



175 YEAR ANNIVERSARY

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MetroWest YMCA

Summer Program Guide, 2026

Session Dates: June 22– August 23 (9 weeks)

Member Registration: June 2

Community Registration: June 9

Welcome to the MetroWest YMCA!

Hello, Friends!

Summer at the Y is a season of connection, adventure, and community—and there’s truly no place like this place!

We’re excited to welcome families back to the Clearbrook Swim Club and Hopkinton Swim Club, two beloved summer destinations for fun, relaxation, and lasting memories.

Summer is also a critical time to focus on water safety. The Y offers swim lessons for all ages and abilities at all three of our branches, helping children and adults build confidence, strengthen skills, and stay safe around water.

And of course, it’s camp season! Our six MetroWest YMCA summer day camps give kids opportunities to explore, grow, build friendships, and create unforgettable summer memories. We encourage families to register soon, as many programs fill quickly.

To better fit busy summer schedules and travel, you’ll also find more one-time clinics, workshops, and special events this season, along with fewer multi-week classes—making it easier to stay connected and engaged all summer long.

However you engage, you belong here.

See you at the Y!

Sincerely,
Rick MacPherson
President and CEO, MetroWest YMCA

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

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IMPORTANT DATES

Summer Session: June 22- August 23

Registration Dates:

Y Members: June 2

Community Members: June 9

Framingham Branch closed Saturday, July 4th

Clearbrook Family Swim Club: May 30– September 7

Framingham Branch Maintenance Weeks: August 24 - September 7

Framingham Branch closed Monday, Sept 7

Fall 1 Session: September 8 – November 1

Registration Dates:

Y Members: August 11

Community Members: August 18

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)



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.

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

MEMBERSHIP TYPES

Framingham Branch

- Youth (2-12)
- Teen (13-19)
- Young Adult (20-29)*
- Adult (30-64)
- Family of 2*
- Family of 2+*
- Senior (65+)*
- Senior Couple (65+)*
- Senior Family (65+)*

Hopkinton Outdoor Center

- Hopkinton Outdoor Center
- Family Membership

Clearbrook Swim Club

Clearbrook Swim Club Family Summer Membership (INCLUDES membership at the Framingham Branch and the Hopkinton Outdoor Center)

We believe the Y is for everyone, which is why we offer sliding scale fees designed to fit various financial situations through our Y Assist program. You can apply for financial assistance for memberships and programs. Y Assist is offered thanks to the generosity of donors to our Annual Campaign.

LEARN MORE:



As a member, you'll enjoy:

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

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

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



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

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.

Effective June 22nd – August 23rd

Sundays 8:45-1:00

Monday-Friday 8:30-12:00

Monday-Thursday 3:45-8:00

Friday CLOSED

Saturday 8:45-1:00

Morning Mingle – Will resume September 8th



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



“We tried two other camps before and came back to the Y—nothing compares to the connection and care our son experienced here.”

- Camp Parent



Hopkinton Summer Day Camp

Ages 3 – entering grade 10

One-week sessions

MetroWest YMCA Outdoor Center | 45 East Street | Hopkinton, MA 01748



Transportation available!

Set on 122 scenic acres, this day camp offers kids endless outdoor adventure with intentionality and curated exploration of a variety of topics, all within comfortable small groups. Our age-based camp units—Juniors, Middlers, and Seniors—offer an age-appropriate mix of traditional camp fun—swimming, archery, ropes courses, arts, hiking trails, boating and more—all in a safe, nurturing environment. Campers build skills and confidence as they explore 20+ specialty camps like cooking, sports, drama, robotics, wilderness, and movie making. With leadership programs for teens, it's everything you want in a camp—well-run, worry-free, and unforgettable. Transportation is available.



Stepping Stones Summer Program

Ages 4 – entering kindergarten

One-week sessions

YMCA Early Learning Center | 282 Old Connecticut Path | Framingham, MA 01701

This summer program puts learning in the context of play and helps your child explore new things and build social skills in a safe environment. Most of the camp day is spent outdoors. Campers enjoy water play, movement songs, nature activities, gardening, and arts and crafts.



Y STEAM Summer Program

Entering grades 1-6

One-week sessions

East School | 90 Oak Street | Natick, MA 01760

This summer program will keep your child's mind and body active all summer long. The curriculum focuses on STEAM (science, technology, engineering, art, and math), and includes traditional camp activities like sports and swimming. Campers will engage in science experiments and games led by knowledgeable camp staff and will have so much fun they won't realize how much they are learning! Includes outdoor swimming (recreational and swim lessons) and transportation to and from Clearbrook Swim Club.



Ninja Sports Camp

Entering grades 1-6

One-week sessions

MetroWest YMCA | 280 Old Connecticut Path | Framingham, MA 01701

Campers will learn a variety of different indoor and outdoor sports, and build their own Ninja Obstacle Course each week! They will also participate in traditional camp activities including swimming, games, and arts and crafts.



Camp Clearbrook

Entering grades 1-6

2, 3, and 5 day options, 9:00 AM - 2:00 PM

MetroWest YMCA Clearbrook Swim Club | 120 Parker Road | Framingham, MA 01702

Families enjoy this flexible, part-day camp featuring traditional camp activities like games, sports, arts and crafts, as well as swim lessons and recreational swim. The Clearbrook Swim Club has a splash pad, gaga ball, garden beds, lawn games, and more!

A partial-day camp. Most flexible!



OCP Summer Program

Entering grades 1-8

2,3, and 5 day options

9:00 AM - 4:00 PM (extended care available)

MetroWest YMCA | 280 Old Connecticut Path | Framingham, MA 01701

This summer program offers fun mix of traditional camp activities as well as off-site field trips, special guest visitors, and the opportunity to explore various subjects through play. With a focus on reading, expression, and 21st Century skill-building, this summer program will build creativity and a sense of belonging in your child. The camp day includes recreational swimming and swim lessons. Field trips to local attractions like the Zoo and Art Museum are included.

New flexible, part-time week options!

Summer Swim Clubs

Clearbrook Swim Club in Framingham & Hopkinton Outdoor Centerm Swim Club

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 30 - September 7

May 30 - 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



Summer Eats is a state-wide program that makes sure that youth ages 18 and under have nutritious food to eat during the summer. From June 29- August 21, 2026, the MetroWest YMCA will join partners to operate sites throughout the Metrowest. Clearbrook Swim Club is one such site. Learn more: metrowestymca.org/summereats

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!



Clearbrook Memberships Options & Rates

Full Summer (May 30 - Sept 7): \$920

First Half (May 30 - 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 30 - July 17): \$340 |

Second Half (July 18 - Sept 7): \$340

Youth & Teen Memberships

Full Summer: \$740 | First Half (May 30 - July 17): \$415 |

Second Half (July 18 - Sept 7): \$415

Framingham Family Memberships

Full Summer: \$360 | First Half (May 30 - July 17): \$195 |

Second Half (July 18 - Sept 7): \$195

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

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



AQUATICS: Class Descriptions

Youth & Teen (Ages 6 months – 15 years)

YOUTH SWIM LESSONS

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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.

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.



Aquatics Class (Cont.) & Lifeguard Certifications

Adults (Ages 16+)

ADULT SWIM LESSONS

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.

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.

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.

Masters Swimming

Open to Adults ages 18+ 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.

WATER FITNESS (Ages 18+)

Water Aerobics

This class focuses on coordination, flexibility, endurance, and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!

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.

Water Walking (Low Impact)

Participants will get a total body workout with less impact on joints and more resistance than land walking.



AMERICAN RED CROSS LIFEGUARD CERTIFICATIONS - Ages 15+

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.

June 12-14th,
Friday 4:00PM-10:00PM,
Saturday 8:00AM-7:00PM
Sunday 8:00AM-7:00PM

Clearbrook Family Swim Club
280 Parker Road | Framingham, MA 01702
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.

June 15-16th, 9:00AM-3:30PM
Clearbrook Family Swim Club
280 Parker Road | Framingham, MA 01702
Y Member \$150 | Community Member \$200

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

Aquatics Class Schedule

FRAMINGHAM BRANCH

PRICING – Adult and Youth Swim Lessons
9 weeks Monday-Friday
Full-Access Framingham Member \$130 | Youth/Teen Member \$176 | Community Member \$260

8 weeks Saturday
Full-Access Framingham Member \$116 | Youth/Teen Member \$156 | Community Member \$231

YOUTH SWIM LESSONS PARENT/CHILD SWIM LESSONS

Parent/Child A: Ages 6-24 months

Mondays, 4:15 PM - 4:45 PM
Saturdays, 9:10 AM - 9:40 AM
Saturdays, 12:05 PM - 12:35 PM

Parent/Child B: Ages 2-3

Tuesdays, 4:15 PM - 4:45 PM
Fridays, 4:15 PM - 4:45 PM
Saturdays, 9:45 AM - 10:15 AM
Saturdays, 12:40 PM - 1:10 PM

Parent/Child C: Ages 3+

Fridays, 4:15 PM - 4:45 PM
Saturdays, 10:20 AM - 10:50 AM

PRESCHOOL (AGES 3-5)

Preschool 1: Water Acclimation

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

Preschool 2: Water Movement

Mondays, 4:50 PM - 5:20 PM
Tuesdays, 5:25 PM - 5:55 PM
Wednesday, 5:25 PM - 5:55 PM
Wednesdays, 4:15 PM - 4:45 PM
Thursdays, 4:50 PM - 5:20 PM
Thursdays, 6:00 PM - 6:30 PM
Fridays, 5:25 PM - 5:55 PM
Saturdays, 9:45 AM - 10:15 AM
Saturdays, 12:40 PM - 1:10 PM

Preschool 3: Water Stamina

Mondays, 6:00 PM - 6:30 PM
Tuesday, 4:50 PM - 5:20 PM
Thursdays, 4:15 PM - 4:45 PM
Fridays, 6:00 PM - 6:30 PM
Saturdays, 10:55 AM - 11:25 AM

Preschool 4: Water Acclimation

Wednesdays, 5:25 PM - 5:55 PM
Saturdays, 11:30 AM - 12:00 PM

SCHOOL AGE (AGES 6-17)

School Age 1: Water Acclimation

Tuesdays, 4:15 PM - 4:45 PM
Tuesdays, 6:00 PM - 6:30 PM
Wednesdays, 4:50 PM - 5:20 PM
Thursdays, 4:50 PM - 5:20 PM
Fridays, 4:15 PM - 4:45 PM
Saturdays, 9:10 AM - 9:40 AM

School Age 2: Water Movement

Mondays, 5:25 PM - 5:55 PM
Wednesdays, 5:25 PM - 5:55 PM
Wednesdays, 6:00 PM - 6:30 PM
Thursdays, 6:00 PM - 6:30 PM
Fridays, 4:50 PM - 5:20 PM
Saturdays, 9:45 AM - 10:15 AM

School Age 3: Water Stamina

Mondays, 4:50 PM - 5:20 PM
Mondays, 6:00 PM - 6:30 PM
Tuesdays, 4:15 PM - 4:45 PM
Tuesdays, 5:25 PM - 5:55 PM
Wednesdays, 4:15 PM - 4:45 PM
Wednesdays, 6:00 PM - 6:30 PM
Thursdays, 4:15 PM - 4:45 PM
Thursdays, 5:25 PM - 5:55 PM
Fridays, 5:25 PM - 5:55 PM
Fridays, 6:00 PM - 6:30 PM
Saturdays, 10:20 AM - 10:50 AM
Saturdays, 12:05 PM - 12:35 PM

School Age 4: Stroke Introduction

Mondays, 5:25 PM - 5:55 PM
Tuesdays, 5:25 PM - 5:55 PM
Wednesdays, 4:15 PM - 4:45 PM
Wednesdays, 4:50 PM - 5:20 PM
Thursdays, 4:50 PM - 5:20 PM
Thursdays, 6:00 PM - 6:30 PM
Fridays, 5:25 PM - 5:55 PM
Saturdays, 10:55 AM - 11:35 AM

School Age 5: Stroke Development

Mondays, 6:00 PM - 6:30 PM
Tuesdays, 5:25 PM - 5:55 PM
Wednesdays, 6:00 PM - 6:30 PM
Saturdays, 11:30 AM - 12:00 PM

School Age 6: Stroke Mechanics

Thursdays, 5:25 PM - 5:55 PM
Fridays, 6:00 PM - 6:30 PM
Saturdays, 12:40 PM - 1:10 PM

ADULT SWIM LESSONS

Adult Stage A

Mondays, 10:25 AM - 10:55 AM
Wednesdays, 9:25 AM - 9:55 AM
Saturdays, 10:55 AM - 11:25 AM

Adult Stage B

Mondays, 9:25 AM - 9:55 AM
Wednesdays, 10:00 AM - 10:30 AM
Saturdays, 11:30 AM - 12:00 PM

Adult Stage C

Mondays, 10:00 AM - 10:30 AM
Tuesdays, 6:00 PM - 6:30 PM

WATER FITNESS (ages 18+)

Masters Swimming

Mondays/Wednesdays/Fridays
5:10 AM - 6:10 AM
Full-Access Framingham Member \$162
| Community Member \$324

Water Walking (Low Impact)

Tuesdays, 11:15 AM - 12:00 PM
Full-Access Framingham Member \$25 |
Community Member \$50

Thursdays, 11:15 AM - 12:00 PM

Full-Access Framingham Member \$25 |
Community Member \$50

Water Aerobics

Mondays, 11:15 AM - 12:00 PM
Full-Access Framingham Member \$25 |
Community Member \$50

Wednesdays, 11:15 AM - 12:00 PM

Fridays, 11:15 AM - 12:00 PM
Full-Access Framingham Member \$25 |
Community Member \$50

Mondays, 7:15 PM - 8:10 PM

Thursdays, 7:15 PM - 8:10 PM
Full-Access Framingham Member \$30 |
Community Member \$60

Ai Chi

Thursdays, 10:20 AM - 11:05 AM
Full Access Framingham Member \$25 |
Community Member \$50

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

Aquatics Class Schedule

CLEARBROOK SWIM CLUB

At Clearbrook Swim Club you can register for a four-week or two-week session. The four-week package offers two lessons per week (M/W or Tu/Th). The two-week package offers four lessons per week (M-Th).

**PRICING: 4-week package: 2 lessons per week (8 total)-
Monday/Wednesday OR Tuesday/Thursday
Full-Access Framingham Member \$116 | Youth/Teen Member \$156 | Community Member \$231**

**2-week package: 4 lessons per week (8 total)
Monday-Thursday
Full-Access Framingham Member \$116 | Youth/Teen Member \$156 | Community Member \$231**



4 Week Youth and Adult

Session 1: Mon/Wed June 22nd – July 15th
Tue/Thu June 23rd – July 16th

Session 2: Mon/Wed July 20th – August 12th
Tu/Thu July 21st – August 13th

Preschool 1

Mondays/Wednesdays, 4:30 PM – 5:00 PM
Mondays/Wednesdays, 5:40pm-6:10pm
Tuesdays/Thursdays, 4:30 PM – 5:00 PM

Preschool 2

Mondays/Wednesdays, 5:05 PM – 5:35 PM

Preschool 3

Mondays/Wednesdays, 5:40 PM – 6:10 PM

School Age 1

Tuesdays/Thursdays, 5:05 PM – 5:35 PM

School Age 2

Mondays/Wednesdays, 5:05 PM – 5:35 PM
Tuesdays/Thursdays, 5:40 PM – 6:10 PM

School Age 3

Mondays/Wednesdays, 4:30 PM – 5:00 PM
Tuesdays/Thursdays, 4:30 PM – 5:00 PM

School Age 4

Mondays/Wednesdays, 6:15 PM – 6:45 PM
Tuesdays/Thursdays, 5:40 PM – 6:10 PM

School Age 5

Mondays/Wednesdays, 6:15 PM – 6:45 PM

School Age 6

Tuesdays/Thursdays, 6:15 PM – 6:45 PM

Adult Stage A

Mondays/Wednesdays, 4:30 PM – 5:00 PM

Adult Stage B

Tuesdays/Thursdays, 6:15 PM – 6:45 PM

2 Week Youth and Adult

Chose a block: June 22nd – July 2nd, July 6th – July 16th, July 20th – July 30th, August 3rd – August 13th, August 17–August 20th

Preschool 1: Monday-Thursday, 12:15 PM – 12:45 PM

School Age 1: Monday-Thursday, 12:15 PM – 12:45 PM

School Age 2: Monday-Thursday, 11:40 AM – 12:10 PM

School Age 3: Monday-Thursday, 12:50 PM – 1:20 PM

Adult A: Monday-Thursday, 11:40 AM – 12:10 PM

Adult B: Monday-Thursday, 11:40 AM – 12:10 PM



Remember:
Phones Down, Eyes Up™ while
at the pool or waterfront.

Checking your phone may seem like a quick task, but it can quickly turn into a major distraction—and distractions around the water can have major consequences.

Take the Y's Water Safety Pledge and learn more about the layers of protection you can put in place to help keep kids safe around water.

[PhonesDownEyesUp.org](https://www.phonedowneyesup.org)



Aquatics Class Schedule

HOPKINTON OUTDOOR CENTER SWIM CLUB

OUTDOOR CENTER SWIM CLUB

45 East Street | Hopkinton, MA 01748

Hours of operation:

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

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

The Hopkinton Outdoor Center is home to a beautiful outdoor swimming pool, pickleball and basketball courts, available to members during the summer on evenings and weekends! Hopkinton Outdoor Center members, Full-Access Framingham Branch members, and Clearbrook Swim Club members have access.

4 Week Package - 2 classes per week

Session 1:

Mon/Wed June 22-July 15

Tue/Thu June 23-July 16

Session 2:

Mon/Wed July 20-August 12

Tu/Thu July 21-August 13

Preschool 1: Water Acclimation

Mondays/Wednesdays, 4:15 PM - 4:45 PM

Mondays/Wednesdays, 4:50 PM - 5:20 PM

Tuesdays/Thursdays, 4:15 PM - 4:45 PM

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

Preschool 2: Water Movement

Mondays/Wednesdays, 4:15 PM - 4:45 PM

Mondays/Wednesdays, 5:25 PM - 5:55 PM

Tuesdays/Thursdays, 4:50 PM - 5:20 PM

Preschool 3: Water Stamina

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

Tuesdays/Thursdays, 4:50 PM - 5:20 PM

School Age 1: Water Acclimation

Mondays/Wednesdays, 5:25 PM - 5:55 PM

Tuesdays/Thursdays, 4:15 PM - 4:45 PM

School Age 2: Water Movement

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

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

School Age 3: Water Stamina

Mondays/Wednesdays, 4:50 PM - 5:20 PM

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

Tuesdays/Thursdays, 4:15 PM - 4:45 PM

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

School Age 4: Stroke Introduction

Mondays/Wednesdays, 4:15 PM - 4:45 PM

Mondays/Wednesdays, 5:25 PM - 5:55 PM

Tuesdays/Thursdays, 4:50 PM - 5:20 PM

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

School Age 5: Stroke Development

Mondays/Wednesdays, 4:50 PM - 5:20 PM

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

School Age 6: Stroke Mechanics

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

8 Week Package - 1 class per week

Saturdays June 27- August 22

Preschool 1: Water Acclimation

Saturdays, 11:35 AM - 12:05 PM

Saturdays, 12:40 PM - 1:10 PM

Preschool 2: Water Movement

Saturdays, 11:00 AM - 11:30 AM

Saturdays, 12:05 PM - 12:35 PM

Preschool 3: Water Stamina

Saturdays, 11:00 AM - 11:30 AM

Preschool 4: Stroke Introduction

Saturdays, 11:30 AM - 12:00 PM

School Age 1: Water Acclimation

Saturdays, 12:45 PM - 1:15 PM

School Age 2: Water Movement

Saturdays, 12:45 PM - 1:15 PM

School Age 3: Water Stamina

Saturdays, 11:35 AM - 12:05 PM

Saturdays, 12:10 PM - 12:40 PM

School Age 4: Stroke Introduction

Saturdays, 12:10 PM - 12:40 PM

School Age 5: Stroke Development

Saturdays, 11:00 AM - 11:30 AM

School Age 6: Stroke Mechanics

Saturdays, 12:45 PM - 1:15 PM

Adult Stage A:

Saturdays, 11:00 AM - 11:30 AM

Adult Stage B:

Saturdays, 11:35 AM - 12:05 PM

Adult Stage C:

Saturdays, 12:10 PM - 12:40 PM

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

SWIM LESSON PRICING:

4-week package, 2 per week - Monday/Wednesday, Tuesday/Thursday

Full-Access Framingham Member \$116 | Outdoor Center & Youth/Teen Member \$156 | Community Member \$231

8 weeks on Saturdays (no classes on 4th of July)

Full-Access Framingham Member \$116 | Outdoor Center & Youth/Teen Member \$156 | Community Member \$231

Youth Sports and Fitness

Framingham

Questions? Contact Katrina Ladd, Director of Sports and Recreation: KLadd@metrowestymca.org

Kids Track and Field (ages 3-6)

Running, jumping, throwing OH MY! Kids will learn/ practice doing all the events of track and field from relays, to sprints, long jump, and shot put. We teach the skills of the event and keep moving through games.

Thursdays, 4:45 PM-5:25 PM

Y Member: \$123

Youth/Teen Y Member: \$166 | Community Member \$246

Sports Clinics (ages 6+)

Our weekly Youth Sports Clinics keep kids active, engaged, and learning through a variety of fun sports experiences! Each week focuses on a different sport, giving participants the opportunity to build skills, gain confidence, and try something new in a supportive and energetic environment. Sports may include T-ball, Lacrosse, Basketball, Soccer, Volleyball, Pickleball, Flag Football, Floor Hockey, Gymnastics, and Ninja. Register for each clinic separately.

Thursdays, 5:00 PM-6:00 PM

July 2-July 23

July 30-August 20

Y Member \$64 | Youth/Teen Y Member \$85 | Community Member \$128

Kids FT (Ages 5-11)

This class enables kids to run, jump, hang, and carry which helps them learn more about their bodies as they grow. Like FT, we will do aerobic conditioning for endurance and basic strength training in a fun, supportive environment.

Ages 5-7 (More play based)

Tuesdays 4:30 PM – 5:10 PM

Y Member \$123 | Youth/Teen Y Member \$166 | Community Member \$246

Ages 8-11 (More workout structure)

Wednesdays 5:15 PM – 5:55 PM

Youth & Teen Boxing (ages 9-15)

Get ready to move, punch, and have fun! In this action-packed class, you'll learn beginner boxing skills, try out cool moves, and use safe equipment to build strength and coordination. Boxing is a fun way to get your heart pumping, stay active, and feel confident. Ages 9-15

Tuesdays, 5:00 PM-6:00 PM

Y Member \$144 | Youth/Teen Y Member \$194 | Community Member \$288

Athletic Conditioning and Performance Training—Fall Sport Prep (ages 12+)

4 Weeks – July 20th-August 12th

Prepare for the fall sports season with our Athletic Conditioning & Performance Training program for middle and high school athletes! Participants will build endurance, strength, agility, and overall athletic performance through age-appropriate workouts designed to help athletes prepare for their upcoming sports season. Perfect for athletes of all experience levels. This class is 2x/ week for 4 weeks leading up to Fall sports season starting.

Sport Focuses: field hockey, cross country, soccer, volleyball, cheerleading, football, golf, swimming

Mondays & Wednesdays, 5:00 PM-6:00 PM

Y Member \$128 | Youth/Teen Y Member \$173 | Community Member \$256

All ages with minimum age requirement

FT (Functional Training) (Ages 11+) Members Only

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

Mondays/Wednesdays/Fridays, 9:30 AM

Tuesday & Friday 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

FT Foundations

Interested in the FT program but unsure where to start? FT Foundations will cover skills and movements found in our FT classes. In these small group (Max 8) classes, you will put your skills to the test in a 25-30 minute workout similar to our signature class.

Ages 11+

Tuesday (7/14) 9:30-10:30 am

Tuesday (7/28) 9:30-10:30 am

Tuesday (8/11) 9:30-10:30 am

Y Member \$17 | Youth/Teen Y Member \$21 | Community Member \$34

Cycle Power (ages 12+)

Improve your cardiovascular fitness and lower body leg strength through this high-level cycle class. Pre- and post-power tests are performed so participants can determine their intensity level and see their improvement. Open to Beginners!

Fridays, 6:00 AM - 7:00 AM

7 WEEKS (NO CLASS 7/31, 8/7)

Y Member \$112 | Youth/Teen Y Member \$151 | Community Member \$224

CHANGEMAKER ACADEMY

Next Cohort Begins July 20

The Changemaker Academy is a paid internship and job training program for MetroWest area high school students ages 14-19.

The program includes:

- 16-week leadership curriculum taught one night per week (dinner provided)
- 8-week on-the-job training: 2-5 hours/week that could include childcare, marketing, aquatics, sports, food and nutrition, and more

Contact Jen Hyman for more information:
jhyman@metrowestymca.org

Fitness

Framingham | Teens, Adults

PRICING unless stated otherwise

40 min classes

Y Member \$123 | Youth/Teen Y Member \$166 | Community Member \$246

60 min classes

Y Member \$144 | Youth/Teen Y Member \$194 | Community Member \$288

Adult Boxing (ages 18+)

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

Powerful Women (ages 18+)

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

Strength Training for Healthy Bones (ages 18+)

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

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

Agility & Conditioning for Active Adults (ages 18+)

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

Y360!

Whether you're in a time crunch or you simply prefer to exercise at

home, our virtual classes give members the flexibility to break a sweat from anywhere! Our new platform offers a variety of on-demand classes and livestream classes from our other Y families around the country!

RUN CLINIC (ages 18+)

Interested in trying an endurance event like a Mud Runner or a 5k? This class will help you train. Learn about a proper warm-up, training modalities, strength exercises, stretch & recovery through out this educational and physical clinic.

Tuesday (6/9) 6:00-7:30 PM

Thursday (7/23) 6:00-7:30 PM

Thursday (8/13) 6:00-7:30 PM

Y Member \$25 | Youth/Teen Y Member \$31 | Community Member \$50

BOXING CLINIC (ages 18+)

Want to learn the basics of boxing? Start with this 90 min clinic!

Boxing is a fun, cool way to exercise! You'll learn various techniques, improve your cardiovascular fitness, and become familiar with different movements.

Sunday (6/28) 8:30-10:00 am

Sunday (7/26) 8:30-10:00 am

Sunday (8/30) 8:30-10:00 am

Y Member \$25 | Youth/Teen Y Member \$31 | Community Member \$50

FUN FITNESS CHALLENGES!

Free and open to all

Summer 100 Check-In's Challenge

June 1-September 30. Stay connected with the Y community you have built over the year. Continue to improve your strength this summer in the Wellness Center and continue to see your friends in classes. Check-in at the MetroWest Y (using your Y360 app barcode) 100 times between June and September and WIN! (Check-in once a day)

Tour Together

Can we complete the Tour de France as a MetroWest Y team? Attend cycling classes during the Tour de France July 1-July 23, working towards completing 2,071 miles . Celebration & Watch Party, Sunday 7/26, July 26. Cycle classes (paid and GroupEx)

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

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



NEW COHORTS STARTING IN JUNE:

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

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.

ONGOING: START ANYTIME

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.



LIVESTRONG® at the YMCA NEXT Cohort starts in September

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

"Take Charge of Your Health - Men's Health Seminar" Speaker: Dr. Ravi Kacker, MD in partnership with Boston Scientific

Wednesday, June 10th, 2026

6:00 - 8:00 PM, Studio C

Free to the community

Join us Wednesday, June 10th at 6:00pm for an informative session where we'll explore key health issues affecting men today, including benign prostatic hyperplasia (BPH or enlarged prostate), erectile dysfunction (ED), and stress urinary incontinence. We'll also discuss how these conditions may be linked to broader health concerns such as diabetes, heart disease, low testosterone, and prostate cancer. Whether you're currently managing these conditions or simply want to stay informed, this seminar offers a valuable opportunity to learn from a trusted medical expert in the field.

Dr. Kacker is a Harvard-trained, board-certified and fellowship-trained urologist, researcher, and innovator. His clinical practice covers all of general urology with a specialty focus on the medical and surgical management of erectile dysfunction, BPH, kidney stones, and low testosterone. His research has

Reserve your spot by emailing Jesse Potter.

Cooking Classes

Framingham & Hopkinton | All Ages

COOKING in FRAMINGHAM

Session 1: June 27th – July 25th (no class July 4th)

Session 2: August 1st- August 22nd

Cooking with Littles Series (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!

Session 1:

Saturdays 10:15 -11:00 am

Y Member \$59 | Youth & Teen Y Member \$80 | Community Member \$118

Sundays 10:15- 11:00 am

Y Member \$73 | Youth & Teen Y Member \$99 | Community Member \$146

Session 2:

Sundays 10:15- 11:00 am

Y Member \$59 | Youth & Teen Y Member \$80 | Community Member \$118

KID CHEFS SERIES (ages 6-9)

Kids will learn basic skills in the kitchen and gain confidence in using new kitchen equipment and cooking techniques. Each week we will enjoy a new recipe together!

Session 1:

Saturdays 11:15-12:15 pm

Y Member \$67 | Youth & Teen Y Member \$91 | Community Member \$134

Sundays 11:15- 12:15 pm

Y Member \$84 | Youth & Teen Y Member \$113 | Community Member \$168

Session 2:

Sundays 11:15- 12:15 pm

Y Member \$67 | Youth & Teen Y Member \$91 | Community Member \$134

ONE-TIME COOKING CLASSES

Cooking with Littles (Parent/Child) 2nd Friday of the Month 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!

Friday- July 10th Mixed Berry Muffins 10:15 AM - 11:00 AM

Friday- August 14th- Summer Vegetable Pasta Salad 10:15 AM - 11:00 AM

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

COOKING in HOPKINTON

Family Dinner Nights

Every 2nd Saturday of the month

Saturday, July 11th; Farm to Table Flatbreads!

Gather your family for a fun and flavorful culinary adventure celebrating the bounty of our onsite garden beds! In this hands-on cooking class, we'll explore the vibrant, seasonal produce available right here in our community and transform it into delicious and customizable flatbreads. Enjoy fresh vegetable flatbreads, a seasonal salad, and a refreshing drink!

Hopkinton Outdoor Center Kitchen 4:00-6:00 PM

Y Member \$20 per person | Community Members \$40 per person Under 3 is free!

Saturday, August 8th; Homemade Pasta with Summer Vegetable Sauce!

Families will harvest seasonal garden vegetables to create a fresh, "no-cook" sauce before learning the hands-on art of kneading and shaping homemade pasta dough for a true seed-to-table dinner experience.

Hopkinton Outdoor Center Kitchen 4:00-6:00 PM

Y Member \$20 per person | Community Members \$40 per person Under 3 is free!

Kids Cooking Classes (age 6-12)

Every 3rd Saturday of the month 1:00-3:00 PM

Saturday July 18th; Hawaiian Chicken Sliders with Summer Salad and lemonade

Saturday August 15th; Zucchini Bread Muffins and Coconut Lime "nice" Cream

Y Member \$21 per person | Youth & Teen Y Member \$28 | Community Members \$42 per person

Pickling Workshop

Ready to turn your garden harvest into tasty, tangy treats? In this hands-on workshop led by our Farm to School Coordinator, Lindsey, you will harvest veggies straight from the garden; pickle cucumbers, carrots, beans, radishes, and more; and make your own brine with herbs and spices. We will also explore fun flavor twists like garlic, dill, and spicy peppers! Please bring a jar or two (extra available), an apron (optional), and a love for crunchy, tangy snacks!

July 18th 10-11:30 am

Y Member \$20 | Youth & Teen Y Member \$30 | Community Member \$40

Tomato Harvest and Pesto Making

Join us in the garden for a hands-on harvest! Perfect for all experience levels, you will help pick ripe, organic tomatoes and learn how they grow. We will also harvest herbs to bring in to the kitchen to make our own homemade pesto for you to take home. If you have an extra jar or two, please feel free to bring it along to reduce our plastic waste. We hope to see you there!

August 8th 10-12 pm

Y Member \$20 | Youth & Teen Y Member \$30 | Community Member \$40



METROWEST YMCA FRAMINGHAM
280 OLD CONNECTICUT PATH
FRAMINGHAM, MA 01701

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

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.

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.

NO PLACE Like This Place



**NOW ENROLLING
 FOR FALL 2026!**