

COOKING CLASSES

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!

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)

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: TReynolds@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 AM - 12:00 PM

Saturday, October 3 | 11:00 AM - 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

Outdoor Center

Hopkinton | All Ages

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.