



SPRING PROGRAMS

April 28 – June 15
MetroWest YMCA

THRIVE IN '25



Welcome to the Y!

Greetings! This spring, we are excited to bring you new programs in fitness, sports, aquatics, enrichment, adventure, cooking, wellness, and more!

Join us to boost your physical and mental health and find community while you're at it.

We believe the Y is for everyone — which is why we offer sliding scale fees designed to fit various financial situations through our "Y ASSIST" program. You can apply for financial assistance for memberships and programs.

We can provide Y Assist thanks to the generosity of donors to our Annual Campaign.

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LOCATIONS

Framingham Branch
280 Old Connecticut Path
Framingham, MA 01701
Phone: (508) 879-4420
Hours: Mon-Fri, 5:00 AM - 10:00 PM
Sat & Sun, 7:00 AM - 7:00 PM

Hopkinton Outdoor Center
45 East Street
Hopkinton, MA 01748
Phone: (508) 435-9345
Hours: Mon-Fri, 9:00 AM - 5:00 PM
Evenings & weekends per program schedule

Clearbrook Swim Club - Opens Memorial Day Weekend
120 Parker Road
Framingham, MA 01702



IMPORTANT DATES

Spring II Session: April 28 - June 15
Registration Dates:
Y Members: April 8 | Community Members: April 15

Sunday, April 20: Framingham Branch CLOSED

Summer Session: June 23 - August 17
Registration Dates:
Y Members: June 3 | Community Members: June 10

Healthy Kids Day
Saturday, April 26
9:00 AM - 1:00 PM at the Hopkinton Outdoor Center
Rain Date: Sunday, April 27 | 11:00 AM - 2:00 PM

Clearbrook Swim Club: May 24 - September 1
Registration is open!

HEALTHY LIVING.

YOUTH DEVELOPMENT.

SOCIAL RESPONSIBILITY.

The MetroWest YMCA is a cause-driven charitable organization that stands for healthy living, youth development, and social responsibility. We offer programs and services that build a healthy spirit, mind, and body for all.



APRIL 26

HEALTHY KIDS DAY®



National Sponsor

PEANUTS®

© PNTS



MetroWest YMCA

Saturday, April 26

9 AM – 1 PM

FREE FOR ALL!

MetroWest YMCA Outdoor Center
45 East Street • Hopkinton, MA 01748

Sponsored by:



Enjoy fun-filled activities for kids & families!

- Try archery, pickleball, indoor rock climbing, and sports
- Learn about seed planting, cooking, and STEM
- Participate in a Family Trail Run, Kids' Dash, or scavenger hunt
- Tour the grounds of the MetroWest's favorite summer camp
- Connect with community vendors and resources

Food will be available for purchase.



Family Trail Run – 9:30 AM

2 miles of scenic trails

Ages 6+ (under 13 need an adult) – FREE

Kids' Dash – 10:15 AM & 10:30 AM

<400-yard race on the sports field

Ages 2-5 (10:15) | Ages 6-10 (10:30) – FREE

Register [here](#) (required).

*RAIN DATE: SUNDAY, APRIL 27 | 11 AM – 2 PM

Y Member Benefits

Framingham & Hopkinton

GROUP EXERCISE CLASSES: free & unlimited

We offer 65 classes per week at the Framingham Branch. Ages 16+

Mind/Body

Core Fusion
Gentle Yoga
Yoga Vinyasa
Flow
Power Yoga
Pilates
Pilates HIIT

Cardio

BollyX®
Zumba®
Cycle
Cardio Dance
Group Fight
Senior
Fitness
Pedal for
Parkinson's

Strength & Weights

Bootcamp
Core Fusion
Group Power
TRX
Parkinson's
PWR!

Strength & Cardio

Group Active
Step & Strength
Strength & Cardio
Parkinson's
Exercise
TRX Circuit

Learn more or to see the current schedule [here](#).

MEMBERS' APP: YMCA360

Now you can manage your fitness at your fingertips with access to unlimited videos on topics like fitness, wellness, cooking, sports drills, and more! You can also reserve your spot in GroupEx, view schedules, check in, and sync YMCA360 to your smart watch. Available on mobile, desktop, and across multiple streaming services.



FREE WELLNESS CONSULTATION

All new members receive a 1:1 consultation with one of our fitness experts.

FREE EQUIPMENT FITTING

Get started on the right foot with a complimentary equipment fitting. Sundays, 2:00 PM, Mondays 4:00 PM, Tuesdays, 10:45 AM, Wednesdays 12:00 PM, Fridays 4:30 PM, Saturdays 4:00 PM or by appointment. Reserve your spot in YMCA360.

CHILDWATCH **FREE with a Family Membership!**

Our beautiful, light-filled Child Watch room hosts children ages two months to 10 years of age for up to two hours. Children can enjoy supervised free play or take part in instructor-led enrichment activities, while parents exercise or enjoy free time (must stay in the building).

FREE for Family Members | Adult Members \$3 per child, per visit

Mon.-Fri., 8:30 AM – 1:15 PM

Mon.-Thurs., 3:45 PM – 8:00 PM

Fri., 3:45 PM – 7:00 PM

Sat., 8:45 AM – 1:00 PM

Sun., 8:45 AM – 1:00 PM

WEEKLY DROP-IN PROGRAMS: free

HOPKINTON OUTDOOR CENTER

Y Member FREE | Community Member \$10/person

Open Climb: Fridays, 6:00 PM – 9:00 PM in the Rec Hall

The indoor climbing gym is open to climbers of all ages, shapes, and sizes. If you can be appropriately harnessed, you may climb. The last hour is glow-in-the dark/black-light climb. Anyone 18+ wishing to belay must attend a class.

Open Rec: Saturdays, 1:00 PM – 3:00 PM in the Rec Hall

The Rec Hall will offer activities such as pickleball, basketball, cornhole, indoor horseshoes, giant games, and more. Participants may also use the bouldering wall or auto-belays (2) or may top-rope climb IF they have an adult who has taken the belay class with them. There will be NO YMCA staff belayers. Alternates with Open Archery.

OPEN ARCHERY: Saturdays, 11:00 AM – 12:30 PM

Come and try out some archery on the range (either indoor or outdoor depending on weather). All equipment provided. Participants can bring personal equipment provided draw weight is 30lbs or less (unless you also bring your own target). Field points with recurve, or compound bows only, no broadheads, and no crossbows.

FRAMINGHAM BRANCH

Family Open Swim & Open Gym

Enjoy free play and swim and meet other families at our beautiful gym and indoor pool. metrowestymca.org/schedules

Toddler Open Gym

During this time, we dedicate our beautiful gymnasium to youngsters and their grown-ups to enjoy age-appropriate activities and equipment. Parents and kids can burn off energy, socialize, and have a great time! Tuesdays and Wednesdays, 9:30 AM – 11:45 AM

*Please note that Wednesday, June 11 will be the last Toddler Open Gym day until fall.

JOIN AS A MEMBER!

We offer flexible, no-contract memberships at the Framingham Branch, Hopkinton Outdoor Center, and Clearbrook Swim Club. Learn more at MetroWestYMCA.org/Membership



THE ULTIMATE SUMMER MEMBERSHIP

CLEARBROOK SWIM CLUB

120 Parker Road | Framingham, MA 01702

Join us for the 2025 season! We look forward to a summer filled with games, swim lessons, and family events!

Hours of operation:

May 24 – June 22: Weekends only

June 23 – September 1: Seven days/week

Monday – Sunday, 11:00 AM – 7:00 PM

Membership includes full-access and all corresponding family membership benefits for the Framingham Branch and the Hopkinton Outdoor Center for the summer.

Amenities:

- Large outdoor pool
- Splash pad
- Grass covered lawn
- Tennis court
- Raised garden beds
- Gaga ball pit
- Brand new pool liner

Memberships Options & Rates

Community Members

Full Summer, May 24 – Sept. 1: \$900

Half Summer, July 19 – Sept. 1: \$525

*Includes summer membership at the Framingham Branch and Hopkinton Outdoor Center

Add to your Y Membership

Family Memberships: Add Clearbrook to your membership

Full Summer, May 24 – Sept. 1: \$350

Half Summer, May 24 – July 18 or July 19 – Sept. 1: \$190

Y Adult Memberships: Upgrade to a Clearbrook Membership

Full Summer, May 24 – Sept. 1: \$560

Half Summer, May 24 – July 18 or July 19 – Sept. 1: \$335

Y Youth Memberships: Upgrade to a Clearbrook Membership

Full Summer, May 24 – Sept. 1: \$728

Half Summer, May 25 – July 18 or July 19 – Sept. 1: \$408

Learn more about Clearbrook & membership [here](#).

Camp Clearbrook Tours

Saturday, May 31

1:00 PM – 3:00 PM

120 Parker Road | Framingham, MA

Camp Clearbrook will be offering guided tours that give families the opportunity to explore our beautiful facilities, ask questions, and meet camp leadership!

Summer at the Y

All ages | Framingham & Hopkinton



YMCA swim
lessons
available!

OUTDOOR CENTER SWIM CLUB

45 East Street | Hopkinton, MA 01748

The Hopkinton Outdoor Center is home to a beautiful outdoor swimming pool, available to members during the summer on evenings and weekends!

Who has access?

- Hopkinton Outdoor Center members
- Full-Access Framingham Branch members (excludes Youth or Teen)
- Clearbrook Swim Club members

The Club will open on May 24. Hours of operation:

Monday – Friday, 4:00 PM – 7:00 PM

Saturday and Sunday, 11:00 AM – 7:00 PM

OUTDOOR CENTER SWIM TEAM

45 East Street | Hopkinton, MA 01748

Hopkinton's Stingrays Summer Swim Team is a recreation-based, fun-first team for ages 6–13. Our team is comprised of swimmers who are new to competitive swimming and just getting their feet wet! We practice throughout the summer, leading up to the MetroWest Summer Swim League and Championships! Swimmers MUST be able to safely swim the length of the pool to participate.

Practice Schedule

Tuesdays and Thursdays, 7:00 PM – 8:15 PM

Saturdays, 9:00 AM – 10:00 AM

Full-Access Framingham Member \$280 | Outdoor Center & Youth Member \$331 | Community Member \$410

Questions? Contact Bartt Pinchuck, Executive Director, Outdoor Center: bpinchuck@metrowestymca.org

Special Events

All ages | Various locations

RACES

Healthy Kids' Day Family Trail Run

Saturday, April 26

2 miles of scenic trails

Ages 6+ (under 13 need an adult)

Healthy Kids' Day Kids' Dash

Saturday, April 26

<400-yard race on the sports field

Ages 2-5 (10:15) | Ages 6-10 (10:30)

*These events are free. Register [here](#) (required).

Team Hoyt Memorial Race

Saturday, May 24

We're thrilled to support the Team Hoyt Memorial Race to honor Dick and Rick Hoyt's legacy and to support inclusion. If you would like to join the MetroWest Y Team, register [here](#).

If you'd like to volunteer with us at the race, contact Katrina Ladd: kladd@metrowestymca.org

WELL-BEING & SELF-CARE

FRAMINGHAM BRANCH

Senior Health & Wellness Day

Wednesday, May 28 | 10:00 AM - 1:00 PM

Stay tuned for more details and information!

HOPKINTON OUTDOOR CENTER

Spring Renewal Yoga Retreat

Saturday, May 10 | 7:00 AM - 3:00 PM

NEW!

Celebrate the season of renewal with a day of movement, mindfulness, and connection. This retreat offers a unique opportunity to explore a variety of yoga and mindfulness practices designed to restore balance and energy.

Beyond the mat, participants will enjoy meaningful connections over shared meals, making this the perfect outing for a group of friends or individuals seeking a reflective escape. Immerse yourself in nature, embrace a sense of belonging, and welcome spring with intention and awareness.

Ages 15+

Full-Access Framingham Member \$109 | Community Member \$218

Mother's Day Bouquet Soiree

Saturday, May 3 | 10:00 AM - 11:00 AM

NEW!

Join us for a special Mother's Day bouquet-making class! Harvest flowers from our garden and learn the art of bouquet arranging with our Farm to School Coordinator, Lindsey. You'll also create a soothing calendula salve for dry skin, burns, and more. Take home your own bouquet and jar of salve—perfect for gifting or keeping!

All ages welcome. Children must be accompanied by an adult.

Y Member \$10 | Community Member \$20

See pages 6 &
18 for more at
the Outdoor
Center!

FAMILY EVENTS

HOPKINTON OUTDOOR CENTER

Community Campout & Lunar Carnival

Starts at 4:00 PM Saturday, May 3 and ends at 10:00 AM Sunday May 4

Join us for a fun, field-based camping experience, perfect for both new and seasoned campers! Learn the basics of tent site selection and setup, enjoy backyard games, and dive into geocaching and orienteering. We'll also cover campfire prep and outdoor cooking for dinner. Afterward, indulge in S'mores and enjoy celestial stargazing with the Skyview app and a telescope to observe the moon in its first-quarter phase. Limited tents, sleeping bags, and ground pads are available. To reserve your gear, email Tyler: TReynolds@metrowestymca.org

Y Member bringing tent: \$30/family | Community Member bringing tent: \$50/family

Borrowing tent: add \$10 to price

Family Day on the Ropes Course

Saturday, May 17 | 1:00 PM - 3:00 PM

Come "hang" out at the Outdoor Center and enjoy an afternoon climbing through the trees on our high ropes course! Several of our high ropes elements will be open, including our zipline circuit.

Ages 6+ for high elements

Ages 10+ for "Leap of Faith" and zipline circuit

Y Member FREE | Outdoor Center + Youth/Teen Member FREE |

Community Member \$10/person

Community Boating Day

Sunday, June 8 | 1:00 PM - 4:00 PM

Enjoy an afternoon with us on the Ashland Reservoir! You can borrow a canoe, kayak, or paddleboard to explore the reservoir on your own. There will also be staff available to assist beginners.

Y Member FREE | Outdoor Center + Youth/Teen Member FREE |

Community Member \$10/person

Dad Joke Throwdown: Father's Day Fun!

Let's celebrate all dads, guardians, and father figures with a hilarious Dad Joke Throwdown! While only adults (18+) will compete for the title of Ultimate Dad Joke Champion, families are invited to join the fun and cheer on their favorite joke-tellers. Whether you're a seasoned dad joke pro or just love a good laugh, this event is about having fun with the whole family. Bring your best (and silliest) dad jokes and get ready for a friendly competition! Pre-registration is required and throw down rules will be sent ahead of time. Lunch will be available for purchase directly after the event.

Saturday, June 14 | 10:30 AM - 1:00 PM

Y Member FREE | Community Member \$10



RODMAN RIDE FOR KIDS

Saturday, May 17

Help support our YMCA and raise critical funds for children in our community!

Complete 25 miles, 50 miles, or participate in the NEW children's element! Grab your loved ones, your bike, and join us for an amazing day!

Register [here](#).

ADVENTURE PROGRAMS

Adult Belay Class

Ages 18+

Learn how to belay and manage ropes to take charge of your family's safety! After completing the course, you'll be certified to belay your family and approved guests during Friday night weekly Open Climb sessions.

Fridays, 6:00 PM – 8:00 PM

Full-Access Framingham Member \$25 | Outdoor Center & Youth/Teen Member \$25 | Community Member \$35

Intro to Hiking

Ages 7+

Aimed at youth ages 7–12, this 2-hour workshop will cover basic hiking/outdoor skills including map-reading, using a compass, first aid (tics/poison ivy, dehydration/exposure, scrapes/sprains), terrain navigation, and common gear. Participants will showcase and practice their skills on a short hike, about $\frac{3}{4}$ miles. Please wear appropriate clothing and bring a water bottle and snack. Parents are encouraged and welcome to attend!

Saturday, May 10

Sunday, June 15

1:00 PM – 3:00 PM

Y Member FREE | Youth/Teen Y Member FREE | Community Member \$10/person

FARM TO SCHOOL

May Magic Gardening Workshop

NEW!

Saturday, May 31 | 10:00 AM – 12:00 PM

Come grow with us and enjoy the beauty of spring in the garden! In this hands-on workshop, we'll dive into a variety of gardening activities like planting veggies, learning about sustainable gardening practices, and more! Whether you're a seasoned gardener or just starting out, you'll leave with new skills and a green thumb.

All ages welcome. Children must be accompanied by an adult.

FREE for all

Farm to Table Spring Harvest

NEW!

June 12 | 4:30 PM – 7:00 PM

Experience the journey from farm to table! In this class, you'll harvest fresh, seasonal produce and learn to transform it into delicious dishes with guidance from our expert chef. Discover new recipes and cooking techniques, then enjoy a meal made from your efforts—an ideal way to savor farm-fresh flavors!

All ages welcome. Children under 3 are free.

Y Members \$16 | Community Members \$32

SPORTS CLINICS

NEW!

Intro to Pickleball Clinic

Perhaps your friends play pickleball. Maybe you're a tennis or racquetball player looking for a new challenge. If you have a fun-loving attitude and an ounce of athletic ability, then the fastest growing sport in America may be for you. This class introduces members to the game of pickleball, covering terminology, basic rules of play, equipment, and court etiquette. Paddles are available for use.

Ages 15+

Saturday, May 3 | 11:00 AM – 12:00 PM

Thursday, May 8 | 6:00 PM – 7:00 PM

Saturday, May 17 | 11:00 AM – 12:00 PM

Y Member FREE | Community Member \$25



LEARN, CREATE, AND SOCIALIZE WITH HANDS-ON ACTIVITIES!

All of these programs are FREE for people with a Framingham Family Membership!

Youth Y Member \$100 | Community Member \$149

Music and Art with a Grown Up

Ages 1.6–2.9

Engage your child in a creative and interactive environment that promotes early socialization and discovery through the arts. This introductory class includes music, art, stories, and free playtime, making it a great way to ease your child into a preschool setting while allowing grown-ups to make new friends too.

Tuesdays, 10:30 AM – 11:30 AM

Saturdays, 9:30 AM – 10:30 AM

Sticky Fingers

Ages 2.6–3.6

Let your child express their creativity through hands-on, messy play that builds fine motor skills and encourages exploration. Dress for a mess and get ready for fun as we create with a variety of materials.

Wednesdays, 4:30 PM – 5:30 PM

Saturdays, 10:45 AM – 11:45 AM

Count with Me

Ages 3–4

Introduce your child to foundational math concepts in a fun, engaging way that encourages curiosity and cognitive development. This class covers counting and number, shape, and pattern recognition.

Mondays, 10:45 AM – 11:45 AM

Alphabetivities

Ages 3–4

Build early literacy skills as your child explores the alphabet, helping them develop writing, phonics, and creativity. Each week, we'll focus on a new letter, practicing writing, learning sounds, and making a themed craft.

Wednesdays, 10:30 AM – 11:30 AM



Spring is Here **NEW!**

Ages 3.5–5

Each week we will explore different aspects of the spring season. Activities include games, music, free play, and crafts.

Thursdays, 4:30 PM – 5:30 PM

Kindergarten Readiness

Ages 4–5

Get a head start on school readiness with fun activities that reinforce early learning skills. In this class, we explore patterns, sequencing, rhyming, and more to prepare your child for kindergarten.

Thursdays, 11:45 AM – 12:45 PM

Crafty Kids

Ages 4–6

Encourage your child's creativity and self-expression through crafting, building skills with varied materials. We'll use paint, pastels, beading, charcoal, clay, foam, and wood, so bring your imagination and dress for a mess!

Tuesdays, 9:30 AM – 10:30 AM

Saturdays, 12:00 PM – 1:00 PM

KIDS' DAY OUT

FRAMINGHAM KINDERGARTEN ONLY

Kids' Day Out is for children who are off from school and want to have fun outside the house. The day will include physical activities, arts & crafts, swim time, and more. Advanced registration is required.

Grades K–5

Monday, June 9

8:00 AM – 5:00 PM

Full-Access Framingham Member \$77 | Youth Y Member \$104 | Community Member \$154

PARENTS' NIGHT OUT

FRAMINGHAM BRANCH

Enjoy a night out while your kids have fun at the Y! Parents' Night Out is held on select Fridays throughout the school year. Children will enjoy games, activities, crafts, and more. Pre-registration is required, and all children must be able to use the bathroom independently.

Friday, May 30, 6:00 PM – 9:00 PM

Friday, June 13, 6:00 PM – 9:00 PM

Full-Access Framingham Member \$22

Youth Y Member \$30

Community Member \$44



EARLY LEARNING CENTER



The MetroWest YMCA's Early Learning Center (ELC) is licensed by the MA Department of Early Education and Care (EEC). In addition, the National Association for the Education of Young Children granted accreditation to our ELC based on our successfully meeting NAEYC's high-quality standards.

The ELC helps children meet their learning and developmental potential. We provide high-quality early education and care to children 12 months until they start kindergarten.

Located at the MetroWest YMCA Framingham Branch (282 Old Connecticut Path), the ELC offers year-round, Monday-Friday care (7:30 AM - 6:00 PM). Five-day options for toddlers. Two-, three-, and five-day options for preschool aged children. For more information: earlylearning@metrowestymca.org / 508-879-4420 x251



**NOW
REGISTERING
FALL 2025!**

SCHOOL'S OUT

Before and After School Program

Grades K-6
Ashland, Framingham,
Hopkinton, Natick, Wayland

The MetroWest YMCA's Before and After School Program, School's Out, serves elementary school youth in Ashland, Framingham, Hopkinton, Natick, and Wayland. The program nurtures your child's development by providing a safe place to learn foundational skills; develop healthy, trusting relationships; and build self-reliance. Our curriculum includes a focus on SEL (Social and Emotional Learning), which includes daily opportunities for children to gain real world skills in the areas of emotion management. Slots are available for Monday through Friday with 2, 3, 4, and 5-day options.

Learn more about our School's Out program [here](#).

Questions? Contact us: schoolsout@metrowestymca.org | 508-876-6096

Sports of All Sorts

Youth, Adults | Framingham

PRICING: SPORTS (unless stated otherwise)

30 minutes: Full-Access Framingham Member \$89 | Youth/Teen Member \$120 | Community Member \$178

45 minutes: Full-Access Framingham Member \$99 | Youth/Teen Member \$134 | Community Member \$199



YOUTH SPORTS

Mini Sports

Ages 4-6

If you're not sure which sport your child will love, start with Mini Sports! Kids will improve both gross and fine motor skills through a variety of sports, including running, jumping, catching, passing, teamwork, and more. Sports covered include soccer, basketball, floor hockey, volleyball, and more, giving kids the chance to try it all and find what they enjoy!

Thursdays, 4:30 PM - 5:00 PM

Saturdays, 8:30 AM - 9:00 AM

Soccer Skills & Drills

This indoor soccer class is designed to introduce young players to the fundamentals of the game while fostering a love for soccer. Through engaging drills and fun activities, children will develop key skills such as dribbling, passing, shooting, and teamwork. For our younger participants, we invite parents to join in the fun—helping to create a positive, supportive environment for learning and play. As players grow older, the focus shifts toward refining these skills and preparing for friendly, game-like scenarios, ensuring they're ready to take on the field with confidence!

Ages 3-5

Fridays, 4:30 PM - 5:00 PM

Saturdays, 9:05 AM - 9:35 AM

Ages 6-8

Tuesdays, 4:20 - 5:05 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, 5:15 PM - 6:00 PM

Volleyball 101

Ages 7-10

Bump, set, spike! Join us for a class where we focus on fundamental skills, strategies and teamwork. Players of all levels are welcome to come and improve their game!

Fridays, 5:15 PM - 6:00 PM

Flag Football

Ages 7-10

Flag Football will be in the 2028 Summer Olympics! Join us this spring to practice key skills like throwing, catching, pulling flags, and running routes. This outdoor class (weather permitting) is perfect for trying new positions, learning teamwork, and having fun through drills and gameplay!

Saturdays, 10:00 AM - 10:45 AM

Lacrosse - Little Lax **NEW!**

Ages 5-7

Experience the fastest sport on grass this spring! This class introduces lacrosse with a focus on skills like catching, passing, ground balls, and scoring! Learn from Brendan LeBlanc, Assistant Director of Sports and Recreation and 1x LEC champion with the Keene State Men's lacrosse team. Equipment provided.

Saturdays, 11:00 AM - 11:30 AM

Youth Basketball

This class introduces players to the fundamental skills needed to enjoy the game and prepare for the season. Participants will work on dribbling, shooting, and other key basketball skills to build a strong foundation for the game.

Ages 5-6

Mondays, 4:30 PM - 5:00 PM

Wednesdays, 4:30 PM - 5:00 PM

Saturdays, 9:40 AM - 10:10 AM

Ages 10-12

These classes include practice with 20 minutes of game play.

Wednesdays, 5:55 PM - 6:40 PM

Girls'-Only Basketball

Ages 6-12

Saturdays, 11:55 AM - 12:40 PM

Basketball Clinic & Games

Ages 5-10

This class groups participants by age and skill level. The first half of class will focus on skills and drills and the second half will be game play.

Saturdays, 12:45 PM - 1:45 PM

Full-Access Framingham Member \$109 | Youth Member \$147

Community Member \$218

Basketball Skills and Conditioning **NEW!**

Ages 7-9

All sports require a combination of conditioning and skills. In this small group class, participants will work on skills and athleticism led by our Assistant Sports Director, Brendan LeBlanc, who's a NASM-certified personal trainer.

Thursdays, 5:15 PM - 6:00 PM

ADULT SPORTS (18+)



Pickleball 101

(4 weeks: 4/29 - 5/20)

An introduction to pickleball where participants will learn the skills critical to begin on-court play, including grip, serve, and strokes. Participants will be provided with the instruction necessary for them to play games on their own.

Tuesdays, 6:00 PM - 7:00 PM

Tuesdays, 7:05 PM - 8:05 PM

Full-Access Framingham Member \$62 | Community Member \$124

Pickleball 102

(4 weeks: 4/29 - 5/20)

For more experienced players to build on current skills and improve their game.

Tuesdays 7:05 PM-8:05 PM

Y Member \$109 | Youth Y Member \$147 Community Member \$218

Open Pickleball - FREE

Reservations are required and can be made in YMCA360 beginning 48 hours in advance.

Drop-In Basketball - FREE

Members can play pick-up basketball in our gym.

View schedule: metrowestymca.org/schedules

MARTIAL ARTS

Led by Villari's of Natick, these classes focus on building critical life skills like respect, self-discipline, and self-control. Students will gain confidence and control over their actions while learning a variety of martial arts movements, including strikes, kicks, and footwork, progressing to more complex techniques as they advance. Sneakers are required, and an introductory belt is provided. A uniform is optional and available for purchase online.

Intro to Karate:

Ages 5-7

Saturdays, 12:30 PM - 1:00 PM

Intermediate Karate:

Ages 8-13

Saturdays, 1:15 PM - 1:45 PM

Full-Access Framingham Member \$89 | Youth/Teen Member \$120
Community Member \$178

GYMNASTICS

In these co-ed gymnastics classes, kids will work on a variety of age-appropriate skills. Classes are tailored to each child's skill level, ensuring they stay challenged and make faster progress toward reaching their full potential!

Tiny Tumblers

Ages 2-3

Explore tumbling and gymnastics with your little one in this parent-and-child class! Practice learning forward roll, floor balance beam, gross motor skill development. You'll support and encourage your child as they challenge themselves, practice following directions, improve gross motor skills, and build confidence in a fun, supportive environment.

Saturdays, 8:30 AM - 9:00 AM

Full-Access Framingham Member \$89 | Youth Member \$120 |
Community Member \$178

Gym Stars

Ages 4-6

Skills learned include forward and backward rolls, hanging from bars, elevated balance beams, and cartwheel prep.

Tuesdays, 4:30 PM - 5:00 PM; 5:05 PM - 5:35 PM

Thursdays, 5:00 PM - 5:30 PM

Saturdays, 9:05 AM - 9:35 AM

Full-Access Framingham Member \$89 | Youth Member \$120 |
Community Member \$178

Rollers

Ages 7-9

Skills learned include cartwheels, handstands, independent beam, bar skills like a pullover, and beginning vault skills.

Tuesdays, 5:40 PM - 6:25 PM

Thursdays, 5:35 PM - 6:20 PM

Saturdays, 9:40 AM - 10:25 AM

Full-Access Framingham Member \$99

Youth Member \$134

Community Member \$199



DANCE

Taught by the MetroWest Dance Academy, these classes offer a great introduction to a variety of dance techniques with no experience necessary for any class. All classes are 6 weeks; no class 5/24.

Pre-Ballet I

Ages 3-4

This introduction to ballet helps children develop coordination, musicality, and self-expression. Each class encourages imagination and creativity, while also fostering great listening skills as children interact with their teacher and peers.

Saturdays, 9:00 AM - 9:30 AM; 11:00 AM - 11:30 AM

Full-Access Framingham Member \$83 | Youth/Teen Member \$112 |
Community Member \$166

Pre-Ballet and Tap II

Ages 4-5

In this class, children will learn ballet through imagination, expression, and creativity. Developmentally appropriate dance skills are nurtured as they progress from natural movement to more complex coordination and rhythm. Students will develop confidence, improve listening skills, and build strong bones and muscles. Each session includes 30 minutes of ballet followed by 15 minutes of tap, with tap shoes required.

Saturdays, 9:35 AM - 10:20 AM

Full-Access Framingham Member \$93 | Youth/Teen Member \$126 |
Community Member \$186

Ballet 3

Ages 5-6

This ballet class for rising Kindergarteners follows the Royal Academy of Dance syllabus, focusing on developing ballet techniques and natural movements through creativity and musicality. The class helps build self-esteem, strength, and discipline in a nurturing and inspiring environment.

Saturdays, 10:25 AM - 10:55 AM

Full-Access Framingham Member \$83 | Youth/Teen Member \$112 |
Community Member \$166

NINJAS

Ninja classes use an exciting obstacle course to help children build strength, improve eye-hand coordination, and boost self-esteem. As they navigate the course, they'll also develop critical thinking skills to overcome obstacles and tackle new challenges!

Little Ninjas

Ages 3-5

Wednesdays, 4:45 PM - 5:15 PM

Fridays, 4:30 PM - 5:00 PM

Saturdays, 10:40 AM - 11:10 AM; 11:15 AM - 11:45 AM

Full-Access Framingham Member \$89 | Youth/Teen
Member \$120 | Community Member \$178

Junior Ninjas

Ages 6-8

Wednesdays, 5:20 PM - 6:05 PM

Fridays, 5:05 PM - 5:50 PM

Full-Access Framingham Member \$99 | Youth/Teen
Member \$134 | Community Member \$199

PRICING: PARENT/CHILD, PRESCHOOL, & SCHOOL AGE

6 weeks: Monday

Full-Access Framingham Member \$85

Youth/Teen Member \$115

Community Member \$170

7 weeks: Tuesday-Sunday

Full-Access Framingham Member \$99

Youth/Teen Member \$134

Community Member \$199

Parent/Child Swim

Parent/Child A: Ages 6-24 months

Accompanied by a grown-up, infants and toddlers will grow comfortable in the water and develop swim readiness skills through fun, confidence-building activities. Adults will learn about water safety, drowning prevention, and the importance of supervision.

Fridays, 3:40 PM - 4:10 PM

Saturdays, 8:10 AM - 8:40 AM

Sundays, 9:45 AM - 10:15 AM

Parent/Child B: Ages 2-3

Accompanied by a grown-up, children will prepare for the transition to preschool-level aquatics by engaging in purposeful movement, guided by audio and/or visual cues to enhance their readiness and water confidence.

Tuesdays, 10:00 AM - 10:30 AM

Thursdays, 4:00 PM - 4:30 PM

Saturdays, 9:20 AM - 9:50 AM

Sundays, 10:55 AM - 11:25 AM

Parent/Child C: Ages 3+

Swimmers will build on the confidence gained in Parent/Child A & B, and this class welcomes participants over the age of 3 into the swim lesson program. Adults will be in the water for support, guidance, and safety, allowing children to challenge their swim and social skills in a group lesson setting. Instructors will encourage kids to practice skills independently, while assuring them that their parents are nearby.

Saturdays, 10:30 AM - 11:00 AM

Sundays, 12:05 PM - 12:35 PM

Preschool Swim: Ages 3-5

Preschool 1: Water Acclimation

This class is designed for beginners with little to no swimming experience or those who feel uncomfortable in the water. Students will gradually increase their comfort level through underwater exploration and basic self-rescue skills, with assistance provided to ensure a safe and supportive learning environment.

Mondays, 4:15 PM - 4:45 PM

Mondays, 5:25 PM - 5:55 PM

Tuesdays, 10:00 AM - 10:30 AM

Tuesdays, 4:00 PM - 4:30 PM

Wednesdays, 10:35 AM - 11:05 AM

Wednesdays, 3:25 PM - 3:55 PM

Fridays, 3:40 PM - 4:10 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, 8:10 AM - 8:40 AM

Saturdays, 9:55 AM - 10:25 AM

Saturdays, 11:05 AM - 11:35 AM

Saturdays, 11:40 AM - 12:10 PM

Sundays, 9:45 AM - 10:15 AM

Sundays, 10:55 AM - 11:25 AM

Sundays, 11:30 AM - 12:00 PM

Sundays, 12:40 PM - 1:10 PM

Preschool 2: Water Movement

This class is for students who have completed Stage 1 or are comfortable going underwater independently. Participants will build on their skills by practicing basic self-rescue skills and increasing their independent swimming ability with forward movement in the water.

Mondays, 4:15 PM - 4:45 PM

Mondays, 5:25 PM - 5:55 PM

Wednesdays, 3:25 PM - 3:55 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, 8:10 AM - 8:40 AM

Saturdays, 9:20 AM - 9:50 AM

Saturdays, 10:30 AM - 11:00 AM

Sundays, 9:10 AM - 9:40 AM

Sundays, 10:20 AM - 10:50 AM

Sundays, 11:30 AM - 12:00 PM

Sundays, 12:05 PM - 12:35 PM

Preschool 3: Water Stamina

This class is for students who have completed Stage 2 or can independently perform the following skills: submerge and blow out air, jump in, float on back and front for 10 seconds, tread water for 10 seconds, glide front and back for 5 yards, and swim, roll, float, roll, swim for 5 yards. In this stage, students will develop intermediate self-rescue skills, practicing for longer durations and greater distances than in previous stages.

Mondays, 5:25 PM - 5:55 PM

Fridays, 6:00 PM - 6:30 PM

Saturdays, 8:45 AM - 9:15 AM

Saturdays, 11:05 AM - 11:35 AM

Sundays, 9:45 AM - 10:15 AM

Sundays, 10:20 AM - 10:50 AM

Preschool 4: Water Acclimation

This class is for students who have completed Level 3 or can independently perform the following skills: swim 15 yards with their face in the water, submerge and retrieve an object from the bottom, swim 10 yards on their back, tread water for 30 seconds, and jump in and swim to the wall. Students will continue to build their swimming skills with a focus on endurance, technique, and self-rescue.

Fridays, 4:15 PM - 4:45 PM

Sundays, 9:10 AM - 9:40 AM

School Age Swim: Ages 6-15

School Age 1: Water Acclimation

This class is designed for beginners with little to no swimming experience or those who are uncomfortable in the water. Students will gradually increase their comfort level through underwater exploration and will learn basic self-rescue skills, with assistance, to ensure safety and confidence.

Tuesdays, 6:20 PM - 6:50 PM

Saturdays, 9:55 AM - 10:25 AM

School Age 2: Water Movement

This class is for students who have completed Stage 1 or are comfortable going underwater independently. Participants will build on their skills by focusing on forward movement in the water and practicing basic self-rescue skills, all performed independently to help increase confidence and swimming ability.

Mondays, 4:15 PM - 4:45 PM

Mondays, 6:35 PM - 7:05 PM

Tuesdays, 6:20 PM - 6:50 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

School Age 3: Water Stamina

This class is for students who have completed Stage 2 or can independently perform the following skills: submerge and blow out air, jump in, float on back and front for 20 seconds, tread water for 10 seconds, glide front and back for 10 yards, and swim, roll, float, roll, swim for 5 yards. In this stage, students will develop intermediate self-rescue skills, working for longer durations and greater distances than in previous stages to further enhance their swimming abilities.

Mondays, 4:15 PM – 4:45 PM	Fridays, 6:35 PM – 7:05 PM
Mondays, 6:35 PM – 7:05 PM	Saturdays, 8:10 AM – 8:40 AM
Wednesdays, 5:10 PM – 5:40 PM	Saturdays, 11:40 AM – 12:10 PM
Wednesdays, 6:20 PM – 6:50 PM	Sundays, 9:10 AM – 9:40 AM
Thursdays, 6:20 PM – 6:50 PM	Sunday, 10:20 AM – 10:50 AM
Fridays, 4:50 PM – 5:20 PM	Sundays, 12:05 PM – 12:35 PM

School Age 5: Stroke Development

This class is for students who have completed Stage 4 or can independently swim 25 yards using any stroke, perform freestyle with rotary breathing, backstroke, elementary backstroke, tread water for a minute, and demonstrate the breaststroke and butterfly kicks. In this stage, students are introduced to the full breaststroke and butterfly strokes, as well as water safety skills like treading water and sidestroke.

Mondays, 6:35 PM – 7:05 PM	Fridays, 6:35 PM – 7:05 PM
Wednesdays, 5:45 PM – 6:15 PM	Saturdays, 9:20 AM – 9:50 AM
Thursdays, 6:20 PM – 6:50 PM	Saturdays, 10:30 AM – 11:00 AM
Fridays, 5:25 PM – 5:55 PM	Sundays, 11:30 AM – 12:00 PM
	Sundays, 12:40 PM – 1:10 PM

Aquatic Conditioning

This class is for students who have completed School Age 6 or can independently swim 50 yards of Freestyle, Backstroke, Breaststroke, and Butterfly. It is designed for those interested in swimming competitively, with a focus on building endurance, refining stroke technique, and improving overall performance in preparation for swim meets. Ages 10-16

Tuesdays, 6:20 PM – 7:05 PM

Saturdays, 11:05 AM – 11:50 AM

Full-Access Framingham Member \$110 | Youth/Teen Member \$148 | Community Member \$220

School Age 4: Stroke Introduction

This class is for students who have completed Stage 3 or can independently perform the following skills: swim, float, swim 25 yards using any stroke, swim 15 yards on both their back and front, jump in and swim 10 yards, and tread water for a minute. In this stage, students are introduced to basic stroke techniques in freestyle and backstroke, as well as water safety skills such as treading water and learning the elementary backstroke.

Mondays, 5:25 PM – 5:55 PM	Fridays, 5:25 PM – 5:55 PM
Mondays, 6:00 PM – 6:30 PM	Fridays, 6:00 PM – 6:30 PM
Wednesdays, 6:20 PM – 6:50 PM	Saturdays, 8:45 AM – 9:15 AM
Thursdays, 6:20 PM – 6:50 PM	Saturdays, 11:40 AM – 12:10 PM
Fridays, 4:15 PM – 4:45 PM	Sundays, 9:45 AM – 10:15 AM
Fridays, 4:50 PM – 5:20 PM	Sundays, 10:55 AM – 11:25 AM
	Sundays, 12:05 PM – 12:35 PM

School Age 6: Stroke Mechanics

This class is for students who have completed Stage 5 or can independently swim 50 yards using any stroke, perform freestyle with bent arm recovery, backstroke, sidestroke, breaststroke, and butterfly for 25 yards, tread water for 2 minutes, and dive. In this stage, students will refine their stroke technique in all major competitive strokes, build endurance, and be encouraged to swim as part of a healthy lifestyle.

Mondays, 6:35 PM – 7:05 PM	Fridays, 6:35 PM – 7:05 PM
Wednesdays, 6:20 PM – 6:50 PM	Saturdays, 9:55 AM – 10:25 AM

Accelerated Swim Lessons: Preschool & School Age NEW!

Our accelerated swim lessons run twice a week for four weeks at the end of the session. Please refer to the product description under the standard listings for more information about each swim level.

Choose your schedule: May 19 – June 11 (Mondays/Wednesdays) OR May 20 – June 12 (Tuesdays/Thursdays)

PRESCHOOL SWIM

Preschool 1: Water Acclimation

Mondays/Wednesdays, 4:50 – 5:20 PM
Mondays/Wednesdays, 6:00 – 6:30 PM
Tuesdays/Thursdays, 5:10 – 5:40 PM
Tuesdays/Thursdays, 5:45 – 6:15 PM

Preschool 2: Water Movement

Mondays/Wednesdays, 4:50 – 5:20 PM
Mondays/Wednesdays, 5:25 – 5:55 PM
Tuesdays/Thursdays, 5:10 – 5:40 PM
Tuesdays/Thursdays, 6:20 – 6:50 PM

Preschool 3: Water Stamina

Mondays/Wednesdays, 5:25 – 5:55 PM
Mondays/Wednesdays, 6:00 – 6:30 PM
Tuesdays/Thursdays, 5:45 – 6:15 PM

Preschool 4: Stroke Introduction

Tuesdays/Thursdays, 6:20 – 6:50 PM

SCHOOL AGE SWIM

School Age 2: Water Movement

Mondays/Wednesdays, 6:35 – 7:05 PM
Tuesdays/Thursdays, 4:00 – 4:30 PM

School Age 3: Water Stamina

Mondays/Wednesdays, 6:35 – 7:05 PM
Tuesdays/Thursdays, 4:35 – 5:05 PM

School Age 4: Stroke Introduction

Mondays/Wednesdays, 4:15 – 4:45 PM
Mondays/Wednesdays, 6:35 – 7:05 PM
Tuesdays/Thursdays, 4:35 – 5:05 PM

School Age 5: Stroke Development

Mondays/Wednesdays, 4:15 – 4:45 PM
Tuesdays/Thursdays, 4:00 – 4:30 PM

PRICING: ACCELERATED SWIM

7 classes: Monday/Wednesday

Full-Access Framingham Member \$99
Youth/Teen Member \$134
Community Member \$199

8 classes: Tuesday/Thursday

Full-Access Framingham Member \$113
Youth/Teen Member \$153
Community Member \$226

Lifeguard Certifications

Teens, Adults Framingham

LIFEGUARD CERTIFICATIONS

American Red Cross lifeguarding and water safety courses are led by skilled professionals who will help you build the confidence and abilities needed to provide care and instruction when it matters most.

American Red Cross Adult & Pediatric First Aid/CPR/AED R.21

May 13 | 3:00 PM – 7:30 PM

Learning CPR empowers you to save lives! It's a skill anyone can learn—not just healthcare professionals or emergency responders. In fact, when bystanders step in with CPR, they can double or even triple a person's chance of survival. This class provides safe, effective training to prepare you to act confidently when every second counts. The class is instructor-led, with no prerequisite coursework required, and includes a minimum of 3.75 hours of in-person instruction.

Participants who successfully complete the course will receive an American Red Cross certificate for Adult and Pediatric First Aid/CPR/AED, valid for 2 years.

Y Member \$75 | Community Member \$110



American Red Cross Lifeguard Certification R.24

Four class options (choose one)

May 16–18 | Framingham

Friday, 4:00 PM – 10:00 PM

Saturday & Sunday, 8:00 AM – 7:00 PM

June 9–11 | Clearbrook Family Swim Club

8:00 AM – 6:00 PM

June 13–15 | Clearbrook Family Swim Club

Friday, 4:00 PM – 10:00 PM

Saturday & Sunday, 8:00 AM – 7:00 PM

July 7–9 | Clearbrook Family Swim Club

8:00 AM – 6:00 PM

Our lifeguarding program equips lifeguards with the knowledge to prevent, protect, and respond effectively to aquatic emergencies. This course is designed for individuals training for the first time or those whose certifications have expired. It is offered in a blended learning format, which includes a minimum of 21.5 hours of in-person instruction and 7–8 hours of online coursework.

Participants must be at least 15 years of age by the last day of the course and must pass a prerequisite swimming skills evaluation on the first day. Upon successful completion, participants will receive an American Red Cross certificate for Lifeguarding (including Deep Water), along with CPR/AED for Professional Rescuers and First Aid, valid for 2 years. Per Massachusetts law, lifeguards must be at least 16 years old to work in the role.

Y Member \$350 | Community Member \$400

American Red Cross Lifeguard Re-Certification R.24

May 10, 7:15 AM – 7:00 PM | Framingham Branch

June 21, 8:00 AM – 8:00 PM | Clearbrook Family Swim Club

Our lifeguarding program equips lifeguards with the knowledge to prevent, protect, and respond effectively to aquatic emergencies. This instructor-led course is for individuals who hold an active American Red Cross Lifeguarding Certification or whose certification expires within 30 days of the course date. The course includes a minimum of 9.25 hours of in-person instruction, with no prerequisite coursework required.

Participants must pass a swimming skills evaluation on the first day of the course. Those who successfully complete the course will receive an American Red Cross Lifeguarding (including Deep Water) certification, along with CPR/AED for Professional Rescuers and First Aid, valid for 2 years.

Y Member \$150 | Community Member \$200

TEEN CENTER OPEN!

FRAMINGHAM BRANCH

Visit the Teen Center Monday–Friday from 3:00 PM until 5:00 PM for ping pong, video games, and to hang out with your friends.

TEEN MEALS

FRAMINGHAM BRANCH

Free teen meals are served Monday–Friday from 3:00 PM until 5:00 PM at our Changemaker Café.

For information about other opportunities for teens, contact Abby Biser, Director of Changemaker Initiatives:
ABiser@metrowestymca.org

Aquatics

Teens, Adults | Framingham

PRICING: ADULT SWIM

6 weeks: Monday

Full-Access Framingham Member \$85

Youth/Teen Member \$115

Community Member \$170

7 weeks: Tuesday-Sunday

Full-Access Framingham Member \$99

Youth/Teen Member \$134

Community Member \$199

ADULT SWIM LESSONS

Ages 16+

A: Adult Stage A is an introductory class for adults who have minimal to no swimming experience or are hesitant about performing skills in the water. Class will focus on submersion, front and back floats, and how to make forward movement.

Mondays, 12:15 PM - 12:45 PM

Wednesdays, 9:25 AM - 9:55 AM

Wednesdays, 6:20 PM - 6:50 PM

Saturdays, 8:45 AM - 9:15 AM

Sundays, 9:10 AM - 9:40 AM

B: Adult Stage B will focus on beginner stroke technique (front and back crawl), confidence in and around deep water, combination skills, safety, and endurance. It's recommended that adults successfully complete Adult Stage A before registering for this course.

Mondays, 12:50 PM - 1:20 PM

Wednesdays, 10:00 AM - 10:30 AM

Thursdays, 6:20 PM - 6:50 PM

Saturdays, 9:55 AM - 10:25 AM

Sundays, 10:20 AM - 10:50 AM

C: Adults in Stage C will continue to build on skills mastered in Stages A and B. Participants will improve their endurance while refining their technique for each of the major swim strokes. It's recommended that adults successfully complete Stages A and B prior to registering for this course.

Tuesdays, 9:25 AM - 9:55 AM

Tuesdays, 6:20 PM - 6:50 PM

Saturdays, 11:05 AM - 11:35 AM

Sundays, 12:40 PM - 1:10 PM



WATER FITNESS

Ages 18+

Water Walking (Low Impact)

Did you know that a half-hour of water walking is equal to two hours on land? In this class, participants will get a total body workout with less impact on joints and more resistance than land walking.

Tuesdays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$19 | Community Member \$38

Water Walking (Advanced)

Thursdays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$19 | Community Member \$38

Ai Chi

Ai Chi is a water exercise and relaxation program that involves a series of slow, broad movements of the arms and legs. It is designed to help manage pain, including back pain, arthritis, fibromyalgia, and other orthopedic issues. This class is suitable for non-swimmers and provides a gentle, effective way to improve mobility and relieve discomfort.

Thursdays, 10:20 AM - 11:05 AM

Full Access Framingham Member \$19 | Community Member \$38

Water Aerobics

This class focuses on coordination, flexibility, endurance, and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!

45-min class

Mondays, 11:15 AM - 12:00 PM

Full Access Framingham Member \$16 | Community Member \$32

Wednesdays, 11:15 AM - 12:00 PM

Fridays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$19 | Community Member \$38

55-minute class

Mondays, 7:15 PM - 8:10 PM

Full-Access Framingham Member \$20 | Community Member \$40

Thursdays, 7:15 PM - 8:10 PM

Full-Access Framingham Member \$23 | Community Member \$46

Masters Swimming

Open to adults 18 years and older, this competitive swimming team features practice workouts and drills. Participants must be able to complete a 500-yard swim and know the competitive strokes to join.

Mondays/Wednesdays/Fridays

5:10 AM - 6:10 AM

Full-Access Framingham Member \$122

Community Member \$244



FITNESS

YOUTH

Kids FT

Kids are recommended to get at least 60 minutes of physical activity a day, which can be tough with a full day at school. This class gives children the opportunity to run, jump, hang, and lift, helping them learn more about their bodies as they grow. Activities include aerobic conditioning for endurance, basic strength training, and jumping exercises to develop power.

Ages 5-7

Mondays, 4:45 - 5:15 PM
Wednesdays, 5:10 PM - 5:50 PM

Ages 8-11

Mondays, 5:20 PM - 5:50 PM
Saturdays, 9:30 AM - 10:00 AM

Mon. classes: Full-Access Framingham Member \$77 | Youth/Teen Member \$104 | Community Member \$154

Wed. & Sat. classes: Full-Access Framingham Member \$89 | Youth/Teen Member \$120 | Community Member \$178

Cardio Kids

Ages 7-11

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

Tuesdays, 4:15 PM - 4:45 PM

Full-Access Framingham Member FREE | Youth Y Member \$120 | Community Member \$178

Powerful Girls

Ages 9-13

This class is designed for young girls who are new to exercise, focusing on total body movements to build strength and confidence. Each session includes a dynamic warm-up, 2-3 upper/lower body strength exercises using equipment like barbells, dumbbells, or kettlebells, as well as exploring new equipment like the sled or battle ropes. Class ends with abs and stretching.

Wednesdays, 4:00 - 5:00 PM

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

TEEN

Teen Boxing

Ages 11-16

Boxing is a fun and effective way to get fit! In this class, you'll learn various techniques, improve cardiovascular fitness, master different movements, and use equipment to build your self-defense skills.

Thursdays, 5:00 - 6:00 PM

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

Advanced Teen Boxing

Ages 11-16

This class is for those who have completed Teen Boxing and have a solid grasp of basic techniques. It focuses on refining advanced boxing skills while enhancing strength and conditioning.

Thursdays, 5:00 - 6:00 PM

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



Teen Weightlifting

Ages 11-16

Teens will learn the fundamentals of strength training using kettlebells, dumbbells, and barbells. They'll master proper form for key exercises like bench press, squats, and deadlifts, along with other push and pull movements to support overall strength development.

Tuesdays, 5:00 PM - 6:00 PM

Fridays, 5:00 PM - 6:00 PM

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

Advanced Teen Weightlifting NEW!

Ages 12-16

This advanced class is for teens who have completed Teen Weightlifting. Participants will determine their max lifts and receive personalized guidance on appropriate weights. The class begins with a warm-up and instruction, then teens follow their workout plan at their own pace, with instructor support as needed.

Tuesdays, 5:00 PM - 6:00 PM

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

TEEN & ADULT

Cycle Power

Ages 12+

Boost your cardiovascular fitness and lower body strength in this high-intensity cycle class. Pre- and post-power tests help participants assess their intensity level and track their progress over time.

Fridays, 6:00 AM - 7:00 AM

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

Couch to 5K

Ages 12+

Take your first steps toward running a 5K with this supportive and introductory program! Whether you're new to running or looking to build endurance, this class will guide you through a gradual training plan that combines walking and running to improve stamina, strength, and confidence. With expert coaching and a motivating group atmosphere, you'll be ready to cross the finish line in just a few weeks!

Saturdays, 7:15 AM - 8:15 AM

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

Functional Training (FT)

Ages 11+

This is our signature high-intensity interval training (HIIT) class involving progressive programming to help improve your endurance, muscular strength, and power.

Schedule:

Monday - Friday, 6:00 AM, 6:00 PM

Mondays/Wednesdays/Fridays, 9:30 AM

Saturdays, 7:15 AM, 10:15 AM

Sundays, 10:15 AM

Your first class is free!

Pricing & Class Packs:

Y Member (Family & Adult) \$50/month

Y Member (Youth & Teen) \$63/month

Y Member (Family) \$60 for 5 or \$100 for 10

Y Member (Youth & Teen) \$75 for 5 or \$125 for 10

FITNESS PRICING (unless stated otherwise):

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

FITNESS (Cont)

ADULT: Ages 18+

Adult Boxing

Boxing is a fun and effective way to get fit! In this class, you'll learn various techniques, improve cardiovascular fitness, master different movements, and use equipment to build your self-defense skills.

Tuesdays, 7:15 PM – 8:15 PM

Thursdays, 7:15 PM – 8:15 PM

Sundays, 9:00 AM – 10:00 AM

Advanced Adult Boxing **NEW!**

For those who have completed Adult Boxing, this class will build on your foundational skills. It focuses on refining advanced boxing techniques, improving strength and conditioning, and boosting your overall boxing IQ.

Tuesdays, 7:15 PM – 8:15 PM

Thursdays, 7:15 PM – 8:15 PM

Introduction to Strength Training **NEW!**

Ready to build strength and confidence in the gym? This beginner-friendly class will teach you the fundamentals of strength training using machines. Learn proper form, technique, and how to create a safe and effective workout. Whether you're new to strength training or looking for some workouts, this class will help you get stronger and feel more comfortable using gym equipment.

Wednesdays, 7:30 PM – 8:30 PM

Strength Training for Healthy Bones

As we age, bone density decreases, which can increase the risk of injury. Fortunately, strength training helps maintain and even improve bone density! This class is a great introduction to strength training, offering a safe and effective way to support bone health and overall strength.

Mondays, 11:00 AM – 12:00 PM

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

Strength Training for Pickleball **NEW!**

Pickleball is a fast-paced sport that demands coordination, agility, strength, and speed! This strength training class focuses on improving your lateral leg strength and stability, upper body strength, speed, and agility to help enhance your pickleball performance.

Fridays, 11:00 AM – 12:00 PM

Powerful Women

Increasing muscle mass helps decrease fat mass, boost metabolism, and improve overall body composition. In Powerful Women, you will build strength and confidence through strength training! Participants will perform complex movements that engage multiple muscle groups using a variety of equipment.

Thursdays, 10:15 AM–11:15 AM

Sundays, 12:30 PM – 1:30 PM

Powerful Aging for Women **NEW!**

This community-based class helps women navigate the changes of menopause by focusing on managing symptoms through strength training, stretching, and meditation. It also offers a supportive space to connect with others experiencing perimenopause, menopause, and postmenopause.

Wednesdays, 6:15 PM – 7:15 PM

Stretch & Release **NEW!**

Learn a variety of recovery techniques to prevent injuries, improve range of motion, and enhance your workout routine. This class combines active and passive stretching with tools like foam rollers, Lacrosse balls, and yoga blocks, offering an integrated experience tailored to each participant's needs.

Sundays, 11:30 AM – 12:30 PM

Add to your Membership!

Goal Setting with InBody Scan: Ages 18+

Discover what your body is made of with the InBody body composition scan. After completing the scan, you'll review your results with a certified personal trainer, who will help you set achievable goals and provide insights for creating a personalized plan to reach them. By appointment ONLY.

Full-Access Framingham Member \$20 | Teen Member \$25

Community Member \$40

Personal Training

Invest in your future by working one-on-one with a certified personal trainer. metrowestymca.org/personal-training

Nutrition Consultation

We offer virtual or in-person consultations with a registered dietitian that include a one-hour evaluation and a one-hour follow-up. metrowestymca.org/nutrition

WEIGHT LOSS

ADULT

Weigh to Change

Starts Monday, April 28

Last chance before summer!

Weigh to Change is your one-stop shop for making a lifestyle change. This 10-week program will cover nutrition counseling and 1:1 exercise support, all while you create community with others. For less than \$50/week, you get:

- Weekly 30-min personal training sessions
- Weekly exercise or nutrition educational
- Up to 3 small group training classes
- Two 1:1 nutrition consultations with a registered dietitian
- Two Inbody scans to measure progress
- Ongoing community support

Group Trainings

Mondays/Wednesdays, 6:30 PM – 7:30 PM

Saturdays, 8:30 AM – 9:30 AM

Full-Access Framingham Member \$493 | Youth Member \$616

Community Member \$986

FREE EVIDENCE-BASED HEALTH INTERVENTION PROGRAMS

Our Prevention and Wellness team offers evidence-based programs to help you or your loved one prevent, address, and have the support to reclaim health. To learn more or enroll contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: jpotter@metrowestymca.org

STARTING THIS SPRING:

YMCA's Diabetes Prevention Program

Now enrolling

Our Diabetes Prevention program is a one-year, evidence-based program that helps adults prevent Type 2 Diabetes. Guided by a YMCA Diabetes Prevention Program Lifestyle Coach, participants learn small, measurable changes to reduce the risk for Type 2 Diabetes and live a healthier lifestyle.

Ages 18+

FREE to Full-Access Framingham Members and Community Members

LIVESTRONG® at the YMCA

Next session begins April 2025

LIVESTRONG® at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals. They'll learn endurance, strength, flexibility, and balance, which helps to improve confidence and self-esteem by focusing on the whole person and not the disease. This is a 12-week program, FREE to anyone living with or beyond cancer treatments. Support/caregivers are welcome.

Tuesdays/Thursdays, 11:30 AM - 12:45 PM or 6:00 PM - 7:15 PM

Walk with a Doc **NEW!**

With Gwen Bourque, Doctor of Pharmacy, Certified Health and Wellbeing Coach, and Diabetes Prevention Lifestyle Coach

Walk with a Doc offers free healthcare provider-led walking groups. Each event will start with a brief discussion on relevant topics from a health provider. Participants can walk at their own pace and distance while engaging in meaningful conversations and experiencing a sense of camaraderie.

All ages, under 18 must be accompanied by an adult

FREE

Sundays, 8:30 AM

5/4/25 - 6/15/25

Cushing Park: 80 Dudley Road, Framingham

Register for Walk with a Doc [here](#).



ONGOING: JOIN ANY TIME

Parkinson's Disease Wellness Programs

These programs are supported by a community grant from the Parkinson's Foundation. They're FREE to Full-Access Framingham Members and Community Members.

Parkinson's Exercise, PWR@ Moves, Pedal for Parkinson's, Parkinson's Movement to Music Class

Monthly Parkinson's Social Hours

Join us in Studio C for light refreshments and the chance to connect with other members and Y staff. Every second Friday of the month from 12:00 PM - 1:00 PM.

Enhance Fitness - 16 weeks

This evidence-based group exercise program for older adults offers simple, easy-to-learn movements designed to deliver cardio exercise, strength training, flexibility, and balance. The goal is to motivate participants to improve overall function and well-being. It may help you prevent falls and help with symptoms of arthritis. Class can be done seated or standing and exercises are modified for individual needs and abilities.

Mondays/Wednesdays/Fridays, 1:30 PM - 2:30 PM

YMCA'S Blood Pressure Self-Monitoring

This four-month, evidence-based program helps participants with hypertension lower their blood pressure through blood pressure self-monitoring, nutrition education seminars, and personalized support from a trained Healthy Heart Ambassador. Participants will attend free monthly nutrition webinars. Sessions are provided in person or virtually.

Cooking & Nutrition

All ages | Hopkinton

COOKING CLASSES

FRAMINGHAM BRANCH

Kid Chef Series

Ages 6-9

Kids will learn basic kitchen skills and build confidence using new equipment and cooking techniques. Each week, they'll prepare and enjoy a new recipe together!

Tuesdays with Nate, 4:30 PM - 5:30 PM

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

Saturdays with Liz, 12:45 PM - 1:45 PM

Y Member \$112 | Youth & Teen Y Member \$151 | Community Member \$224

Teen Chef Series

Ages 10-16

Each week, teens will expand their culinary skills by learning new knife techniques and cooking methods. They'll gain confidence while preparing and enjoying healthy, delicious recipes together!

Thursdays with Liz, 5:00 PM - 6:30 PM

Y Member \$126 | Youth & Teen Y Member \$170 | Community Member \$252

Cooking With Littles Series

Ages 2-6

Grown-ups and children will learn cooking skills while exploring new foods and flavors together! In this class, you'll prepare a delicious, kid-friendly recipe. You will expand your child's palate and gain confidence in feeding your little one.

Fridays with Liz, 10:15 AM - 11:00 AM

Saturdays with Liz, 10:15 AM - 11:00 AM

Y Member \$96 | Youth Y Member \$129 | Community Member \$172

Foodies Over 50

NEW!

Ages 50+

This class is more than just cooking; it's a social gathering, a learning experience, and a celebration of good food and good company. Learn how to make nutritious and easy one-serving recipes using practical techniques for older adults. This approach helps individuals prepare healthy, manageable meals, even when living alone.

Wednesday, May 14: Roasted salmon with veggies

Wednesday, June 11: Spring vegetable frittata

5:15 PM - 6:15 PM in Studio C

Y Member \$18 per person, per class | Community Member \$36 per person, per class

Healthy Hacks for Tiny Taste Buds: For Parents of Picky Eaters

Ages 18+

Join our hands-on cooking class designed to equip parents and caregivers with the skills and recipes to create delicious, nutritious meals that kids will actually love! In the class you'll learn strategies to expand your child's palate, connect with other parents/caregivers, and gain the confidence to conquer mealtimes!

Wednesday, May 7: Chicken and vegetable nuggets with dipping sauce

10:00 AM - 11:00 AM in Conference Room A

Wednesday, June 4: Make-ahead vegetable egg cups

10:00 AM - 11:00 AM in Conference Room A

Y Member \$18 per person, per class | Community Member \$36 per person, per class



DID YOU KNOW?



Our Food Services team feeds about 800 kids daily! This includes homemade breakfast and lunch for students at Christa McAuliffe Charter School; meals to our community partners; breakfast, lunch, and a snack to the Early Learning Center; and an afterschool snack to School's Out programs.

HOPKINTON OUTDOOR CENTER

Kids in the Kitchen After School Series

Kids in the Kitchen offers a fun, hands-on after-school program where children learn basic cooking skills like knife handling, measuring, recipe reading, and safe stove/oven use—all while preparing healthy, delicious meals!

Ages 6-9

Mondays with Karley, 5:00 PM - 7:00 PM

Y Member \$129 | Youth & Teen Y Member \$174 | Community Member \$258

Ages 10-16

Wednesdays with Chef John, 5:00 PM - 7:00 PM

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

One-Time Cooking with Littles Classes

Ages 2-6

Y Member \$16/child/class | Youth Y Member \$22 | Community Member \$32/child/class

Friday, May 16 | 10:15 AM - 11:00 AM

Blueberry sheet pan pancakes with compote

Friday, June 6 | 10:15 AM - 11:00 AM

Mac and cheese with cauliflower cheese sauce



One-Time Kids' Cooking Classes

Ages 6-12

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

Tea Party: Saturday, June 7 | 1:00 PM - 3:00 PM

Join us for a magical tea party cooking class where we'll whisk, stir, and sprinkle our way to delicious treats and tons of fun! Enjoy mini cucumber sandwiches, strawberry jam tarts, and homemade lemonade!

Mother's Day Brunch: Saturday, May 10 | 1:00 PM - 3:00 PM

Celebrate Mother's Day with a fun and interactive brunch cooking class! Learn to make a delicious spread, including pancakes, spring vegetable frittata, strawberry basil scones, and fresh orange juice. Families are invited to join their kid cooks during the last 30 minutes to enjoy the meal together, or take it home to savor later.

Family Dinner Nights!

Join us for fun-filled evenings of cooking, learning, and enjoying a healthy meal together! Perfect for families of all ages and sizes, each event features hands-on lessons and the chance to bond over delicious food.

Y Member \$16/person | Community Member \$32/person | Children under 3 are free

Cinco de Mayo Cooking Class: A Fiesta of Flavors

Friday, May 2 from 5:30 PM - 7:30 PM

Celebrate Cinco de Mayo with your family and learn to prepare delicious, authentic Mexican dishes in a festive atmosphere! On the menu will be chicken tamales with Mexican rice and baked churros!

Kids Cook Dinner: Friday, May 16 from 5:30 PM - 7:30 PM

This family-friendly class helps children build confidence in the kitchen as they prepare a delicious meal to be proud of. The menu includes Tuscan chicken, whole grain pasta, and a side salad.

Flavor Pairing: Unlock Culinary Harmony Friday, June 6

In this hands-on cooking class, we'll focus on the art of combining flavors, transforming everyday dishes into culinary masterpieces. We'll explore the fundamental principles of taste, aroma, and texture, learning how to balance and enhance different ingredients to create harmonious and exciting flavor profiles.



**Wide open spaces
adventure ahead!**

METROWEST YMCA SUMMER DAY CAMPS

METROWEST YMCA SUMMER CAMP

Offering 30 program options so kids can explore new things, meet friends that broaden their perspective, and make memories that last a lifetime!

Register for camp [here](#).

TAKE A CAMP TOUR ON HEALTHY KIDS' DAY!

When you join us at our Hopkinton Outdoor Center on Saturday, April 26 for Healthy Kids' Day, you'll have an opportunity to take a guided tour of our stunning property! Explore the heart of our camp and discover where all the exciting adventures come to life.



PROGRAM POLICIES

PROGRAM REFUND/CREDIT PROCEDURES

- 1.If a class does not meet minimum enrollment and is cancelled, a full refund or YMCA credit will be issued.
- 2.A full refund or YMCA credit will be issued if a participant withdraws from a class after notifying the Program Director or authorized staff member at least 48 hours prior to the start of the first class of the session.
- 3.A YMCA credit or refund will be issued if a participant is unable to attend a class due to a prolonged illness (3 or more weeks). This request must be made prior to the end of the program session and must be accompanied by a doctor's note.

PROGRAM SATISFACTION

We place great value on the satisfaction of our program participants. If a program is not meeting your needs for any reason, please notify the Program Director.

NOTE: Please let the Program Director know if you cannot make a class due to religious reasons. We will be happy to offer you a credit for that class.

INCLEMENT WEATER

In case of inclement weather, please call 508-879-4420 for information regarding cancellation of classes or building closure.

PLEASE NOTE: We try to provide clear and accurate information, but the MetroWest YMCA does not assume responsibility for any typos or misprints.