



# STRONGER STARTS HERE



## MetroWest YMCA Program & Membership Guide

Fall II Session: October 27 – December 21

Member Registration: October 7

Community Registration: October 14



# Welcome to the MetroWest YMCA!

Strength grows in community



## IMPORTANT DATES

### Fall 2 Session: October 27 – December 21

Registration Dates

Y Members: October 7

Community Members: October 14

### Winter 2026 Session: January 5 – February 15

Registration Dates

Y Members: December 9

Community Members: December 16

For holiday hours at the Framingham Branch and Hopkinton Outdoor Center, please see our website.

## 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)\*

Adult (30-64)

Family of 2\*

Family of 2+\*

Senior (65+)\*

Senior Couple (65+)\*

Senior Family (65+)\*

Outdoor Center only

\*Includes access to the Hopkinton Outdoor Center

Full-Access Framingham Memberships include: Young Adult, Adult, Senior, Family of 2, Family of 2+, Senior Couple, and Senior Family.

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.

## MEMBER BENEFITS

### 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 DROP IN PROGRAMS

### Open Swim & Open Gym - Framingham

Enjoy free play and swim and meet other families at our beautiful gym and indoor pool. [metrowestymca.org/schedules](https://metrowestymca.org/schedules)

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

The indoor climbing gym is open to climbers of all ages, shapes, and sizes. The last hour is glow-in-the dark!

### Open Archery: Saturdays, 12:30 PM - 1:30 PM

Come and try archery on the range (either indoor or outdoor depending on weather). All equipment provided.

## UNLIMITED FREE GROUP EXERCISE

65 classes per week for ages 16+

### Mind/Body

Core Fusion

Gentle Yoga

Vinyasa Flow

Power Yoga

Pilates

Pilates HIIT

### Cardio

BollyX®

Zumba®

Cycle

Cardio Dance

Group Fight

Senior Fitness

### Strength, Interval, Weights

Group Active

Step & Strength

Strength & Cardio

TRX Circuit

Group Power

Core Fusion

Bootcamp

TRX

## CHILDWATCH

### FREE for Full-Access Framingham Members

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.

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

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

Fri, 3:45 PM - 7:00 PM

Sat, 8:45 AM - 1:00 PM

Sun, 8:45 AM - 1:00 PM

[MetrowestYMCA.org/membership](https://MetrowestYMCA.org/membership)



# Join the Fun!

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### PROGRAM POLICIES & PROCEDURES

[metrowestymca.org/programs](http://metrowestymca.org/programs)

## SPECIAL EVENTS

### Halloween Party

Sunday, October 19 | 2:00 PM – 4:00 PM  
Framingham Branch  
\$15/family



Get ready for a spooktacular time at our Framingham Branch! Come dressed in your best Halloween costume and enjoy arts & crafts, games, and festive fun!

### The Haunt

We're excited to partner once again with the Hopkinton Center for the Arts for The Haunt! This year's theme brings you to back to Deadwoodville where a traveling circus has set up camp for some playful tricks and thrilling fun.

Bring the whole family for a night of laughter, surprises, and just the right amount of spook!

### Dates & Times

Friday, 10/17 & 10/24  
Saturday, 10/18 & 10/25  
6:00 PM - 9:00 PM  
Sunday, 10/20 & 10/27  
(kid-friendly dates)  
1:00 PM - 3:00 PM



Hopkinton Outdoor Center

[hopartscenter.org/thehaunt2025](http://hopartscenter.org/thehaunt2025)

### Winter Wonderland Party

Friday, December 19 | 6:30 PM - 8:00 PM  
Framingham Branch  
Family Members FREE  
Youth & Adults \$15/family



Join us in our magical winter wonderland where we'll have games, crafts, music, and more for a fun family night out!

### DREAM BIG Gala & Auction

Thursday, December 4 | 5:30 PM - 9:00 PM  
Sheraton Framingham

Every day, the Y is a place where children grow with confidence, families find support, and neighbors come together to build healthier, brighter futures. That impact is only possible because of you!

This December, we invite you to be part of our DREAM BIG Gala & Auction—a celebration of community and the power of working together!

We can't wait to DREAM BIG with you!



# Education

## Framingham | Youth

### EARLY LEARNING CENTER

**282 Old Connecticut Path  
Framingham, MA 01701  
Phone: (508) 879-4420 x251  
Email: [earlylearning@metrowestymca.org](mailto:earlylearning@metrowestymca.org)**

**Hours of operation  
Monday - Friday  
7:30 AM - 6:00 PM**



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 through pre-k.

Visit our [website](#) to learn more.



### SCHOOL'S OUT

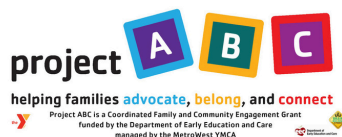
**282 Old Connecticut Path  
Framingham, MA 01701  
Phone: (508) 879-4420 x251  
Email: [earlylearning@metrowestymca.org](mailto:earlylearning@metrowestymca.org)**

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. Our curriculum includes a focus on SEL (Social and Emotional Learning), which includes daily opportunities for children to learn about, practice, and gain real world skills in the areas of emotion management.

Slots are available Monday through Friday with 2, 3, 4, and 5-day options. After-school programs serve children from school dismissal until 6:00 PM at all locations. Our before-school program serves Hopkinton Elementary School students at Marathon School from 7:00 AM until school starts.

Visit our [website](#) to learn more.

### PROJECT ABC – FREE PLAYGROUPS FOR FAMILIES



Project ABC hosts free playgroups for children ages 0-5 throughout the MetroWest community that help guide children's social-emotional development, cognitive development, language and communication, and physical health and well-being.

Project ABC is a Coordinated Family and Community Engagement (CFCE) grant program funded by the Department of Early Education and Care (ECC) and managed by the MetroWest YMCA.

Learn more at [projectabc.org](http://projectabc.org)



# Enrichment & Child Care

## Framingham | Youth

### GROWN UP & CHILD, PRESCHOOL ENRICHMENT CLASSES

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

#### FREE for Full-Access Framingham Members

**Mon-Wed (8 weeks):** Youth Member \$115 | Community Member \$170

**Thurs-Sun (7 weeks):** Youth 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 Littles (Ages 2.6-3.6)

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

Wednesdays, 9:30 AM - 10:30 AM

Saturdays, 10:45 AM - 11:45 AM

#### Count with Me (Ages 3-4)

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

Mondays, 10:45 AM - 11:45 AM

#### Alphabetivities (Ages 3-4)

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

Wednesdays, 10:45 AM - 11:45 AM

#### Crafty Kids (Ages 4-6)

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.

Tuesdays, 9:30 AM - 10:30 AM

Saturdays, 9:30 AM - 10:30 AM

#### Kindergarten Readiness (Ages 4-5)

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

Wednesdays, 12:00 PM - 1:00 PM

#### Morning Mingle - Drop in anytime!

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

**Questions? Contact Jen Hyman, Director of Family Engagement: [jhyman@metrowestymca.org](mailto:jhyman@metrowestymca.org)**

#### 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, November 14 (Register by November 12)

Friday, December 5 (Register by December 3)

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, November 4 (Register by November 2)

Tuesday, November 11 (Register by November 9)

8:00 AM - 5:00 PM

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

### DECEMBER VACATION DAYS

#### Framingham Branch

We offer a full-day program with additional AM and PM care available. The program offers structured days featuring sports, games, arts and crafts, and swimming. A healthy lunch will be provided.

**Grades K-5**

December 26, 29, 30, and January 2

9:00 AM - 4:00 PM

Full-Access Framingham Member \$77 | Youth Member \$104  
Community Member \$154

AM Care, 7:30 AM - 9:00 AM

PM Care, 4:00 PM - 6:00 PM

Full-Access Framingham Member \$15 | Youth Member \$20  
Community Member \$30

#### Outdoor Adventure Vacation Program

Join us for an outdoor-based vacation program that includes games, crafts, sports, archery, rock climbing, and more! We plan to spend a good part of the program outdoors, hiking & exploring trails across the 122-acre property, checking out the orienteering courses, and trying a few low ropes elements. Indoors, we will run games, utilize the indoor rock wall, and archery range, and work on some arts/crafts projects. Please supply your child with lunch, a water bottle, and two snacks. Limited space is available.

**Ages 7-12**

December 26, 29, 30, and January 2

8:00 AM - 5:00 PM

Full-Access Framingham Member \$85 | Outdoor Center +  
Youth/Teen Member \$95 | Community Member \$160

# Cooking

## Framingham, Hopkinton | All Ages

### COOKING CLASSES

#### 7 or 8-Week Series for Youth and Teens

##### Cooking with Littles Series

###### Ages 2.5-5 in Framingham

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!

with Liz and Chef John

Saturdays, 10:15 AM - 11:00 AM

Sundays, 10:15 AM - 11:00 AM

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

\*Registration is required by November 8.

##### Kid Chef Series

###### Ages 6-9, multiple locations

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!

###### Framingham

with Liz and Chef John

Tuesdays, 5:15 PM - 6:15 PM\*

Saturdays, 11:15 AM - 12:15 PM

Sundays, 11:15 AM - 12:15 PM

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

Community Member \$224 \*Registration required by November 8.

\*Y Member \$128 | Youth/Teen Member \$172

Community Member \$256 \*Registration required by November 4.

\*\*Y Member \$128 | Youth/Teen Member \$172

Community Member \$256 \*Registration required by November 3.

###### Hopkinton

with Karley

Mondays, 5:00 PM - 6:30 PM\*\*

##### Teen Chef Series

###### Ages 10-16, multiple locations

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!

###### Framingham

with Liz

Thursdays, 5:00 PM - 6:30 PM

Y Member \$126

Youth/Teen Member \$170

Community Member \$252

\*Registration required by November 6.

###### Hopkinton

with Chef John

Wednesdays, 5:00 PM - 6:30 PM

Y Member \$144

Youth/Teen Member \$194

Community Member \$288

\*Registration required by November 5.

### Family Dinner Nights! Hopkinton Outdoor Center



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

#### Seasonal Pies: Friday, November 21 at 5:30 PM - 7:30 PM

Learn to make homemade pumpkin and apple pie from scratch.

\*Registration required by November 20.

#### Global Holiday Traditions: Friday, December 19 at 5:30 PM - 7:30 PM

Travel across the world with your palate and see how different cultures enjoy their holiday meals.

\*Registration required by December 18.

### One-Time Classes (Youth or Parent/Child)

#### Cooking with Littles

##### Ages 2-5, multiple locations

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! (Pricing is per child, per class. Under 3 is free).

##### Framingham

#### Friday, November 14 at 10:15 AM - 11:00 AM

On the menu: Sweet potato apple fritters

\*Registration required by November 13.

#### Friday, December 12 at 10:15 AM - 11:00 AM

On the menu: Gingerbread pancakes and freshly squeezed orange juice

\*Registration required by December 12.

Y Member \$16 | Youth/Teen Member \$24

Community Member \$32

##### Hopkinton

#### Friday, November 21 at 10:15 AM - 11:00 AM

On the menu: Broccoli and cheese pizza pockets

\*Registration required by November 20.

#### Friday, December 19 at 10:15 AM - 11:00 AM

On the menu: Cranberry and orange muffins

\*Registration required by December 18.

Y Member \$16 | Youth/Teen Member \$27

Community Member \$32

#### Kids Cooking

##### Ages 6-12, Hopkinton Outdoor Center

Third Saturday of every month, 1:00 PM - 3:00 PM

#### Saturday, November 15: Kid-friendly Thanksgiving brunch

We will start with cranberry applesauce and sweet potato pancakes and end with mini pumpkin pies.

\*Registration required by November 13.

#### Saturday, December 20: Gingerbread

Warm up in the kitchen and make homemade gingerbread people and fresh hot chocolate!

\*Registration required by December 18.

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

Questions? Contact Karley Besozzi, Director of Nutrition Education:  
[kbesozzi@metrowestymca.org](mailto:kbesozzi@metrowestymca.org)



# Nutrition & Gardening

Framingham, Hopkinton | All Ages

## NUTRITION

Framingham Branch



### Nutrition Workshops

Join our Registered Dietitian, Maggie Lynch RDN LDN, every month for a nutrition-focused workshop. Each session will cover a new topic and include a taste test! Classes will be held in Studio C. Registration required.

**Thursday, November 6 at 5:45 PM - 6:45 PM**

Fueling for Fitness

\*Registration required by November 5

**Thursday, December 4 at 5:45 PM - 6:45 PM**

Healthy Holiday Workshop

\*Registration required by December 3.

**FREE for Members**

Community Member \$10



### Nutrition Counseling

Meet with our registered dietitian Maggie Lynch RDN LDN to get your nutrition on track. Contact Maggie at [mlynch2@metrowestymca.org](mailto:mlynch2@metrowestymca.org)

Choose from the packages below:

#### Initial consultation + follow up

Y Member \$91 | Community Member \$182

#### 30-minute follow up

Y Member \$29 | Community Member \$58

#### 60-minute follow up

Y Member \$43 | Community Member \$86

#### Five (5) 30-minute follow ups

Y Member \$135 | Community Member \$270

**Questions? Contact Maggie Lynch, RDN, LDN,  
Director of Nutrition Services:  
[MLynch2@metrowestymca.org](mailto:MLynch2@metrowestymca.org)**

## GARDENING WORKSHOPS

Hopkinton Outdoor Center



**Registration is required.**

### Eco-Friendly Holiday Decor Workshop

Celebrate the season sustainably in this hands-on workshop where you'll craft beautiful, eco-friendly holiday decorations using natural and foraged materials. Learn how to make delicate pressed flower ornaments and design your own nature-foraged wreath using locally sourced greenery, dried elements, and seasonal textures. No experience needed—just bring your creativity and love for nature!

Wednesday, December 10

5:30 PM - 7:00 PM

Y Member \$20/person | Community Member \$40/person

Last day to register: December 8

### Farm to Face: Natural Skincare Workshop

Learn to craft your own botanical skincare in this hands-on workshop using simple, natural ingredients. You'll make a soothing calendula salve, a refreshing herbal sugar scrub, and a nourishing lip balm—all from scratch! Perfect for anyone looking to embrace clean, handmade self-care.

Wednesday, November 5 | 5:30 PM - 6:30 PM

Y Member \$20/person | Community Member \$40/person

Last day to register: November 3

### Winter Herbcraft Workshop

Bring the garden indoors this winter! In this cozy, herb-centered workshop, you'll learn how to grow herbs inside during the colder months, decorate your own windowsill planter, and plant a selection of culinary or medicinal herbs to take home. You'll also blend your own custom herbal teas and spice mixes—perfect for cozy nights or thoughtful holiday gifts.

Wednesday, November 19

5:30 PM - 6:30 PM

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

Last day to register: November 17

**Questions? Contact Lindsey Bogott, Farm to  
School and Food Access Coordinator:  
[lbogott@metrowestymca.org](mailto:lbogott@metrowestymca.org)**

# Fitness

## Youth, Teens, Adults | Framingham

### FITNESS CLASSES

#### YOUTH & TEENS

##### Mon-Wed (8 weeks)

Full-Access Framingham Member \$124 | Youth/Teen Y Member \$167 | Community Member \$248

##### Thurs-Sun (7 weeks)

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

*(unless stated otherwise)*

#### Powerful Girls Jr.

Powerful Girls Jr. is an empowering program designed for girls ages 7-9 to build strength, motor control, and confidence in a fun, supportive environment. Each class will have a warm-up, skill/strength focus, and cool down.

##### Ages 7-9

Wednesdays, 4:00 PM – 5:00 PM

#### 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 10-13

Wednesdays, 4:00 PM – 5:00 PM

#### 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

#### Kids Strength Training

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

##### Ages 10-13

Tuesdays, 5:00 PM – 6:00 PM

#### 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 PM - 6:00 PM

#### Advanced Teen Boxing

This class is designed for teens who have taken Teen Boxing and developed a foundational understanding of boxing technique. It will focus on refining advanced boxing techniques and improving strength and conditioning.

##### Ages 11-16

Thursdays, 5:00 PM - 6:00 PM

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### EQUIPMENT FITTINGS

**FREE for Members**

#### Adult

Visit YMCA360 for the full schedule and to reserve your spot.

#### Youth

Kids can come to the Youth & Family Area of the Wellness Center and learn how to use the cardio and strength equipment. 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 reserve your spot in YMCA360 48 hours in advance.

##### Ages 10+

Tuesdays, 4:15 PM – 5:00 PM

Thursdays, 4:15 PM - 5:00 PM

#### Functional Training (FT)

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

##### Ages 11+

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

Y Member (Family & Adult) \$55/month

Y Member (Youth & Teen) \$75/month

#### Kids FT

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.

Tuesdays, 4:30 PM - 5:10 PM **(Ages 5-7)**

Wednesdays, 5:15 PM – 5:55 PM **(Ages 8-11)**

Full-Access Framingham Member \$100 | Youth/Teen Member \$136 | Community Member \$200

Fridays, 5:00 PM - 5:40 PM **(Ages 5-7)**

Saturdays, 9:15 AM – 9:55 AM **(Ages 8-11)**

Full-Access Framingham Member \$88 | Youth/Teen Member \$119 | Community Member \$176

### 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.

**Questions? Contact Katrina Ladd, Senior Director of Healthy Living: [kladd@metrowestymca.org](mailto:kladd@metrowestymca.org)**

## YOUTH, TEENS, ADULTS

### Mon-Wed (8 weeks)

Full-Access Framingham Member \$124 | Youth/Teen Member \$167 | Community Member \$248

### Thurs-Sun (7 weeks)

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

### Cycle Power

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.

#### Ages 12+

Fridays, 6:00 AM - 7:00 AM



### Agility & Power for Athletes

Take your performance to the next level with a class designed to build speed, explosive power, and multidirectional agility. Athletes will train through dynamic drills and targeted exercises that enhance quickness, reaction time, and overall strength—while also improving stability and control to help prevent injuries. Move faster, change direction with confidence, and perform at your best.

#### Ages 10+

Mondays, 5:00 PM - 6:00 PM

## ADULTS (Ages 18+)

### Intro to Strength Training

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

Tuesdays, 7:30 PM - 8:30 PM

Saturdays, 11:30 AM - 12:30 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.

Thursdays, 7:15 PM - 8:15 PM

Sundays, 9:00 AM - 10:00 AM

### 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

## POP-UP FITNESS CLASSES

In November and December, we'll be offering pop-up classes, including kids Zumba, kids yoga, family FT, lifting workshops, and sports recovery & stretch. FREE for members | Community Member \$10

# Fitness

## Youth, Teens, Adults | Framingham



### Agility & Conditioning for Active Adults

Want to stay strong, steady, and quick on your feet? This class is designed to improve agility, endurance, and balance to support your active lifestyle. Through a variety of exercises, you'll build lateral leg strength and stability, core stability, speed, and overall conditioning—helping you move with confidence in daily activities and recreation.

Fridays, 11:00 AM - 12:00 PM

### Powerful Aging for Women

This community-based class helps women find inner strength and peace as they enter 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.

Wednesdays, 6:15 PM - 7:15 PM

### Stretch & Release

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

### 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

Sundays, 11:30 AM - 12:30 PM

JOIN US!



### Treadmill 5K Turkey Trot is BACK!

Hop on a treadmill and join us for our annual Treadmill 5K Turkey Trot! Participants of all fitness levels can complete the Turkey Trot individually or with friends or family. Participation helps to raise funds for our Annual Campaign, which provides financial support to individuals and families to access health & wellness opportunities.

#### Ages 10+

Monday, November 24

Early Bird Registration \$25 (until November 10)

\$35 after November 10

Questions? Contact Katrina Ladd, Senior Director of Healthy Living: [kladd@metrowestymca.org](mailto:kladd@metrowestymca.org)



## SPORTS FOR YOUTH AGES 3-12

### Mon-Wed (8 weeks)

30-minute classes  
Full-Access Framingham Member \$102 | Youth/Teen Member \$138 | Community Member \$204

### 45-minute classes

Full-Access Framingham Member \$113 | Youth/Teen Member \$153 | Community Member \$226

### Thurs-Sun (7 weeks)

30-minute classes  
Full-Access Framingham Member \$89 | Youth/Teen Member \$120 | Community Member \$178

### 45-minute classes

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

*(unless stated otherwise)*

### Mini Sports

This is a great introductory class for kids to try sports like soccer, basketball, volleyball, track and field, and more!

#### Ages 4-6

Tuesdays, 4:30 PM - 5:00 PM  
Saturdays, 8:30 AM - 9:00 AM

### 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

Mondays, 5:00 PM - 5:30 PM  
Wednesdays, 4:30 PM - 5:00 PM  
Saturdays, 9:35 AM - 10:05 AM

#### Ages 7-9

Mondays, 5:35 PM - 6:20 PM  
Wednesdays, 5:05 PM - 5:50 PM  
Saturdays, 10:10 AM - 10:55 AM

#### Ages 10-12

Wednesdays, 5:55 PM - 6:40 PM

### 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 5-6

#### Ages 10-12

Saturdays, 11:50 PM - 12:50 PM  
Full-Access Framingham Member \$132 | Youth/Teen Member \$178 | Community Member \$264

### Youth Basketball League

December 6 - February 14

#### Grades 2-3

Saturdays, 1:00 PM - 3:00 PM  
Full-Access Framingham Member \$150 | Youth/Teen Member \$205 | Community Member \$300

**Questions? Contact Brendan LeBlanc,**  
**Director of Sports and Recreation:**  
[LBrendan@metrowestymca.org](mailto:LBrendan@metrowestymca.org)

Keep an eye  
out for new  
sporting  
events!

### 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.

#### Ages 7-10

Mondays, 5:15 PM - 6:00 PM  
Full-Access Framingham Member \$113 | Youth Y Member \$153 Community Member \$226

### 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

Fridays, 4:30 PM - 5:00 PM  
Saturdays, 9:05 AM - 9:35 AM

#### Ages 6-8

Tuesdays, 5:05 PM - 5:50 PM

### Floor Hockey

Players will learn the basics of floor hockey through practice and guided play. 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  
Saturdays, 11:00 AM - 11:45 AM



## SPORTS FOR ADULTS & FAMILIES

### Family Pickleball (Parent-Child Class)

Learn and play the sport of pickleball with your child! Participants will learn the rules, fundamental skills, and play with other families.

#### Ages 8-12

Fridays, 5:15 PM - 6:00 PM

### Open Pickleball & Open Basketball - **FREE** for members ages 12+

Come play basketball or pickleball in our gymnasium!  
[metrowestymca.org/schedules](http://metrowestymca.org/schedules)

See page 14 for pickleball at the Outdoor Center!

### VOLUNTEERS NEEDED!

We're looking for volunteers to coach our Youth Basketball League on Saturdays from December 6 until February 14. If you're interested, please contact Brendan LeBlanc: [lbrendan@metrowestymca.org](mailto:lbrendan@metrowestymca.org)

# Sports, Gymnastics & More

## Framingham, Hopkinton | All Ages

### 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 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

Full-Access Framingham Member \$102 | Youth/Teen Member \$138 | Community Member \$204

Saturdays, 9:20 AM - 9:50 AM

Sundays, 10:30 AM - 11:00 AM

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

#### **Rollers**

#### **Ages 7-9**

Tuesdays, 5:40 PM - 6:25 PM

Full-Access Framingham Member \$113 | Youth/Teen Member \$153 | Community Member \$226

Saturdays, 9:55 AM - 10:40 AM

Sundays, 11:05 AM - 11:50 AM

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



### NINJAS

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

#### **Little Ninjas: Ages 3-5**

Wednesdays, 4:45 PM - 5:15 PM

Full-Access Framingham Member \$102 | Youth/Teen Member \$138 | Community Member \$204

Thursdays, 5:05 PM - 5:35 PM

Saturdays, 10:45 AM - 11:15 AM

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

#### **Junior Ninjas: Ages 6-8**

Wednesdays, 5:20 PM - 6:05 PM

Full-Access Framingham Member \$113 | Youth/Teen Member \$153 | Community Member \$226

Thursdays, 5:40 PM - 6:25 PM

Sundays, 12:00 PM - 12:45 PM

Full-Access Framingham Member \$99 | Youth 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.

#### **Dance**

In this creative, story-based class, children explore movement while developing coordination, musicality, and self-expression. Lessons build important skills like listening, following instructions, and working with others.

#### **Ages 3-4**

Saturdays, 9:00 AM - 9:30 AM, 11:00 AM - 11:30 AM

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

#### **Dance II**

This story-based class introduces preschoolers to the joy of dance through imaginative sequences, expressive movement, and music. Young dancers develop age-appropriate coordination, balance, and rhythm while building confidence and creativity. Class includes 30 minutes of ballet to build a strong foundation, followed by 15 minutes of tap.

#### **Ages 4-5**

Saturdays, 9:35 AM - 10:20 AM

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

#### **Ballet III**

Participants will learn the foundations of ballet in a joyful and age-appropriate way. Through musical and creative exercises, students develop coordination, balance, and whole-body awareness while beginning to build the grace and stability that ballet is known for.

#### **Ages 5-6**

Saturdays, 10:25 AM - 10:55 AM

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

**Questions? Contact Brendan LeBlanc,**  
**Director of Sports and Recreation:**  
[LBrendan@metrowestymca.org](mailto:LBrendan@metrowestymca.org)

# Aquatics

## Framingham | Youth

### YOUTH 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.

#### Pricing: Parent/Child, Preschool, School Age

Mon-Wed (8 weeks)

Full-Access Framingham Member \$113 | Youth/Teen Member \$153 | Community Member \$226

Thurs-Sun (7 weeks)

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

### PARENT/CHILD

#### 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.

**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    **Saturdays:** 10:20 AM - 10:50 AM  
**Thursdays:** 4:15 PM - 4:45 PM    **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: AGES 3-5

#### Preschool 1: Water Acclimation

##### **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:**

10:00 AM - 10:30 AM  
4:50 PM - 5:20 PM  
5:25 PM - 5:55 PM

##### **Wednesdays:**

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:**

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

##### **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  
6:35 PM - 7:05 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  
12:05 PM - 12:35 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

##### **Fridays:**

6:00 PM - 6:30 PM

##### **Saturdays:**

9:10 AM - 9:40 AM

##### **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:** 4:15 PM - 4:45 PM, 6:00 PM - 6:30 PM

**Fridays:** 4:50 PM - 5:20 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:** 4:50 PM - 5:20 PM, 5:25 PM - 5:55 PM

**Fridays:** 4:15 PM - 4:45 PM, 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

**Sundays:** 11:30 AM - 12:00 PM, 12:40 PM - 1:10 PM

#### 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:**

6:35 PM - 7:05 PM

##### **Saturdays:**

9:10 AM - 9:40 AM  
10:55 AM - 11:25 AM  
12:05 PM - 12:35 PM

##### **Sundays:**

10:20 AM - 10:50 AM  
10:55 AM - 11:25 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

### **Thursdays:**

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

### **Fridays:**

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  
11:30 AM - 12:00 PM

## School Age 5: Stroke Development

### **Mondays:**

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

## 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

## 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 performance in preparation for swim meets.

Tuesdays, 6:35 PM - 7:20 PM

Full-Access Framingham Member \$125 | Youth/Teen Member \$169 | Community Member \$250

Saturdays, 12:05 PM - 12:50 PM

Sundays, 12:05 PM - 12:50 PM

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

## SWIM LESSONS

### TEENS & ADULTS: AGES 16+

#### **Mon-Wed (8 weeks)**

Full-Access Framingham Member \$113 | Youth/Teen Member \$153 | Community Member \$226

#### **Thurs-Sun (7 weeks)**

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, 6:35 PM - 7:05 PM

Saturdays, 9:45 AM - 10:15 AM

Sundays, 9:10 AM - 9:40 AM

**Questions? Contact the Aquatics Team:**  
[aquatics@metrowestymca.org](mailto:aquatics@metrowestymca.org)

# Aquatics

## Framingham | Youth, Teens, Adults

## 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.

Wednesdays, 9:40 AM - 10:10 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, 6:35 PM - 7:05 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 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, November 11 (register by November 7) or December 9 (register by December 5)

3:00 PM - 7:30 PM

Y Member \$75 | Community Member \$110

### American Red Cross Lifeguard Certification R.24

This course is for those training for the first time or for those whose certifications have expired. The class is offered in a blended learning format: minimum of 21.5 hours of in-person instruction; 7-8 hours of online coursework. Participants must be 15 years of age by the last day of the course AND pass the pre-requisite swimming skills evaluation on the first day. Participants who successfully complete the course will receive an American Red Cross certificate for Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers with First Aid valid for 2 years. Per Massachusetts law, lifeguards must be at least 16 years old.

December 27-29 (register by December 22)

8:00 AM - 6:00 PM

Y Member \$350 | Community Member \$400

### American Red Cross Lifeguard Re-Certification R.24

This course is for those who hold an active American Red Cross Lifeguarding Certification or for those who have expired within 30 days of the course date. This course will be instructor-led, meaning there is no prerequisite coursework: minimum of 9.25 hours of in-person instruction. Participants must pass the pre-requisite swimming skills evaluation on the first day. Those who successfully complete the course will receive an American Red Cross certificate for Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers with First Aid valid for 2 years.

December 22-23 (register by December 17)

10:00 AM - 4:00 PM

Y Member \$150 | Community Member \$200

# Aquatics & Evidence-Based Health Framingham | Adults

## WATER FITNESS

### ADULTS: 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.

Mon/Wed/Fri, 5:10 AM - 6:10 AM

Full-Access Framingham Member \$140

Community Member \$280

#### 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, 10:20 AM - 11:05 AM, 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

Full-Access Framingham Member \$26 | Community Member \$52

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 \$19 | Community Member \$38

#### 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

## EVIDENCE-BASED HEALTH INTERVENTION PROGRAMS

**FREE for all**

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

### STARTING SOON

#### YMCA's Diabetes Prevention Program

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: Starts January 2026

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

### 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.

#### 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

**Questions? Contact the Aquatics Team:**  
[aquatics@metrowestymca.org](mailto:aquatics@metrowestymca.org)

# 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 (No class 11/29)

#### Beginner/Intermediate Archery: Ages 8+

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 (No class 11/29)

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

#### STEM Trailblazers at the MetroWest YMCA

Ignite curiosity and creativity with our hands-on STEM program for students in grades K–12!

Through engaging projects and real-world examples, participants will explore math, science, and technology concepts in action. From science experiments and coding to robotics and AI, every session is designed to inspire discovery and innovation.

Programs are tailored by grade level—K–5, 6–8, and high school—so each student learns at the right pace. All sessions are led by experienced STEM educators and professionals.

For more information, email Bartt Pinchuck:  
bpinchuck@metrowestymca.org

### WORKSHOPS

#### 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 29 | 5:00 PM – 6:00 PM

Dry ice & homemade snow

Wednesday, November 5 | 5:00 PM – 6:00 PM

Animal tracking & Migration

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

### SAFETY COURSES

#### Community CPR & First Aid Certification: Ages 16+

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, October 28 & November 4

6:00 PM – 8:00 PM

Y Member \$75 | Outdoor Center Member \$90

Community Member \$110

#### American Red Cross Babysitting Course: Ages 11-15

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. Will include child and infant CPR/First Aid. This course is in person with NO online learning piece. All three weeks are required for certification.

**Three days:** Tuesday, November 11, 18, and 25

5:30 PM – 8:00 PM

Y Member \$85 | Outdoor Center/Youth Member \$100

Community Member \$120

### Pickleball at the Outdoor Center

**FREE for Members**



#### Intro to Pickleball Clinic

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, November 8 | 3:00 PM – 4:00 PM

Thursday, November 13 | 6:00 PM – 7:00 PM

Y Member FREE | Community Member \$25/person

#### Open Pickleball

Members can enjoy our eight pickleball courts!

Schedule below:

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

**Questions? Contact Tyler Reynolds, Director of Adventure and Outdoor Education:**  
[treynolds@metrowestymca.org](mailto:treynolds@metrowestymca.org)



## BIRTHDAYS AT THE Y



Celebrate your child's special day with a birthday party at the Outdoor Center in Hopkinton! Choose from one of our themed party packages below to give your child and their friends a memorable day.

- Not-Your-Average Party
- Slime-Making Party
- Archery Party
- Cooking Party
- Climbing Party

To learn more, contact Tyler Reynolds:  
[treynolds@metrowestymca.org](mailto:treynolds@metrowestymca.org)

## CUSTOM TEAM-BUILDING, LEADERSHIP DEVELOPMENT & OUTDOOR EDUCATION



Bring learning and growth to life through adventure! Our expert facilitators design programs that challenge participants to step outside their comfort zone, build new skills, and grow together.

### For Schools

Adventure education programs are tailored to meet your learning goals and align with SEL standards. Students gain confidence, teamwork skills, and a deeper connection to nature through guided, hands-on experiences in the great outdoors. Half-day, full-day, and multi-day options available.

### For Corporate Groups

Boost communication, trust, and cooperation with high-impact team-building and leadership development experiences. Our activities help teams identify strengths, solve problems together, and bring those skills back to the workplace.

For more information, contact Tyler Reynolds:  
[treynolds@metrowestymca.org](mailto:treynolds@metrowestymca.org)

**PLEASE NOTE:** We try to provide clear and accurate information, but the MetroWest YMCA does not assume responsibility for any typos or misprints.