

NO PLACE



Like This Place

MetroWest YMCA Winter Program & Membership Guide

Winter Session: January 5 – February 15 (6 weeks)

Member Registration: December 9

Community Registration: December 16

Welcome to the MetroWest YMCA!



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.

TABLE OF CONTENTS

PARENT-CHILD

Cooking 6, 8
Sports 12
Aquatics 14

FAMILY

Family Fun 5
Cooking 6
Outdoor Center 6
Sports 12

YOUTH

Summer Camp 4
School Vacation 5
Birthdays 7
Cooking 6, 8
Outdoor Center 6, 7
Enrichment 8
Education 9
Dance 13
Sports 12
Gymnastics 13
Ninja 13
Martial Arts 13
Aquatics 14, 15
Fitness 17, 18

TEENS

Gardening 6
Outdoor Center 6, 7
Cooking 8
Aquatics 15, 16
Fitness 17, 18

YOUNG ADULTS, ADULTS, SENIORS

Gardening 6
Outdoor Center 6, 7
Nutrition 10
Evidence-Based Health 11
Sports 12
Aquatics 15, 16
Fitness 17, 18

EVENTS & WORKSHOPS

Family Fun 5
Gardening 6
Outdoor Center 6

WAYS TO SUPPORT

Support Our Work 20
Volunteer Opportunities 20

IMPORTANT DATES

Winter 2026 Session: January 5 - February 15

Registration Dates

Y Members: December 9

Community Members: December 16

Spring I 2026 Session: February 23 - April 19

Registration Dates

Y Members: February 3

Community Members: February 10

For holiday hours at the Framingham Branch and Hopkinton Outdoor Center, please visit:

metrowestymca.org/schedules

PARENTS, GIVE YOURSELF A BREAK!

Parents' Date Night - Hopkinton Outdoor Center

Enjoy trusted and fun-filled childcare for a special Valentine's date night. Bring your children to the Y for games, activities, Valentine crafts, and a nutritious dinner! Children must be pre-registered to attend and able to use the bathroom independently. Ages 3-10

Friday, February 13 | 6:00 PM - 9 PM

Full Access Framingham Member \$23 | Outdoor Center + Youth Member \$31 | Community Member \$46

Parents' Night Out - Framingham Branch

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, January 9 (Register by January 7)

Friday, January 23 (Register by January 21)

Friday, February 4 (Register by February 2)

6:00 PM - 9:00 PM

Full-Access Framingham Member \$23 | Youth Member \$31 | Community Member \$46

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

PROGRAM POLICIES & PROCEDURES





THE Something for Everyone PLACE

No Place Like *This Place*™

Here, you'll find connection and the motivation to keep moving forward. From fitness and family programs, to swim lessons and open gym, the Y has you covered.

Enjoy a state-of-the-art wellness center (gym, pool, turf space, locker rooms, sauna), a dedicated, expert staff, and a community of support at our Framingham Branch!

- Fitness, cooking, sports, enrichment, and aquatics
- Unlimited, FREE Group Exercise classes
- FREE wellness consultation
- Child watch while you workout
- Weekly Open Swim and Open Gym
- FREE meals for children ages 18 and under
- FREE wellness and preventative programs like blood pressure check and nutrition workshops.
- Special events, fitness challenges, volunteer opportunities, and ways to connect!

MEMBERSHIP TYPES

Framingham Branch:

- Youth (2-12)
- Teen
- Young Adult (20-29)
- Adult
- Senior (65+)
- Senior Couple (65+)
- Family of 2
- Family of 2+
- Senior Family (65+)*

Hopkinton Outdoor Center:

- Hopkinton Outdoor Center Family/ Household

The Hopkinton Outdoor Center is your place for year-round adventure! During the summer, we also offer a swim club and a popular summer day camp.

- Free weekly open archery and indoor rock climbing- the last hour is glow-in-the-dark!
- Miles of wooded hiking trails
- Indoor and outdoor pickleball courts
- Soccer, cricket, basketball
- Self-led geocaching and orienteering
- Outdoor swimming pool and boating (seasonal)
- Snowshoeing (seasonal)
- High and low ropes course and zipline circuit
- Monthly family-friendly dinner nights, cooking classes, gardening, and farm-to-table workshops
- Discounts on session programs including STEM, nature, CPR/first aid and babysitting certification, yoga retreats, and more!
- Customizable corporate and school group team-building and outdoor adventure programs

MetroWest YMCA

(508) 879-4420 | metrowestymca.org

**JOIN
TODAY**



NO PLACE



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SUMMER CAMP REGISTRATION OPENS 1/19!



Family Fun & School Vacation

Framingham, Hopkinton | Youth, Families

Connect with other families, have fun, and stay active together—plus enjoy engaging programs during school breaks!

HOLIDAY PARTIES

Valentine's Day Celebration

Sunday, February 8 | 1:30 PM - 3:00 PM

Framingham Branch

Join us in the gymnasium for a family-friendly party to celebrate the season. There will be face painting, music, games, and more!

Framingham Family Member FREE | Youth & Adult Member \$16/family

Cupid's Archery Party

Saturday, February 14 | 1:00 PM - 3:00 PM

Hopkinton Outdoor Center

A family archery social with a photobooth, a make-your-own valentine card table, winnable date night prizes, kid's games, snacks, and hot seasonal drinks. Join the fun and start with indoor shooting and end with a cozy hangout in Hayes lodge. Kids ages 6 and up and try archery.

Full-Access Framingham Member \$25 | Outdoor Center + Youth/Teen Member \$35 | Community Member \$50

FREE WEEKLY DROP-IN PROGRAMS

FRAMINGHAM BRANCH - Member only

Open Swim & Open Gym

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

metrowestymca.org/schedules

NEW

Ninja Open Gym

Sundays, 10:30 AM - 11:30 AM

Join us in our gymnasium for an action-packed hour! Our ninja course will be set up and ready for kids to climb, jump, and test their skills. This staffed open gym is the perfect chance for families to explore our ninja equipment, practice obstacles, and have fun together!

Morning Mingle - Drop in anytime!

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

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.

HOPKINTON OUTDOOR CENTER

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.



SCHOOL VACATION PROGRAMS

FRAMINGHAM

February Vacation Program

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

February 16-20 | 9:00 AM - 4:00 PM

Full-Access Framingham Member \$79 | Youth Member \$106 | Community Member \$158 (prices per day)

Add ons:

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

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

Full-Access Framingham Member \$16 | Youth Member \$21
Community Member \$32 (prices per day)

HOPKINTON

Kids in the Kitchen Half-Day Program Vacation Program

Looking for a hands-on program for your child while school is out? Kids in the Kitchen teaches basic cooking skills while preparing healthy, delicious recipes! Each day, kids will make multiple recipes to enjoy together, or they can bring Tupperware to take their creations home. Sign up for one class or all!

Ages 6-12

9:00 AM - 1:00 PM

February 17: Italian Cuisine February 19: Mediterranean
February 18: Asian Flavors February 20: South of the US

Full-Access Framingham Member \$60 | Outdoor Center/Youth & Teen Member \$90 | Community Member \$120 (prices per day)

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, checking out the orienteering courses, and trying a few low ropes elements. Indoors, we will run games, utilize the climbing wall and archery range, and work on arts/crafts projects. Please supply your child with lunch, a water bottle, and two snacks. Limited space is available.

Ages 7-12

February 17-20 | 8:00 AM - 5:00 PM

Full-Access Framingham Member \$87 | Outdoor Center + Youth/Teen Member \$97 | Community Member \$163 (price per day)

Kids' Day Out - Framingham Branch

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

Monday, January 19 (Register by January 15)

8:00 AM - 5:00 PM

Full-Access Framingham Member \$73 | Youth Member \$99 | Community Member \$146

Questions? Contact Jen Hyman,
jhyman@metrowestymca.org

Cooking & Gardening

Hopkinton Outdoor Center | All Ages

Learning about where our food comes from and how to create healthy recipes helps us fuel our bodies and connect with others!

COOKING SERIES for KIDS

Kid Chef Series

Ages 6-9 with Karley

Mondays, 5:15 PM – 6:45 PM

Full-Access Framingham & Hopkinton Outdoor Center Member \$101 | Youth Member \$136 | Community Member \$202

*Registration required by January 11.

ONE-TIME COOKING CLASSES

Cooking with Littles (Parent/Child)

Ages 2-5

Full-Access Framingham Member & Hopkinton Outdoor Center Member \$17 | Youth Member \$23 | Community Member \$34

(Pricing is per child, per class)

Friday, January 16

10:15 AM - 11:00 AM

On the menu: Rainbow veggie soup

*Registration required by January 15.

Kids Cooking

Ages 6-12, Hopkinton Outdoor Center

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

Full-Access Framingham Member & Hopkinton Outdoor Center Member \$21/person | Youth Member \$28/person Community Member \$42/person

Saturday, January 17: Winter Soup & Homemade Bread

Join us in the kitchen and learn to make a veggie-packed minestrone and whole grain "no-knead" bread rolls!

*Registration required by January 16.

Saturday, February 14: Heart-Healthy Breakfast

Fuel up with us while making strawberry oatmeal parfaits and heart shaped banana pancakes.

*Registration required by February 13.

Questions? Contact Karley Besozzi, Director of Nutrition Education: kbesozzi@metrowestymca.org

GARDENING WORKSHOPS (All ages)

Winter Sowing: Start Seeds the Simple, Sustainable Way

Turn winter's chill into gardening magic! Learn how to start seeds outdoors using recycled containers — no grow lights or special equipment needed. In this hands-on workshop, you'll prep your own mini greenhouses to take home and discover which seeds thrive with this easy, eco-friendly method. A perfect way to get a head start on spring!

Thursday, January 22

5:30 PM - 6:30 PM

Full-Access Framingham Member & Hopkinton Outdoor Center Member \$11/person | Youth Member \$15/person | Community Member \$22/person

*Registration required by January 20.

Seeds to Love: Plan Your Garden Year

Celebrate the season of love by planning a garden that grows beauty, joy, and connection! Join us for a heartwarming workshop where you'll design your dream garden, explore plants that symbolize love and friendship, and take part in our Seed Swap — by bringing your favorite seeds to exchange with fellow gardeners. Leave with a personalized garden plan, a handful of meaningful seeds, and inspiration to help your garden (and heart) bloom all year long.

Thursday, February 5

5:30 PM - 6:30 PM

Full-Access Framingham Member & Hopkinton Outdoor Center Member \$11/person | Youth Member \$15/person | Community Member \$22/person

*Registration required by February 3.

Questions? Contact Lindsey Bogott, Farm to School and Food Access Coordinator: lbogott@metrowestymca.org



FAMILY DINNER NIGHTS

One Pot Wonders

Friday, January 23

Warm up with a winter veggie & chicken skillet supper. In this class, you'll make a one-pot lemon herb chicken with roasted root veggies (carrots, parsnips, sweet potatoes), warm whole-grain rolls, and sliced winter fruit with honey yogurt drizzle *Registration required by January 22.

Sweet & Savory Valentine's Feast

Friday, February 13

Celebrate love with your family while making heart-shaped turkey meatloaves or lentil patties, roasted red pepper pasta and chocolate-dipped fruit for dessert!

*Registration required by February 12.

Family Dinner Nights at the Hopkinton Outdoor Center

Family Dinner Nights are the perfect chance to connect as a family and learn something new! In these group cooking classes, you'll make delicious, healthy recipes, and then enjoy a meal together. Be prepared to take home leftovers!

Held one Friday a month from 5:30 PM - 7:30 PM in the teaching kitchen at the Hopkinton Outdoor Center!



Cost includes cooking class and all food. All Y Membership Types: \$17/person Community Member \$34/person. Under 3 is free!

Hopkinton Outdoor Center

Hopkinton Outdoor Center | All Ages

There are so many new offerings to explore at the Outdoor Center this winter to develop your body and mind!

ADVENTURE SPORTS

Full-Access Framingham Member \$79 | Outdoor Center + Youth/Teen Member \$85 | Community Member \$157

Beginner Archery: Ages 6+ (indoor)

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 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

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

SAFETY COURSES

American Red Cross Adult & Pediatric First AID/CPR/AED Certification: Ages 18+

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, January 6 & 13

5:30 PM – 8:00 PM

Y Member \$75 | Outdoor Center Member \$90 | Community Member \$110

American Red Cross Babysitter's Training: 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: Tuesdays, January 20, 27, & February 3
5:00 PM – 8:00 PM

Y Member \$85 | Outdoor Center/Youth Member \$100
Community Member \$120

If you have a Full-Access Framingham Membership, don't forget that you have access to programs at the Outdoor Center!

COLLEGE-PREP & LIFE SKILLS

NEW

Job Interview Prep

Land the job you want! In this workshop, you'll learn how to craft a resume that highlights your skills and personality, write an attention-grabbing cover letter, and master interview etiquette—whether it's in-person, virtual, or in a group setting. You'll also get tips for preparing thoughtful questions for your interviewer, practicing active listening, and writing follow-up emails to make a lasting impression.

Ages 14-18

Wednesday, January 14

5:30 PM – 7:00 PM

Full-Access Framingham Member \$15 | Outdoor Center + Youth/Teen Member \$20 | Community Member \$30

INDOOR PICKLEBALL CLINICS

Intro to Pickleball

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.

Ages 15+

Saturday, January 17 | 3:00 PM - 4:00 PM

Thursday, January 29 | 5:30 PM - 6:30 PM

Y Member FREE | Community Member \$25/person

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



Enrichment & Cooking

Framingham Branch | Youth

Through hands-on enrichment or cooking classes, children can learn, create, and have fun in a social environment.

ENRICHMENT for KIDS

FREE for Full-Access Framingham Members

Youth Member \$88 | Community Member \$130

Crafty Littles (Ages 2.6-3.6)

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

Thursdays, 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 4-9)

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

Mondays, 9:30 AM - 10:30 AM

Saturdays, 9:30 AM - 10:30 AM

Ages 7-9

Saturdays, 10:45 AM - 11:45 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



COOKING CLASSES

SERIES

Cooking with Littles Series (Parent/Child)

Ages 2.5-5 with Liz and Chef John

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!

Saturdays, 10:15 AM - 11:00 AM

Sundays, 10:15 AM - 11:00 AM

Full-Access Framingham Member \$90 | Youth Member \$120

Community Member \$180

*Registration required by January 11.

Kid Chef Series

Ages 6-9 with Liz and Chef John

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!

Tuesdays, 5:15 PM - 6:15 PM

Saturdays, 11:15 AM - 12:15 PM

Sundays, 11:15 AM - 12:15 PM

Full-Access Framingham Member \$102 | Youth Member \$138

Community Member \$204

*Registration required by January 12.

Teen Chef Series

Ages 10-16 in Framingham with Liz

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!

Thursdays, 5:00 PM - 6:30 PM

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

\$153 | Community Member \$226

*Registration required by January 14.

ONE-TIME CLASSES

Cooking with Littles (Parent/Child)

Ages 2-5

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!

Full-Access Framingham Y Member \$17 | Youth Member \$23

Community Member \$34

(Pricing is per child, per class)

Friday, January 9 at 10:15 AM - 11:00 AM

On the menu: Cranberry and orange muffins and a seasonal fruit salad.

*Registration required by January 8.

Friday, February 13 at 10:15 AM - 11:00 AM

On the menu: Heart-shaped pizzas and a strawberry smoothie

*Registration required by February 12.

Questions? Contact Jen Hyman, Director of Family Engagement: jhyman@metrowestymca.org

Questions? Contact Karley Besozzi, Director of Nutrition Education: kbesozzi@metrowestymca.org

Early Learning & Education

Framingham & MetroWest | Youth

Our education programs help children learn, grow, and discover their potential through in a safe, supportive environment.

EARLY LEARNING CENTER

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

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 ages 15 months through five years old.

Our classes are designed to make your child feel safe and comfortable while, exploring,

socializing, and having fun. Activities at the Y are designed to put learning in the context of play. They include gross motor and language activities, sensory experiences, creative expression, learning through hands-on exploration, and the acquisition of self-help skills. Parents can enroll their children in YMCA classes such as swimming, sports, and gymnastics beginning at age three.



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



SCAN TO LEARN MORE



SCHOOL'S OUT Before and After School Program for Youth Grades (K-5)

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. 2, 3, 4, and 5-day options available.



SCAN 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.



SCAN TO LEARN MORE

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.

Wellness: Nutrition

Framingham Branch | Adults

Our nutrition programs empower individuals to make nutritious choices and build lifelong healthy habits!

NUTRITION FRAMINGHAM



Nutrition Workshops

Join our Registered Dietitian, Maggie Lynch RDN LDN, on the first Thursday of 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.

FREE for Members | Community Member \$15



Meal Planning & Prep for Busy Schedules January 8, 5:45 PM - 6:45 PM

Make healthy eating easier, even on your busiest days! In this workshop, we will explore simple meal planning strategies, quick prep shortcuts, and time-saving meals for any palate. Participants will assemble and sample a quick and delicious meal and leave with a meal planner template and recipes.

*Registration required by January 6.

Eat Your Heart Out! February 5, 5:45 PM - 6:45 PM

Show your heart some love! In this fun, hands-on class, you'll learn how to prepare delicious meals that are heart healthy. We'll explore simple ways to lower sodium, add more fiber, and choose healthy fats—all while enjoying flavorful, satisfying recipes. Perfect for anyone looking to boost heart health through everyday eating habits.

*Registration required by February 3.

Nutrition Counseling

Meet with our registered dietitian, Maggie Lynch RDN LDN, to get your nutrition on track. Contact Maggie at 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



Food & Nutrition Resources

At the YMCA, we are committed to helping all kids and families thrive. One of the most pressing and persistent barriers to thriving communities is food insecurity. Too many of our neighbors lack reliable access to nutritious, affordable food.

When you support the YMCA's food access initiatives, you are investing in a healthier, more equitable future for everyone. Together, we are building stronger, more resilient communities.

Harvesting Good Health

Our Nutrition and Food Access programs take a unique approach to education, sustainability, and community building. Check out our most recent article to learn how our gardens, food programs, and community partnerships create a food system that supports well-being!



SCAN TO
LEARN MORE



SCAN TO
READ

Wellness: Disease Prevention

Framingham Branch | Adults

Learn how to prevent and manage chronic conditions to reclaim your health and quality of life.

FREE PROGRAMS TO IMPROVE YOUR HEALTH

The MetroWest YMCA has an entire department devoted to helping individuals prevent and manage chronic conditions to reclaim their health and quality of life. These evidence-based programs have shown quantifiable results and support individuals with diabetes, high blood pressure, arthritis, cancer, and neuromuscular conditions like Parkinson's.

Most of these programs are **FREE** and offered on an ongoing basis. Classes will be held at the Framingham Branch. Day and time for each class may vary by session.

To enroll: Contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: jpotter@metrowestymca.org or 508-879-4420 x232

UPCOMING SESSIONS

LIVESTRONG® at the YMCA **Starts January 13, 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

YMCA's Diabetes Prevention Program **Starts in February**

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

ONGOING: JOIN ANY TIME

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. **FREE** to members.

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. **FREE** to members

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

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, 12:00 PM - 1:00 PM.



Knight Moves at the Y

Led by a group of passionate high school students who believe in the power of brain games and community, Knight Moves offers low-pressure chess sessions for people living with Parkinson's disease. **FREE** to members.

First Wednesday of the month, 1:15 PM - 2:15 PM



SPORTS FOR YOUTH AGES 3-12

PRICING *(unless stated otherwise)*

Full-Access Framingham Member \$84 | Youth/Teen Member \$113 | Community Member \$168

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 - 5:10 PM

Saturdays, 8:30 AM - 9:10 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, 4:30 PM - 5:10 PM

Wednesdays, 4:30 PM - 5:10 PM

Saturdays, 10:00 AM - 10:40 AM

Ages 7-9

Mondays, 5:15 PM - 5:55 PM

Wednesdays, 5:15 PM - 5:55 PM

Saturdays, 10:45 AM - 11:25 AM

Ages 10-12

Wednesdays, 6:00 PM - 6:40 PM

Saturdays, 12:15 PM - 12:55 PM

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 - 5:10 PM

Saturdays, 9:15 AM - 9:55 AM

Ages 6-8

Tuesdays, 5:15 PM - 5:55 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, 6:00 PM - 6:40 PM

Saturdays, 11:30 AM - 12:10 PM

Volleyball 1

Bump, set, spike! Join us this winter for a beginner-level volleyball class where we'll focus on fundamental skills, strategies, and teamwork. Players of all levels are welcome to come and improve their game!

Ages 7-10

Mondays, 5:00 PM - 5:40 PM



Volleyball 2

Take your volleyball skills to the next level! Class focuses on refining technique, improving consistency, and developing a stronger understanding of game strategy. Players will practice serving, passing, setting, and hitting while learning to work together as a team in more structured play and scrimmages. Reach out to Brendan LeBlanc, LBrendan@metrowestymca.org, about a skill evaluation.

Ages 11-13 OR per coach recommendation

Mondays, 5:45 PM - 6:25 PM

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 6-10

Fridays, 5:15 PM - 5:55 PM

Full-Access Framingham Member \$84 | Youth Member \$113 | Community Member \$168

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

Come play basketball or pickleball in our gymnasium!

[metrowestymca.org/schedules](https://www.metrowestymca.org/schedules)

We are looking for VOLUNTEERS for our Youth Basketball League. Interested? Contact Brendan LeBlanc, Director of Sports and Recreation: LBrendan@metrowestymca.org

THE
Building Strong
Teammates
PLACE

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

Sports, Gymnastics & More

Framingham Branch | Youth

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 \$79 | Youth Member \$107
Community Member \$158

DANCE

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

Dance 1

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

Ages 3-4

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

Full-Access Framingham Member \$85 | Youth Member \$115
Community Member \$170

Dance 2

Learn ballet through imagination, expression, and creativity. 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 \$95 | Youth Member \$128
Community Member \$190

Grown Up & Me Dance Class (Parent/Child Class)

NEW

This class is a relaxed introduction to dance designed to build the bond between parent or caregiver and child through touch, support, voice, and movement. In a warm and nurturing environment, little ones develop listening and following skills while their rapidly growing brains are engaged through movement, music, and fun. Parents and caregivers will gain helpful strategies for connection and creativity with their child through dance and music.

Ages 2 years - 3 years

Saturdays, 10:25 AM - 10:55 AM

Full-Access Framingham Member \$85 | Youth Member \$115
Community Member \$170

NINJAS & GYMNASTICS

PRICING

Full-Access Framingham Member \$84 | Youth Member \$113 | Community Member \$168

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-5:25 PM

Thursdays, 5:15 PM - 5:55 PM

Saturdays, 11:15 AM - 11:55 AM

Junior Ninjas: Ages 6-8

Wednesdays 5:30 PM-6:10 PM

Thursdays, 6:00 PM - 6:40 PM

Saturdays 12:00 PM-12:40 PM

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 - 5:10 PM

Saturdays, 8:45 AM - 9:25 AM

Gym Stars

Ages 4-6

Tuesdays, 4:30 PM - 5:10 PM, 5:15 PM - 5:55 PM

Saturdays, 9:30 AM - 10:10 AM

Rollers

Ages 7-9

Tuesdays, 6:00 PM - 6:40 PM

Saturdays, 10:15 AM - 10:55 AM



Questions? Contact **Brendan LeBlanc**, Director of Sports and Recreation:
LBrendan@metrowestymca.org

YOUTH SWIM LESSONS

PRICING *(unless stated otherwise)*

Full-Access Framingham Member \$87 | Youth/Teen Member \$117 | Community Member \$174

Six-week session. As low as \$14.50 a lesson!

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

PRESCHOOL: AGES 3-5

Preschool 1: Water Acclimation

This class is designed for beginners with little to no swimming experience or those who feel uncomfortable in the water. Students will gradually increase their comfort level through underwater exploration and basic self-rescue skills, with assistance provided to ensure a safe and supportive learning environment.

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

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

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

Preschool 2: Water Movement

This class is for students who have completed Stage 1 or are comfortable going underwater independently. Participants will build on their skills by practicing basic self-rescue skills and increasing their independent swimming ability with forward movement in the water

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:
9:25 AM - 9:55 AM
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
4:15 PM - 4:45 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
4:50 PM - 5:20 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

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.

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+

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 3: Water Stamina

This class is for students who have completed Stage 2 or can independently perform the following skills: submerge and blow out air, jump in, float on back and front for 10 seconds, tread water for 10 seconds, glide front and back for 5 yards, and swim, roll, float, roll, swim for 5 yards.

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

This class is for students who have completed Level 3 or can independently perform the following skills: swim 15 yards with their face in the water, submerge and retrieve an object from the bottom, swim 10 yards on their back, tread water for 30 seconds, and jump in and swim to the wall.

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

This class is designed for beginners with little to no swimming experience or those who feel uncomfortable in the water.

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

Sundays: 10:55 AM - 11:25 AM

Aquatics

Framingham Branch | Youth, Teens, Adults

Build confidence and strength in the water
with swim lessons for all ages and skill levels!

School Age 2: Water Movement

This class is for students who have completed Stage 1 or are comfortable going underwater independently. Participants will build on their skills by focusing on forward movement in the water and practicing basic self-rescue skills, all performed independently to help increase confidence and swimming ability.

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: 12:40 PM - 1:10 PM		

School Age 3: Water Stamina

This class is for students who have completed Stage 2 or can independently perform the following skills: submerge and blow out air, jump in, float on back and front for 20 seconds, tread water for 10 seconds, glide front and back for 10 yards, and swim, roll, float, roll, swim for 5 yards. In this stage, students will develop intermediate self-rescue skills, working for longer durations and greater distances than in previous stages.

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: 4:15 PM - 4:45 PM 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 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

TEENS & ADULTS: AGES 16+

Full-Access Framingham Member \$87 | Youth/Teen Member \$117 | Community Member \$174

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

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, 10:00 AM - 10:30 AM, 6:35 PM - 7:05 PM
Sundays, 12:40 PM - 1:10 PM

School Age 4: Stroke Introduction

This class is for students who have completed Stage 3 or can independently perform the following skills: swim, float, swim 25 yards using any stroke, swim 15 yards on both their back and front, jump in and swim 10 yards, and tread water for a minute. In this stage, students are introduced to basic stroke techniques in freestyle and backstroke, as well as water safety skills such as treading water and learning the elementary backstroke.

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: 4:50 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

This class is for students who have completed Stage 4 or can independently swim 25 yards using any stroke, perform freestyle with rotary breathing, backstroke, elementary backstroke, tread water for a minute, and demonstrate the breaststroke and butterfly kicks. In this stage, students are introduced to the full breaststroke and butterfly strokes, water safety skills: treading water and sidestroke.

Mondays: 6:35 PM - 7:05 PM	Tuesdays: 4:50 PM - 5:20 PM 5:25 PM - 5:55 PM	Wednesdays: 4:50 PM - 5:20 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

This class is for students who have completed Stage 5 or can independently swim 50 yards using any stroke, perform freestyle with bent arm recovery, backstroke, sidestroke, breaststroke, and butterfly for 25 yards, tread water for 2 minutes, and dive. In this stage, students will refine their stroke technique in all major competitive strokes, build endurance, and be encouraged to swim as part of a healthy lifestyle.

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
Saturdays, 12:05 PM - 12:50 PM
Sundays, 12:05 PM - 12:50 PM

Full-Access Framingham Member \$96 | Youth/Teen Member \$130 | Community Member \$192

Aquatics

Framingham | Teens, Adults

AMERICAN RED CROSS CERTIFICATIONS

American Red Cross Adult and Pediatric First Aid/CPR/AED R.25

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.

January 13, 3:00 PM - 7:30 PM

(Register by January 8)

February 10, 3:00 PM - 7:30 PM

(Register by February 5)

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, 8:00 AM - 6:00 PM

(Register by December 22)

February 16-18, 8:00 AM - 6:00 PM

(Register by February 11)

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. The 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, 10:00 AM-4:00 PM

(Register by December 17)

January 10, 7:15 AM - 7:00 PM

(Register by January 5)

Y Member \$150 | Community Member \$200

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 \$107

Community Member \$214

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 \$17 | Community Member \$34

55-minute class

Mondays, 7:15 PM - 8:10 PM

Thursdays, 7:15 PM - 8:10 PM

Full-Access Framingham Member \$21 | Community Member \$42

Water Walking (Low Impact)

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 \$17 | Community Member \$34

Water Walking (Advanced)

Thursdays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$17 | Community Member \$34

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 \$17 | Community Member \$34

Questions? Contact the Aquatics Team:
aquatics@metrowestymca.org

Fitness

Framingham Branch | Youth, Teens, Adults

Our fitness classes welcome youth, teens, and adults—making them a perfect fit for everyone! Join on your own, bring your partner, or enjoy a fun parent-child workout.

PRICING *(unless stated otherwise)*

Full-Access Framingham Member \$95 | Youth/Teen Member \$128 | Community Member \$190

YOUTH & TEENS

Yoga Kids

This class helps kids build strength, balance, and flexibility through fun poses, games, and mindful movement. Children will work on different ways to focus, relax, and express themselves in a positive and supportive environment. Each class encourages creativity, confidence, and connection — on and off the mat.

Ages 7-9

Saturdays, 10:45 AM - 11:15 AM

Full-Access Framingham Member \$79 | Youth/Teen Member \$107 | Community Member \$158

Zumba Kids

It's time to move and groove to some upbeat dance class while learning simple choreography to lively music. Each class helps build coordination, confidence, and rhythm in a fun and supportive environment. Kids will stay active, express themselves, and leave class smiling!

Ages 7-9

Saturdays, 11:30 AM - 12:00 PM

Full-Access Framingham Member \$79 | Youth/Teen Member \$107 | Community Member \$158

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

Saturdays, 1:00 PM - 2:00 PM

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.

Ages 5-7

Tuesdays, 4:30 PM - 5:10 PM

Fridays, 5:00 PM - 5:40 PM

Ages 8-11

Wednesdays, 5:15 PM - 5:55 PM

Saturdays, 9:15 AM - 9:55 AM

Full-Access Framingham Member \$84 | Youth/Teen Member \$113 | Community Member \$168

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

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

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 10-16

Mondays, 5:00 PM - 6:00 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

Youth Equipment Fittings (Ages 10+) by appointment. To schedule, contact Francois Monestime: fmonestime@metrowestymca.org

ALL AGES (with minimum age requirement)

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

Fitness

Youth, Teens, Adults | Framingham

FT combines strength, endurance, and power in a fun, motivating HIIT workout for everyone!



**YOUR FIRST
CLASS IS
FREE!**

Functional Training (FT)

Offered every week night and morning, plus weekends, FT is our high-energy group HIIT class. With progressive programming that builds strength, endurance, and power, you'll stay motivated and see results as you go. Whether you're brand-new to fitness or a seasoned athlete, you'll be supported every step of the way!

Ages 12+

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

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.

All Ages - starting at 12

Fridays, 6:00 AM - 7:00 AM (open to beginners!)

Introduction to Yoga (4 weeks)

Participants will explore the fundamentals of yoga, including traditional poses, balance poses, breathing techniques, and an introduction to yoga philosophy. The class is designed to be safe and supportive, allowing individuals to challenge themselves at their own level.

All Ages - starting at 12

Sundays: 1/11, 1/18, 1/25, 2/2

4:00 PM - 5:00 PM

Full-Access Framingham Member \$63 | Youth/Teen Member \$85 | Community Member \$126



ADULTS (Ages 18+)

Intro to Strength Training - Perfect for Beginners!

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.

Fridays, 4:00 PM - 5:00 PM

Saturdays, 9:15 AM - 10:15 AM

Foundations for Strength & Muscle

Recommended participants take Intro to Strength Training first.

Looking to take the next step in your strength training journey? Learn how to complete complex movement patterns using free weights and other equipment. Class will help you create a weightlifting routine and develop functional strength.

Tuesdays, 10:30 AM - 11:30 AM

Sundays, 8:00 AM - 9:00 AM

Strength Training for Healthy Bones - Perfect for Beginners!

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

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

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

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

Fitness

Adults | Framingham

Weigh to Change

10 weeks, January 12-March 22

Think of our Weigh to Change program as a bootcamp for lifestyle change. This 10-week program includes nutrition counseling with a registered dietitian, 1:1 exercise support from a personal trainer, and a community of support.

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 1:1 nutrition consultations with a Registered Dietitian
- Two Inbody scans to measure progress

Group Trainings: Mon/Wed at 6:30 PM - 7:30 PM OR Sat at 8:15 AM-9:15 AM
See website for pricing.

Swimming Basics for Triathlons

Ever wanted to do a triathlon, but the swim portion scared you? This class is designed for swimmers who can already swim at least 50 yards without stopping and want to improve their freestyle stroke for endurance or open water swimming. In each class, you will complete swimming drills and followed by a swim workout. The MetroWest YMCA will be hosting an Indoor Triathlon on March 29th, 2026, what better way to train than in this class!

Ages 18+

Mondays, 7:00 AM - 8:00 AM

Full-Access Framingham Member \$96 | Youth/Teen Member \$130 | Community Member \$192

UPCOMING FITNESS EVENTS:

January Kickstarter Challenge (Members Only)

January 5 - February 16

Challenge yourself by engaging in physical activity for 150 minutes/week to get into a routine and move your body!

MOSSA Launch Party: Sunday, January 11

- Group Fight, 9:15 AM - 9:45 AM
- Group Active, 10:00 AM - 10:45 AM
- Group Power, 10:45 AM - 11:15 AM

Restorative Yoga Pop-Up Classes (\$)

- January 9, 7:00 PM - 8:15 PM
- February 13, 7:00 - 8:15 PM

Indoor Triathlon (\$)

Sunday, March 29, 7:00 AM - 11:00 AM

Early Bird Registration (Dec. 10-Mar. 22): Full-Access Framingham Member \$30 | Youth/Teen Member \$45 | Community Member \$60

Look for more info on the YMCA360 app or contact Katrina Ladd: kladd@metrowestymca.org

CHILDWATCH

FREE with a Framingham Family 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.

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

MEMBER BENEFITS

Equipment Fittings - FREE

Visit YMCA360 to see the schedule and reserve your spot.

Wellness Consultations - FREE

As a member, you'll get to sit down with one of our experts to discuss your goals and fitness experience. We'll walk you through our various programs and offerings and explore opportunities that would work best for you!

Childwatch- FREE with a Family Membership

UNLIMITED GROUP EXERCISE

Members ages 16+ enjoy FREE unlimited group exercise classes—up to 65 per week, offered at all times throughout the day, seven days a week!

Strength, Interval, Weights

Group Active
Step & Strength
Strength & Cardio
TRX Circuit
Group Power
Core Fusion
Bootcamp
TRX

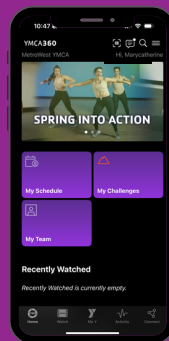
Cardio

BollyX®
Zumba®
Cycle
Cardio Dance
Group Fight
Senior
Fitness

Mind/Body

Core Fusion
Gentle Yoga
Vinyasa Flow
Power Yoga
Pilates
Pilates HIIT

Check out the schedule:



YMCA360 APP

Download the **YMCA360 app** to reserve your spot in a group exercise class, view schedules, and sync to your smart watch!

You can also stream unlimited fitness videos and stick with your goals, even when you're on the go.

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

Invest in your future by working one-on-one with a certified personal trainer. With their support and guidance, you'll follow an individualized plan that's designed to help you reach your goals as you challenge yourself and gain confidence. Meet the trainers at Metrowestymca.org/trainers

Questions? Contact Brooke Damboise, Assistant Fitness Director:
BDamboise1@metrowestymca.org

Ways to Support

There are so many ways to support the Y and help kids grow, families thrive, and neighbors in need find support and belonging.

VOLUNTEER OPPORTUNITIES at the Y

At the MetroWest YMCA, we empower members and community partners to help address vital needs — from combating food insecurity to building job and leadership skills for teens and promoting water safety for all. Together, we're strengthening our community and creating opportunities for every individual to thrive.

Join us in this meaningful work by exploring volunteer opportunities and discovering where your passion can make a difference!



SCAN TO
LEARN MORE



MOVE WITH PURPOSE: RALLY FOR THE Y STARTING FEBRUARY 1

During the month of February, members can cycle, swim, or run at the Framingham Branch to help raise funds for our Annual Campaign!

Stay tuned for more details and information!

