skills performed with assistance. Ages 6-13

Tuesdays, 6:20 PM – 6:50 PM

Wednesdays, 5:10 PM – 5:40 PM

Saturdays, 8:10 AM – 8:40 AM

Saturdays, 9:55 AM – 10:25 AM

Saturdays, 11:05 AM – 11:35 AM

Sundays, 11:30 AM – 12:00 PM

#### School Age 2: Water Movement

Must have completed Stage 1 or be comfortable going underwater independently. Students increase their swimming ability with forward movement in the water and basic self-rescue skills performed independently. Ages 6-13

Mondays, 4:15 PM – 4:45 PM

Mondays, 6:35 PM – 7:05 PM

Tuesdays, 6:20 PM – 6:50 PM

Thursdays, 4:00 PM – 4:30 PM

Fridays, 6:35 PM – 7:05 PM

Saturdays, 8:45 AM – 9:15 AM

Saturdays, 9:20 AM – 9:50 AM

Saturdays, 10:30 AM – 11:00 AM

Sundays, 11:30 AM – 12:00 PM

Sundays, 12:40 PM – 1:10 PM

#### Pricing: School Age Swim

##### 7 weeks (Mon-Wed)

Full-Access Framingham Member \$95 | Youth/Teen Member \$128 | Community Member \$190

##### 6 weeks (Thu-Sun)

Full-Access Framingham Member \$81 | Youth/Teen Member \$109 | Community Member \$162

#### School Age 3: Water Stamina

Must have completed Stage 2 or be able to submerge and blow out air, jump in, float on back and front for 20 seconds, tread water for 10 seconds, front and back glide 10 yards, and swim, roll, float, roll, swim 5 yards all independently. Students develop intermediate self-rescue skills performed for longer durations and distances than previous stages. Ages 6-13

Mondays, 4:15 PM – 4:45 PM

Mondays, 6:35 PM – 7:05 PM

Tuesdays, 4:00 PM – 4:30 PM

Wednesdays, 6:20 PM – 6:50 PM

Thursdays, 6:20 PM – 6:50 PM

Fridays, 4:15 PM – 4:45 PM

Fridays, 4:50 PM – 5:20 PM

Fridays, 6:35 PM – 7:05 PM

Saturdays, 8:10 AM – 8:40 AM

Saturdays, 11:40 AM – 12:10 PM

Sundays, 9:10 AM – 9:40 AM

Sundays, 10:20 AM – 10:50 AM

#### School Age 4: Stroke Introduction

Must have completed Stage 3 or be able to swim, float, swim 25 yards any stroke, swim 15 yards on back and front, jump in and swim 10 yards, tread water for a minute. Students are introduced to basic stroke technique in freestyle and backstroke and water safety through treading water and elementary backstroke. Ages 6-13

Mondays, 5:25 PM – 5:55 PM

Mondays, 6:00 PM – 6:30 PM

Wednesdays, 6:20 PM – 6:50 PM

Thursdays, 6:20 PM – 6:50 PM

Fridays, 4:15 PM – 4:45 PM

Fridays, 4:50 PM – 5:20 PM

Fridays, 5:25 PM – 5:55 PM

Fridays, 6:00 PM – 6:30 PM

Saturdays, 8:45 AM – 9:15 AM

Saturdays, 11:40 AM – 12:10 PM

Sundays, 9:45 AM – 10:15 AM

Sundays, 10:55 AM – 11:25 AM

Sundays, 12:05 PM – 12:35 PM

#### School Age 5: Stroke Development

Must have completed Stage 4 or be able to swim 25 yards any stroke and perform freestyle with rotary breathing, backstroke, elementary backstroke, tread water for a minute, breaststroke kick and butterfly kick. Students are introduced to a full breaststroke and butterfly and water safety through treading water and sidestroke. Ages 6-13

Mondays, 6:35 PM – 7:05 PM

Wednesdays, 5:45 PM – 6:15 PM

Thursdays, 6:20 PM – 6:50 PM

Fridays, 5:25 PM – 5:55 PM

Fridays, 6:35 PM – 7:05 PM

Saturdays, 9:20 AM – 9:50 AM

Saturdays, 10:30 AM – 11:00 AM

Sundays, 11:30 AM – 12:00 PM

#### School Age 6: Stroke Mechanics

Must have completed Stage 5 or be able to swim 50 yards any stroke and perform freestyle with bent arm recovery, backstroke, sidestroke, breaststroke, and butterfly for 25 yards, tread water for 2 minutes, and be able to dive. Students refine their stroke technique in all major competitive strokes, build endurance, and are encouraged to swim as part of a healthy lifestyle. Ages 6-13

Mondays, 4:15 PM – 4:45 PM

Mondays, 6:35 PM – 7:05 PM

Wednesdays, 6:20 PM – 6:50 PM

Fridays, 6:35 PM – 7:05 PM

Saturdays, 9:55 AM – 10:25 AM

#### Aquatic Conditioning

Must have completed School Age 6 or be able to swim a 50 yards Freestyle, Backstroke, Breaststroke, and Butterfly. This course is for students who are interested in swimming competitively to build on their endurance and stroke technique. Ages 10-16

Wednesdays, 3:15 PM – 4:00 PM

Full-Access Framingham Member \$106 | Youth/Teen Member \$143 | Community Member \$212

Saturdays, 11:05 AM – 11:50 AM

Full-Access Framingham Member \$90 | Youth/Teen Member \$122 | Community Member \$180

# School Ages 5-13, Teen

## Framingham Branch & Hopkinton Outdoor Center

### FITNESS – Framingham

#### Kids FT

It is recommended that kids get at least 60 minutes of physical activity a day and that can be challenging when they are at school all day. This class enables kids to run, jump, hang, and lift which helps them learn more about their bodies as they grow. Like FT, we will do aerobic conditioning for endurance, basic strength training, and some jumping for power development.

Ages 5-7 | Instructor: Katrina  
Mondays (8 weeks), 4:45 - 5:15 PM

Ages 7-11 | Instructor: Francois  
Mondays (8 weeks), 5:20 PM - 5:50 PM

Full-Access Framingham Y Member \$98 | Youth Y Member \$132 | Community Member \$196

#### Cardio Kids

Cardio Kids is a fun movement-based class with exercise challenges, relays, and games.

Ages 7-11  
Tuesdays (8 weeks), 4:15 PM - 4:45 PM

Full-Access Framingham Member FREE | Youth Y Member \$132 | Community Member \$196

#### Powerful Girls

For young girls looking to start exercising, this class teaches total body movements using different techniques and helps to build confidence. Each class does a dynamic warm-up, 2-3 strength moves for the upper or lower body using equipment like a barbell, dumbbells, or kettlebells, explore a new piece of equipment like the sled or the battle ropes, and finish with abs and stretching.

Ages 9-13 | Instructor: Katrina  
Wednesdays (8 weeks), 4:00 - 5:00 PM

Full-Access Framingham Member \$120 | Youth/Teen Member \$162 | Community Member \$240

#### Cycle Power

Improve your cardiovascular fitness and lower body leg strength through this high-level cycle class. Pre- and post-power tests are performed so participants can determine their intensity level and see their improvement.

Ages 12+ | Instructor: Katrina  
Fridays (7 weeks), 6:00 AM - 7:00 AM (No class 11/22)

Full-Access Framingham Member \$105 | Youth/Teen Y Member \$142 | Community Member \$210

#### Teen Boxing

Boxing is a fun, cool way to exercise! You'll learn various techniques, improve your cardiovascular fitness, become familiar with different movements, and use equipment to defend yourself.

Ages 11-16 | Instructor: Francois  
Thursdays (7 weeks), 5:00 - 6:00 PM

Full-Access Framingham Member \$105 | Youth/Teen Y Member \$142 | Community Member \$210

#### Teen Weightlifting

Teens will learn the basics of strength training using kettlebells, dumbbells, and barbells. They'll learn how to properly perform movements like bench press, squat, and deadlift as well as other upper body and lower body push and pull movements to support overall strength development.

Ages 11-16  
Tuesdays, 5:00 PM - 6:00 PM

Full-Access Framingham Member \$120 | Youth/Teen Y Member \$162 | Community Member \$240

Fridays, 5:00 PM - 6:00 PM

Full-Access Framingham Member \$105 | Youth/Teen Y Member \$142 | Community Member \$210

#### 5K Treadmill Turkey Trot

Ready to kick off the holiday season? Come participate in our indoor 5K Treadmill Turkey Trot! Open to walkers or runners. Ages 7+ can participate with an adult; ages 11+ can participate independently.

Tuesday, November 26  
6:00 AM - 8:00 PM (come anytime!)

Y Members and Community Members \$10

All proceeds benefit the MetroWest YMCA's Annual Fund

### SPORTS – Hopkinton

#### Beginner/Intermediate Archery: Ages 6+

Class focuses 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, 9:00 AM - 10:00 AM (No class 11/30)

Full Access Framingham Member \$90 | Outdoor Center + Youth/Teen Member \$97 | Community Member \$180

#### Advanced Archery: Ages 8+

Students will hone in on their form, learn range/competition commands, and learn stringing, waxing, and re-fletching of gear. To participate you MUST have instructor approval.

Saturdays, 10:15 AM - 11:15 AM (No class 11/30)

Full Access Framingham Member \$90 | Outdoor Center + Youth/Teen Member \$97 | Community Member \$180

### CHANGEMAKER ACADEMY: WORKFORCE DEVELOPMENT PROGRAM

Stay tuned for information on the next cohort.

The MetroWest YMCA Changemaker Academy is a paid internship and job training program to help teens succeed. It's for MetroWest area high school students ages 14-19 and includes:

- 16-week leadership curriculum taught once a week
- 8-week on-the-job training: 2-5 hours/week that could include childcare, marketing, aquatics, sports, food and nutrition, and more
- Opportunities for advancement
- Free membership included with internship

Come be a part of a team that's helping to make our community stronger! To learn more, contact Lisa Mandozzi: [lmandozzi@metrowestymca.org](mailto:lmandozzi@metrowestymca.org)



### TEEN CENTER – Framingham

Monday - Friday, 3:00 PM - 7:00 PM

Teens can connect; listen to music; and play games like ping pong, e-games, and board games in this new, supervised space. It's located on the first floor of the Framingham Branch in Studio B.