the YMCA | 175 YEAR ANNIVERSARY

NO PLACE







Like *This Place*

MetroWest YMCA
Winter Program & Membership Guide
January 4 – February 14

Welcome to the MetroWest YMCA!



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.

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:
ymcaheartofthecommunity.org

IMPORTANT DATES

Framingham Branch Holiday Hours:
Thursday, Dec 24: Open 5:00 AM – 1:30 PM
Friday, Dec 25: CLOSED
Thursday, Dec 31: Open 5:00 AM – 5:00 PM
Friday, Jan 1: Open 1:00 PM- 5:00 PM

Winter Session 2027: January 4 – February 14
Registration: Y Member: December 8
Community Members: December 15

Spring I 2027 Session: February 22 – April 18
Registration: Y Members: February 2
Community Members: February 19

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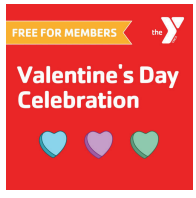






See All Events:

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.



THE Good things happen here PLACE

No Place Like *This Place*™

the Y YMCA

$0 JOIN FEE*

and a FREE Kickstarter Session

Offer ends January 31

**Youth, Teen, and Hopkinton memberships excluded. Prorated monthly fee is due at the time of registration.*

MEMBERSHIP TYPES

Framingham Branch:

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

Hopkinton Outdoor Center:

- Hopkinton Outdoor Center Family/ Household

Here, you'll find connection and motivation

- Unlimited, FREE Group Exercise classes (Reservation is required)**
- FREE wellness consultation**
- FREE evidence-based health and wellness programs (visit our website to learn more)**
- Child Watch while you workout (With a Family Membership)**
- Weekly Open Swim, Open Gym, Family Open Ninja**
- Weekly Open Climb*
- Daily drop-in sports for all ages**
- Member rate on select programs, events, classes, and summer camp^
- Special events and volunteer opportunities^

^ Available at both locations
*** Available at the Framingham Branch*
** Available at the Hopkinton Outdoor Center*

MetroWest YMCA
(508) 879-4420 | metrowestymca.org

JOIN TODAY

Family Fun
Framingham, Hopkinton | Youth, Families

FREE WEEKLY DROP-IN PROGRAMS
FRAMINGHAM BRANCH – Member only

Open Swim & Open Gym
Enjoy free play and swim and meet other families at our beautiful gym and indoor pool.
metrowestymca.org/schedules

Ninja Open Gym
Sundays, 10:30 AM - 11:30 AM
Join us in our gymnasium for an action-packed hour! Our ninja course will be set up and ready for kids to climb, jump, and test their skills. This staffed open gym is the perfect chance for families to explore our ninja equipment, practice obstacles, and have fun together!

Morning Mingle - Drop in anytime!
Tuesdays and Wednesdays, 9:30 AM - 11:45 AM
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.

HOPKINTON OUTDOOR CENTER
Open Climb, Fridays, 6:00 PM - 9:00 PM
The indoor climbing gym is open to climbers of all ages, shapes, and sizes. The last hour is glow-in-the dark!

Valentine's Day Celebration



Join us in the gymnasium for a family-friendly party to celebrate the season. There will be face painting, music, games, and more!
Framingham Family Member FREE l Youth & Adult Member $15/family

Sunday, February 7 | 4:00 PM - 5:30 PM
Framingham Branch

Gardening & Sustainability!
Registration required for all classes.

Make Your Own Birdfeeder!
Get creative and connect with nature in our DIY Bird Feeder Workshop! Join us for a fun, hands-on experience where you'll build your own bird feeder to take home. Learn how to create a welcoming space for local birds while exploring simple, creative ways to support wildlife in your backyard.
All materials provided. No experience necessary—just bring your creativity and love for nature!
Y members $15 | Community Members $30 per person
Sunday, January 24th 10:15-11:00am
All Ages welcome
Framingham Branch
Registration is Required by January 22nd

Make Your Own Jewelry
Ages 8+
Get creative and make something meaningful in this fun, hands-on jewelry-making workshop! Using colorful polymer clay, you'll design and create your own unique pieces of jewelry, perfect for gifting to someone special this Valentine's Day—or keeping as a little treat for yourself.
Make earrings, a necklace, or a charm bracelet and let your creativity shine as you mix colors, explore designs, and add your own special touches. You'll leave with handmade jewelry that's as unique as you are. No experience is necessary.
Thursday, February 11th, 6-7:30 PM
Y members $23 | Community Members $46 per person
Framingham Branch
Registration is Required by February 9th

Questions? Contact Lindsey Bogott, Farm to School and Food Access Coordinator: lbogott@metrowestymca.org

the Y
FAMILY DINNER NIGHTS

Family Dinner Nights at the Hopkinton Outdoor Center
Family Dinner Nights are the perfect chance to connect as a family and learn something new! In these group cooking classes, you'll make delicious, healthy recipes, and then enjoy a meal together. Be prepared to take home leftovers!

Held one Friday a month from 5:30 PM - 7:30 PM in the teaching kitchen at the Hopkinton Outdoor Center!

Friday, January 22nd: Butternut squash mac & cheese with apple cider chicken
Cook up a winter classic; butternut squash mac and cheese!

Y Member $25 per person | Community Members $50 per person Under 3 is free!

PROJECT ABC – FREE PLAYGROUPS FOR FAMILIES

project ABC
helping families advocate, belong, and connect
Project ABC is a Coordinated Family and Community Engagement Grant funded by the Department of Early Education and Care managed by the MetroWest YMCA

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.

SCAN TO LEARN MORE

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.

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

Out-of-School Time Programs
Framingham, Hopkinton | Youth, Families

SCHOOL VACATION PROGRAMS

Kids' Day Out - Framingham Branch
Kids who are off from school can come to the Y and enjoy physical activities, arts & crafts, swim time, and more. Registration required. Prior to the start of the program, parents will receive an email with a registration form to complete for your child.
Grades K-5
Monday, January 18 *Register by January 14
8:00 AM – 5:00 PM
Y Member $75 | Youth Y Member $101 l Community Member $150

February Vacation Programs

FRAMINGHAM

February Vacation Program: Grades K-5
We offer a full-day program at the Framingham Branch 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.
February 15-19, 9:00 AM – 4:00 PM
Y Family Members $81 l Youth Y Members $109 l Community Members $162
Add ons:
AM Care, 7:30 AM - 9:00 AM
PM Care, 4:00 PM - 6:00 PM
Y Family Members $16 l Youth Y Members $22 l Community Members $32

Athlete Academy- Train, Fuel and Perform Half Day Program: Ages 9-13
Take your athletic performance to the next level! This half-day program is designed for young athletes who want to improve their sports skills, build strength, and learn how to properly fuel their bodies.
Participants will spend time training in their chosen sport, learning the fundamentals of athletic nutrition through interactive presentations, and participating in age-appropriate strength and conditioning workouts in the weight room. Athletes will also get hands-on experience creating nutritious pre- and post-workout snacks while learning how proper nutrition can support energy, performance, recovery, and overall health.
February 16th: Basketball
February 17th: Soccer
February 18th: Flag Football
9:00am-1:00pm
Y Member: $50 | Youth/Teen Member $95 | Community Member: $100

HOPKINTON

Kids in the Kitchen Half-Day Program: Ages 6-12
Looking for a hands-on program for your child while school is out? Kids in the Kitchen, operated out of our Hopkinton Outdoor Center, teaches basic cooking skills while preparing healthy, delicious recipes! Sign up for one class or all!
9:00 AM - 1:00 PM
February 16th: Breakfast favorites: Crepes with toppings, herb quiche, and home fries
February 17th: Comfort classics: New England corn chowder, homemade dinner rolls and butter and a fall salad
February 18th: Snack Lab: Make all your favorite snacks! Soft baked pretzels with mustard and cheese sauce, cinnamon apple chips, hummus 3 ways (regular, beet and roasted red pepper), and energy bites!
February 19th: Best of the Bakery: Cranberry orange muffins, apple cinnamon hand pies, and pizza pinwheels!
Members: $64 | Outdoor Center/Youth & Teen Membership: $86 | Community Member $128 (prices per day)

Questions? Contact Maggie Lynch, Director of Nutrition Services at: mlynch2@metrowestymca.org

Outdoor Adventure Vacation Program: Ages 7-12
Join us for an outdoor-based vacation program that includes games, crafts, sports, archery, rock climbing, and more! We plan to spend a good part of the program outdoors, hiking & exploring trails, checking out the orienteering courses, and trying a few low ropes elements. Indoors, we will run games, utilize the climbing wall and archery range, and work on arts/crafts projects. Limited space is available.
February 15-19
Y Member: $85 | Outdoor Center + Youth/Teen Member $95 | Community Member $160.

Parents' Night Out
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, January 9. **Register by January 7*
Friday, January 23. **Register by January 21*
Friday, February 6. **Register by February 4*
Ages 3 - 12
Y Member $24 | Youth Y Member $32 l Community Member $48

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

SCHOOL'S OUT Before and After School Program, Grades (K-5)

The MetroWest YMCA's Before and After School Program, School's Out, serves elementary school youth in **Ashland, Framingham, Hopkinton, Natick, and Wayland.** The Program nurtures your child's development by providing a safe place to learn foundational skills; develop healthy, trusting relationships; and build self-reliance. Our curriculum includes a focus on SEL (Social and Emotional Learning), which includes daily opportunities for children to learn about, practice, and gain real world skills in the areas of emotion management. 2, 3, and 5-day options available.

Questions? Contact Emmett Prescott, Out of School Time Director, eprescott@metrowestymca.org

SCAN TO LEARN MORE


the YMCA
175 YEAR ANNIVERSARY
NO PLACE
Like This Place
MetroWest YMCA Summer Day Camp
A summer of fun. A place to grow.
Registration opens January 18
With more than 30 program options, your child will find something that makes summer special.

Hopkinton Outdoor Center: Nature, Enrichment, Sports

Hopkinton Outdoor Center | All Ages

ADVENTURE SPORTS

Archery - all equipment is provided

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

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 home 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 $77 | Outdoor Center + Youth/Teen Member $83 | Community Member $154

SAFETY COURSES & WORKSHOPS

American Red Cross Babysitter's Training: 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: Mondays, Jan 11, 18, and 25
5:30 PM – 8:00 PM
Full-Access Framingham Member $85 | Outdoor Center + Youth/Teen Member $100 | Community Member $120

Stained Glass Workshop: Cardinals
Ages 18+, 13+ if accompanied by an adult
Create your own stained cardinal suncatcher 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, January 16
9:00 AM – 12:00 PM
Y Member $75
Outdoor Center Member $75
Community Member $90

YMCA MEMBER OUTDOOR GEAR BORROWING
Get outside and explore! YMCA members can enjoy hiking trails at the Hopkinton Outdoor Center and borrow gear for their next outdoor adventure. Our outdoor gear library includes equipment for camping, backpacking, hiking, and snowshoeing.
To request gear or learn more, contact Bartt Pinchuck at bpinchuck@metrowestymca.org.

If you have a Full-Access Framingham Membership, don't forget that you have access to programs at the Outdoor Center!

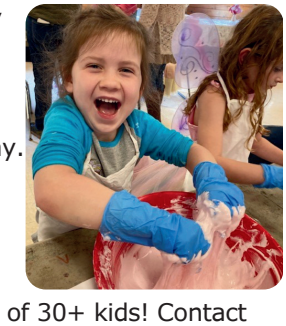


INDOOR PICKLEBALL CLINICS



Intro to Pickleball
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.
Ages 15+
Saturday, January 16, 10:00 AM – 11:00 AM
Saturday, February 6, 10:00 AM – 11:00 AM
Y Members: FREE | Community Member $25

BIRTHDAYS AT THE Y



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

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

Parties can accommodate groups of 30+ kids! Contact Bartt Pinchuck at bpinchuck@metrowestymca.org for details and pricing.

Questions? Contact Bartt Pinchuck at bpinchuck@metrowestymca.org.

Enrichment & Cooking

Framingham, Hopkinton | All Ages

FRAMINGHAM

COOKING CLASSES

SERIES

Cooking with Littles
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 2.5-5.5
Sundays, 10:15 am - 11:00 am
Y Member $88 | Youth & Teen Y Member $119 | Community Member $176

Kid Chefs 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
Sundays, 11:15- 12:15 pm
Y Member $103 | Youth & Teen Y Member $139 | Community Member $206

Teen Chefs 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
Y Member $117 | Youth & Teen Y Member $158 | Community Member $234

ONE-TIME CLASSES

Cooking with Littles (Parent/Child)
Ages 2-5
Parents/guardians and children will learn cooking skills while exploring new foods and flavors together! You'll prepare a delicious kid-friendly recipe and gain confidence in feeding your little. Sign up for one or all of our classes!
Friday, January 8th, 10:15-11:00 am
Cranberry baked oatmeal cups with a winter citrus fruit salad
Friday, February 12th, 10:15- 11:00 am
Za'atar pita chips, fresh veggie crudité and pink beet hummus
Y Member $18 per child, per class | Youth & Teen Y Member $24 | Community Member $36 per child, per class



Family Members FREE l Youth and Adults $15 per family

HOPKINTON

COOKING SERIES for KIDS

Kid Chefs Series
Looking for a hands-on program for your child to engage in after school? Kids Chef will teach children age appropriate cooking skills to create a safe environment while preparing healthy, delicious recipes! Children will learn knife skills, how to measure ingredients, safety around the stove and oven, how to read through a recipe, and so much more!
Ages 6-9
Mondays, 5:00 PM – 6:30 PM
Y Member $117 | Youth & Teen Y Member $158 | Community Member $234



ONE-TIME COOKING CLASSES

Cooking with Littles (Parent/Child)
2.5-5.5
Parents/guardians and children will learn cooking skills while exploring new foods and flavors together! You'll prepare a You'll prepare a delicious kid-friendly recipe and make a related craft.

Friday, January 15th: 10:15- 11:00 am
Winter vegetable hand pies!

Y Member $18 per child, per class | Youth & Teen Y Member $24 | Community Member $36 per child, per class

ENRICHMENT for KIDS

FREE for Full-Access Framingham Members
Youth Members $91 l Community Members $134

Crafty Littles (Ages 2.6-3.6)
Come dressed for a mess and ready for fun as we craft with a variety of materials.
Thursday, 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
Monday, 10:45 AM - 11:45 AM

Alphabetivities (Ages 3-4)
Explore a different letter of the alphabet each week. Your child will practice writing each letter, learning sounds, and making a theme-related craft.
Wednesdays, 10:45 AM - 11:45 AM

Crafty Kids (Ages 4-9)
Join us as we explore a variety of crafting materials. Projects may use paint, pastels, beading, charcoal, clay, foam, or wood. Bring your imagination and be dressed for a mess.
Saturday, 9:30 AM – 10:30 AM

Kindergarten Readiness (Ages 4-5)
Already know your ABCs and 123s? Join us for Kindergarten Readiness where we'll explore patterns, sequencing, rhyming, and more.
Wednesday, 12:00 PM – 1:00 PM

Fun & Games (Ages 7-9)
Great opportunity for kids that like to play board games, but have a hard time doing so at home with young siblings. Come play some games with your friends. Suggest your favorites or learn a new one.
Saturday 10:45 PM – 11:45 PM

***NEW*Kids Book Club (Ages 9-11)**
Looking for new authors, books, or series to read? We can share our favorites and pick a book to read together.
Thursdays 4:00 PM – 5:00 PM

***NEW*Dungeons & Dragons Club (Ages 8-12)**
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!
Saturday, 12:00-1:00

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

EARLY LEARNING CENTER

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



naeyc Accredited

SCAN TO LEARN MORE

The MetroWest YMCA's Early Learning Center (ELC) helps children meet their learning and developmental potential by providing high-quality early education and year-round, weekday care to children ages 15 months through five years old.
Our classes are designed to make your child feel safe and comfortable while, exploring,

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

socializing, and having fun. Activities at the Y are designed to put learning in the context of play. They include gross motor and language activities, sensory experiences, creative expression, learning through hands-on exploration, and the acquisition of self-help skills. Parents can enroll their children in YMCA classes such as swimming, sports, and gymnastics beginning at age three.

Sports
Framingham Branch| Youth

SPORTS FOR YOUTH AGES 3–12

PRICING *(unless stated otherwise)*
40-minute classes: Y Member: $84 Youth/Teen: $113
Community Member: $168
60-minute classes: Y Member: $98 Youth/Teen: $132
Community Member: $196

Youth Basketball
Introduce players to the skills they need to love the game and prepare for the season. Groups will work on dribbling, shooting, and other skills required for basketball. Our 10-12 age group will end practices with 20 minutes of game play.

Ages 5-6
Mondays, 4:45 PM-5:25 PM
Wednesdays, 4:30 PM-5:10 PM
Saturdays, 10:00 AM-10:40 AM

Ages 7-9
Mondays, 5:30 PM-6:30 PM
Wednesdays, 5:15 PM-6:15 PM
Saturdays, 10:45 – 11:45 AM

Ages 10-12
Wednesdays, 6:20 PM-7:20 PM
Saturdays, 11:45 AM-12:45 PM



We are looking for VOLUNTEERS for our Youth Basketball League. Interested? Contact Brendan LeBlanc, Director of Sports and Recreation: LBrendan@metrowestymca.org

Soccer Skills & Drills
This indoor soccer class will focus on introducing and developing dribbling, passing, shooting and teamwork skills while teaching kids to enjoy the game! For our younger families, we encourage parents to jump in to learn and play. For our older groups, the goal is to build upon the fundamentals to get ready for games!
Ages 3-5
Tuesdays, 4:30pm-5:10pm
Fridays, 5:00 PM-5:40 PM
Saturdays, 9:15 AM-9:55 AM
Age 6-8
Tuesdays 5:15 PM-5:55 PM
Age 8-10
Tuesdays, 6:00 PM-6:40 PM

Floor Hockey
Players will learn the basics of floor hockey through practice and guided play. Sticks are available, so all you need is the energy to learn and have fun!
Ages 6-10
Thursdays, 5:30 PM-6:10 PM

Volleyball 1
Bump, set, spike! Join us this winter for a beginner-level volleyball class where we 'll focus on fundamental skills, strategies, and teamwork. Players of all levels are welcome to come and improve their game!
Ages 7-10
Mondays, 5:00-5:40

Mini Sports
This is a great introductory class for kids to try sports like soccer, basketball, volleyball, track and field, and more!
Ages 4-6
Thursdays, 4:45-5:25pm
Saturdays, 8:30-9:10 AM

NINJAS & GYMNASTICS

PRICING
40-minute classes: Y Member: $84 Youth/Teen: $113
Community Member: $168
60-minute classes: Y Member: $98 Youth/Teen: $132
Community Member: $196

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

GYMNASTICS

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

Gym Stars: Ages 4-6
Tuesdays 5:00 PM-5:40 PM
Thursdays 5:30-6:10 PM
Saturdays 9:30 AM-10:10 AM

Rollers: Ages 7-9
Tuesdays 5:45 PM-6:25 PM
Saturdays 10:15 AM-10:55 AM

Cheer
Cheer is back at the YMCA! This introductory class is focused on the basics of cheer and is geared towards beginner to intermediate level athletes. We will work on skills such as Stunting, Motions, Jumps and Tumbling.
Ages 7-9
Thursdays 4:45-5:25pm

SPORTS FOR ADULTS & FAMILIES

Family Pickleball (Parent/Child Class)
Learn and play the sport of pickleball with your child! Participants will learn the rules, fundamental skills, and play with other families.
Ages 6-10
Fridays 5:00 PM-5:40 PM

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

Open Pickleball & Open Basketball - FREE for members ages 12+
Come play basketball or pickleball in our gymnasium! metrowestymca.org/schedules

Family Open Gym: Ninja, Soccer & Basketball - FREE for members
Drop-in opportunity for families to shoot hoops, score some goals and run our Ninja Obstacle Courses.
Sundays, 10:30 AM -12:00 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, 7:00 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, 12:30 PM-3:30 PM

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

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

Aquatics
Framingham Branch | Youth

PRICING
Full-Access Framingham Member $89 | Youth/Teen Member $120 | Community Member $178

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 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 - 4:45 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

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
Thursdays, 6:00 PM - 6:45 PM
Saturdays, 12:05 PM - 12:50 PM
Full-Access Framingham Member $98 | Youth/Teen Member $132 | Community Member $196







Aquatics

Framingham Branch | Teens, Adults

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

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 $110 | Community Member $220

WATER FITNESS (Ages 18+)

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
Fridays, 11:15 AM - 12:00 PM
Full-Access Framingham Member $17 | Community Member $34

55-minute class
Mondays, 7:15 PM - 8:10 PM
Thursdays, 7:15 PM - 8:10 PM
Full-Access Framingham Member $21 | Community Member $42

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 $17 | Community Member $34

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 $17 | Community Member $34



Lifeguard Certification

Get certified and gain the skills to save lives! Lifeguard Certification courses will be offered in January and February.

For more information, email **aquatics@metrowestymca.org**.

FREE EVIDENCE-BASED HEALTH INTERVENTION PROGRAMS

The MetroWest YMCA has an entire department devoted to helping individuals prevent and manage chronic conditions to reclaim their health and quality of life. These evidence-based programs have shown quantifiable results and support individuals with diabetes, high blood pressure, arthritis, cancer, and neuromuscular conditions like Parkinson's.

Most of these programs are **FREE** and offered on an ongoing basis. Classes will be held at the Framingham Branch. Day and time for each class may vary by session.
To enroll: Contact Jesse Potter, Director of Evidence-Based and Older Adult Programs: jpotter@metrowestymca.org or 508-879-4420 x232

UPCOMING SESSIONS

YMCA's Diabetes Prevention Program Starts in February

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

LIVESTRONG® at the YMCA Starts in January

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 ANY TIME

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 American Parkinson's Disease Association (APDA), and are **FREE** to all.

- PD Strength & Conditioning: Mondays, 11:15 – 12 PM
- Pedal for PD: Tuesdays & Fridays, 11– 12PM
- PD PWR!: Wednesdays, 11:45 – 12:30 PM
- PD Movement with Music: Thursdays, 1– 2PM
- 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

Grant Funded By: apda American Parkinson Disease Association Massachusetts Chapter COMMUNITY PROGRAM apdama.org

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

YMCA'S Blood Pressure Self-Monitoring

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

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

Finding Strength and Community Through LIVESTRONG



After breast cancer treatment, Liz Young turned to LIVESTRONG at the YMCA to rebuild her strength and confidence. What she found was more than a fitness program. It was a supportive community that helped her move forward.
Read Liz's inspiring story →

Save the Date!
February 2027 is Heart Month!

Join us for special events and activities throughout February focused on heart health and wellness. Stay tuned for more details!

Wellness: Nutrition
Framingham Branch | Adults

NUTRITION
FRAMINGHAM

WEIGH TO CHANGE

Gain strength, confidence, and better health!

10 weeks
1/18-3/27

Weigh to Change is the MetroWest YMCA's signature lifestyle change program. It combines fitness, nutrition, and community to help you reach your health goals.

You will get:

- 10 Personal Training sessions
- 2 Small Group Training classes
- 2 Nutrition Consultations with a registered dietician
- 2 Inbody scans (optional)
- Cooking Demos, weekly exercise, and ongoing community support



Over $850 Value!

The next program starts on January 18.
Will you join us?

Y Member $425 | Community Member $850
-Payment plans available

Program kicks off with a group meeting on Monday, January 18th at 6:00 PM

Questions? Contact
Francois Monestime FMonestime@metrowestymca.org

Nutrition Workshops FREE for ALL

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



January 6th: Winter Wellness

Cold weather, busy schedules, and shorter days can make healthy eating feel more challenging. Learn about winter-friendly foods, nutrients that support overall health, hydration, and easy meal ideas that are both satisfying and nutritious.
*Register by January 5th

February 3rd: Heart Health!

February is Heart Health Awareness Month! Learn about a heart healthy diet, lifestyle modifications to improve overall heart health, and learn how to use a blood pressure cuff!
*Register by February 2nd

Food & Nutrition Resources

One of the most pressing and persistent barriers to thriving communities is food insecurity. Too many of our neighbors lack reliable access to nutritious, affordable food. When you support the YMCA's food access initiatives, you are investing in a more healthy future for everyone. Learn more:



Nutrition Counseling

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

Choose 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

PRICING *(unless stated otherwise)*

40 min classes pricing is = Y Member $84 | Youth/Teen Y Member $113 | Community Member $168

60 min classes pricing is = Y Member $98 | Youth/Teen Y Member $132 | Community Member $196

YOUTH & TEENS

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 7-9
Saturdays, 10:30 AM-11:00 AM
Y Member $81 | Youth/Teen Y Member $110 | Community Members $162

Powerful Girls Jr.
Powerful Girls Jr. is an empowering program designed for girls ages 7–9 to build strength, motor control, and confidence in a fun, supportive environment. Each class will have a warm-up, skill/strength focus, and cool down.
Ages 7-9
Wednesdays, 4:00 PM – 5:00 PM

Powerful Girls
For young girls looking to start exercising, this class teaches total body movements using different techniques and helps to build confidence. Each class does a dynamic warm-up, 2-3 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 10-13
Wednesdays, 4:00 PM – 5:00 PM
Saturdays, 11:30 AM-12:30 PM

Kids FT
Kids will run, jump, hang, and carry to help them learn more about their bodies as they grow. We will do aerobic conditioning for endurance, basic strength training, and jumping for power development.
Ages 5-7
Mondays, 4:45 PM - 5:25 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

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.
Ages 11-16
Thursdays, 5:00-6:00 PM

Youth & Teen Strenth Training
Kids will learn the basics of strength training using kettlebells, dumbbells, and barbells. They'll learn how to properly perform movements like bench press, squat, and deadlift as well as other upper body and lower body push and pull movements to support safe, overall strength development.
Ages 10-13
Tuesdays, 5:00 PM – 6:00 PM
Sundays, 2:00 PM-3:00 PM

Cycle Power
Boost your cardiovascular fitness and lower body strength in this high-intensity cycle class. Pre- and post-power tests help participants assess their intensity level and track their progress over time.
All Ages - starting at 12
Fridays, 6:00 AM - 7:00 AM
*Open to Beginners



ADULTS (Ages 18+)

Strength Training - Level 1 - Perfect for Beginners!
Ready to build strength and confidence in the gym? This beginner-friendly class will teach you the fundamentals of strength training using machines. Learn proper form, technique, and how to create a safe and effective workout. Whether you're new to strength training or looking for some workouts, this class will help you get stronger and feel more comfortable using gym equipment.
Mondays, 11:00 AM – 12:00 PM
Saturdays 9:15 AM-10:15 AM

Strength Training – Level 2
Recommended participants take Strength Training – Level 1, Strength Training for Healthy Bones first OR have previous experience strength training. Learn how to complete complex movement patterns using free weights and other equipment. Class will help you create a weightlifting routine and develop functional strength.
Fridays, 5:00 PM-6:00 PM
Saturdays, 11:30 AM-12:30 PM

Fitness

Framingham Branch | Adults

NEW! Endurance Lab
Looking to improve your aerobic endurance without neglecting your strength? Join us as we combine cardio and strength exercises for a dynamic workout that keeps you move and build cardiovascular endurance through a variety of challenges. This 60-minute class is a fun and motivating way to push your limits!
Tuesdays, 9:30 AM-10:30 AM
Saturdays, 8:15 AM-9:15 AM

Swimming Basics for Triathlons
Ever wanted to do a triathlon, but the swim portion scared you? This class is designed for swimmers who can already swim at least 50 yards without stopping and want to improve their freestyle stroke for endurance or open water swimming. In each class, you will complete swimming drills and followed by a swim workout. The MetroWest YMCA will be hosting an Indoor Triathlon on March 29th, 2026, what better way to train than in this class!
Mondays, 6:00 AM-7:00 AM

Strength Training for Healthy Bones - Perfect for Beginners!
As we age, the density of our bones decreases, increasing our risk for injury. Fortunately, strength training can help maintain and improve the density of your bones! This class is a great introduction to strength training.
Wednesdays, 11:00 AM - 12:00 PM

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 8:30 AM-9:30 AM

Powerful Aging for Women
This community-based class helps women find inner strength and peace as they enter menopause. Class will focus on ways to manage symptoms through strength training, stretching, and meditation and provide opportunities to connect with others going through the stages of menopause.
Thursdays, 6:30 PM – 7:30 PM

Powerful Women
Increasing muscle mass results in a decrease in fat mass, increase metabolism, and improved body composition. Get stronger and build confidence through strength training within the free weight area of the Wellness Center. Perform complex movements recruiting various muscle groups by using different equipment.
Thursdays, 10:30 AM-11:30 AM
Sundays, 11:30 AM-12:30 PM

UPCOMING FITNESS EVENTS (FREE FOR MEMBERS)

January Kickstarter Challenge (Members Only)
January 4 - February 15
Kick off the new year with a fitness challenge designed to help you build healthy habits, stay motivated, and work toward your fitness goals. Participants can take advantage of a complimentary InBody scan and wellness consultation, with additional incentives for completing the challenge.
Registration opens December 26 in Y360.

Intro to Yoga Pop-Up: 2-3PM January 17th
New to yoga? Learn basic poses, breathing techniques, and modifications in a welcoming, supportive environment designed to help you feel confident joining a yoga class. All levels welcome!
· How to develop modifications for more difficult poses
· Breathing focus and how it relates to movement
· Use of props (belt, blocks) some guiding principles and yoga "etiquette."
· Basic yoga poses (7-10 asanas or poses)
Non-members – attend on a day pass $12

MOSSA Launch Party (Members Only)
Sunday, January 10
9:15-9:45 AM Group Fight
10:00-10:30 AM Group Active
10:45-11:15 AM Group Power

How to Create Your Own Workout
Wednesday, January 20th 5:30-6:30 PM
Free for all!

Restorative Yoga Pop-Up Classes
Friday, January 8th 7:00 PM-8:15 PM
Friday, February 5th 7:00-8:15 PM
Members $20, Non-members $40

Look for more info on the YMCA360 app or contact Katrina Ladd: kladd@metrowestymca.org

SAVE THE DATE!

Limited spots available!
April 4, 2027
6:30 AM-11:00 AM

Full-Access Y Member: $30
Youth/Teen Y Member: $45
Community Member: $60

METROWEST YMCA
INDOOR TRIATHLON

Early Bird Registration: Dec. 8–March 22

Get Ready for Race Day!
Train for the Indoor Triathlon with these classes:
- Cycle Power, page 17
- Swimming Basics for Triathlon, page 18

Questions? Contact Katrina Ladd at kladd@metrowestymca.org

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.

Learn about swim lessons, family events and care opportunities, sports, nutrition, wellness, special events, ways to give back, and so much more.

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 yours 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

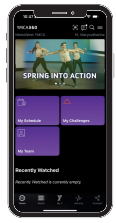
As a member, you'll meet one-on-one with a wellness expert to discuss your health goals and explore the Y programs and services that best fit your needs.

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 particiate 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 13+

Your first class is free!

This high-intensity interval training (HIIT) class involves progressive programming to help improve your endurance, muscular strength, and help you power through total body exercises.

Offers 21 classes a week at a variety of AM and PM times, check out Y360 (Small Group Training schedule) or the schedule for specifics.
Y Member (Family & Adult) $55/month Y Member (Youth & Teen) $70/month

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

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

METROWEST YMCA FRAMINGHAM
280 OLD CONNECTICUT PATH
FRAMINGHAM, MA 01701

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Ways to Support

There are so many ways to support the Y and help kids grow, families thrive, and neighbors in need find support and belonging.

Volunteer with the Food Program

At the MetroWest YMCA, we empower members and community partners to help address vital needs — from combating food insecurity to building job and leadership skills for teens and promoting water safety for all. Together, we're strengthening our community and creating opportunities for every individual to thrive.



Move With Purpose: Rally for the Y

Throughout February, members can cycle, swim, or run at the Framingham Branch to help raise funds for our Annual Campaign!

The Rally kicks off February 1! Download the free Y360 app and keep an eye out for Rally details and updates!



Marathon Community Breakfast

Save the Date to join us **Thursday, March 18**, from 7:30–9:30 AM for our Marathon Community Breakfast! Come together with fellow community members for a morning of good food, conversation, and connection as we celebrate the spirit of community.

