



175^{YEAR}
ANNIVERSARY

NO PLACE



Like This Place

MetroWest YMCA Spring 2 Program Guide

Session Dates: April 27 – June 14 (7 weeks)
Member Registration: April 7
Community Registration: April 14

Welcome to the MetroWest YMCA!

Hello, Friends!

There's truly no place like this place! Especially in a season full of connection, activity, and new opportunities. This Spring II, enjoy everything from youth sports and pickleball to family drop-in programs and special events for all ages.

Our Hopkinton Outdoor Center is your hub for family fun, with Healthy Kids Day on April 25 featuring a Family Trail Run and Kids' Dash. Join us for Family Day on the Ropes, Community Boating Day, and our Yoga Retreat on May 17—a great way to recharge and connect with the outdoors.

Looking ahead, summer is calling! Explore our six local day camps and two summer swim clubs, and be sure to check out our water safety tips and swim lessons.

There are many ways to get involved—through the Rodman Ride for Kids, volunteering, summer employment, or donating to our annual fundraising campaign that supports kids and families with financial scholarships to participate.

However you engage, you belong here.

See you at the Y!

Sincerely,

Rick MacPherson, President and CEO, MetroWest YMCA



TABLE OF CONTENTS

- MetroWest YMCA Summer Day Camp p. 2 & 7
- Membership Options and Benefits p. 3
- Childwatch p. 3
- Group Exercise p. 3
- Free Drop-in Programs for Members p. 3
- Clearbrook Swim Club p. 4
- Outdoor Center Swim Club p. 4
- MetroWest YMCA Swim Team p. 4
- Hopkinton Outdoor Center Sports p. 5
- Hopkinton Outdoor Center Adult/Child Workshops p. 5
- Hopkinton Outdoor Center Garden & Enrichment p. 5
- Hopkinton Outdoor Center Youth Cooking Classes p. 6
- Family Dinner Nights p. 6
- Community & Family Special Events p. 6 & 19
- Framingham Branch Youth Enrichment p. 7
- Early Learning Center p. 7
- School's Out Before and After School Programs p. 8
- Volunteer Opportunities p. 8
- Birthdays at the Y p. 8
- Framingham Branch Cooking Classes p. 9
- Nutrition Workshops and Counseling p. 9
- Wellness & Evidence-Based Health Interventions p. 10 & 19
- Youth Sports, Martial Arts, Ninjas, Dance, Cheer, Tumbling, and Gymnastics p. 11
- Youth Sports: Track, Basketball, Volleyball, Soccer, Flag Football, Lacrosse, T-Ball, Pickleball p. 12
- Adult Pickleball: p. 12 & 5
- Fitness Classes for Youth and Teens p. 13
- Fitness Classes for Adults p. 13 & 14
- Yoga for Adults and Teens p. 14
- Swim Lessons, Youth p. 15 & 16
- Swim Lessons, Teens & Adults p. 17
- Water Fitness Classes p. 17
- Lifeguard Certification, CPR/AED/ First Aid. p. 18
- Ways to Support p. 19

IMPORTANT DATES

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

Summer Program Session 2026

June 22 - August 23

Registration Dates:

Y Members: June 2 | Community Members: June 9

Clearbrook Swim Club Season 2026

May 23 – September 7

Fall 2026 registration for our Early Learning Center and School's Out Before and After School Program is open! p. 8

PROGRAM POLICIES & PROCEDURES:



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

Clearbrook Swim Club

120 Parker Road

Framingham, MA 01702

Hours: Seasonal. Opens May 23

(weekends only until June 22)



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 themes, 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.

Visit our website to learn about:

- Hopkinton Summer Day Camp (Hopkinton, ages 3-16)
- Teen Leadership Camps (CIT, LIT)
- Y STEAM Summer Program (Natick, grades 1-6)
- OCP Summer Program (Framingham, grades 1-8)
- Camp Clearbrook (Framingham, grades 1-6)
- Ninja Sports Camp (Framingham, grades 1-6)
- Stepping Stones Summer Program (Framingham, ages 3-5)



See why we were awarded a "Character at Camp" grant by the American Camp Association and what that means for your child.
Metrowestymca.org/News

MetroWest YMCA
508-879-4420 ▶ metrowestymca.org/camp

**SIGN UP
TODAY**



The Membership Experience

Learn more about member benefits and options.

Did you know?

Framingham Family, Adult, Senior, and Young Adult memberships **include** membership at the Hopkinton Outdoor Center!

FREE, ONGOING, DROP-IN PROGRAMS

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

Open Pickleball & Open Basketball - Ages 12+

Come play basketball or pickleball in our gymnasium!

metrowestymca.org/schedules

*Registration in the YMCA360 app is required.

Pickup Volleyball - Ages 14+

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

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 - 10:45 AM

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 have fun together! Parents must be present.

Ages 3-9

Sundays, 10:30 AM - 12:00 PM

Back half of the Framingham Branch gymnasium

Hopkinton Outdoor Center

Open Climb

The indoor climbing wall 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.

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

FREE for members | Community Member \$10/person

Open Pickleball

Enjoy open pickleball on our well-maintained indoor and outdoor courts, offering flexibility and fun all year long. Learn more: metrowestymca.org/pickleball

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. Email Tyler: treynolds@metrowestymca.org

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!

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
SCHEDULE

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!

Members, book
your consultation:



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

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 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. Available to download from the Apple and Google Play stores.



SPECIAL RATES ON PROGRAMS

Join today with a flexible, no-contract membership at our Framingham Branch or Hopkinton Outdoor Center, and get special rates on session programs and summer camp. Visit metrowestymca.org.



Membership Options :

3

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. Financial scholarships are available.

Summer Swim Clubs

Clearbrook Swim Club in Framingham & Hopkinton Outdoor Center

CLEARBROOK SWIM CLUB

120 Parker Road | Framingham, MA 01702

Clearbrook Swim Club is a popular summer destination for adults and families. The MetroWest YMCA offers engaging activities, paid swim lessons, and flexible, partial-day summer day camp (kids grades 1-6) at this facility.

Be part of a community that prioritizes water safety, connection, and fun. We look forward to a summer filled with games, swim lessons, and family events!

Season & Hours of operation:

May 23 - September 7

May 23 - June 21: Weekends only

June 22 - September 7, 11:00AM - 7:00PM

Monday - Sunday, 11:00 AM - 7:00 PM

Amenities & Benefits:

- Large outdoor pool
- Splash pad
- Grass covered lawn
- Tennis court
- Raised garden beds
- Gaga ball pit
- Snack bar
- Shower and Locker rooms
- Ample parking
- Swim lessons offered \$
- Free family fun events

SCAN TO
LEARN MORE



Clearbrook Memberships Options & Rates

Full Summer (May 23 - Sept 7): \$920

First Half (May 23 - July 17): \$535

Second Half (July 18 - Sept 7): \$535

*Includes summer membership at the Framingham Branch and Hopkinton Outdoor Center

Current Y Members: Add Clearbrook Swim Club to your Y Membership

Adult Memberships

Full Summer \$570 | First Half (May 23 - July 17): \$340 |
Second Half (July 18 - Sept 7): \$340

Youth & Teen Memberships

Full Summer: \$740 | First Half (May 23 - July 17): \$415 |
Second Half (July 18 - Sept 7): \$415

Framingham Family Memberships

Full Summer: \$360 | First Half (May 23 - July 17): \$195 |
Second Half (July 18 - Sept 7): \$195

MetroWestymca.org/locations/clearbrook-family-swim-club

Did you know?

Clearbrook Swim Club membership **includes** membership at the Framingham Branch facility and the Hopkinton Outdoor Center! Three pools, tons of programs, and a summer packed with fun!

OUTDOOR CENTER SWIM CLUB

45 East Street | Hopkinton, MA 01748

The Hopkinton Outdoor Center is home to a beautiful outdoor swimming pool, available to members during the summer on evenings and weekends! The pool opens on May 23.

Who has access?

- Hopkinton Outdoor Center members
- Full-Access Framingham Branch members (excludes Youth or Teen)
- Clearbrook Swim Club members

Hours of operation:

Monday - Friday, 4:00 PM - 7:00 PM

Saturday and Sunday, 11:00 AM - 7:00 PM

Hopkinton Outdoor Center Family Memberships:
\$44.56/month + \$50 Join Fee

Metrowestymca.org/locations/outdoor-center

METROWEST YMCA SWIM TEAM

45 East Street | Hopkinton, MA 01748

Hopkinton's Stingrays Summer Swim Team is a recreation-based, fun-first team for ages 6-13. Our team is comprised of swimmers who are new to competitive swimming and just getting their feet wet! We practice throughout the summer, leading up to the MetroWest Summer Swim League and Championships! Swimmers MUST be able to safely swim the length of the pool to participate.

Practice schedule

Tuesdays, Wednesday, Thursdays, 7:00 PM - 8:15 PM

Full-Access Framingham Member \$280 | Outdoor Center & Youth Member \$331 | Community Member \$410

Questions? Contact Bartt Pinchuck, Executive Director, Outdoor Center:
bpinchuck@metrowestymca.org

Hopkinton Outdoor Center

Hopkinton | All Ages

SPORTS CLASSES

Archery (Ages 6+)

Beginner Archery: (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 5/23)

Beginner/Intermediate Archery: (indoor)

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 5/23)

Advanced Archery: Ages 8+ (indoor)

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 5/23)

Full-Access Framingham Member \$77 | Outdoor Center + Youth/Teen Member \$85 | Community Member \$155

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

NEW

New at the Outdoor Center!

Learn to Play Disc Golf (Ages 10+)

In this introductory class, participants will learn the basic rules of disc golf, types of discs, and common throwing techniques such as backhand, forehand, and putting. The program also covers beginner-friendly equipment, and tips to avoid common mistakes—making it a fun way to get active outdoors and build your skills.

This is a 2-week program that meets once per week.

Two Thursdays | 5:30–6:30 PM

April 30 & May 7 OR May 21 & May 28

Full-Access Framingham Member \$25 | Outdoor Center & Youth/Teen Member \$40 | Community Member \$55

3v3 Outdoor Basketball League (Grades 6-12)

Grab a couple friends and hit the outdoor courts for fast-paced 3-on-3 basketball! This league keeps everyone involved with more shots, and nonstop action each game. Teams of 3–4 will compete in weekly games with YMCA staff creating a supportive, positive environment focused on connection, encouragement, and growth.

The league emphasizes teamwork, sportsmanship, and fun while giving players a great opportunity to enjoy basketball outdoors on our new courts.

Divisions are offered for boys and girls in Middle School (Grades 6–8) and High School (Grades 9–12).

Wednesdays | 6:00–8:30 PM

Teams of 3–4: \$236 | Individual: \$78

Don't have a team? We'll pair you with one!

Spring Renewal Yoga Retreat (Ages 14+)

Sunday, May 17 | 7:00 AM - 12:00 PM

Learn more on page 14

ADULT/CHILD WORKSHOPS

FREE for Members!

Intro to Pickleball (Ages 15+)

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

Saturday, May 2 | 10:00 AM - 11:00 AM

Sunday, May 17 | 10:00 AM - 11:00 AM

All Y Memberships FREE | Community Member \$25/person

Family Pickleball (Ages 8+)

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

Saturday, May 2 | 9:00 AM - 10:00 AM

Sunday, May 17 | 9:00 AM - 10:00 AM

All Y Memberships FREE | Community Member \$25/person

Intro to Hiking (Ages 7+)

Aimed at youth ages 7–12, this workshop will cover basic hiking/outdoor skills including map-reading, using a compass, first aid, terrain navigation, and common gear. Participants will go on a short hike to showcase and practice skills. Please bring appropriate clothing, a water bottle, and snack.

Ages 7+ (at least 1 guardian required to attend)

Saturday, May 9

1:00 PM - 3:00 PM

All Y Memberships FREE | Community Member \$10/person

ENRICHMENT

Plant-Based Dyeing Workshop (Ages 13+)

Learn how to create beautiful natural colors using plants! In this beginner-friendly, hands-on workshop, we'll explore simple plant-based dyeing techniques using flowers, leaves, and kitchen botanicals. Participants will dye their own fabric piece to take home and learn to create natural dye projects with plants from your garden or local landscape. No experience needed. *Registration required

Saturday, June 6 | 10:00 AM - 11:30 AM

Full-Access Framingham Member \$15 | Outdoor Center & Youth/Teen Member \$23 | Community Member \$30

Spring Stained Glass: Feather Suncatcher Workshop (Beginner Friendly) (Ages 18+)

Join us for a fun and creative one-day stained glass workshop where you'll craft your own elegant stained glass feather using the traditional Tiffany-style copper foil method. This beginner-friendly class walks you through each step of the process—from cutting and grinding your glass pieces to foiling and soldering them into a beautifully polished design.

You'll explore color, texture, and shape as your feather takes form. Whether you choose bold hues or soft, airy tones, you'll leave with a finished piece of art you can proudly display or gift.

(Ages 13-18 if accompanied by an adult)

May 9 | 9:00 AM - 12:30 PM

Full-Access Framingham Member \$65 | Outdoor Center & Youth/Teen Member \$70 | Community Member \$100

Hopkinton Outdoor Center

Hopkinton | All Ages

COOKING CLASSES SERIES

Kids in the Kitchen Series (Ages 6-12)

Each week, kids will cook a new recipe and learn basic kitchen skills and cooking techniques with Karley!

*Registration required by May 8

Mondays, 5:15 PM – 6:45 PM

Full-Access Framingham & Hopkinton Outdoor Center
Member \$138 | Youth Member \$186 | Community Member \$276

ONE-TIME COOKING CLASSES

Cooking with Littles Parent & Child Classes (Ages 2.5-5.5)

Friday, May 15 from 10:15 AM - 11:00 AM

On the menu: Lemon and broccoli pasta with mango sorbet

*Registration required by May 14

Friday, June 5 from 10:15 AM - 11:00 AM

On the menu: Zucchini tots with an herbed dipping sauce

*Registration required by June 4

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

Kids Cooking (Ages 6-12)

Saturday, May 16 from 1:00 PM - 3:00 PM

On the menu: Homemade vegetable sushi and potstickers

*Registration required by May 15

Saturday, June 13 from 1:00 PM - 3:00 PM

On the menu: Strawberry crumble bars and fruit crostata

*Registration required by June 12

Full-Access Framingham Member & Hopkinton Outdoor Center
Member \$21 | Youth Member \$28 | Community Member \$42 (per child/per class)

COMMUNITY & FAMILY EVENTS

Free for Members!

Spring Planting Party Volunteer Day (Ages 13+)

Enjoy some sunshine and relaxing spring planting while supporting our Farm-to-School program! Come help us get our seedlings in the ground so we are able to continue providing fresh local produce to the kids in our programs! Learn how to plant all sorts of fruits and vegetables and ask any gardening questions you may have!

Saturday, May 2 | 10:00 AM - 12:00 PM

Community Boating Day

Sunday, May 30 | 1:00 PM – 3:00 PM

Come borrow a canoe, kayak, or paddleboard and enjoy an afternoon on the Ashland Reservoir! With instructional staff to assist beginners, everyone is invited to come and learn to paddle, or explore on your own. Limited spots: sign up early!

FREE for all Members! | Community Member \$10/person

Family Day on the Ropes Course

Saturday, June 6 | 1:00 PM – 3:00 PM

Come to the Outdoor Center for an afternoon climbing through the trees! Several of our high ropes elements will be open including our zipline circuit and more. Ages 6+ for high elements; 10+ for "Leap of Faith" and zipline circuit

FREE for all Members! | Community Member \$10/person

FAMILY DINNER NIGHTS IN HOPKINTON

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!

Occur every fourth Friday of the month OR every second Saturday of the month (NEW!)

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

Cinco de May Chopped Competition Saturday, May 9 from 4:30 PM - 6:30 PM

Are you ready to compete to make the most delicious, unique, or beautiful meal to celebrate Cinco de Mayo? 4 families will have the opportunity to chef it up, join us for a fun and friendly night! *Registration required by May 8

Breakfast for Dinner

Friday, May 22 from 5:30 PM - 7:30 PM

Learn to make springtime quiche two ways, enjoy seasonal vegetable quiches, one with a crust and one crustless!
*Registration required by May 21

Summer Feast

Saturday, June 13 from 4:30 PM - 6:30 PM

Kick off the summer with tasty veggie burgers, garden salad, and strawberry lemonade! *Registration required by June 12



Learn more:



Healthy Kids Day

Saturday, April 25. 9:30 AM - 1 PM

Join us for a day of movement and connection. Register for the FREE Family Trail Run or Kids' Dash. Participate in the Project ABC Teddybear Picnic. Try a variety of sports and summer camp activities! Meet community vendors and your neighbors!

Community Campout & Lunar Carnival

Sat., May 2 at 4:00 PM - Sun., May 3 at 10:00 AM

In this field-based camping experience, learn tent site selection and setup, enjoy backyard games and geocaching/orienteering, and take part in campfire prep and outdoor cooking for dinner. Afterward, enjoy s'mores and stargazing. Limited tents, sleeping bags, and ground pads are available. Email Tyler at TReynolds@metrowestymca.org to reserve your gear.

Y Members bringing tent: \$30/family | Non-Members bringing tent: \$50/family

Y Members borrowing tent: \$40/tent | Non-Members borrowing tent: \$60/family

Framingham Youth Enrichment

Framingham | Youth

YOUTH ENRICHMENT CLASSES

Included in your Framingham Family Membership!

Tues-Sat classes (7 weeks): Full-Access Framingham Member FREE | Youth Member \$103 | Community Member \$153

Monday classes (6 weeks): Full-Access Framingham Member FREE | Youth Member \$89 | Community Member \$131

Crafty Littles (Ages 2.6-4)

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 4-6)

Join us as we explore a variety of crafting materials. Projects may use paint, pastels, beading, charcoal, clay, foam, or wood. Bring your imagination and dress for a mess.

Saturdays, 9:30 AM - 10:30 AM, 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

Fun & Games (Ages 7-9)

Great opportunity for kids that like to play board games, but have a hard time doing so at home with young siblings. Come play some games with your friends. Suggest your favorites or learn a new one.

Saturdays, 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, May 8

Friday, May 22

Friday, June 12

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.

Monday, June 5

(current Framingham kindergarteners)

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



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

Are you looking for a wonderful first summer camp experience for your child?

The MetroWest YMCA has you covered! Our youth development professionals are well-versed in providing safe experiences that help your child build character, resilience, social-emotional skills, and friendships, while they explore new interests and gain confidence.

The Junior Unit at our Hopkinton Summer Day Camp at our Outdoor Center starts at age three. Junior campers enjoy a close-knit experience with a 1:5 staff-to-camper ratio, giving kids a fun and supportive introduction to camp.

Our Stepping Stones Summer Program is run out of our Early Learning Center at the Framingham Branch. This program puts learning in the context of play and helps your child explore new things and build social skills in a safe environment. Visit our website metrowestymca.org/camp for contact information. Our Camp Directors will be happy to answer your questions!

Early Learning & Out-of-School Time

Framingham & MetroWest | Youth

**NOW ENROLLING
FOR FALL 2026!**

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 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.

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.

SCAN TO LEARN MORE



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!

**SEE CURRENT
OPPORTUNITIES:**



BIRTHDAYS AT THE Y

Celebrate your child's special day with a birthday party at the Outdoor Center! Choose from one of our themed party packages 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:
treyolds@metrowestymca.org**

Framingham Cooking & Nutrition

Framingham | All Ages

COOKING CLASSES 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

Sundays, 10:15 AM - 11:00 AM

Full-Access Framingham Member \$103 | Youth Member \$139 | Community Member \$206

*Registration required by May 14

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

*Registration required by May 11

Saturdays, 11:15 AM - 12:15 PM

Sundays, 11:15 AM - 12:15 PM

*Registration required by May 14

Full-Access Framingham Member \$117 | Youth/Teen Member \$158 | Community Member \$234

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 \$133 | Youth/Teen Member \$179 | Community Member \$266

*Registration required by May 11

ONE-TIME COOKING 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 (per child, per class)

Friday, May 8 from 10:15 AM - 11:00 AM

On the menu: Mother's Day Meal - Mixed berry French toast casserole and a banana split

*Registration required by May 7

Friday, June 12 from 10:15 AM - 11:00 AM

On the menu: Homemade falafel and tzatziki sauce. This class will be held in the Nourishing Nook on the ground-level floor.

*Registration required by June 11

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

NUTRITION WORKSHOPS

Free for members!

Join our team 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 is required.

FREE for Members | Community Member \$10

The Latest Nutrition Guidance: Understanding the 2025 Dietary Guidelines

Wednesday, May 6

5:30 PM - 6:30 PM

Confused by changing nutrition advice? This workshop breaks down the key updates from the Dietary Guidelines for Americans 2025-2030 and what they mean for your everyday eating habits. Participants will learn the latest recommendations for building balanced meals, supporting heart health, and making practical food choices that fit real life. Through discussion and simple examples, we'll translate the guidelines into easy strategies you can use at home to support your health and well-being. *Registration required by May 5

NUTRITION COUNSELING

Meet with our Registered Dietitian to learn how you can eat to fuel a healthy life.

Initial consultation + follow up

Y Member \$101 | Community Member \$202

Additional 30-minute follow up

Y Member \$34 | Community Member \$68

Additional 60-minute follow up

Y Member \$67 | Community Member \$134

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.

LEARN MORE:



Wellness: Disease Prevention

Framingham | Adults

PROGRAMS TO IMPROVE YOUR HEALTH - FREE

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. Additionally, within these classes, participants have found friendships and community that lasts beyond the class.

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

YMCA's Diabetes Prevention Program

Our Diabetes Prevention program is a one-year, evidence-based program that helps adults prevent Type 2 Diabetes. Guided by a YMCA Diabetes Prevention Program Lifestyle Coach, participants learn small, measurable changes to reduce the risk for Type 2 Diabetes and live a healthier lifestyle.

Ages 18+ | FREE to all

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.



LIVESTRONG® at the YMCA

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**



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. Includes a free blood pressure cuff.

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

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 APDA Community Grant, 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

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

Sports, Gymnastics & More

Framingham | Youth

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.

Taekwondo 1 (Ages 5-6)
Saturdays, 1:00 PM – 1:40 PM

NEW

Taekwondo 2 (Ages 7-8)
Saturdays, 1:45 PM – 2:25 PM

Taekwondo 3 (Ages 9-10)
Saturdays, 2:30 PM – 3:10 PM

Full-Access Framingham Member \$95 | Youth Member \$129 | Community Member \$190

DANCE Taught by the MetroWest Dance Academy

Grown Up & Me Dance Class (Ages 2-3)
(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.

Saturdays, 10:25 AM – 10:55 AM

Full-Access Framingham Member \$100 | Youth Member \$135 | Community Member \$200

Dance 1 (Ages 3-4)

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.

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

Full-Access Framingham Member \$100 | Youth Member \$135 | Community Member \$200

Dance 2 (Ages 4-5)

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.**

Saturdays, 9:35 AM – 10:20 AM

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

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

NINJAS

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

Little Ninjas (Ages 3-5)

Wednesdays, 4:45 PM – 5:25 PM

Thursdays, 4:45 PM – 5:25 PM

Saturdays, 11:05 AM – 11:45 AM

Junior Ninjas (Ages 6-8)

Thursdays, 5:30 PM – 6:10 PM

Saturdays, 11:55 AM – 12:35 PM

Full-Access Framingham Member \$95 | Youth & Teen Member \$129 | Community Member \$190

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 (Ages 2-3)
(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.

Tuesdays, 4:30 PM – 5:10 PM

Saturdays, 8:45 AM – 9:25 AM

Gym Stars (Ages 4-6)

Tuesdays, 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

Full-Access Framingham Member \$95 | Youth & Teen Member \$129 | Community Member \$190

CHEER & TUMBLING

Cheer & Tumbling Combined Class (Ages 6-9)

This is an introduction to both cheer and tumbling. Geared towards beginner and intermediate athletes, we will focus on stunting, motions, jumps and tumbling skills.

Wednesdays 5:35 pm – 6:35 pm

Cheer (Ages 7-9)

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.

Fridays, 5:45 PM – 6:25 PM

Tumbling (Ages 4-9)

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.

Fridays, 5:00 PM – 5:40 PM

Full-Access Framingham Member \$95 | Youth & Teen Member \$129 | Community Member \$190

SPORTS for YOUTH & FAMILIES

PRICING: (unless otherwise stated)

Full-Access Framingham Member \$95 | Youth & Teen Member \$129 | Community Member \$190

T-Ball (Ages 3-5)

Introduce your little ones to baseball through skills and drills followed by game play. Please bring your own gloves.

Saturdays, 10:45 AM - 11:25 AM

**Outdoor Track and Field (Ages 3-6)**

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.

Thursdays, 4:45 PM - 5:25 PM

Soccer Skills & Drills (Ages 3-10)

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

Tuesdays, 4:30 PM - 5:10 PM

Fridays, 4:45 PM - 5:25 PM

Saturdays, 9:15 AM - 9:55 AM

Ages 6-7, Tuesdays, 5:15 PM - 5:55 PM

Ages 8-10, Tuesdays, 6:00 PM - 6:40 PM

Mini Sports (Ages 4-6)

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

Tuesdays, 5:15 PM - 5:55 PM

Saturdays, 8:30 AM - 9:10 AM

**Little Lax (Ages 5-7)**

Join us this spring to get a taste of the fastest sport on grass. This class is a great introduction to lacrosse with a focus on fundamental skills such as catching, passing, ground balls, and scoring! Equipment will be provided.

Saturdays, 10:00 AM - 10:40 AM

**NFL Flag Football League (Ages 5-9)**

Join us for our outdoor flag football league. Each child gets their own reversible NFL Flag jersey and flag belt. This program will build skills and game knowledge through 30 minutes of drills followed by 30 minutes of modified games. If you already own an NFL Flag Jersey from our previous session, please reach out to Brendan LeBlanc, LBrendan@metrowestymca.org, before registering.

Ages 5-6, Saturdays 1:00 pm - 2:00 pm

Ages 7-9, Saturdays 1:00 pm - 2:00 pm

Full Access Framingham Member: \$142, Youth and Teen Member: \$181, Community Member: \$254

Youth Basketball (Ages 5-12)

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, 9:15 AM - 9:55 AM

Age 7-9

Wednesdays, 5:15 PM - 6:15 PM

Saturdays, 10:00 AM - 11:00 AM

Age 10-12

Wednesdays, 6:20 PM - 7:20 PM

Saturdays, 11:00 AM - 12:00 PM

*Member: \$82 | Youth and Teen: \$110 | Community member: \$164

One-hour classes:

Member: \$112 | Youth and Teen: \$151 | Community

member: \$224

Floor Hockey (Ages 6-10)

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

Thursdays, 4:45 PM - 5:25 PM

Saturdays, 12:00 PM - 12:40 PM

Basketball Skills and Games (Ages 7-12)

Our clinics are designed with 30 minutes of skill practice and 30 minutes of instructional gameplay. Children will focus on building their skillset and getting familiar with the flow and tactics of a real game, without all of the pressure.

Ages 7-9, Saturdays, 1:00 PM - 2:00 PM

Ages 5-6 and 10-12, Saturdays, 2:00 PM - 3:00 PM

Advanced Basketball Skills & Conditioning (Ages 7-10)

For intermediate to advanced players. Participants will work on higher level skills with a focus on improvement and competition.

Ages 7-10, Thursdays, 5:30 PM - 6:30 PM

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

Volleyball 1 (Ages 7-10)

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

Member: \$82 Youth and Teen: \$110 Community member: \$164

Kids Pickleball (Ages 9-13)

This introductory class will teach kids the basics of pickleball and give plenty of time to practice and drill.

Tuesdays, 6:00 PM - 6:40 PM

Pickleball 101 (Ages 16+)

This introductory class will teach adults the basics of pickleball.

Fridays, 5:45 PM - 6:25 PM

Family Pickleball (Parent/Child Class)

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

Kids 7-10.

Fridays, 5:00 PM - 5:40 PM

Fitness

Framingham | Youth, Teens, Adults

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

PRICING unless stated otherwise

30-minute classes: Full-Access Framingham Member \$92 | Youth/Teen Member \$124 | Community Member \$184

60-minute classes: Full-Access Framingham Member \$112 | Youth/Teen Member \$151 | Community Member \$224

FITNESS for YOUTH & TEENS

Yoga Kids (Ages 7-9)

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.

Saturdays, 10:45 AM - 11:15 AM

Full-Access Framingham Member \$71 | Youth/Teen Member \$97 | Community Member \$142

Zumba Kids (Ages 5-9)

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.

Saturdays, 11:30 AM - 12:00 PM

Full-Access Framingham Member \$71 | Youth/Teen Member \$97 | Community Member \$142

Powerful Girls Jr. (Ages 7-9)

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.

Wednesdays, 4:00 PM - 5:00 PM

Powerful Girls (Ages 10-13)

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.

Wednesdays, 4:00 PM - 5:00 PM

Saturdays, 1:00 PM - 2:00 PM

Join us on April 25 for a Healthy Kids' Day
Family Fun Run and Kids' Dash!
Hopinton Outdoor Center
Register online: metrowestymca.org/hkd

ALL AGES With minimum age requirement

FT (Functional Training) (Ages 11+)

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 new to fitness or a seasoned athlete, you'll be supported all the way!

Monday - Friday, 6:00 AM, 6:00 PM

Tuesday, 7:00 PM

Mondays/Wednesdays/Fridays, 9:30 AM

Mondays/Tuesdays/Wednesdays/Fridays, 7:00 AM

Saturdays, 7:15 AM, 10:15 AM

Sundays, 10:15 AM

Full Access Framingham Member: \$55/month

Youth & Teen Member: \$75/month

Youth Boxing (Ages 9-11)

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.

Sundays, 11:30 AM - 12:30 PM

Teen Boxing (Ages 11-16)

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

Thursdays, 5:00 PM - 6:00 PM

Advanced Teen Boxing (Ages 11-16)

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.

Thursdays, 5:00 PM - 6:00 PM

Agility & Power for Athletes (Ages 12-16)

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.

Mondays, 5:00 PM - 6:00 PM

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

Kids Strength Training (Ages 10-13)

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.

Tuesdays, 5:00 PM - 6:00 PM

Kids FT (Ages 5-11)

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

Cycle Power (Ages 12+)

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.

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

Fitness

Framingham | Youth, Teens, Adults

ADULTS (Ages 18+)

PRICING

40-minute classes: Full-Access Framingham Member \$95 | Youth/Teen Member \$129 | Community Member \$190

60-minute classes: Full-Access Framingham Member \$112 | Youth/Teen Member \$151 | Community Member \$224

Intro to Strength Training

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

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 (no class 5/25)

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

Wednesdays, 11:00 AM - 12:00 PM

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

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

FITNESS ADD-ONS FOR MEMBERS

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. To learn more, contact Brooke Damboise: BDamboise1@metrowestymca.org

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 Class

Come try this relaxing yoga class. 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.

Friday, May 7

7:00 PM - 8:15 PM

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

Join us for a Spring Renewal Yoga Retreat

Sunday, May 17, 7AM -12PM

Hopkinton Outdoor Center



The Spring Renewal Yoga Retreat invites participants to slow down, breathe deeply, and reconnect with themselves and the natural world during this half-day experience. Ages 14+

Set among forests at the Hopkinton Outdoor Center, the retreat features yoga, mindfulness, and nature-based wellness practices led by experienced YMCA instructors. The morning includes gentle sunrise yoga, meditation, an energizing vinyasa flow, and time to explore the trails and quiet spaces. Participants will also enjoy a light brunch and a May Day reflection ritual to set personal intentions for the season ahead.

Whether you're an experienced yogi or simply seeking a restorative way to embrace spring, this retreat offers a meaningful opportunity for wellness, reflection, and connection.

Members: \$50 | Community Members: \$100

YOUTH SWIM LESSONS

New! Accelerated Swim Lessons

Our accelerated swim lessons run twice a week for four weeks at the end of the session.

Accelerated Swim Lesson PRICING

Monday/Wednesday: 5/18 - 6/10 (7 classes, no class 5/25)
 Full-Access Framingham Member \$101
 Youth/Teen Member \$137
 Community Member \$202

Tuesday/Thursday: 5/17 - 6/11 (8 classes)
 Full-Access Framingham Member \$116
 Youth/Teen Member \$156
 Community Member \$231

PRESCHOOL SWIM

Preschool 1: Water Acclimation

Tuesdays/Thursdays, 5:25 PM - 5:55 PM

Preschool 2: Water Movement

Mondays/Wednesdays, 5:25 PM - 5:55 PM
 Tuesdays/Thursdays, 6:00 PM - 6:30 PM

Preschool 3: Water Stamina

Tuesdays/Thursdays, 6:00 PM - 6:30 PM

SCHOOL AGE SWIM

School Age 1: Water Acclimation

Mondays/Wednesdays, 6:00 PM - 6:30 PM

School Age 2: Water Movement

Mondays/Wednesdays, 5:25 PM - 5:55 PM
 Tuesdays/Thursdays, 6:35 PM - 7:05 PM

School Age 3: Water Stamina

Mondays/Wednesdays, 6:00 PM - 6:30 PM
 Tuesdays/Thursdays, 5:25 PM - 5:55 PM

All other youth swim lesson PRICING

(unless stated otherwise)

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

Monday classes (6 weeks): Full-Access Framingham Member \$87 | Youth/Teen Member \$117 | Community Member \$174

PARENT/CHILD SWIM LESSONS

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.

Fridays: 4:15-4:45PM

Saturdays: 9:10 AM - 9:40 AM

Sundays: 10:55 AM - 11:25 AM

Parent/Child B: Ages 2-3

Accompanied by a grown-up, children will prepare for the transition to preschool-level aquatics by engaging in purposeful movement, guided by audio and/or visual cues to enhance their readiness and water confidence.

Wednesdays at 9:40-10:10AM

Thursdays: 4:15 PM - 4:45 PM

Saturdays: 10:20 AM - 10:50 AM

Sundays: 9:45 AM - 10:15 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 (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

Fridays:

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

Sundays:

9:10 AM - 9:40 AM
 9:45 AM - 10:15 AM
 10:55 AM - 11:25 AM
 11:30 AM - 12:00 PM
 12:05 PM - 12:35 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

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

Aquatics

Framingham | Youth, Teens, Adults

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
6:00 PM - 6:30 PM

Thursdays: 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: Water Acclimation

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
Saturdays: 12:40 - 1:10 PM

SCHOOL AGE (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
Thursdays: 4:15 PM - 4:45 PM, 6:00 PM - 6:30 PM
Fridays: 4:50 PM - 5:20 PM
Saturdays: 12:40 PM - 1:10 PM

School Age 2: Water Movement

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

Wednesdays: 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: 4:50 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
6:00 PM - 6:30 PM
6:35 PM - 7:05 PM

Fridays: 4:15 PM - 4:45 PM
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: 9:10 AM - 9:40 AM
10:20 AM - 10:50 AM
10:55 AM - 11:25 AM

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
5:25 PM - 5:55 PM
6:00 PM - 6:30 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
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

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
Fridays: 6:35 PM - 7:05 PM
Saturdays: 10:55 AM - 11:25 AM

TEEN SWIM LESSONS (AGES 13-17)



PRICING *(unless stated otherwise)*

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

Monday classes (6 weeks): Full-Access Framingham Member \$87 | Youth/Teen Member \$117 | Community Member \$174

Teen Stage A

Teen Stage A is an introductory class for teens 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 forward movement.

Wednesdays, 6:35 PM - 7:05 PM

Teen Stage B

Teen Stage B 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 teens successfully complete Teen Stage A before registering for this course.

Tuesday, 4:15 PM - 4:45 PM

Aquatic Conditioning: Ages 10-16

This class is for students who have completed School Age 6 and are interested in preparing for a swim team. Must be able to 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

Thursdays, 6:00 PM - 6:45 PM

Saturdays, 12:05 PM - 12:50 PM

Sundays, 12:05 PM - 12:50 PM

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

ADULT SWIM LESSONS (AGES 18+)

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.

Tuesdays, 9:25 AM - 9:55 AM, 6:35 PM - 7:05 PM

Sundays, 12:40 PM - 1:10 PM

WATER FITNESS (Ages 18+)

Masters Swimming

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 \$120 | Community Member \$240

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

Full-Access Framingham Member \$16 | Community Member \$32

Wednesdays, 10:20 AM - 11:05 AM, 11:15 AM - 12:00 PM

Fridays, 11:15 AM - 12:00 PM

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

55-minute class

Mondays, 7:15 PM - 8:10 PM

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

Thursdays, 7:15 PM - 8:10 PM

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

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 \$20 | Community Member \$40

Water Walking (Low Impact)

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 \$20 | Community Member \$40

Water Walking (Advanced)

Thursdays, 11:15 AM - 12:00 PM

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

Lifeguard Certifications & Safety Courses

Framingham | Teens, Adults



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



AMERICAN RED CROSS LIFEGUARD 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 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.

Choose between:

- **Friday - Sunday, May 15th-17th**
Friday 4:00 PM - 10:00 PM
Saturday & Sunday 8:00 AM - 7:00 PM
Register by May 8th
Cancel by May 9th
- **Friday - Sunday, June 5th-7th**
Friday 4:00 PM - 10:00 PM
Saturday & Sunday 8:00 AM - 7:00 PM
Register by May 28th
Cancel by May 29th.

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 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.

- **Saturday, May 23**
7:15 AM - 7:00 PM
Register by May 16 | Cancel by May 17

Y Member \$150 | Community Member \$200

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.

Y Member \$75 | Community Member \$110

THE
Make a Living
and a Difference
PLACE

No Place Like *This Place*™



We're Hiring!

Join a team where your work matters—every day.

APPLY NOW





METROWEST YMCA FRAMINGHAM
280 OLD CONNECTICUT PATH
FRAMINGHAM, MA 01701

NON-PROFIT ORG.
 US POSTAGE
 PAID
 PERMIT #13
 FRAMINGHAM

**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**

NO PLACE
Like This Place

SENIOR HEALTH & WELLNESS FAIR

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

MetroWest YMCA Framingham Branch
 Come enjoy community vendors, facility tours, fitness demonstrations, free health screenings, and more!

