



# METROWEST YMCA

## 2025 SUMMER PROGRAM GUIDE



## FIND YOUR Y

Aquatics, Swim Clubs, Fitness,  
Summer Camp, Garden, Cooking, Adventure!

Summer session: June 23 – August 17

THE ULTIMATE  
**SUMMER**  
MEMBERSHIP

# Welcome to Summer at the Y!



## THE POOLS ARE OPEN, THE SUN IS SHINING, AND THE FUN IS JUST BEGINNING!

Our Summer Swim Clubs are the perfect way to stay cool, active, and connected! Join as a member and dive into exclusive access and community fun.

Our swim lessons go beyond basics, building lifelong skills, confidence, and water safety for all ages.

With six exciting summer camps and tons of classes, there's something for everyone under the sun!

Let's stay active, connected, and full of summer joy—together!

## 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

### Clearbrook Swim Club

120 Parker Road

Framingham, MA 01702

### 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

## TABLE OF CONTENTS

Summer Camp	2
Outdoor Center Events & Activities	3-4
Aquatics & Swim Team	5-6, 8-10
Summer Swim Club	7
Lifeguard Certifications	10
Fitness	11-12
Fitness & Wellness	13
Enrichment & Cooking	14
Early Learning Center	14
More to Explore	15

## IMPORTANT DATES

**Summer Session: June 23 - August 17**

Registration Dates:

Y Members: June 3 | Community Members: June 10

### Closures

July 4: Framingham Branch & Hopkinton Outdoor Center

September 1: Framingham Branch & Hopkinton Outdoor Center

**Clearbrook Swim Club: May 24 - September 1**

Hopkinton Swim Club: May 24 - September 1

Weekends only until June 15

### Framingham Branch Maintenance

August 18 - September 7: There will be limited access to some areas of the facility, including the pool and gym.

**Fall I Session: September 8 - October 26**

Registration Dates:

Y Members: August 12 | Community Members: August 19

### 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.



# Summer Day Camp

## One Summer... Memories for Life!



Our six summer day camps and programs give kids opportunities to explore new things, meet friends, and make happy memories that last a lifetime.

Hopkinton Summer Camp  
& Teen Leadership Camp  
Youth age 3 - entering 10 grade

Y STEAM Summer Program, Natick  
Youth entering grades 1-6

OCP Summer Program, Framingham  
Youth entering grades 1-8

Camp Clearbrook, Framingham  
Youth entering grades 1-6

Ninja Sports Camp, Framingham  
Youth entering grades 1-6

Stepping Stones Summer Program, Framingham  
Youth ages 4-5



**LEARN  
MORE:**



### Y ASSIST

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.

### CAMP FOR ALL

Our Camp for All campaign ensures that every child can make new friends, learn and play, and have new experiences that are only possible through camp. Thanks to the generosity of our community, one in eight campers is able to attend camp. Join us today so every kid can find their joy and their Y!

### JOIN AS A MEMBER!

We offer flexible membership options at the Framingham Branch, Outdoor Center, and Clearbrook Swim Club.  
[MetroWestYMCA.org/Membership](https://MetroWestYMCA.org/Membership).



**Learn more  
on page 7**





# Summer at the Outdoor Center

All ages | Hopkinton

## VOLUNTEER

### Summer Garden Volunteer Day: Get Your Hands Dirty & Enjoy the Harvest!

Saturday, August 9 | 9:00 AM - 11:00 AM

**FREE for all ages!**

Take a break from the daily rush and spend a relaxing, hands-on day in the garden! Help tend to our garden beds and harvest seasonal crops while you learn about companion planting, pest control, and organic techniques—all led by our experienced gardener. You will also meet fellow garden lovers, contribute to a shared space, and enjoy the fruits of your labor with fresh-picked veggies! Please wear comfy clothes and closed-toe shoes and bring a water bottle, sun protection, and a bag for your harvest.

## WEEKLY DROP-IN PROGRAMS

**Y Member FREE | Community Member \$10/person**

**Open Climb: Fridays, 6:00 PM - 9:00 PM**

**Located 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**

**Located 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.



## 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:**

May 24 - June 22: Weekends only

May 26: Memorial Day

June 23 - September 1: Seven days/week

Monday - Friday, 4:00 PM - 7:00 PM

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





## SPORTS CLINICS **NEW!**

### Intro to Pickleball Clinic – **FREE for members!**

**Ages 15+**

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.

Saturday, June 28 | 12:00 PM – 1:00 PM

Thursday, July 17 | 6:00 PM – 7:00 PM



Y Member FREE | Community Member \$25

## ADVENTURE PROGRAMS

### Intro to Hiking – **FREE for members!**

**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 ¾ miles. Please wear appropriate clothing and bring a water bottle and snack. Parents are encouraged and welcome to attend!

Saturday, July 12

1:00 PM – 3:00 PM

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

### 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

## GARDEN WORKSHOPS

### Pickle & Preserve: Pickling Basics Workshop

Saturday, July 12 | 9:30 AM – 11:00 AM

Y Member \$10/person | Community Member \$20/person

**Registration is required. Kids under 5 are free!**

Ready to turn your garden harvest into tasty, tangy treats? In this hands-on workshop led by our Farm-to-School Coordinator, Lindsey, you will harvest veggies straight from the garden; pickle cucumbers, carrots, beans, radishes, and more; and make your own brine with herbs and spices. We'll also explore fun flavor twists, like garlic, dill, and spicy peppers!

Please bring a jar or two (extras available), an apron (optional), and a love for crunchy, tangy snacks!

### Herb-Infused Oil, Vinegar, & Butter Workshop

Friday, August 15 | 5:00 PM – 6:00 PM

Y Member \$10/person | Community Members \$20/person

**Registration is required. Kids under 5 are free!**

Elevate your cooking with herb-infused oils, vinegars, and butters! In this hands-on workshop, you'll learn to create your own flavorful, homemade herb-infused oil, vinegar, and butter; explore different herb pairings to create unique flavors; and receive recipes and tips for using your homemade creations in everyday cooking. You'll get to bring home jars of infused oils, vinegars, and butters to enjoy or gift. Please bring a small jar or two to take your infused items home (we'll provide extras if you forget), your favorite cooking apron or something comfy for this hands-on session, and a notebook for jotting down recipes and ideas.

### Tomato Harvest & Recipe Share Workshop

Tuesday, July 29 | 5:00 PM – 6:00 PM

**FREE for all ages! Registration is required.**

Join us in the garden for a hands-on harvest! Perfect for all experience levels, you will help pick ripe, organic tomatoes and learn how they grow. In exchange, take home a share of the harvest plus a few simple, tasty recipes. We'll talk about tomato varieties in the garden, when and how to pick for peak ripeness, and storage tips for best flavor. After harvesting, we'll swap ideas for easy tomato dishes like salsa, sauce, and summer salad. Please bring a reusable bag or container, garden gloves (extras available), water, and sun protection.

## COOKING EVENTS

### 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

### Farm to Table Flatbreads!

Friday, July 18 from 5:30 PM – 7:30 PM

Gather your family for a fun and flavorful culinary adventure celebrating the bounty of our onsite garden beds! In this hands-on cooking class, we'll explore the vibrant, seasonal produce available right here in our community and transform it into delicious and customizable flatbreads. Enjoy fresh vegetable flatbreads, a seasonal salad, and a refreshing drink!

### Become a Grill Master

Friday, August 15 from 5:30 PM – 7:30 PM

Get ready for a fun and flavorful evening celebrating the joys of summer grilling! This hands-on cooking class is perfect for families of all ages and skill levels. We'll learn how to create a complete grilled meal, from savory chicken and vegetable skewers and grilled corn on the cob to a fresh grilled dessert.

# Aquatics

## Youth | Hopkinton

### SWIM LESSONS: OUTDOOR CENTER

#### Ages 3-15 | SESSION OPTIONS & PRICING

The summer session is split into two mini-sessions (June 23– July 17) and (July 21– August 14). Within each session, we offer two different lesson options: Once a week for eight weeks or twice a week for four weeks.

**4-week package, 2 classes per week: Mon/Wed or Tues/Thurs**

**8-week package: 1 class per week**

Full-Access Framingham Member \$113 | Outdoor Center & Youth/Teen Member \$153 | Community Member \$226



#### 8-week package, 1 class per week

June 28 – August 16: Saturdays

Preschool 1 & 2

Saturdays, 11:00 AM – 11:30 AM

Saturdays, 11:35 AM – 12:05 PM

Saturdays, 12:10 PM – 12:40 PM

Preschool 3 & 4

Saturdays, 11:35 AM – 12:05 PM

School Age 1 & 2

Saturdays, 12:20 PM – 12:50 PM

School Age 3 & 4

Saturdays, 11:00 AM – 11:30 AM

Saturdays, 11:35 AM – 12:05 PM

Saturdays, 12:10 PM – 12:40 PM

School Age 5 & 6

Saturdays, 11:00 AM – 11:30 AM

#### 4-week package, 2 classes per week

June 23 – July 16: Mon/Wed

June 24 – July 17: Tue/Thu

July 21 – August 13: Mon/Wed

July 22 – August 14: Tue/Thu

Preschool 1 & 2

Mondays/Wednesdays, 4:15 PM – 4:45 PM

Mondays/Wednesdays, 4:50 PM – 5:20 PM

Tuesdays/Thursdays, 4:15 PM – 4:45 PM

Tuesdays/Thursdays, 4:50 PM – 5:20 PM

Preschool 3 & 4

Mondays/Wednesdays, 5:25 PM – 5:55 PM

Tuesdays/Thursdays, 4:50 PM – 5:20 PM

Tuesdays/Thursdays, 5:25 PM – 5:55 PM

School Age 1 & 2

Mondays/Wednesdays, 4:15 PM – 4:45 PM

Mondays/Wednesdays, 5:25 PM – 5:55 PM

Tuesdays/Thursdays, 4:50 PM – 5:20 PM

School Age 3 & 4

Mondays/Wednesdays, 4:15 PM – 4:45 PM

Mondays/Wednesdays, 4:50 PM – 5:20 PM

Mondays/Wednesdays, 5:25 PM – 5:55 PM

Tuesdays/Thursdays, 4:15 PM – 4:45 PM

Tuesdays/Thursdays, 5:25 PM – 5:55 PM

School Age 5 & 6

Mondays/Wednesdays, 4:50 PM – 5:20 PM

Tuesdays/Thursdays, 4:15 PM – 4:45 PM

Tuesdays/Thursdays, 5:25 PM – 5:55 PM

### INSTRUCTIONAL SWIM CLINICS

Full-Access Framingham Member \$25 | Outdoor Center & Youth/Teen Member \$35 | Community Member \$50

#### Freestyle: Ages 6-15

**Sunday, June 22 | 6:00 PM – 7:00 PM**

We will focus on proper body positioning, stroke development, breathing technique, and leg movement of the swimmer. Bent arm recovery should always be used, keeping the fingertips close to the body and just above the surface. Rotary breathing will focus on rolling to the side enough to breathe, but not so much as to slow us down. The arm will begin fully extended, pulling water forcefully until the arm reaches your hip, then completing a bent arm recovery. Legs are using flutter kick with pointed toe to ensure speed.

#### Backstroke: Ages 6-15

**Tuesday, July 1 | 5:30 PM – 6:30 PM**

Looking at the movement of our arms, specifically the way our hands enter the water and complete the pull. We will also work on body positioning in the water, even pull and kick, and head placement. Back crawl with pull will have hands in line with shoulders as you prepare to re-enter the water, cupping the hand and smoothly rolling.

#### DID YOU KNOW?

Swim lessons are included in most summer camps! Learn more on page 2.

### STINGRAYS SWIM TEAM

**Hopkinton Outdoor Center or Clearbrook Swim Club**

The 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 Sample (based on location)

Clearbrook Swim Club:

Mondays/Wednesdays/Fridays, 7:00 PM – 8:15 PM

Outdoor Center:

Tuesdays/Thursdays, 7:00 PM – 8:15 PM, Saturdays, 9:45 AM – 10:45 AM

Full-Access Framingham Member \$280 | Outdoor Center & Youth/Teen Member \$330 | Community Member \$405





## SWIM LESSONS: CLEARBROOK SWIM CLUB

### ALL AGES | SESSION OPTIONS & PRICING

We split the summer session into two mini-sessions. (June 23–July 17) and (July 21–August 14). Within each session, we offer two different lesson options: Once a week for eight weeks or twice a week for four weeks.

#### 4-week package, 2 classes per week:

**Monday/Wednesday or Tuesday/Thursday**

#### 2-week package, 4 classes per week: Monday–Thursday

Full-Access Framingham Member \$113 | Outdoor Center Member & Youth/Teen Member \$153 | Community Member \$226



### 4-week package, 2 classes per week

#### Session A

June 23 – July 16: Mon/Wed  
June 24 – July 17: Tue/Thu

#### Session B

July 21 – August 13: Mon/Wed  
July 22 – August 14: Tue/Thu

#### Preschool 1

Mon/Wed, 4:30 PM – 5:00 PM

Tue/Thu, 4:30 PM – 5:00 PM

#### Preschool 2

Mon/Weds, 5:05 PM – 5:35 PM

#### Preschool 3

Mon/Wed, 5:40 PM – 6:10 PM

Tue/Thu, 4:30 PM – 5:00 PM

#### School Age 1

Mon/Wed, 4:30 PM – 5:00 PM

Tue/Thu, 5:05 PM – 5:35 PM

#### School Age 2

Mon/Wed, 5:05 PM – 5:35 PM

Tue/Thu, 5:40 PM – 6:10 PM

#### School Age 3

Mon/Wed, 5:40 PM – 6:10 PM

Tue/Thu, 5:05 PM – 5:35 PM

#### School Age 4

Mon/Wed, 6:15 PM – 6:45 PM

Tue/Thu, 5:40 PM – 6:10 PM

#### School Age 5

Mon/Wed, 6:15 PM – 6:45 PM

#### School Age 6

Tue/Thu, 6:15 PM – 6:45 PM

#### Adult Stage A

Mon/Wed, 4:30 PM – 5:00 PM

#### Adult Stage B

Tue/Thu, 6:15 PM – 6:45 PM



### 2-week package, 4 classes per week

#### Session A:

June 23 – July 3: Mon/Tue/Wed/Thu

#### Session B:

July 7 – July 17: Mon/Tue/Wed/Thu

#### Session C:

July 21 – July 31: Mon/Tue/Wed/Thu

#### Session D:

August 4 – August 14: Mon/Tue/Wed/Thu

#### Preschool 1

Mon–Thurs, 12:15 PM – 12:45 PM

#### Preschool 2

Mon–Thurs, 11:40 AM – 12:10 PM

#### Preschool 3

Mon–Thurs, 12:50 PM – 1:20 PM

#### Preschool 4

Mon–Thurs, 12:50 PM – 1:20 PM

#### School Age 1

Mon–Thurs, 12:15 PM – 12:45 PM

#### School Age 2

Mon–Thurs, 11:40 AM – 12:10 PM

#### School Age 3

Mon–Thurs, 12:50 PM – 1:20 PM

#### Adult A

Mon–Thurs, 11:40 AM – 12:10 PM

#### Adult C

Mon–Thurs, 11:40 AM – 12:10 PM

## INSTRUCTIONAL SWIM CLINICS

Full-Access Framingham Member \$25 | Outdoor Center & Youth/Teen Member \$35 | Community Member \$50

### Breaststroke: Ages 6–15

**Friday, July 11 | 7:00 PM – 8:00 PM**

This clinic will put emphasis on the flexing and pointing of the feet as we complete the stroke and glide. Catching the water in our pull will allow swimmers max efficiency when all parts are moving together. Swimmers need to bring heels towards the body by bending their knees 90 degrees then flexing feet and turning toes out. Power and strength must be focused into completing a strong Butterfly stroke. The body will be doing a rhythmic motion with hips close to the surface. Arms will pull underwater using a keyhole shape to provide a strong pull giving forward movement. Keyhole movement is when the swimmer uses their bent arms to press in and out while pulling from streamline position towards the hips before exiting the water and sweeping above the surface to reset.

### Butterfly: Ages 6–15

**Friday, July 18 | 7:00 PM – 8:00 PM**

In this clinic, participants will work on the timing of the Butterfly stroke. Our focal point will be the movement of the body throughout the kick, then adding arms to ensure swimmers have enough power and correct timing to complete a strong Butterfly stroke. The body will be doing a rhythmic motion with hips close to the surface. Arms will pull underwater using a keyhole shape to provide a strong pull giving forward movement. Keyhole movement is when the swimmer uses their bent arms to press in and out while pulling from streamline position towards the hips before exiting the water and sweeping above the surface to reset.



# Summer Swim Club

## Clearbrook

### 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 15: Weekends only

May 26: Memorial Day

June 16 – September 1: Seven days/week

Monday–Sunday, 11:00 AM – 7:00 PM

Swim lessons available! See page 6.



#### ✓ Access to 3 Pools & a Splash Pad

- Outdoor pool with a beautiful new liner & splash pad at Clearbrook Swim Club\*
- Outdoor pool at the Hopkinton Outdoor Center
- Indoor pool at the Framingham Branch

#### ✓ Full Membership Benefits and Use of Our Three Locations

- Framingham Branch: Fitness Center, gymnasium, basketball,
- Hopkinton Outdoor Center: Hiking trails, sports fields, basketball, pickleball, and cricket pitch (non-camp hours)
- Clearbrook Swim Club: Playground, tennis court, field games, ping pong, gaga ball pit, raised garden beds and a snack bar

#### ✓ Unlimited Group Exercise & Free Child Watch @ Branch

#### ✓ Exclusive Member Discounts

- Save on swim lessons, fitness, cooking, adventure programs, sports, and enrichment activities

#### ✓ Special Weekly Family Activities & Member Events!

- Family Open Swim, Open Gym, Pickleball every week!

#### Ultimate Summer Membership (for Community Members)

Full Summer, May 24 – Sept. 1: \$900 | Half Summer, July 19 – Sept. 1: \$525



#### Amenities:

- Large outdoor pool
- Splash pad
- Snack Bar
- Shower
- Lawn sports
- Playground
- Ping pong table
- Raised garden beds
- Gaga ball pit
- Brand new pool liner

#### Add Clearbrook to Your Y Membership

##### Family Memberships: Add Clearbrook

Full Summer, May 24 – Sept. 1: \$350

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

##### Y Adult Memberships: Upgrade to Clearbrook

Full Summer, May 24 – Sept. 1: \$560

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

##### Y Youth Memberships: Upgrade to Clearbrook

Full Summer, May 24 – Sept. 1: \$728

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

LEARN  
MORE:





## SWIM LESSONS: FRAMINGHAM BRANCH

### PRICING: PARENT/CHILD, PRESCHOOL, and SCHOOL AGE

#### 8 weeks: Monday–Thursday, Saturday, Sunday

Full-Access Framingham Member \$113

Youth/Teen Member \$153

Community Member \$226

#### 7 weeks: Friday

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.

Mondays, 4:15 PM – 4:45 PM

Saturdays, 9:10 AM – 9:40 AM

Saturdays, 12:05 PM – 12:35 PM

### 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, 4:15 PM – 4:45 PM

Saturdays, 9:45 AM – 10:15 AM

Saturdays, 12:40 PM – 1:10 PM

### 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.

Fridays, 4:15 PM – 4:45 PM

Saturdays, 10:20 AM – 10:50 AM

## 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, 4:50 PM – 5:20 PM

Tuesdays, 6:00 PM – 6:30 PM

Wednesdays, 4:50 PM – 5:20 PM

Thursdays, 4:15 PM – 4:45 PM

Thursdays, 5:25 PM – 5:55 PM

Fridays, 4:50 PM – 5:20 PM

Saturdays, 9:10 AM – 9:40 AM

Saturdays, 10:20 AM – 10:50 AM

Saturdays, 12:05 PM – 12:35 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, 4:50 PM – 5:20 PM

Tuesdays, 5:25 PM – 5:55 PM

Wednesdays, 4:15 PM – 4:45 PM

Thursdays, 4:50 PM – 5:20 PM

Thursdays, 6:00 PM – 6:30 PM

Fridays, 5:25 PM – 5:55 PM

Saturdays, 9:45 AM – 10:15 AM

Saturdays, 12:40 PM – 1:10 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, 6:00 PM – 6:30 PM

Thursdays, 4:15 PM – 4:45 PM

Fridays, 6:00 PM – 6:30 PM

Saturdays, 10:55 AM – 11:25 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.

Wednesdays, 5:25 PM – 5:55 PM

Saturdays, 11:30 AM – 12:00 PM

## 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.

Mondays, 4:15 PM – 4:45 PM

Tuesdays, 4:15 PM – 4:45 PM

Tuesdays, 6:00 PM – 6:30 PM

Wednesdays, 4:50 PM – 5:20 PM

Thursdays, 4:50 PM – 5:20 PM

Fridays, 4:15 PM – 4:45 PM

Saturdays, 9:10 AM – 9:40 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, 5:25 PM – 5:55 PM

Tuesdays, 4:50 PM – 5:20 PM

Wednesdays, 5:25 PM – 5:55 PM

Wednesdays, 6:00 PM – 6:30 PM

Thursdays, 6:00 PM – 6:30 PM

Fridays, 4:50 PM – 5:20 PM

Saturdays, 9:45 AM – 10:15 AM

Saturdays, 12:05 PM – 12:35 PM

# Aquatics

## Youth, Adults | Framingham

### 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, 4:50 PM – 5:20 PM	Thursdays, 4:15 PM – 4:45 PM
Mondays, 6:00 PM – 6:30 PM	Thursdays, 5:25 PM – 5:55 PM
Tuesdays, 4:15 PM – 4:45 PM	Fridays, 5:25 PM – 5:55 PM
Tuesdays, 5:25 PM – 5:55 PM	Fridays, 6:00 PM – 6:30 PM
Wednesdays, 4:15 PM – 4:45 PM	Saturdays, 10:20 AM – 10:50 AM
Wednesdays, 6:00 PM – 6:30 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, 6:00 PM – 6:30 PM	Wednesdays, 6:00 PM – 6:30 PM
Tuesdays, 5:25 PM – 5:55 PM	Fridays, 4:15 PM – 4:45 PM
Wednesdays, 5:25 PM – 5:55 PM	Saturdays, 11:30 AM – 12:00 PM

### 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	Thursdays, 4:50 PM – 5:20 PM
Tuesdays, 5:25 PM – 5:55 PM	Fridays, 5:25 PM – 5:55 PM
Wednesdays, 4:15 PM – 4:45 PM	Saturdays, 10:55 AM – 11:35 AM
Wednesdays, 4:50 PM – 5:20 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.

Thursdays, 5:25 PM – 5:55 PM
Fridays, 6:00 PM – 6:30 PM
Saturdays, 12:40 PM – 1:10 PM

## INSTRUCTIONAL SWIM CLINIC

**Starts and Transitions: Ages 6–15, Monday, June 30 | 5:30 PM – 7:00 PM**

**Full-Access Framingham Member \$38 | Outdoor Center & Youth/Teen Member \$51 | Community Member \$76**

Starts and turns set you up for success! In this clinic, we'll cover starting dives, backstroke starts, flip turns, and open turns. You'll learn how a strong back leg and proper hand grip on the block help launch a shallow, powerful track start. For backstroke, we'll use the block's handlebars for better push-off angles—aiming for toes below the surface, shoulders over knees, and an arched back. Flip turns focus on tucking the chin and somersaulting close to the wall to maintain momentum. We'll practice tight leg curls and fast, efficient push-offs. In open turns, essential for Breaststroke and Butterfly, we emphasize a two-hand touch followed by a strong streamline push-off.

## ADULT SWIM LESSONS

**Ages 16+**

### PRICING

**8 weeks: Monday–Thursday, Saturday, Sunday**

Full-Access Framingham Member \$113

Youth/Teen Member \$153

Community Member \$226

**7 weeks: Friday**

Full-Access Framingham Member \$99

Youth/Teen Member \$134

Community Member \$199

**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, 10:25 AM – 10:55 AM

Wednesdays, 9:25 AM – 9:55 AM

Saturdays, 10:55 AM – 11:25 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, 9:25 AM – 9:55 AM

Wednesdays, 10:00 AM – 10:30 AM

Saturdays, 11:30 AM – 12:00 PM

**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.

Mondays, 10:00 AM – 10:30 AM

Tuesdays, 6:00 PM – 6:30 PM



**Learning the facts about water safety and drowning prevention saves lives. Learn more:**





## WATER FITNESS

### FRAMINGHAM BRANCH

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 \$21 | Community Member \$42

#### Water Walking (Advanced)

Thursdays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$21 | Community Member \$42

#### 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 \$21 | Community Member \$42

#### 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 \$21 | Community Member \$42

Wednesdays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$21 | Community Member \$42

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 \$26 | Community Member \$52

Thursdays, 7:15 PM - 8:10 PM

Full-Access Framingham Member \$26 | Community Member \$52

#### Masters Swimming

This competitive swimming team involves 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 \$140 | Community Member \$280

## LIFEGUARD CERTIFICATION TRAINING

### CLEARBROOK SWIM CLUB

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 Lifeguard Certification R.24

June 9-11 | 8:00 - 6:00 PM (all days)

or

June 13-15

Friday, 4:00 PM - 9:45 PM

Saturday and Sunday, 8:00 AM - 7:00 PM

or

July 7-9 | 8:00 - 6:00 PM (all days)

Y Member \$350 | Community Member \$400

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.

#### American Red Cross Lifeguard Re-Certification R.24

Saturday, June 21 | 8:00 AM - 8:00 PM or Sunday, August 3 | 8:00 AM - 8:00 PM

Y Member \$150 | Community Member \$200

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.



### FITNESS

#### YOUTH

##### Kids Track & Field

**Ages 3-6**

8 weeks: 6/23 - 8/11

Running, jumping, throwing OH MY! Kids will learn and practice the long jump and softball throw through various activities. They will practice running through games like tag and relays.

Instructor: Katrina

Mondays, 4:45 PM - 5:15 PM

Full-Access Framingham Member \$102 | Youth/Teen Y Member \$138  
Community Member \$204

#### TEEN & ADULT

##### Cycle Power

**Ages 12+**

6 weeks: 7/11 - 8/22 (no class 8/1)

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.

Instructor: Katrina

Fridays, 6:00 AM - 7:00 AM

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

##### ADULT: Ages 18+

##### Introduction to Strength Training **NEW!**

8 weeks: 6/26 - 8/14

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.

Thursdays, 7:15 PM - 8:15 PM

Full-Access Framingham Member \$124 | Youth/ Teen Member \$167  
Community Member \$248

##### Strength Training for Healthy Bones

8 weeks: 6/23 - 8/11

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 \$124 | Youth/ Teen Member \$167  
Community Member \$248

##### Adult Boxing

8 weeks: 6/24 - 8/12

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.

Instructor: Francois

Tuesdays, 7:15 PM - 8:15 PM

Full-Access Framingham Member \$124 | Youth/ Teen Member \$167  
Community Member \$248

### Boxing Clinics

Want to learn the basics of boxing? Start with this 90-minute clinic! Boxing is a fun, cool way to exercise! You'll learn various techniques, improve your cardiovascular fitness, and become familiar with different movements.

Instructor: Francois

Sunday, 7/13, 8:30 AM - 10:00 AM

Sunday, 8/3, 8:30 AM - 10:00 AM

Full-Access Framingham Member \$25 | Youth/Teen Y Member \$31  
Community Member \$50

### 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

Community Member \$120 for 5 or \$200 for 10

Please note that Community Members can only purchase class packs.



### 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](https://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](https://metrowestymca.org/nutrition)



# Fitness & Other Member Benefits

## UNLIMITED GROUP EXERCISE CLASSES

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:

## MEMBERS' APP: YMCA360

Take control of your wellness—anytime, anywhere—with the YMCA360 app! Stay active, informed, and connected with powerful features right at your fingertips:

- View on-demand & live-stream videos
- Access gym, GroupEx, and pool schedules
- Make reservations for GroupEx
- Scan in with your membership card
- Sync 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. You can schedule by appointment or reserve a spot in YMCA360 on one of the following days:

Sundays, 2:00 PM  
Mondays, 4:00 PM  
Tuesdays, 10:45 AM

Wednesdays, 12:00 PM  
Fridays, 4:30 PM  
Saturdays, 4:00 PM

## TEEN MEALS

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](mailto:ABiser@metrowestymca.org)

## 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. & Sun., 8:45 AM – 1:00 PM



## OPEN SWIM & OPEN GYM

Enjoy free play and swim and meet other families at our beautiful gym and indoor pool. See the current schedules:



Check back at the end of the summer for upcoming Parents' Night Out and Kids Day Out dates!

### 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](mailto:jpotter@metrowestymca.org)

#### STARTING SOON

##### **YMCA's Diabetes Prevention Program** Now enrolling for summer 2025

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 September 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

Next session begins September 2025

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

Cushing Park: 80 Dudley Road, Framingham

Register for Walk with a Doc:



#### 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.

## Enrichment & Cooking Youth | Framingham

### LEARN, CREATE, AND SOCIALIZE! ENRICHMENT

Enrichment programs are FREE for those with a Framingham Family Membership! Classes are held in the Enrichment Room. Parents can register for both sessions in one transaction.  
Session A: June 23 – July 18  
Session B: July 21 – August 17

**FREE WITH A FULL-ACCESS FRAMINGHAM MEMBERSHIP**  
Youth Y Member or Hopkinton Outdoor Center Member \$58  
Community Member \$85 (Prices for each 4-week session)

#### Music and Art with a Grown Up

##### Ages 1–4

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, 3:00 PM – 4:00 PM

#### 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.

Tuesdays, 4:15 PM – 5:15 PM

#### Crafty Littles

##### 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, 4:00 PM – 5:00 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



### COOKING CLASSES

Session A: June 28 – July 20

Session B: July 26 – August 17

Y Member \$48 | Youth & Teen Y Member \$65

Community Member \$96

#### Kid Chef Series

##### Ages 6–9 with Chef John

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!

Saturdays, 11:15 AM – 12:15 PM

Sundays, 11:15 AM – 12:15 PM

#### Cooking With Littles Series

##### Ages 2–6 with Chef John

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.

Saturdays, 10:15 AM – 11:00 AM

Sundays, 10:15 AM – 11:00 AM

### 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, contact [earlylearning@metrowestymca.org](mailto:earlylearning@metrowestymca.org) or 508-879-4420 x251







# MORE TO EXPLORE!



## SUMMER EATS IS BACK!

This summer, youth ages 18 and under can enjoy free nutritious meals at one of our Summer Eats sites. Be sure to check back on our website to find a Summer Eats site near you!

Our **FREE** Summer Eats kick-off event will be on June 19 from 3:30 PM – 5:00 PM. We will have BBQ, crafts, games, swag, music, and more!

More details are coming soon!



## VOLUNTEER AT THE Y!

We invite you to help us strengthen lives and help others. Check out our volunteer opportunities this summer, including:

- Community outreach
- Food Program
- Nutrition Education
- Special Events

Contact Joanna: [joannajones@metrowestymca.org](mailto:joannajones@metrowestymca.org) or scan:



## SCHOOL'S OUT

### Before and After School Program

### Grades K-6

Ashland, Framingham, Hopkinton,  
Natick, and Wayland



**NOW  
REGISTERING  
FALL 2025!**

## METROWEST YMCA PROGRAM POLICIES AND CONDITIONS

### PROGRAM POLICIES

All classes require a minimum enrollment. The MetroWest YMCA reserves the right to cancel any class that does not meet the minimum enrollment. If your class is cancelled, you will be notified before the start of the class, and a refund will be issued.

In order to receive member rates for programs, your membership must be active through the entire program session.

A full refund or program credit will be issued if a participant withdraws from the class after notifying the Program Director or authorized staff member at least 48 hours before the first class of the program session.

A refund or credit 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.

If a program is not meeting your needs, please notify the Program Director.

### INCLEMENT WEATHER

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.**