



175<sup>YEAR</sup>  
ANNIVERSARY

# NO PLACE



## Like *This Place*

**MetroWest YMCA**  
**Spring 1 Program & Membership Guide**

**Spring 1 Session: February 23 – April 19 (8 weeks)**

**Member Registration: February 3**

**Community Registration: February 10**

# Welcome to the MetroWest YMCA!

Greetings! We're excited for an active spring ahead, along with swim clubs and summer camps that make it easy to stay engaged no matter the season. From fitness and sports to aquatics, enrichment, adventure, cooking, and wellness, join us to support your physical and mental well-being while building community.

## SAVE THE DATE: MARATHON COMMUNITY BREAKFAST

**Friday, March 13, 7:30 AM - 9:30 AM**

### The Sheraton, Framingham

Join us for a special morning where we will celebrate our 2026 Marathon Team Members, Honor our 2026 Inspiration Award Honorees, and celebrate the impact of our Y's work in the community! Visit: [Metrowestymca/events](http://Metrowestymca/events)  
Questions? Please contact Amy Miller: [amiller@metrowestymca.org](mailto:amiller@metrowestymca.org)

## SUPPORT OUR 2026 BOSTON MARATHON TEAM!



SCAN TO LEARN MORE

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.

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## IMPORTANT DATES

### Spring 1 Program Session 2026:

**February 23 - April 19**

Registration Dates:

Y Members: Feb 3 | Community Members: Feb 10  
Sunday, Apr 5: MetroWest YMCA CLOSED

### Spring 2 Program Session 2026:

**April 27 – June 14**

Registration Dates:

Y Members: Apr 7 | Community Members: Apr 14  
Monday, May 25: Framingham Branch CLOSED

### Healthy Kids Day: Free Family Event

Saturday, April 25

9:00 AM - 1:00 PM at the Hopkinton Outdoor Center

### Clearbrook Swim Club Registration Opens on March 2! Season runs May 23 – September 7

Visit our website for Early Learning Center and Out-of-School-Time fall 2026 registration details:



### 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 Meet Your New Friend Place PLACE

MetroWest YMCA  
Summer Camp

For over 65 years, the MetroWest YMCA has offered enriching summer day camps and programs. With six unique camps and more than 30 engaging options, there's something to spark every child's curiosity. What truly sets us apart is how our camps foster connection for the entire family, strengthen community, and create joyful memories for all.



Ages  
3-16

MetroWest YMCA  
508-879-4420 ► [metrowestymca.org](http://metrowestymca.org)

**SIGN UP  
TODAY**



# Member Benefits

## 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

Framingham Branch Youth (2-12)  
Framingham Branch Teen  
Framingham Branch Young Adult (20-29)\*  
Framingham Branch Family of 2\*  
Framingham Branch **Family of 2+\***  
**(BEST VALUE!)**

Framingham Branch Senior (65+)\*  
Framingham Branch Senior Couple (65+)\*  
Framingham Branch Senior Family (65+)\*  
Hopkinton Outdoor Center only

\*Includes access to the Hopkinton Outdoor Center



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## FREE DROP-IN PROGRAMS

### Hopkinton Outdoor Center

#### Open Climb

The indoor climbing gym is open to climbers of all ages, shapes, and sizes. If you can be appropriately harnessed, you may climb. The last hour is glow-in-the-dark/black-light climb. Anyone 18+ wishing to belay must attend a class.

**Fridays, 6:00 PM - 9:00 PM in the Rec Hall**

FREE for members | Community Member \$10/person

#### Snowshoe Rentals

With its hiking trails, wetlands, ponds, and open fields, the seasonal changes at the Outdoor Center are a beautiful sight. Check in at the Rec Hall to sign in/pick up snowshoes. 5+ inches of snow on the ground is required.

**Monday-Friday, 9:00 AM - 4:00 PM**

**Saturdays, 8:30 AM - 12:30 PM**

FREE for members | Community Member \$5/person per hour

#### Outdoor Gear Borrowing

The Outdoor Center offers Y members use of our outdoor gear library to borrow for your weekend adventures! Available gear includes items needed for camping, backpacking, and hiking. For more details, email Tyler: [treyneolds@metrowestymca.org](mailto:treyneolds@metrowestymca.org)

### Framingham Branch

#### Family Open Swim & Open Gym

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

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

#### Ninja Open Gym

Join us in our gymnasium where 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! Parents must be present.

**Ages 3-9**

**Sundays, 10:30 AM - 12:00 PM**

Back half of the Framingham Branch gymnasium

#### Morning Mingle

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 a great time!

**Tuesdays, 9:30 AM - 11:45 AM**

**Wednesdays, 9:30 AM - 11:45 AM**

#### Open Pickleball & Open Basketball - Ages 12+

Come play basketball or pickleball in our gymnasium!

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

\*Registration in the YMCA360 app is required.

#### Adult Pickup Volleyball - Ages 18+

We will play on 7ft, 4in high nets with rule modifications to ensure safe and fair play. Sign up and rules posted on YMCA360.

**Mondays, 6:00 PM - 7:00 PM**

## FREE FITNESS BENEFITS

### Framingham Branch

#### Unlimited Group Exercise Classes

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! See page 4 for a list of classes offered.

#### Equipment Fittings

Visit YMCA360 to see the schedule and reserve your spot.

#### Wellness Consultations

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!



NEW MEMBER  
INQUIRY FORM

## CHILDWATCH

### Framingham Branch

#### 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**

**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**

# Member Benefits

## 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



SCAN TO VIEW THE FULL SCHEDULE

## DOWNLOAD OUR FREE MEMBER APP: YMCA360



As a member, you have access to our free YMCA360 app so you can 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.

You can download YMCA360 from the Apple and Google Play stores.

## MOVE WITH PURPOSE: PARTICIPATE IN THE RODMAN RIDE FOR KIDS

**Saturday, May 16  
8:00 AM - 3:00 PM**

**Foxboro, MA**

The MetroWest YMCA is excited to partner with the Rodman for Kids again so youth in our community have access to educational programs, healthy meals, and opportunities to build their career aspirations and goals. Help support our Y and raise critical funds for children in our community by participating in the 36th Annual Rodman Ride for Kids!

Complete 25 miles or 50 miles or participate in the Ride for Kids Jr. element!

SCAN TO REGISTER:



## FITNESS ADD-ONS

### 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.

Full-Access Framingham Member \$20 | Community Member \$40

### 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](http://Metrowestymca.org/trainers)

## UPCOMING FITNESS EVENTS

### Indoor Triathlon

Looking to challenge yourself? Have you always wanted to participate in a triathlon? Go as far as you can in 15 minutes of swimming, 25 minutes of biking, and 20 minutes of running! This event is entirely indoors in a 25-yard pool, Schwinn cycling bikes, and Precor treadmills. Heats will consist of 6-8 athletes and times will be determined closer to the event date.

### Ages 12+

**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



SWIM



BIKE



RUN



SCAN TO REGISTER



# Early Learning & Out-of-School Time

Framingham & MetroWest | Youth

## EARLY LEARNING CENTER

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



SCAN TO LEARN MORE



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

## SCHOOL'S OUT: Before and After School Program for 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.



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## 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.



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# Youth Enrichment & April Vacation Programs

Framingham & Hopkinton | Youth

## YOUTH ENRICHMENT FRAMINGHAM BRANCH

### FREE for Full-Access Framingham Members

Youth Member \$118 | Community Member \$175

#### 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

**Saturdays, 9:30 AM - 10:30 AM, 10:45 AM - 11:45 AM**

#### Ages 7-9

**Saturdays, 12:00 PM - 1:00 PM**

#### 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**

## CHILD DROP-OFF ENRICHMENT PROGRAMS

#### Parents' 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, March 13**

**Friday, April 10**

**6:00 PM - 9:00 PM**

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

#### Kids' Day Out, Grades K-5

Kids' Day Out is for kids who are off from school and want to get out of the house. Days will be planned with physical activities, arts & crafts, swim time, and more. Advanced registration is required.

**Friday, March 6**

**Friday, March 20**

**Friday, April 3**

**8:00 AM - 5:00 PM**

Full-Access Framingham Member \$74 | Youth Member \$100 | Community Member \$148

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

## APRIL VACATION PROGRAMS

### FRAMINGHAM BRANCH

#### Framingham Branch Vacation Program Grades K-5

Looking for a way to keep your kids active and engaged during winter break? Our April Vacation Program offers a balanced schedule packed with sports, games, arts and crafts, and swimming. Plus, we provide a healthy lunch to fuel their day!

**April 21-April 24 | 9:00 AM - 4:00 PM**

Full-Access Framingham Member \$79 | Youth Member \$92 | Community Member \$99

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

## HOPKINTON OUTDOOR CENTER

#### Outdoor Adventure Vacation Program, Ages 10-14

Participants will enjoy a dynamic mix of outdoor exploration and indoor activities, including games, crafts, sports, archery, rock climbing, and more. Much of our time will be spent outdoors hiking and exploring trails, navigating orienteering courses, and taking on low-ropes challenges. On select days, we will head out on exciting field trips that add an extra layer of adventure to the week. Please send your child with a lunch, water bottle, and two snacks each day. Space is limited.

**April 20-24 | 8:00 AM - 5:00 PM**

Full-Access Framingham Member \$85 | Outdoor Center + Youth/Teen Member \$92 | Community Member \$106 (price per day)

#### Kids in the Garden, Ages 6-12

Participants will spend time exploring the garden beds, preparing them for spring planting, getting curious about where our food comes from, and enjoying time outdoors. Each day will include a variety of movement games, garden themed arts and crafts, planting activities, and small recipes and taste tests

**1:00 PM - 4:00 PM**

**Tuesday, April 21:** Garden scavenger hunt, bird feeder ornaments, seed planting, blindfold guess that fruit or vegetable

**Wednesday, April 22:** Pollinator game, planting potatoes, pressed flower bookmarks, bumblebee trivia

**Thursday, April 23:** Garden charades, seed planting, compost and worm hunt, painting signs

**Friday, April 24:** Pollinator relay race, companion planting, bee water stations, nature color walk

Full-Access Framingham Member \$45 | Outdoor Center & Youth/Teen Member \$68 | Community Member \$90 (prices per day)

#### Kids in the Kitchen Vacation Program, Ages 6-12

**9:00 AM - 1:00 PM**

**Tuesday, April 21:** Veggie burgers, fruit salad, and lemon basil infused water

**Wednesday, April 22:** Homemade pesto pasta and avocado mousse

**Thursday, April 23:** Homemade focaccia bread with garden vegetables, Caesar salad, and lemonade

**Friday, April 24:** Half-dome carrot cakes, blueberry lemon scones, and fruit smoothies

Full-Access Framingham & Outdoor Center Member \$63 | Youth/Teen Member \$85 | Community Members \$126 (prices per day)

# Cooking

## Hopkinton & Framingham | All Ages

### HOPKINTON SERIES

#### **Kid Chef Series**

##### **Ages 6-9 with Karley**

**Mondays, 5:15 PM – 6:45 PM**

Full-Access Framingham & Hopkinton Outdoor Center Member \$184 | Youth Member \$249 | Community Member \$368

\*Registration required by March 2

### HOPKINTON ONE-TIME CLASSES

#### **Cooking with Littles (Parent/Child)**

##### **Ages 2.5-5.5**

Full-Access Framingham Member & Hopkinton Outdoor Center Member \$17 | Youth Member \$23 | Community Member \$34  
(Pricing is per child, per class)

**Friday, March 20 from 10:15 AM - 11:00 AM**

On the menu: Green eggs and ham

\*Registration required by March 19

**Friday, April 17 from 10:15 AM - 11:00 AM**

On the menu: Spring vegetable wraps and fruit kebabs

\*Registration required by April 16

#### **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, March 21: Garden Baguette Pizzas**

Create delicious pizzas with hand-made sauce and rainbow veggies paired with a spring green salad and strawberry-lemon galettes

\*Registration required by March 19

**Saturday, April 18: Earth Day Feast**

Join us in the kitchen and learn to make vegetable spring rolls with sun butter dip, and asparagus and parmesan pastry twists.

\*Registration required by April 17

#### **Kids in the Kitchen Half-Day 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 of them!

##### **Ages 6-12**

**9:00 AM - 1:00 PM**

**Friday, March 20:** Chicken and veggie meatballs with pita pockets, homemade Tzatziki dressing, and lemonade

**Friday, April 3:** Homemade fish sticks with coleslaw, mac and cheese, and iced tea

Full-Access Framingham & Outdoor Center Member \$63 | Youth/Teen Member \$85 | Community Members \$126 (prices per day)

### FRAMINGHAM SERIES

#### **Cooking with Littles Series (Parent/Child)**

##### **Ages 2.5-5.5 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**

Full-Access Framingham Member \$115 | Youth Member \$155 | Community Member \$230

**Sundays, 10:15 AM - 11:00 AM**

Full-Access Framingham Member \$101 | Youth Member \$136 | Community Member \$202

\*Registration required by March 6

#### **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**

Full-Access Framingham Member \$134 | Youth Member \$181 | Community Member \$268

**Sundays, 11:15 AM - 12:15 PM**

Full-Access Framingham Member \$118 | Youth/Teen Member \$159 | Community Member \$236

\*Registration required by March 6

#### **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 \$152 | Youth/Teen Member \$205 | Community Member \$304

\*Registration required by March 4

### FRAMINGHAM ONE-TIME CLASSES

#### **Cooking with Littles (Parent/Child)**

##### **Ages 2.5-5.5**

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 Member \$17 | Youth Member \$23 Community Member \$34  
(Pricing is per child, per class)

**Friday, March 13 from 10:15 AM - 11:00 AM**

On the menu: Green pasta and shamrock smoothies

\*Registration required by March 12

**Friday, April 10 from 10:15 AM - 11:00 AM**

On the menu: Whole grain toast with homemade hummus and fresh vegetables

\*Registration required by April 9

# Family Fun

Hopkinton & Framingham | All Ages

## CLEARBROOK SWIM CLUB

120 Parker Road | Framingham, MA 01702



**SAVE THE DATE:** Clearbrook Swim Club registration opens March 2—get ready for another great season of swimming, sun, and community!

## HEALTHY KIDS DAY

**Saturday, April 25**

**10 AM – 1 PM**

**MetroWest YMCA Outdoor Center**

**45 East Street • Hopkinton, MA 01748**



### Family Trail Run

2 miles of scenic trails

Ages 6+ (under 13 need an adult)

### Kids' Dash

<400-yard race on the sports field

Ages 2-5 | Ages 6-10

**FREE FOR ALL!**



## FAMILY DINNER NIGHTS

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!

All Y membership types: \$20/person  
Community Member \$40/person  
Under 3 is free!  
(Cost includes class and all food)



## FAMILY DINNER NIGHTS

### Spring Harvest Pizza Night

**Friday, March 27 from 5:30 PM - 7:30 PM**

Ditch the delivery and grab an apron! Join us for a high-energy evening of flour, fun, and flavor. We provide the dough and a massive "bar" of fresh spring toppings; you provide the creativity. We'll move beyond pepperoni to explore the bright flavors of the season. It's a fresh, colorful, and delicious way to get the whole family eating their greens! \*Registration required by March 26

### Garden to Table: From Seed to Supper

**Friday, April 17 from 5:30 PM - 7:30 PM**

As the earth wakes up, join us for a culinary journey from the soil to the saucepan! This class celebrates the first "green" pops of spring. Families will work together to transform early-season stars like sweet peas, crisp asparagus, and baby spinach into a vibrant feast. Join us to make a pasta primavera with a strawberry salad and homemade poppyseed dressing! \*Registration required by April 16



# Sports, Gymnastics & More

## Framingham | Youth

### MARTIAL ARTS



#### Taekwondo

Classes are taught by certified instructors from Baystate Taekwondo Academy. Students will be introduced to fundamental techniques such as punches, kicks, and blocks, all practiced safely on pads and shields. There is no physical contact between students. In addition, students are taught when and why to use these skills, emphasizing responsibility, self-control, and good judgment.

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

#### Taekwondo 1

Ages 5-6

Saturdays, 1:00 PM – 1:40 PM

#### Taekwondo 2

Ages 7-8

Saturdays, 1:45 PM – 2:25 PM

#### Taekwondo 3

Saturdays, 2:30 PM – 3:10 PM

Ages 9-10

### DANCE

 Taught by the MetroWest Dance Academy

#### 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 \$114 | Youth Member \$154 | Community Member \$228

#### 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 \$128 | Youth Member \$173 | Community Member \$256

### Grown Up & Me Dance Class

#### (Parent/Child Class)

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 2-3

Saturdays, 10:25 AM – 10:55 AM

Full-Access Framingham Member \$114 | Youth Member \$154 | Community Member \$228

### NINJAS & GYMNASTICS

#### PRICING (unless stated otherwise)

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

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, 5:35 PM – 6:15 PM

Thursdays, 5:15 PM – 5:55 PM

Saturdays, 11:05 AM – 11:45 AM

#### Junior Ninjas: Ages 6-8

Thursdays, 6:00 PM – 6:40 PM

Saturdays, 11:55 AM – 12:35 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

Wednesdays, 4:45 – 5:25PM

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

#### Cheer

Cheer is back at the YMCA! This introductory class focuses on the basics of cheer, geared towards beginner to intermediate level athletes. We will work on skills such as stunting, motions, jumps, and tumbling.

#### Ages 7-9

Fridays, 5:45 PM – 6:25PM

#### Tumbling

This is an introduction to tumbling that works on coordination, flexibility, and tumbling specific skills. Our coaches will tailor activities to the level of each child.

#### Ages 4-9

Fridays, 5:00 PM – 5:40 PM

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

# Sports

Framingham & Hopkinton | All Ages

## SPORTS for YOUTH & FAMILIES

### FRAMINGHAM BRANCH

#### PRICING (unless stated otherwise)

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

#### Indoor Track and Field

Running, jumping, throwing OH MY! Kids will learn/practice doing the long jump and softball throw through different playful activities. We will practice running through games like tag and relays.

##### Ages 3-6

**Thursdays, 4:45 PM - 5:25 PM**

#### 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.

##### Age 5-6

**Mondays, 5:00 PM - 5:40 PM**

**Wednesdays, 4:30 PM - 5:10 PM**

**Saturdays, 10:00 AM - 10:40 AM**

##### Age 7-9

**Mondays, 5:45 PM - 6:25PM**

**Wednesdays, 5:15 PM - 5:55 PM**

**Saturdays, 10:45 - 11:25 am**

##### Age 10-12

**Wednesdays, 6:00 PM - 6:40 PM**

**Saturdays, 12:15 PM - 12:55 PM**

#### Advanced Basketball Skills and Conditioning

This is an advanced basketball class that for ages 7-10. We will be working on higher level skills with a focus on improvement and competition. This class is for intermediate to advanced players looking to level up their game.

##### Ages 7-10

**Thursdays, 5:30 PM - 6:30 PM**

Full-Access Framingham Member \$128 | Youth Member \$173 |

Community Member \$256

#### Basketball Skills and Games

Children will focus on building their skillset and getting familiar with the flow and tactics of a real game, without all of the pressure. Our 10-12 age group will use the full court with regulation 10ft rims.

#### Basketball Skills and Games

##### Ages 5-6 and 7-9

**Saturdays, 1:00 PM - 2:00 PM**

#### Full Court Skills and Games

##### Ages 10-12

**Saturdays, 2:00 PM - 3:00 PM**

Full-Access Framingham Member \$128 | Youth Member \$173 | Community Member \$256

#### 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 - 5:50 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 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**



#### NFL Flag Football

Join us for an indoor flag football clinic! Each player will receive their own NFL branded jersey (Patriots, of course) and practice the basic fundamentals of flag football in our gymnasium. Look out for news about our outdoor youth league coming in Spring 2.

##### Ages 5-6 & 7-9

**Saturdays, 3:00 PM - 4:00 PM**

Full-Access Framingham Member \$153 | Youth Member \$198 | Community Member \$281

#### Family Pickleball (Parent/Child Class)

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

##### Ages 8-12

**Fridays, 5:15 PM - 5:55 PM**

## PICKLEBALL CLINICS FOR TEENS & ADULTS

### HOPKINTON OUTDOOR CENTER

#### Intro to Pickleball (indoor)

These clinics introduce participants to the game of pickleball, covering terminology, basic rules of play, equipment, and court etiquette. Paddles are available.

##### Ages 15+

**Sunday, March 1 | 10:00 AM - 11:00 AM**

**Saturday, March 21 | 1:30 PM - 2:30 PM**

Y Member FREE | Community Member \$25/person

Enjoy open pickleball on our well-maintained indoor and outdoor courts, offering flexibility and fun all year long.

Learn more: [metrowestymca.org/pickleball](http://metrowestymca.org/pickleball)

# Outdoor Adventure, Wildlife, Babysitting

## Hopkinton | All Ages

### ADVENTURE SPORTS

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

#### **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 (no class 4/4)**

#### **Beginner/Intermediate Archery: Ages 6+**

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

**Saturdays, 10:15 AM – 11:15 AM (no class 4/4)**

#### **Advanced Archery: Ages 8+**

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 4/4)**

#### **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

### OUTDOOR EDUCATION

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

#### **Animal Tracking 101**

In this intro to animal tracking workshop, we will be covering the basics of identifying the different animal tracks on site learning: what to look for, what can we tell about an animal from its tracks, and what other signs do animals leave? Beyond the usual rabbits/birds/squirrels, animals spotted on site include deer, turkey, coyotes and bobcats.

**Ages 7+**

**Saturday, February 28**

**1:00 PM – 2:30 PM**

#### **Map/Compass 101**

Ever been lost before? What would happen if your GPS battery died? This class is perfect for kids who are interested in learning the basics of map-reading and using a compass. Learn about orienting a map using land/terrain features, as well as with a compass if you have no identifying land features besides trees. Explore the different kinds of maps including satellite, topography, orienteering, and hybrid maps.

**Ages 10+**

**Saturday, March 14**

**1:00 PM – 2:30 PM**

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

### GARDENING WORKSHOPS (Family)

NEW

#### **Garden Helpers: Feeders & Water for Wildlife**

Support local wildlife while getting creative in this hands-on workshop! Participants will build simple gelatin bird feeder ornaments and upcycled bee watering stations! Along the way, we'll learn why birds and bees are important to healthy ecosystems and how small actions at home can make a big difference. Participants will leave with their own creations and the knowledge needed to place and care for them safely at home or in the garden.

**Friday, March 20**

**10:00 AM - 11:00 AM**

Full-Access Framingham Member \$20 | Outdoor Center & Youth/Teen Member \$30 | Community Member \$40

\*Registration required by March 18

### SAFETY COURSES

#### **American Red Cross Babysitter's Training**

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.

**Ages 11-15**

**Three days: Mondays, March 30, April 6, and April 13**

**4:30 PM – 8:00 PM**

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

### 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



**Questions? Contact Tyler Reynolds:**  
[treynolds@metrowestymca.org](mailto:treynolds@metrowestymca.org)

# Adult Enrichment & Nutrition

## Framingham & Hopkinton

### CREATIVE WORKSHOPS

#### HOPKINTON OUTDOOR CENTER

##### Spring Stained Glass: Monstera Leaf Workshop

Create a stunning, light-catching Monstera Leaf in this hands-on stained-glass workshop—perfect for beginners or anyone wanting a colorful project. Inspired by the bold shapes and vibrant greens of tropical foliage, this class will guide you step by step through the Tiffany copper foil method. You'll learn how to cut glass, grind, foil, solder, and finish your piece, leaving with a beautiful monstera leaf ready to hang in a sunny window. All materials are provided, and no prior experience is required.

**Ages 13+ if accompanied with an adult**

**Saturday, March 14 | 9:30 AM - 12:30 PM**

**Full-Access Framingham Member \$65 |**

**Outdoor Center & Youth/Teen Member**

**\$70 | Community Member \$100**



#### FREE GARDENING WORKSHOPS

##### From Seed to Garden: Indoor Seed Starting Basics

Get the growing season started early by learning how to start seeds indoors for the Y's garden beds. In this hands-on workshop, participants will plant a variety of fruits, vegetables, and flowers that will be cared for and later transplanted into the garden as the season progresses. Learn how to choose the right seeds, proper planting techniques, light and watering needs, and how to grow strong, healthy seedlings ready for outdoor planting! This workshop is perfect for beginners and anyone interested in learning how food and flowers grow from seed to garden.

**Saturday, March 28**

**10:00 AM - 11:00 AM**

\*Registration required by March 26



##### Early Spring Planting Workshop

Jump-start your garden this spring by learning how to plant hardy, cold-weather crops that thrive in cooler temperatures. This hands-on workshop will cover soil preparation and proper planting techniques for early season vegetables, including asparagus and potatoes, along with other cool season favorites.

**Saturday, April 11**

**10:00 AM - 12:00 PM**

\*Registration required by April 10



### FRAMINGHAM BRANCH

#### Beginner Crochet Workshop

Curious about crochet but not sure where to start? This hands-on beginner workshop is the perfect introduction! We'll learn the basic crochet techniques, including how to hold your hook and yarn, make a slip knot, and work simple chain and single crochet stitches. With plenty of guided practice, you'll begin creating your own project—either square coasters or a square dishcloth—to take home, as well as the crochet hook and yarn. No prior experience is needed, and all skill levels are welcome. Come relax, learn a new craft, and enjoy the satisfaction of making something by hand!

**Ages 15+**

**Friday, February 27**

**5:00 PM - 6:30 PM**

**Studio C**

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



### NUTRITION WORKSHOPS

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

**FREE for Members | Community Member \$10**

#### Supporting Your Body Through Menopause

**March 4, 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 March 2.

#### Fuel to Perform: Nutrition for Sports & Exercise

**April 1, 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 March 30.



#### FREE NUTRITION EVENTS

Join us as we celebrate National Nutrition Month in March! This year's theme is "Discover the Power of Nutrition." All events are free with your membership!

##### March 11: Make-Your-Own Spice Blend

Come make your own Za'atar spice blend and enjoy a healthy dish with one of our chef instructors!

##### March 18: Eat to Compete: Nutrition for Active Teens

Teens can learn how to fuel properly for optimal performance and growth.

##### March 24: Seed Swap Event

Looking to grow your own food? Join us to learn all about starting your own seeds—everyone will leave with a nice variety—feel free to bring your own seeds to swap!

#### 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)

##### Initial consultation + follow up

Y Member \$101 | Community Member \$202

##### 30-minute follow up

Y Member \$34 | Community Member \$68

##### 60-minute follow up

Y Member \$67 | Community Member \$134

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

Y Member \$158 | Community Member \$316

# Fitness

## Framingham | Youth, Teens, Adults

### PRICING (unless stated otherwise)

**30-minute classes:** Full-Access Framingham Member \$105 | Youth/Teen Member \$142 | Community Member \$210

**40-minute classes:** Full-Access Framingham Member \$109 | Youth/Teen Member \$147 | Community Member \$218

**60-minute classes:** Full-Access Framingham Member \$128 | Youth/Teen Member \$173 | Community Member \$256

## FITNESS for 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.

#### Ages 7-9

**Saturdays, 10:45 AM - 11:15 AM**



### Zumba Kids

In this class, kids will stay active and express themselves through lively music. They will build coordination, confidence, and rhythm in a fun, supportive environment.

#### Ages 5-9

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

### 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 upper or lower body strength moves 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**

**Youth Equipment Fittings (ages 10+) by appointment. To schedule, contact Francois Monestime: [fmonestime@metrowestymca.org](mailto:fmonestime@metrowestymca.org)**

### Youth Boxing

Get ready to move, punch, and have fun! In this action-packed class, you'll learn beginner boxing skills, try 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 (7 weeks)**

Full-Access Framingham Member \$112 | Youth/Teen Member \$151 | Community Member \$224

### Teen Boxing

In Teen Boxing, participants will learn various techniques, improve cardiovascular fitness, become familiar with different movements, and use equipment to defend themselves.

#### 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.

#### Ages 12-16

**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**

## ALL AGES (with minimum age requirement)

### Introduction to Yoga

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: 3/22, 3/29, 4/12, 4/19 (4 weeks)**

**4:00 PM - 5:00 PM**

Full-Access Framingham Member \$80 | Youth/Teen Member \$108 | Community Member \$160

### Cycle Power (2/20 - 4/17, no class 3/20)

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!)**

Full-Access Framingham Member \$112 | Youth/Teen Member \$151 | Community Member \$224

# Fitness

## Framingham | Youth, Teens, Adults

**FT (Functional Training) combines strength, endurance, and power in a fun, motivating HIIT workout!**



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 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

**YOUR FIRST  
CLASS IS  
FREE!**

## **ADULTS (Ages 18+)**

### **PRICING (unless stated otherwise)**

**Tues-Sat classes (8 weeks):** Full-Access Framingham Member \$128 | Teen Member \$173 | Community Member \$256

**Sunday classes (7 weeks):** Full-Access Framingham Member \$112 | Teen Member \$151 | Community Member \$224

### **Intro to Strength Training - Perfect for beginners!**

Ready to build strength and confidence in the gym? This will teach 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**

### **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**

### **Foundations for Strength & Muscle**

*It's recommended that participants take Intro to Strength Training or Strength Training for Healthy Bones 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**

### **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**

### **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**

### **Restorative Yoga Pop-Up Classes**

These yoga classes allow time for physical, mental and emotional relaxation. Expect fewer poses held in a comfortable position, soothing music, low lighting, and light meditation. Please bring a mat, warm blanket, and a firm cushion or pillow.

**March 13, 7:00 PM - 8:15 PM**

**April 10, 7:00 - 8:15 PM**

Full-Access Framingham Member \$20 | Teen Member \$47 | Community Member \$40

### **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 followed by a swim workout. This class is also perfect for training for the Indoor Triathlon on March 29.

**February 23 - March 23**

**7:00 AM - 8:00 AM (5 weeks)**

Full-Access Framingham Member \$81 | Teen Member \$109 | Community Member \$162

### YOUTH SWIM LESSONS

#### PRICING (unless stated otherwise)

**Tues-Sat classes (8 weeks):** Full-Access Framingham Member \$116 | Youth/Teen Member \$156 | Community Member \$231

**Sunday classes (7 weeks):** Full-Access Framingham Member \$101 | Youth/Teen Member \$137 | Community Member \$202

#### 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  
4:15 PM - 4:45 PM  
5:25 PM - 5:55 PM

**Wednesdays:**  
9:40 AM - 10:10 AM  
3:40 PM - 4:10 PM  
4:15 PM - 4:45 PM  
4:50 PM - 5:20 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

##### 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:**  
10:00 AM - 10:30 AM  
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:**  
4:50 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:** 4:15 PM - 4:45 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  
12:05 PM - 12:35 PM

#### 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

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

# Aquatics

## Framingham | Youth, Teens, Adults

### 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.

<b>Mondays:</b>	<b>Tuesdays:</b>	<b>Wednesdays:</b>
4:15 PM - 4:45 PM	4:50 PM - 5:20 PM	5:25 PM - 5:55 PM
6:35 PM - 7:05 PM	6:00 PM - 6:30 PM	
<b>Thursdays:</b>	<b>Fridays:</b>	<b>Saturdays:</b>
4:50 PM - 5:20 PM	4:15 PM - 4:45 PM	9:45 AM - 10:15 AM
5:25 PM - 5:55 PM	6:35 PM - 7:05 PM	10:20 AM - 10:50 AM
<b>Sundays:</b> 12:40 PM - 1:10 PM		11:30 AM - 12:00 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.

<b>Mondays:</b>	<b>Tuesdays:</b>	<b>Wednesdays:</b>
4:15 PM - 4:45 PM	4:50 PM - 5:20 PM	4:15 PM - 4:45 PM
4:50 PM - 5:20 PM	5:25 PM - 5:55 PM	5:25 PM - 5:55 PM
6:00 PM - 6:30 PM	6:00 PM - 6:30 PM	6:35 PM - 7:05 PM
6:35 PM - 7:05 PM		
<b>Thursdays:</b>	<b>Fridays:</b>	<b>Saturdays:</b>
4:50 PM - 5:20 PM	4:15 PM - 4:45 PM	9:10 AM - 9:40 AM
5:25 PM - 5:55 PM	4:50 PM - 5:20 PM	10:55 AM - 11:25 AM
6:00 PM - 6:30 PM	6:35 PM - 7:05 PM	12:05 PM - 12:35 PM
6:35 PM - 7:05 PM		
<b>Sundays:</b>		
		9:10 AM - 9:40 AM
		10:20 AM - 10:50 AM
		10:55 AM - 11:25 AM

### TEENS & ADULTS: AGES 16+

**Tues-Sat classes (8 weeks):** Full-Access Framingham Member \$116 | Youth/Teen Member \$156 | Community Member \$231

**Sunday classes (7 weeks):** Full-Access Framingham Member \$101 | Youth/Teen Member \$137 | Community Member \$202

#### 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.

**Tuesdays:** 6:35 PM - 7:05 PM

**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:** 9:05 AM - 9:35 AM, 6:35 PM - 7:05 PM

**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

### 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.

<b>Mondays:</b>	<b>Tuesdays:</b>	<b>Wednesdays:</b>
4:50 PM - 5:20 PM	4:15 PM - 4:45 PM	4:50 PM - 5:20 PM
5:25 PM - 5:55 PM	5:25 PM - 5:55 PM	5:25 PM - 5:55 PM
6:00 PM - 6:30 PM	6:00 PM - 6:30 PM	6:00 PM - 6:30 PM
<b>Thursdays:</b>	<b>Fridays:</b>	<b>Saturdays:</b>
4:50 PM - 5:20 PM	4:50 PM - 5:20 PM	9:45 AM - 10:15 AM
6:00 PM - 6:30 PM	5:25 PM - 5:55 PM	12:40 PM - 1:10 PM
6:35 PM - 7:05 PM	6:00 PM - 6:30 PM	9:45 AM - 10:15 AM
<b>Sundays:</b>		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.

<b>Mondays:</b>	<b>Tuesdays:</b>	<b>Wednesdays:</b>
6:35 PM - 7:05 PM	4:50 PM - 5:20 PM	4:50 PM - 5:20 PM
	5:25 PM - 5:55 PM	6:00 PM - 6:30 PM
<b>Thursdays:</b>	<b>Fridays:</b>	<b>Saturdays:</b>
5:25 PM - 5:55 PM	5:25 PM - 5:55 PM	10:20 AM - 10:50 AM
6:35 PM - 7:05 PM	6:35 PM - 7:05 PM	11:30 AM - 12:00 PM
<b>Sundays:</b>		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**

Full-Access Framingham Member \$128 | Youth/Teen Member \$173 | Community Member \$256

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

Full-Access Framingham Member \$112 | Youth/Teen Member \$151 | Community Member \$224

# Aquatics

## Framingham | Teens, Adults

### AMERICAN RED CROSS CERTIFICATIONS

Our lifeguard certification courses are American Red Cross-certified and provide comprehensive training in water rescue, CPR, AED, and First Aid. Participants gain the skills and credentials needed to respond confidently and professionally in aquatic settings.

#### 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.

**March 17, 3:00 PM - 7:30 PM**

\*Register by March 12

**April 14, 3:00 PM - 7:30 PM**

\*Register by April 9

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 prerequisite 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.

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

\*Register by February 11 | Cancel by February 11

**April 21-24, 9:00 AM - 4:00 PM**

\*Register by April 14 | Cancel by April 15

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 requires a minimum of 9.25 hours of in-person instruction. Participants must pass the prerequisite 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.

**March 28, 7:15 AM - 7:00 PM**

\*Register by March 22 | Cancel by March 23

\*\*The course will be instructor-led, meaning there is no prerequisite coursework

**April 18, 8:00 AM - 5:30 PM**

\*Register by April 12 | Cancel by April 13

\*\*This course is blended learning and will require online homework.

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 \$144 | Community Member \$288

##### 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 \$22 | Community Member \$44

##### 55-minute class

**Mondays, 7:15 PM - 8:10 PM**

**Thursdays, 7:15 PM - 8:10 PM**

Full-Access Framingham Member \$27 | Community Member \$54

##### 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 \$22 | Community Member \$44

##### Water Walking (Advanced)

**Thursdays, 11:15 AM - 12:00 PM**

Full-Access Framingham Member \$22 | Community Member \$44

##### 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 \$22 | Community Member \$44



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

# Wellness: Disease Prevention

## Framingham | Adults

### 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](mailto:jpotter@metrowestymca.org) or 508-879-4420 x232**

### UPCOMING SESSIONS

#### YMCA's Diabetes Prevention Program Starts March 4

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**

**Wednesdays, 12:00 PM - 1:00 PM**

#### Walk with a Doc Starts March 22

Walk with a Doc offers free healthcare provider-led walking groups. Each event will start with a brief discussion on relevant topics from a health provider. Participants can walk at their own pace and distance while engaging in meaningful conversations and experiencing a sense of camaraderie.

**All ages, under 18 must be accompanied by an adult**

Sundays, 8:30 AM

Cushing Park: 80 Dudley Road, Framingham

**See website for registration.**

### 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.

#### Parkinson's Disease Wellness Programs

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.**

#### LIVESTRONG® at the YMCA April 14 - July 2

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**



#### 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**



#### KNIGHT MOVES

Cultivating Cognitive Vitality & Community

#### 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**

#### Senior Health and Wellness Fair

Wednesday, May 27  
10:00 AM - 1:00 PM  
**FREE to all**





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# NO PLACE

## Like *This Place*

### VOLUNTEER OPPORTUNITIES

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

