



METROWEST YMCA

LOCATIONS & HOURS

Framingham Branch
280 Old Connecticut Path
Framingham, MA 01701
508-879-4420
Mon-Fri, 5 AM – 10 PM
Sat & Sun, 7 AM – 7 PM

Clearbrook Swim Club
120 Parker Road
Framingham, MA 01702
508-405-0305
11 AM – 7 PM

Hopkinton Outdoor Center
45 East Street
Hopkinton, MA 01748
508-435-9345
Mon-Fri, 9 AM – 5 PM
Evenings & weekends per program schedule









Hopkinton Swim Club
Mon-Fri, 4 PM – 7 PM
Sat & Sun, 11 AM – 7 PM

EXPLORE EVENTS:



AUGUST 2025: MEMBER CALENDAR

Click on each event for additional details and registration.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Find a Summer Eats site near you! >> 	Open Archery FREE for members 11 AM – 12:30 PM Outdoor Center – Rec Hall
Boxing Clinic 8:30 AM – 10 AM Framingham Branch 				CAMP FAMILY NIGHTS: HOPKINTON, OCP, STEAM, AND NINJA See website for details.	Open Climb FREE for members 6 PM – 9 PM Outdoor Center – Rec Hall	Summer Garden Volunteer Day 9 AM – 11 AM Outdoor Center 
FREE POP-UP CLASS: Stretch and Release 9:30 AM – 10:30 AM Framingham Branch Register in Y360		Member Registration for Fall I Programs			Family Dinner Night: Grill Master 5:30 PM – 7:30 PM Outdoor Center Herb-Infused Oil, Vinegar, & Butter Workshop 5 PM – 6 PM Outdoor Center	
	Take a GroupEx class! Reserve your spot in Y360.	Community Registration for Fall I Programs	CAMP CLEARBROOK End-of-Summer Celebration 3 PM – 4:30 PM Clearbrook Swim Club		FREE POP-UP CLASS: Chair Yoga & Your Brain 10 AM – 10:55 AM Framingham Branch Register in Y360	
FRAMINGHAM BRANCH MAINTENANCE WEEK 					Last weekend for Clearbrook Swim Club & Hopkinton Swim Club! 