SUMMER EVER

SESSION DATES:
June 27 - August 28, 2016
Y Closed July 4th, 2016

REGISTRATION DATES:
Member Only - June 15
Online & Walk-in Starts at 6am
Non Members - June 20, walk-in

Non-Member - April 18
Walk In Registration
The MetroWest YMCA is a cause driven charitable organization that is for youth development, healthy living and social responsibility.

- **Youth Development**, because young people need caring adults to provide support, guidance and encouragement as they grow.

- **Healthy Living**, because wellness in spirit, mind and body strengthens our very being and enhances our interactions with others.

- **Social Responsibility**, because we truly are in this together, and together we can harness our individual strengths and bring about positive change around us.

For over 50 years the MetroWest YMCA, with branches in Framingham and Hopkinton, has helped members improve their health and well-being while building a stronger sense of community.

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- Enrichment Programs
- Vacation Clubs
- Dance
- Sports
- Gymnastics
- HighFlight for Teens
- Youth Well-being & Fitness
- Teens
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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.*
MEMBERSHIP
Join the MetroWest YMCA and become part of a cause driven organization dedicated to our youth, families, neighbors and community members. Y members receive full access to our Framingham facilities fitness center, gym, pool and locker rooms. Members also receive priority registration for classes and programs as well as guest passes to share with friends.

FINANCIAL ASSISTANCE
Within its available resources, the MetroWest YMCA will provide partial financial assistance through our ASSIST program will be awarded to those who can demonstrate their inability to pay the full fee. Funds are secured by volunteers during the YMCA’s Annual Campaign. Visit member services or download an application online.

GET INVOLVED
With a focus on developing the potential of kids, improving health and well-being and giving back and supporting our neighbors, your participation will not just bring about meaningful change in yourself, but in your community too. Here are some of the ways you can get involved.

VOLUNTEER OPPORTUNITIES
When you volunteer at the Y you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member, community board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole.

JOB OPPORTUNITIES
Visit metrowestymca.org/employment for open positions in our staff family.

TOGETHERHOOD
A Member-led Community Service program
Togetherhood is the YMCA’s Signature Program for Social Responsibility. We invite Y members to activate your social responsibility by participating in the Y’s cause to strengthen our community.

The program is run through individual Y branches as a partnership between a committee of members and a Y Staff Advisor. It is designed to be a simple, fun and rewarding way for members to identify ways that they can give back and support their neighbors through their own ideas, skills and energy, and the network of the Y. If you are interested in participating, please email, kcleverdon@metrowestymca.org for more info.

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>Monthly Draft</th>
<th>Joiner’s Fee</th>
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</thead>
<tbody>
<tr>
<td>Youth &amp; Teen, ages 2-17</td>
<td>$15.87</td>
<td>$25</td>
</tr>
<tr>
<td>Young Adult, ages 18-25</td>
<td>$30</td>
<td>$30</td>
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<tr>
<td>Adult, ages 26-64</td>
<td>$52</td>
<td>$50</td>
</tr>
<tr>
<td>Family of 2 (New)*</td>
<td>$78</td>
<td>$75</td>
</tr>
<tr>
<td>Two individuals, same address</td>
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<td></td>
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<tr>
<td>Family of 3+*</td>
<td>$91</td>
<td>$75</td>
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<tr>
<td>Two Adults with children under 26</td>
<td>$46.80</td>
<td>$40</td>
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<tr>
<td>residing at the same address</td>
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<tr>
<td>Senior, age 65+</td>
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<td>$60</td>
</tr>
<tr>
<td>Two individuals both 65+, same address</td>
<td>$81.90</td>
<td>$60</td>
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<tr>
<td>Sr Family of 2 (New)*</td>
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<tr>
<td>Family of 3+*</td>
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<tr>
<td>Two Adults both 65+ with children under 26 residing at the same address</td>
<td></td>
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</tbody>
</table>

* Access to Family Outdoor Center included in Family Member Benefits

Daily Guest Fees at Framingham Branch
Anyone may use the MetroWest YMCA facility on a daily basis at the rates listed below. *Photo Id is required for access to facility

- Family $15
- Seniors, Teens & Youth $5
- Adults $12
- Towel Rental $1

FAMILY OUTDOOR CENTER MEMBERSHIP
Join us, your neighbors, and community all year long in programs and activities together. We celebrate the importance of a strong family, building bonds with new families, and simply enjoying time all together. Below are some of the many benefits of being a MetroWest YMCA Family Outdoor Center Family Member.

$25/month

Programs & Events Included in FOC Membership:
- Open Climb (School Year on Fridays)
- Open Ropes (May through October)
- Monthly Family Events
- Member rates for quarterly family events
- Junior and Senior Leaders Club
- Y Nights for Middle School Students
- Family Outdoor Center Swim Club Membership
- Member rates on Family Outdoor Center classes, programs, and summer camp

Facility Use Included in Membership:
- Family Swim Club; June – August
  Weekdays 3:15pm-7pm, Weekends 10am-7pm
- Hiking Trails
- Courts & Fields
- Winter self-guided trail use; snowshoes, x-country skiing

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The program is run through individual Y branches as a partnership between a committee of members and a Y Staff Advisor. It is designed to be a simple, fun and rewarding way for members to identify ways that they can give back and support their neighbors through their own ideas, skills and energy, and the network of the Y. If you are interested in participating, please email, kcleverdon@metrowestymca.org for more info.
CLEARBROOK SWIM CLUB FACILITY AMENITIES

• Outdoor Swimming Pool
• Kiddie Pool
• Recreation Room
• Bath House / Locker rooms
• Picnic Table Area
• Playground for Children
• Lounge chairs available
• Swim lessons *
• Camp Clearbrook *

* additional cost

WHATS INCLUDED IN YOUR CLEARBROOK MEMBERSHIP?

• Family Activities - see Calendar
• 5 Guest passes to use as you wish
• Babysitters/Nanny’s allowed on membership
• Non-members have access to the Framingham Branch facility for July and August
• Family Membership includes: 2 adults and any number of children under age 26 living in the same household

SUMMER SEASON

June 18 - September 5
Weekend hours: 10am-6pm
Weekday hours: 11am-7pm

RATES & REGISTER ONLINE

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>FULL SUMMER</th>
<th>OPENING DAY- JULY 30</th>
<th>AUGUST 1- CLOSING DAY</th>
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<tbody>
<tr>
<td>Y- Adult Member</td>
<td>$400 02905-13</td>
<td>$225 02905-15</td>
<td>$225 02905-17</td>
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<tr>
<td>Y- Family Member</td>
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<td>$175 02905-14</td>
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<tr>
<td>General Public Family</td>
<td>$650</td>
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</table>

Family Membership: This rate is only available to Framingham branch members with an active Family type membership. Family Clearbrook Membership includes 2 adults and any number of children under age 26 living in the same household.

Adult Membership: This rate is for members who have an Adult membership at the Framingham branch who would like to have a Clearbrook Family membership. This membership includes 2 adults and any number of children under age 26 living in the same household.

General Public Membership: This rate is available to members of the community who do not have a Family or Adult membership at the MetroWest YMCA’s Framingham Branch. The Full Summer membership is the only membership option available to the General Public. This membership includes 2 adults and any number of children under age 26 living in the same household.

Stop in for a swim! Open House Weekend Saturday June 18 & Sunday June 19 12-5pm
TODDLER / PRESCHOOL

Early Learning Center
280 Old Connecticut Path
Framingham MA 01701

Hours of Operation:
Monday - Friday (year-round) 7:30 am to 6:00 pm
Ages 15 months - 6 years old
5 day for toddlers
2,3 & 5 day options for preschool

Early Learning Center Director
Lolly Miglin
508-879-4420 x52
MMiglin@metrowestymca.org

The MetroWest YMCA Early Learning Center, provides high quality early education and care to children ages 15 months through 5 years old. Our classes are designed to make your child feel safe and comfortable while learning, exploring, socializing and having fun. Activities at the Y are designed to put learning in the context of play and to celebrate the joys of learning and growing. They include gross motor and language activities, sensory experiences, creative expression, learning through hands-on exploration and acquisition of self-help skills. Our curriculum addresses each child’s developmental needs and interests and emphasizes the YMCA character values of caring, honesty, respect and responsibility.

Beginning at 3 years of age, parents have the option of enrolling their children in YMCA classes such as swimming, sports and gymnastics.

SCHOOL AGE

School’s Out
Before & After School Programs

For youth in grades K-5
2,3,4 & 5 day programs available
Mornings: 7:00am - until school starts
Afternoons: School release until 6:00pm

FRAMINGHAM PUBLIC SCHOOLS
School’s Out
Schools: Barbieri, Hemenway, McCarthy & Potter Road
Mornings and afternoons

ASHLAND PUBLIC SCHOOLS
School’s Out
Schools: Mindness & Warren
Location: Ashland Middle School, transportation is provided by the Public Schools afternoons only

HOPKINTON PUBLIC SCHOOLS
School’s Out
Schools: Center, Elmwood & Hopkins
School Locations: Elmwood & Hopkins
Transportation is provided by the Public Schools
Mornings and Afternoons

School’s Out is designed to provide recreational, social and educational activities that stimulate children’s growth and development for the children enrolled. Our developmentally appropriate program meets the individual needs of your child. School’s Out provides a variety of positive, healthy and interesting activities that promote a child’s physical, intellectual, emotional and social well-being.

Each day, students participate in project-based learning activities linked to the Common Core and engage in at least 30 minutes of moderate to vigorous physical activity. They also receive individualized homework support and a healthy snack with a fruit or vegetable. Hands-on enrichment activities are carefully created to build on STEM, ELA, arts education, wellness/nutrition, global learning, college & career exploration, 21st century skills and leadership development, and service learning. The curriculum includes opportunities to enhance social and emotional skills as well as interactions that build 21st century skills such as leadership, problem solving, engagement in learning, and initiative by means of small and large group activities and service learning projects.

Director of Family Services
Kathleen Glennon
(508) 879-4420 x46
schoolsout@metrowestymca.org

Out Of School Time Director
Shannon Dixon
(508) 879-4420 x42
sdixon@metrowestymca.org
Aquatics Youth Development

Summer Session
June 27-August 28, 2016

Youth Aquatic class prices
8 Weeks $65 members / $130 non members (monday) 9 Weeks $73 members / $146 non members

Infant Toddler Classes

Each child under the age of 3 must be accompanied by an adult in the water. No diapers allowed in the pool. Children must wear tight fitting rubber pants or swim diapers under swim suits.

Water Babies Ages 6 to 24 months w/ parent
Introduces the child and parent to the YMCA Aquatic program and pool environment; including basic water skills such as kicking, breath control and body control. Also encourages movements in response to visual and verbal cues. Aquatic safety is emphasized and water fun is encouraged, while using toys and flotation devices.

Monday 9:30 - 10:00 am 02201-11
Tuesday 9:30 - 10:00 am 02201-21
Wednesday 9:00 - 9:30 am 02202-31
Friday 9:30 - 10:00 am 02202-51
Saturday 8:30 - 9:00 am 02202-61
Saturday 9:40 - 10:10 am 02202-62

Perch Ages 2 to 3 years w/ parent
(19 to 24 months if swimming independently with flotation device). Encourages children to explore their own skills. Basic aquatic and boating safety are practiced. Children are prepared for the transition to preschool level aquatics.

Monday 9:00 - 9:30 am 02203-11
Wednesday 9:30 - 10:00 am 02203-31
Thursday 9:30 - 10:00 am 02203-41
Saturday 9:05 - 9:35 am 02203-61
Saturday 10:50 - 11:20 am 02203-62

Dad or Mom ‘N’ Me, Ages Infant-5 years
Spend quality one-on-one time with your child in the water and enjoy “self-directed” interactive play time. The intent of this class is introductory water-orientation for toddlers and very young children. ($30 members/$60 per non-members per one parent and one child).

Sunday 11:00 -11:30 am 02209-71

Pike ‘N’ Parent
This class is for 3 year olds who are not ready for PIKE A or for 2 year olds who have completed the PERCH class and can swim independently with a flotation device. Saturday 10:15 -10:45 am 02204-61

Contact Benjamin Allis, Aquatics Director ballis@metrowestymca.org ext. 37

Swim Team Tryouts

<table>
<thead>
<tr>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
</tr>
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<tbody>
<tr>
<td>8 and under</td>
<td>August 18</td>
<td>6:15-7:15pm</td>
</tr>
<tr>
<td>9-12</td>
<td>August 17</td>
<td>7-8pm</td>
</tr>
<tr>
<td>13 and up</td>
<td>August 19</td>
<td>7:45-9:30pm</td>
</tr>
</tbody>
</table>

Pike A - Without Parent
Has no swimming experience or is uncomfortable in the water. All swimmers should wear a 4 slice flotation.
Monday 9:00 - 9:30 am 02205-11
Monday 9:30 - 10:00 am 02205-12
Monday 3:35 - 4:05 pm 02205-15
Monday 6:30 - 7:00 pm 02205-16
Tuesday 9:00 - 9:30 am 02205-21
Tuesday 4:10 - 4:40 pm 02205-24
Wednesday 4:45 - 5:15 pm 02205-35
Thursday 9:00 - 9:30 am 02205-41
Thursday 3:35 - 4:05 pm 02205-46
Saturday 8:30 - 9:00 am 02205-61
Saturday 9:05 - 9:35 am 02205-62
Saturday 9:40 - 10:10 am 02205-63
Saturday 10:15 - 10:45 am 02205-64
Saturday 10:50 - 11:20 am 02205-65
Saturday 11:25 - 11:55 am 02205-66
Saturday 12:00 - 12:30 pm 02205-67
Saturday 11:30 - 12:00 pm 02205-71
Saturday 12:05 - 12:35 pm 02205-72
Sunday 2:25 - 2:55 pm 02205-73

Pike B - Without Parent
Must have successfully completed PIKE A or be able to swim 25 yards with flotation learning forward with legs kicking behind. Must be able to kick with a barbell on the front and back for 25 yards & be comfortable getting ½ of the face wet.
Monday 10:00 - 10:30 am 02206-12
Monday 3:35 - 4:05 pm 02206-15
Monday 4:10 - 4:40 pm 02206-16
Monday 4:45 - 5:15 pm 02206-17
Monday 6:30 - 7:00 pm 02206-18
Tuesday 3:35 - 4:05 pm 02206-22
Thursday 4:45 - 5:15 pm 02206-45
Saturday 8:30 - 9:00 am 02206-61
Saturday 9:05 - 9:35 am 02206-62
Saturday 9:40 - 10:10 am 02206-63
Saturday 11:25 - 11:55 am 02206-66
Saturday 12:00 - 12:30 pm 02206-71
Sunday 12:05 - 12:35 pm 02206-72

Eels
Must have successfully completed PIKE B or can swim 25 yards in a 2 slice flotation, with face in the water blowing bubbles & legs kicking behind. Must be able to kick on back with 2 slice flotation for 25 yards. Must be able to jump in the water without assistance & be comfortable with entire face in the water.
Monday 4:45 - 5:15 pm 02207-15
Monday 7:05 - 7:35 pm 02207-18
Tuesday 10:00 - 10:30 am 02207-21
Thursday 4:10 - 4:40 pm 02207-43
Saturday 8:30 - 9:00 am 02207-61
Saturday 9:05 - 9:35 am 02207-62
Saturday 10:50 - 11:20 am 02207-63
Saturday 12:00 - 12:30 pm 02207-66
Sunday 11:30am - 12:00pm 02207-71

Rays (preschool ages 3-5)
Must have successfully completed EELS or can swim 25 yards without flotation blowing bubbles and legs kicking behind. Must be able to kick back 25 yards without flotation. Must be able to kick with rhythmic breathing using barbell for 25 yards.
Monday 4:10 - 4:40 pm 02208-12
Saturday 12:00 - 12:30 pm 02208-61
### AQUATICS

#### YOUTH DEVELOPMENT

**AGES 5–7**

**Starfish**
Must have successfully completed RAYS or can swim 25 yards without floatation with over arm recovery. Must be able to swim 25 yards of rotary breathing with a kick board.

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<tr>
<td>Monday</td>
<td>6:30 - 7:00 pm</td>
<td>02218-12</td>
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</table>

**PROGRESSIVE—AGES 6–11**

**Polliwog A**
Designed for beginners with 4:05 pm

<table>
<thead>
<tr>
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<th>Time</th>
<th>Code</th>
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<tr>
<td>Monday</td>
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<tr>
<td>Sunday</td>
<td>2:25 - 2:55 pm</td>
<td>02210-71</td>
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</table>

**Polliwog B**
Must have successfully completed POLLIWOG A or able to swim 25 yards in 2 slice floatation on both the front and the back. Must be able to flutter kick 25 yards with a barbell on both the front and the back.

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</tr>
<tr>
<td>Sunday</td>
<td>1:10 - 1:40 pm</td>
<td>02211-72</td>
</tr>
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</table>

**Guppy**
Must have successfully completed POLLYWOG B or be able to swim 25 yards without floatation with face in the water blowing bubbles and over arm recovery. Must be able to kick on back 25 yards without floatation in a streamline position.

<table>
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<th>Time</th>
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</tr>
<tr>
<td>Sunday</td>
<td>1:10 - 1:40 pm</td>
<td>02212-72</td>
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</table>

**MINNOW**
Must have successfully completed GUPPY or can swim 25 yards with rotary breathing. Must be able to swim 25 yards backstroke.

<table>
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<th>Time</th>
<th>Code</th>
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<td>Tuesday</td>
<td>4:45 - 5:25 pm</td>
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<td>Wednesday</td>
<td>6:20 - 7:00 pm</td>
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</tr>
<tr>
<td>Sunday</td>
<td>1:40 - 2:20 pm</td>
<td>02213-71</td>
</tr>
</tbody>
</table>

**Flying Fish**
Must have successfully completed FISH or be able to swim 300 yards freestyle, 50 yards backstroke and 25 yards butterfly.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Code</th>
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**Shark**
Must have successfully completed FLYING FISH or be able to swim 300 yards freestyle, 100 yards backstroke, 50 yards breaststroke and 25 yards butterfly.

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**Porpoise**
This new program is for 10–14 year olds who are in the Flying Fish or Shark level and are looking for something more. This program will use the swimming skills and help them develop themselves further by becoming leaders in the aquatics department. They will learn more about safety in water and will be able to participate in a junior lifeguarding program and other team building activities. The program will focus on character development and volunteerism around water.

Benjamin Allis: ballis@metrowestymca.org  ext. 37

**COMPETITIVE SWIM CLASS**
For youth ages 9-12 who are Fish to Shark Level. This class is designed to give interested swimmers a chance to work on their competitive swim skills in a friendly environment.

$73 members only.

**MAINTENANCE WEEK**
August 28- Sept 5
The Framingham Branch pool will be closed August 28 – September 5 for annual maintenance.
Our accelerated swim lessons allow children to complete a level in two weeks (eight days). It’s a wonderful way to get swim instructions on your summer schedule before vacation. It’s also a great way for children to take multiple classes and really develop their swimming skills.
ADULT SWIM LESSONS

Beginner A
For adults who have no swimming experience or are unable to put their face in the water or have a fear of the water.
$73 members / $146 non-members
Wednesday 8:00 - 8:40 pm 02220-31

Beginner B
This adult class will focus on floating, beginner strokes, stroke technique, jumping in, combination skills, safety and endurances.
$73 members / $146 non-members
Monday 7:40 - 8:20 pm 02220-11
Wednesday 8:40 - 9:20 pm 02220-32

Intermediate Swim Lesson
Must have successfully completed BEGINNER B or swim one pool length (25 yards) with over arm recovery. Teaches rotary breathing, backstroke, and endurance.
$73 members / $146 non-members
Tuesday 8:45 - 9:30 pm 02220-21

Adult Coached Advanced Tune Up
Swim more.... EFFICIENTLY, EFFECTIVELY, FASTER
$73 members / $146 non-members
Thursday 8:30-9:30 pm 02220-42

MASTERS SWIM TEAM
Open to adults 19 years old and up. Program features coached workouts and drills. Practices are held on Monday, Wednesday, Thursday and Fridays. 5am-6am. Team members are eligible to compete in meets. (9 weeks - no break)
Session Cost & Code: 02904-12
$73 Members/$146 non-members per session.
Yearly Session Cost & Code: 02904 $345 members only

ADULT AQUATIC FITNESS

Water Aerobics
Aerobic water workout focuses on coordination, flexibility, endurance and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!
1-day option: $18 members/$35 non-members
Monday 10:00 - 10:40 am 02102-13
Monday 8:30 - 9:30 pm 02102-14
Tuesday 7:45 - 8:30 pm 02102-21
Wednesday 10:00 - 10:40 am 02102-31
Thursday 7:45 - 8:30 pm 02102-41
Friday 10:00 - 10:40 am 02102-51
3 day $44 members/$90 non-members
Mon/Wed/Fri 10:00 - 10:40 am 02102-11
Monday 8:30 - 9:30 pm 02102-12
Tuesday 7:30 - 8:10 pm 02102-12

Water Walking
Total body workout with less impact on joints and more resistance than land walking. One half hour of water walking is equal to 2 hours on land. MWF class: 11-11:30am. This is a high energy class, must already know how to water walk. High energy portion includes water walking, jogging, running and biking all done in the water. 11:30-12 is water walking with less impact.
$9 members/$20 non-members per day
Please sign up for the class or classes you wish to attend.
Monday 11:00 - 11:30 am 02101-11
Monday 11:30 am - 12:00 pm 02101-12
Tuesday 7:15 - 7:45 pm 02101-22
Wednesday 11:00 am - 12:00 pm 02101-31
Thursday 11:30 am - 12:00 pm 02101-41
Thursday 7:15 - 7:45 pm 02101-42
Friday 11:00 - 11:30 am 02101-51
Friday 11:30 am - 12:00 pm 02101-52

Ai Chi
Non-swimmers welcome.
Ai Chi is a water exercise and relaxation program created to help participants enjoy the water in a flowing, yet powerful progression. It consists of a sequence of slow, broad movements of the arms and legs, breathing, upper extremities, trunk stability, lower extremity movements, and coordinated total body movements. Ai Chi is used for pain management, back pain, arthritis, fibromalgia, orthopedic problems, prenatal, stroke rehab and asthma.
$20 members/$40 non-members
Tuesday 11:20am - 12:00 pm 02103-21
Thursday 11:20am - 12:00 pm 02103-42

MAINTENANCE WEEK August 28- Sept 5
The Framingham Branch pool will be closed August 28 – September 5 for annual maintenance.
SESSION A
JUNE 27–JULY 30 No classes July 4
5 week session
$38 Members/$76 Non-Members

PARENT & CHILD Ages 1.6–2.9
My Fabulous Five with Parent
A parent-child class will explore the 5 senses through hands on projects. Come dressed to get messy and be prepared for fun.
$32 members / $64 non-members
Tuesday.........9:45-10:30am.............05215-21

TODDLIN’ TOTS A Ages 2.6–3.6
Tot A: Snails and Pails
Each week we will explore a different summertime activity. Activities will include story time, crafts, games, music, and free play.
Monday.........9:30-10:30am.............05215-11

Tot A: Summertime Fun
We will explore the season through story time, crafts, games, music, and free play.
Thursday.........9:30-10:30am.............05215-41

Tot A: Color Me Creative
How many colors are in the rainbow? Let’s find out! Come join us on an adventure with colors. Create colorful crafts and enjoy story time, games, music, and free play.
Friday.........9:30-10:30am.............05215-51

TODDLIN’ TOTS B Ages 3–4
Tot B: Lady Bug Picnic
Join us for a picnic with lady bugs and butterflies through music, story time, free play, arts & crafts. Let’s explore summertime together.
Monday.........10:45-11:45 am.............05215-12

Tot B: Treasure Island
Argh! Join us on a pirate adventure. Little explorers will enjoy story time, games, music, and a craft.
Tuesday.........10:45-11:45 am.............05215-22

Tot B: I Love Science and Engineering!
This hands-on class will give your little learner the opportunity to investigate all kinds of experiments. The teacher will lead your children in the right direction, but let them explore independently to truly discover something new. Put on your lab coat and let’s dive in.
Wednesday.........9:00-10:00 am.............05215-31

Tot B: Space Hop
Hop across the solar system. Each week we will learn about the moon, planets, stars, and more. Class will include stories, games, and a craft.
Friday.........10:45-11:45 am.............05215-52

PRE-SCHOOL & SCHOOL AGED CLASSES

Bead It & More! Ages 4–6
This class will cover jewelry making basics from stringing necklaces to making bracelets and rings.
Monday.........12:00-1:00 pm.............05215-13

Pint-Sized Picassos, ages 3.6–5
Children will learn about famous artists and their techniques. Each week a famous work of art will be the inspiration for our craft.
Tuesday.........12:00-1:00 pm.............05215-23

World of Wonder ages 3.6–5
This adventurous class will explore a different part of the world each week. Each country will be explored through reading books, playing cultural games, listening or dancing to music and creating related art craft.
Wednesday.........10:45-11:45 am.............05215-32

Cooking Around the World ages 3.6–5
Go on a culinary tour as we explore different parts of the world each week. Each country will be explored through books, games, music, and by cooking an ethnic recipe. Please inform Program Director if there are any food allergies.
Thursday.........10:45-11:45 am.............05215-42

Rhythm and Rhyme
Children will sing, dance, and play shakers, bells, drums, and more. They will learn about beat, rhythm, pitch and other musical concepts. Each week, children will make their own instrument to take home.
Thursday.........12:00-1:00 pm.............05215-43

SESSION B
AUGUST 1–AUGUST 27
4 week session
$30 Members/$60 Non-Members

PARENT & CHILD Ages 1.6–2.9
My First Art Class with Parent
Join us as we explore messy and age appropriate art projects without making a mess at home. Now is the chance to let your toddler's creativity shine through!
$25 Members/$50 Non-Members
Tuesday.........9:45-10:30 am.............05215-24

TODDLIN’ TOTS A Ages 2.6–3.6
Tot A: Under the Sea
Did you know that fish do not have eye lids? Learn interesting facts about different sea creatures by listening to exciting stories and creating fun sea life crafts.
Monday.........9:30-10:30 am.............05215-14

Tot A: Summertime Fun
We will explore the season through story time, crafts, games, music, and free play.
Thursday.........9:30-10:30 am.............05215-44
 Tot A: Color Me Creative
How many colors are in the rainbow? Let’s find out! Come join us on an adventure with colors. Create colorful crafts and enjoy story time, games, music, and free play.
Friday.................9:30-10:30am 05215-53

TODDLIN’ TOTS B  Ages 3-4

Tot B: Itsy Bitsy Creepy Crawlers
The ants go marching one by one...come and explore itsy bitsy spiders, ants, and other insects through games, stories, songs, and crafts.
Monday..............10:45-11:45am............05215-15

Tot B: Treasure Island
Argh! Join us on a pirate adventure. Little explorers will enjoy story time, games, music, and a craft.
Friday.................10:45-11:45am............05215-54

Tot B: Jurassic Dino Dig
Dinosaurs...dinosaurs...and more dinosaurs. Play create, and learn about our prehistoric pals. We will make dinosaur crafts, play with dinosaurs and learn about fossils.
Tuesday..............10:45-11:45am............05215-25

Tot B: I Love Science and Engineering!
This hands-on class will give your little learner the opportunity to investigate all kinds of experiments. The teacher will lead your children in the right direction, but let them explore independently to truly discover something new. Put on your lab coat and let’s dive in.
Wednesday...........9:00-10:00am..............05215-33

PRE-SCHOOL & SCHOOL AGED

Rhythm and Rhyme, ages 3.6-5
Children will sing, dance, and play shakers, bells, drums, and more. They will learn about beat, rhythm, pitch and other musical concepts. Each week, children will make their own instrument to take home.
Monday..............12:00-1:00pm..............05215-16

Bead It & More! Ages 4-6
This class will cover jewelry making basics from stringing necklaces to making bracelets and rings.
Tuesday..............12:00-1:00pm..............05215-26

Summer Olympics, ages 3.6-5
Excited for the Olympics? Learn about countries, sporting events and history through activities, stories, songs, and a craft. Come have fun cheering on our favorite team, USA!
Wednesday...........10:45-11:45am..............0521534

Pint-Sized Picassos, ages 3.6-5
Children will learn about famous artists and their techniques. Each week a famous work of art will be the inspiration for our craft.
Thursday...............12:00-1:00pm................05215-45

Cooking Around the World ages 3.6-5
Go on a culinary tour as we explore different parts of the world each week. Each country will be explored through books, games, music, and by cooking an ethnic recipe. Please inform Program Director if there are any food allergies.
Thursday...............10:45-11:45am..............05215-46

METROWEST YMCA
SUMMER DAY CAMP HOPKINTON
Who: For children 3-15 years old
When: The summer camp season is June 20-August 26, 2016
What: Offering traditional camps, a variety of specialty camps, teen camps, and leadership training programs. Each program is designed to offer every camper a summer to remember!
Where: Our 122 wooded acre facility is the perfect setting for the true camp experience and a summer full of fun.
MetroWest YMCA Family Outdoor Center
45 East Street, Hopkinton, MA 01748
508-435-9345
Meet Your Camp Counselor Day - June 21 10am-1pm

FRAMINGHAM BASED SUMMER CAMPS
Camp Season runs June 20-August 26, 2016
Please see the Framingham based camps brochure for complete descriptions on our Framingham based camp programs

My First Summer Camp, ages 3-5, half day
Camp OCP, grades K-5, full day
Gymnastics Camp, grades K-8, full day
Camp Clearbrook, grades K-4, half day

Teens
YES -Middle School Volunteer, Completed Grades 6-8
LIT Clearbrook, Completed Grades 6-8
CIT Gymnastics, Completed Grades 9 & 10

Licensing: This camp complies with the regulations of the MA Department of Public Health and is licensed by the local Board of Health. Parents may call the camp to request copies of background checks, health care, and discipline policies, as well as procedures for filing grievances. All staff and volunteers complete a SORI and CORI check by the Commonwealth of Massachusetts.
DANCE
YOUTH DEVELOPMENT

SESSION A
JUNE 27–JULY 30 No classes July 4
5 week session

Pre Ballet Ages 3-5
Let your little ones be introduced to the basics of ballet including; balance, body alignment, technique, feet position and poise.
$40 members / $80 non members
Tuesday ........................................ 10:00-10:30am ........................................ 05217:21

Ballet Ages 4-6
A beginner level class where children will learn the basics of ballet such as; balance, body alignment, technique, feet position and poise. Basic ballet moves such as First-Fifth position, Plie, Jete, Pirouette will also be introduced.
$40 members / $80 non members
Tuesday ........................................ 9:20-9:50am ........................................ 05217:22

My Friend and Me Gymnastics and Ballet Combo Ages 2-3 with parent
This class is designed as an introduction to both gymnastics and dance. Children will start in the gymnasium to learn introductory gymnastics skills that improve strength and coordination, and then move to the dance room to learn dance basics such as balance, technique and feet positions.
$42 members / $84 non members
Thursday ........................................ 3:00-4:00pm ........................................ 05217:42

Ballet Ages 9 and up
A beginner level class where children will learn the basics of ballet such as; balance, body alignment, technique, feet position and poise. Basic ballet moves such as First-Fifth position, Plie, Jete, Pirouette will also be introduced.
$42 members / $84 non members
Thursday ........................................ 4:15-5:15pm ........................................ 05217:41

SESSION B
AUGUST 1– AUGUST 27
4 week session

Pre Ballet Ages 3-5
Let your little ones be introduced to the basics of ballet including; balance, body alignment, technique, feet position and poise. $32 members / $64 non members
Tuesday ........................................ 10:00-10:30am ........................................ 05217:23

Ballet Ages 4-6
A beginner level class where children will learn the basics of ballet such as; balance, body alignment, technique, feet position and poise. Basic ballet moves such as First-Fifth position, Plie, Jete, Pirouette will also be introduced.
$32 members / $64 non members
Tuesday ........................................ 9:20-9:50am ........................................ 05217:24

My Friend and Me Gymnastics and Ballet Combo Ages 2-3 with parent
This class is designed as an introduction to both gymnastics and dance. Children will start in the gymnasium to learn introductory gymnastics skills that improve strength and coordination, and then move to the dance room to learn dance basics such as balance, technique and feet positions.
$34 members / $68 non members
Thursday ........................................ 3:00-4:00pm ........................................ 05217:44

Ballet Ages 9 and up
A beginner level class where children will learn the basics of ballet such as; balance, body alignment, technique, feet position and poise. Basic ballet moves such as First-Fifth position, Plie, Jete, Pirouette will also be introduced.
$34 members / $68 non members
Thursday ........................................ 4:15-5:15pm ........................................ 05217:43
GYMNASTICS
YOUTH DEVELOPMENT

SESSION A
JUNE 27-JULY 30 No classes July 4
5 week session
Preschool $40 members /$80 non members
Youth $42 members /$84 non members

Gymsters Ages 2 -3 years old with Parent
Children and parents will explore the world of creative movement through gymnastics. Your child will enhance social skills, risk taking, body awareness and confidence. (participants must be able to walk independently)
Tuesday 3:00 - 3:30 pm 05202-21

Gym Tumblers A Ages 3 years old
Children will work independently form parent in a fun and playful environment. Your child will work on class basics such as taking turns, lining up and transitioning. Age appropriate skills will be taught to improve strength, flexibility and coordination.
Tuesday 3:40 -  4:10 pm 05203-21

Gym Tumblers B, Ages 4 years old
Children will work independently from parent in a fun and playful environment. Your child will work on class basics such as taking turns, lining up and transitioning. Age appropriate skills will be taught to improve strength, flexibility, and coordination.
Tuesday 3:40 -  4:20 pm 05204-21

Gym Stars, Ages 4 -5 years old
Children will work independently from parent in a fun challenging environment. Gymnasts further develop skills using fun and creative skills.
Tuesday 3:40 -  4:20 pm 05205-27
Thursday 3:40 -  4:20 pm 05205-46

Rising Stars Ages 6 - 8 years old
Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.
Tuesday 4:30 -  5:30 pm 05207-23
Thursday 4:30 -  5:30 pm 05207-41

Shining Stars -Ages 6-12
Coaches recommendation required. Children who are eligible to participate will receive a certificate from the gymnastics coach. A certificate does not guarantee a spot.
Tuesday 4:30 -  5:30 pm 05208-21
Thursday 4:30 -  5:30 pm 05208-44

Shooting Stars -Ages 6 - 12 years
Coaches recommendation required. Children who are eligible to participate will receive a certificate from the gymnastics coach. A certificate does not guarantee a spot.
Thursday 4:30 -  5:30 pm 05209-45

SESSION B
AUGUST 1- AUGUST 27
4 week session
Preschool $32 members /$64 non members
Youth $34 members /$68 non members

Gymsters Ages 2 -3 years old with Parent
Children and parents will explore the world of creative movement through gymnastics. Your child will enhance social skills, risk taking, body awareness and confidence. (participants must be able to walk independently)
Tuesday 3:00 - 3:30 pm 05202-22

Gym Tumblers A Ages 3 years old
Children will work independently form parent in a fun and playful environment. Your child will work on class basics such as taking turns, lining up and transitioning. Age appropriate skills will be taught to improve strength, flexibility and coordination.
Tuesday 3:40 -  4:10 pm 05203-22

Gym Tumblers B, Ages 4 years old
Children will work independently from parent in a fun and playful environment. Your child will work on class basics such as taking turns, lining up and transitioning. Age appropriate skills will be taught to improve strength, flexibility, and coordination.
Tuesday 3:40 -  4:20 pm 05204-23

Gym Stars, Ages 4 -5 years old
Children will work independently from parent in a fun challenging environment. Gymnasts further develop skills using fun and creative skills.
Tuesday 3:40 -  4:20 pm 05205-28
Thursday 3:40 -  4:20 pm 05205-47

Rising Stars Ages 6 - 8 years old
Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.
Tuesday 4:30 -  5:30 pm 05207-24
Thursday 4:30 -  5:30 pm 05207-43

Shining Stars - Ages 6-12
Coaches recommendation required. Children who are eligible to participate will receive a certificate from the gymnastics coach. A certificate does not guarantee a spot.
Tuesday 4:30 -  5:30 pm 05208-22
Thursday 4:30 -  5:30 pm 05208-45

Shooting Stars - Ages 6 - 12 years
Coaches recommendation required. Children who are eligible to participate will receive a certificate from the gymnastics coach. A certificate does not guarantee a spot.
Thursday 4:30 -  5:30 pm 05209-46

For more information about gymnastics & dance classes, please contact Kate Adams at (508) 879-4420 x62  kadams@metrowestymca.org
**SESSION A**
**JUNE 27-JULY 30**
No classes July 4
5 week session $41 members /$81 non members  
Monday Classes 4 weeks $34 members /$68 non members

**Ninja Warrior, Ages 4-5**  
Your child will feel like a real Ninja Warrior in our challenging and exciting obstacle course. Each class combines fun Ninja Warrior elements to improve their special awareness, balance and motor development.  
Monday 4:15-5:00pm 03210-11  
Wednesday 4:15-5:00pm 03210-36

**Ninja Warrior, Ages 6-10**  
Your child will feel like a real Ninja Warrior in our challenging and exciting obstacle course. Each class combines fun Ninja Warrior elements to improve their special awareness, balance and motor development.  
Monday 5:15-6:00pm 03210-12  
Wednesday 5:15-6:00pm 03210-37

**YOUTH SPORT CLASSES @ CLEARBROOK SWIM CLUB**  
5 week session June 27th – July 31st  
$41 Member / $82 Non-Member

**Double Play, Ages 3-5 – Basketball & Soccer**  
This course is offered to children of any skill level that want to play a variety of athletic games. Children will be divided into teams to play actual games while learning teamwork and the skills of each sport.  
Tuesday 2:00-2:30pm 03210-21  
Thursday 2:00-2:30pm 03210-24

**Golf, Ages 6-10**  
Learn the fundamentals of the game of golf at Clearbrook this summer! In a non-traditional setting, youth will learn golfing basics like, putting, calling shots, scoring, how to grip and swing a club and more. Equipment will be provided.  
Tuesday 2:45-3:15pm 03210-22  
Thursday 2:45-3:15pm 03210-26

**Tennis, Ages 6-10**  
A great way to learn tennis customized for kids! This class will teach the fundamentals of tennis in a fun atmosphere. The curriculum is designed by the US Tennis Association.  
Tuesday 3:30-4:00pm 03210-23  
Thursday 3:30-4:00pm 03210-26

**SESSION B**
**AUGUST 1– AUGUST 27**
4 week session  
$34 members / $68 non members

**Ninja Warrior, Ages 4-5**  
Your child will feel like a real Ninja Warrior in our challenging and exciting obstacle course. Each class combines fun Ninja Warrior elements to improve their special awareness, balance and motor development.  
Monday 4:15-5:00pm 03210-13  
Wednesday 4:15-5:00pm 03210-38

**Ninja Warrior, Ages 6-10**  
Your child will feel like a real Ninja Warrior in our challenging and exciting obstacle course. Each class combines fun Ninja Warrior elements to improve their special awareness, balance and motor development.  
Monday 5:15-6:00pm 03210-14  
Wednesday 5:15-6:00pm 03210-39

**YOUTH SPORT CLASSES @ CLEARBROOK SWIM CLUB**  
4 week session August 1st – August 28th  
$33 Member / $66 Non-Member

**Double Play, Ages 3-5 – Basketball & Soccer**  
This course is offered to children of any skill level that want to play a variety of athletic games. Children will be divided into teams to play actual games while learning teamwork and the skills of each sport.  
Tuesday 2:00-2:30pm 03210-24  
Thursday 2:00-2:30pm 03210-44

**Golf, Ages 6-10**  
Learn the fundamentals of the game of golf at Clearbrook this summer! In a non-traditional setting, youth will learn golfing basics like, putting, calling shots, scoring, how to grip and swing a club and more. Equipment will be provided.  
Tuesday 2:45-3:15pm 03210-25  
Thursday 2:45-3:15pm 03210-48

**Tennis, Ages 6-10**  
A great way to learn tennis customized for kids! This class will teach the fundamentals of tennis in a fun atmosphere. The curriculum is designed by the US Tennis Association.  
Tuesday 3:30-4:00pm 03210-26  
Thursday 3:30-4:00pm 03210-46

**Youth Sports Leagues**  
9 week session June 27th – August 28th  
$72 Member / $144 Non-Member

**Munchkin Soccer Girls & Boys, Ages 4-6**  
Children will be divided into teams and play actual games while learning teamwork and the skills of sports. The first half hour will be practice followed by a game against another team in the league. League T-Shirts are included and will be available on the first Saturday.  
Wednesday 6:30-7:30pm 03214-33
YOUTH & TEEN FITNESS
HEALTHY LIVING

SESSION A
JUNE 27–JULY 30
No classes July 4
5 week session
$40 members /$80 non members

KIDS ON THE MOVE Ages 4-8
Kids will have fun with games, dancing and exercise to move more and help them reach 60 minutes of daily activity. So come in comfortable clothing and sneakers and be ready to move.
Mondays.............4:45-5:30pm........01101-15.

ZUMBA ® KIDS Ages 4-8yrs
Kid friendly routines based on the original Zumba choreography. Kids will move in this class, learn dance routines while enjoying fitness. So come in comfortable clothing and sneaker to be ready to move.
Fridays.............11:45am-12:30pm......01101-51

SPORTS PERFORMANCE TRAINING Ages 13 - 17
Sports Performance Training is a brand new program for teen athletes. The program is scientifically based to give teenagers the most current and up-to-date exercises to develop and improve power, quickness, speed, agility and strength. This program will also show teens the proper technique to prevent injuries and stay strong on and off season. All levels and sports welcome!
5 weeks @ $40 members $80 non-members
Wed/Fri............3:45 - 4:30 pm......01102-34

SESSION B
AUGUST 1 - AUGUST 27
4 week session
$32 members /$64 non members

KIDS ON THE MOVE Ages 4-8
Kids will have fun with games, dancing and exercise to move more and help them reach 60 minutes of daily activity. So come in comfortable clothing and sneakers and be ready to move.
Mondays.............4:45-5:30pm........01101-16.

ZUMBA ® KIDS Ages 4-8yrs
Kid friendly routines based on the original Zumba choreography. Kids will move in this class, learn dance routines while enjoying fitness. So come in comfortable clothing and sneaker to be ready to move.
Fridays.............11:45am-12:30pm......01101-52

SPORTS PERFORMANCE TRAINING Ages 13 - 17
Sports Performance Training is a brand new program for teen athletes. The program is scientifically based to give teenagers the most current and up-to-date exercises to develop and improve power, quickness, speed, agility and strength. This program will also show teens the proper technique to prevent injuries and stay strong on and off season. All levels and sports welcome!
5 weeks @ $40 members $80 non-members
Wed/Fri............3:45 - 4:30 pm......01102-35

KRAV MAGA DEMO
Come learn & experience self-defense!
Thursday August 18th 6-7:30pm
in the Spirit, Mind & Body room
Originally developed strictly for military use based on need and function, Krav Maga can be utilized as a pragmatic, intent-driven self-defense system tailored to meet the needs of the user. Each skill layer is built on the basic easy to learn techniques transmitted to the student through training exercises and drills. Come learn how all aspects of the system build on natural everyday gestures, thus the skills take little time to learn and are immediately useful.

KIDS BASIC MARTIAL ARTS DEMO
Come learn and experience Kids Karate!
Saturday August 20th 2-3:30pm
in the Aerobic room
Karate focuses on developing the critical life skills of respect, self-discipline and self-control. Students will learn control and be confident in their actions by learning varied martial arts movements. Kids will also develop leadership skills, respect, team work, confidence, memory, self-esteem, independence, balance and social skills for making new friends. The whole family is welcome to learn and experience kids karate.
ADULT FITNESS
HEALTHY LIVING

SMALL GROUP TRAINING PROGRAMS

NEW!

STRONGER YOU

Get toned, gain strength and maintain your health! This is a 8-week workout program that will focus specifically on YOU! Each small group personal training session will incorporate strength, cardio, flexibility, corrective exercises and more. The group will consist of 4-8 participants to allow for more individualized work with one of our certified personal trainers. Get ready to take yourself to the next level!

Session A: June 26-July 29
5 weeks $40 members / $80 non-members
Monday class $32 members / $64 non-members
Monday……….. 9:30–10:30am………………01206-19
Tuesday……….. 6:00–7:00pm………………01206-25
Wednesday…….. 7:30–8:30pm………………01206-34
Thursday………. 9:30–10:30am………………01206-62

Session B: July 30-August 28
4 weeks $32 members/$64 non members
Monday……….. 9:30–10:30am………………01207-19
Tuesday……….. 6:00–7:00pm………………01207-25
Wednesday…….. 7:30–8:30pm………………01207-34
Thursday………. 9:30–10:30am………………01207-62

POWERFUL WOMEN

In this small group personal training class experience a variety of workouts using different weight room equipment. Learn about proper weight room form and technique and stay motivated by pre and post program strength tests!

Session A: June 26-July 29
5 weeks@ $40 members/ $80 non-members
Wednesday…….. 7:30–8:15am………………01206-36

Session B: July 30-August 28
4 weeks@ $32 members/ $64 non-members
Wednesday…….. 7:30–8:15am………………01207-36

YOUR WAY TO A 5K

Has this long winter kept you inside and inactive for too many days? Join us here for this nine week program to transform your sedentary lifestyle into an active one where we will coach you to be able to run for 30 minutes or 3.1 miles. This program will prevent new runners from giving up and at the same time challenging you to continue moving forward.

Session A: June 26-July 29
5 weeks@ $40 members/ $80 non-members
Tuesday……….. 6:30–7:30pm………………01206-15

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4 weeks@ $32 members/ $64 non-members
Tuesday……….. 6:30–7:30pm………………01207-15

SPECIALTY FITNESS

TABATA / KETTLEBELL BOOT CAMP

If you are looking for something new and exciting to add to your workout, join this class. On Tuesdays join us for Tabata Boot Camp. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. On Thursdays come and learn a new type of routine with kettlebells to target your whole body!

Session A: June 26-July 29
5 weeks @ $20 members / $40 non-members
Tuesdays: Tabata………….. 5:30–6pm………………01201-42
Thursday: Kettlebells…… 5:30–6pm………………01301-34

Session B: July 30-August 28
4 weeks@ $16 members / $32 non-members
Tuesdays: Tabata………….. 5:30–6pm………………01301-42
Thursday: Kettlebells…… 5:30–6pm………………01302-34

POSTURAL ENHANCEMENT

Work at a desk all day? Stress of daily life? Tight from difficult workouts? This class is for you! This class has a scientific approach to improving your posture, relieve some stress and tension, as well as boost your confidence! You will learn about muscle imbalances as well as which muscles need to be stretched and which need to be strengthened. The class will provide you with exercises and stretches that can be done to improve not only posture but also range of motion and tightness.

Session A: June 26-July 29
5 weeks@ $20 members/ $40 non-members
Monday………..11:30am–12:00pm………………01206-14
*First Class is 1 hour long from 11:30am-12:30pm

Session B: July 30-August 28
4 weeks@ $16 members/ $32 non-members
Monday………..11:30am–12:00pm………………01207-14
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TEAM CHALLENGE

Are you ready to challenge yourself and take your fitness to a new level? Join our NEW Team Challenge, completely revamped for YOU! This year we want you to find your greatest potential, no matter if you are an avid gym-goer or a beginner, this class will help everyone achieve their goals.

Each class is one hour long and is held 2x per week. We will take the class around the gym, in the weight room, the gymnasium and on to machines. Get ready to be surprised by the places you can take yourself when we change it up, together!

Class also includes:
a. Baseline Fitness Assessment
b. Fitness Challenge – tracking points how many push-ups the group can do, how many squats, how many miles, etc.
c. Great prizes awarded to top team

Session A: June 26-July 29
5 weeks @ $60/member / $120 non-member
Mon/Wed 5:30-6:30am  01206-17
Wed/Fri  9:30-10:30am  01206-32
Tues/Thurs  5:30-6:30am  01206-26
Tues/Thurs  7:00-8:00pm  01206-23

Session B: August 1-28
4 weeks @ $48/member / $96 non-member
Mon/Wed  5:30-6:30am  01207-17
Wed/Fri  9:30-10:30am  01207-32
Tues/Thurs  5:30-6:30am  01207-26
Tues/Thurs  7:00-8:00pm  01207-23

REGISTER ONLINE & MORE @ WWW.METROWESTYMCA.ORG
ADULT FITNESS
HEALTHY LIVING

PREVENTION & WELLNESS CLASSES
FOR OLDER ADULTS
The MetroWest YMCA is offering the following classes to help older adults improve their health and wellness. These programs are offered through the MetroWest Prevention & Wellness Partnership.

These programs are FREE and funded by the Massachusetts Department of Public Health and the MetroWest Health Foundation.

Classes forming now, register today by contacting Tom Black at 508-879-4420 ext. 31 TBlack@metrowestymca.org

MOVING FOR BETTER BALANCE
Moving for Better Balance helps improve balance and increase confidence in doing everyday activities using movements developed from Tai Chi. This is a 12 week class that meets for 1 hour, two times a week.

MATTER OF BALANCE (MOB)
MOB is designed to reduce the fear of falling that many older adults experience, while increasing their activity level. During the class participants learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risk at home. This class meets for 2 hours, once a week for 8 weeks.

ENHANCEFITNESS
EnhanceFitness helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This class focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. This class meets for 1 hour, three times a week for 16 weeks.

MY LIFE, MY HEALTH
This class is designed to help individuals with high blood pressure (hypertension), gain self-confidence in their ability to control their symptoms and how their health problems affect their lives. Done in small-groups, these highly interactive workshops are six weeks long, meeting once a week for 2 ½ hours.

PREVENTION & WELLNESS TRUST FUND
METROWEST PARTNERSHIP

For updates tips and other events, follow us on Facebook.

PARKINSON’S DISEASE
WEELNESS PROGRAM
The PD Wellness Program is specifically designed to help individuals with Parkinson’s disease, MS, or any other neuromuscular conditions to maintain and improve their quality of life. Each one hour class will include balance, cognition, strength, and flexibility exercises. All exercises can be modified to accommodate each individual’s needs and abilities. Please contact the Tom Black, 508-879-4420 for information on this program and how to apply for the scholarship.

9 weeks @ free members / $71 non-members
Wed/Fri.............12:00-1:00pm..............01201-33

YMCA’S DIABETES PREVENTION PROGRAM
If you’re at risk for type 2 diabetes, you can make small, measurable, changes that can reduce your risk and help you live a happier, healthier life. You’ve spent years developing habits that you can’t expect to change overnight. It’s tough. We can help. The YMCA’s Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes.

As a participant, you’ll enjoy:
• A safe space where you can feel comfortable sharing and learning in private.
• Making new friends. You will support each other as you all trade old habits for healthier new ones.
• The new energy and confidence that comes with losing weight and reducing your risk for diabetes.

Contact Tom Black, Senior Program Director at tblack@metrowestymca.org or 508-879-4420 x39

ADULT SPORTS
HEALTHY LIVING

MEN’S BASKETBALL SUMMER LEAGUE 18+
Sign up now for our Spring League! Register a team or sign up as a free agent. Season will run from July 6-August 24. Payment/Registration due by June 29. Pick up registration forms at the Member Service Desk Wednesday Nights 6:30-10:00pm
July 6-August 24 (8 weeks)
Free Agent: $80 members / $110 nonmembers
Team Fee: $560

Karl Knipple, Sports Director
508-879-4420 x30
kknipple@metrowestymca.org
ADULT FITNESS
HEALTHY LIVING

PERSONALIZED WELLNESS PROGRAMS

PERSONAL TRAINING *Members Only*
Need someone to develop a realistic exercise plan for you and keep you motivated? A YMCA Certified Personal Trainer will help you get the most from your exercise routine. Trainers are certified through nationally recognized organizations including American College of Sports Medicine, American Council on Exercise, Aerobics and Fitness Association of America, National Strength and Conditioning Association and the YMCA of the USA. Invest in your future by working one-on-one with one of our dynamic trainers!

Contact Rick Nadell to set up your first appointment (508) 879-4420 38 or RNadell@metrowestymca.org

<table>
<thead>
<tr>
<th>Length of Session</th>
<th>One-On-One</th>
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<tr>
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GET STARTED PROGRAM
Our brand new Get Started Program here at the MetroWest YMCA is a series of three complimentary appointments designed to support you in your pursuit of healthy living through personal goals. In these three appointments we will help you set a PLAN, put it into ACTION, and help you EVALUATE your progress.

To learn more about how to get involved with the MetroWest YMCA Get Started Program contact Kristina Cleverdon at ext. 71 or kcleverdon@metrowestymca.org

PERSONALIZED NUTRITION PROGRAMS

NUTRITION COUNSELING
Conducted by Lisa Brown PhD, LN, RD (Registered Dietitian). To schedule an appointment, please stop by the Member Service Desk or call Rick Nadell, Assistant Wellness Director at 508-879-4420 x38.

COMPREHENSIVE NUTRITIONAL EVALUATION
Includes an 1 hour initial consultation and 1 follow-up. Your evaluation includes nutrition assessment and individual goal setting.

Consultation & one-hour Follow-up: $84

ADDITIONAL FOLLOW-UP
For the member who would like continued one-on-one support for their nutritional and weight management.

1/2 hour Follow-up Visit: $26
1 hour Follow-up Visit: $40

Did you know....
about our Wellness Orientations & Fitness Assessments?

WELLNESS ORIENTATION
Two 45-60 minute sessions with a personal trainer to discuss wellness and fitness goals as well as help you better understand and learn the equipment of the fitness center. They will also help you explore all of the other wellness benefits your Y membership has to offer! Schedule your free orientation today! See the member service desk for more information.

FITNESS ASSESSMENTS
This is a great starting point to keep track of your fitness improvements and help identify what areas you should focus on in your workout routine.

Fitness Assessment Includes:
•Body Composition •Resting Blood Pressure and Heart Rate •Cardiorespiratory Endurance Test •Muscular Strength •Flexibility

To schedule an appointment, please stop by the Member service desk or call Rick Nadell (508) 879-4420 x38 $25 for members only
FAMILY OUTDOOR CENTER
Youth, Teens, Family & Group Adventure Programs
45 East Street, Hopkinton

OUTDOOR FUN ALL YEAR LONG!
Join us, your neighbors, and community all year long in programs and activities together. We celebrate the importance of a strong family, building bonds with new families, and simply enjoying time all together. At a $300 yearly value, below are the many benefits of being a MetroWest YMCA Family Outdoor Center Family Member!

Programs & Events Included in FOC Membership:
• Open Climb (School Year on Fridays)
• Family Archery
• Monthly Family Adventure Club & Quarterly family events
• Junior and Senior Leaders Club
• Y Nights for Middle School Students
• Family Outdoor Center Swim Club Membership
• Member rates on classes, programs, and summer camp

Facility Use Included in Membership:
• Family Swim Club; June – August, Weekdays 3:15pm-7pm, and Weekends, 10am-7pm
• Hiking Trails
• Courts & Fields
• Winter self-guided trail use; snowshoes, x-country skiing

DISCOVER THE GREAT OUTDOORS!
Our Family Outdoor Center includes:
• 122 wooded acres
• two outdoor pools (additional Summer Swim Membership needed)
• outdoor basketball court
• outdoor tennis courts
• picnic pavilions and playing fields
• extensive Challenge Course
• Hayes Lodge (A fully winterized, multi-purpose facility for rentals and group meetings.)
• School-age Extended Day Programs
• Licensed Summer Day Camp facility

OUTDOOR CENTER SWIM CLUB
45 East Street, Hopkinton MA 01748
508-435-9345

OUTDOOR CENTER SWIM CLUB AMENITIES
• Two Swimming Pools
• Swim lessons *
• Picnic Area with Tables
• Play Area for Children
• Basketball & Tennis Courts
• Ball Fields
• Hiking Trails
• Plenty of Parking
• Family Fun Nights
* additional cost

WHATS INCLUDED IN YOUR MEMBERSHIP?
• Family Activities - see Calendar
• 5 Guest passes to use as you wish
• Member Get a Member (MGM) Refer a friend to Swim Club get a $25 YMCA Gift Card
• Family Membership includes: 2 adults and any number of children under age 24 living in the same household

SUMMER SEASON
June 18-September 6
Weekend hours: 10am-7pm
Weekday hours: 3:15-7pm

RATES & REGISTER ONLINE
$300 year long membership to the Family Outdoor Center.
ONCE A WEEK CLASSES -
MEETS SATURDAYS 7/2-8/20, 8 WEEKS
Pike A & B (Preschool)  10:30am  02205-81
Eel & Ray (Preschool)  11:00am  02205-82
Polliwog A & B (School Age)  11:30am  02205-83
Guppy & Minnow (School Age)  12:00pm  02205-84
Fish & Flying Fish (School Age)  12:30pm  02205-85

2 WEEK CLASSES -
MEETS MON-THUR, FRI RAIN MAKE UP
Session 1  6/27 - 7/7  4:30pm
Pike A/B  (Preschool)  02205-21
Eel/Ray  (Preschool)  02205-22
Polli A/B  (School age)  02205-23
Guppy-Fish  (School age)  02205-24

Session 2  7/11 - 7/21  4:30pm
Pike A/B  (Preschool)  02205-25
Eel/Ray  (Preschool)  02205-26
Polli A/B  (School age)  02205-27
Guppy-Fish  (School age)  02205-28

Session 3  7/25 - 8/4  4:30pm
Pike A/B  (Preschool)  02205-41
Eel/Ray  (Preschool)  02205-42
Polli A/B  (School age)  02205-43
Guppy-Fish  (School age)  02205-44

Session 4  8/8 - 8/18  4:30pm
Pike A/B  (Preschool)  02205-45
Eel/Ray  (Preschool)  02205-46
Polli A/B  (School age)  02205-47
Guppy-Fish  (School age)  02205-48

4 WEEK CLASSES, MEETS TWICE A WEEK
June 27-July 21
Mon & Wed, 5:00pm  6/27 - 7/20
Pike A/B  (Preschool)  02205-49
Eel/Ray  (Preschool)  02205-51
Polli A/B  (School age)  02205-53
Guppy-Minnow  (School age) 02205-55

Mon & Wed, 5:30pm  6/27 - 7/20
Pike A/B  (Preschool)  02205-50
Eel/Ray  (Preschool)  02205-52
Polli A/B  (School age)  02205-54
Fish & Flying Fish  (School age) 02205-56

Tues & Thurs, 5:00pm  6/28 - 7/21
Pike A/B  (Preschool)  02205-57
Eel/Ray  (Preschool)  02205-59
Polli A/B  (School age)  02205-61
Guppy-Minnow  (School age)02205-63

Tues & Thurs, 5:30pm  6/28 - 7/21
Pike A/B  (Preschool)  02205-58
Eel/Ray  (Preschool)  02205-60
Polli A/B  (School age)  02205-62
Fish & Flying Fish  (School age) 02205-64

4 WEEK CLASSES, MEETS TWICE A WEEK
July 25 - August 18
Mon & Wed, 5:00pm  7/25 - 8/17
Pike A/B  (Preschool)  02205-65
Eel/Ray  (Preschool)  02205-67
Polli A/B  (School age)  02205-69
Guppy-Minnow  (School age)02205-71

Mon & Wed, 5:30pm  7/25 - 8/17
Pike A/B  (Preschool)  02205-66
Eel/Ray  (Preschool)  02205-68
Polli A/B  (School age)  02205-70
Fish & Flying Fish  (School age) 02205-72

Tues & Thurs, 5:00pm  7/26 - 8/18
Pike A/B  (Preschool)  02205-73
Eel/Ray  (Preschool)  02205-75
Polli A/B  (School age)  02205-77
Guppy-Minnow  (School age)02205-79

Tues & Thurs, 5:30pm  7/26 - 8/18
Pike A/B  (Preschool)  02205-74
Eel/Ray  (Preschool)  02205-76
Polli A/B  (School age)  02205-78
Fish & Flying Fish  (School age) 02205-80

SWIM LESSONS at THE FAMILY OUTDOOR CENTER POOL
45 East Street, Hopkinton
Each session consists of 8 lessons, 30 min each
Members  $65 / Non-Members  $130

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July 25 - August 18
Mon & Wed, 5:00pm  7/25 - 8/17
Pike A/B  (Preschool)  02205-65
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Guppy-Minnow  (School age)02205-71

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REGISTER ONLINE & MORE @ WWW.METROWESTYMCA.ORG
Youth, Teens, Family & Group Adventure Programs
45 East Street, Hopkinton

BIRTHDAY PARTIES
We’ll partner with you to make it a HAPPY, FUN, and SPECIAL occasion for your child. We make it EASY, AFFORDABLE and MEMORABLE for you to host a party. Our parties are designed for all ages and we offer several theme party options to meet the diverse interests of our birthday party hosts.

Contact the MetroWest YMCA at the Family Outdoor Center. 508-435-9345

Not-Your-Typical Party $250
We partner with you to make it a happy, fun, and special occasion for your child or family member celebration. We make it easy, affordable and memorable for you to host a party. Our parties are designed for all ages and we offer several theme party options to meet the diverse interests of our birthday party hosts. For our standard party you will have the party room or pavilion for one hour and an additional hour of fun indoor or outdoor games led by a YMCA staff person.

Archery Party $325
This party is right on target for you! Parties include all the equipment and a dedicated staff member that is NFAA/USA certified to instruct archery. We will take the time to instruct each individual on the sport of archery. The archers will then shoot at targets approximately 15+ feet away. After an hour in the party room or pavilion, your group of 15 or less will join us on the indoor or outdoor range for up to 1.5 hours. Fee for additional guests.

Vertical Climbing Party $375
Your party will rock on our indoor climbing wall! In addition to a standard celebration with an hour in the party room or pavilion, your group will join us on our towering climbing walls up to 1.5 hours. Our certified climbing instructors provide instruction and fun up and down the climbing walls. Harnesses and helmets are provided for all climbers. Comfy clothes and sneakers are recommended. A waiver form must be signed prior to climbing. Up to 15 guests and an additional fee for more guests.

SCOUTING PROGRAMS
We offer a variety of programs for scout troops, from adventures on our challenge course to assistance with badge program completion. Contact The Family Outdoor Center for more information or to schedule a program for your Scouts. (508) 435-9345

HIGH FLIGHT PROGRAM
What is High Flight?
Established in 1998, High Flight is an adventure-based program designed to develop self-confidence and social skills in youth and teens. The program adopts the philosophy “to try is to succeed,” encouraging and empowering all participants to challenge themselves and push their limits while in a safe and accepting environment.

How Do I Participate?
Youth and teens ages 12-17 are referred to the program through school counselors, social service agency or community organizations. Parents can also make referrals.

General Info
High Flight runs three 10 week sessions during the school year as well as two 4 week sessions during the summer. During the school year groups meet up to 2 times after school until 6pm. Groups also meet every other Saturday from 10am-4pm.

Each 10 week session includes and overnight camping trip as well as a three day backpacking trip at the end. The MetroWest YMCA can provide limited transportation to and from local schools or the Framingham YMCA. Due to time and logistical restraints some families are requested to provide transportation to the Family Outdoor Center in Hopkinton. The program fee is based on a tired pricing scale, according to the families’ income. Financial Assistance is available for those who qualify. All equipment is provided as are some personal items according to need.

For more info contact:
Randy Herk
Senior Program Director
MetroWest YMCA Family Outdoor Center
45 East Street, Hopkinton, MA 01748
508-435-9345 x107 www.metrowestymca.org
rherk@metrowestymca.org
More than 12 million cancer survivors live in the United States, and 3 out of 4 families will help care for a family member with cancer. Recent medical research has shown that exercise can counteract the often debilitating side effects of cancer treatment. When cancer survivors participate in moderate levels of physical activity, fatigue is reduced, physical strength is increased and quality of life is significantly improved. Unfortunately, many cancer survivors do not engage in any activity during and after treatment because they don’t know where to go for the special kind of program they need.

LIVESTRONG® at the YMCA is free, 12 week program designed for small groups of adult cancer survivors. The goal of the program is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. The program is led by our staff that have been specially trained in the physical and emotional needs of cancer survivors.

When a cancer survivor walks through our doors, they will become a part of the YMCA family. LIVESTRONG® at the YMCA will engage cancer survivors by focusing on the whole person and will provide a supportive, community environment where people affected by cancer can connect during treatment and beyond.

For more information about LIVESTRONG® at the YMCA, please contact Tom Black at (508) 879-4420 x39.

CPR/SAFETY EDUCATION

SAFETY EDUCATION COURSES

CPR/AED for the Professional Rescuer HEALTHCARE PROVIDERS and FIRST RESPONDERS.
Participants will learn how to recognize signs of sudden cardiac arrest, heart attack and stroke, relieve foreign-body airway obstruction, perform cardiopulmonary resuscitation, and use an automated external defibrillator. Certification American Red Cross. Cost: $75 CPR Mask Available for Purchase ($8 or $15 each)
Tuesday July 26, 2016
6:00-10:00pm ........................................... 02303-61

Basic First Aid for the Community & Workplace
In this nationally recognized program, participants will develop basic first aid knowledge and skill and the confidence to respond. Certification will be American Safety and Health Institute. Cost: $55
Tuesday June 28
6:00-10:00pm ........................................... 02307-16
Tuesday Aug 16  6:00-10:00pm ........................................... 02307-17.

CPR/AED for the Community
The program is for individual who want or are required to have CPR and AED knowledge and skills. Student handbook and certificate included. Certification will be American Safety and Health Institute. Cost: $65
Tuesday July 12
6:00-10:00pm ........................................... 02306-46
Tuesday August 9
6:00-10:00pm ........................................... 02306-47
Tuesday August 23
6:00-10:00pm ........................................... 02306-48

YMCA Lifeguard Courses
Must be 15 years old by the last day of the course. To successfully complete the lifeguarding certification course, participants must attend and participate in all sessions, demonstrate competency in all skills. Participants are required to demonstrate all components of the prerequisite swim prior to registering for the class. Please contact Benjamin to set up an appointment to complete prerequisite swim. You will be required to show a registration approval form to register for the course: this form is given after successful completion of prerequisite swim. Cost: $283 Member/$361 Non Member
June 21-24 @ Clearbrook Swim Club Pool
Time:  8am-3pm code: 02301-72

American Red Cross Lifeguard Recertification Courses
To successfully complete the lifeguarding recertification course, participants must demonstrate competency in all required skills, activities and final rescue skill scenerios in addition to apposing both exams with a minimum grade of 80%. The lifeguard recertification course is for individuals that possess current lifeguarding certification that need to be recertified before expiration date. Participants DO NOT need to pass a pre-reg swim to sign up for course. Cost: Member $129/$206 Non Member
@ the Clearbrook Pool
Monday June 20  8:00am-6:00pm ........................................... 02302-24

LIVESTRONG

LIVESTRONG® at the YMCA is free, 12 week program designed for small groups of adult cancer survivors. The goal of the program is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. The program is led by our staff that have been specially trained in the physical and emotional needs of cancer survivors.

When a cancer survivor walks through our doors, they will become a part of the YMCA family. LIVESTRONG® at the YMCA will engage cancer survivors by focusing on the whole person and will provide a supportive, community environment where people affected by cancer can connect during treatment and beyond.

For more information about LIVESTRONG® at the YMCA, please contact Tom Black at (508) 879-4420 x39.
Every day the MetroWest YMCA gives our community the support it needs to learn, grow and thrive. From advocacy to disease prevention, from athletics to dance classes, everything we do helps strengthen our neighborhood and the people who live here.

Every day, our community faces new challenges that create a greater need for the work we do. And we need your help to do it. Your gift can help your community and everyone in it shine.

For a better you. For a better community.

BE A SUPER HERO, GIVE TODAY!

Every dollar donated to the MetroWest YMCA has a lasting impact on the people in our community. Give today for a better us.

$100 Helps children become comfortable in the water, overcome their fears and could save a life.

$250 Helps a cancer survivor participate in a life changing 10 week session of LIVESTRONG at the YMCA©

$500 Helps send a child to summer camp where he or she will make friends and memories that will last a lifetime.

The MetroWest YMCA is a 501(c)3 charitable organization. For more information, please contact Miriam Kimball, Mission Awareness & Philanthropy (508) 879-4420 x53 or mkimball@metrowestymca.org

Need Help?
Within its available resources, the MetroWest YMCA will provide partial financial assistance through our ASSIST program will be awarded to those who can demonstrate their inability to pay the full fee. Funds are secured by volunteers during the YMCA’s Annual Campaign. Visit member services or download an application online.
YMCA Summer 2016 Registration Form

Please Register Online OR use this form for ALL Classes & Sport Leagues

Member Registration for ALL CLASSES begins Wednesday June 15 at 6 AM, On-Line and Walk-In.

To register online, visit www.metrowestymca.org and click on the “Register Online” button. Registration for the session begins at 6:00 AM, HOWEVER, you may set up your Online User profile anytime and we encourage you to do so.

Non member Registration:  June 20
Non member registration is Walk-In only.

All classes require a minimum enrollment. The MetroWest YMCA reserves the right to cancel any class that does not meet the minimum amount of participants. If your class is cancelled, you will be notified prior to the scheduled start of class.

**Please complete one form per participant.**

<table>
<thead>
<tr>
<th>Class Name(s)</th>
<th>Class Code / 2nd Choice Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Class</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Second Class</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Third Class</td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

Total # of Classes:     ___________    -  Credit ___________

Total $ Due: ___________

**Mandatory YMCA Waiver**

I understand that the MetroWest YMCA assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports programs, the use of any equipment, exercise or other activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illnesses which may result from participation in these activities. I hereby release and discharge the MetroWest YMCA, its agents, servants and employees from any and all claims for injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the MetroWest YMCA is not responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities on YMCA premises. I give my permission for the MetroWest YMCA to take photographs/video or myself/my child while involved in the daily activities of the YMCA programs or special events. I understand that these photographs/video may be used for media purposes or in MetroWest YMCA videos, newsletters, brochures, website and other promotional vehicles. **I acknowledge the WAIVER set forth above.**

Signature of Participant or Parent GUARDIAN______________________________________________________

Date______________

Parent/Guardian’s Name
Parent/Guardian’s Birth date
Participant’s Name
Participant’s Gender   Participant’s Birth Date
Address
City, State, Zip Code
Daytime Phone   Evening Phone

E-mail Address

*For more registration information, please refer to page 26*
MEMBER ONLY BENEFITS

FRAMINGHAM MEMBER-ONLY BENEFITS:
- Family Parties, Open Swim, Open Gym
- Unlimited access to group exercise classes, including cycling, kick-boxing, step classes and TRX
- Yoga & Pilates included with membership
- Wellness Consultations with our certified fitness staff
- Priority registration for youth, adult and senior programs
- Towel and locker service*
- Nutritional consultations with our registered dietitian* (additional fee for these services)

YOUR FRAMINGHAM FAMILY OF 3+ MEMBERSHIP INCLUDES THE FAMILY OUTDOOR CENTER TOO!
- Open Climb (School Year on Fridays)
- Open Ropes (May through October)
- Monthly Family Events
- Member rates for quarterly family events
- Junior and Senior Leaders Club
- Y Nights for Middle School Students
- Family Outdoor Center Swim Club Membership
- Member rates on Family Outdoor Center classes, programs, and summer camp
- Hiking Trails
- Courts & Fields
- Winter self-guided trail use; snowshoes, x-country skiing

Member Benefits available to those with Family Membership. You may join the MetroWest YMCA Family Outdoor Center only at $25/month. Outdoor Center Member Only do not have access to the Framingham Branch.

Y-CHILDWATCH
Drop-In Play Room - For Members Only
Ages 2 months - 10 years old
1 1/2 HOUR LIMIT PER DAY
Enhanced childwatch service for you and your family. Parents must be in the building at all times. We will transport your child to and from a Youth & Family, Sports or Enrichment class while you use the facility. Sorry, we can not transport to and from a swimming class. See the Child Watch staff for details.

CHILDWATCH HOURS
Mornings Monday through Friday
8:00 am - 12:00 pm
4:00 - 8:00 pm
Closed Friday evenings
Saturdays 8:00 am-12:00 pm
Fees Free for MetroWest YMCA Family members!
Adult Members $3/child/day

MY Y IS EVERY Y IN NEW ENGLAND!
Member only benefit! Your valid MetroWest YMCA membership can be used at any YMCA in New England. Your YMCA membership card will provide you free access to any YMCA membership facility in New England.

FACILITY INFORMATION

FAMILY OUTDOOR CENTER
- 122 wooded acres
- Two outdoor pools (additional Summer Swim Membership needed)
- Outdoor basketball court
- Outdoor tennis courts
- Picnic pavilions and playing fields
- Extensive Challenge Course
- Hayes Lodge (A fully winterized, multi-purpose facility for rentals and group meetings.)
- School-age Extended Day Programs
- Licensed Summer Day Camp facility

FRAMINGHAM BRANCH
Full-Size Gymnasium
- Regulation-size basketball court
- Open basketball
- Family, youth and teen recreation
- Sport Wall (interactive games for youth & families)

Heated Indoor Swimming
- Over 65 hours of lap swimming time
- Designated open swim times for the whole family

Wellness Center
- Cardio & Selectorized strength equipment from Precor, Nautilus, Cybex, LifeFitness
- Stair climber, Stationary cycles, Ellipticals, Treadmills
- Updated free weights
- Free Wellness Center Orientations

Youth & Family Interactive Gym
- X-Box Kinect, Expresso Bikes, Cybex & Wii

Aerobics/Cycle Studio
- Suspended wood flooring
- Climate Controlled
- TRX Class included with membership

Youth & Family Game Room Lounge
- Pool table, ping pong and air hockey table.
- Free Wi-Fi
- Cafe Tables & Chairs

Locker Rooms:
- Adult-Only Rooms
- Adult-Only Steam and Sauna
- Youth & Family Rooms

ONLINE REGISTRATION
Now available-registering online!
visit www.metrowestymca.org to create your account and begin registering today!
GENERAL INFORMATION

PROGRAM REGISTRATION
In order to receive member rates for programs, your membership must be current throughout the entire program session. If it expires during the session and you do not wish to renew, you must pay the non-member rate.

Current dates of Program Session registration are listed on the back page with the registration form

PROGRAM REFUND/CREDIT PROCEDURES
1. If a class does not meet minimum enrollment and is cancelled, a full refund or YMCA credit will be issued.

2. A full refund or YMCA credit will be issued if a participant withdraws from a class after notifying the Program Director or authorized staff member at least 48 hours prior to the start of the class.

3. A YMCA credit or refund will be issued if a participant is unable to attend a class due to a prolonged illness (3 or more weeks). This request must be made prior to the end of the program session and must be accompanied by a doctor’s note.

Program Satisfaction:
We place great value on the satisfaction of our program participants. If a program is not meeting your needs for any reason please notify the Program Director.

Note: Please let the Program Director know if you cannot make a class due to religious reasons. We will be happy to offer you a credit for that class.

FACILITY ACCESS
All members must present their membership card upon entry to the YMCA. All non-member program participants must present program class passes upon entry. All daily guests must sign in at the member service desk and present a photo ID.

Youth 10 years and younger:
* Parents/Guardian must remain in the building while a child is attending an instructional class.
* May participate in designated open gymnasium and open swim times with adult supervision.
* May use the youth and family game room lounge area with adult supervision.

* Youth 9-12 years old upon completion of a wellness orientation may use the Youth and Family Interactive Gym with adult supervision.

Youth 11-15 years old:
* Parent/Guardian does not have to be present while a child is attending an instructional class.
* May participate in designated open gymnasium, open swim and use the family game room lounge without adult supervision.
* Youth 13 years and up upon completion of a wellness orientation may use the nautilus and cardio area of the wellness center without adult supervision. Please see the Wellness section of the program guide for more information.

Youth 16 years old and up:
* May participate in all of the above to include using the free weight area of the wellness center.

IMPORTANT INFORMATION ABOUT MEMBER REGISTRATION FOR SUMMER 2016 CLASSES. WE ENCOURAGE YOU TO SET UP YOUR ONLINE ACCOUNT PRIOR TO JUNE 15

• When setting up an online account for a youth membership, you must use the Member Number, NOT the facility access number. Please contact the Member Service Desk at (508) 879-4420 during business hours to determine your member number or if you have any other questions.
• If your membership is due to renew on or before August 28 or if your draft membership is inactive for any reason including draft returns, membership holds or account changes, you will not be able to access online registration.
• It is important that you DO NOT log into the registration page before 6 am.
• We process a high volume of registrations in the first hour of registration. Some classes will fill within the first 5 minutes of registration.

PLEASE NOTE THE FOLLOWING PROCEDURES FOR WALK-IN REGISTRATION ON JUNE 15
• Members arriving between 5 and 5:45 AM will receive a number that will be drawn randomly beginning at 6 AM.
• Members arriving between 5:45 and 6:45 AM will receive a number that will be drawn randomly after all numbers have been drawn from the first group.
• Registrations will be accepted and processed for 1 immediate family per number. If you are bringing registrations for a friend or relative that is not part of your family membership, you will need to take an additional lottery number.
• Please make sure that your membership is current and in the case of annual memberships, does not end on or before August 28, 2016. Membership issues will be handled separately on June 15 and will delay your program registration.

PHONE REGISTRATIONS WILL BE ACCEPTED ONLY FOR THE FOLLOWING CIRCUMSTANCES:
• If your child is not yet the age that is required for the program on the day that you are registering, you will not be able to register online, and you will need to call or walk in.
• If your child under 2 is receiving member rates under your adult membership, you will not be able to register online and you will need to call or walk in.
Summer 2016 Session
June 27-August 28, 2016

Important Dates

April 13  Spring 2 Member Online & Walk in Registration begins at 6 am
April 17  Spring 1 session ends
April 18  Spring 2 Member Nonmember Walk in Registration begins
April 18  Patriot’s Day- YMCA open
April 19-22  School vacation; YMCA vacation program for all ages
April 24  Earth Day Celebration, Family Outdoor Center
April 25  Spring 2 Session begins
April 30  Healthy Kids Day– Framingham Branch
May 8  Camp Tour Day, Family Outdoor Center, 10am-1pm-
May 30  Memorial Day: YMCA closed
June 4  MetroWest K9-5K, Family Outdoor Center
June 18 & 19  Clearbrook Swim Club Open House 12-5 pm
June 15  Summer Session Member Registration begins at 6 am
June 26  Spring 2 Session ends
June 27  Summer Session begins

MAINTENANCE WEEK  August 28- Sept 5
The Framingham Branch pool will be closed August 28 – September 5 for annual maintenance.

POSTMASTER-PLEASE DELIVER BY JUNE 10