

STRONGER



STARTS HERE



MetroWest YMCA
Fall Programs
September 8 – October 26



**MEMBERSHIP
OFFER INSIDE!**

Welcome to the MetroWest YMCA!

Powered by community.
Built for all.



This fall, find your strength and your space.

Whether you're squeezing in a workout after school drop-off or making time to reset in the middle of a full life, the Y is here for you. More than a gym, we're a place to move your body, clear your mind, and reconnect—with yourself and your community. From swim lessons and after-school fun to small wins that feel big, this is your moment to refocus, rebuild, and feel strong again.

Join the Y where stronger starts here—together.

IMPORTANT DATES

Fall 1 Session: September 8 – October 26

Registration Dates

Y Members: August 12

Community Members: August 19

Framingham Branch Maintenance Weeks

August 23 - September 7

Framingham Branch closed Monday, September 1

Fall 2 Session: October 27 – December 21

Registration Dates

Y Members: October 7

Community Members: October 14

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

JOIN AS A MEMBER!

Discover more at the Y! With programs for all ages and abilities, we're here to support your well-being. Join today with a flexible, no-contract membership at our Framingham Branch or Hopkinton Outdoor Center.

MEMBERSHIP TYPES

Youth (2-12)

Teen

Young Adult (20-29)*

Family of 2*

Family of 2+*

Senior (65+)*

Senior Couple (65+)*

Senior Family (65+)*

Outdoor Center only

*Includes access to the Hopkinton Outdoor Center

SPECIAL MEMBERSHIP OFFER

Learn more about our special membership offer [here](#).

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. Y Assist is offered thanks to the generosity of donors to our Annual Campaign.

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.

Join the FUN!

No matter your age or stage of life, families, teens, adults, and seniors can all find ways to engage, feel supported, and be part of a vibrant community!

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Visit our website to read our program policies and procedures:

metrowestymca.org/programs



EARLY LEARNING CENTER

282 Old Connecticut Path
Framingham, MA 01701
Phone: (508) 879-4420 x251



The MetroWest YMCA's Early Learning Center (ELC) helps children meet their learning and developmental potential by providing high-quality early education and year-round, weekday care to children 12 months until they start kindergarten. Email: earlylearning@metrowestymca.org

SCHOOL'S OUT: BEFORE AND AFTER SCHOOL PROGRAM

GRADES K-6 REGISTERING FOR FALL 2025!

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. Slots are available for Monday-Friday with 2, 3, 4, and 5-day options.

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



YOUTH DEVELOPMENT: ACHIEVE, CONNECT, BELONG

Y Nights will be back! We open our doors on Saturday nights exclusively for middle schoolers to explore fitness equipment, the gym, Teen Center—and sometimes the pool!

Our **Teen Center** remains open Monday–Friday, 3:30 PM – 7:00 PM, with free dinner and engaging activities like ping-pong and video games along with periodic special projects.

We'll be hosting special events—including the return of the **3v3 Basketball Tourney**—creating spaces where teens can thrive socially and physically.

Teens can also join the **MetroWest YMCA Changemaker Advisory Council** to help shape our community's future. Our **Changemaker Academy**, a paid internship and job training program for high school youth ages 14–19, is full for fall, but winter/spring interest lists are open. Email Abby Biser, Director of Changemaker Initiatives: abiser@metrowestymca.org

FITNESS CLASSES

YOUTH & TEEN

Kids FT

In this class, kids will run, jump, hang, and carry to help them learn more about their bodies as they grow. We will do aerobic conditioning for endurance, basic strength training, and jumping for power development.

Ages 5-7

Mondays, 4:30 PM - 5:10 PM

Sundays, 8:15 AM - 8:55 AM

Ages 7-11

Mondays, 5:15 PM - 5:55 PM

Saturdays, 9:15 AM - 9:55 AM

Full-Access Framingham Member \$88 | Youth/Teen Y

Member \$119 | Community Member \$176

Youth Boxing

Get ready to move, punch, and have fun! In this action-packed class, you'll learn beginner boxing skills, try out cool moves, and use safe equipment to build strength and coordination. Boxing is a fun way to get your heart pumping, stay active, and feel confident.

Ages 9-11

Sundays, 11:30 AM - 12:30 PM

Full-Access Framingham Member \$109 | Youth/Teen Y

Member \$147 | Community Member \$218

Powerful Girls

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

Ages 9-13

Wednesdays, 4:00 PM - 5:00 PM

Full-Access Framingham Member \$109 | Youth/Teen Y

Member \$147 | Community Member \$218

Teen Weightlifting

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

Ages 11-16

Tuesdays, 5:00 PM - 6:00 PM

Full-Access Framingham Member \$109 | Youth/Teen Y

Member \$147 | Community Member \$218

Teen Boxing

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

Ages 11-16

Thursdays, 5:00 - 6:00 PM

Full-Access Framingham Member \$109 | Youth/Teen Y

Member \$147 | Community Member \$218

NEW!

Youth Equipment Fittings - FREE for members

Starting at the age of 7, kids can begin using the Youth & Family Area of the Wellness Center. Learn how to use the cardio and strength equipment through equipment fittings. Kids and parents will be given a workout card and can track their progress. Parents must be present and are welcome to participate. You can sign-up 48 hours in advance in Y360.

Ages 7-11

Tuesdays, 4:15 PM - 5:00 PM

Thursdays, 4:15 PM - 5:00 PM

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 Y

Member \$147 | Community Member \$218

Functional Training (FT)

Ages 11+

Your first class is free!

This high-intensity interval training (HIIT) class involves progressive programming to help improve endurance, muscular strength, and power.

Schedule:

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

Mondays/Wednesdays/Fridays, 9:30 AM

Tuesdays and Thursdays, 7:00 AM

Saturdays, 7:15 AM, 10:15 AM

Sundays, 10:15 AM



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*

*Community Members can only purchase class packs.



Fitness & Weight Loss

Adults | Framingham

ADULT (Ages 18+) continued

Full-Access Framingham Member | Youth/Teen Y Member \$147 | Community Member \$218 (unless stated otherwise)

Introduction to Strength Training

Ready to build strength and confidence in the gym? This beginner-friendly class will teach you the fundamentals of strength training. 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 grow stronger and feel more comfortable using gym equipment.

Saturdays, 11:30 AM - 12:30 PM

Sundays, 11:30 AM - 12:30 PM

Strength Training for Healthy Bones

As we age, the density of our bones decreases, increasing our risk for injury. Fortunately, strength training can help maintain and improve the density of your bones! This class is a great introduction to strength training.

Mondays, 11:00 AM - 12:00 PM

Wednesdays, 11:00 AM - 12:00 PM

Strength & Conditioning for Pickleball

Pickleball requires coordination, agility, strength and speed! This strength training class will help work on your lateral leg strength and stability, upper body strength, speed and agility to improve your game.

Fridays, 11:00 AM - 12:00 PM

Powerful Women

Increasing muscle mass results in a decrease in fat mass, increase metabolism, and improved body composition. Get stronger and build confidence through strength training within the free weight area of the Wellness Center. Perform complex movements recruiting various muscle groups by using different equipment.

Thursdays, 10:30 AM - 11:30 AM

Powerful Aging for Women

This community-based class helps women find inner strength and peace as they enter another stage of life: menopause. Class will focus on ways to manage symptoms through strength training, stretching, and meditation and provide opportunities to connect with others going through the stages of menopause (perimenopause, menopause, post menopause).

Wednesdays, 6:15 PM - 7:15 PM

Adult Boxing

This high-energy boxing class blends technique, cardio, and strength training for a full-body workout that builds endurance, coordination, and confidence. You'll learn proper form for punches, footwork, and combinations while using pads, bags, and your bodyweight.

Tuesdays, 7:15 PM - 8:15 PM

Thursdays, 7:15 PM - 8:15 PM

Sundays, 9:00 AM - 10:00 AM

Stretch & Release

Give your body the care it deserves. This class focuses on gentle stretching, mobility work, and guided techniques to help release tension, improve flexibility, and support recovery. Perfect for all fitness levels—whether you're active, returning from a tough workout, or just need to slow down and reset.

Sundays, 9:30 AM - 10:30 AM

WEIGHT LOSS

Weight to Change: 9/15 - 11/23

Weight to Change is your one-stop shop for making a lifestyle change. The program covers 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 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

Questions?

Contact

Francois

Monestime:

FMonestime@metrowestymca.org

MEMBER BENEFITS

UNLIMITED FREE GROUP EXERCISE

65 classes per week for ages 16+

Mind/Body	Cardio	Strength, Interval, Weights
Core Fusion	BollyX®	Group Active Bootcamp
Gentle Yoga	Zumba®	Step & Strength TRX
Vinyasa Flow	Cycle	Strength & Cardio
Power Yoga	Cardio Dance	TRX Circuit
Pilates	Group Fight	Group Power
Pilates HIIT	Senior Fitness	Core Fusion

Y360 ON-DEMAND VIDEOS & APP

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 to your smart watch. Available on mobile, desktop, and across multiple streaming services.

FREE 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 Y360.

CHILDWATCH WHILE YOU WORK OUT

FREE with a Family Membership. See page 5.

ADD TO YOUR MEMBERSHIP

GOAL SETTING WITH INBODY SCAN: AGES 18+

Discover what your body is made of with a body composition imaging scan. After the scan, you'll review your results with a certified personal trainer, who will help you set achievable goals. By appointment ONLY.

PERSONAL TRAINING & NUTRITION CONSULTATION

Invest in your future by working one-on-one with a certified personal trainer. We also offer virtual or in-person consultations with a registered dietitian that include a one-hour evaluation and a one-hour follow-up.

Enrichment

Framingham, Hopkinton | Youth

GROWN UP & CHILD, PRESCHOOL

Children learn, create, and have fun through hands-on activities in a playful, social environment outside the typical classroom.

FREE with Full-Access Framingham Membership

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

Toddler Play Group with Grown Up

Assist your child in the beginning stages of exploring the arts. In addition to music and art, there will be stories and free play time. This is a great way to start your child in the preschool setting, plus the grown-ups can make new friends.

Ages 1-3.5

Mondays, 9:30 AM - 10:30 AM

Ages 3.5-5

Thursdays, 9:30 AM - 10:30 AM

Crafty Kids

Come dressed for a mess and ready for fun as we craft with a variety of materials.

Ages 2.6-3.6

Wednesdays, 9:30 AM - 10:30 AM

Saturdays, 10:45 AM - 11:45 AM

Count with Me

This class will explore preschool math concepts such as counting and recognition of numbers, shapes, and patterns.

Ages 3-4

Mondays, 10:45 AM - 11:45 AM

Alphabetivities

Explore a different letter of the alphabet each week. Your child will practice writing each letter, learning sounds, and making a theme-related craft.

Ages 3-4

Wednesdays, 10:45 AM - 11:45 AM

Crafty Kids

Join us as we explore a variety of crafting materials. Projects may use paint, pastels, beading, charcoal, clay, foam, or wood. Bring your imagination and be dressed for a mess.

Ages 4-6

Tuesdays, 9:30 AM - 10:30 AM

Saturdays, 9:30 AM - 10:30 AM

Kindergarten Readiness

Already know your ABCs and 123s? Join us for Kindergarten Readiness where we'll explore patterns, sequencing, rhyming, and more.

Ages 4-5

Wednesdays, 12:00 PM - 1:00 PM

Morning Mingle - FREE for members

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 fun! Guest families will pay the daily rate.

Ages 5 and under

Tuesdays and Wednesdays, 9:30 AM - 11:45 AM

FAMILY TIME - FRAMINGHAM

Family Open Swim & Open Gym - FREE for members

Enjoy free play and swim and meet other families at our beautiful gym and indoor pool.

metrowestymca.org/schedules



Halloween Party - Save the Date!

Sunday, October 19 | 2:00 PM - 4:00 PM

\$15/family

Parent's Night Out

Bring your kids to the Y while you enjoy a night out for adult time! We'll have games, activities, crafts, and more. Pre-registration is required. All children must be able to use the bathroom independently.

Friday, September 26

Friday, October 10

6:00 PM - 9:00 PM

Full-Access Framingham Member \$22 | Youth Y Member \$30 | Community Member \$44

Kids' Day Out

Kids who are off from school can come to the Y and enjoy physical activities, arts & crafts, swim time, and more. Registration required. Prior to the start of the program, parents will receive an email with a registration form to complete for your child.

Grades K-5

Tuesday, September 16

Tuesday, September 23

Thursday, October 2

Monday, October 13

8:00 AM - 5:00 PM

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

Child Watch

FREE with Full-Access Framingham 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). Adult members \$3 per child, per visit

Mon-Fri, 8:30 AM - 1:15 PM

Sat, 8:45 AM - 1:00 PM

Mon-Thurs, 3:45 PM - 8:00 PM

Sun, 8:45 AM - 1:00 PM

Fri, 3:45 PM - 7:00 PM

FAMILY TIME - HOPKINTON

FAMILY DINNER NIGHTS

Every 4th Friday of the month, 5:30 PM - 7:30 PM

Y Member \$16/person | Community Member \$32/person

Under 3 is free!

Homemade Ravioli: Friday, September 26

Learn how to perfect the art of homemade cheese raviolis! Enjoy the dish with a simple tomato basil sauce and a seasonal salad!

Spooky Chopped Challenge: Friday, October 24

Join us for a family-friendly competition! You'll be given a basket of four mystery ingredients and one hour to create a delicious but spooky meal! (Limit four families)

COOKING CLASSES

FRAMINGHAM BRANCH

Cooking with Littles Series

Parents/guardians and children will learn cooking skills while exploring new foods and flavors together! You'll prepare a delicious kid-friendly recipe and gain confidence in feeding your little!

Ages 2.5-5 with Chefs Liz and John

Saturdays, 10:15 AM - 11:00 AM

Saturdays, 10:15 AM - 11:00 AM

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

Kid Chef Series

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

Ages 6-9 with Chef Liz and John

Saturdays, 11:15 AM - 12:15 PM

Sundays, 11:15 AM - 12:15 PM

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

Teen Chef Series

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

Ages 10-16 with Chef Liz

Thursdays, 5:00 PM - 6:30 PM

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

A LA CARTE OFFERINGS

Cooking with Littles

Ages 2-5

Second Friday of every month, 10:15 AM - 11:00 AM

Y Member \$16 per child, per class | Youth/Teen Y Member \$24 | Community Member \$32 per child, per class

Parents/guardians and children will learn cooking skills while exploring new foods and flavors together! You'll prepare a delicious kid-friendly recipe and gain confidence in feeding your little. Sign up for one or all of our classes!



All About Apples Friday, September 12

On the menu: Apple cinnamon muffins and an apple pie smoothie

Pumpkin Party Friday, October 10

On the menu: Pumpkin oat bars



HOPKINTON OUTDOOR CENTER

Looking for a hands-on program for your child to engage in after school? Kid Chef and Teen Chef will teach youth age-appropriate cooking skills while they prepare healthy, delicious recipes! Participants will learn knife skills, how to measure ingredients, safety around the stove and oven, how to read through a recipe, and more!

Kid Chef

Ages 6-9

Mondays, 5:00 PM - 6:30 PM with Karley

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

Teen Chef

Ages 10-16

Wednesdays, 5:00 PM - 6:30 PM with Chef John

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

A LA CARTE OFFERINGS

Kids Cooking

Ages 6-12

Every 3rd Saturday of the month, 1:00 PM - 3:00 PM

Y Member \$20/person | Youth/Teen Y Member \$30 | Community Member \$40/person

Baking 101: Saturday, September 20

Beginner or novice bakers, join us in our teaching kitchen and use your skills to create delicious baked goods! Children will whip up apple crumble bars and pumpkin scones.

Fresh Harvest Flavors: Saturday, October 18

Children will start class in our garden where they will harvest our fall bounty and create two seasonal recipes.

Kids in the Kitchen Half-Day Program

Ages 6-12

Thursday, October 2 | 9:00 AM - 1:00 PM

Y Member \$60 | Youth/Teen Y Member \$90 | Community Member \$120

Join us for a half-day cooking program where we'll make hearty chicken noodle soup with homemade bread!

Cooking With Littles

Ages 2-6

Every 3rd Friday of the month, 10:15 AM - 11:00 AM

Y Member \$16 per child, per class | Youth/Teen Y Member \$27 | Community Member \$32 per child, per class

Parents/guardians and children will learn cooking skills while exploring new foods and flavors together! You'll prepare a delicious kid-friendly recipe and make a related craft.

Friday, September 19: Learn all about pears and pre-PEAR yummy pear donuts!

Friday, October 17: Sweet potato, sweet potato! Come cook up sweet potato tots with a homemade aioli dip!

SPORTS FOR YOUTH AGES 3-12

Mini Sports

This is a great introductory class for kids to try sports like soccer, basketball, badminton, pickleball, and more!

Ages 4-6

Saturdays, 8:30 AM - 9:00 AM

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

Lacrosse - Little Lax

This class is a great introduction to the sport of lacrosse with a focus on fundamental skills such as catching, passing, ground balls, and scoring!

Ages 5-7

Saturdays, 11:00 AM - 11:30 AM

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

Youth Basketball

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

Ages 5-6

Wednesdays, 4:30 PM - 5:00 PM

Saturdays, 9:35 AM - 10:05 AM

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

Ages 7-9

Wednesdays, 5:05 PM - 5:50 PM

Saturdays, 10:10 AM - 10:55 AM, 11:00 AM - 11:45 AM

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

Ages 10-12

Wednesdays, 5:55 PM - 6:40 PM

Saturdays, 11:50 AM - 12:35 PM

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

Girls-Only Basketball

All girls' basketball classes will focus on skill development and enhancement, concluding with game play each week.

Ages 7-10

Saturdays, 11:50 AM - 12:35 PM

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

Basketball Clinic & Games

In this class, participants are grouped by age and skill level. They will work on skills and drills followed by game play.

Ages 5-10

Saturdays, 12:45 PM - 1:45 PM

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

Flag Football

Learn core skills like throwing, catching, pulling flags, and running routes. This outdoor class (weather permitting) is a great way to try new positions, build teamwork, and have fun. Practices include age-appropriate drills and games.

Ages 6-10

Thursdays, 5:15 PM - 6:00 PM

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

Soccer Skills & Drills

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

Ages 3-5

Tuesdays, 4:30 PM - 5:00 PM

Fridays, 4:30 PM - 5:00 PM

Saturdays, 9:05 AM - 9:35 AM

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

Ages 6-8

Tuesdays, 5:05 PM - 5:50 PM

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

Youth Soccer League

Work on your skills in game play! Play on a team to learn the basic rules and fundamentals skills while making friends alongside your teammates. Teams will be coached by volunteers and Y staff each week, with 30-minute practices followed by 30-minute games. Players will need cleats.

Little Kickers: Ages 3-4

Saturdays, 9:45 AM - 10:45 AM

Kickers: Ages 5-6

Saturdays, 10:50 AM - 11:50 AM

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

Floor Hockey

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

Ages 6-10

Tuesdays, 5:55 PM - 6:40 PM

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

Volleyball 101

Bump, set, Spike! Join us for an introduction to volleyball. We will work on fundamental skills, strategies and teamwork. Players of all levels are welcome.

Age 7-10

Fridays, 5:15 PM - 6:00 PM

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

SPORTS FOR YOUTH & ADULTS FRAMINGHAM BRANCH

Open Pickleball and Open Basketball - FREE for members ages 12+

Come play basketball or pickleball in our gymnasium!
metrowestymca.org/schedules

HOPKINTON OUTDOOR CENTER

Members can also enjoy eight pickleball courts at the Hopkinton Outdoor Center! Schedule below:

- Weekdays: Dawn - 7:30 AM; 4:00 PM - dusk
- Weekends: Dawn to dusk

MARTIAL ARTS

Led by Villari's of Natick, classes focus on building respect, self-discipline, and control. Students gain confidence through martial arts movements like strikes, kicks, and footwork—advancing to more complex patterns over time. Sneakers are required. An introductory belt is included; uniforms are optional and available online.

Intro Karate and Intermediate Karate

Ages 5-7

Saturdays, 12:30 PM - 1:00 PM

Ages 8-13

Saturdays, 1:15 PM - 1:45 PM

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

GYMNASTICS

Work on uneven bars, vault, beam, and floor while improving flexibility, strength, and eye-hand coordination. Each class is tailored based on skill level so kids stay challenged and reach their potential faster!

Tiny Tumblers (Parent-Child Class)

Explore tumbling and the sport of gymnastics with your little one. Class enables you to support and encourage your child as they challenge themselves, practice following direction, improve their gross motor skills, and build confidence.

Ages 2-3

Thursdays, 4:30 PM - 5:00 PM

Saturdays, 8:45 AM - 9:15 AM

Gym Stars

Ages 4-6

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

Saturdays, 9:20 AM - 9:50 AM

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

Rollers

Ages 7-9

Tuesdays, 5:40 PM - 6:25 PM

Saturdays, 9:55 AM - 10:40 AM

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



NINJAS

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

Little Ninjas: Ages 3-5

Thursdays, 5:05 - 5:35 PM

Wednesdays, 4:45 PM - 5:15 PM

Saturdays, 10:45 AM - 11:15 AM

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

Junior Ninjas: Ages 6-8

Thursdays, 5:40 PM - 6:25 PM

Wednesdays, 5:20 PM - 6:05 PM

Sundays, 10:30 AM - 11:15 AM

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

DANCE

Taught by the MetroWest Dance Academy, these classes offer a great introduction to a variety of dance techniques. No experience necessary.

Pre-Ballet 1

A wonderful introduction to ballet to help develop coordination, musicality, and expression. Kids will engage their imagination and creativity, develop great listening skills, and interact with their teacher and friends.

Ages 3-4

Saturdays, 9:00 AM - 9:30 AM, 10:55 AM - 11:25 AM

Full-Access Framingham Member \$97 | Youth Y Member \$131 | Community Member \$194

Pre-Ballet and Tap 2

In this class, developmentally appropriate dance skills are nurtured through natural movement and more complex coordination and rhythm as control is developed. Students will listen to instructions, gain confidence, and build strong bones and muscles! 30 minutes of ballet will be followed by 15 minutes of tap! Tap shoes are required.

Ages 4-5

Saturdays, 9:35 AM - 10:20 AM

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

Ballet 3

Idea for rising Kindergarteners, class follows the Royal Academy of Dance syllabus, encouraging ballet and natural movement through creativity and musical expression. Builds self-esteem, strength, and discipline in a supportive and inspiring environment.

Ages 5-6

Saturdays, 10:25 AM - 10:55 AM

Full-Access Framingham Member \$97 | Youth Y Member \$131 | Community Member \$194

AQUATICS: SWIM LESSONS

Find out why the YMCA is known as “America’s swim instructor.” At our Framingham Branch, swimmers of all ages and skill levels can enjoy our beautiful indoor pool with swim lessons, water fitness classes, and more.

YOUTH SWIM LESSON LEVELS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



PARENT/CHILD A
Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



PARENT/CHILD B
In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatics skills.



PARENT/CHILD C
Stage C welcomes ages 3+ into the swim lesson program where they will challenge their swim and social skills in a group setting.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation for student’s future progress.



2 / WATER MOVEMENT
Students focus on body position and control, directional change, and forward movement in the water, while continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA
Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into the water. This stage also introduces rhythmic breathing and integrated arm and leg action

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION
Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT
Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS
Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Pricing: Parent/Child, Preschool, School Age

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

PARENT/CHILD SWIM LESSONS



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: 9:10 AM - 9:40 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: 4:15 PM - 4:45 PM

Saturdays: 10:20 AM - 10:50 AM

Sundays: 10:55 AM - 11:25 AM

Parent/Child C: Ages 3+

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

Saturdays: 11:30 AM - 12:00 PM

Sundays: 12:05 PM - 12:35 PM

PRESCHOOL SWIM LESSONS: AGES 3-5

Preschool 1: Water Acclimation

Mondays:

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Tuesdays:

10:00 AM - 10:30 AM

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

Wednesdays:

10:35 AM - 11:05 AM

3:40 PM - 4:10 PM

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Thursdays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

Fridays:

3:40 PM - 4:10 PM

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Saturdays:

9:10 AM - 9:40 AM

10:55 AM - 11:25 AM

12:05 PM - 12:35 PM

12:40 PM - 1:10 PM

Sundays:

9:45 AM - 10:15 AM

10:55 AM - 11:25 AM

11:30 AM - 12:00 PM

12:40 PM - 1:10 PM



Preschool 2: Water Movement

Mondays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Tuesdays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

Wednesdays:

3:40 PM - 4:10 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

Thursdays:

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

Fridays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Saturdays:

9:45 AM - 10:15 AM

10:20 AM - 10:50 AM

11:30 AM - 12:00 PM

Sundays:

9:10 AM - 9:40 AM

10:20 AM - 10:50 AM

11:30 AM - 12:00 PM

12:05 PM - 12:35 PM

Preschool 3: Water Stamina

Mondays:

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Tuesdays:

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

Wednesdays:

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

Thursdays:

4:50 PM - 5:20 PM

Fridays:

6:00 PM - 6:30 PM

Saturdays:

9:10 AM - 9:40 AM

12:05 PM - 12:35 PM

Sundays:

9:45 AM - 10:15 AM

10:20 AM - 10:50 AM

Preschool 4: Stroke Introduction

Mondays: 5:25 PM - 5:55 PM

Wednesdays: 5:25 PM - 5:55 PM

Thursdays: 5:25 PM - 5:55 PM

Fridays: 4:15 PM - 4:45 PM

Sundays: 9:10 AM - 9:40 AM

SCHOOL AGE SWIM LESSONS: AGES 6-15

School Age 1: Water Acclimation

Mondays: 6:35 PM - 7:05 PM

Tuesdays: 6:35 PM - 7:05 PM

Wednesdays: 4:50 PM - 5:20 PM, 6:00 PM - 6:30 PM

Thursdays: 6:00 PM - 6:30 PM

Saturdays: 12:40 PM - 1:10 PM

School Age 2: Water Movement

Mondays: 4:15 PM - 4:45 PM, 6:35 PM - 7:05 PM

Tuesdays: 4:50 PM - 5:20 PM, 6:00 PM - 6:30 PM, 6:35 PM - 7:05 PM

Wednesdays: 4:15 PM - 4:45 PM, 5:25 PM - 5:55 PM

Thursdays: 5:25 PM - 5:55 PM

Fridays: 6:35 PM - 7:05 PM

Saturdays: 9:45 AM - 10:15 AM, 10:20 AM - 10:50 AM, 11:30 AM - 12:00 PM, 11:30 AM - 12:00 PM

Sundays: 12:40 PM - 1:10 PM

Aquatics

Framingham | Youth, Teen, Adult

School Age 3: Water Stamina

Mondays:

4:15 PM - 4:45 PM
4:50 PM - 5:20 PM
6:00 PM - 6:30 PM
6:35 PM - 7:05 PM

Tuesdays:

4:50 PM - 5:20 PM
5:25 PM - 5:55 PM
6:00 PM - 6:30 PM

Wednesdays:

4:15 PM - 4:45 PM
5:25 PM - 5:55 PM
6:35 PM - 7:05 PM

Thursdays:

4:50 PM - 5:20 PM
5:25 PM - 5:55 PM
6:00 PM - 6:30 PM
6:35 PM - 7:05 PM

Fridays:

4:50 PM - 5:20 PM
6:35 PM - 7:05 PM

Saturdays:

9:10 AM - 9:40 AM
10:55 AM - 11:25 AM

Sundays:

9:10 AM - 9:40 AM
10:20 AM - 10:50 AM
12:05 PM - 12:35 PM

School Age 4: Stroke Introduction

Mondays:

4:50 PM - 5:20 PM
5:25 PM - 5:55 PM
6:00 PM - 6:30 PM

Tuesdays:

4:15 PM - 4:45 PM
5:25 PM - 5:55 PM
6:00 PM - 6:30 PM

Wednesdays:

4:50 PM - 5:20 PM
6:00 PM - 6:30 PM
6:35 PM - 7:05 PM

Thursdays:

4:15 PM - 4:45 PM
4:50 PM - 5:20 PM
6:00 PM - 6:30 PM
6:35 PM - 7:05 PM

Fridays:

4:15 PM - 4:45 PM
4:50 PM - 5:20 PM
5:25 PM - 5:55 PM
6:00 PM - 6:30 PM

Saturdays:

9:45 AM - 10:15 AM
12:40 PM - 1:10 PM

Sundays:

9:45 AM - 10:15 AM
10:55 AM - 11:25 AM
12:05 PM - 12:35 PM

School Age 5: Stroke Development

Mondays:

4:50 PM - 5:20 PM
6:35 PM - 7:05 PM

Tuesdays:

5:25 PM - 5:55 PM

Wednesdays:

4:15 PM - 4:45 PM
6:00 PM - 6:30 PM

Thursdays:

5:25 PM - 5:55 PM
6:35 PM - 7:05 PM

Fridays:

5:25 PM - 5:55 PM
6:35 PM - 7:05 PM

Saturdays:

10:20 AM - 10:50 AM
11:30 AM - 12:00 PM

Sundays:

11:30 AM - 12:00 PM
12:40 PM - 1:10 PM

School Age 6: Stroke Mechanics

Mondays, 6:35 PM - 7:05 PM

Tuesdays, 6:00 PM - 6:30 PM

Wednesdays, 6:35 PM - 7:05 PM

Thursdays, 6:00 PM - 6:30 PM

Fridays, 6:35 PM - 7:05 PM

Saturdays, 10:55 AM - 11:25 AM

SWIM LESSONS

TEENS & ADULTS: AGES 16+

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

Adult Stage A

This introductory class is 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, 6:35 PM - 7:05 PM

Saturdays, 9:45 AM - 10:15 AM

Sundays, 9:10 AM - 9:40 AM

Adult Stage B

Participants 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 Stage A before registering.

Mondays, 12:50 PM - 1:20 PM

Wednesdays, 10:00 AM - 10:30 AM

Thursdays, 6:35 PM - 7:05 PM

Saturdays, 10:55 AM - 11:25 AM

Sundays, 10:20 AM - 10:50 AM

Adult Stage C

Adults 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.

Tuesdays, 9:25 AM - 9:55 AM

Tuesdays, 6:35 PM - 7:05 PM

Saturdays, 12:05 PM - 12:35 PM

Sundays, 12:40 PM - 1:10 PM

AMERICAN RED CROSS CERTIFICATIONS

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

This course is for those training for the first time or for those whose certifications have expired. The class is instructor-led, meaning there is no prerequisite coursework. 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.

Tuesday, October 14 | 3:00 PM - 7:30 PM

Y Member \$75 | Community Member \$110



Aquatic Conditioning: Ages 10-16

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.

Tuesdays, 6:35 PM - 7:20 PM

Saturdays, 12:05 PM - 12:50 PM

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

WATER FITNESS

ADULT: AGES 18+

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

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

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

Thursdays, 7:15 PM - 8:10 PM

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

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 class 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

Enhance Fitness - 16 weeks

This evidence-based group exercise program 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 prevent falls and help with symptoms of arthritis. Class can be done seated or standing, and exercises are modified for individual needs and abilities.

Mon/Wed/Fri, 1:30 PM - 2:30 PM

FREE EVIDENCE-BASED HEALTH INTERVENTION PROGRAMS

To learn more or enroll, please contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: jpotter@metrowestymca.org

STARTING THIS FALL

YMCA's Diabetes Prevention Program: Starts Sept. 2

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 all

LIVESTRONG® at the YMCA

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.

Tues/Thurs, 11:30 AM - 12:45 PM or 6:00 PM - 7:15 PM

Walk with a Doc: Starts Sept. 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

Sundays, 8:30 AM

Cushing Park: 80 Dudley Road, Framingham

Click [here](#) to register!

ONGOING: JOIN ANY TIME

Parkinson's Disease Wellness Programs & Social Hours

Programs are specifically designed to help individuals with Parkinson's disease, MS, or any other neuromuscular conditions to maintain and improve their quality of life. All exercises can be modified to accommodate each individual's needs and abilities. Programs are supported by a community grant from the Parkinson's Foundation, and are **FREE** to all.

Join us monthly 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.

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.

Outdoor Center

Hopkinton | All Ages

OUTDOOR ADVENTURE CLASSES

Beginner Archery: Ages 6+

Our Beginner Archery program works on range safety and foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and other information. All equipment is provided!
Saturdays, 9:00 AM – 10:00 AM

Beginner/Intermediate Archery: Ages 6+

Class focuses on foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and other information. All equipment is provided!
Saturdays, 10:15 AM – 11:15 AM

Advanced Archery: Ages 10+

Students will hone in on their form, learn range/competition commands, and learn stringing, waxing, and re-fletching of gear. To participate, you **MUST** have instructor approval.
Saturdays, 11:30 AM – 12:30 PM

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

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

WORKSHOPS **NEW!**

Intro to Disc Golf Workshop: Ages 13+

Learn how to throw a frisbee, score, and compete with disc golf. This is an intro workshop for those first starting their disc-golf journey or those wanting to expand their knowledge.

Three days: Wednesday September 10, September 17, or September 24 | 5:30 PM – 6:30 PM

STEM in the Outdoors Workshop: Ages 10-13

Get ready to discover the wild side of science! Join us for hands-on STEM adventures in the great outdoors. From investigating insects to building nature-inspired creations, each week brings a new chance to explore, experiment, and get a little messy—all while learning how science, technology, engineering, and math come alive in nature. It's STEM-tastic fun under the open sky!

Two days: Wednesday, October 14 and October 21 | 5:00 PM – 6:30 PM

Y Member \$40 | Outdoor Center/Youth Member \$60 | Community Member \$80

Did you know?

The Outdoor Center offers YMCA members use of our outdoor gear to borrow for your weekend adventures!

Available gear includes items needed for camping, backpacking, and hiking. For more details, email Tyler Reynolds: TR Reynolds@metrowestymca.org



Intro to Pickleball Sport Clinic **FREE for members!**

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, September 13 | 11:00 PM - 12:00 PM

Saturday, October 3 | 11:00 PM - 12:00 PM

Y Member FREE | Community Member \$25/person

SAFETY COURSES

Community CPR & First Aid Certification **NEW!**

Join us for an American Red Cross CPR certification where you will learn how to save someone's life in a crisis. CPR can be performed on adults, children, and infants. Learn all three techniques for resuscitation.

Two days: Tuesday, September 9 & 16 | 6:00 PM – 8:00 PM
Y Member \$75 | Outdoor Center Member \$90 | Community Member \$110

Babysitting Course: Ages 11-15 **NEW!**

Learn everything from first aid basics to keeping kids entertained and safe. Perfect for teens and pre-teens who are ready to earn extra cash and gain confidence.

Three days: Tuesday, September 23, September 30, & October 7 | 5:30 PM – 8:00 PM
Y Member \$60 | Outdoor Center/Youth Member \$90 | Community Member \$120

COMMUNITY & FAMILY EVENTS

Family Day on the Ropes Course

Saturday, September 6 | 1:00 PM – 3:00 PM

Looking to get up off the ground? Come “hang” out at the Outdoor Center and check out our high ropes course! Several of our high ropes elements will be open including our “Leap of Faith”, and zipline circuit (climb to the tallest platform on campus and jump off!). Ages: 6+ for high elements, 10+ for “Leap of Faith”, and zipline circuit

Full-Access Framingham Member FREE | Outdoor Center + Youth/Teen Member FREE | Community Member \$10/person

Community Campout and Lunar Carnival

Saturday, September 20 @ 4:00 PM – Sunday, September 21 @ 10:00 AM

For new and experienced campers alike, come join us for some field-based camping! You will learn tent site selection/set-up, enjoy backyard games and geocaching/orienteering, and cover campfire prep with outdoor cooking for dinner! After-dinner activities will include S’mores along with celestial stargazing utilizing the Skyview app and our resident telescope to check out features of the moon. Tents, sleeping bags, and ground pads available on a limited basis. To reserve gear, please email Tyler Reynolds: TReynolds@metrowestymca.org

Y Members bringing tent: \$30/family | Non-Members bringing tent: \$50/family
Y Members borrowing tent: \$40/family | Non-Members borrowing tent: \$60/family

Community Boating Day

Sunday, October 5 | 1:00 PM – 3:00 PM

Come learn how to canoe/kayak/paddleboard on the Ashland Reservoir! Spend the afternoon on the water and learn some paddling skills from our boating staff. All equipment provided.

Full-Access Framingham Member FREE | Outdoor Center + Youth/Teen Member FREE | Community Member \$10/person

FREE DROP-IN PROGRAMS

Y Member FREE | Community Member \$10/person

Open Rec: Saturdays, 1:00 PM - 3:00 PM

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.

Weekly Themes:

Campout Preview - September 13

Discover real camping skills in a fun, low-stress environment. Learn how to set up a tent and hammock, tell hilarious campfire stories, and play flashlight shadow charades.

Water Works - September 20

Test your skills with a water balloon toss and our sprinkler obstacle course, and our bubble station!

Backyard Bash - September 27

Enjoy giant Jenga and Connect Four, colorful chalk creations, relay races, and classic backyard fun for all ages!

Nature Explorers - October 14

Go wild with adventure! Craft art from nature, search for creepy crawlies, and go on a treasure hunt.

GARDENING EVENTS

Registration required for all gardening classes.

Cool Season Crop Planting

Saturday, August 30 | 10:00 AM – 11:30 AM

Get your hands in the soil and extend your growing season! In this hands-on workshop, we’ll plant cool-season crops that thrive in the fall like arugula, spinach, kale, Swiss chard, carrots, and radishes. Learn which varieties can be harvested before frost and which will grow in colder weather for an early spring harvest. Perfect for beginner and experienced gardeners alike!

Y Member FREE | Community Member \$5/person

Pumpkin Harvest & Cooking Class

Thursday, September 18 | 5:30 PM – 7:30 PM

Celebrate the season with a pumpkin-filled evening! We’ll start by harvesting pumpkins from the garden, then head to the kitchen to whip up delicious pumpkin-based dishes. Learn simple, seasonal recipes you can recreate at home and enjoy a tasty fall-inspired meal together. Fun for all ages!

Y Member \$16/person | Community Member \$32/person
Under 3 is free!

Garlic & Seeds: Plant Now, Grow Later!

Saturday, October 11 | 10:00 AM – 11:00 AM

Get ready for next season with this hands-on workshop! We’ll plant garlic bulbs to harvest next summer and learn how to collect and save seeds from this year’s garden. Take home your own seed stash and tips to keep your garden growing year after year!

Y Member FREE | Community Member \$5/person

Fire Cider Workshop

Thursday, October 16 | 5:30 PM – 6:30 PM

Spice up your wellness routine! Join us to make your own batch of fire cider—a zesty, immune-boosting herbal tonic perfect for the colder months. We’ll mix up a batch together, and you’ll take home your own jar to steep and enjoy all season long. Bring your curiosity and a love for kitchen alchemy!

Y Member \$15/person | Community Member \$30/person

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

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 Archery: Saturdays, 11:00 AM - 12:30 PM

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



METROWEST YMCA FRAMINGHAM
280 OLD CONNECTICUT PATH
FRAMINGHAM, MA 01701

NON-PROFIT ORG.
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PERMIT #13
FRAMINGHAM



THANK YOU, VOLUNTEERS!

We're incredibly grateful to all the corporate volunteer groups who generously gave their time and energy at our Outdoor Center! Their hard work, team spirit, and dedication have made a lasting impact on our space—and on the campers and community members who benefit from it every day. Thank you for being an important part of our mission!

Learn about our Corporate Service Days and other volunteer opportunities at the Y:
metrowestymca.org/ways-give/volunteer