

# **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



# **AUGUST 2025: MEMBER CALENDAR**

Click on each event for additional details and registration.

## **SUNDAY**

## **MONDAY**

# **TUESDAY**

## **WEDNESDAY**

## **THURSDAY**

#### **FRIDAY**

# **SATURDAY**

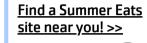














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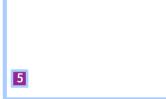
Open Archery FREE for members 11 AM - 12:30 PM Outdoor Center - Rec Hall

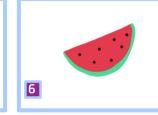


Boxing Clinic 8:30 AM – 10 AM Framingham Branch









CAMP FAMILY NIGHTS: HOPKINTON, OCP, STEAM, AND NINJA See website for details.

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Open Climb FREE for members 6 PM - 9 PM Outdoor Center - Rec Hall



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#### FREE POP-UP CLASS:

Stretch and Release 9:30 AM - 10:30 AM Framingham Branch Register in Y360



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Member Registration for Fall I Programs

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Family Dinner Night: Grill Master 5:30 PM - 7:30 PM Outdoor Center

<u>Herb-Infused Oil, Vinegar,</u>
<u>& Butter Workshop</u>
<u>5 PM - 6 PM</u>
<u>Outdoor Center</u>



**EXPLORE EVENTS:** 

Take a GroupEx class!

Reserve your spot in Y360.

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Community Registration for Fall I Programs

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CAMP CLEARBROOK
End-of-Summer Celeb

End-of-Summer Celebration 3 PM - 4:30 PM Clearbrook Swim Club

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FREE POP-UP CLASS: Chair Yoga & Your Brain

Chair Yoga & Your Brair 10 AM – 10:55 AM Framingham Branch Register in Y360

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FRAMINGHAM BRANCH MAINTENANCE WEEK



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Last weekend for Clearbrook Swim Club & Hopkinton Swim Club!



