



THE *Show Up For Each Other* PLACE

No Place Like This Place™



METROWEST YMCA

November 2 – December 23, 2026

**Fitness, Sports, Aquatics, Enrichment, Wellness, and Adventure
programs for all Ages!**

Welcome to the MetroWest YMCA!



Everyone in the community is invited to take a class, volunteer, join us for an event, or support our work! Come see why there is “No Place Like This Place!”

Important Dates:

Fall 2 Session: November 2 – December 23

Registration: Y Members: October 6

Community Members: October 13

Framingham Branch Holiday Hours:

Thanksgiving Day- Open 7:00 AM-11:00 AM

Friday, Nov 27 – Sunday, Nov 29: Open regular hours, no instructional classes

Thursday, Dec 24: Open 5:00 AM- 1:30 PM

Friday, Dec 25: Closed

Thursday, Dec 31: Open 5 am – 5 pm

Friday, Jan 1: Open 1 pm – 5 pm

Winter Session 2027: January 4 – February 14

Registration: Y Member: December 8

Community Members: December 15

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

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HEALTHY LIVING.

YOUTH DEVELOPMENT.

SOCIAL RESPONSIBILITY.

The MetroWest YMCA is a cause-driven charitable organization focused on healthy living, youth development, and social responsibility. We offer programs and services that strengthen spirit, mind, and body for all. We believe the Y is for everyone. Our Y Assist program offers sliding scale fees for memberships and programs based on financial circumstances, made possible through the generosity of Annual Campaign donors.

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**
- **Weekly Open Swim and Open Gym**
- **Discover Your Y:** Personalized Benefit Consultation
- **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

PLUS

CHILDWATCH

Free with a Framingham Family Membership

Our beautiful, light-filled Child Watch room hosts children ages two months to 10 years of age for up to two hours. Children can enjoy supervised free play or take part in instructor-led enrichment activities.

Mon-Fri, 8:30 AM - 1:15 PM
Mon-Thurs, 3:45 PM - 8:00 PM
Fri, 3:45 PM - 7:00 PM

Sat, 8:45 AM - 1:00 PM

Sun, 8:45 AM - 1:00 PM

FREE onboarding session, equipment fitting, and workout buddy connection program

UNLIMITED FREE GROUP EXERCISE

65 classes per week for ages 16+

Mind/Body	Cardio	Strength, Interval, Weights	
Core Fusion	BollyX®	Group Active	Bootcamp
Gentle Yoga	Zumba®	Step & Strength	TRX
Vinayasa Flow	Cycle	Strength & Cardio	
Power Yoga	Cardio Dance	TRX Circuit	
Pilates	Group Fight	Group Power	
Pilates HIIT	Senior Fitness	Core Fusion	

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

Learn More About
Membership &
Policies



Save the Dates:

Family Halloween Party at the Framingham Branch Gymnasium
October 25, 2:00 PM - 4:00 PM
\$15/ Family



Get ready for a spooktacular time at our Framingham Branch! Come dressed in your best Halloween costume and enjoy meeting other families, arts & crafts, games, and festive fun!

Chops Diner: Dine on the Dark Side

Dinner with the undead awaits! Join us for a family-style meal and a Deadwoodville High class reunion unlike any other.

Dates & Times

Friday, October 23
5:30 & 7:30

Saturday, October 24
5:30 & 7:30

Friday, October 30
5:30 & 7:30

Saturday, October 31
5:30 & 7:30

Hopkinton Outdoor Center



**PURCHASE
TICKETS:**



Grateful Heart Gathering

Sunday, November 15, 12:00 PM - 1:30 PM

Bring your family to celebrate this Thanksgiving season with other families. Share traditions, recipes, contribute to our thankful wall and end the day with adding to our kindness quilt.

FREE Community event



DREAM BIG Gala & Auction

Thursday, December 3rd

5:30-9:00PM

Live & Silent Auctions benefitting
the MetroWest YMCA



Get Tickets:



Explore More Special
Events & Activities



Education

Metrowest Region | Youth

SCHOOL'S OUT: BEFORE AND AFTERSCHOOL PROGRAM

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

Rolling Enrollment Based on Availability. 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

Email: earlylearning@metrowestymca.org

Hours of operation

Monday - Friday

7:30 AM - 6:00 PM



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 through pre-k.

More to Explore:

Project ABC: FREE Playgroups and Resources Ashland, Natick, Wayland, Hopkinton, Holliston

Project ABC hosts free playgroups for children ages 0-5 throughout the MetroWest community that help guide children's social-emotional development, cognitive development, language and communication, and physical health and well-being. Ages 0-8.

Project ABC is a Coordinated Family and Community Engagement (CFCE) grant program funded by the Department of Early Education and Care (ECC) and managed by the MetroWest YMCA.

Parent's Night Out, Framingham Branch

Bring your kids to the Y while you enjoy a night out for adult time! Parents' Night Out is from 6:00 PM - 9:00 PM on select Fridays throughout the school year. We'll have games, activities, crafts, and more. Pre-registration is required. All children must be able to use the bathroom independently.

Friday, November 6

Friday, December 4

Y Member \$23 | Youth Y Member \$41 | Community Member \$46

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. \$3 per child for other membership types.

Monday-Friday

8:30 AM - 1:15 PM

Mondays-Thursday

3:45 PM - 8:00 PM

Fridays

3:45 PM - 7:00 PM

Saturdays & Sundays

8:45 AM - 1:00 PM

Morning Mingle at the Framingham Branch - Drop in anytime!

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

Special Event: Salt Dough Ornament Making December 8 during Morning Mingle

In this child and caregiver activity, create a keepsake salt dough ornament together with guidance from our staff.

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

Enrichment & Child Care

Framingham & Hopkinton | Youth

GROWN UP & CHILD, PRESCHOOL ENRICHMENT CLASSES

Free for children included in the Family Membership.

Mon-Wed (8 weeks):

Youth Members \$118 | Community Members \$175

Thurs-Sun (6 weeks):

Youth Members \$89 | Community Members \$131

TINIEST TOT CLASSES

Crafty Littles, Ages 2.6-4

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

Thursdays, 10:45 AM - 11:45 AM

Count with Me, Ages 3-4

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

Mondays, 10:45 AM - 11:45 AM

Alphabetivities, Ages 3-4

Working on letter recognition through games and activities. We will practice writing, craft themes around letters, and more.

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

Kindergarten Readiness

We will work on skills that are need for kindergarten. Fine motor skills, puzzles, getting creative 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

Saturdays, 10:45 PM - 11:45 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 P

***NEW* DUNGEONS & DRAGONS CLUB**

Grab your dice and gather your party! The D&D Club meets weekly to tackle epic quests, solve puzzles, and forge lasting friendships. Beginners welcome, teamwork required. See you at the table!

Ages 8-12

Saturday, 12:00-1:00

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

SCHOOL VACATION PROGRAMS

FRAMINGHAM BRANCH

Kids' Day Out

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

Registration in advance is required. Prior to the start of the program, parents will receive an email for a registration form with important information for your child. For questions, contact Jen at jhyman@metrowestymca.org or at x281.

Grades K-5

Tuesday, November 3

Wednesday, November 11

8:00 AM - 5:00 PM

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

December Vacation Program - Grades K-5

December 28-30 9:00 AM - 4:00 PM

We offer a full-day program with additional AM and PM care available. The program offers structured days featuring sports, games, arts and crafts, and swimming. A healthy lunch will be provided.

Y Family Members \$79 | Youth Y Members \$107 |

Community Members \$158

AM & PM Care Add-ons:

Y Family Members \$15 | Youth Y Members \$20 |

Community Members \$30

AM Care 7:30 AM - 9:00 AM

PM Care 4:00 PM - 6:00 PM

HOPKINTON OUTDOOR CENTER

Outdoor Adventure Vacation Program, Ages 7-12

December 28-30, 8 AM - 5 PM

Join us for some outdoor fun at the Outdoor Center in Hopkinton! This outdoor-based vacation program includes; games, crafts, sports, archery, rock climbing, and more.

We plan to spend a good part of the program outdoors, outdoor skills, fort building, hiking & exploring trails across the 122-acre property, checking out the orienteering courses, and trying a few low ropes elements. Indoors, we will run games, utilize the indoor rock wall, and archery range, and work on some arts/crafts projects. Spots are limited!

Full Access Fram. Member: \$85 | Outdoor Center + Youth/Teen Member \$95 | Community Member \$160

Kids in the Kitchen Half Day, Ages 6-12

December 28-30, 9 AM - 1 PM

December 28-30th. You can choose by the day. A new menu will be prepared each day.

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

Fitness

Framingham | Youth, Teens, Adults

FREE WELLNESS OFFERINGS FOR MEMBERS:

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

NEW! DISCOVER YOUR Y CONSULTATION

For families and members just joining our Y, these consultations are a perfect first step in your MetroWest Y journey. Meet with a program director to discover what programs and classes are of most interest to you and your family goals.

In this session we will assist members by answering their driving questions for you and your family (swim lessons, family events and care, sports, nutrition, and wellness), inform members of program offerings our Y has to support their goals, and provide one action step for members to take following the session.

Our staff will follow-up with members after the initial session to ensure they have the support and information they need to be successful.
Schedule at the front desk.

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.

Pick-up Sports- FREE

Members can participate in drop-in pickleball, basketball, volleyball, and catchball. Some pick-up times require Y360 registration to reserve your spot.

Download the Y360 App!

Download the Y360 App and get access to more than 800 on-demand classes, see schedules, reserve your spot in our GroupEx classes, learn about instructors, and participate in fitness challenges to win prizes!

Contact Wellness:



Download Y360 app:



MEMBER ADD-ONS:

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. New offerings include Reiki and Stretch Therapy. 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.

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.

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

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

Restorative Yoga

Relax and recharge with gentle poses held in comfortable positions, soothing music, low lighting and guided meditation. Please bring your own mat, a warm blanket and a firm cushion or pillow. Register in Y360

November 6 and December 4

7:00–8:30 PM

Y Members \$20, Non-Members \$40

Fitness

Framingham | Youth, Teens

Thursday – Sunday Classes (6 weeks)

40 minute classes:

Y Member: \$82 Youth/Teen: \$111 Community Member: \$164

60 minute classes:

Y Member: \$96 Youth/Teen: \$130 Community Member: \$192

Monday-Wednesday Classes (8 weeks)

40 minute classes:

Y Member: \$109 Youth/Teen: \$147 Community Member: \$218

60 minute classes:

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

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

Mondays, 5:15 PM-5:55 PM

Sundays, 9:30 AM-10:10 AM

Ages 8-11

Thursdays, 5:15 PM – 5:55 PM

Saturdays, 9:15 AM – 9:55 AM

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 \$79 | Youth/Teen Y Member \$107 | Community Member \$158

Powerful Girls

For 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

Saturdays, 11:30 AM-12:30 PM

Powerful Girls Jr

Designed for younger girls 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 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, 12:00 PM-1:00 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.

Instructor: Francois

Ages 12-17

Thursdays, 5:00-6:00 PM

Bo Staff For Beginners

Learn the fundamentals of Bo staff combat. Open to Adults and consider learning with your child.

Ages 11+

Fridays, 4:00 PM-5:00 PM

Family Strength Training

Build strength, confidence, and healthy habits together in this family-focused class designed for youth 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, 11:15 AM-11:55 AM

Both Parent & Child MUST register.

Agility & Power For Athletes

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

Ages 10-16

Sundays, 2:00 PM - 2:40 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 & Sports

Framingham | Teens Adults

Thursday – Sunday Classes (6 weeks)

40 minute classes:

Y Member: \$82 Youth/Teen: \$111 Community Member: \$164

60 minute classes:

Y Member: \$96 Youth/Teen: \$130 Community Member: \$192

Monday-Wednesday Classes (8 weeks)

40 minute classes:

Y Member: \$109 Youth/Teen: \$147 Community Member: \$218

60 minute classes:

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

ADULTS

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.

Ages 18+

Wednesdays, 11:00 AM - 12:00 PM

Saturdays 9:00 AM-10:00 AM

Strength Training – Level 1

Ready to build strength and confidence in the gym? This beginner-friendly class will teach you the basics of strength training using machines. Learn how to use machines, activate your muscles, and build confidence through repetition to get stronger and feel more comfortable using strength machines.

Ages 18+

Mondays, 11:00 AM – 12:00 PM

Wednesday 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.

Ages 18+

Fridays, 5:00 PM-6:00 PM

Saturdays 11:30 AM-12:30 PM

Recommended participants take Strength Training – Level 1, Strength Training for Healthy Bones first OR have previous experience strength training.

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.

Ages 18+

Thursdays, 10:30 AM-11:30 AM

Adult Boxing

This high-energy boxing class blends technique, cardio, and strength training for a full-body workout that builds endurance, coordination, and confidence. You'll learn proper form for punches, footwork, and combinations while using pads, bags, and your bodyweight.

Ages 18+

Thursdays 7:15 PM – 8:15 PM

Sundays 8:30 AM-9:30 AM

FREE PICK-UP SPORTS FOR MEMBERS:

Drop-in times in the gymnasium where members can expect to play games. Some pick-up times require Y360 registration to reserve your spot.

Pick-up Volleyball - Free for members 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 open pickup volleyball for 14+. Sign up and rules posted on Y-360.

Mondays 6:00pm-7:00pm

Non-members – attend on a day pass \$12

Pick-up Catchball – Free for members 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

Non-members – attend on a day pass \$12

Pick-up Basketball– Free for members 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

Non-members – attend on a day pass \$12

Pick-up Pickleball - Free for members 14+

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

Questions? Contact Katrina Ladd, Senior Director of Healthy Living: kladd@metrowestymca.org

Sports, Gymnastics & More

All Ages | Framingham & Hopkinton

PICKLEBALL FOR ALL AGES

Pickleball 101

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.

Ages 18+

Fridays 5:45 PM-6:45 PM

Member: \$128 Youth and Teen: \$173 Community member: \$256

Kids Pickleball

The fastest growing sport in the US. This introductory class will teach kids the basics of pickleball and give plenty of time to practice their skills and play games.

Ages 9-13

Mondays 5:00pm-5:40pm

Family Pickleball (Parent-Child Class)

Pickleball is the fastest growing sport in the world! Learn and play the sport with your child in this parent/child class. Participants will learn the rules, fundamental skills, and play with other families each week.

Ages 7-11

Fridays 5:00 PM-5:40 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. Please note, only MetroWest YMCA members can participate.

Ages 18+

Thursdays, 6:30 PM-8:00 PM

Member: \$40 / session

For more indoor and outdoor pickleball, see the Outdoor Center page 18



Treadmill 5K Turkey Trot is BACK!

Hop on a treadmill and join us for our annual Treadmill 5K Turkey Trot! Participants of all fitness levels can complete the Turkey Trot individually or with friends or family. Participation helps to raise funds for our Annual Campaign, which provides financial support to individuals and families to access health & wellness opportunities.

Ages 10+

Monday, November 23

Early Bird Registration \$25 (until November 9)

\$35 after November 10

Questions? Contact Katrina Ladd, Senior Director of Healthy Living: kladd@metrowestymca.org

YOUTH GYMNASTICS

Tiny Tumblers

Explore tumbling and the sport of gymnastics with your little one. This parent and child class enables you to support and encourage your child as they challenge themselves, practice following direction, improve their gross motor skills, and ultimately 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 5:30 PM- 6:10 PM

Thursdays 5:30 PM-6:10 PM

Saturdays 9:30 AM-10:10 AM

Rollers

Ages 7-9

Tuesdays 6:15PM-6:55 PM

Thursdays 4:45 PM-5:25 PM

Saturdays 10:15 AM-10:55 AM

YOUTH NINJAS

Our Ninjas program has been 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

Wednesday 4:45-5:25pm

Saturdays 11:15 AM-11:55 AM

Ninja 2

Ages 5-7

Wednesdays 5:30 PM-6:10 PM

Saturdays 12:00 PM-12:40 PM

Ninja 3

Ages 8-10

Wednesday 6:15pm-6:55pm

Member: \$109 Youth and Teen: \$147 Community member: \$218

Sports

Framingham | Youth

SPORTS FOR YOUTH AGES 3-12

Thursday – Sunday Classes (6 weeks)

40 minute classes:

Y Member: \$82 Youth/Teen: \$111 Community Member: \$164

60 minute classes:

Y Member: \$96 Youth/Teen: \$130 Community Member: \$192

Monday-Wednesday Classes (8 weeks)

40 minute classes:

Y Member: \$109 Youth/Teen: \$147 Community Member: \$218

60 minute classes:

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

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!

Age 6-10

Thursdays 5:30 PM-6:10 PM

Soccer Skills & Drills - Indoors

This soccer class will focus on introducing and developing dribbling, passing, shooting and teamwork skills while teaching kids to enjoy the game! For our younger families, we encourage parents to jump in to learn and play. For our older groups, the goal is to build the fundamentals to get ready for games!

Age 3-5

Tuesdays 4:30 PM-5:10 PM

Fridays 5:00 PM-5:40 PM

Saturdays 9:15 AM-9:55 AM

Age 6-7

Tuesdays 5:15 PM-5:55 PM

Age 8-10

Tuesdays 6:00 PM-6:40 PM

Volleyball 1

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

Ages 7-10

Monday 5:00 PM-5:40 PM

Mini Sports

Interested in all sorts of sports? Not sure what you like yet? This is a great class to start with as kids will try a bunch of sports throughout the session from soccer, basketball, volleyball, floor hockey and more!

Ages 4-6

Thursdays 4:45 PM-5:25 PM

Saturdays 8:30 AM-9:10 AM

Questions? Contact Brendan LeBlanc, Director of Sports and Recreation:

LBrendan@metrowestymca.org



Youth Basketball League Clinic – FREE!

Free clinic for members to experience what our Youth Basketball League has to offer. There will be 30 minutes of skills and drills, then 30 minutes of games.

Saturday November 21st 1:00pm-2:00pm

Youth Basketball League

Join us for our Youth Basketball League 2026-2027 season! Every week expect to see 30 minutes of practice and 30 minutes of games. There will be a scoreboard, and each child gets their own jersey! Begins on Saturday December 5th

Ages 6-7

Saturdays 1:00-2:00PM

Ages 8-9

Saturdays 2:00-4:00pm

Y members: \$155; Youth/teen: \$209; Community members: \$310

Youth Basketball

Introduce players to the skills they need, learn the sport and prepare for the season. Groups will work on dribbling, shooting, and other skills required for basketball.

40- or 60-minute classes

Ages 5-6

Wednesdays 4:30 PM-5:10 PM

Saturdays 10:00 AM-10:40 AM

Ages 7-9

Wednesdays 5:15 PM-6:15 PM

Saturdays 10:45 AM-11:45 AM

Ages 10-12

Wednesdays 6:20 PM-7:20 PM

Saturdays 11:45 AM-12:45 PM

VOLUNTEERS NEEDED!

We're looking for volunteers to coach our Youth Basketball League on Saturdays from December 5 until February 13. If you're interested, please contact Brendan LeBlanc: lbrendan@metrowestymca.org



FIND YOUR PASSION. FIND YOUR Y.

There are so many ways to be part of the MetroWest YMCA. Build your career, share your skills, meet new people, and make a difference in your community.

VOLUNTEER

Give Your Time. Make an Impact. Whether you have a few hours to give or want to get involved regularly, there are opportunities to use your time and talents to support your community.

Ways to Volunteer:

- Food Access & Community Programs
- Youth Programs & Events
- Special Events
- Outdoor Center & Grounds
- Other current volunteer needs



WORK AT THE Y

Turn Your Passion Into Purpose
Join a team that's helping people learn, grow, and thrive every day.

Now Hiring:

- Leadership & Administration
- Early Learning & Youth Development
- Aquatics
- Outdoor Education & Camp
- Health, Nutrition & Wellness
- Community & Family Support
- Facilities & Operations



Aquatics

Framingham | Youth

PRICING

Monday - Wednesday - 8 weeks

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

Thursday - Sunday - 6 weeks

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

PARENT/CHILD SWIM LESSONS

Parent/Child A: Ages 6-24 months

Accompanied by a grown-up, infants and toddlers will grow comfortable in the water and develop swim readiness skills through fun, confidence-building activities. Adults will learn about water safety, drowning prevention, and the importance of supervision.

Fridays: 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

Wednesday: 3:40 PM - 4:10 PM

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

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

4:50 PM - 5:20 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

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

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:

4:15 PM - 4:45 PM

6:00 PM - 6:30 PM

Thursdays:

4:15 PM - 4:45 PM

5:25 PM - 5:55 PM

Fridays:

4:50 PM - 5:20 PM

5:25 PM - 5:55 PM

6:00 PM - 6:30 PM

Saturdays:

9:45 AM - 10:15 AM

10:20 AM - 10:50 AM

11:30 AM - 12:00 PM

12:05 PM - 12:35 PM

Sundays:

9:10 AM - 9:40 AM

10:20 AM - 10:50 AM

11:30 AM - 12:00 PM

12:05 PM - 12:35 PM

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:

4:15 PM - 4:45 PM

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

SCHOOL AGE SWIM LESSONS (AGES 6-15)

School Age 1: Water Acclimation

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

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

12:40 PM - 1:10 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

12:40 PM - 1:10 PM

School Age 5: Stroke Development

Mondays:

5:25 PM - 5:55 PM

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

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

| Community Member \$256

Thursdays, 6:00 PM - 6:45 PM

Saturdays, 12:05 PM - 12:50 PM

Full-Access Framingham Member \$96 | Youth/Teen Member \$129

| Community Member \$192



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 \$132

Community Member \$264

Water Aerobics

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

45-min class

Mondays, 11:15 AM - 12:00 PM

Wednesdays, 11:15 AM - 12:00 PM

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

Fridays, 11:15 AM - 12:00 PM

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

55-minute class

Mondays, 7:15 PM - 8:10 PM

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

Thursdays, 7:15 PM - 8:10 PM

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

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

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

Thursdays, 11:15 AM - 12:00 PM

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

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 \$16 | Community Member \$32

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

Mondays, 6:35 PM - 7:05 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



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

Evidence-Based Health & Nutrition

Framingham | Adults

EVIDENCE-BASED HEALTH INTERVENTION PROGRAMS- FREE FOR ALL

Year-round, we offer free wellness programs to help people prevent and manage chronic disease. To learn more or enroll, please contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: jpotter@metrowestymca.org

Now enrolling for 2027:

YMCA's Diabetes Prevention Program

This 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+**

LIVESTRONG® at the YMCA: Starts January 2027

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.

Ongoing. Join anytime:

Parkinson's Disease Wellness Programs

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



- PD Strength & Conditioning: Mondays, 11:15 – 12:00 PM
- Pedal for PD: Tuesdays & Fridays, 11:00 – 12:00 PM
- PD PWR!: Wednesdays, 11:45 – 12:30 PM
- PD Movement with Music: Thursdays, 1:00 – 2:00 PM
- Boxing for PD: Sundays, 10:30 – 11:30 AM
- Knight Moves Chess Club: first Wednesday of every month, 1:15 PM to 2:15 PM

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.

Fall Prevention Day



In partnership with 2nd Family
Monday, November 9, 2026
10 AM - 1 PM

RSVP: Jesse Potter at jpotter@metrowestymca.org

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

NUTRITION

FREE Nutrition Workshops at the Framingham Branch

Y Member FREE | Community Member \$10

Join our Registered Dietitian, Maggie Lynch RDN LDN, on the first Wednesday of each month for a nutrition-focused workshop. Each session will cover a new topic and include a taste test! Classes will be held in Studio C from 5:15 - 6:00 pm. Registration required.

Wednesday, November 4th - Savor the Season!

Enjoy the holidays with greater awareness and balance. This workshop includes practical mindful eating tips, a guided mindfulness practice, and a seasonal taste test to help you savor holiday foods and tune into your body's hunger and fullness cues. Register by Tuesday, November 3rd.

Wednesday, December 2nd - Fuel to Perform: Nutrition for Sports & Exercise

Learn how proper nutrition can help you train harder, recover faster, and perform your best. This workshop covers practical fueling and hydration strategies for exercise and sports, along with a taste test featuring performance-friendly foods. Register by Tuesday, December 1st.

Wednesday, January 6th - Building Healthy Habits for Weight Management

Discover practical nutrition strategies to support healthy, sustainable weight management. In this workshop, you'll learn how small, consistent habits can improve eating patterns, increase satisfaction, and support long-term health goals. The session includes a presentation, interactive discussion, and a healthy taste test. Register by Tuesday, Jan 5th

Cooking & Nutrition

Framingham Branch | All Ages

COOKING CLASSES: Youth and Teens

FRAMINGHAM BRANCH

Cooking with Littles Series - 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 with Chef Saba and gain confidence in feeding your little!

Sundays 10:15 am - 11:00 am

Y Member \$86 | Youth & Teen Y Member \$116 |

Community Member \$172

Registration required November 13th. No Class 11/29.

Cooking with Littles One-Time Classes- Ages 2.5-5.5 | 1st 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!

Sweet potato, Sweet Potato!

In this class we will prepare sweet potato apple fritters.

Friday, November 6th; 10:15-11:00 am

Registration required by November 5th.

Gingerbread Pancakes!

We will whip up Gingerbread Pancakes and freshly squeezed orange juice!

Friday, December 4th; 10:15- 11:00 am

Registration required by December 3rd

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

Member \$23 | Community Member \$34 per child, per

class

Kid Chef Series- Ages 6-9

Kids will learn basic cooking skills and techniques. Each week, we will cook and enjoy a new recipe together.

Sundays 11:15- 12:15 pm with Chef Saba

Y Member \$101 | Youth & Teen Y Member \$136 |

Community Member \$202

Registration required November 13th. No Class 11/29.

Teen Chef Series- Ages 10-16

Each week teens will build upon their culinary skills, learning and building confidence with new knife skills and cooking techniques. We will cook and eat healthy, delicious recipes each week!

Thursdays: 5:00-6:30 pm

Y Member \$114 | Youth & Teen Y Member \$153 |

Community Member \$228

Registration required by November 11th

Questions? Contact Maggie Lynch, RDN, LDN, Director of Nutrition Services:

MLynch2@metrowestymca.org

HOPKINTON OUTDOOR CENTER

Cooking with the Littles One-Time Classes- Ages 2.5-5.5 | 3rd Friday of the Month

10:15 AM- 11:00 PM

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.

November 20th: Broccoli and Cheese Pizza Pockets!

Registration by November 19th

December 18th: Cranberry And Orange Muffins!

Registration required by December 17th.

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

\$23 | Community Member \$34 per child, per class

Kids in the Kitchen Half-Day Program - Ages 6-12

Monday December 28th – Breakfast for Lunch

Tuesday December 29th – Winter Baking

Wednesday December 30th – Homemade Pasta, sauce, and seasonal salad

9am-1pm

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

Community Members \$126 per person

Family Dinner Nights: Every 3rd Friday of the Month

Seasonal Pies!

Learn the craft of making homemade pumpkin and apple pie from scratch.

Friday, November 20th, 5:30-7:30pm

Registration required by November 19th.

Holidays from across the globe!

Travel across the world with your palate and see how different cultures enjoy their holiday meals.

Friday, December 18th, 5:30-7:30pm

Registration required by December 17th.

Y Member \$20 per person | Youth & Teen Y Member \$27 |

Community Members \$40 per person

Nutrition Counseling

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

	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

Outdoor Center

Hopkinton | All Ages

OUTDOOR ADVENTURE CLASSES

Archery - all equipment is provided

Full-Access Framingham Member \$77 | Outdoor Center + Youth/Teen Member \$83 | Community Member \$154

Beginner Archery: Ages 6+

Participants will learn range safety and foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and other information.

Saturdays, 9:00 AM – 10:00 AM (No class 11/29)

Beginner/Intermediate Archery: Ages 8+

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

Saturdays, 10:15 AM – 11:15 AM

Advanced Archery (Youth & Adult): 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 (No class 11/29)

Adult Belay Class: Ages 18+

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

Fridays, 6:00 PM - 8:00 PM

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

SAFETY COURSES

American Red Cross 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. Will include child and infant CPR/First Aid. This course is in person with NO online learning piece. All three weeks are required for certification.

Three days: Tuesday, November 10, 17, and 24

5:30 PM – 8:00 PM

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

YOGA

Parent/Child Yoga

Kinder yoga®: Grown-Up & Me in partnership with Pretzel Kids®

A playful yoga and mindfulness class for young children and their favorite grown-up. Through movement, songs, games, and simple mindfulness activities, children and their grown-ups will practice balance, coordination, connection, and calm together while building confidence and self-regulation.

Ages 2–3 and their parents or caregivers

Saturdays, 10:00 AM- 10:45

Full Access Fram. Member/Outdoor Center: \$120 |
Community Member \$150

ENRICHMENT WORKSHOPS

Stained Glass Workshop

Ages 18+, 13+ if accompanied by an adult

Create your own stained glass star ornament using the Tiffany copper foil method. Perfect for beginners, this hands-on workshop will guide you through cutting and shaping glass, applying copper foil, and soldering your design together.

All tools and materials are provided, with a selection of glass colors available. You'll leave with a finished, handcrafted ornament to display or give as a gift.

Sunday, November 29

9:00 AM – 12:00 PM

Y Member \$75

Outdoor Center Member \$75

Community Member \$90



DRUMMING in partnership with Logan Amaral Music

Come explore West African music and dance through drumming, singing, and dancing. Led by accomplished teacher and performer, Logan Amaral, these one-time workshops will get you moving and bring people together.

West African Music and Dance: All Ages

Experience the music and movement of West Africa through traditional drumming, sing songs in traditional languages of West Africa, and try energetic dances from Ghana. Learn authentic rhythms and songs while building teamwork, listening skills, and self-expression. Each class stresses the importance of working together as an ensemble, listening to one another, and self-expression. Instruments will be provided. No experience is required, all are welcome!

Sunday, November 8

10:00AM- 11:00AM

Full Access Fram. Member/Outdoor Center: \$25 |
Community Member \$35

Talking Drum Ensemble: Ages 15+

Explore the instruments, rhythms, and songs of the Dagomba people of Northern Ghana. The traditional lura and gun-gun drums reflect patterns in speech, with sounds that reflect language and can communicate layers of meaning.

Learn about the important role drummers play as musicians, counselors, and preservers of history while playing authentic, handmade instruments from Ghana and exploring the rich culture and traditions behind them.

Sunday, November 8

11:00 AM - 12:00 PM

Full Access Fram. Member/Outdoor Center: \$25 |
Community Member \$35

Outdoor Center

Hopkinton | All Ages

DROP-IN PROGRAMS- FREE FOR MEMBERS

Open Climb- Now with several THEMED nights!

The indoor climbing gym is open to climbers of all ages, shapes, and sizes, we have harnesses that fit everyone. Anyone over 18 wishing to belay must attend the belay class. Last hour "Lights Out" blackout climbing available upon request. Additional information for themed week activities can be found on the Outdoor Center page of the Metrowest Y's webpage.

Fridays, 6 PM – 9 PM in the Rec hall

Themed night: 12/18 (Glow Out/Blow Out Party)

Y Member: FREE! | Community Member: \$10/person

Check out Classes to find out how YOU can belay YOUR FAMILY by signing up for an Adult Belay Class!

Open Archery

Come check out archery before signing up for the class, or get in some extra practice time. No registration required. Will be on outdoor range (down Red trail, behind the Rec hall/Hayes lodge) if warm enough, or in the Rec hall for cold/inclement weather. All equipment provided (recurve bows). Participants may bring own bows (recurve or compound, no crossbows) provided draw weight is 30lbs or less for Rec hall, and 60lbs or less for outdoor range. Field/target points only, no broadheads.

Saturdays, 12:30 PM – 1:30 PM in the Rec hall or outdoor range

Y Member: FREE! | Community Member: \$10/person

Open Pickleball

Outdoor Courts:

Weekdays, dawn-7:30 AM & 4 PM-dusk; weekends, dawn-dusk.

Email bpinchuck@metrowestymca.org for member gate access.

Indoor Courts | Rec Lodge:

Available select times throughout the week. Email bpinchuck@metrowestymca.org 24 hours in advance to reserve.

FREE ACTIVITIES FOR MEMBERS

Registration Required

Family Hatha Yoga- FREE FOR MEMBERS

Discover the benefits of yoga in this all-levels class led by instructor Hareendra Ikkurthi in partnership with the Art of Living Foundation. Each session includes Hatha yoga, guided sun salutations, breathing techniques, meditation, relaxation, and refreshments. A separate Kids' Yoga session is available for ages 6-12.

Sunday, November 8, 8:00 - 9:00AM

Sunday, December 6th, 8:00 - 9:00AM

Intro to Pickleball Clinic: Ages 15+

Perhaps your friends play pickleball. Maybe you're a tennis or racquetball player looking for a new challenge. 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.

Saturday, December 5

10:00 AM – 11:00 AM

Y Members: FREE | Community Member \$25

More to Explore:

Family Pickleball Clinic (Parent/Child Class)

Play pickleball with your child! Participants will learn the rules, fundamental skills, and play with other families. Ages 8 to 12 with parent or caregiver.

Saturday, December 5

9:00 AM - 10:00 AM

Y Member \$10 | Outdoor Center/Youth Member \$10 |

Community Member \$25

Winter Vacation Program

Spend winter vacation having fun at the Hopkinton Outdoor Center! This outdoor-focused program includes games, crafts, sports, archery, rock climbing, fort building, hiking, trail exploration, orienteering, low ropes, and more.

Indoor activities will include games, the rock wall and archery range, plus arts and crafts. Please send your child with lunch, a water bottle, and two snacks.

Space is limited. Register online, in person, or by calling either branch.

Ages 7-12

December 28, 29 & 30

8:00 AM-5:00 PM

Full Access Framingham Member: \$85 | Outdoor Center + Youth/Teen Member: \$95 | Community Member: \$160

YMCA MEMBER OUTDOOR GEAR BORROWING

The Outdoor Center is happy to be able to begin offering YMCA members use of our outdoor gear library to borrow for your weekend adventures! Available outdoor technical gear includes items needed for camping, backpacking, and hiking. These items can be borrowed upon request by emailing Bartt Pinchuck at bpinchuck@metrowestymca.org

Birthday Parties

Celebrate your child's special day with a birthday party at the Outdoor Center in Hopkinton! Choose from one of our themed party packages below to give your child and their friends a memorable day.

- Not-Your-Average Party
- Slime-Making Party
- Archery Party
- Cooking Party
- Climbing Party

Questions? Contact Bartt Pinchuck,
bpinchuck@metrowestymca.org



MetroWest YMCA Annual Campaign

The MetroWest YMCA strengthens community by giving everyone an opportunity to thrive. Our Annual Campaign makes it possible for people to be part of that mission through their support.

Together, we nurture youth development, strengthen healthy living, and advance social responsibility—ensuring that everyone, regardless of background, circumstance, or financial ability, can access the resources and support they need to thrive.

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, support mental well-being, and give individuals a powerful sense of achievement and belonging.

Your contribution to the Annual Campaign helps make this impact possible—opening doors, strengthening lives, and creating a healthier, more connected community.



Ways to Support:

MOVE WITH PURPOSE

Treadmill 5K Turkey Trot, November 23 Framingham Branch

Hop on a treadmill and join us for our annual Treadmill 5K Turkey Trot! Participants of all fitness levels can complete the Turkey Trot individually or with friends or family. Participation helps to raise funds for our Annual Campaign, which provides financial support to individuals and families to access health & wellness opportunities.

Ages 10+

Early Bird Registration \$25 (until November 9)

\$35 after November 10



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THANK YOU FOR YOUR SUPPORT

Contact Amy Miller for more information

508.876.6081 amiller@metrowestymca.org

DONATE TODAY!



ATTEND AN EVENT

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.



Chop's Diner: Dine on the Dark Side Interactive Dinner Theater Experience MetroWest YMCA, Outdoor Center, Hopkinton

DATES: October 23, 24, 30, 31
TWO SEATINGS: 5:30 PM, 7:30 PM

Your ticket makes you an honorary Deadwoodville High alum and you'll be welcomed at the High School Reunion Party. A family style dinner will be served by your classmates who have a lot to catch you up on!

Two weekends only.

An unforgettable dinner with the undead awaits!



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

Grab your tickets today at metrowestymca.org.

To learn more about sponsorship opportunities or to donate an auction item, contact Amy Miller at amiller@metrowestymca.org

