

NO PLACE



Like This Place

**Join the MetroWest YMCA
for Fall Programs!**
September 8 – November 1, 2026



**MEMBERSHIP
OFFER INSIDE!**

Welcome to the MetroWest YMCA!



We invite you to explore our fall lineup of programs and activities that nurture your body, mind, and spirit! From fitness, sports, and aquatics classes for all ages, to volunteer opportunities and special events, you'll find something that supports your well-being and strengthens our community.

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.

Our Locations:

Framingham Branch

280 Old Connecticut Path
Framingham, MA 01701
Phone: (508) 879-4420
Hours: Mon-Fri, 5:00 AM - 10:00 PM
Sat & Sun, 7:00 AM - 7:00 PM

Hopkinton Outdoor Center

45 East Street
Hopkinton, MA 01748
Phone: (508) 435-9345
Hours: Mon-Fri, 9:00 AM - 5:00 PM
Evenings & weekends perschedule

Early Learning Center

282 Old Connecticut Path
Framingham, MA 01701
Phone: (508) 876-6067
Hours: M-F 7:30 AM - 6:00 PM

School's Out Before and After-School Care

Select elementary and middle schools in Ashland, Framingham, Hopkinton, Natick, and Wayland.
Contact:
schoolsout@metrowestymca.org

Coming September 2027: Team Hoyt Community YMCA, Early Learning Center

Ashland, MA
Learn more at:
wherecommunityhappens.org

Everyone in the community is invited to take a class, volunteer, join us for an event, or support our work!

IMPORTANT DATES:

Fall 1 Session: September 8 – November 1

Registration Dates

Y Members: August 11

Community Members: August 18

Framingham Branch Maintenance Weeks

August 24 - September 7

Join us for an Open House! Tuesday, August 25th

Framingham Branch closed Monday, September 7

Fall 2 Session: November 2 – December 20

Registration Dates

Y Members: October 6

Community Members: October 13

SAVE THE DATES:

Move with Purpose Dance-a-thon!
Friday, September 25 6:00 PM - 8:30 PM



LIVESTRONG at the YMCA, October 7, 5:30 PM - 8 PM, Raymour & Flanigan in Natick

Halloween Party, Framingham Branch, Sunday, October 25 | 2:00 PM - 4:00 PM, \$15/family

The HAUNT: Dinner at Chops, Dinner Theater Party, Hopkinton Outdoor Center, October 23, 24, 30, 31

Dream Big Silent and Live Auction, December 3, 5:30 PM - 9:00 PM, Renaissance in Framingham

HEALTHY LIVING.

YOUTH DEVELOPMENT.

SOCIAL RESPONSIBILITY.

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.

NO PLACE Like *This Place*

Membership Opportunities:

Hopkinton Outdoor Center Family Membership:

- Weekly drop-in programs like Open Climb
- FREE events like Family Day on the Ropes
- discounted programs at the Outdoor Center (archery, pickleball, cooking, gardening, enrichment, mindfulness/yoga, nature and outdoor education, adventure and wilderness.

Framingham Branch Memberships:

Full-Access Framingham Memberships:

Young adult, Adult, Senior, Family of 2, Family of 2+, Senior Family of 2, Senior Family of 2+

- **All benefits of the Hopkinton Outdoor Center**
- **Unlimited Group Exercise Classes**
- **FREE Childwatch** for Family Memberships
- **Weekly Open Swim and Open Gym**
- **Y360 App** for reservations and on-demand content
- **Discounted session programs** and classes (sports, aquatics, fitness, nutrition, cooking, gardening, adventure, wilderness, nature, and more!)
- **FREE enrichment classes** for Family Memberships
- **Access to member-only** pop-up programs, “move with purpose” fundraisers, nutrition consultations, personal training, and more!
- **FREE special events**
- **FREE drop-in** basketball, volleyball, catchball
- **FREE** onboarding session, equipment fitting, and workout buddy connection program

Youth and Teen Memberships

Include discounted session programs and summer camp.

Choose your type:

Youth (2-12)	Senior (65+)*
Teen	Senior Couple (65+)*
Young Adult (20-29)*	Senior Family (65+)*
Family of 2*	Outdoor Center only
Family of 2+*	*Includes access to the Hopkinton Outdoor Center

Join today! Special Offer!

Join today with an affordable, no-contract membership at our Framingham Branch or Hopkinton Outdoor Center.

Already a member? Learn how you can save!

SCAN FOR OFFER:



The Y is the one place that supports your health, your family, and your community.



Community



Giving Back



Fitness



Education



Wellness



Adventure

Join us for an Open House!

Tuesday, August 25 3:00-6:00 PM

Framingham Branch

Meet program directors and other Y members, learn about the programs that are offered in the Fall!

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Enrichment, Family Time Framingham Branch

See more family time at the Hopkinton
Outdoor Center on page 19!

FREE ENRICHMENT CLASSES Included in your Family Membership

Children learn, create, and have fun through hands-on activities in a playful, social environment outside the typical classroom. **FREE with Full-Access Framingham Membership**

Monday: Y Youth member \$103 | Community member \$153
Tuesday-Saturday: Y Youth member \$118 | Community member \$175

PRESCHOOL-AGED CLASSES

Crafty Kids

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

Ages 2.6-4

Thursdays, 10:45 AM - 11:45 AM

Count with Me

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

Ages 3-4

Mondays, 10:45 AM - 11:45 AM

Alphabetivities

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

Ages 3-4

Wednesdays, 10:45 AM - 11:45 AM

PREK & SCHOOL-AGED CLASSES

Crafty Kids

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

Ages 4-6

Saturdays, 9:30 AM - 10:30 AM

Saturdays, 10:45 AM - 11:45 AM

Kindergarten Readiness

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

Ages 4-5

Wednesdays, 12:00 PM - 1:00 PM

Fun & Games

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.

Ages 7-9

Saturday 12:00 PM - 1:00 PM

Kids Book Club

Looking for new authors, books, or series to read? We can share our favorites and pick a book to read together.

Ages 9-11

Thursdays 4:00 PM - 5:00 PM

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.

Sundays 8:45 AM - 1:00 PM

Monday-Friday 8:30 AM - 1:15 PM

Monday-Thursday 3:45 PM - 8:00 PM

Fridays 3:45 PM - 7:00 PM

Saturday 8:45 AM - 1:00 PM



Parent's Night Out

Bring your kids to the Y while you enjoy a night out for adult time! We'll have games, activities, crafts, and more. Pre-registration is required. All children must be able to use the bathroom independently. Fridays:

September 18

October 2

October 16

6:00 PM - 9:00 PM

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

Kids' Day Out (Grades K-5)

Kids who are off from school can come to the Y and enjoy physical activities, arts & crafts, swim time, and more.

Registration required. For questions contact Jen at jhyman@metrowestymca.org or at x281. Mondays:

September 21

October 1

8:00 AM - 5:00 PM

Full-Access Framingham Member \$74 | Youth Y Member \$100

| Community Member \$148

FAMILY TIME - FRAMINGHAM

Family Open Swim & Open Gym - FREE for members

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

metrowestymca.org/schedules

Morning Mingle - FREE for members

During this time, we dedicate our beautiful gymnasium to youngsters and their grown-ups to enjoy age-appropriate activities and equipment. Parents and kids can burn off energy, socialize, and have fun! Guest families will pay the daily rate.

Ages 5 and under

Beginning September 8.

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

Fire Cider Workshop

Saturday, September 19th | 1 pm- 2 pm.

Spice up your wellness routine! Join us to make your own batch of fire cider—a zesty, immune-boosting herbal tonic perfect for the colder months. We'll mix up a batch together, and you'll take home your own jar to steep and enjoy all season long. Bring your curiosity and a love for kitchen alchemy!

Y Member \$15 pp | Community Members \$30 pp



175^{YEAR}
ANNIVERSARY



THE Learn, Explore And Play PLACE

No Place Like *This Place*™

METROWEST YMCA SCHOOL'S OUT BEFORE AND AFTERSCHOOL PROGRAM

NOW
ENROLLING
FOR FALL
2026!

The MetroWest YMCA's before- and after-school program, School's Out, nurtures your child's development by providing a safe place to learn and grow. We offer a welcoming, structured environment where children can continue learning, build meaningful friendships, and grow in confidence beyond the classroom.

WHO: Grades K-6

WHERE: Ashland, Framingham, Hopkinton, Natick, Wayland

WHEN: Monday through Friday with 2, 3, and 5-day options

To learn more, contact schoolsout@metrowestymca.org or visit our website.



EARLY LEARNING CENTER

282 Old Connecticut Path
Framingham, MA 01701
Phone: (508) 879-4420 x251

The MetroWest YMCA's Early Learning Center (ELC) helps children meet their learning and developmental potential by providing high-quality early education and year-round, weekday care to children 12 months until they start kindergarten. Email: earlylearning@metrowestymca.org



Sports

Framingham | Youth

PRICING *unless stated otherwise*

Monday Classes - 7 weeks

40 min classes: Family Member: \$95 Youth and Teen Member: \$129 | Community member: \$190

60 min classes: Family Member: \$112 Youth and Teen Member: \$151 | Community member: \$224

Tuesday – Saturday Classes – 8 Weeks

40 min classes: Family Member: \$109 Youth and Teen Member: \$147 | Community member: \$218

60 min classes: Family Member: \$128 Youth and Teen Member: \$173 | Community member: \$256

SPORTS FOR YOUTH AGES 3-12

All classes are co-ed unless otherwise stated

T-BALL

Introduce your little ones to the sport of Baseball through skills and drills followed by games. Bring your own gloves.

Saturdays 10:00 AM - 10:45 AM

Ages 3-5

Mini Sports

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

Ages 4-6

Thursdays 4:45 PM-5:25 PM

Saturdays 8:30 AM-9:10 AM

Lacrosse - Little Lax

This class is a great introduction to the sport of lacrosse with a focus on fundamental skills such as catching, passing, ground balls, and scoring!

Ages 5-7

Thursdays 5:30 PM-6:10 PM

Soccer

Off the heels of the exciting World Cup, come learn how to play world's most popular sport, soccer. This outdoor 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, 5:00 PM - 5:40 PM (Indoors)

Saturdays, 9:15 AM - 9:55 AM

Ages 6-7

Tuesdays, 5:15 PM - 5:55 PM

Ages 8-10

Thursdays, 6:00 PM - 6:40 PM

Youth Basketball

Learn and practice the fundamentals of basketball in a fun and supportive environment. Players will develop essential skills like dribbling, shooting, passing, and ball handling while building confidence and preparing for the season. The 10-12 age group will wrap up each session with 20 minutes of game play.

Ages 5-6

Mondays, 5:15 PM - 5:55 PM

Wednesdays 4:30 PM - 5:10 PM

Saturdays 9:15 AM - 9:55 AM

Ages 7-9

Wednesdays 5:15 PM - 6:15 PM

Saturdays 10:00 AM - 11:00 AM

Youth Basketball (Cont.)

Ages 7-9 Girls Only

Saturdays 12:15 PM-12:55 PM

Ages 10-12

Wednesdays 6:20 PM - 7:20 PM

Saturdays 11:00 AM - 12:00 PM

Basketball Clinic & Games

This class is designed for athletes who are looking for more game play practice. The class will review and practice basketball skills as they warm-up for instructional gameplay. Players will build. Players will build on their existing skills while improving game strategy, court awareness, and decision-making in game-like situations, without all of the pressure.

Ages 5-6

Saturdays, 1:00 PM - 2:00 PM

Ages 7-9

Saturdays 1:00 PM - 2:00 PM

Floor Hockey

GOAL! Players will learn the basics of floor hockey through practice and guided play each week. Sticks are available for every player, so all you need is the energy to learn and have fun!

Ages 6-10

Tuesdays, 6:00 PM-6:40 PM

Running & Cross Country

Young runners will learn proper running form, build endurance through games and age-appropriate activities, and develop confidence while improving their fitness. Whether they're new to running or already love to move, this class encourages a lifelong love of running and an active lifestyle.

Ages 6-8

Thursdays, 4:45 PM - 5:25 PM

Co-ed Volleyball 101

Bump, set, Spike! Join us for an introduction to volleyball. We will work on fundamental skills, strategies and teamwork. Players of all levels are welcome.

Ages 7-10

Mondays, 5:00 PM - 5:40 PM

SPECIAL EVENTS

Free member benefit!
Framingham Branch

Outdoor Family Kickball Game
Friday, September 11th, 6:00 - 7:00 PM

Ultimate Frisbee Clinic
Saturday, Sept. 12th, 2:30 PM - 3:30 PM

Youth Martial Arts, Gymnastics, Adult Sports

Framingham | Youth, Teens, Adults

MARTIAL ARTS

Classes are taught by certified instructors from Baystate Taekwondo Academy, which has been serving the MetroWest community since 2005. 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.

More than self-defense, Taekwondo builds physical fitness, confidence, discipline, and respect while emphasizing responsibility, self-control, and good judgment. Like uncle Ben said, "With great power comes great responsibility."

Taekwondo

Ages 5-7

Saturdays, 1:00pm – 1:40pm

Ages 8-10

Saturdays, 1:45pm – 2:25pm

NINJAS **Revamped!**

Ninja classes use an obstacle course to assist children in increasing strength and fitness, eye-hand coordination, and improved self-esteem. Each level has ninja skills and a fitness component to complete before advancing to the next level.

Ninja 1: Ages 3-5

Wednesdays 4:45 PM-5:25 PM

Saturdays 11:15 AM - 11:55 AM

Ninja 2 & 3: Ages 5+

Wednesdays 5:30 PM - 6:10 PM

Saturdays 12:00 PM - 12:40 PM

GYMNASTICS

Work on bars, vault, beam, and floor while improving flexibility, strength, and eye-hand coordination. Each class is tailored based on skill level so kids stay challenged and reach their potential faster!

Tiny Tumblers (Parent-Child Class)

Explore tumbling and the sport of gymnastics with your little one. Class enables you to support and encourage your child as they challenge themselves, practice following direction, improve their gross motor skills, and build confidence.

Ages 2-3

Saturdays, 8:45 AM - 9:25 AM

Gym Stars

Learn about the sport of gymnastics through all the events of the sport (bars, vault, beam, and floor). All while improving flexibility, strength, and eye-hand coordination. Each class will have an event focus and build gymnastics skills throughout the session.

Ages 4-6

Tuesdays 5:15 PM - 5:55 PM

Thursdays 6:00 PM - 6:40 PM

Saturdays 9:30 AM - 10:10 AM

Rollers

Ages 7-9

Tuesdays 6:00PM - 6:40 PM

Thursdays 5:15 PM - 5:55 PM

Saturdays 10:15 AM - 10:55 AM

SPORTS FOR TEENS & ADULTS

Pickleball 101 Class (18+)

Intro to Pickleball for adults. This class will provide 30 minutes of skill development and sport instruction and 30 minutes of game play with additional support and coaching.

Mondays 6:00 PM-7:00 PM

Fridays 5:45 PM-6:45 PM

NEW: PICKLEBALL CLUB



Enjoy guaranteed court time with organized round robin play designed for more advanced players. Continue building your skills while competing in a fun, structured format. Win percentages and points are tracked throughout the session, with T-shirts awarded to the top five finishers.

Ages 18+

Tuesdays & Thursdays, 7:00 PM-8:30 PM

Saturdays, 10:30-12:00 PM

Member: \$40 / session

PICK-UP SPORTS

Free member benefit!

Drop-in times in the gymnasium where members can expect to play games. Some pick-up times require Y360 registration to reserve your spot. Non-members may attend on a day pass of \$12/ visit.

Pick-up Volleyball (Ages 14+)

Let's play! There will be a 7ft 4in high net set-up. We will split teams up based on who shows up for the day and play some volleyball. There may be some rule modifications to ensure safe and fair play. Co-Ed. Sign up in Y-360.

Mondays, 6:00pm - 7:00pm

Pick-up Catchball (Ages 18+)

A volleyball net will be set up, and we'll split into teams based on who shows up that day. Catchball is similar to volleyball, but instead of bumping, setting, and spiking, players catch and throw the ball over the net.

Mondays 8:00 PM - 9:45 PM

Pick-up Basketball (Ages 18+)

Different than open gym, this pick-up times, members can expect to self-select into teams and play ball! Game is usually played on full court. We ask members to be respectful and welcoming to all ability levels.

Mondays-Fridays, 5:00 AM-7:00 AM

Sundays, 7:00 AM - 10:00 AM

Pick-up Pickleball (Ages 14+) Members-only

Time to put your skills to the test. Members organize themselves into a rotation to play. Great for beginners and social players. We ask members to be respectful and welcoming to all ability levels. Sign up and rules posted on Y-360.

Mondays, 12:30 PM - 2:00 PM

Tuesdays, 12:30 PM - 2:00 PM, 8:30 PM - 9:45 PM

Wednesdays, 12:30 PM - 2:00 PM

Thursdays, 12:30 PM - 2:00 PM, 8:30 PM - 9:45 PM

Fridays, 8:00 AM - 10:30 AM

Sundays, 12:00 PM - 1:30 PM

Fitness

Youth, Teens, Adults | Framingham

FREE WELLNESS OFFERINGS FOR MEMBERS:

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 - FREE

Learn how to use cardio or strength machines. Visit YMCA360 to see the schedule and reserve your spot.

Wellness Info-sessions- FREE

As a member, you'll meet one-on-one with a wellness expert to discuss your goals and explore the Y programs and services that best fit your needs.



MEMBER ADD-ONS:

Functional Training (FT) Ages 12+

Your first class is free!

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

Schedule:

Monday – Friday, 6:00 AM, 6:00 PM
Monday, Tuesday, Wednesday, Friday, 7:00 AM
Monday, Wednesday, Friday, 9:30 AM
Tuesdays and Fridays, 7:00 AM
Saturdays, 7:15 AM, 10:15 AM
Sundays, 10:15 AM



Y Member (Family & Adult) \$55/month
Y Member (Youth & Teen) \$70/month

Goal Setting Session (18+)

Our InBody Scan measures your body composition, including water, muscle, and body fat. A certified trainer will review your results and help you set personalized health and fitness goals.

Y Members \$21, Non-Members \$42



Personal Training

Invest in your health with one-on-one guidance from a certified personal trainer. Meet our team and explore personal training options for members at metrowestymca.org/personal-training.

For personal training, contact Brooke Damboise:
BDamboise1@metrowestymca.org or 508-879-4420 x292.

Nutrition

We offer virtual and in-person consultations with a registered dietitian, including a one-hour nutrition assessment with personalized goal setting and a one-hour follow-up. For nutrition services, contact Maggie Lynch, RDN, LDN, at MLynch2@metrowestymca.org or 508-879-4420 ext. 286.



Train Together for the Spartan Fenway Stadium on November 7–8

Get race-ready for the Spartan Stadium at Fenway Park, a fast-paced 5K obstacle race. Build strength, endurance, and agility through obstacle-inspired exercises, games, and conditioning. Perfect for first-time Spartans, experienced racers, and participants training for the Spartan Kids Race (1–1.5 km).

Fridays, 4:15 – 4:55 PM

Ages: 5+ (Parent participation encouraged for younger children)

Full-Access Framingham Member: \$109 | Youth and Teen Member: \$147 | Community member: \$218

Spartan Race registration is separate:
<https://www.spartan.com/en/races/boston-stadium>

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. See hours on page 3.

Fitness

Youth & Teens | Framingham

PRICING *unless stated otherwise*

Monday Classes - 7 weeks

40 min classes: Family Member: \$95 | Youth and Teen Member: \$129 | Community member: \$190
60 min classes: Family Member: \$112 | Youth and Teen Member: \$151 | Community member: \$224

Tuesday – Saturday Classes – 8 Weeks

40 min classes: Family Member: \$109 | Youth and Teen Member: \$147 | Community member: \$218
60 min classes: Family Member: \$128 | Youth and Teen Member: \$173 | Community member: \$256

YOUTH & TEEN FITNESS

Kids FT

It is recommended that kids get at least 60 minutes of physical activity a day and that can be challenging when they are at school all day. This class enables kids to run, jump, hang, and carry which helps them learn more about their bodies as they grow.

Ages 5-7

Tuesdays 4:15 PM - 4:55 PM
Sundays 8:15 AM - 8:55 AM

Ages 8-11

Wednesdays 5:15 PM - 5:55 PM

Zumba Kids

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

Ages 5-9

Saturdays 10:30 AM-11:00 AM
Y Member \$105 | Youth/Teen Y Member \$142 |
Community Member \$210

Powerful Girls

For young girls looking to start exercising, this class teaches total body movements using different techniques and helps to build confidence. Each class does a dynamic warm-up, 2-3 strength moves for the upper or lower body using equipment like a barbell, dumbbells, or kettlebells, explore a new piece of equipment like the sled or the battle ropes, and finish with abs and stretching.

Ages 10-16

Wednesdays, 4:00 PM - 5:00 PM

Powerful Girls Jr.

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

Ages 7-9

Wednesdays, 4:00 PM - 5:00 PM

Youth & Teen Strength Training

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

Ages 10-15

Tuesdays, 5:00 PM - 6:00 PM

Youth & Teen Strength Training

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

Ages 10-15

Tuesdays, 5:00 PM - 6:00 PM

Youth Boxing

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

Ages 9-11

Sundays 12:15 PM-1:15 PM

Teen Boxing

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

Ages 12-17 Instructor: Francois

Thursdays 5:00-6:00 PM

NEW! Bo Staff for Beginners

This class is for beginners who want to have a bit of fun and learn something new! Students will use PVC pipes as staffs to learn the fundamentals of Bo staff combat, such as strikes and blocks. This class is based on Japanese bojutsu. Open to adults and youth ages 11+, making it a great opportunity to learn together as a family.

Ages 11+

Fridays 4:00 PM-5:00 PM
Y Member \$109 | Community Member \$218

Agility & Power for Athletes

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

Ages 10-16

Mondays, 5:00 PM - 5:40 PM

Cycle Power

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.

Ages 12+

Fridays, 6:00 AM - 7:00 AM

Fitness

Adults & Family | Framingham

ADULT FITNESS (Ages 18+)

PRICING UNLESS OTHERWISE NOTED

Monday Classes – 7 weeks: Y Member \$112 | Community Member \$224

Tuesday – Sunday Classes – 8 weeks: Y Member \$128 | Community Member \$256

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

Stretch & Release

Give your body the care it deserves. 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.

Tuesdays 9:30 AM-10:30 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.

Fridays, 11:00 AM – 12:00 PM

Strength Training - Level 1

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

Thursdays, 9:30 AM - 10:30 AM

Fridays, 5:00 PM - 6:00 PM

Strength Training - Level 2

Looking to take the next step in your strength training journey? Learn how to complete complex movement patterns using free weights and other equipment throughout the Wellness Center. This class will help with creating a weightlifting routine and developing functional strength.

Tuesdays, 10:30 AM - 11:30 AM

Sundays, 9:00 AM - 10:00 AM

Recommended participants take Strength Training – Level 1 or Strength Training for Healthy Bones first.

Strength Training for Healthy Bones

As we age, the density of our bones decreases, increasing our risk for injury. Fortunately, strength training can help maintain and improve the density of your bones! This class is a great introduction to strength training.

Mondays, 11:00 AM - 12:00 PM

Wednesdays, 11:00 AM - 12:00 PM

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

Saturdays 11:30 AM - 12:30 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!

Family Strength Training

Build strength, confidence, and healthy habits together in this family-focused class designed for youth ages 10+ and their parent or guardian. Participants will learn the fundamentals of safe and effective strength training, proper exercise technique, and wellness center equipment while working as a team. Whether you're new to the fitness center or looking to build a strong foundation, this class provides a supportive environment to develop lifelong fitness skills together.

Child's Age 10+

Sundays 11:30-12:30 PM

Y Member \$64 | Youth/Teen Y Member \$87 | Community Member \$128 (Both Parent & Child MUST register)

WEIGHT LOSS

Weigh to Change: 9/16 - 11/21

Weigh to Change is your one-stop shop for making a lifestyle change. The program covers nutrition counseling and 1:1 exercise support, all while you create community with others and get support from a registered dietician.

- Weekly 30-min personal training sessions
- Weekly exercise or nutrition educational topics
- 2 small group training classes
- Two 1:1 nutrition consultations
- Two Inbody scans to measure progress
- Two cooking demos
- Ongoing community support

Group Trainings

Wednesdays, 6:30 PM - 7:30 PM

Saturdays, 8:15 AM - 9:15 AM

Full-Access Framingham Member \$425 | Youth Member \$616 | Community Member \$850

*Payment plans available.

Program kicks off with a group meeting on **Monday, September 14th at 6:00 PM**

Questions? Contact Francois Monestime:
FMonestime@metrowestymca.org

Nutrition & Health Interventions

Youth, Teens, Adults | Framingham

NUTRITION COUNSELING

Meet with our registered dietitian Maggie Lynch RDN LDN to get your nutrition on track. Contact Maggie at mlynch2@metrowestymca.org

Select from the packages below:

	Member Pricing	Community Member Pricing
Initial consultation + follow up:	\$101	\$202
30 minute follow up:	\$34	\$68
60 minute follow up:	\$68	\$134
5, 30-minute follow ups:	\$158	\$316

FREE EVIDENCE-BASED HEALTH INTERVENTION PROGRAMS

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

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**

Begins September 8 | Tuesdays, 5-6 PM

Virtual information session on 8/25/26 from 5-6 PM

FREE SEMINAR:

"Women's Health Education Seminar"
Speaker: Dr. Jacquelyn O'Sullivan, MD,
OB/GYN

In partnership with MetroWest Physician Services
Tuesday, September 14th, 2026
FREE to the community

RSVP: Jesse Potter at jpotter@metrowestymca.org

LIVESTRONG® at the YMCA

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. **FREE to all.**

Begins September 1 | Tues/Thurs, 11:30 AM - 12:45 PM or 6:00 PM - 7:15 PM

Enhance Fitness

This evidence-based group exercise program offers simple, easy-to-learn movements designed to deliver cardio exercise, strength training, flexibility, and balance. The goal is to motivate participants to improve overall function and well-being. It may help prevent falls and help with symptoms of arthritis. Class can be done seated or standing, and exercises are modified for individual needs and abilities. **FREE to members.**

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

Parkinson's Disease Wellness Programs & Social Hours

Programs are specifically designed to help individuals with Parkinson's disease, MS, or any other neuromuscular conditions to maintain and improve their quality of life. All exercises can be modified to accommodate each individual's needs and abilities. Programs are supported by a community grant from the Parkinson's Foundation, and are **FREE to all.**



Join us monthly in Studio C for light refreshments and the chance to connect with other members and Y staff. **Every second Friday of the month from 12:00 PM - 1:00 PM.**

YMCA'S Blood Pressure Self-Monitoring

This four-month, evidence-based program helps participants with hypertension lower their blood pressure through blood pressure self-monitoring, nutrition education seminars, and personalized support from a trained Healthy Heart Ambassador. Participants will attend free monthly nutrition webinars. Sessions are provided in person or virtually. **FREE to all.**

Aquatics

Framingham

AQUATICS: SWIM LESSONS

Find out why the YMCA is known as “America’s swim instructor.” At our Framingham Branch, swimmers of all ages and skill levels can enjoy our beautiful indoor pool with swim lessons, water fitness classes, and more.

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Parent/Child A



A

PARENT/CHILD A

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Parent/Child B



B

PARENT/CHILD B

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatics skills.

Parent/Child C



C

PARENT/CHILD C

Stage C welcomes ages 3+ into the swim lesson program where they will challenge their swim and social skills in a group setting.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

Water Acclimation



1

1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation for student’s future progress.

Water Movement



2

2 / WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water, while continuing to practice how to safely exit in the event of falling into a body of water.

Water Stamina



3

3 / WATER STAMINA

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into the water. This stage also introduces rhythmic breathing and integrated arm and leg action

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Stroke Introduction



4

4 / STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Stroke Development



5

5 / STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Stroke Mechanics



6

6 / STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Aquatics

Framingham | Youth

PRICING

Monday - 7 weeks

Full-Access Framingham Member \$101 | Youth/Teen Member \$137 | Community Member \$202

Tuesday - Sunday - 8 weeks

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

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: 3:40 PM - 4:10 PM

Saturdays: 9:10 AM - 9:40 AM

Sundays: 9:45 AM - 10:15 AM



Parent/Child B: Ages 2-3

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

Tuesdays: 10:00 AM - 10:30 AM

Thursdays: 4:15 PM - 4:45 PM

Saturdays: 10:20 AM - 10:50 AM

Sundays: 10:55 AM - 11:25 AM, 11:30 AM - 12:00 PM

Parent/Child C: Ages 3+

This class welcomes participants over age 3 into the swim lesson program. Swimmers will build on the confidence gained in Parent/Child A & B. Adults will be in the water for support, guidance, and safety, allowing children to challenge their swim and social skills in a group setting. Instructors will encourage kids to practice skills independently, while assuring them that their parents are nearby.

Saturdays: 11:30 AM - 12:00 PM

Sundays: 12:05 PM - 12:35 PM

PRESCHOOL SWIM LESSONS: AGES 3-5

Preschool 1: Water Acclimation

Mondays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Tuesdays:

10:00 AM - 10:30 AM

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

Wednesdays:

3:40 PM - 4:10 PM

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Thursdays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

Fridays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Saturdays:

9:10 AM - 9:40 AM

10:55 AM - 11:25 AM

12:05 PM - 12:35 PM

12:40 PM - 1:10 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 SWIM LESSONS (CONT.)

Preschool 2: Water Movement

Mondays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Tuesdays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

Wednesdays:

3:40 PM - 4:10 PM

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

Thursdays:

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

Fridays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Saturdays:

9:45 AM - 10:15 AM

10:20 AM - 10:50 AM

11:30 AM - 12:00 PM

12:05 PM - 12:35 PM

Sundays:

9:10 AM - 9:40 AM

10:20 AM - 10:50 AM

11:30 AM - 12:00 PM

12:05 PM - 12:35 PM

Preschool 3: Water Stamina

Mondays:

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Tuesdays:

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

Wednesdays:

4:15 PM - 4:30 PM

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

Thursdays:

4:50 PM - 5:20 PM

Fridays:

6:00 PM - 6:30 PM

Saturdays:

9:10 AM - 9:40 AM

12:05 PM - 12:35 PM

Sundays:

9:45 AM - 10:15 AM

10:20 AM - 10:50 AM

12:05 PM - 12:35 PM

Preschool 4: Stroke Introduction

Mondays: 5:25 PM - 5:55 PM

Wednesdays: 5:25 PM - 5:55 PM

Thursdays: 5:25 PM - 5:55 PM

Fridays: 4:15 PM - 4:45 PM

Sundays: 9:10 AM - 9:40 AM



Aquatics

Framingham | Youth, Teen

PRICING - unless otherwise listed

Monday - 7 weeks

Full-Access Framingham Member \$101 | Youth/Teen Member \$137 | Community Member \$202

Tuesday - Sunday - 8 weeks

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

SCHOOL AGE SWIM LESSONS (AGES 6-15)

School Age 1: Water Acclimation

Mondays:

6:35 PM - 7:05 PM

Tuesdays:

6:35 PM - 7:05 PM

Wednesdays:

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

Thursdays:

6:00 PM - 6:30 PM

Saturdays:

12:40 PM - 1:10 PM

School Age 2: Water Movement

Mondays:

4:15 PM - 4:45 PM

6:35 PM - 7:05 PM

Tuesdays:

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

6:35 PM - 7:05 PM

Wednesdays:

5:25 PM - 5:55 PM

Thursdays:

5:25 PM - 5:55 PM

Fridays:

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

Mondays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

6:35 PM - 7:05 PM

Tuesdays:

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Wednesdays:

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

6:35 PM - 7:05 PM

Thursdays:

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

6:35 PM - 7:05 PM

Fridays:

4:50 PM - 5:20 PM

6:35 PM - 7:05 PM

Saturdays:

9:10 AM - 9:40 AM

10:55 AM - 11:25 AM

12:05 PM - 12:35 PM

Sundays:

10:20 AM - 10:50 AM

12:40 PM - 1:10 PM

School Age 4: Stroke Introduction

Mondays:

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Tuesdays:

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Wednesdays:

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

6:35 PM - 7:05 PM

Thursdays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

6:35 PM - 7:05 PM

Fridays:

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Saturdays:

9:45 AM - 10:15 AM

12:40 PM - 1:10 PM

Sundays:

9:45 AM - 10:15 AM

12:05 PM - 12:35 PM

School Age 5: Stroke Development

Mondays:

6:35 PM - 7:05 PM

Tuesdays:

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

Wednesdays:

4:15 PM - 4:45 PM

4:50 PM - 5:20 PM

6:00 PM - 6:30 PM

Thursdays:

5:25 PM - 5:55 PM

6:35 PM - 7:05 PM

Fridays:

5:25 PM - 5:55 PM

6:35 PM - 7:05 PM

Saturdays:

10:20 AM - 10:50 AM

11:30 AM - 12:00 PM

Sundays:

11:30 AM - 12:00 PM

School Age 6: Stroke Mechanics

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

Aquatic Conditioning: Ages 10-16

This class is for students who have completed School Age 6 or can independently swim 50 yards of Freestyle, Backstroke, Breaststroke, and Butterfly. It is designed for those interested in swimming competitively, with a focus on building endurance, refining stroke technique, and improving overall 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

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

| Community Member \$256



Aquatics

Framingham | Teen, Adult

WATER FITNESS (Ages 18+)

Masters Swimming

Open to adults 18 years and older, this competitive swimming team features practice workouts and drills. Participants must be able to complete a 500-yard swim and know the competitive strokes to join.

Mondays/Wednesdays/Fridays

5:10 AM - 6:10 AM

Full-Access Framingham Member \$138

Community Member \$276

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 \$20 | Community Member \$40

Wednesdays, 11:15 AM - 12:00 PM

Fridays, 11:15 AM - 12:00 PM

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

55-minute class

Mondays, 7:15 PM - 8:10 PM

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

Thursdays, 7:15 PM - 8:10 PM

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

Water Walking

Did you know that a half-hour of water walking is equal to two hours on land? In this class, participants will get a total body workout with less impact on joints and more resistance than land walking.

Tuesdays, 11:15 AM - 12:00 PM

Thursdays, 11:15 AM - 12:00 PM

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

Ai Chi

Ai Chi is a water exercise class that involves a series of slow, broad movements of the arms and legs. It is designed to help manage pain, including back pain, arthritis, fibromyalgia, and other orthopedic issues. This class is suitable for non-swimmers and provides a gentle, effective way to improve mobility and relieve discomfort.

Thursdays, 10:20 AM - 11:05 AM

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

TEENS & ADULTS SWIM LESSONS (Ages 16+)

Adult Stage A

This introductory class is for adults who have minimal to no swimming experience or are hesitant about performing skills in the water. Class will focus on submersion, front and back floats, and how to make forward movement.

Mondays, 12:15 PM - 12:45 PM

Wednesdays, 9:25 AM - 9:55 AM

Wednesday at 10:00 AM - 10:30 AM

Wednesdays, 6:35 PM - 7:05 PM

Saturdays, 9:45 AM - 10:15 AM

Sundays, 9:10 AM - 9:40 AM

Adult Stage B

Participants will focus on beginner stroke technique (front and back crawl), confidence in and around deep water, combination skills, safety, and endurance. It's recommended that adults successfully complete Stage A before registering.

Wednesdays, 6:35 PM - 7:05 PM

Thursdays, 6:35 PM - 7:05 PM

Saturdays, 10:55 AM - 11:25 AM

Sundays, 10:20 AM - 10:50 AM

Adult Stage C

Adults will continue to build on skills mastered in Stages A and B. Participants will improve their endurance while refining their technique for each of the major swim strokes. It's recommended that adults successfully complete Stages A and B prior to registering.

Tuesdays, 9:25 AM - 9:55 AM

Tuesdays, 6:35 PM - 7:05 PM



Outdoor Center

Hopkinton | All Ages

OUTDOOR ADVENTURE CLASSES

Beginner Archery: Ages 6+

Our Beginner Archery program works on range safety and foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and other information. All equipment is provided!

Saturdays, 9:00 AM – 10:00 AM



Beginner/Intermediate Archery: Ages 6+

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

Saturdays, 10:15 AM – 11:15 AM

Advanced Archery: Ages 10+

Students will hone in on their form, learn range/competition commands, and learn stringing, waxing, and re-fletching of gear. To participate, you MUST have instructor approval.

Saturdays, 11:30 AM – 12:30 PM

Full-Access Framingham Member \$79 | Outdoor Center + Youth/Teen Member \$85 | Community Member \$158

Adult Belay Class: Ages 18+

Learn how to belay and manage ropes to take charge of your family's safety! After completing the course, you'll be certified to belay your family and approved guests during Friday night weekly Open Climb sessions.

Fridays, 6:00 PM - 8:00 PM

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

SAFETY COURSES

Babysitting Course: Ages 11-15

Learn everything from first aid basics to keeping kids entertained and safe. Perfect for teens and pre-teens who are ready to earn extra cash and gain confidence.

Three days: Tuesday, September 22, September 29, & October 6 | 5:30 PM – 8:00 PM

Y Member \$60 | Outdoor Center/Youth Member \$90 | Community Member \$120

SAVE THE DATE!

The Haunt: Dinner at Chops Halloween Themed Dinner Theater

Fundraiser for the Annual Campaign

Outdoor Center | October 23, 24, 30 & 31

WORKSHOPS & SPORTS CLINICS

FREE for members, Community can join for a nominal fee

Yoga & Nature RX Series

Meet community members as you are led through gentle Hatha yoga poses and introductory meditation by an instructor from the Art of Living. Classes will be held outdoors, weather permitting, or inside, if needed.

August 2, 8:00 AM – 9:30 AM

August 30, 8:00 AM – 9:30 AM

September 27, 8:00 AM – 9:30 AM



Led by Hareendra Ikkurthi Hatha Yoga Instructor
Y Member FREE | Outdoor Center/Youth Member Free | Community Member \$15

Intro to Disc Golf Workshop: Ages 13+

Learn how to throw a frisbee, score, and compete with disc golf. This is an intro workshop for those first starting their disc-golf journey or those wanting to expand their knowledge.

Three days: Wednesday September 10, September 17, September 24 | 5:30 PM – 6:30 PM

Y Member: FREE | Community Member: \$25/person

Family Pickleball (Parent/Child Class)

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

Ages 8-12

Saturday, September 12 | 10:00 AM - 11:00 AM

Saturday, October 3 | 9:00 AM - 10:00 AM

Y Member: FREE | Community Member: \$25/person

Learn to Play Pickleball: Introductory Clinic!

If you have a fun-loving attitude and an ounce of athletic ability, then the fastest growing sport in America may be for you. This class introduces members to the game of pickleball, covering terminology, basic rules of play, equipment, and court etiquette. Paddles are available for use.

Ages 15

Saturday, September 12 | 9:00 AM - 10:00 AM

Saturday, October 3 | 9:00 AM - 10:00 AM



Y Member FREE | Community Member \$25/person



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

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

Outdoor Center

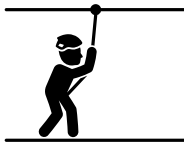
Hopkinton | All Ages

FALL FAMILY EVENTS: Free for Members, Community can join for a nominal fee.

Family Day on the Ropes Course - FILLS QUICKLY Saturday, September 12 | 1:00 PM – 3:00 PM

Looking to get up off the ground? Come “hang” out at the Outdoor Center and check out our high ropes course! Several of our high ropes elements will be open including our “Leap of Faith”, and zipline circuit (climb to the tallest platform on campus and jump off!). Ages: 6+ for high elements, 10+ for “Leap of Faith”, and zipline circuit

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



Fall to Winter Garden Prep Volunteer Day Saturday October 3rd 10am- 12 pm.

Help the Y garden get ready for next season with this hands-on volunteering opportunity. We will go through the fall to winter garden checklist and learn about topics such as composting, mulching, seed saving, garlic bulb planting, cool season crop planting, and more. Help give back to the Y community while spending time outdoors and learning how to put the garden to bed!

Free for all ages.

Hopkinton Outdoor Center

Community Campout Saturday, September 19 @ 4:00 PM – Sunday, September 20 @ 10:00 AM

For new and experienced campers alike, come join us for some field-based camping! You will learn tent site selection/set-up, enjoy backyard games and geocaching/orienteering, and cover campfire prep with outdoor cooking for dinner! Participants will forage for their own vegetables in our garden with Lindsey. After-dinner activities will include S'mores along with celestial stargazing utilizing the Skyview app and our resident telescope to check out features of the moon. Tents, sleeping bags, and ground pads available on a limited basis. To reserve gear, please email Tyler Reynolds: TReynolds@metrowestymca.org

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

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

Stained Glass Workshop

Saturday, September 19 | 9:00 AM - 12:00 PM

Discover the beauty of stained glass in this hands-on workshop where you'll create your own custom nightlight using the Tiffany copper foil method. Perfect for beginners, this class will guide you step-by-step through the entire process—from raw glass to a finished, glowing piece of art. Participants will learn essential stained glass techniques including how to safely cut glass, shape pieces using a grinder, apply copper foil, and solder everything together into a finished design. By the end of the class, you'll have a handcrafted nightlight to proudly display in your home or give as a unique, handmade gift.

All tools and materials are provided, and a selection of patterns and glass colors will be available to suit your style.



Ages 18+ (Ages 13-18 if accompanied by an adult)

Full-Access Framingham Member \$75 | Outdoor Center + Youth/Teen Member \$75 | Community Member \$110/person



FAMILY DINNER NIGHTS: Every 4th Friday of the Month 5:30-7:30pm

Homemade Ravioli! Friday, September 25th

Join us in our teaching kitchen to learn how to perfect the art of homemade cheese raviolis! Enjoy the dish with a simple tomato basil sauce and a seasonal salad!

Spooky Chopped Challenge: Friday, October 23rd

Come join us for a family-friendly competition! You'll be given a basket of four mystery ingredients and one hour to create a delicious but spooky meal! (Limit four families)

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

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

See more cooking classes on the next page!

Cooking

Framingham, Hopkinton | All Ages

COOKING CLASSES

FRAMINGHAM BRANCH

Cooking Series

Cooking with Littles Grownup & Child Series

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!

Ages 2.5-5

Saturdays 10:15 am-11:00 am

Sundays 10:15 am - 11:00 am

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

Kid Chef Series

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!

Ages 6-9

Saturdays 11:15-12:15 pm

Sundays 11:15- 12:15 pm

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

Teen Chef Series

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!

Ages 10-16

Thursdays: 5:00-6:30 pm

Full-Access Framingham Member \$152 | Youth & Teen Y Member \$205 | Community Member \$304

A la Carte, One-time Offerings

Cooking with Littles Grownup & Child Classes

One-time classes the Second Friday of every Month

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!

Ages 2-5

All About Apples!

Friday, September 11th; 10:15-11:00 am

We will prepare apple cinnamon muffins and an apple pie smoothie!

Pumpkin Party!

Friday, October 9th; 10:15- 11:00 am

We will prepare pumpkin oat bars.

Full-Access Framingham Member \$17 per child, per class | Youth & Teen Y Member \$23 | Community Member \$34 per child, per class

HOPKINTON OUTDOOR CENTER

Cooking Series

Kid Chef and Teen Chef Cooking Series

Kid Chef and Teen Chef will teach youth age-appropriate cooking skills while they prepare healthy, delicious recipes! Participants will learn knife skills, how to measure ingredients, safety around the stove and oven, how to read through a recipe, and more!

Kids in the Kitchen

Ages 6-12

Mondays, 5:00 PM – 6:30 PM with Karley

Y Member \$161 | Youth & Teen Y Member \$217 | Community Member \$322

A la Carte, One-time Offerings

Kids Cooking

Ages 6-12

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

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

Baking 101: Saturday, September 19

Beginner or novice bakers, join us in our teaching kitchen and use your skills to create delicious baked goods! Children will whip up apple crumble bars and pumpkin scones.

Fresh Harvest Flavors: Saturday, October 17

Children will start class in our garden where they will harvest our fall bounty and create two seasonal recipes.

Kids in the Kitchen Half-Day Program

Ages 6-12

Monday, September 21 | 9:00 AM - 1:00 PM

Y Member \$63 per person | Youth & Teen Y Member \$85 | Community Members \$126 per person

Join us for a half-day cooking program where we'll make hearty chicken noodle soup with homemade bread!

Cooking With Littles

Ages 2-6

Every 3rd Friday of the month, 10:15 AM - 12:00 PM

Y Member \$17 per child, per class | Youth & Teen Y Member \$23 | Community Member \$34 per child, per class

Parents/guardians and children will learn cooking skills while exploring new foods and flavors together! You'll prepare a delicious kid-friendly recipe and make a related craft.

Friday, September 18: Learn all about pears and pre-PEAR yummy pear donuts!

Friday, October 16: Sweet potato, sweet potato! Come cook up sweet potato tots with a homemade aioli dip!



MetroWest YMCA Annual Campaign

Our Annual Campaign makes it possible for every person, regardless of background, circumstance, or financial ability, to access the resources and support they need not just to survive, but to thrive. Together, we nurture youth development, strengthen healthy living, and uphold our shared commitment to social responsibility.

Through life-changing programs like Water Safety, Youth Development, Food Access & Nutrition Education, and Evidence-Based Health Initiatives, we open doors that might otherwise remain closed. These programs don't just teach skills, they build confidence, connection, and hope. They combat social isolation, uplift mental well-being, and give individuals a powerful sense of achievement and belonging.

Your contribution to the Annual Campaign directly fuels this impact.

Here are the ways that you can get involved:

- **Dance-a-thon September 25, 6-8:30PM, Framingham Branch.**

Come join us as we dance the night away to raise funds for the Annual Campaign. Led by Leslie Schofield and other MetroWest YMCA fitness instructors.

- **LIVESTRONG at the YMCA, October 7, 5:30-8PM, Raymour & Flanigan in Natick**

Join for a fundraiser to benefit our LIVESTRONG at the YMCA program hosted by our Corporate Partner, Raymour & Flanigan in Natick.

- **Dream Big Silent and Live Auction, December 3, 5:30-9PM, Renaissance in Framingham**

We invite you to be part of our DREAM BIG Gala & Auction—a celebration of community and the power of working together! To learn more about sponsorship opportunities or to donate an auction item, contact Amy Miller at amiller@metrowestymca.org



"Seeing the joy (or pasta sauce) on my kids' faces when I can make healthy, fresh food for them is priceless. The grocery support provides me with peace of mind knowing I will be able to make homemade food for us to eat. The healthy food part is key."

– Food Program Participant

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THANK YOU FOR YOUR SUPPORT

Contact Amy Miller for more information
508.876.6081 amiller@metrowestymca.org





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VOLUNTEER WITH THE Y

We have so many opportunities to give back to the MetroWest community this fall. Join us for one-time or a series of volunteer events to support our food distribution program, consider volunteering for a special event, or get a group of coworkers or classmates together and help clean up our outdoor center. You can make a lasting impact on our community, and on yourself.

Learn about our Corporate Service Days and other volunteer opportunities at the Y:

