



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

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

EXPLORE EVENTS:



SEPTEMBER 2025: MEMBER CALENDAR

Click on each event for additional details and registration.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Framingham Branch & Hopkinton Outdoor Center CLOSED LAST DAY: Clearbrook Swim Club 11 AM - 7 PM	FRAMINGHAM BRANCH MAINTENANCE WEEK FREE FITNESS TRIAL WEEK - FRAMINGHAM BRANCH			Open Climb FREE for members 6 PM - 9 PM Outdoor Center - Rec Hall	Sports Open House 9 AM - 1 PM Framingham Branch Reserve your spot in YMCA360 Family Day on the Ropes Course 1 PM - 3 PM Outdoor Center
	1	2	3	4	5	6
Take a GroupEx class! Reserve your spot in Y360	Fall Programs Begin!	Community CPR & First Aid Certification (day 1) 6 PM - 8 PM Outdoor Center	Intro to Disc Golf Workshop (day 1) 5:30 PM - 6:30 PM Outdoor Center		Cooking with Littles: All About Apples 10:15 AM - 11 AM Framingham Branch	Neighbors at Play Readathon 10 AM - 12 PM Framingham Branch FREE: Kids Yoga, 10:15 AM Framingham Branch Reserve your spot in YMCA360 Intro to Pickleball Clinic 11 AM - 12 PM Outdoor Center
7	8	9	10	11	12	13
WELCOMING WEEK - FRAMINGHAM BRANCH		Kids' Day Out 8 AM - 5 PM Framingham Branch Community CPR & First Aid Certification (day 2) 6 PM - 8 PM Outdoor Center	Intro to Disc Golf Workshop (day 2) 5:30 PM - 6:30 PM Outdoor Center	Pumpkin Harvest & Cooking Class 5:30 PM - 7:30 PM	Cooking with Littles: Pear Donuts 10:15 AM - 11 AM Outdoor Center	Community Campout and Lunar Carnival 4 PM - 10 AM (9/21) Outdoor Center Kids Cooking Class: Baking 101 1 PM - 3 PM Outdoor Center
14	15	16	17	18	19	20
		Kids' Day Out 8 AM - 5 PM Framingham Branch Babysitting Course (day 1) 5:30 PM - 8 PM Outdoor Center	Intro to Disc Golf Workshop (day 3) 5:30 PM - 6:30 PM Outdoor Center		Family Dinner Night: Homemade Ravioli 5:30 PM - 7:30 PM Outdoor Center Parents' Night Out 6 PM - 9 PM Framingham Branch	Open Archery FREE for members 11 AM - 12:30 PM Outdoor Center - Rec Hall Open Rec FREE for members 1 PM - 3 PM Outdoor Center - Rec Hall
21	22	23	24	25	26	27
		Babysitting Course (day 2) 5:30 PM - 8 PM Outdoor Center				
28	29	30				