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FOR SOCIAL RESPONSIBILITY**

MetroWest YMCA

Response to Request for Proposals – Management of Camp Sewataro

Technical Proposal

Due 11AM, August 5, 2019

Attention Chief Procurement Officer

Flynn Building

278 Old Sudbury Road

Sudbury, MA 01776

Respectfully submitted by:

Richard MacPherson, President and CEO

MetroWest YMCA, Inc.

280 Old Connecticut Path

Framingham, MA 01701

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A. Introduction

“Another amazing day at the YMCA Family Outdoor Center in Hopkinton! The Y plays an essential role in the lives of people from our region through quality, affordable summer camps for kids, and critical programs and services for residents of all ages. It was great to witness the impact of Y Summer Camp first-hand, and to see nearly 1,000 local children making life-long memories and gaining life-skills. Every year, at the Y’s Advocacy Day, I’m proud to host leaders from throughout MetroWest. It was incredible to see our turnout double this year! Thank you to all who attended including local school and town officials and **Congresswoman Katherine M. Clark, Congressman Joe Kennedy, Senator Karen Spilka, and Reps. David Linsky, Carmine Gentile, Jack Lewis, and Maria Duaine Robinson**, as well as **DA Marian Ryan and Mayor Yvonne Spicer**. It’s wonderful to see our local YMCA ‘family’ growing!”

State Representative Carolyn Dykema
MetroWest YMCA Advocacy Day
August 1, 2019



For the past sixty years, Camp Sewataro has operated in the town of Sudbury. During that time, it has provided rich traditions and experiences for the 600 campers per day it serves during the summer. The MetroWest Young Men’s Christian Association, Inc. (MetroWest YMCA) respects the camp’s history and work, and is excited to put forward this response to the Town of Sudbury’s request to find an experienced organization to manage Camp Sewataro and, to not only operate it as a great camp, but become an integral resource for the Sudbury community.

The MetroWest YMCA is dedicated to providing programs and services that build healthy mind, body and spirit for all. We are a cause-driven organization, serving 25,000 children and families annually that is for youth development, healthy living and social responsibility. We currently operate the Family Outdoor Center (FOC), located on 122 beautiful acres in Hopkinton and providing camps that serve more than 1,000 children per day, featuring experienced staff, year-round programming, an outdoor pool, camp lodge, teaching kitchen, high ropes course, indoor climbing structure and much more; our Framingham facility, a full service YMCA complete with indoor pool, wellness center, licensed early learning center provides programming for people of all ages; and our Clearbrook Family Swim Club with outdoor pool, spray-ground, tennis courts and summer camp programs.

The MetroWest YMCA's service area covers Framingham, Sudbury, Wayland, Natick, Hopkinton, Ashland, Holliston and Sherborn. Where there are community needs in these towns and where we have experience and capacity, we believe it is our responsibility to help. Our association is led by a strong, committed Board of Directors and staff team that has decades of experience operating facilities, camps and programs throughout the region. This includes all aspects of operations from marketing and recruitment to program development and facilities maintenance. We also bring a commitment of excellence and culture of collaboration having partnered for decades with municipalities, schools and organizations.

The MetroWest YMCA has an extremely strong balance sheet. The audited financial statements for year ended 12/31/2018 show total assets of \$15.8M, total liabilities of \$3.9M, and total net assets of \$11.9M. The property and equipment, net, balance is \$10.8M and includes properties at 280 Old Connecticut Path Framingham, 120 Parker Rd. Framingham, and 45 East St. Hopkinton. Cash and Investment balances at 12/31/2018 were \$2.3M and \$1.0M respectively.

Because of our extensive experience and expertise operating camps, we are pleased to present our proposal to manage Camp Sewataro, as well as the property and facilities located at 1 Liberty Ledge, for and in partnership with, the Town of Sudbury. We are committed to bringing our philosophy of working in partnership with area towns to support all of our goals to operate a camp that not only serves individual campers, but also increases the value to the community. For example, while the camp is located in Sudbury, it has not been a "Sudbury Camp." In fact, only approximately 20% of the participants have been Sudbury residents. That fact, coupled with the limited access for residents of Sudbury, has made the property more of a private residence, than a true community resource. Our Y is poised to change that and build a camp and community resource that will serve the Town of Sudbury for decades to come.

Our vision is to:

- Maintain a quality camp experience that is affordable and accessible for Sudbury families.
- Keep children safe, and commit to their social and emotional growth.
- Help prepare children to succeed in school and beyond through the development of 21st Century learning skills, life skills and STEM Education.
- Provide scholarship assistance ensuring that no Sudbury families are turned away due to socio-economic challenges.
- Instill our core values of caring, honesty, respect, and responsibility.

- Provide workforce development and job opportunities- strengthening work ethic and job skills progression through our Leader in Training, Counselor-In-Training, Junior Counselor, and Camp Counselor opportunities.
- Provide access to Sudbury families, as appropriate, ensuring that this wonderful community resource is available to Sudbury residents through a weekend and evening swim club, swim lessons and programs.

For nearly 60 years, approximately as long as Camp Sewataro has been open, the MetroWest YMCA has operated quality day camps and partnered with local communities. Currently serving more than 1,200 children per day, our camps have evolved to provide academic, enrichment, and experiential learning. We provide camps that provide a variety of experiences, helping make the community stronger by working in partnership to address needs. For example, we operate a more traditional camp at the FOC in Hopkinton, situated on 122 pristine acres, STEM Camp in Natick, an education focused Camp OCP currently operated at the Nobscot Reservation in Sudbury and at the McAuliffe Charter School in Framingham. To successfully operate and recruit for these camps, we work closely with both the cities and towns in which they are situated, but also the towns around us. We have campers from more than 65 towns, helping families and children access high quality camps and programs.

Therefore, our approach is not to come in and simply run a great camp, rather, our vision is a true partnership with the town to provide access and opportunity for Sudbury residents, children and families.

We are grateful for this opportunity and appreciate your thoughtful consideration of our proposal.

B. Minimum Criteria

1. The MetroWest YMCA is a Massachusetts organization, established in 1960. We are a fiscally sound organization who submits all required forms and reports including our audit, UFR, annual report and Form 990 on time annually.
2. As described in the Introduction, the MetroWest YMCA has managed and provided high-quality camps for thousands of children annually for approximately 60 years. Additionally we operate all our camps, including vacation and snow day camps, in cooperation with local school districts, community organizations and other partners. Please see page 18 of the proposal for our references.
3. Annually the MetroWest YMCA receives Camp Permits from the Boards of Health to operate camps in Sudbury, Hopkinton, Framingham, and Natick. Please see page 18 for our Board of Health contact information and Addendum A for copies of our 2019 certificates to operate camps in Framingham, Hopkinton, Natick and Sudbury.
4. Throughout the document but also in Exhibit B are our qualifications. We have provided a list of references in Exhibit B who can speak to our partnership, collaboration and management.
5. Executed Certificate of Non-Collusion (See Addendum C for Exhibit C)
6. Executed Attestation – Certificate of Compliance with State Tax Laws, M.G.L. c. 62C, §49 (See Addendum C for Exhibit D)
7. See Addendum B for IRS W-9 form
8. Description of Intended Use see Exhibit A starting on page 10
9. Certificate by Corporate Authority to Sign Contract, (See Addendum C for Exhibit E)

C. Comparative Evaluation Criteria and Standards

1. Interviews

The MetroWest YMCA looks forward to meeting with the Evaluation Committee during the week of August 5th.

2. Experience – Summer Camps

The MetroWest YMCA, for nearly 60 years, has operated multi-faceted summer camps managing all aspects including all camp operations and buildings and grounds, including registering participants, handling monies, and all general operations of the camp's programs, including personnel.

We opened our first traditional summer camp in Hopkinton when the MetroWest Y purchased Camp Bob White approximately 60 years ago. While many of the original elements are still in place, we have expanded our key camping programs to include 37 individual options for families serving thousands of children throughout our 8 town service area.

Programs offered for more than 5 years include:

- Traditional Camps - Offered for: 50+ Years

These camp programs provide "traditional" age appropriate camp activities, including swimming lessons, archery, sports, and arts and crafts to name a few. The youngest campers are chipmunk and scamper (3-5 year olds) and the oldest camper are LIT and CIT who are acting as role models for the younger campers while learning important leadership and workforce skills.

- Chipmunk and Scamper Camp
- Camp Carol
- Bobolink
- Explorers
- Bob-White
- Adventure Camp & Adventure Plus
- On the Road
- LIT
- CIT

The camps listed below serve different age groups. These are marketed as "specialty camps" where campers can focus on learning and growing skills in a particular interest area. For a complete description of each of these camps please see addendum D.

- Pioneers
 - Fort-building 12 Years
 - Horseback Riding 12 Years
 - Farm Camp 12 Years
- Creative Arts Camp 10 Years
- STEM Camp 8 Years
- Sports Camp 20 Years
- Camp OCP – Educational Camp 15 Years

- Camp Clearbrook 5 Years
- My First Summer Camp 10 Years
- Gymnastics Camp 15 Years

Our success has been in building our business model while adhering to our mission of serving all within our community. This includes providing assistance to families who might otherwise not be able to afford to send their children to a high quality summer camp. Our Hopkinton camp alone funds well over 100 campers every summer on some form of financial assistance/scholarship. Scholarships for camp and Y programs are made possible through funds raised from members, participants and the community as part of our annual campaign. Our camp operations personnel works closely with the towns our programs are located in to ensure we are partnering with them to maintain the integrity of the property and access to local communities, residents and businesses.

But we do not only work with communities, we also work with individuals and families to support their health and wellness goals. This means, ensuring our programs are affordable, which includes a sliding scale based on income which is made possible through our financial assistance program. As the operator of Camp Sewataro, we will offer 10 full scholarships to Sudbury families to attend camps. Also, as previously noted, we would offer financial assistance to additional Sudbury families who may need support based on current circumstances. For example, we waived family membership fees when Federal Employees found themselves unexpectedly furloughed. YMCA programs utilize a sliding scale in an effort to make programs more affordable.

We have offered dozens of camp programs serving thousands of children for decades. In addition, recently, due to the increased demand for our summer camp programs, our Y has expanded to offer new programs at new locations. An example of this is our new STEM Camp, in Natick, now entering its third summer through which we partner with the public schools, and area businesses. Additionally we have partnered with other businesses in the community to provide specialty camps. For example, we run a "Little Farmer's Camp," with Lil' Folk Farm in Holliston. For half the day children who register for that camp spend time on the farm learning about the agriculture business and the other half they spend at the Family Outdoor Center (FOC) doing traditional camp activities like swimming. This not only provides children with a new experience it also leverages and supports additional businesses in the community, working together to provide our own area of expertise.

The MetroWest YMCA was founded to meet the needs of our eight town service area which includes the Town of Sudbury. We have a strong history of providing quality, safe and affordable camps, but also have evolved to meet emerging needs in local towns. Altogether, our organization commits significant resources to summer camp operations serving approximately 1,300 campers daily, 2,300 unduplicated children, 300+ staff, and 22 full-time leaders directly involved with camp.

3. Management Experience

Proposer Background, Experience and Role Managing Camps

As our community partners will share, we have extensive experience managing camp programs for more than a half century, as well as operating before and after school programming, in collaboration with the towns of Framingham, Hopkinton, Natick and Ashland.

We have also operated our FOC, located on 122 beautiful acres in Hopkinton, in a way to ensure the property is a community resource. From summer memberships and town programs, to hiking trails, and access to school groups and the area Chambers of Commerce, we have worked to maintain our property as critical open space, but also a true resource for area residents.

As noted in the previous section, we have extensive experience operating camp programs. Our programs provide introductions to the camp experience offering part day or full day to children as young as three, to leadership development for teens. We use proven models for all our camp programs, and then when appropriate, make modifications based on our experience and/or from feedback from families and campers.

For six decades, we have celebrated the traditions of what has made camp a fun, welcoming, safe, exciting and memorable experience, while evolving to address new needs in the communities we serve. This has been accomplished through a seasoned and nationally respected team of YMCA and Camp leaders.

Camp Director-- Background, Experience and Role Managing Camps

The MetroWest YMCA would draw from our deep bench of experienced camp directors to lead Camp Sewataro. Immediately, Scott Umbel, the Executive Director of our FOC in Hopkinton would oversee all operations of the camp including managing personnel. For the past six summers Scott has successfully lead our summer camp of 900+ daily campers (1,800 unduplicated campers), 245 summer camp staff, including 10 full-time employees. The FOC consists of a 122 acre property with two outdoor pools, two archery ranges, high and low-ropes courses, and numerous other traditional camp activities. Additionally he oversees transportation to and from various towns and manages local partners to bring additional activities and opportunities to ensure campers receive a rich and varied summer camp experience, regardless if they are there for a couple of weeks or the entire summer.

Prior to being named the Executive Director of the FOC, Scott has an additional seven years of experience as camp director at two different Ys. He comes with significant experience managing maintenance of large properties, running aquatics programs, working with Boards of Health to ensure compliance to operating safe and fun camps for everyone, including children, families, staff and community members. Scott has managed six prior camps that were American Camp Association accredited, four of them through the visitation process for the first time.

Leadership Team:

In addition to Scott Umbel, the Y has several highly qualified leadership staff, with an average of 20 years of leadership experience, who will work in collaboration providing guidance and support transitioning and establishing the Y as the new operator of Camp Sewataro.

The Leadership Team, is led by the MetroWest YMCA President and CEO, **Rick MacPherson** who brings 30 years of community building experience, spearheading numerous large scale projects including renovation and expansion projects, the creation of a public-private partnership for a new city park, and also serves on numerous local and regional committees and task forces.

Jeanne Sherlock, COO of the MetroWest YMCA has extensive experience operating and overseeing a range of facilities, from being the Executive Director of a full-service 60,000 square foot facility, to (for the past seven years) overseeing all aspects of our Framingham, Regional Education, and Family Outdoor Center branches.

Heidi Kaufman, Executive Director of the Regional Education Branch, has been with the Y for more than 15 years and has operated summer and vacation camps for more than 12 years, including Camp OCP at Framingham and recently at held at Nobscot in Sudbury. She also oversees the STEM Camp housed in the former East School on Oak Street in Natick (two years). Heidi also operates the Y's Early Learning Center (98 licensed slots for licensed child care), as well as our six after-school program sites serving more than 400 children before and after-school. Heidi leads our Education Branch and serves on numerous State Committees and is a well-respected leader in this field.

Lisa Mandozzi, has worked at the Framingham Branch for nearly 30 years, and for the past five years, as the Executive Director, overseeing operations of our 11,000 member facility. Lisa also oversees gymnastics, My First Summer Camp, and Clearbrook summer camps. Additionally she manages summer memberships for families to have access to Clearbrook Family Swim Club.

Rounding off the team is **Carolyn Lister** the Association Director of Membership and Marketing (12 years with the Y). Carolyn supports the Association, overseeing and coordinating marketing for all our programs, educating members and the public about the impact of the Y programs related to Youth Development, Healthy Living and Social Responsibility. Her efforts, combined with the rest of the leadership team help our Y recruit and maintain thousands of members and general public engagement annually.

On-site Camp Leadership and Back-Up Plan:

Supporting Scott Umbel and acting as on-site leadership for daily camp operations and programs, are three highly skilled camp program leaders and administrators, Kelley Ratcliffe, Abby Biser, and Matt Donato. Kelley has been the camp director at the FOC for the past four summers, directly managing camp program operations. Prior to that she worked in the Y afterschool programs, acting as a unit leader and Site Director in the Barbieri Elementary school. Abby Biser is the adventure and outdoor education director. Abby leads all activity areas and instructors during the summer camp season including curricula development, program quality management, and risk management. She directly oversees the safe and effective operation of a large high-ropes course (17 high elements, 10+ low elements), training, and course facilitators. Abby also assists the Camp Director in staff meetings, supervision, and general program operational needs and has more than 10 years of experience in this field.

Matt has been the business manager of the FOC for three summers and has proven highly valuable in his ability to manage all administrative aspects of camp registrations. This includes managing our Camp Database and following up with hundreds of families to ensure all the proper documentation is in place so camp is not delayed for children.

This well-rounded team provides camp leadership so families and children can focus on what is most important, making life-long memories and friendships, learning new skills, and having fun.

Camp Implementation Plan

If selected to lead Camp Sewataro, upon notification the MetroWest YMCA's leadership team will convene and implement the following timetable. While we have a seasoned, senior team in place (resumes included in Addendum E), we would meet with the staff of Camp Sewataro to determine who may be interested in remaining part of the Camp Sewataro team.

August – October:

- Begin meetings with Town of Sudbury and Taylor Family to ensure smooth transition once property is owned by the Town
- Begin designing and planning programs for the summer
- Work with Y Marketing team and town to coordinate press and community announcements to create buzz about new partnership
- Finalize Plan for Public Access
- Conduct outreach to current families, if allowed, to determine interest level of returning

- Conduct outreach to current camp staff to determine interest level of returning
- Begin outreach to Sudbury Residents and recruit for summer 2020

November – December:

- Finalize specialty camps which will be offered (pottery, horseback riding, golf, etc.) and connect with current leadership for operation information on executing these camps.
- Implement Marketing Plan, continue outreach to Sudbury residents, Y Members and Camp Families.

January – March:

- Enroll campers, recruit staff
- Begin Preparation of Camp Property, cleaning up from New England Winter

April-June:

- Camp Staff Training
- Final preparation of grounds for Camp
- Camp Sewataro Swim Club Opens

End of June -July-August

- Camp in Session
- Assess camp year and meet to discuss future program opportunities for the following months and year

The MetroWest YMCA is a place where families and communities can come and gather to feel safe and have fun. We accomplish this by rigorous training of staff from annual safety training, including sexual abuse and harassment prevention as well as how to best serve as role models for children and youth. We offer additional trainings to staff to support and enhance communication skills like Listen First techniques. These are all done to ensure staff can best work with one another, the people with whom they support in the community, as well as working with our partners.

4. Experience working with community or other stakeholders developing and executing a plan for public access

The MetroWest YMCA has a strong history of providing access to the public in a variety of ways, at our 122 acre FOC in Hopkinton including offering membership in evenings and on weekends, renting our facility, sharing space with others, and when we identify needs in the community for space to conduct activities, providing access to do so. Examples include:

- **MathWorks Cricket Club:** A corporate-sponsored employee program engaged the Y in a new partnership that created facility access at the FOC for cricket. Through this collaboration, a new turf cricket pitch was built for the use of the MathWorks Cricket Club and also other community use. The Y is now able to offer other community groups time on the pitch, launched cricket instruction during summer camp, and will begin cricket classes in the Fall as well.
- **Ashland Sporting Association:** The Y has partnered with the ASA for numerous events over the years, though our greatest success and key program is certainly our shared MetroWest K9-5K Trail Run hosted at the FOC in June. The event is a human and dog

trail race on a closed 5k course fit on the Y's property with a blend of Y staff and volunteers with those of the Mass Vet Association and ASA. Together we have raised more than \$45k over the last 4 years of the race for area shelters and organizations.

- **Non-Profit Facility Use:** As often as possible, the Y works to move beyond simple facility use agreements and instead to genuine partnerships.
 - At the FOC we partner with the Boy and Girl Scouts in their use of facilities for meeting areas and programming while they support volunteer projects and stewardship on our property.
 - We engage the Michael Lisnow Respite Center to provide outdoor and functional space for their adult day program allowing their students to be active and explore the outdoors.
 - The Y also partners with Aspirations Camp, an extension of the Lincoln-Sudbury school district's Special Education department. Typically hosting 10 students and their aides with the leadership of Lane Sisak for two weeks at the FOC during summer camp. Students enjoy all the activities we have to offer in an inclusive and friendly community.
 - We have partnered with the Hopkinton and Ashland Public Libraries on various programs including Project ABC (helping families advocate, belong, and connect in a new community), Astronomy Night (a combined 2-town family event), and many other programs and activities.
 - The Y has also partnered with the Learning Center for the Deaf, town of Southborough, and Town of Hopkinton Special Education Department.
 - The Y will host the 2nd Annual Business Network Event in August bringing together the chambers and business associations of 4 towns and the MetroWest Chamber of Commerce. The event is a combined partnership with all 5 business networks in a new effort to bring unique organizations together.

Plan for Public Access:

Based on our model at the FOC in Hopkinton, we will partner with other non-profits, organizations and the town for specific uses of the property (examples above). As for public access of the property, a key component will be the Camp Sewataro Family Swim Club and Swim Lessons. Summer

Memberships/Programs will include:

- Family Swim Club would operate Monday to Friday from 4:30pm through 7:00pm and weekends from 10:00am through 6:00pm. The Family Swim Club will include use of the pools and recreational swim pond for both family swim time and formal Y swim lessons.
- Preschool, Youth, and Adult Swim Lessons: Sessions include 8 lessons for 30min using the Y's Progressive Swim Lesson model. Operates Swim Club hours and registered in advance.
- Boating would be accessible on Saturdays from 11am through 4pm and included in the Family Swim Club membership.
- Family Recreation: The camp's courts and trails would be open and available during the same hours of Family Swim Club all summer long. Additionally, these spaces would be open for use April through October and we will eventually offer programming on weekend and evenings during the school year.

Currently, for safety reasons, while camp is open, we restrict access to facilities. We anticipate operating a similar model if selected as the operator of Camp Sewataro. This not only preserves the safety of our campers, but also staff and community members. However, should we be selected to operate Camp Sewataro, we will initiate conversations with the Town of Sudbury about facility and/or program needs in the community that we could potentially offer at the camp at appropriate times. For instance, we could look at collaborating with the town Senior Center to supplement programs for seniors which enhance their quality of life.

EXHIBIT A: DESCRIPTION OF INTENDED USE

A. Required: Description of intended use of the site

Description of activities to take place on the Site

- Camp groups will experience the same list of camp programs presently run during Sewataro's 2019 Summer: Arts & Crafts, jewelry, pottery, low ropes, high ropes, zip line, music, drama, dance, campcraft, fishing, gardening, nature, archery, golf, tennis/pickleball, sports, boating, swim lessons, and rec swim.
- Through the Y's focus on Healthy Eating & Physical Activity an additional program called Busy Bodies will be added; its focus is on healthy movement and activity as well as experimenting with healthy new foods and nutrition.
- The YMCA's skill and ability to develop detailed program and curricula plans will promote excellent quality in all activity areas.
- With a focus on increased specialized skill development and tapping into camper's interests or sparking new ones, the Y would explore expanding programs like:
 - i. Creative Arts – For those that have passion for unique arts we will focus even further on ceramics, canvas work, and other media to foster new talents.
 - ii. Horseback Riding & Farm – Add an option to the existing horseback riding program to include farm stewardship as "little farmers."
 - iii. Pioneers – Releasing our camper's wilder side we take to the woods to build forts, learn to build shelters, basic survival skills, and other nature-based learning.
 - iv. STEM – Introduction to model rocketry, robotics, engineering/structure, and natural sciences.

Calendar of activities, include typical daily schedule(s) as applicable

- **Summer Calendar:**
 - 4 two-week sessions and 1 one-week session (dependent upon school release schedules): Additional options are available to Sudbury families who need a seamless summer from school to camp and back to school.
 - Seniors (entering 7th & 8th grade) on trip every other week
 - Fox and Bear (entering K through 3rd grade) on Overday (extended camper day) during 4th and 8th weeks
 - Eagle (entering 4th – 6th grade), and Seniors Overnight 2nd and 6th weeks
 - Counselor-In-Training (CIT) Trip & Overnight 1st and 5th weeks
 - Theme and Dress-Up Days every Friday

Sample Summer Calendar

MON	TUES	WED	THURS	FRI
Session A Wk of June 22		Seniors Trip	CIT Trip & Overnight	Theme + Dress-Up Day "Space Invaders" looks like anything space or alien related and far out there
Wk of June 29	Eagle & Senior Overnight	Family Fun Night Camper for a Night		Theme + Dress-Up Day "Holiday Hullabaloo" Outfit and attire that's holiday themed
Session B Wk of July 6		Seniors Trip		Theme + Dress-Up Day "Once Upon a Time" For your outfit, think story time characters, Disney, +
Wk of July 13	Fox & Bear Overday	Family Fun Night Banana Olympics		Theme + Dress-Up Day "Where the Wild Things are" Channel your wild side, go safari, and all in between.
Session C Wk of July 20		Seniors Trip	CIT Trip & Overnight	Theme + Dress-Up Day "Super Heroes!"
Wk of July 27	Eagle & Senior Overnight	Family Fun Night Penny Carnival		Theme + Dress-Up Day "Under The Sea" Dress in anything to do with the sea; fish, sea monsters, and a lobster
Session D Wk of Aug 3		Seniors Trip		Theme + Dress-Up Day "Time Warp" Clash the decades together, and dress in your fav attire
Wk of Aug 10	Fox & Bear Overday	Family Fun Night Water Palooza		Theme + Dress-Up Day "Shipwrecked" Anything and everything above the waves
Session E (1 week) Wk of Aug 17		Seniors Trip		Theme + Dress-Up Day Color Games in our group colors all week long

- **Daily Schedule:**

- Below is a *sample* of a daily schedule for an individual group within Bear
- There is a 15min transition time to allow for walking to the next activity, bathroom runs, quick snacks, sunscreen and water breaks, and all the other camper-care needs in a typical day.

BEAR GROUP					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00	Arrival & Check-In	Arrival & Check-In	Arrival & Check-In	Arrival & Check-In	Arrival & Check-In
9:00-9:15	Tribe Huddle	Tribe Huddle	Tribe Huddle	Tribe Huddle	Tribe Huddle
1st Period 9:20-10:15	1 st Day Orientation	Tennis	Gaga Ball	Climbing Wall	Volleyball
2nd Period 10:15-11:00	Swim Lessons & Free Swim				
3rd Period 11:15-12:00	Change, Sunscreen, Choose-To-Be-Nice, & Lunch				
4th Period 12:15-1:00	Soccer/Lacrosse	Arts & Crafts	Archery	Nature	High Ropes
5th Period 1:15-2:00	Camp Craft	Low Ropes	Boating	Choice Activity	
6th Period 2:15-3:00	Music	Fishing	Unit Time	Busy Bodies	Drama
3:25-3:35	Flag & Closing Ceremonies	Flag & Closing Ceremonies	Flag & Closing Ceremonies	Flag & Closing Ceremonies	Flag & Closing Ceremonies
3:45-4:15	Dismissal	Dismissal	Dismissal	Dismissal	Dismissal

- **Additional Camp Programming**

The Y focuses on enriching campers lives by affecting several key attributes of success; fostering a sense of **belonging**, building and creating new **relationships**, and celebrating **achievement**. We have found impacting these three elements of a camper's experience have the greatest impact on satisfaction.

- **Choose to Be Nice:** A simple and powerful message, Choose To Be Nice, is a social movement dedicated to encouraging and inspiring kindness. The goal is to improve the way people interact with each other by reminding them that they have a choice about how to "be" in the world. It all starts with a simple promise: "I promise to help spread kindness wherever and whenever possible. And to the very best of my ability, I'll be nice to those with whom I come into contact on a daily basis." The Program includes nine age and grade-specific learning activities that include teaching respect, kindness, acceptance, teamwork, honesty, responsibility, friendship, patience, and courage. Learning activities feature appropriate children's literature, hands-on activities, discussions, reflections, and extensions.
- **Achievement Program:** Recognizing and celebrating learning new activities and skill progression are paramount to a camper's success in our summer programs. Campers will receive recognition for their development through various levels within each program area, shared with their family at home, and remembered forever through their pin.

Approximate number of participants and staff using the facility

- **Summer Camp:** A maximum of 600 campers daily, with approximately 160+ staff
- **Family Swim Club, Swim Lessons, etc.:** Open to the community for a fee. Based on facility use at the FOC in Hopkinton, the Y would anticipate 40-60 members present, along with 15-20 staff in the evenings and on weekends and for programming during school year.

There will also be an opportunity after the summer of 2020 to expand programming on weekends and evenings during the school year and during school vacations, and if the town is interested in additional shared revenue, rent facilities for use by groups.

List of buildings and areas required for activities

Camp Sewataro has numerous buildings and residences that support diverse camp activities. We are excited to use and maintain each of the current camp buildings. Overall, we plan on utilizing all camp properties. The residences could serve as housing for an on-site care-taker of the property and also could help us start an International Camp Counselor program by providing summer housing. That being said, if the town has need for some of this space or residences, we are open to conversations regarding possible shared uses, or town uses, pending approval of the MetroWest YMCA.

In summary, we plan on using all of the camp structures and buildings.

Proposed alterations and improvement plan for buildings and grounds

The MetroWest YMCA has a Properties Committee comprised of knowledgeable volunteers with applicable professional experience. We review our facilities development plan with this group each year. In addition to budgeted normal maintenance, we will develop a working list of possible capital projects as needs arise. Because capital projects would be funded through, and not to exceed, annual net profits, any capital improvements would need to be recommended by the MetroWest Y and approved by the Town of Sudbury. Additionally, we would conduct a capital needs assessment upon the commencement of a contract, and will share that with the town.

Based on the information provided at the site visit by Mark Taylor, as well as feedback from our experienced contractors who walked the grounds with us, we do not anticipate any immediate plans for renovations. However, we do want to assess the swimming pond area again and may look to make some changes there. The visibility for lifeguards is limited. To ensure maximum safety, we would review options for increasing water clarity.

Plan for community use of and access to the buildings and grounds

- During summer camp operating hours the facility would be closed to any public use besides campers and families at drop-off and pickup.
- Camp Sewataro Family Swim Club Membership for Sudbury residents.
 - Family Swim Club would operate Monday to Friday from 4:30pm through 7:00pm and weekends from 10:00am through 6:00pm. The Family Swim Club will include use of the pools and recreational swim pond for both family swim time and formal Y swim lessons.
 - Preschool, Youth, and Adult Swim Lessons: Sessions include 8 lessons for 30min using the Y's Progressive Swim Lesson model. Operates Swim Club hours and registered in advance.

- Boating would be accessible on Saturdays from 11am through 4pm and included in the Family Swim Club membership.
- Family Recreation: The camp's courts and trails would be open and available during the same hours of Family Swim Club all summer long. Additionally these spaces would be open for use April through October during the school year.

Description of site preservation and conservation intent

- A full-time Facilities Manager / Caretaker would be hired who will manage the professional upkeep of the beautiful grounds all year. This position will report to the Facilities Director (resume attached, see Addendum E).
- The MetroWest YMCA currently manages many facilities in the region including the 55,000sqft Framingham Branch, our Clearbrook Family Swim Club, and the closest resemblance is the FOC in Hopkinton; a 122-acre year-round facility that includes two outdoor pools (one 25-yd pool and one small wading pool), large 5,000sqft gymnasium, arts center, administrative offices and classrooms, six large pavilions, four soccer fields, and various outdoors venues. Through the Y's experience in property management each location has a preventative care and maintenance plan to keep facilities running in top shape and looking their best. The same approach to facility management would be utilized at Camp Sewataro.
- Utilize existing conservation action plans from the Family Outdoor Center that include the basic principles of reduce, reuse, recycle; water conservation, container and paper recycling, use of compostable paper products, food waste composting, and additional opportunities.

Maintenance and custodial plan for buildings and grounds

The MetroWest YMCA maintains our properties including a full-service 55,000sqft YMCA facility at 280 Old Connecticut Path in Framingham, the 122 acre FOC in Hopkinton, and Clearbrook Swim Club in Framingham with a maintenance crew. Our Facilities Director, David Byrne, has led the Ys crew for three years, and is an accomplished administrator, department head, public safety official and skilled trades person. He brings decades of experience with large facilities to provide upgrades, construction, maintenance, transportation and operations of all types of structures including outside facilities serving the public and is responsible for budgets, capital improvement and planning.

As previously mentioned, we have a properties subcommittee with individuals with a diverse background in engineering, architecture, and construction. They meet quarterly to discuss upcoming projects and help prioritize upgrades to property along with problem-solving the most effective and environmentally conscious results. For example, in 2017 our Y added solar panels to our building, helping reduce costs and making smaller our environmental footprint.

During the July 23rd site visit at Camp Sewataro, three of the members of our facilities property committee, including our Facilities Director, toured the property with our Y staff to assess current conditions, and provide feedback on any immediate concerns, of which there were none. Besides the professional crew, annually we have teams of volunteers who depending on their level of experience provide season clean up and repairs to all our grounds. Activities they embark on range from freshening up landscaping by planting and mulching flower beds to minor construction updates and ground repair

and enhancing our grounds. For example, in 2017 a team of volunteers at the Family Outdoor Center built our first raised vegetable beds. That year, coupled with our new Teaching Kitchen, we were able to incorporate a “farm to table” element to our summer cooking classes, allowing children to pick vegetables that they would then use to prepare snacks or meals.

As a true steward of Camp Sewataro, we will maintain the facilities to ensure the town can continue to showcase this spectacular open space. Running a quality summer camp, while also offering public access, make this both a challenge as well as an opportunity. From caring, passionate facilities staff, to service groups and volunteer opportunities, to an annual maintenance plan, we will ensure Camp Sewataro is well maintained and a true community resource.

B. Optional – Additional Information describing benefits available to the Town of Sudbury and its citizens

We are deeply embedded in the community and committed to the successful operation of the camp for both the benefit of the Sudbury residents as well as the campers and people who access the facility. The Y as a national organization has recognition from around the world as a reputable and quality organization. We have a network within the state and nationally and often share opportunities for grant funds and innovative programs. Our Ys operate camps and often leverage expertise from best practices for marketing and operating camps. We know the impact that we can have to help make sure Camp Sewataro is utilized by residents and continues to generate revenue for the town as well as the Y.

Besides running a camp, we also operate facilities that focus on Youth Development, Healthy Living and Social Responsibility. This means we support healthy living and because of this bring additional resources to the community of Sudbury. For example, we provide falls prevention classes to seniors who are at risk of falling. This helps prevent falls or additional falls, adding to the quality of life for our seniors. We could explore offering these classes among many others including LIVESTRONG at the Y for Cancer Survivors, and Parkinson’s Wellness Classes to Sudbury residents.

EXHIBIT B: STATEMENT OF QUALIFICATIONS

A. Required Background information

Firm name:

Metrowest Young Men’s Christian Association, Inc. (MetroWest YMCA)

Addresses/phone numbers

Association Offices and Framingham/Education Branches:

280 Old Connecticut Path, Framingham, MA 01701

Phone: 508-879-4420

Family Outdoor Center:

45 East Street, Hopkinton, MA 01748

Phone: 508-435-9345

Clearbrook Family Swim Club

120 Parker Road, Framingham, MA 01702

Phone: 508-405-0350

Structure of firm:

The MetroWest YMCA is 501(c)3 nonprofit (FEIN # 04-2281530)

Size of firm:

- The MetroWest YMCA is a \$12M operation with a staff team of 65 full-time staff and 370 part-time staff
- The MWYMCA was established in 1960 and has been in operation for 59 years

Financial information/current financial statement and balance sheet

See Addendum F for the 2018 Audit

The MetroWest YMCA has an extremely strong balance sheet. The audited financial statement for year ended 12/31/2018 show total assets of \$15.8M, total liabilities of \$3.9M, and total net assets of \$11.9M. The property and equipment, net, balance is \$10.8M and includes properties at 280 Old Connecticut Path Framingham, 120 Parker Rd. Framingham, and 45 East St. Hopkinton. Cash and Investment balances at 12/31/2018 were \$2.3M and \$1.0M respectively.

Information about the experience of the applicant

The MetroWest YMCA is a cause-driven organization that is for Youth Development, Healthy Living and Social Responsibility and serves 25,000 children and families annually.

We currently operate the Family Outdoor Center (FOC), located on 122 beautiful acres in Hopkinton and providing camps that serve more than 1,000 children per day, that includes two outdoor pools (one 25-yd pool and one small wading pool), large 5,000sqft gymnasium, arts center, administrative offices and classrooms, six large pavilions, four soccer fields, and various outdoors venues; our Framingham facility, a full service YMCA complete with indoor pool, wellness center, licensed early learning center provides programming for people of all ages; and our Clearbrook Family Swim Club with outdoor pool, spray-ground, tennis courts and camp programs.

The MetroWest YMCA's service area covers Framingham, Sudbury, Wayland, Natick, Hopkinton, Ashland, Holliston and Sherborn. Where there are community needs in these towns and where we have experience and capacity, we believe it is our responsibility to help. Our association is led by a strong, committed Board of Directors and staff team that has decades of experience operating facilities, camps and programs throughout the region. This includes all aspects of operations from marketing and recruitment to program development and facilities maintenance. We also bring a commitment of excellence and culture of collaboration having partnered for decades with municipalities, schools and organizations.

For nearly 6 decades we have operated quality summer camps, managed properties, and worked to strengthen the communities we are privileged to serve. Resumes of Key Staff are included in Addendum E.

Names of principals in the firm:

- Richard MacPherson, President and CEO
- Jeanne Sherlock, Chief Operating Officer

Educational and experiential background of principals

Richard MacPherson is an accomplished senior level YMCA professional director, with a 30 year track record of effective cause driven leadership with demonstrated success managing complex operations, developing strategies addressing strategic growth and service while implementing a fiscally sound management approach. He has proven effectiveness in the areas of staff supervision and development, building and maintaining strong community relationships, fundraising contributed support through: grants, annual and capital campaigns, developing and working with volunteer board members, and assuring solid program development and innovation in all areas of focus. Richard has his Bachelor of Science Degree in Physical Education from the University Of Massachusetts, Amherst.

Jeanne Sherlock is a proven innovative thinker and strategic leader that translates local community needs into strategic direction for the YMCA. An expert in motivating team members; developing and implementing strategic program initiatives; and increasing individual impact. She is very knowledgeable of fundraising best practices and putting them into action and is dedicated to maintaining a reputation built on quality, service, and uncompromising ethics. She has her Bachelor of Science degree in Physical Education from the University of Rhode Island.

Qualifications for operation of proposed use

- The MetroWest YMCA has been responding to community needs since the organization's inception.
- We partner with towns, cities and organizations to strengthen the communities we serve.
- The MetroWest YMCA has been operating summer camps for nearly 6 decades and currently serves more than 1,200 children per day throughout the summer through an array of camps and camping programs.
- Our Senior team is well-respected locally, regionally, and nationally and oversees a \$12M operation which includes:
- Meeting the needs of 11,000 members and serving a total of 25,000 individuals annually.
- Operating Full-Day licensed Early Education Center
- Member of the MetroWest Hunger Relief Network, and have built a Teaching Kitchen, Learning Garden, and food program helping to meet the basic needs of vulnerable children and families in the communities we serve.
- Operating before and after-school care centers in schools and within the Y facilities
- Decades of experience managing indoor and outdoor pools

- Partnering with dozens of organizations, businesses, and departments in an effort to meet emerging needs of communities

List of other similar activities managed or operated by applicant

The MetroWest YMCA, for nearly 60 years, has operated multi-faceted summer camps, managing all aspects including all camp operations and buildings and grounds, registering participants, handling monies, and all general operations of the camp's programs, including personnel.

We opened our first traditional summer camp in Hopkinton approximately 60 years ago. While many of the original elements are still in place, we have expanded our key camping programs to include 37 individual options for families serving thousands of children throughout our 8 town service area.

Besides operating quality, safe, fun summer camps, the MetroWest YMCA runs programs for community members from preschool to older adults. Experience includes:

- The YMCA is an expert in youth programming and the largest provider of licensed child care in the country.
- Locally, we serve more than 500 children/day in licensed care, working with the State to help families navigate the complex world of vouchers and financial assistance.
- Our Wellness programs are designed to meet the needs of specific at-risk populations in our community and include:
 - LIVESTRONG at the YMCA for adult cancer survivors and their families
 - Falls Prevention for Seniors
 - Balance Classes for Seniors
 - Parkinson's Wellness Program
 - Cardio-pulmonary Wellness
 - YMCA Diabetes Prevention Program
- We run weekly Teen Nights, providing skill building, leadership development, and a safe place to go and receive a healthy meal.
- We operate a full-service, 55,000sqft YMCA facility, including indoor pool with swim lessons for all ages, early education center
- Annually the MetroWest YMCA serves 25,000 people.

Listing of actions within last 10 year taken by regulatory agency with respect to any work performed: N/A

Listing of any litigation within last 10 years: September, 2010: Settled out of court

Qualification: See Addendum H

Name of references:

Below are four references who can speak to our partnership capabilities as well as efficient and effectively working with various types of organizations and structures.

Michael Herbert
Ashland Town Manager
mherbert@ashlandmass.com
101 Main Street
1st Floor
Ashland, MA 01721
Phone: 508-881-0100 ext. 7911

Angela Menke
Lincoln-Sudbury School District
Curtis Middle School
Angela_menke@sudbury.k12.ma.us
978.443.1071 x7301
22 Pratts Mill Road
Sudbury, MA 01776

Dr. Anna Nolin, Ed.D.
Natick Public School Superintendent
anolin@natickps.org
13 East Central Street
Natick, MA 01760
Phone: 508-647-6500

Dr. Carol Cavanaugh
Hopkinton Public School Superintendent
ccavanaugh@hopkinton.k12.ma.us
89 Hayden Rowe Street
Hopkinton, MA 01748
Phone: 508-417-9360

Demonstration of ability to obtain all appropriate casualty/liability insurance coverage –

Please see attached copy of certificate in Addendum G.

List of Board of Health contacts and list of town/organizations contractor has worked with

Framingham Board of Health
Samuel Wong
Director of Public Health
150 Concord Street
Framingham, MA 01701
508-534-5370
swong@framinghamma.gov

Hopkinton Board of Health
Shaun McAuliffe, R.S.
Health Director
Town of Hopkinton
18 Main Street
Hopkinton, MA 01748
(508) 497-9725
smcauliffe@hopkintonma.gov

Natick Health Department
Jane Anderson
Environment Health Agent
13 East Central Street
Natick, MA 01760
508-647-6460
janderson@natickma.org

Sudbury Health Department
Phyllis Schilp
Board of Health Nurse
25 Old Lancaster Road
Sudbury, MA 01776
978-440-5477
schilpp@sudbury.ma.us

Other organizations we have partnered with:

Hopkinton School District
Special Education Department Extended Summer Program
Dan Mazur, Extended Summer Program Director
dmazur@hopkinton.k12.ma.us

The Learning Center for the Deaf
Jennifer Greenfield, Director of Marie Philip School
848 Central Street
Framingham, MA 01701
Jennifer_Greenfield@tlcdeaf.org

Hopkinton Center for the Arts
Santee Buckley, Operations Manager
98 Hayden Rowe St
Hopkinton, MA 01748
Santee@hopartscenter.org

Willow Brook Farm
Nancy Dubin, Owner
1070 Washington Street
Holliston, MA 01746
lilfolkfarm@verizon.net

Whitehall Group

Ed Harrow

ed.harrow@gmail.com

Aspirations Camp

Sudbury School District Special Education Department

Lane Sisak

lane_sisak@sudbury.k12.ma.us

Also, please see the attached copies of Certificates from the following Boards of Health for the 2019 Camp season: Framingham, Hopkinton, Natick and Sudbury in Addendum A.

B. Optional

- Attached please find samples of camp brochures, annual report, Board of Directors list (Addendum D), resumes from staff directly involved in Camp Sewataro operations and daily management (Addendum E), and Qualifications (Addendum H).



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Addendum A – Board of Health Certificates
Framingham
Hopkinton
Natick
Sudbury



City of Framingham
Department of Public Health



Public Health
Prevent. Promote. Protect.

Board of Health

Laura T. Housman, MPH

David W. Moore, MD

Gillian Garcia, JD, MPH

Director of Public Health: Samuel S. Wong, PhD

Mailing Address: 150 Concord Street, Framingham, MA 01702

Physical Address: 31 Flagg Drive, Door #14, Framingham, MA 01702

Office Telephone: (508) 532-5470

Office Fax: (508) 532-5760

Office Email: health@framinghamma.gov

Friday, June 21, 2019

\$150.00

In accordance with regulations promulgated under authority of Chapter 94, Section 350 A and Chapter III, Section 5 of the Massachusetts General Laws a Permit is hereby granted to:

YMCA MY FIRST DAY CAMP

Whose Place of Business is: 280 OLD CONN PATH

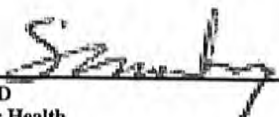
Permit For: CAMP

Restrictions If Any: YMCA MY FIRST SUMMER CAMP

To Operate in the **CITY OF FRAMINGHAM**

This permit expires Tuesday, December 31, 2019

BOH150127



Samuel Wong PhD
Director of Public Health

COMMONWEALTH OF MASSACHUSETTS
TOWN OF HOPKINTON BOARD OF HEALTH



Permit Number: **RC 2019-1**
MetroWest YMCA HOPKINTON BRANCH
45 East Street, Hopkinton, MA 01748

A permit for: **RECREATIONAL CAMP FOR CHILDREN (Day)**
Camp in operation - From June 17, 2019 to August 30, 2019

Issued to: **Kelley Ratcliffe, Camp and Teen Director**

Special Conditions: swimming, horseback riding, boating, arts & crafts, sports, archery, high and low ropes, outdoor skills, nature and group challenge activities.

This license is granted in conformity with the Statutes and ordinances relating thereto.
Workers Compensation valid to 3/31/20

Date of Issue: **June 7, 2019**-Expiration Date: **August 31, 2019** (unless sooner suspended or revoked)

Shaun McAuliffe: 
Board of Health Director

POST CONSPICUOUSLY-THIS PERMIT IS NOT TRANSFERABLE AS TO PERSON
OR PLACE

NO: 10-19

FEE: \$150.00

THE COMMONWEALTH OF MASSACHUSETTS
TOWN OF NANTICK
Board of Health

This is to certify that:

YMCA STEM AND GYMNASTICS CAMP
90 OAK STREET

HAS BEEN GRANTED A LICENSE TO OPERATE A RECREATIONAL CAMP

This License is issued in conformity with the authority granted to the Board of Health, by Chapter 140, Sections 32A, 32B, 32C, 32D, and 32E as amended, and is subject to the provisions of the Laws of the Commonwealth of Massachusetts relating thereto, and upon such terms and conditions, and to the rules and regulations in regard to said Camps or Cabins so licensed as adopted by the Board of Health, and expires end of day August 16, 2019, unless sooner suspended or revoked.

Ian L. Wong, MSPH
Peter A. Delli Colli, DMD
Donald J. Breda, PE
Paige Meisheid, Physician to the Board

Board
of
Health



By: James M. White, Jr., RS/REHS,
Director of Public Health

LICENSE ISSUED: June 25, 2019
LICENSE EXPIRES: August 16, 2019
END OF THE DAY

DAYS OF OPERATION: June 24, 2019 – August 16, 2019

THIS LICENSE SHALL NOT BE SOLD, ASSIGNED OR TRANSFERRED



Commonwealth of Massachusetts

Town of Sudbury

Board of Health

275 Old Lancaster Rd

Sudbury MA, 01776

Certificate of a Camp Permit: CP19-006

Camp: YMCA CAMP(Metro West YMCA)

Originator: Phil Pichel

Location: 1 Nobscot Rd. Sudbury, MA

This permit is granted in conformity with the Statutes and Ordinances relating thereto, and expires, *August 23, 2019*, unless sooner suspended or revoked.

Date of Issue: *June 19, 2019*

Days and Hours of Operation: *Mon – Fri*

7:30 AM – 6:00 PM

Phyllis Schilp

Sudbury Public Health Nurse

Sudbury Board of Health

William Murphy

Director Sudbury
Department of Health

Board of Health

Carol J. Bradford RN
Linda Huet-Clayton RN
Susan Sama RN

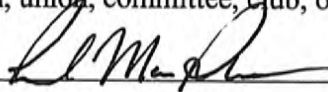


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Addendum C
Signed copies of Exhibits C, D, E and F

EXHIBIT C: Certificate of Non-Collusion

The undersigned certifies under the pains and penalties of perjury that this bid or proposal has been made and submitted in good faith and without collusion or fraud with any other person. As used in this certification, the word "person" shall mean any natural person, business, partnership, corporation, union, committee, club, or other organization, entity, or group of individuals.

Signature:  _____

Title: President and CEO

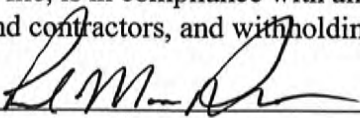
Print Name: Richard MacPherson

Organization: Metrowest Young Men's Christian Association, Inc

Date: August 2, 2019

EXHIBIT D: Tax Compliance Certification

Pursuant to M.G.L. ch. 62C, § 49A, the undersigned certifies under the pains and penalties of perjury that, to the best of their knowledge and belief, the Applicant, _Metrowest Young Men's Christian Association, Inc, is in compliance with all laws of the Commonwealth relating to taxes, reporting of employees and contractors, and withholding and remitting child support.

Signature: 

Title: President and CEO

Print Name: Richard MacPherson

Organization: Metrowest Young Men's Christian Association, Inc

Date: August 2, 2019

EXHIBIT E: Certificate by Corporate Authority to Sign Contract

At a duly authorized meeting of the Board of Directors of the
MetroWest Young Men's Christian Association (MetroWest YMCA)
held on July 30, 2019 (Date)

at which all Directors were present or waived notice, it was voted that,
Richard MacPherson, President and CEO
(Name) (Officer)

of this Company, be and hereby is authorized to execute contracts and bonds in the name and
behalf of said company, and affix its Corporate Seal thereto, and such execution of any such
Contract or obligation in this Company's name on its behalf by such
President and CEO under seal of this company, shall be valid and binding upon
(Officer)

this Company.

A TRUE COPY

ATTEST: Joya Casey
(Clerk)

PLACE OF BUSINESS MetroWest YMCA

DATE OF THIS CONTRACT July 30, 2019

I hereby certify that I am the Clerk of the MetroWest YMCA that Richard Macpherson is
the duly elected President and CEO of said company, and that the above vote has not been
amended or rescinded and remains in full force and effect as of the date of this Contract.

Name: Joya Casey

Corporate Seal:

EXHIBIT F: RFP Addenda Receipt Page

The undersigned acknowledges receipt of the following amendments to the RFP for the Sewataro Site, Sudbury, MA, dated August 2, 2019 .

(Give number and date of each):

Addendum No. 1 - Date 7/11/219

Addendum No. 2 - Date 7/18/19

Addendum No. 3A - Date 7/18/19

Addendum No. 3B - Date 7/18/19

Addendum No. 4 - Date 7/22/19

Addendum No. 5A - Date 7/24/19

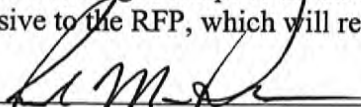
Addendum No. 5B - Date 7/24/19

Addendum No. 7 - Date 7/30/19

Addendum No. 8 - Date 7/31/19

Addendum No. - Date

Failure to acknowledge receipt of all amendments may cause the submitted proposal to be considered non-responsive to the RFP, which will require rejection of the proposal.

Signature:  _____

Title: President and CEO

Print Name: Richard MacPherson

Organization: Metrowest Young Men's Christian Association, Inc



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Addendum D – Brochures and Camp Descriptions

BEST SUMMER EVER™



METROWEST YMCA SUMMER DAY CAMP

45 East Street, Hopkinton, MA 01748
(508) 435-9345 metrowestymca.org

June 17 - August 23, 2019
For children ages 3-15

Financial assistance is available.



FOR YOUTH DEVELOPMENT
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Dear YMCA Families,

Welcome to MetroWest YMCA's Summer Day Camp at the Family Outdoor Center! We think about camp 365 days a year and lucky for us, camp is just around the corner! We are thrilled that you have chosen to spend your summer with us, as it will undoubtedly be The Best Summer Ever!

While traditions and rituals are woven into the very fabric of camp, it is also a place of new experiences and fresh ideas. Each year at our camp, we strive to find the magical balance between celebrating our past and building our future. With that in mind, we look forward to exciting new activities in 2019 and welcoming back camp classics!

NEW! New for 2019

- New **creative art specialty camps** for campers of all ages.
- Revised drop off and pick up procedures to **reduce lines and waiting times.**
- Increased **opportunities to connect** with your camper's counselors and leadership.
- Additional information about your **camper's day to day experience!**
- **Increased capacities** for some of our most popular weeks and programs.
- Comprehensive and revised staff training focused on **bullying prevention and positive camper engagement** and experience!
- Join us **Saturday, July 20th** for our first ever Family Camp! Campers of all ages are **invited** to spend the day enjoying all the fun camp has to offer!

Camp Classics

- Flexible **1 week options** for nearly all of our camp programs.
- Continued social media and online presence giving families an **inside look at a day at camp!**
- Family Fun Nights throughout the summer for parents and **families to join in on all the fun** camp has to offer.
- Professional Role Models **engaging with your camper** each and every day in a positive environment.
- Participation in **Choose to Be Nice**, a movement dedicated to encouraging and inspiring kindness through literature, hands-on learning activities, discussion, reflection, and extensions.
- Campers will continue to participate in programming that is aligned with our **Achievement Program**; providing opportunities for all to succeed and achieve!
- We hope to see you on **June 15th** for our Annual Camp Open House, 10am-12pm.
- Our staff will **inspire self-confidence and self-respect**, encourage and support positive growth and development, and create a camp home for all through our **core values of caring, honesty, respect, and responsibility.**

We are counting the days until our campers' arrival and are ecstatic to have you as part of our Camp Family!

Kelley Ratcliffe
Camp Director



IMPORTANT DATES

1/9	Camp Info Night – FOC Hayes Lodge 7-8:30pm
1/21	Camp Registration for Members
1/24	Summer Resource Fair – Brown Elementary School, Natick 7-8:30
1/27	Lincoln Sudbury Camp Fair, LS High School, 11am-2pm
2/2	Meet the Camp Directors, Framingham Branch 10am-12pm
2/13	Camp Info Night – FOC Hayes Lodge 7-8:30pm
2/18	Camp Registration for Non-Members
3/23	Camp Tour Day 10am-12pm
5/4	Camp Tour Day 10am-12pm

OUR MISSION

The MetroWest YMCA is dedicated to providing programs and services that build healthy spirit, mind, and body for all.

CAMP AT A GLANCE



	Juniors Village		Middleers Village			Seniors Village				Specialty Camp Village					
	CHIPMUNK & SCAMPER	CAMP CAROL	BOBOLINK	EXPLORERS	BOB WHITE	ADVENTURE	ADVENTURE PLUS	ON THE ROAD	LIT / CIT	STEM CAMPS	LITTLE SCIENTISTS & DISCOVERY	CREATIVE ARTS	ALL SPORTS	TRAINING CAMPS	PIONEERS CAMPS
Entering Grades:	Ages 3-K	1	2	3	4-5	6-7	8-9	8-9	7-10	2-7	1-6	2-8	2-6	1-6	1-7
Arts & Crafts	●	●	●	●	●	●	●	●	●	●	●	●			
Archery		●	●	●	●	●	●	●	●	●	●	●	●	●	●
Boating	●	●	●	●	●	●	●	●	●		●		●	●	●
Sports	●	●	●	●	●	●	●	●	●			●	●	●	●
Tennis & Pickleball			●	●	●	●	●	●	●				●	●	
Busy Bodies	●	●	●	●	●	●	●			●	●	●	●	●	●
Drama		●	●	●	●	●						●			
Music	●	●	●	●	●							●			
Nature	●	●	●								●	●	●	●	●
Outdoor Skills				●	●	●	●	●	●	●	●				●
Lessons & Rec Swim	●	●	●	●	●								●		
Rec Swim Only						●	●	●	●	●	●	●		●	●
Climbing Wall & Tower		●	●							●	●	●		●	●
High and/or Low Ropes Elements			●	●	●	●	●	●	●		●		●		
Bouldering	●	●													
Unit Time	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Team Building Games	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Field Games	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Specialized Activities						●	●	●	●	●	●	●	●	●	●
Field Trip							●	●							

Traditional Camps Sample Schedule

8:30-9:00 Arrival
 9:00-9:15 Village Huddle
 9:20-10:15 Block 1: Archery
 10:20-11:05 Block 2: Music
 11:20-12:05 Block 3: Lunch
 12:20-1:05 Block 4: High Ropes
 1:20-2:05 Block 5: Instructional & Recreational Swim
 2:20-3:05 Block 6: Tennis
 3:20-3:35 All Camp Flag Ceremony
 3:35-4:00 Dismissal

Specialty Camps Sample Schedule

8:30-9:00 Arrival
 9:00-9:15 Village Huddle
 9:20-10:15 Block 1: Specialized Activities
 10:20-11:05 Block 2: Specialized Activities
 11:20-12:05 Block 3: Lunch
 12:20-1:05 Block 4: Specialized Activities
 1:20-2:05 Block 5: Boating
 2:20-2:50 Block 6: Recreational Swim
 2:50-3:20 Block 6: Unit Time
 3:25-3:35 All Camp Flag Ceremony
 3:35-4:00 Dismissal

TRADITIONAL CAMPS

The MetroWest YMCA Traditional Day Camps focus on our four core values of caring, honesty, respect, and responsibility. Each day campers participate in traditional activities which are broad-based, co-ed, age-appropriate, and fun for all! Campers will be engaged in fun-filled activities that promote physical development, social interaction, personal growth, and plenty of imagination! All Traditional Camps have instructional swim Monday-Thursday and recreational swim Monday-Friday.



"My child's excitement each day when I picked him up was wonderful. It was clear that he was soaking in this experience and learning new skills, building relationships with his counselors and making friends. The warm welcome and encouragement that he received from the staff each day really increased his confidence. It was a truly positive experience that he loved."

– Middlers Village Parent

JUNIORS VILLAGE

Our Junior Village Campers' experience at camp is a special one! Campers are placed in groups of 10-15, with a staff ratio of 1:5. Junior Village Campers get a little taste of everything as they are exposed to the wonders of camp and the outdoors. You will be amazed at your camper's social, emotional, and physical growth after their time with us! Campers in this program are taught the importance of friendship, teamwork, and community, while gaining their own independence as they discover their varying interests.

Chipmunk

3 & 4 years old

9:00-1:00pm (Half Day Program)

Please Note: Chipmunk campers must be potty trained. Parents must also provide all transportation to and from camp. AM Care is available for this camp in Hopkinton only.

Scamper Camp

3-Entering Kindergarten

Camp Carol

Entering 1st



SENIORS VILLAGE

As the oldest campers on camp, Senior Village Campers exemplify what camp pride and spirit are all about. Campers are placed in groups of 20-30 with a staff ratio of 1:10. Sports, canoeing, archery, and high and low ropes, among other areas are all modified to meet the needs of our oldest campers' experience. An emphasis is placed on campers developing problem-solving skills, building self-confidence, understanding the value of being a part of a community, and working together to achieve goals. By the end of their time with us, Seniors Village Campers will have learned to strengthen their communication, team building, and leadership skills. Seniors Village Campers are given freedom, resources, and support in choosing how they spend some of their time at camp, creating an experience designed by themselves. It is in Seniors Village when campers begin to have an opportunity to travel off-site as part of Adventure Plus or On the Road.

Adventure

Entering Grades 6 & 7

Adventure Plus

Entering Grades 8 & 9

On the Road

Entering Grades 8 & 9

Every Monday is spent participating in traditional camp activities, the rest of the week is spent On The Road where campers go on daily field trips. On The Road field trip calendar is available online.

LIT / CIT

Entering Grades 7-10

See page 13 for details.

MIDLERS VILLAGE

Self-confidence and independence are really starting to shine through in our Middlers Village Campers! Middlers campers are placed in groups of 16-20 with a staff ratio of 1:10. We strive to provide them with the space, support, and programming that fosters positive growth and development. It's in Middlers Village when campers begin to participate in new areas of camp such as Pickleball, Tennis, Low and High Ropes Elements, Outdoor Skills, and more! Their activities are designed to engage, inspire, and challenge; creating opportunities for achievement and success for all.

Bob O Link

Entering Grade 2

Explorers

Entering Grade 3

Bob White

Entering Grades 4 & 5



All traditional camps are offered in one week sessions.

SPECIALTY VILLAGE

The MetroWest YMCA Specialty Camps are designed to give campers a unique experience in a specific area of interest. Campers spend the majority of their day involved in projects, hands-on activities, and games that broaden their understanding and knowledge of the theme of their specialty camp. Each day, campers in specialty camps participate in recreational swim and one traditional camp activity, such as archery, boating, or nature.



SPECIALTY CAMPS

STEM CAMPS

Science, Technology, Engineering, and Math Camps

Robotics*

July 15-19

One Week Session

Entering Grades 4-6

Does your camper like building things, learning how things work, and enjoy problem solving? Then this is the camp for them! Robotics is designed to enhance a camper's instinctive curiosity about the surrounding world of machines. This camp provides an excellent experiential platform for our campers to participate in engaging, hands-on activities that demonstrate concepts of mechanics, motors, and electronics. Additionally, campers participate in one traditional camp activity and recreational swim each day.

Flight*

July 22-26

One Week Session

Entering Grades 4-7

Flight introduces campers to the various aspects of flight in an active, participatory way. While building a variety of model rockets to launch, the waiting-for-the-glue-to-dry periods are occupied with a variety of experiments demonstrating and explaining Bernoulli's principle. The campers are continually challenged to make predictions and observations about their work, frequently modifying their plans to achieve their goals. Additionally, campers participate in one traditional camp activity and recreational swim each day.

Engineers*

July 29-August 2

One Week Session

Entering Grades 4-7

This hands-on physics camp explores the basics of levers, mechanical advantage, potential and kinetic energy, and gravity. The campers will build catapults and problem-solve on how to change the distance, height, and speed at which things can be launched. This is the ultimate camp for science enthusiasts! Additionally, campers participate in one traditional camp activity and recreational swim each day.

LEGO Apprentice*

June 24-28

One Week Sessions

August 5-9

Intro to STEM using LEGO
Jedi Engineering using LEGO

Entering Grades 1-2

Join us for LEGO Apprentice camp! Resourcefulness, creativity, and cooperation come together in this unique building camp. Campers will have a blast, even without any prior experience with LEGO materials. Campers will design and construct as they never have before with the support of Play-Well and YMCA instructors. LEGO Apprentice campers participate in one traditional camp activity and recreational swim every day.



www.play-well.org

LEGO Masters*

June 24-28

August 5-9

Entering Grades 3-6

Your camper's imagination and creativity will be harnessed as they work with both Play-Well TEKologies and YMCA Staff in this new specialty camp! Resourcefulness, creativity, and cooperation come together in this unique building camp! Campers will have a blast, even without any prior experience with LEGO materials. Campers will design and construct as they never have before with the support of Play-Well and YMCA instructors. LEGO Apprentice campers participate in one traditional camp activity and recreational swim every day.

One Week Sessions
STEM Challenge using LEGO
Jedi Master Engineering using LEGO



www.play-well.org

Discovery

Entering Grades 3-6

Weeks 2-9

One Week Sessions

Does your child love science and nature? Then Discovery Camp is for them! Our 122 acres of forest, natural trails, nesting areas, and wetlands are the perfect setting for discovering more about our natural environment and the life within it. Based on a variety of different environmental and outdoor themes, each week is packed with fascinating activities, projects, and games designed to give campers knowledge and appreciation for nature, the environment, and science. Campers will have the opportunity to participate in some traditional camp activities such as archery, climbing, arts and crafts, and recreational swim each day.

Little Scientists

Entering Grades 1-2

Weeks 2-9

One Week Sessions

Little Scientist campers will use the outdoors as their laboratory in this fun camp! Each day will be filled with the examination of our natural surroundings while exploring different concepts through hands-on activities. Campers can look forward to fun and engaging projects that range from building an erupting volcano to creating earthquake-proof structures! Little Scientists will participate in recreational swim and at least one traditional camp activity every day.



**Vouchers and contracted slots are not accepted for this specialty camp.*



SPECIALTY CAMPS

CREATIVE ARTS CAMP



Art Creations*
July 1-5, July 8-12,
July 22-26, August 5-9
Entering Grades 1-2

One Week Sessions

Your camper's inner artist will be drawn out during a week of arts and craft fun! Campers will have an opportunity to explore the corners of their imagination as they work on group and individual art projects. Self-portraits, collages, papier-mâché, painting, and more will fill your camper's day with one of a kind art creations! Campers will enjoy a dip in the pool for recreational swim in addition to visiting one of our traditional camp activities every day.

Art Explorations*
July 8-12, July 15-19, July 22-26
July 29-August 2, August 5-9
Grades 3-6

One Week Sessions



Our Art Exploration campers will travel with their YMCA counselors to the Hopkinton Center for the Arts for an afternoon of art projects! Campers will explore many different art disciplines such as pastel drawing, acrylic painting, watercolor, clay, and more! All Art Exploration campers will participate in recreational swim and one traditional camp activity each day.

Ceramic Hand Building & Sculpture*
July 15-19
July 22-26
Entering Grades 4-6
One Week Sessions

Campers will create pottery and small sculptures from clay using hand building techniques! They will learn about glazing and creating surface detail as they make sculptures, masks, creatures and pottery they can use. Ceramic campers will participate in recreational swim and one traditional camp activity each day before travelling to the Hopkinton Center for the Arts.

Hip Hop*
July 22-August 2, August 5-16
Entering Grades 3-6
Two Week Sessions

Bring your dancing shoes and dance the session away in this fun camp! Each camper will learn and practice dance concepts, techniques, and moves to today's Top 40 Hits. Campers will work on individual and group routines, offering their own ideas to the choreography that will be used in their final Hip Hop performance that they will showcase on the final day of the session for their families and friends to see!

Drama Camp*
June 24-July 5, July 8-19
Entering Grades 4-8
Two Week Sessions

Lights, camera, action! Drama Camp is for all budding actors and actresses. Learn to create a set, write a script, and enhance your acting skills under the guidance of our YMCA camp staff and the talented Joey Talbert, a professional storyteller. Campers will enhance their craft through improvisation and dramatic games. At the end of each session families and friends are invited to see their campers perform their original scripts. Drama campers participate in recreational swim every day.



Movie Making
Entering Grades 4-7
June 24 - 28
June 24-28
August 12-16
August 12 -16

One Week Sessions
GoProFlix
Stop Motion Flix
Minecraft Flix
Action Movie Flix

In collaboration with IncrediFlix, we are super excited to offer new and returning movie making camps this summer! Each session is designed to offer your camper a creative experience from start to finish. Campers will work together to write, storyboard, create the action, film, and voice-over their unique and exciting movies! The movie will be available by download a month after camp ends. All Movie Making campers will participate in a traditional camp activity and recreational swim each day.

Creative Kitchen*
Weeks 2-8
Grades 4-7
One Week Sessions

Your camper will enjoy a week of imagination, adventure, teamwork, and creativity in our Teaching Kitchen. All Creative Kitchen Campers will participate in one traditional camp activity and recreational swim every day. Parents with campers who have allergies are strongly encouraged to call the Camp Director prior to registration.



Magic Camp*
July 29-Aug 2
Entering Grades 3-6
One Week Session

Brand new this year this year is our very first Magic Camp! Magician Pat Farenga will teach our campers sleight of hand and other arts related to magic, including presentational and theatrical skills. Whether it's a card trick or making something disappear, this week offers a wide variety of fun activities to keep everyone entertained. At the end of the week, campers will showcase their magical skills for their families and fellow campers in a performance. Magic Camp campers will participate in one traditional camp activity and recreational swim each day.



**Vouchers and contracted slots are not accepted for this specialty camp.*



SPECIALTY CAMPS ATHLETIC CAMPS

Rookies Training Camp*

Entering Grades 1-2		One Week Sessions	
June 24-28	Soccer	July 22-26	Tennis
July 1-5	Flag Football	July 29-Aug 2	Flag Football
July 8-12	Basketball	August 5-9	Soccer
July 15-19	Soccer		

Sportsmanship, teamwork, collaboration, and communication are only some of the skills your camper will practice during their time in the Rookies Training Camp! Each session focuses on a specific sport which the campers will develop and enhance the physical and mental strengths needed to achieve success as an individual player and member of a team! Rookies will participate in recreational swim and one traditional camp activity each day.

Junior Varsity Training Camp*

Entering Grades 3-4		One Week Sessions	
June 24-28	Basketball	July 22-26	Basketball
July 1-5	Tennis	July 29-Aug 2	Soccer
July 8-12	Soccer	August 5-9	Flag Football
July 15-19	Flag Football		

Recreational fun and skill development is fused in this progressive, skill-oriented athletic camp. Each week is dedicated to the study, practice, and play of our campers' favorite sports. Campers will gain ability, confidence, and knowledge as a Junior Varsity Camper. Working under the guidance of our skilled YMCA staff, campers will advance and strengthen the physical and mental skills that being a successful, well-rounded athlete require! Junior Varsity will participate in recreational swim and one traditional camp activity each day.

Varsity Training Camp*

Entering Grades 5-6		One Week Sessions	
June 24-28	Flag Football	July 22-26	Soccer
July 1-5	Soccer	July 29-Aug 2	Tennis
July 8-12	Flag Football	August 5-9	Basketball
July 15-19	Basketball		

Varsity Campers will dedicate each week to a specific sport while still enjoying the adventures of a regular camp day. Campers will sharpen, strengthen, and advance their skills as a well-rounded athlete by participating in drills, activities, and games. Varsity Campers will participate in recreational swim and one traditional camp activity each day.



We are excited to team up with FC STARS MetroWest's Premier Youth Soccer Club this summer! Our Soccer Training Camps will be coached by professional and skilled staff from FC STARS with the help from YMCA summer camp staff.

All Sports Camp

Entering Grades 2-6 **One Week Sessions**
Weeks 2-9

Play hard, play fair, play sports! Campers will learn the value of teamwork, sportsmanship, fair play, respect, and hard work while being exposed to a variety of sports and skills. Our YMCA Staff will instruct campers in an assortment of team sports as well as traditional camp games. The focus is on fun, skills, drills, balance, hand-eye coordination, and sportsmanship. Our Sports campers participate in a daily instructional and recreational swim as well as a traditional camp activity every day.

SPECIALTY CAMPS PIONEER CAMPS

Trailblazers*

Entering Grades 1-2 **One Week Sessions**
Weeks 2-8

By joining the Trailblazers, your camper will travel and explore every corner of our camp! Their adventurous and inquisitive spirits will be celebrated as we discover more about the world we live in! We will work together to learn basic safety and survival skills needed for the outdoors as well as gain an understanding of the complex ecosystems within our camp environment! Trailblazers will participate in recreational swim and one traditional camp activity daily.

Pathfinders*

Entering Grades 3-4 **One Week Sessions**
Weeks 2-8

Each day will be a new adventure in our camp forest! We will work as a team to learn and utilize basic safety and survival skills while gaining a greater understanding of our camp home! Campers will also participate in designing and building basic shelters and forts such as: ground level forts, lean-to forts, wicki-ups, leaf huts, and more! All Pathfinders will participate in recreational swim and one traditional camp activity each day.

Fort Builders*

Entering Grades 5-7 **Two Week Sessions**
June 24-July 5 / July 8-9 / July 22-August 2 / August 5-16

Spend your days living in a wilderness adventure while constructing imaginative and one of a kind forts! As a group, campers design and plan their fort each session with guidance from our skilled staff about structure and time challenges. Campers learn how to select the wood, tie lashings and knots, use tools safely and properly, and utilize different building techniques with our Fort Building experts.

Please Note: Trailblazers, Pathfinders and Fort Builders will be in the woods. They may be exposed to poison ivy during their session; therefore workgloves, long pants, and bug spray are strongly encouraged.

Junior Farmers*

Entering Grades 2 & 3 **One Week Sessions**
June 24-28 / July 8-12

Campers will begin their day at camp where they will enjoy a traditional camp morning of activities including recreational swim. After lunch they will board the bus to Lil' Folk Farm in Holliston for a farm experience to remember! Junior Farmers will learn all about barnyard animals, including how to safely care, handle, and treat them. Campers will also learn how to lead a pony, llama, and alpaca as well as experience the fun pony and wagon rides have to offer!

Horseback Riding*

Entering Grades 3-7 **One Week Sessions**
July 15-19 / July 22-26 / July 29-August 2
August 5-9 / August 12-16

In collaboration with Lil' Folk Farm in Holliston we are pleased to provide this wonderful and unique camp experience again this summer. Campers will spend the morning at camp participating in traditional camp activities and recreational swim. After lunch, campers will board the bus with their counselors and head to the farm. Once there, campers will have daily riding lessons in small groups with a trained instructor. Campers also have the opportunity to lead a pony, groom and ride a miniature horse, take bareback rides, and learn how to feed, care for, and bathe horses. Lil' Folk Farm will provide all the campers with an ASTM certified riding helmet during lessons. Participants are required to bring long pants and closed-toe shoes (preferably with a heel, such as a hiking boot) to wear each day.

*Vouchers and contracted slots are not accepted for this specialty camp.

IN-TRAINING CORPS

Entering Grades 7 through 10

The In-Training Corps (ITC) program goal is for teens to develop leadership skills and work with younger campers while experiencing what it's like to work in the summer day camp environment. Our ITC programs focus on developing strong leaders through training, discussion, observation, practice and mentoring.



Training Program Benefits:

- Have fun serving as role models by making an impact in the lives of our campers.
- Create friendships that last a lifetime while you are mentored by professional YMCA role models.
- Develop skills in communication, conflict resolution, problem solving, child development, behavior management, planning, preparing, and leading activities with children of all ages.
- Walk away with a strong work ethic that can apply to any leadership experience.
- Earn community service hours that fulfill graduation requirements, help with college applications, scholarships and more.
- Become CPR and First Aid Certified.

IN-TRAINING CORPS PROGRAMS

Leader-In-Training (LIT)

Entering Grades 7 & 8

July 8 – July 19

July 22 – August 2

August 5 – August 16

Two Week Sessions

The LIT (Leader-In-Training) program is designed to build leaders both at camp and within their community. At the core of the program is their own personal growth and development in leading others, learning different roles within a team, project planning, and communication with others. LITs will participate in a number of activities that are aimed at building their own unique leadership skills; team building, values sessions, positive role modeling and problem solving. They will be with our In-Training Corps Directors throughout their camp day for the two week session. LITs are not directly assigned to groups with other campers like CITs but will instead assist specialists in leading a few activities.

Eligibility:

- Entering grades 7 and 8
- Complete and submit an LIT Program Application
- Commit to the full two week program
- Have a desire to learn, grow and work together with others in a small teen community.



"It has given her real leadership skills, given her confidence, given her ability to help other children and watch them enjoy camp as much as she has over the years. A real, positive experience."
- CIT Parent

COUNSELOR-IN-TRAINING (CIT)

CIT JUNIORS & CIT SENIORS

Entering Grades 9 & 10

Training: June 24– June 28

Choose at least 4 of the 8 remaining weeks of July 1 – August 23

Returning 2018 CITs will be invited to join CIT Seniors while new CITs will make up our CIT Juniors group. Both CIT Juniors and Seniors will attend a one-week training program the week of June 24 (required) with our In-Training Corps Directors. After the training week they will attend their selected 4+ weeks of camp in various roles: assisting counselors in camper groups, guiding campers in activities with the assistance of Activity Specialists, and other activities as assigned. The In-Training Corps Directors will connect with CITs throughout their summer giving guidance and feedback, written evaluations, and support. The valuable experience gained in the CIT program is often used on college entrance essays, for community service, and future employment in the community. Outstanding CITs may be selected by the Camp Director to return as Cadets once they are 15 years old and considered for employment as counselors once they turn 16.

Eligibility for CIT Juniors:

- Complete and submit a CIT Program Application
- Complete an in-person interview
- Completing the LIT program is not required
- Commit to the full training (6/24– 6/28)
- Commit to at least 4 of the 8 remaining program weeks
- Have a strong desire to guide and be engaged with campers, act as a role model, and invested in leading others

Eligibility for CIT Seniors:

- Entering Grade 10
- Complete CIT Year 1
- Complete and submit a CIT Program Application
- Complete an in-person interview
- Commit to the full training (6/24– 6/28)
- Commit to at least 4 of the 8 remaining program weeks
- Have a strong desire to guide and be engaged with campers, act as a role model, and invested in leading others



SUMMER CAMP 2019
Metrowest YMCA Day Camp
 45 East Street, Hopkinton, MA

Program	Entering Grade Fall 2019										
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
TRADITIONAL PROGRAMS											
Chipmunk (Stam-Ipm)	6/17-6/21	6/24-6/28	7/1-7/5*	7/8-7/12	7/15-7/19	7/22-7/26	7/29-8/2	8/5-8/9	8/12-8/16	8/19-8/23	8/26-8/30
Age 3-4	\$177 / \$180 / \$238	\$177 / \$180 / \$238	\$142 / \$144 / \$191	\$177 / \$180 / \$238	\$177 / \$180 / \$238	\$177 / \$180 / \$238	\$177 / \$180 / \$238	\$177 / \$180 / \$238	\$177 / \$180 / \$238	\$177 / \$180 / \$238	\$177 / \$180 / \$238
Scamper		\$288 / \$294 / \$387	\$331 / \$336 / \$310	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387
Carol		\$288 / \$294 / \$387	\$331 / \$336 / \$310	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387	\$288 / \$294 / \$387
Bob-O-Link		\$279 / \$284 / \$375	\$324 / \$328 / \$300	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375
Explorers		\$279 / \$284 / \$375	\$324 / \$328 / \$300	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375
Bob White		\$279 / \$284 / \$375	\$324 / \$328 / \$300	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375
Adventure		\$279 / \$284 / \$375	\$324 / \$328 / \$300	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375	\$279 / \$284 / \$375
Adventure Plus		\$297 / \$302 / \$399	\$297 / \$302 / \$399	\$297 / \$302 / \$399	\$297 / \$302 / \$399	\$297 / \$302 / \$399	\$297 / \$302 / \$399	\$297 / \$302 / \$399	\$297 / \$302 / \$399	\$297 / \$302 / \$399	\$297 / \$302 / \$399
TEEN PROGRAMS											
On the Road (OTR)											
		\$407 / \$415 / \$547	\$407 / \$415 / \$547	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554
Leadership-Training (LUT) 2 WEEKS											
		\$407 / \$415 / \$547	\$407 / \$415 / \$547	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554
Counselor-in-Training (CIT)											
		\$407 / \$415 / \$547	\$407 / \$415 / \$547	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554	\$412 / \$420 / \$554
PIONEER PROGRAMS											
Entering Grade Fall 2019											
Traillazers		\$313 / \$319 / \$421	\$355 / \$356 / \$337	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421
Pathfinders		\$304 / \$310 / \$409	\$344 / \$348 / \$328	\$304 / \$310 / \$409	\$304 / \$310 / \$409	\$304 / \$310 / \$409	\$304 / \$310 / \$409	\$304 / \$310 / \$409	\$304 / \$310 / \$409	\$304 / \$310 / \$409	\$304 / \$310 / \$409
Fort Builders		\$547 / \$558 / \$796	\$547 / \$558 / \$796	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817
Junior Farmers		\$598 / \$637 / \$841	\$598 / \$637 / \$841	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855
Horseback Riding		\$598 / \$637 / \$841	\$598 / \$637 / \$841	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855	\$614 / \$648 / \$855
ATHLETIC PROGRAMS											
Entering Grade Fall 2019											
All Sports		\$287 / \$293 / \$386	\$287 / \$293 / \$386	\$287 / \$293 / \$386	\$287 / \$293 / \$386	\$287 / \$293 / \$386	\$287 / \$293 / \$386	\$287 / \$293 / \$386	\$287 / \$293 / \$386	\$287 / \$293 / \$386	\$287 / \$293 / \$386
Rookies Varsity Training Camp		\$343 / \$349 / \$451	\$351 / \$356 / \$337	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451
Junior Varsity Training Camp		\$307 / \$313 / \$413	\$346 / \$351 / \$331	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413
Varsity Training Camp		\$307 / \$313 / \$413	\$370 / \$375 / \$355	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413
CREATIVE ARTS PROGRAMS											
Entering Grade Fall 2019											
Art Creations		\$275 / \$280 / \$361	\$275 / \$280 / \$361	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451	\$343 / \$349 / \$451
Art Explorations		\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601
Ceramics Hand Building & Sculpture		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
Drama Camp		\$547 / \$558 / \$796	\$547 / \$558 / \$796	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817	\$607 / \$619 / \$817
Hip Hop Dance Camp		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
Magic Camp		\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601	\$447 / \$455 / \$601
Movie Making: Minecraft Film		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
Movie Making: Action Movie Film		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
Movie Making: GoPro Film		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
Movie Making: Stop Motion Film		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
Creative Kitchen		\$392 / \$400 / \$528	\$392 / \$400 / \$528	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
STEM PROGRAMS											
Entering Grade Fall 2019											
Little Scientists		\$313 / \$319 / \$421	\$355 / \$356 / \$337	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421	\$313 / \$319 / \$421
Discovery		\$307 / \$313 / \$413	\$346 / \$351 / \$331	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413	\$307 / \$313 / \$413
Robotics		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
Flight		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
Engineers		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
LEGO: Apprentice		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659
LEGO: Masters		\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659	\$490 / \$499 / \$659

*OTR must attend training week - then choose at least 4 of the 8 remaining weeks \$265 / \$281 / \$371

Register By Day
 \$58 / \$62 / \$81

TRANSPORTATION & EXTENDED DAY

The standard camp day is 9:00am to 4:00pm daily. Camper drop off is from 8:30am to 9:00am and camper pick up is from 3:45-4:15pm. Drop off and pick up takes place at Hayes Lodge. You will be required to sign your camper in and out each day with Photo ID. Please Note: Extended Day Programs and Transportation are required to be paid in full at the time of registration.

Framingham Extended Day Program Notes:

Bus transportation is INCLUDED with registration in Framingham AM and PM Care.

2nd Bus Framingham PM Care campers stay at Hopkinton until bus departure at 5:15pm. They will participate in games, sports, and activities in groups similar to their camp days. 2nd Bus campers have a greater variety of activities than Framingham PM Care can provide in the afternoon.

Due to the renovation of our Framingham Branch, Framingham AM & PM Care will be held at a different location during Summer 2019. Please sign up for our Summer Camp Email Newsletter for updates. metrowestymca.org/newsletter

TRANSPORTATION OPTIONS				Week 1	Weeks 2-9	Week 10	Week 11
Bus Color	Bus Route & Stops	Pick Up	Drop Off	Family Member / Youth Member / Non-Member	Family Member / Youth Member / Non-Member	Family Member / Youth Member / Non-Member	Family Member / Youth Member / Non-Member
Blue	Sudbury & Framingham	Morning 8:00	Afternoon 5:00	NOT AVAILABLE	\$24 / \$25 / \$27	NOT AVAILABLE	NOT AVAILABLE
	Peter Neyes School, Sudbury	8:10	4:45				
	Loring School, Sudbury	8:20	4:35				
Brown	Mary Stapleton School, Framingham	8:50	4:00	\$24 / \$25 / \$27	\$24 / \$25 / \$27	NOT AVAILABLE	Monday & Tuesday ONLY Register By Day \$10 / \$11 / \$12 Bus Stop Only Drop off - 7:30-8:00 Pick Up - 4:30-5:00
	Arrival/Departure at Hopkinton Y						
	Ben Hen School, Natick	8:00	4:45				
Green	Natick & Framingham	Morning 8:15	Afternoon 4:30	NOT AVAILABLE	\$24 / \$25 / \$27	NOT AVAILABLE	NOT AVAILABLE
	BI's Parking Lot, Framingham	8:45	4:00				
	Arrival/Departure at Hopkinton Y						
Lime	Framingham	Morning 8:00	Afternoon 5:00	NOT AVAILABLE	\$24 / \$25 / \$27	NOT AVAILABLE	NOT AVAILABLE
	Walsh Middle School, Framingham	8:20	4:40				
	Genzyme Building, Framingham	8:40	4:00				
Orange	Medway & Millford	Morning 8:00	Afternoon 4:40	NOT AVAILABLE	\$24 / \$25 / \$27	NOT AVAILABLE	NOT AVAILABLE
	Arrival/Departure at Hopkinton Y	8:30	4:00				
	Medway & Millford	8:10	4:30				
Pink	Natick / Sherborn / Holliston	Morning 8:00	Afternoon 4:45	NOT AVAILABLE	\$24 / \$25 / \$27	NOT AVAILABLE	NOT AVAILABLE
	Wilson Middle School, Natick	8:15	4:30				
	Dug Pond, West to Natick HS	8:25	4:20				
Purple	Framingham & Ashland	Morning 8:00	Afternoon 4:45	NOT AVAILABLE	\$24 / \$25 / \$27	NOT AVAILABLE	NOT AVAILABLE
	Arrival/Departure at Hopkinton Y	8:45	4:00				
	McCarthy School, Framingham	8:05	4:40				
Teal	Marlboro / Southboro / Hopkinton	Morning 8:00	Afternoon 5:00	NOT AVAILABLE	\$24 / \$25 / \$27	NOT AVAILABLE	NOT AVAILABLE
	Woodward School, Southboro	8:15	4:40				
	Carbone's Restaurant, Hopkinton	8:25	4:30				

EXTENDED DAY OPTIONS

Week 1	Weeks 2-9	Week 10	Week 11
6/17-6/21	6/24-6/28 7/1-7/5* 7/18-7/22 7/29-8/2	8/19-8/23	8/26-8/30
Family Member / Youth Member / Non-Member	Family Member / Youth Member / Non-Member	Family Member / Youth Member / Non-Member	Family Member / Youth Member / Non-Member
\$48 / \$49 / \$53	\$48 / \$49 / \$53	\$48 / \$49 / \$53	\$48 / \$49 / \$53
\$48 / \$49 / \$53	\$48 / \$49 / \$53	\$48 / \$49 / \$53	\$48 / \$49 / \$53
\$48 / \$49 / \$53	\$54 / \$55 / \$60	\$54 / \$55 / \$60	NOT AVAILABLE
\$48 / \$49 / \$53	\$54 / \$55 / \$60	\$54 / \$55 / \$60	NOT AVAILABLE
\$48 / \$49 / \$53	\$54 / \$55 / \$60	\$54 / \$55 / \$60	NOT AVAILABLE

*Week 3 Transportation & Extended Day Program fees are prorated as Camp is closed on 7/4

SIGN UP TODAY!

CAMP REGISTRATION INFORMATION

LET'S GET STARTED!

Registration Begins:

Members - Monday, January 21, 2019

Non-Members - Monday, February 18, 2019

TWO EASY WAYS TO REGISTER

Online Go to www.metrowestymca.org & click on the "Camp Registration" tab.

In Person Visit us at either of our branches in Hopkinton or Framingham.

REGISTER ONLINE



REGISTER IN PERSON



PAYMENT OPTIONS

All options will require a \$25 deposit per week (\$50/two-week session) at time of registration. All AM/PM Care and Transportation options must be paid in full at the time of registration.

1) May 31st Deadline – Pay your remaining balance no later than May 31. **Or...**

2) Payment Plans – Please refer to our "Registration Instructions" web page for our payment options which will be updated for 2019 no later than January 11th.

CAMPDOC – YOUR ONLINE CAMPER PROFILE

CampDoc is a secure online service that brings ease and convenience to completing your child's additional registration information, uploading health records/physical exams and much more. You will receive an email from CampDoc within a few weeks of registration with additional information. If your child was a camper here last year, your information has been saved in CampDoc and may only require you to review and update. All CampDoc information is due by June 1. After June 1, all information must be provided at the time of registration; including but not limited to physicals/immunizations, medication authorizations, allergy plans, etc. Registrations will not be considered complete and children will not be able to attend until all forms and documents are provided.

PAYMENT AND CANCELLATION POLICY

1) Families will be immediately charged a **non-refundable deposit of \$25 per week per child.**

2) **Prior to April 1, you may transfer your deposit to other camp programs.** After April 1, deposits are non-transferrable. Remaining fees may be refunded without deposit.

3) **Cancellations must be made prior to May 31** to receive a full refund without deposit. **After May 31 there will be no refunds, credits or money transfers** of any kind for withdrawal, failure to attend registered sessions, or partial attendance.

4) **After June 1** all new camp registrations must be done in person by coming into the branch. All CampDoc forms will be filled out at the time of registration- please bring all required physicals and forms with you.

5) A YMCA credit or refund without deposit will be issued if a participant is unable to attend camp due to a prolonged illness/injury lasting 3 days or more. This request must be made prior to the end of the camp session and must be accompanied by a doctor's note.

6) All requests for changes to camp registrations must be done in writing via email or letter to the correct camp office. Changes require a 2 week notice and not considered completed until confirmed in writing from the camp office.

7) All previous Y balances must be paid prior to camp registration. **If any Y past due balance is unpaid, your child will be unenrolled from camp** and they will not be able to attend. There will be no refunds, credits or pro-rating for missed days.

8) Families who have registered at our member rate must keep their membership active from time of registration through the end of the month their children are participating in camp. **Memberships may not be placed on hold.**

9) All information collected is kept securely by the YMCA. Credit/Debit card information is not accessible by YMCA staff and is kept in a secure system.

10) **There will be a \$10 late pick up fee per child for the first 10 minutes late. You will be charged \$5 for every 5 minutes after.**

11) If your child is on a waitlist, we will contact you if an opening is available. Full tuition will be due at the time of enrollment. Waitlists are monitored regularly.

VOUCHER AND CONTRACTED SLOTS

If your child is currently on a voucher/contracted slot at the MetroWest YMCA or previously had a summer only voucher for the MetroWest YMCA, you will be contacted by our business office with registration instructions. Deposit is not required. If you have a voucher outside of the MetroWest Y, the current voucher must be provided before the time of registration for the deposit to be waived or you are responsible for leaving a \$25 deposit per session per child.

CAMP PLANNING TOOL

REGISTRATION CHECKLIST

- Plan your camp weeks using chart on page 15
- Use space below to write in camps and session dates
- Decide to register in person or online
- If new to online - set up your MetroWest YMCA online account
- Credit/Debit card or check for deposit
- Go online www.metrowestymca.org & click on "camp registration" tab

REGISTER ONLINE



After Registration:

Watch for CampDoc email to complete your camper's online account and upload health forms and additional information.

SUMMER CAMP 2019 MetroWest YMCA		Week 1 6/17 - 6/21	Week 2 6/24 - 6/28	Week 3 7/1-7/5	Week 4 7/8-7/12	Week 5 7/15-7/19	Week 6 7/22-7/26	Week 7 7/29-8/2	Week 8 8/5-8/9	Week 9 8/12-8/16	Week 10 8/19-8/23	Week 11 8/26-8/30
Camper's Name	Program	Program	Program	Program	Program	Program	Program	Program	Program	Program	Program	Program
Transportation Options												
Camper's Name	Week 1 6/17 - 6/21	Week 2 6/24 - 6/28	Week 3 7/1-7/5	Week 4 7/8-7/12	Week 5 7/15-7/19	Week 6 7/22-7/26	Week 7 7/29-8/2	Week 8 8/5-8/9	Week 9 8/12-8/16	Week 10 8/19-8/23	Week 11 8/26-8/30	
Bus Color	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Extended Day Options												
Camper's Name	Week 1 6/17 - 6/21	Week 2 6/24 - 6/28	Week 3 7/1-7/5	Week 4 7/8-7/12	Week 5 7/15-7/19	Week 6 7/22-7/26	Week 7 7/29-8/2	Week 8 8/5-8/9	Week 9 8/12-8/16	Week 10 8/19-8/23	Week 11 8/26-8/30	
Location	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM

CAMP EXTRAS!

CAMP FAMILY EVENTS

Bring the whole Family to experience camp!

Family Fun Nights happen throughout the summer and allow families to take part in camp activities and games with their camper! It is a perfect opportunity to meet our amazing staff who spend their days with your camper. **Family Fun Nights are open to all campers and their families!** Check out the **online calendar** for Family Fun Night dates and themes.

Family Camp

Join us on **Saturday, July 20** from 10am-8pm for our first ever Family Camp Day! Family Camp is for campers of all ages; siblings and family members of campers are invited to join us for an adventurous day of fun! The Family Outdoor Center will host and provide all meals and activities. Each family member in attendance must register. \$30/family member, \$32/youth member, \$42/non-member.

Family Dinner Nights

Join us in **The Teaching Kitchen** for an evening of healthy cooking and dinner amongst friends and family! Parents are required to stay through the duration of the program. Classes are designed to be filled with new and exciting menu items, come for one or come for all! Each family member in attendance must register; limited space is available. \$15/family member, \$17/youth member, and \$20/non-member per class. **Fridays, 5pm-7:15pm. 6/28, 8/9, and 8/16.**

WEEKS 1, 10, & 11

That's right, there are 11 weeks of camp this year! We hope you choose to begin and end your summer of fun with us by joining us for these weeks which are filled with Camp Olympics and Camp Color Games! Half of your camper's time during these weeks will be spent in traditional programming while the other half will be spent focused on large group games, tasks, and adventure! Please Note: There are no swim lessons during Weeks 1, 10, and 11; there is only recreational swim.



CAMP SPIRIT

Each week there are special themes and activities planned to bring out everyone's camp spirit! Whether it is a dress up day, special activity, or leading a song, we encourage everyone to participate in showing their camp pride!

Tuesday's are Terrific! Get your favorite hat, pajamas, bandanas, hair accessories, sunglasses, and more ready for camp! Each Tuesday we love to show our fun and silly sides with simple dress up days everyone can participate in!

Theme Day Fridays! Each Friday we participate in special activities that correspond with that week's theme. To make it even more exciting, we encourage everyone to dress up as their favorite superhero, animal, pirate, sea creature, alien, and more during those days! Our **Camp Calendar is posted online** with all the fun details.

CAMPER RECOGNITION

Achievement Program - All of our campers receive a personalized necklace on their first day of camp! During their time with us, they will participate in many activities with an opportunity to earn beads which indicate their successful achievement of a skill or task in an area of camp.

Ribbon Awards - At the end of each day, during our Flag Ceremony, camp groups will recognize and celebrate those who earned a ribbon by attaching it to their unit's flagpole. Ribbons are awarded to camp groups who go above and beyond during their camp day by exhibiting our core values or the character traits of Choose To Be Nice!

Your camper will be thrilled to show you their **Camper of The Day** necklace, bracelet, or certificate when they earn it during their time at camp! Our counselors work to acknowledge all of our campers through positive guidance, feedback, and encouragement.

IMPORTANT INFORMATION

REGISTRATION INFO

Registration Begins:

Members: Monday, January 21, 2019

Non-Members: Monday, February 18, 2019

Online registration begins at 7am

CAMP HOURS/TRANSPORTATION

The standard camp day is 9:00am-4:00pm daily. Camper drop-off is from 8:30-9:00am and camper pick-up takes place from 3:45-4:15pm at Hayes Lodge.

Busing is available from 11 towns in the MetroWest area for an additional fee. Designated stops and schedules are located on Page 15 of this brochure.

POLICY FOR SPLITTING CAMP PROGRAMS

Our policy does not allow for splitting two week sessions.

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.

HEALTH AND SAFETY

Health Forms: Massachusetts State Law requires each camper to have a physical examination and current record of immunization signed by his/her physician. Campers are required to have had a physical examination within 24 months of arrival at camp. You will complete this process in our online CampDoc system. You will need to convert your child's physical and immunizations to an electronic file (i.e. pdf, jpeg, scanned, etc.) Campers will not be allowed to attend camp without a 100% complete CampDoc record.

Safety: Two health care professionals are on camp at all times. Many of our staff is CPR and First Aid certified. Pool and waterfront staff are certified lifeguards and our facility is equipped with two AEDs. Safety equipment such as helmets, harnesses, and life jackets are mandatory for certain camp activities. All necessary safety equipment will be provided by the YMCA. Sneakers or closed-toed shoes are mandatory for participation in all non-water activities.

Food/Water Bottles are required for each camper. Water is available throughout camp. No refrigeration or microwaves are available. With allergies ever increasing for children, we do ask that you please limit peanut butter and nut products as much as possible from your camper's lunch and snacks.

FINANCIAL ASSISTANCE

Within its available resources, the MetroWest YMCA will provide summer camp and membership regardless of a family's ability to pay. 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. Please apply before registering.

METROWEST YMCA MEMBERSHIP

Family Members: (Best Value!) If you have a family membership through the Framingham Branch or the Family Outdoor Center you will receive the Family Rate on all Camps and priority registration dates. All MetroWest YMCA Family Members also have full access to the Family Outdoor Center's Family Membership including the Swim Club.

Youth/Teen Memberships: Youth Memberships will pay the Youth rate for summer camps. Your child will also receive member rates for all programs at both the Framingham and Family Outdoor Center branches. FOC Family Swim Club and FOC Member benefits are not included.

Non-Members: You do not need to have a membership to participate in YMCA camps and programs. Non members are welcome to register for specific programs, like camps or youth sports. There is no monthly fee for this type of account, and you do not have access to any YMCA facility except for during the programs you might register.

Camp Fees: To receive the member rate for camp sessions, your child must have an active membership with the MetroWest YMCA at the Framingham Branch through August 24, 2019. Memberships that are cancelled prior to this date will be charged the non-member rate.

CONTACT US!

Contact the MetroWest YMCA Summer Day Camp year round.

Office Hours are 8am-5pm

Camp Staff

Kelley Ratcliffe, Camp Director

KMRatcliffe@metrowestymca.org

Scott Umbel, Branch Executive Director

SUmbel@metrowestymca.org

Matt Donato, Camp Registrar & Business Manager

MDonato@metrowestymca.org

**The Camp is located at the
METROWEST YMCA FAMILY OUTDOOR CENTER
45 East Street, Hopkinton, MA 01748
508-435-9345**





METROWEST YMCA
280 Old Connecticut Path
Framingham, MA 01701

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT #13
FRAMINGHAM

Member Registration: January 21, 2019
Non-Member Registration: February 18, 2019



**BEST
SUMMER
EVER™**





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

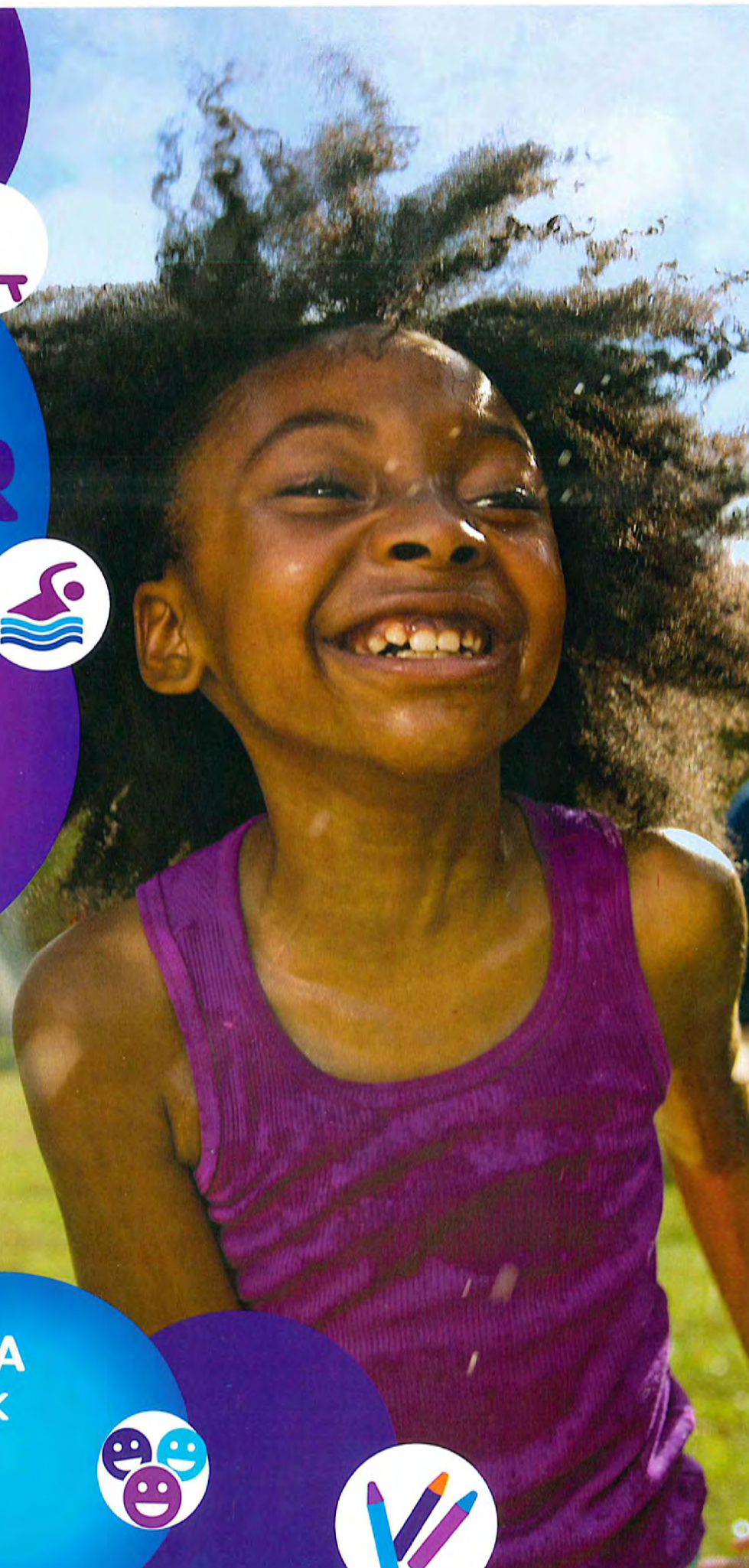


BEST SUMMER EVER™



**METROWEST YMCA
FRAMINGHAM & NATICK
SUMMER CAMPS 2019**

www.metrowestymca.org
Financial assistance is available.



WELCOME



Dear YMCA Families,

We are looking forward to the arrival of summer, and can't wait for the camp season to begin. Thank you for choosing the MetroWest YMCA for your child's camp experience this year.

Exciting Updates for Summer 2019: The Framingham Branch will be under going a renovation and expansion. This summer, some of our camps have moved their locations. We will communicate updates to our families as we get them. Please sign up for our email newsletter list. We are hoping to minimize any disruption to our campers season and are here to help you and your family should you need it. Please sign up for our email newsletter list at metrowestymca.org/newsletter.

Our Camp Community: Fostering friendships is vital to your child's camp experience. We are committed to creating a camp community that promotes healthy friendships amongst all campers and staff.

Our Commitment: The YMCA is committed to the healthy development of children through a range of programs that capture their imagination, instill positive values, build self-esteem and teach fundamental skills. YMCA camps are one of the most powerful ways for your children to learn lessons that will serve them throughout this summer and their lives.

We are excited to have your camper joining us, and are looking forward to a summer filled with fun and friendship!

The MetroWest YMCA Camp Leadership Team

CAMP	AGES / GRADES	LOCATION	TIME	AM/PM CARE	SWIM / TIME / WATER PLAY	SESSION DURATION	FIELD TRIPS
CAMP OCP	Entering grades 1-6	To be announced	7:30am-6:00pm	Included	Yes	One week sessions	Yes
GYMNASTICS CAMP	Entering grades 1-8	East School 90 Oak St Natick	9:00am-4:00pm	Yes	Yes	Two week sessions	No
CAMP CLEARBROOK	Entering grades 1-4	Clearbrook Swim Club, Framingham	9:00am-12:30pm	No	Yes	One week sessions with part week options	No
MY FIRST SUMMER CAMP	3,4,5 years old & potty trained	McAulliffe Charter School	9:00am-12:30pm or 9:00am-4:00pm	No	Yes	One week sessions with part week options	No
TEENS Y STEM ACADEMY, NATICK	Entering grades 1-5	East School, 90 Oak St Natick	9:00am-4:00pm	Yes	Yes	One week sessions	No
TEENS LIT at OCP	Entering grades 6-8	To be announced	9:00am-4:00pm	No	Yes	One-week sessions	Yes
TEENS CIT GYMNASTICS	Entering grades 9 & 10	East School 90 Oak St Natick	9:00am-4:00pm	No	Yes	One training week two week sessions	No
CIT at OCP	Entering grades 9 & 10	To be announced	9:00am-4:00pm	No	Yes	Training week & additional 1-week sessions	Yes

IMPORTANT INFORMATION

METROWEST YMCA MEMBERSHIP

In an effort to keep rate increases down and to add more value to those who have Y-Memberships, the MetroWest YMCA has gone to a new-tiered pricing structure for the Summer Camp 2019 season. Please read more about the different membership options and benefits below.

MEMBERSHIPS & CAMP FEES

Family Members: (Best Value!) If you have a family membership through the Framingham Branch or the Family Outdoor Center you will receive the Family Rate on all Camps and priority registration dates. All MetroWest YMCA Family Members also have full access to the Family Outdoor Center's Family Membership including the Swim Club.

Youth/Teen Memberships: Youth Memberships will pay the Youth rate for summer camps. Your child will also receive member rates for all programs at both the Framingham and Family Outdoor Center branch's. FOC Family Swim Club and FOC Member benefits are not included.

Non-Members: You do not need to have a membership to participate in YMCA camps and programs. Non members are welcome to register for specific programs, like camps or youth sports. There is no monthly fee for this type of account, and you do not have access to any YMCA facility except for during the programs you might register.

Camp Fees: To receive the member rate for camp sessions, your child must have an active membership with the MetroWest YMCA at the Framingham Branch through August 24, 2019. Memberships that are cancelled prior to this date will be charged the non-member rate.

FINANCIAL ASSISTANCE

We recognize that families have different abilities to pay. In order to keep camps and programs accessible to all, the Y is now giving families the option to choose a membership that best reflects the rate they wish to pay for summer camp.

If you feel you still need help affording Summer Camp, the MetroWest YMCA can help. Within its available resources, the MetroWest YMCA will provide summer camp and membership regardless of a family's ability to pay. 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.

The MetroWest YMCA Camp programs comply 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, ages 17 and older are subject to SORI and CORI checks by the Commonwealth of Massachusetts.

HEALTH AND SAFETY

Health Forms: Massachusetts State Law requires each camper to have a physical examination and current record of immunization signed by his/her physician within 18 months of arrival at camp.

Safety: As leaders and role models, our staff are dedicated to providing a safe and fun-filled experience. There will be at least two people on site at all times who are CPR and first aid certified. Our staff camper ratio is 1:5 (younger campers) and 1:10 (older campers).

Pool Regulations: On the first day of each session, the children will be swim-tested and their swimming level will be recorded by their counselor and the lifeguard. If the lifeguard decides that your child needs a flotation device, they must wear it in the pool at all times.

CONTACT US!

EDUCATION SUMMER CAMP DIRECTORS

Camp OCP

Phil Pichel, PPichel@metrowestymca.org

Y STEM Camp

Patrick Rosendale, PRosendale@metrowestymca.org

Director of Family Services and Camp Registrar

Kathleen Glennon, KGlennon@metrowestymca.org

Executive Director of Education

Heidi Kaufman, HKaufman@metrowestymca.org

FRAMINGHAM BRANCH CAMP DIRECTORS

My First Summer Camp

Jen Hyman, JHyman@metrowestymca.org

Gymnastics Camp

Taylor Loesch, TLoesch@metrowestymca.org

Camp Clearbrook

Brendan Tuma, BTuma@metrowestymca.org

Business Manager & Camp Registrar

Aura Hernandez, AHernandez@metrowestymca.org

Branch Executive Director, Framingham

Lisa Mandozzi, LMandozzi@metrowestymca.org



SUMMER LEARN

CAMP OCP

A Summer Learning Program

Who: All children who are entering first through sixth grade are welcome!

What: One-week theme based sessions that are focused on fun and exciting hands-on STEM (Science, Technology, Engineering, Math), ELA (English Language Arts), and art education activities that incorporate field trips, water play, swim lessons, sports and other physical activities, group team-building games, and project-based enrichment activities linked to the weekly theme that support summer learning. Our camp uses both inside and outside spaces.

Where: **TBD** *The Framingham Branch will be undergoing a major expansion and renovation during the summer of 2019. At time of printing this brochure, the location for Camp OCP still has to be determined. We will communicate updates to our families as we get them. Please sign up for our email newsletter list at metrowestymca.org/newsletter*

When: June 17-August 23, 2019

Weekly session run Monday – Friday from 7:30am – 6:00pm. Drop-off is from 7:30-9:00am and pick-up is from 4:30-6:00pm.

In the event that snow days extend the school year beyond June 14, the first week of camp will be prorated to reflect the amount of days your child's school is not in session.

Why: All Y camps focus on providing a nurturing environment in which every child can build strong relationships as well as a sense of belonging and achievement. As a summer learning program, Camp OCP emphasizes preventing summer learning loss and helping children retain and develop the skills they've worked on at school during the year. This means that months of gains in reading and math don't disappear, and children can pick up ahead of where they finished instead of needing to relearn information that they have forgotten. Camp OCP provides hands-on, fun enrichment activities designed to engage young brains while making sure every child makes friends and has fun! In addition, our staff are trained to help children develop the character skills they need to grow into successful, happy adults.

Contact: PPichel@metrowestymca.org
508-435-9345 x117

YOUR CHILD'S CAMP OCP EXPERIENCE

- Summer learning through hands-on enrichment activities
- 21st century skill development including decision making & problem solving
- Building social skills, creating friendships, and teambuilding
- Swimming / water play
- Weekly theme based field trips
- Reading daily & weekly trips to library
- Before & after camp care included
- Traditional camp activities such as: sing-a-longs, sports, arts and crafts, & swimming

SESSION DATES & THEMES

SESSION	DATES	THEME
Session 1	June 17-21	We Are Family
Session 2	June 24-28	Superheroes
Session 3	July 1-5	Party in the USA (closed July 4)
Session 4	July 8-12	Fish and Ships
Session 5	July 15-19	Time Travelers
Session 6	July 22-26	Passport Around the World
Session 7	July 29-Aug 2	Y Spy
Session 8	August 5-9	Wide World of Sports
Session 9	August 12-16	Safari Adventure
Session 10	August 19-23	Campers vs. Counselor Challenge Week

CAMP OCP SAMPLE DAY

7:30-8:30am	Drop-off and structured free play
8:30-9:00am	Breakfast
9:00am	Welcome meeting
Morning rotations	1. Swim lessons
	2. Field games
	3. ELA enrichment activity
12:00pm	Lunch
Afternoon rotations	1. Water play, open swim
	2. Physical activity
	3. STEM enrichment activity
3:00pm	Snack
	Creative arts activity
4:00pm	Closing meeting
4:30 - 6:00pm	Pick-up & structured free play

ING PROGRAMS

Y STEM CAMP

A Summer Learning Program

At Y STEM, children participate in hands-on inquiry based activities that will allow them to explore their world, create new things, all while having fun and making new friends at summer camp.

Who: Children entering grades 1-5 who enjoy hands on activities, wonder how the world works, and are excited in engineering, experimenting, and creating new things.

What: A Science, Technology, Engineering and Math (STEM) camp with traditional summer activities woven in throughout the day. Each week, children participate in themed enrichment activities. They use the engineering design process to ask, imagine, plan, create, and improve when it comes to challenges of the week.

Where: East School, 90 Oak Street, Natick 01760

When: One week sessions June 24-August 16.
Monday-Friday 9:00am-4:00pm with drop off from 8:30am- 9:00am and pick-up from 4:00pm-4:30pm.
Before & After Care: 7:30-8:30am & 4:30-6:00pm

Why: Y-STEM is active, collaborative, meaningful, and teaches the life skill of problem solving for all children. By focusing on hands-on STEM curriculum, STEM will allow for in-depth exploration that is youth-driven and staff-guided in a way that cannot be achieved in a traditional camp setting. This program allows children to make a connection between activities they enjoy and professions in the ever growing STEM field, all while building on 21st century skills. Every week is unique and offers a plethora of challenges and opportunities for your child.

Contact: prosendale@metrowestymca.org
508-435-9345 x121

SESSION DATES & THEMES

SESSION	DATES	THEME
Session 2	June 24-28	Digging up the past
Session 3	July 1-5	H2 Whoah! (closed July 4)
Session 4	July 8-12	Y Lab: CSI edition
Session 5	July 15-19	Mission: Space
Session 6	July 22-26	Slime "ology"
Session 7	July 29-Aug 2	Robotics
Session 8	August 5-9	Music to my Ears
Session 9	August 12-16	Makers & Mythbusters

Learn more about LIT & CIT Camps for Teens on page 8.



Y STEM CAMP SAMPLE DAY

8:30-9:00am	Drop off, free play
9:00-9:45am	All camp meeting & snack
9:45am-12:00pm	Morning Rotation: STEM activity, sports & games, art or team building activities
12-12:40pm	Lunch
12:40-1:00	Read & share
1:00-3:00pm	Afternoon Rotations: STEM activity, nature or technology activities
3:00-4:00pm	Snack and choice of activity
4:00-4:30pm	Closing & pick up



GYMNASTICS CAMP



GYMNASTICS CAMP DETAILS

Who: Beginner to advanced gymnasts.
Youth who are entering **Grades 1-8.**

What: Two-week themed sessions that incorporate the gymnastics skills and drills learned into an end of session gymnastics show. We spend mornings doing gymnastics and afternoons, enjoying water games as well as practicing our gymnastics show routines. Gymnastics Camp is all about having fun so when we aren't practicing our new skills we are playing games, making crafts, singing camp songs and more! So get your leotard, comfortable gym clothes, bathing suit, sunscreen and lots of water and get ready to have some fun!!

Where:

East School, 90 Oak Street, Natick MA 01760

Summer Update: The Framingham Branch will be undergoing a renovation and expansion project. Gymnastics Camp is being relocated to the Gymnasium at the East School in Natick.

When: June 24- August 16, 2 week sessions
Monday-Friday 9:00am-4:00pm
Before & After Care 7:00-9:00am & 4:00-6:00pm

Why: Our Gymnastics Camp is focused on skill development, strength building, enhancing coordination but most importantly to instill self confidence in every one of our campers. We want every participant to grow this summer by making new friends, having unique experiences, learning new skills, and gaining confidence within themselves. Your camper will complete their camp session feeling proud of the new gymnastics skills they've achieved and the new friendships they've created. Join us for a positive summer of learning and FUN!

Contact: Taylor Loesch
TLoesch@metrowestymca.org
(508) 879-4420 x285



GYMNASTICS CAMP SAMPLE DAY

8:30-9:00am	Drop off & optional breakfast
9:00-9:15am	Camp welcome meeting
9:15-9:30am	Gymnastics warm-up
9:30-12:00pm	Gymnastics rotations
12:00-12:45pm	Lunch
12:45-3:45pm	Swim/water games/crafts/more gymnastics
3:45-4:00pm	Camp closing meeting
4:00-4:30pm	Pick up

Learn more about CIT Gymnastics Camp for Teens on page 8.



CAMP CLEARBROOK

Half Day Camp

MY FIRST SUMMER CAMP

Half Day & Full Day options

Who: Children entering first grade through fourth grade

What: Camp Clearbrook is a half day program at beautiful Clearbrook Swim Club that provides 5-8 year olds with a well round camp curriculum. Activities include swim lessons (every day), tennis + golf lessons, arts and crafts, and a number of traditional camp games. This is a great program for kids who like to swim and the half day component works well for new campers. Families can register for 2, 3, or 5 days of camp per week depending on their needs!

Where: Clearbrook Family Swim Club, 120 Parker Road, Framingham, MA 01702 (Owned and operated by the MetroWest YMCA) Plenty of outdoor space and indoor space is available during inclement weather

When:
One Week Sessions: June 24-August 23, 2019
Monday- Friday, 9:00am - 12:30pm
2, 3, & 5 day options

Why: While learning new skills and being active, campers will gain self-confidence, self-esteem and a sense of achievement and belonging. They will learn about teamwork, good sportsmanship while having the opportunity to make new friends.

Contact: Brendan Tuma
BTuma@metrowestymca.org
(508) 879-4420 X230



CAMP CLEARBROOK SAMPLE DAY

8:30-9:00am	Drop off and free play
9:00am	Morning meeting & opening activity
Morning Rotation	Enrichment / Sports activities
	Camp group time
11:15-11:45am	Swim lessons / free swim
12-12:30pm	Lunch
12:30-1:00pm	Free play & pick up

Who: This camp is for 3-5 year olds. It is perfect for the first time camp experience or a great way to transition into a new preschooler for the fall. The camp environment features a small group setting with a camper to counselor ratio of 5:1. Campers must be fully potty trained and be able to use the bathroom independently to participate in this camp.

What: One week themed sessions that incorporate sports, games, crafts, story time, water play and the Choose To Be Nice program. Campers must bring a reusable water bottle and snacks in their backpacks.

Where: Due to the renovations on our facility, My First Summer Camp will be located at the McAuliffe Charter School at 139 Newbury Street in Framingham.

When: June 24 - August 23 Monday-Friday 9:00-4:00 with 2, 3, and 5 day options and ½ day and full day options. Half day enrollments will be from 9:00am-12:30pm and full day from 9:00am-3:30pm.

Why: While these campers are young, they can benefit greatly from attending camp. Building positive relationships, developing good sportsmanship, increasing self-esteem, and the opportunity to create long lasting camp memories are some reasons to sign up for camp. There will be some family events throughout the summer to give the parents a chance to meet, see who their child spends their time with and get some family time in.

Contact: Jen Hyman
JHyman@metrowestymca.org

MY FIRST SUMMER CAMP SAMPLE DAY

8:30-9:00am	Drop off and free play
	Optional breakfast
9:00-9:30am	All camp welcome song & opening
9:30-10:30	Choose To Be Nice Activity / Crafts
10:30-11:30	Water Play / Swimming
11:30-12:00	Lunch
12:00-12:30 pm	Story Time
12:30-1:00pm	Half Day Pickup / Free Play
1:00-2:00pm	STEM Activity
2:00-3:00pm	Sports
3:00-3:30	Camp closing meeting
3:30-4:00 pm	Free Play & Pick Up





MIDDLE SCHOOL & HIGH

GYMNASTICS CIT

Gymnastics Counselor in Training

This program is designed to give teens a fun and positive camp experience while providing on the job junior camp counselor training. Gymnastics CITs will have the opportunity to help lead activities, prepare for gym shows, and learn what it takes to be an outstanding counselor and instructor. This program is for teens who are interested in learning how to work with children while developing and improving their own leadership skills.

Who: Teens entering grades 9 and 10 who love gymnastics, would like to share that love with younger children and would like to get hands on experience in training as a gymnastics counselor and instructor.

Where: East School, 90 Oak Street, Natick MA 01760

When: June 24- August 16
Monday – Friday 8:30am – 4:30pm

Why: Gymnastics CITs can have fun serving as role models making an impact on the lives of younger campers. This is an opportunity to develop skills in preparing and leading activities while being mentored by experienced YMCA staff.

How to apply: Please complete the Gymnastics CIT Packet. Applications will be available on February 1st and are due by May 1st. The application can be found online at metrowestymca.org/teencamps or available at the Member Service Desk.

CIT's must attend camp training from June 17-21, 2019.

Please contact:

Taylor Loesch
TLoesch@metrowestymca.org
(508) 879-4420 x285



Training Program Benefits:

- Have fun serving as role models by making an impact in the lives of our campers.
- Create friendships that last a lifetime while you are mentored by professional YMCA role models.
- Develop skills in communication, conflict resolution, problem solving, child development, child guidance, planning, preparing, and leading activities with children of all ages.
- Walk away with a strong work ethic that can apply to any leadership experience.
- Become CPR and First Aid Certified.

SCHOOL PROGRAMS

TEENS

LIT at OCP Leaders in Training

This program is for middle school leaders who want to make an impact on their community. LITs participate in teambuilding activities, engage in multi-week service learning projects, and develop the talents necessary to work with their peers and younger children. LITs are integrated into the camp program and receive hands-on experience working with CIT and counselors. LITs will have an augmented camp day that includes fun camp activities for themselves as well as learning portions of the day where they might be interacting directly with groups of children. By the time their session concludes, they will have the leadership skills necessary to become MetroWest YMCA community champions!

Who: Youth entering grades 6-8 who are interested in having fun with teambuilding, engaging in service learning, and growing their talents that are necessary for working with younger youth.

Where: *The Framingham Branch will be undergoing a major expansion and renovation during the summer of 2019. At time of printing this brochure, the location for Camp OCP still has to be determined. We will communicate updates to our families as we get them. Please sign up for our email newsletter list at metrowestymca.org/newsletter*

When: June 24 – August 16, Monday-Friday, 9:00am-4:00pm. LITs are strongly encouraged to attend multiple weeks so that they can actively participate in the different aspects of the service learning projects.

How to apply: Interested youth should apply online at metrowestymca.org/teencamps

Please contact: schoolsout@metrowestymca.org
(508) 435-9345



CIT at OCP Counselor in Training

The CIT program at Camp OCP is for teens who want to be a part of a working team and leadership community at our summer learning camp. CITs will attend a required one-week training to prepare for a summer supporting camp counselors and building relationships with campers. During the following weeks, CITs will assist counselors in camper groups and leading activities throughout the day. CITs will connect with their CIT Support Counselor every afternoon to receive guidance, support and feedback. The valuable experience gained in the CIT program can be used on college entrance essays, for community service, and future employment in the community. Outstanding CITs may be considered for employment as counselors once they turn 16.

Who: Youth entering grades 9-10 who are interested in guiding and engaging with campers, acting as a role model, and leading others.

Where: *The Framingham Branch will be undergoing a major expansion and renovation during the summer of 2019. At time of printing this brochure, the location for Camp OCP still has to be determined. We will communicate updates to our families as we get them. Please sign up for our email newsletter list at metrowestymca.org/newsletter*

When: June 24 – August 23, Monday-Friday, 9:00am-4:00pm
Required Training Week: June 24-28
CITs must work at least 4 of the 8 additional weeks in Camp OCP.

How to apply: Interested youth should apply online at metrowestymca.org/teencamps

Please contact: schoolsout@metrowestymca.org
(508) 435-9345



REGISTRATION INSTRUCTIONS

LET'S GET STARTED!

Registration Begins:

Members - Monday, January 21, 2019

Non-Members - Monday, February 18, 2019

TWO EASY WAYS TO REGISTER:

Online Go to www.metrowestymca.org & click on the "Camp Registration" tab.

In Person Visit us at either of our branches in Hopkinton or Framingham.

PAYMENT OPTIONS

All options will require a \$25 deposit per week (\$50/two-week session) at time of registration.

All AM/PM Care options must be paid in full at the time of registration

1) May 31st Deadline – Pay your remaining balance no later than May 31. Or...

2) Payment Plans – Please refer to our "Registration Instructions" web page for our payment options which will be updated for 2019 no later than January 11th.

CAMPDOC – YOUR ONLINE CAMPER PROFILE

Campdoc is a secure online service that brings ease and convenience to completing your child's additional registration information, uploading health records/physical exams and much more. You will receive an email from CampDoc within a few weeks of registration with additional information. If your child was a camper here last year, your information has been saved in CampDoc and may only require you to review and update. All CampDoc information is due by June 1. After June 1, all information must be provided at the time of registration; including but not limited to physicals/immunizations, medication authorizations, allergy plans, etc. Registrations will not be considered complete and children will not be able to attend until all forms and documents are provided.

PAYMENT AND CANCELLATION POLICY

1) Families will be immediately charged a non-refundable deposit of \$25 per week per child.

2) Prior to April 1, you may transfer your deposit to other camp programs. After April 1, deposits are non-transferrable. Remaining fees may be refunded without deposit.

3) Cancellations must be made prior to May 31 to receive a full refund without deposit. **After May 31 there will be no refunds, credits or money transfers** of any kind for withdrawal, failure to attend registered sessions, or partial attendance.

4) After June 1 all new camp registrations must be done in person by coming into the branch. All CampDoc forms will be filled out at the time of registration- please bring all required physicals and forms with you.

5) A YMCA credit or refund without deposit will be issued if a participant is unable to attend camp due to a prolonged illness/injury lasting 3 days or more. This request must be made prior to the end of the camp session and must be accompanied by a doctor's note.

6) All requests for changes to camp registrations must be done in writing via email or letter to the correct camp office. Changes require a 2 week notice and not considered completed until confirmed in writing from the camp office.

7) All previous Y balances must be paid prior to camp registration. **If any Y past due balance is unpaid, your child will be unenrolled from camp** and they will not be able to attend. There will be no refunds, credits or pro-rating for missed days.

8) Families who have registered at our member rate must keep their membership active from time of registration through the end of the month their children are participating in camp. **Memberships may not be placed on hold.**

9) All information collected is kept securely by the YMCA. Credit/Debit card information is not accessible by YMCA staff and is kept in a secure system.

10) There will be a \$10 late pick up fee per child for the first 10 minutes late. You will be charged \$5 for every 5 minutes after.

11) If your child is on a waitlist, we will contact you if an opening is available. Full tuition will be due at the time of enrollment. Waitlists are monitored regularly.

VOUCHER AND CONTRACTED SLOTS

If your child is currently on a voucher/contracted slot at the MetroWest YMCA or previously had a summer only voucher for the MetroWest YMCA, you will be contacted by our business office with registration instructions. Deposit is not required. If you have a voucher outside of the MetroWest Y, the current voucher must be provided before the time of registration for the deposit to be waived or you are responsible for leaving a \$25 deposit per session per child.

REGISTRATION CHECKLIST

- Plan your camp weeks
- Fill in form- with dates and codes
- Decide to register in person or online
- If new to online - set up your MetroWest YMCA online account
- Credit/debit card or check for deposit
- Go online & click camp registration tab

After registration:

- Watch for CampDoc email to complete your campers online account and upload health forms and additional information.

All camp pricing on this page is based on your current membership. Family Member (FM) rate is in Black, Youth Member (YM) rate is in Green and Non-member (NM) rate is in Pink

Session Fee is listed below. Family Member is Black (FM) Youth Rate is Green (YM) Non-Member rate is Pink (NM) In order to receive member rates, memberships must be active through duration of members camp session.	WEEK 1 Jun 17-21	WEEK 2 Jun 24-28	WEEK 3 July 1-5 (no July 4)	WEEK 4 July 8-12	WEEK 5 July 15-19	WEEK 6 July 22-26	WEEK 7 July 29-Aug 2	WEEK 8 Aug 5-9	WEEK 9 Aug 12-16	WEEK 10 Aug 19-23
CAMP OCP, Entering grades 1-6, 7:30am-6:00pm										
Camp OCP Weekly Rates	\$335/\$342/\$451	\$335/\$342/\$451	\$268/\$274/\$361	\$335/\$342/\$451	\$335/\$342/\$451	\$335/\$342/\$451	\$335/\$342/\$451	\$335/\$342/\$451	\$335/\$342/\$451	\$335/\$342/\$451
MY FIRST SUMMER, Ages 3-5, Half & Full Day options										
5 Days - Full Day	\$288/\$294/\$387	\$288/\$294/\$387	\$231/\$236/\$310	\$288/\$294/\$387	\$288/\$294/\$387	\$288/\$294/\$387	\$288/\$294/\$387	\$288/\$294/\$387	\$288/\$294/\$387	\$288/\$294/\$387
5 Days - Half Day	\$177/\$180/\$238	\$177/\$180/\$238	\$142/\$144/\$191	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238
3 Days- Full Day	\$173/\$177/\$233	\$173/\$177/\$233	\$173/\$177/\$233	\$173/\$177/\$233	\$173/\$177/\$233	\$173/\$177/\$233	\$173/\$177/\$233	\$173/\$177/\$233	\$173/\$177/\$233	\$173/\$177/\$233
3 Days - Half Day	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143
2 Days- Full Day	\$116/\$118/\$155	\$116/\$118/\$155	\$116/\$118/\$155	\$116/\$118/\$155	\$116/\$118/\$155	\$116/\$118/\$155	\$116/\$118/\$155	\$116/\$118/\$155	\$116/\$118/\$155	\$116/\$118/\$155
2 Days- Half Day	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96
CAMP CLEARBROOK, Entering Grades K-4, Half Day Camp										
5 Days	\$177/\$180/\$238	\$177/\$180/\$238	\$142/\$144/\$191	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238	\$177/\$180/\$238
3 Days	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143	\$107/\$108/\$143
2 Days	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96	\$71/\$72/\$96
Y STEM CAMP Entering Grades 1-5										
Y STEM Camp Weekly Rates	\$304/\$310/\$409	\$304/\$310/\$409	\$244/\$248/\$328	\$304/\$310/\$409	\$304/\$310/\$409	\$304/\$310/\$409	\$304/\$310/\$409	\$304/\$310/\$409	\$304/\$310/\$409	\$304/\$310/\$409
AM CARE 7:00-9:00am \$48	\$48/\$49/\$53	\$48/\$49/\$53	\$39/\$40/\$43	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53
PM CARE 4:00-6:00pm \$48	\$48/\$49/\$53	\$48/\$49/\$53	\$39/\$40/\$43	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53	\$48/\$49/\$53
GYMNASTICS CAMP Entering grades 1-8										
Session A 6/24-7/5 *two week camp No Camp on July 4	\$547/\$558/\$736	\$87/\$87/\$96	\$87/\$87/\$96	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106
Session B 7/8-7/19 *two week camp	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106
Session C 7/22-8/2 *two week camp	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106
Session D 8/5-8/16 *two week camp	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106
Gymnastics Camp										
AM Care 7:00-9:00am	\$87/\$87/\$96	\$87/\$87/\$96	\$87/\$87/\$96	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106
PM Care 4:00-6:00pm	\$87/\$87/\$96	\$87/\$87/\$96	\$87/\$87/\$96	\$607/\$619/\$817	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106	\$96 / \$96 / \$106
TEEN CAMPS										
WEEK 1 Jun 17-21										
WEEK 2 Jun 24-28										
WEEK 3 July 1-5 (no July 4)										
WEEK 4 July 8-12										
WEEK 5 July 15-19										
WEEK 6 July 22-26										
WEEK 7 July 29-Aug 2										
WEEK 8 Aug 5-9										
WEEK 9 Aug 12-16										
WEEK 10 Aug 19-23										
LIT at OCP Entering Grades 6-8	\$206/\$210/\$277	\$206/\$210/\$277	\$206/\$210/\$277	\$206/\$210/\$277	\$206/\$210/\$277	\$206/\$210/\$277	\$206/\$210/\$277	\$206/\$210/\$277	\$206/\$210/\$277	\$206/\$210/\$277
CIT at OCP Entering Grades 9-10	Training Week	Training Week	Training Week	Training Week	Training Week	Training Week	Training Week	Training Week	Training Week	Training Week
Gymnastics Camp CIT Entering Grades 9 & 10										
	\$265 / \$281 / \$371	\$265 / \$281 / \$371	\$265 / \$281 / \$371	\$265 / \$281 / \$371	\$265 / \$281 / \$371	\$265 / \$281 / \$371	\$265 / \$281 / \$371	\$265 / \$281 / \$371	\$265 / \$281 / \$371	\$265 / \$281 / \$371
	CIT program price includes one week of training and 4 or more weeks of camp									
	CIT program price includes one week of training and 4 weeks of camp									



METROWEST YMCA FRAMINGHAM
280 OLD CONNECTICUT PATH
FRAMINGHAM, MA 01701

NON-PROFIT ORG.
 U.S. POSTAGE
 PAID
 PERMIT #13
 FRAMINGHAM





BEST SUMMER EVER™

NO CAMPER LEFT BEHIND
 Within its available resources, the MetroWest YMCA will provide summer camp and membership regardless of a family's ability to pay. 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.



Gymnastics campers are proud to wear their Choose To Be Nice Bracelets

CHOOSE TO BE NICE

The MetroWest YMCA is proud to incorporate the Choose To Be Nice program into our summer camps. These fun, camper-centered activities are designed to foster empathy, kindness, and lifelong values that will help children become resilient and compassionate individuals. #choosetobenice





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



METROWEST YMCA

SUMMER PROGRAM & MEMBERSHIP GUIDE

REGISTRATION DATES:

Members Only: Wednesday, May 29

Online and Walk in starts at 6 AM

Non-Members: Mon, June 3, 2019

SESSION DATES:

June 24-August 25, 2019

THE Y

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

LOCATIONS

METROWEST YMCA FRAMINGHAM BRANCH

280 Old Connecticut Path
Framingham, MA 01701
508-879-4420



Facility Hours

Monday-Friday (Pool Hours)	5:00 am - 10:00 pm Closed for renovation April 22-September 2019
Saturday (Pool Hours)	7:00 am - 7:00 pm Closed for renovation April 22-September 2019
Sunday (Pool Hours)	7:00 am - 7:00 pm Closed for renovation April 22-September 2019

All areas close 15 minutes before closing time.

METROWEST YMCA FAMILY OUTDOOR CENTER

45 East Street
Hopkinton, MA 01748
508-435-9345

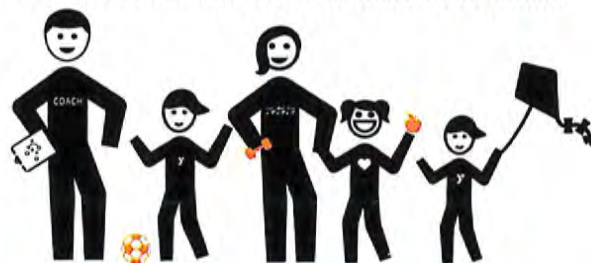
Building hours vary according to the program schedule. Please call or go online for more information.



METROWEST YMCA CLEARBROOK FAMILY SWIM CLUB

120 Parker Road
Framingham MA 01702
508-405-0350

Clearbrook Family Swim Club is a seasonal facility. Hours vary according to the program schedule. Please call the office for more information.



MetroWest YMCA Mission Statement

The MetroWest YMCA is dedicated to providing programs and services that build healthy mind, body and spirit for all.

CLEARBROOK FAMILY SWIM CLUB



SUMMER SEASON

June 15-September 2
Weekend hours: 10am-8pm
Weekday hours: 11am-8pm

LOCATED AT:

120 Parker Road,
Framingham MA 01702
metrowestymca.org/clearbrook
508-405-0350 (seasonal phone)



Splash Pad @Clearbrook

SWIM CLUB FACILITY AMENITIES

- Outdoor Swimming Pool
- Splash Pad
- Shower & Changing Stalls
- Snack Bar & Picnic Tables
- Playground for Children
- Ping Pong Tables, Lawn Games & Tennis Courts
- Lounge chairs available
- Swim lessons * see page
- Sports Classes* see page 13
- Camp Clearbrook * see page 4



Outdoor Pool

SWIM CLUB TOURS & SWIM TESTS

Week of June 10-14
Stop by for a tour and sign up on the spot.
Visit the website and please read the email newsletters for more details.

SIGN UP TODAY!

Please fill out the Clearbrook Membership Application found online at metrowestymca.org/clearbrook and register in person at the Framingham Branch member services desk. Memberships may be purchased at Clearbrook beginning opening weekend.



Grassy area with games and playground

MEMBERSHIP TYPE	FULL SUMMER	OPENING DAY- JULY 31	AUGUST 1-CLOSING DAY
Y- Adult Member	\$400	\$250	\$250
Y- Family Member	\$300	\$175	\$175
General Public Family	\$500 (before June 1)	n/a	n/a
	\$550 (after June 1)		

General Public membership includes full access to the Framingham Branch for the summer season.

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.

AQUATICS

YOUTH DEVELOPMENT

SWIM LESSON SELECTOR

The YMCA has a progressive swim lesson structure. Lessons are divided into three stages, **Swim Starters, Swim Basics and Swim Strokes.**

Use the charts below to find your swim lesson level. To assist you, the "Stages of Learning" are online at our website at metrowestymca.org/learntoswim

WHAT IS THE STUDENTS LEVEL?

USE THIS CHART IF YOUR STUDENT IS NEW TO YMCA SWIM LESSONS



The MetroWest YMCA swim lessons to increase the accessibility and enjoyment of swimming to all ages and skill levels. Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers progress between levels. Through this latest approach to swim lessons, kids of all ages can progress at their own pace while building the confidence needed to become a successful swimmer.

MORNING 2 WEEK LESSONS AT CLEARBROOK

ALL CLASSES ARE HELD MONDAY THROUGH THURSDAY, RAIN DAY IS FRIDAY
FOR A TWO-WEEK SESSION - TOTAL OF 8 LESSONS
Classes: \$81 family members/\$85 youth members / \$170 non-members

SESSION 1 - June 24 - July 5 (No July 4)
Session 1 price is prorated (7 lessons, not 8)
\$71 family members / \$75 youth members / \$150 non-members

Pre School 1	9:00 - 9:30 am
Pre School 1	9:30 - 10:00 am
Pre School 2	9:00 - 9:30 am
Pre School 2	9:30 - 10:00 am
Pre School 3&4	9:30 - 10:00 am
School Age 1	9:00 - 9:30 am
School Age 2	9:30 - 10:00 am
School Age 3	9:00 - 9:30 am
School Age 4	9:00 - 9:30 am
School Age 5 & 6	9:30 - 10:00 am

SESSION 2 - July 8-18

Pre School 1	9:00 - 9:30 am
Pre School 1	9:30 - 10:00 am
Pre School 2	9:00 - 9:30 am
Pre School 2	9:30 - 10:00 am
Pre School 3	9:00 - 10:00 am
School Age 1	9:30 - 10:00 am
School Age 2	9:00 - 9:30 am
School Age 3	9:30 - 10:00 am
School Age 4	9:30 - 10:00 am
School Age 5 & 6	9:00 - 9:30 am

SESSION 3 - July 22-August 1

Pre School 1	9:00 - 9:30 am
Pre School 1	9:30 - 10:00 am
Pre School 2	9:00 - 9:30 am
Pre School 2	9:30 - 10:00 am
Pre School 3	9:00 - 10:00 am
Pre School 4	9:30 - 10:00 am
School Age 1	9:00 - 9:30 am
School Age 2	9:30 - 10:00 am
School Age 3	9:00 - 9:30 am
School Age 5 & 6	9:30 - 10:00 am

SESSION 4 - August 5-August 15

Pre School 1	9:00 - 9:30 am
Pre School 1	9:30 - 10:00 am
Pre School 2	9:00 - 9:30 am
Pre School 2	9:30 - 10:00 am
Pre School 3	9:30 - 10:00 am

SWIM LESSONS @ CLEARBROOK

Summer swim lessons listed on page 4 & 5 will be held at:
 Clearbrook Family Swim Club,
 120 Parker Road, Framingham MA 01702. Locker rooms are available,
 however arriving in your bathing suit and ready for lessons

AFTERNOON 2 WEEK LESSONS AT CLEARBROOK

ALL CLASSES ARE HELD MONDAY THROUGH THURSDAY,
 RAIN DAY IS FRIDAY
 FOR A TWO-WEEK SESSION - TOTAL OF 8 LESSONS
 Classes: \$76 members/\$152 non-members

SESSION 1 - June 24 - July 5 (No July 4)
 Session 1 price is prorated (7 lessons, not 8)
 \$81 family members / \$85 youth members / \$170

Pre School 1	5:05 - 5:35 pm
Pre School 2	5:05 - 5:35 pm
School Age 1	5:40 - 6:10 pm
School Age 3	5:40 - 6:10 pm
School Age 4	6:15 - 6:55 pm
Adult A	6:15 - 6:55 pm

SESSION 2 - July 8-18

Pre School 1	5:40 - 6:10 pm
Pre School 3	5:05 - 5:35 pm
School Age 2	5:40 - 6:10 pm
School Age 3	5:05 - 5:35 pm
School Age 5 & 6	6:15 - 6:55 pm
Adult A	6:15 - 6:55 pm

SESSION 3 - July 22-August 1

Pre School 1	5:05 - 5:35 pm
Pre School 2	5:40 - 6:10 pm
School Age 1	5:05 - 5:35 pm
School Age 2	5:40 - 6:10 PM
School Age 4	6:15 - 6:55 pm
Adult B	6:15 - 6:55 pm

SESSION 4 - August 5-August 15

Pre School 1	5:05 - 5:35 pm
Pre School 2	6:15 - 6:55 pm
Pre School 3	5:05 - 5:35 pm
School Age 2	5:40 - 6:10 pm
School Age 3	5:40 - 6:10 pm

TWICE A WEEK FOR 4 WEEKS AT CLEARBROOK

MON/WED June 24-July 17
 Classes: \$76 members/\$152 non-members

Parent & Child A	11:45am - 12:15pm
Parent & Child B	12:15 - 12:45pm
Pre School 1	11:45am-12:15pm
Pre School 2	12:15 - 12:45pm
Pre School 3	11:45am-12:15pm
Pre School 4	12:15 - 12:45pm
School Age 2	11:45am - 12:15pm
School Age 3	12:15 - 12:45pm

TUES/THURS June 25-July 18
 Classes: \$76 members/\$152 non-members

Parent & Child A	11:45am - 12:15pm
Parent & Child B	12:15 - 12:45pm
Pre School 1	11:45am - 12:15pm
Pre School 2	11:45am - 12:15pm
Pre School 4	12:15 - 12:45pm
School Age 1	12:15 - 12:45pm
School Age 2	11:45am - 12:15pm
School Age 3	11:45am - 12:15pm
School Age 4	12:15 - 12:45pm

MON/WED July 22-August 14
 Classes: \$76 members/\$152 non-members

Parent & Child	11:45am - 12:15pm
Parent & Child	12:15 - 12:45pm
Pre School 1	12:15 - 12:45pm
Pre School 2	11:45am - 12:15pm
Pre School 4	11:45am - 12:15pm
School Age 2	11:45am - 12:15pm
School Age 3	12:15 - 12:45pm
School Age 4	12:15 - 12:45pm

TUES/THURS July 23 -August 15
 Classes: \$76 members/\$152 non-members

Parent & Child A	11:45am - 12:15pm
Parent & Child B	12:15 - 12:45pm
Pre School 1	11:45am - 12:15pm
Pre School 2	12:15 - 12:45pm
Pre School 4	12:15 - 12:45pm
School Age 1	11:45am - 12:15pm
School Age 2	11:45am - 12:15pm



MORE SWIM LESSONS ON PAGE 6

AQUATICS

YOUTH DEVELOPMENT

SWIM LESSONS at THE FAMILY OUTDOOR CENTER POOL

2 WEEK LESSONS, MEETS 4 DAYS A WEEK

All classes are held Monday through Thursday for a Four-week lesson, Total of 8 Lessons (Sessions are listed as S1, S2, S3, or S4 online)

SESSION 1 - 6/24 to 7/3 (no July 4th)

PS. Level 1+2.....4:30-5:00pm
PS. Level 3+4.....4:30-5:00pm
SA. Level 1+2.....4:30-5:00pm
SA. Level 3+4.....4:30-5:00pm

SESSION 2 - 7/8 to 7/18

PS. Level 1+2.....4:30-5:00pm
PS. Level 3+4.....4:30-5:00pm
SA. Level 1+2.....4:30-5:00pm
SA. Level 3+4.....4:30-5:00pm

SESSION 3 - 7/22 to 8/1

PS. Level 1+2.....4:30-5:00pm
PS. Level 3+4.....4:30-5:00pm
SA. Level 1+2.....4:30-5:00pm
SA. Level 3+4.....4:30-5:00pm

SESSION 4 - 8/5 to 8/15

PS. Level 1+2.....4:30-5:00pm
PS. Level 3+4.....4:30-5:00pm
SA. Level 1+2.....4:30-5:00pm
SA. Level 3+4.....4:30-5:00pm

8 WEEK LESSONS, EVERY SATURDAY

All classes are held every Saturday Eight-week lesson, Total of 8 Lessons (Session listed as SAT or ST online)

6/29 to 8/17 (no July 4th)

Parent/Child B.....10:00-10:30am
PS. Level 1+2.....10:00-10:30am
Parent/Child B.....10:30-11:00am
PS. Level 1+2.....10:30-11:00am
Parent/Child B.....11:00-11:30am
PS. Level 3+4.....11:00-11:30am
SA. Level 1+2.....12:00-12:30pm
SA. Level 3+4.....12:00-12:30pm
PS. Level 3+4.....12:30-1:00pm
SA. Level 5.....12:30-1:00pm

4 WEEK LESSONS, MEETS 2 DAYS A WEEK

Classes are either Mon + Wed or Tues + Thurs Four-week lesson, Total of 8 Lessons (Sessions are listed as A or B online, then check days)

SESSION A - 6/24 to 7/18

(no July 4th)

MON + WED

PS. Level 1+2.....5:00-5:30pm
PS. Level 3+4.....5:00-5:30pm
SA. Level 1+2.....5:00-5:30pm
SA. Level 3+4.....5:00-5:30pm
PS. Level 1+2.....5:30-6:00pm
PS. Level 3+4.....5:30-6:00pm
SA. Level 1+2.....5:30-6:00pm
SA. Level 5.....5:30-6:00pm

TUES + THURS

PS. Level 1+2.....5:00-5:30pm
PS. Level 3+4.....5:00-5:30pm
SA. Level 1+2.....5:00-5:30pm
SA. Level 3+4.....5:00-5:30pm
PS. Level 1+2.....5:30-6:00pm
PS. Level 3+4.....5:30-6:00pm
SA. Level 1+2.....5:30-6:00pm
SA. Level 5.....5:30-6:00pm

SESSION B - 7/22 to 8/15

MON + WED

PS. Level 1+2.....5:00-5:30pm
PS. Level 3+4.....5:00-5:30pm
SA. Level 1+2.....5:00-5:30pm
SA. Level 3+4.....5:00-5:30pm
PS. Level 1+2.....5:30-6:00pm
PS. Level 3+4.....5:30-6:00pm
SA. Level 1+2.....5:30-6:00pm
SA. Level 5.....5:30-6:00pm

TUES + THURS

PS. Level 1+2.....5:00-5:30pm
PS. Level 3+4.....5:00-5:30pm
SA. Level 1+2.....5:00-5:30pm
SA. Level 3+4.....5:00-5:30pm
PS. Level 1+2.....5:30-6:00pm
PS. Level 3+4.....5:30-6:00pm
SA. Level 1+2.....5:30-6:00pm
SA. Level 5.....5:30-6:00pm

4 WEEK LESSONS, EVERY SUNDAY

All classes are held every Saturday Eight-week lesson, Total of 8 Lessons (Session listed as SAT or ST online)

SESSION A - 6/25 to 7/19

Parent/Child B.....11:00-11:30am
Preschool 1+2.....11:00-11:30am
Preschool 1+2.....11:30-12:00pm
Preschool 3+4.....11:30-12:00pm
School Age 1+2.....12:00-12:30pm
School Age 3+4.....12:00-12:30pm
School Age 1+2.....12:30-1:00pm
Parent/Child A.....12:30-1:00pm

SESSION B - 7/23 to 8/16

Parent/Child B.....11:00-11:30am
Preschool 1+2.....11:00-11:30am
Preschool 1+2.....11:30-12:00pm
Preschool 3+4.....11:30-12:00pm
School Age 1+2.....12:00-12:30pm
School Age 3+4.....12:00-12:30pm
School Age 1+2.....12:30-1:00pm
Parent/Child A.....12:30-1:00pm

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private Lessons: \$80/ 110 per 3x30min / student
Semi-Private Lessons: \$64/ 100 per 3x30min / student

By request for those that are mutually deemed to be a better fit in private lessons. Developmentally and socially we find group lessons to actually be the best fit for swimmers. New swimmers benefit most from group lessons as they have the opportunity to watch other children, have quick rests in between skill demonstrations, and have greater concentration on skill development.

Please use our online form to request private lessons or type in: www.metrowestymca.org/PVT-Hopkinton

SWIM LESSONS @ THE FAMILY OUTDOOR CENTER

Summer swim lessons listed on page 6 & 7 will be held at:
FAMILY OUTDOOR CENTER 45 East Street, Hopkinton MA 01748
Locker rooms are available, however arriving in your bathing suit
and ready for lessons.

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

WHAT'S INCLUDED IN YOUR MEMBERSHIP?

- 5 Guest passes to use as you wish
- Family Membership includes: 2 adults and any number of children under age 24 living in the same household

SUMMER SEASON

June 16-September 3
Weekend pool hours: 10am-7pm
Weekday pool hours: 3:30-7pm

RATES & REGISTER ONLINE

\$372 year long membership to the Family Outdoor Center.

If you have a full family membership to the MetroWest YMCA, the Family Outdoor Center pool is included in your membership.



STINGRAY SUMMER SWIM TEAM

Hopkinton's Stingrays Summer Swim Team is a recreation-based, fun-first swim team. Typically, our swim team is comprised of swimmers who are new to the sport of competitive swimming and just getting their feet wet! Practice is Tues/Thurs from 6-8pm and Saturdays from 8-10am. The team is split by ages to one-hour practice times within each of those two-hour practice windows.
Family \$230 / Youth \$240 / Non-Members \$335

Registration is now open! - Visit our team's page online at metrowestymca.org/summerswimteam
Class ID# 9415

SUMMER CAMPS

YOUTH DEVELOPMENT



SUMMER CAMPS

AT THE METROWEST YMCA
Camp Registration Going on Now!

NATICK CAMPS

Y STEM ACADEMY, NATICK

WHO: children entering grades 1-5 who are excited to explore STEM

WHEN: June 24-August 23, 2019 (1 week sessions)
Monday-Friday 9am-4:00pm, AM/PM care available

WHAT: A Science, Technology, Engineering and Math (STEM) camp with traditional camp activities woven in throughout the day. Each week, children will participate in small group STEM academic enrichment activities. They will use the scientific method to ask questions and explore the world around them. They will also have time for more traditional camp activities including being active and spending time outdoors on the back field.

WHERE: East School, 90 Oak Street, Natick MA

ABOUT: One-week themed sessions that support STEM. By focusing on hands-on STEM curriculum, the Y STEM Academy will allow for in-depth exploration that is youth-driven and staff guided in a way that cannot be achieved in a traditional school setting. This program will allow children to make a connection between activities they enjoy and professions in the ever growing STEM field, all while building on 21st Century skills.

GYMNASTICS CAMP

WHO: All Levels of Gymnasts are welcome. Boys and girls who have entered grades 1-8

WHEN: Two Week Sessions: June 24-August 23, 2019

Hours: Monday-Friday 8:30am- 4:00 pm with before and after care available

WHERE: East School, 90 Oak Street, Natick MA

ABOUT GYMNASTICS CAMP:

Tumbling, strength building, dancing and more are featured in our co-ed Gymnastics Camp. Mornings are spent in the gym and after lunch campers participate in traditional camp activities ranging from sports to arts and crafts to group games. Campers have free swim in our indoor pool along with other outdoor water activities. On the last day of each two-week session parents and friends are invited to the Gymnastics Show at the Framingham YMCA gymnasium.



FRAMINGHAM CAMPS

PRESCHOOL & SCHOOL AGE CAMPS



MY FIRST SUMMER CAMP

WHO: For children who are ages 3, 4, & 5

WHEN: One-week theme based sessions
June 25-August 24, 2018

Hours: Monday-Friday 8:30 am to 1:00 pm with extended day options until 4pm 2,3,&5 Day available.

WHERE: McAuliffe Charter School, Newbury Street, Framingham MA 01701



ABOUT MY FIRST SUMMER CLUB

- Learn a variety of sports and play games
- Arts & craft projects as well as outdoor activities
- Waterplay
- Must be able to use the bathroom independently
- Optional free breakfast and lunch

CAMP CLEARBROOK

WHO: children entering grades 1-4

WHEN: June 24-August 23, 2019 (1 week sessions)
Monday-Friday 8am-1:00pm

WHAT: This is the perfect camp for the first time camper. The camp environment features small group settings in an outdoor environment with plenty of shady spaces.

WHERE: Clearbrook Family Swim Club, 120 Parker Road, Framingham, MA 01702

ABOUT:

One-week themed sessions that incorporate sports and games, arts and craft activities, and special events. Instructional swim lessons and open swims will round out the camp experience. Activities and camper groups will be age specific with plenty of fun built in and camp songs and developing camp traditions.

SUDBURY CAMPS

SCHOOL AGE CAMP



CAMP OCP

WHO: children entering grades 1-6

WHEN: One-week theme based sessions
June 17-August 23, 2019

Hours: Monday-Friday 7:30am- 6:00 pm.

WHERE: Nobscot Reservation, 1 Nobscot Road, Sudbury MA 01776

ABOUT CAMP OCP:

- Small group setting
- Highly motivated, friendly, professional & experienced staff
- Indoor & outdoor activities and weekly field trips
- Water play including swim lessons at Clearbrook
- Weekly trips to the public library for books & special events.
- Optional free breakfast and lunch

SUMMER CAMPS

YOUTH DEVELOPMENT

HOPKINTON CAMPS

PRESCHOOL, SCHOOL AGE & TEEN CAMPS

METROWEST YMCA SUMMER DAY CAMP HOPKINTON

WHO: For children ages 3-15

WHEN: The summer camp season is
June 17-August 30, 2019

WHAT: Offering traditional camps, specialty camps, teen camps, leadership programs, and CIT training program. Each program stresses a healthy balance of safety and fun and challenges campers to try new things and improve their skills.

Youth Camps

- Camp Chipmunk, ages 3-4
- Scamper, ages 4-5
- Camp Carol, entering 1st grade
- Bobolink, entering 2nd grade
- Explorers, entering 3rd grade
- Bob White, entering 4th & 5th grades
- Adventure, entering 6th & 7th grades
- Adventure Plus, entering 8th & 9th grades
- All Sports, entering 2nd-6th grades
- Athletic Training Camps, entering 1st-6th
- Little Scientists & Discovery, entering 1st-6th
- Pioneers Camps, entering 1st-7th grades
- Creative Art Camps, entering 1st-8th grades



TEEN CAMPS

- Leader In Training Program, entering 7th & 8th grades
- On the Road, entering 8th & 9th grades
- Counselor In Training Program, entering 9th & 10th grades

WHERE: Our 122 wooded acre facility is the perfect setting for the true camp experience and wonderful summer memories.

MetroWest YMCA Family Outdoor Center
45 East Street, Hopkinton MA 01748
(508) 435-9345

Camp Open House
Saturday, June 15, 10am-12pm
45 East Street, Hopkinton MA



TEEN CAMPS

- Adventure Plus, Hopkinton Grades 6-7
- On the Road, Hopkinton Grades 8-9
- LIT - Leaders In Training Hopkinton, Grades 6-8
- CIT - Counselors In Training Hopkinton, Grades 9-10
- LIT - Leaders in Training, Sudbury, Grades 5-8
- CIT Gymnastics Camp, Natick, Grades 9-10
- CIT at Camp OCP, Sudbury, Grades 9-10

Complete Details @ metrowestymca.org/teencamps

SPORTS YOUTH DEVELOPMENT

FRAMINGHAM BRANCH SPORTS

SUMMER SESSION A JUNE 24-JULY 22, 5 WEEKS

School Age Sports Classes
\$46 Members / \$48 Youth Members / \$90 Non-Members

Pre-school Sports Classes
\$43 Members / \$45 Youth Members / \$85 Non-Members

Little Ninjas Ages 3 - 5 years old

Introductory level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.
Wednesday.....3:45 - 4:15 pm.....Session A: 9473

Ninja Warrior, Ages 6-10

Beginner level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.
Wednesday...4:20...-4:50 pm...Session A: 9474

Small Ball Basketball, 1st-3rd grade clinic

Dribbling, passing, shooting, rebounding and defensive drills will be taught.
Monday...4:00...-4:40 pm.....Session A: 9479

Intro to Pickleball, 5th-8th grade

Learn the basics of the new pickle ball craze with our sports staff! This class is open to 5th - 8th graders who want to play competitive games in addition to practicing.
Monday...4:45...-5:15 pm.....Session A: 9481

SUMMER SESSION B

JULY 29-AUGUST 23, 4 WEEKS

School Age Sports Classes
\$37 Members / \$39 youth members / \$72 non-members

Pre-school sports classes
\$35 Members / \$37 youth members / \$68 non-members

Little Ninjas Ages 3 - 5 years old

Introductory level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.
Wednesday.....3:45 - 4:15 pm.....Session B: 9476

Ninja Warrior, Ages 6-10

Beginner level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.
Wednesday...4:20...-4:50 pm...Session B: 9478

Small Ball Basketball, 1st-3rd grade clinic

Dribbling, passing, shooting, rebounding and defensive drills will be taught.
Monday...4:00...-4:40 pm.....Session B: 9480

Intro to Pickleball, 5th-8th grade

Learn the basics of the new pickle ball craze with our sports staff! This class is open to 5th - 8th graders who want to play competitive games in addition to practicing.
Monday...4:45...-5:15 pm.....Session B: 9482

CLEARBROOK SPORTS

SESSION A June 24 - July 26

5 week session (No classes on July 4)

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 Class: \$43 family members / \$45 youth members / \$85 non-members

Thursday Class: \$35 family members / \$37 youth members / \$68 non-members

Tuesday.....2:00-2:30pm.....9454
Thursday.....2:00-2:30pm.....9456

Tennis Clinic, Ages 6-10

9 week session June 26 - August 21 \$82 Member / \$164 Non-Member

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. Players will practice and also play round robin matches!

Tuesday Class: \$46 family members / \$48 youth members / \$90 non-members

Thursday Class: \$37 family members / \$39 youth members / \$72 non-members

Tuesday.....3:00-3:40pm.....9465
Thursday.....3:00-3:40pm.....9468

SESSION B-July 29- August 23

4 week session

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.
\$35 family members / \$37 youth members / \$68 non-members

Tuesday.....2:00-2:30pm.....9459
Thursday.....2:00-2:30pm.....9463

Tennis Clinic, Ages 6-10

9 week session June 26 - August 21 \$82 Member / \$164 Non-Member

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. Players will practice and also play round robin matches!

Class: \$37 family members / \$39 youth members / \$72 non-members

Tuesday.....3:00-3:40pm.....9469
Thursday.....3:00-3:40pm.....9470

GYMNASTICS YOUTH DEVELOPMENT



DANCE YOUTH DEVELOPMENT

Due to the construction and renovation project, Dance and Gymnastics classes at the MetroWest YMCA will not run during the Summer Session. Classes will resume for the Fall 1 Schedule on September 3, 2019. Please watch for the Fall schedule of Dance & Gymnastics classes which will be released in mid-August.



The MetroWest YMCA's Gymnastics Program is a building block for the development of lifetime healthy habits. Preschool gymnastics classes are the perfect environment and structure to help develop gross motor and social skills. As gymnasts move into youth classes they will learn more traditional gymnastics skills in a progressive, achievement orientated manner, so every participant feels success along the way.

Introducing the youth of our community to the magic of dance in a structured setting. Dance classes at the Y are designed to focus on fun, character development, body alignment, strength, flexibility, balance, technique, and grace. The MetroWest YMCA offers a wide range of dance classes for ages 3 to 14 at any level of ability.

PRE-SCHOOL GYMNASTICS

PRE-SCHOOL DANCE CLASSES

My Friend & Me, 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 and each child must be accompanied by an adult)

Plié Pre Ballet, Ages 3-4
An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will begin positions of the feet and introductory movement vocabulary.

Little's, Ages 3-4
Begin to learn gymnastics skill independently from parent.

Shakers Jazz/Hip Hop Combo, Ages 3-5
Let your little one be introduced to the basics of jazz and hip hop dance. In this class your child will be introduced to basic jazz and hip hop steps. This is a fast moving class with an emphasis on fun!

Mighty's, Ages 4-5
Begin to learn gymnastics skill independently from parent.

Passe Combo Ballet/Jazz, Ages 3-5
This class is designed to give your child the opportunity to learn the basics of ballet and jazz dance. The class will be half ballet and then switch to Jazz dance the second half of class.

SCHOOL AGE GYMNASTICS

Rollers, Ages 5 - 7 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.

SCHOOL AGE DANCE CLASSES

Rollers, Ages 8+
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.

Tendu Ballet, Ages 5-7
A beginner level ballet class with further concentration on proper body alignment, balance, and coordination. Basic ballet steps such as first through fifth position, plié, tendu, chasé, and arabesque will be introduced.

Swingers, Ages 6+
This is the intermediate level in our progressive program that continues to build on skills learned in rollers. (This class enrollment is based on our recommendations only)

Movers Hip-Hop, Ages 6-8
Hip hop is a high-energy class that will really get your child moving and having fun! Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for movement combinations.

Kippers, Ages 8+
The most advanced level in our progressive program that continues to build on skills learned in swingers. (This class enrollment is based on our recommendations only)

All Arounds Introduction to Dance, Ages 7+
This Class will introduce your child to different types of dance including but not limited to; jazz, ballet, hip-hop, and musical theater. This is a great class for the beginner dancer that wants to try out more than one style of dance.

High Flyers, Ages 8+
High Flyers is our most intense class which is for those gymnasts who are looking to build on skills from previous experience. Coaches will work with each gymnast on a more individual level to accommodate each gymnast's needs and goals. This class will meet on both Tuesday's and Thursday's from 4:45-6:15 pm. **must be invited to join by an instructor.*

Jazz / Pom / Hip Hop Ages 6+
This class is designed to learn the basic style and techniques of jazz and hip hop with a twist of cheer and pom styled music and routines.

Gymnastics and Dance classes will resume in the Fall 1 Session, September 3-October 27, 2019. For more information about Dance & Gymnastics classes, please call (508)-879-4420 X285



CHILDCARE

YOUTH DEVELOPMENT

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 Butz

508-879-4420 x251

MButz@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.

project



helping families advocate, belong, and connect

Project ABC is an exciting new initiative here at the Y, a Coordinated Family and Community Engagement (CFCE) grant program funded by the Department of Early Education and Care (EEC) and managed by the MetroWest YMCA. The program is designed to provide families with young children in Ashland, Holliston and Hopkinton with full access to locally available comprehensive services and supports that strengthen families, promote optimal child development, and bolster school readiness. Project ABC is currently running FREE playgroups for parents and young children at the libraries and other venues in all three communities.

For more information, to learn more about and stay engaged with the activities of Project ABC, please contact Project ABC Coordinator Laina Abolfazli at labolfazli@metrowestymca.org or you can join our Facebook community by liking us @ProjectABCMetroWest.

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 6:30pm*

FRAMINGHAM PUBLIC SCHOOLS

School's Out

Schools: Hemenway, McCarthy & Potter Road

Mornings and afternoons

*Framingham afternoons: school release-6:00pm

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

Location for 2018-2019 School Year: Family Outdoor Center, 45 East Street, Hopkinton MA 01748
Transportation is provided by the Public Schools

NATICK PUBLIC SCHOOLS

School's Out

Schools: Children in grades K-4 who attend Lilja, Brown & Ben-Hem Elementary Schools and grades 5-6 who attend Wilson Middle

Location: East School, 90 Oak Street, Natick

Transportation is provided by the MetroWest YMCA and Natick Public Schools

Afternoons only

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.

School's Out Director

(508) 435-9345 x115

schoolsout@metrowestymca.org



TEEN PROGRAMS

Framingham & Hopkinton

TEENS: SUMMER TIME

The MetroWest YMCA offers many summer leadership programs and adventure trips for Teen in grades 6-9.

HOPKINTON BASED PROGRAMS

Leader In Training, Hopkinton
Counselor In Training, Hopkinton

On the Road, Entering Grades 8th & 9th
Adventure, Entering Grades 6th & 7th
Adventure Plus, Entering Grades 8th & 9th

FRAMINGHAM BASED PROGRAMS

Leader In Training, Framingham
Counselor In Training, Framingham

The LIT (Leader-In-Training) program is designed to build leaders both at camp and within their community

The CIT (Counselor-In-Training) program is for the teen who truly wants to be an effective part of a working team and leadership community. CITs are assigned to the Juniors or Seniors CIT groups.

Please visit Metrowestymca.org/teencamps for complete details and info on how to sign up for one of the above teen summer programs. Financial assistance is available.



TEENS: SCHOOL YEAR

The MetroWest YMCA offers many school year programs for Teen in grades 6-9. Program such as:

Teen Leaders Club, pg 24
Teen Trips and Outings, pg 24
Teens in the Kitchen, pg 22
T-Nights Saturdays, pg 20
Teen Workouts, pg 15
Summer Leadership Programs and job opportunities (click on the Summer Camps tab on our website)



Members of the Teen Leaders Club volunteering to help at Ashland Day Fair 2018

Y-NIGHT FOR TEENS

@ the Framingham Branch

Hang out and make new friends at Y-Night!

This is a Drop In program for students in 5th-8th grade that runs most Saturday Nights during the school year from 7:15-9:45pm. Take a dip in the pool, challenge your friends to a game of basketball, play games, and create art and memories!

New! A well balanced meal will be offered to everyone that attends Y-Night for free. Students will be able to select fresh fruits and vegetables, low fat milk, whole grains, and lean proteins.

The program is free for members of the Framingham YMCA and is \$7 for non-members.

2019-2020 Y-Night Dates will be announced in September 2019. Please check back and follow us on Instagram @metrowestymca

Parents must fill out a one-time registration form for the children to be eligible for Y-Night. Application is available at sign in of the program, and on our website. www.metrowestymca.org Parents must sign out their children each night at parent pick up or have approved individuals listed on their child's Y-Night Application

ENRICHMENT YOUTH DEVELOPMENT

SUMMER SESSION A

JUNE 24-JULY 27, 5 WEEKS

\$43 MEMBERS/\$47 YOUTH MEMBERS / \$86 NON-MEMBERS

THURSDAY CLASSES

\$34 MEMBERS/\$38 YOUTH MEMBERS / \$68 NON-MEMBERS

SUMMER SESSION B

JULY 29-AUGUST 24, 4 WEEKS

\$34 MEMBERS/\$38 YOUTH MEMBERS / \$68 NON-MEMBERS

TINIEST TOTS CLASSES, AGES 1.6-2.9

The purpose of the Parent & Child classes is to introduce your toddler to a classroom environment with parent. These classes will have parent and child work together

Music & Art with GrownUp

Assist your child in the beginning stages of exploring the arts. In addition to music and art there will be stories and free play time. This is a great way to start your child in the preschool setting and the grown-ups can make new friends.

Tuesday..... 9:30-10:30am..... Session A: 9434
Tuesday..... 9:30-10:30am..... Session B: 9435

TODDLIN' TOTS CLASSES, AGES 2.6-3.6

The purpose of the Toddlin' Tots A classes is to introduce your toddler to a preschool environment. The goal is to achieve a smoother parent-child transition and help children develop and improve their social skills with their peers. Classes include music, story time, free play, arts and crafts. These classes are without parent.

Under the Sea

Did you know that fish do not have eye lids? Learn more interesting facts about different sea creatures by listening to exciting stories and creating fun sea life crafts.

Tuesday..... 10:45-11:45..... Session A: 9436
Tuesday..... 10:45-11:45..... Session B: 9437

Treasure Island

Argh! Join us on a pirate adventure. Little explorers will enjoy story time, games, music, and crafts.

Wednesday..... 9:30-10:30am..... Session A: 9438
Wednesday..... 9:30-10:30am..... Session B: 9439

Snails & Pails

Explore the beach and seashore through games, activities, and books.

Friday..... 9:30-10:30am..... Session A: 9440
Friday..... 9:30-10:30am..... Session B: 9441

TODDLIN' TOTS B CLASSES, AGES 3-4

The purpose of the Toddlin' Tots B classes is to provide children the opportunity to improve social skills and fine motor skills in a lightly structured setting. These classes are designed for children who easily transition from parent to classroom. Classes include music, story time, free play, and crafts.

Lady Bug Picnic

Join us for a picnic with lady bugs and butterflies through music, story time, free play, arts and crafts. Let's explore summertime fun together.

Friday..... 10:45-11:45 am..... Session A: 9443
Friday..... 10:45-11:45 am..... Session B: 9444

Monsters & Aliens

Explore the silly world of monsters & aliens. We will read stories, play and create our own creations to take home.

Monday..... 9:30-10:30 am..... Session A: 9447
Monday..... 9:30-10:30 am..... Session B: 9448

Wild Wild West

Travel back in time as we learn about cowboys and cow-girls in the Old West.

Thursday..... 9:30-10:30..... Session A: 9449
Thursday..... 9:30-10:30..... Session B: 9450

PRE-SCHOOL & SCHOOL AGED CLASSES

The purpose for the school aged classes is to give children the opportunity to learn, create and have fun in a different environment than the typical classroom. These classes are designed to use hands on crafts and activities to learn. These classes are without parent.

Pint Sized Picassos, ages 4-6

Children will learn about famous artists and their techniques. Each week a famous work of art will be the inspiration of our craft.

Monday..... 10:45-11:45 am..... Session A: 9451
Monday..... 10:45-11:45 am..... Session B: 9452

Crafty Kids, ages 4-6

We will explore a variety of crafty materials. Projects may include paint, pastels, beading, charcoal, clay, foam and more! Bring your imagination and be dressed for a mess.

Wednesday..... 12:00-1:00 pm..... Session A: 9453
Wednesday..... 12:00-1:00 pm..... Session B: 9455

Cooking Around the World, ages 4-6

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 and ethnic recipe.

Please inform program director of any food allergies prior to class.

Wednesday..... 10:45-11:45 am..... Summer A: 9457
Wednesday..... 10:45-11:45 am..... Summer B: 9458

YOUTH & TEEN FITNESS

HEALTHY LIVING

PRE-SCHOOL & SCHOOL AGED ENRICHMENT CLASSES CONTINUED

Global Games

Let's travel around the world and learn about games kids' play in other countries. Each week we will create a game to take home.

Monday.....12:00-1:00 pm.....Summer A: 9460
Monday.....12:00-1:00 pm.....Summer B: 9461

Rhythm & Rhyme

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 instruments to take home.

Thursday.....12:00-1:00 pm.....Session A: 9462
Thursday.....12:00-1:00 pm.....Session B: 9464

Bead It & More, ages 4-6

This class will cover jewelry making basics from stringing necklaces to making bracelets and rings.

Tuesday.....12:00-1:00 pm.....Session A: 9466
Tuesday.....12:00-1:00 pm.....Session B: 9467

PARENTS NIGHT OUT

@ the Framingham Branch

For kids age 3-12. (must be potty trained)

Night Includes: From 6-9pm Games, activities, arts, pizza dinner and more.

Register online or in person.

Friday, June 14, Reg closes 6/12, Code 9137

New Participants need to fill out a one-time emergency contact form. Family Members: \$10 / Youth&Adult: \$15 / Non Members: \$20 per child. Registration closes the Wednesday prior to PNO



SUMMER SESSION A JUNE 24-JULY 28, 5 WEEKS NO CLASSES ON JULY 4

SUMMER SESSION B JULY 29-AUGUST 25, 4 WEEKS

CARDIO KIDS Ages 9-12

Join the fun in our Youth & Family Interactive Gym and get fit by learning how to properly use our VR-1 Cybex equipment, new cardio equipment, X-Box Kinect and MORE!

Sign up for a maximum of 2 classes and we ask that you only sign up if you can attend 6 of the 8 classes.

*Parents must sign children in and out of class.

SUMMER A:

Free for members / \$114 Non members (\$91 Thursday Class)

Monday.....4:15-5:00 pm.....9549
Tuesday.....4:15-5:00 pm.....9550
Wednesday.....4:15-5:00 pm.....9551
Thursday.....4:15-5:00 pm.....9552
Friday.....4:15-5:00 pm.....9553

SUMMER B:

Free for members / \$91 Non members

Monday.....4:15-5:00 pm.....9554
Tuesday.....4:15-5:00 pm.....9555
Wednesday.....4:15-5:00 pm.....9556
Thursday.....4:15-5:00 pm.....9557
Friday.....4:15-5:00 pm.....9558



YOUTH WELLNESS CENTER ORIENTATIONS

An orientation to our Youth and Family Interactive Space is available and encouraged for all youth members 7-13 years of age and covers the safe and appropriate operation of our aerobic equipment as well as applicable Life Fitness/Cybex strength equipment. Appointments can be scheduled at the Member Service Desk.

ADULT FITNESS

HEALTHY LIVING

For ages 16+

Y-FIT

Take control of your health and fitness! This small group training program will focus on improving your strength, refining your body composition, and increasing your endurance. The motivation and support of a small group is extraordinary when it comes to achieving new heights in your fitness.

8 spots per class!

Each session will include a dynamic warm-up with various joint mobility exercises, strength training, and anaerobic conditioning.

Summer A: \$64 FM/\$67 YM/\$150 NM

Summer A: Thursday Class: \$51 FM/\$54 YM/\$120 NM

Summer B: \$51 FM/\$54 YM/\$120 NM

SUMMER A

Monday.....	9:30-10:30 am..(Maria).....	9559
Tuesday.....	7:00-8:00 pm.....(Bri).....	9560
Thursday.....	6:30-7:30 pm.....(Brian).....	9561
Friday.....	9:30-10:30 am..(Maria).....	9562
Saturday.....	9:15-10:15 am..(Jenny).....	9563

SUMMER B

Monday.....	9:30-10:30 am..(Maria).....	9564
Tuesday.....	7:00-8:00 pm.....(Bri).....	9565
Thursday.....	6:30-7:30 pm.....(Brian).....	9566
Friday.....	9:30-10:30 am..(Maria).....	9567
Saturday.....	9:15-10:15 am..(Jenny).....	9568

KICKBOXING

This program follows the Muay Thai kickboxing style, one of the most popular in the professional realm of combat sports. Through this program you'll learn how to throw punches properly and kick with confidence. This full body workout will push the pace! Come with an open mind and an attitude looking for fun. No experience necessary, no equipment required.

SUMMER A \$48 FM/\$50 YM/\$125 NM

Monday.....	6:00-7:00 pm..(Wesley).....	9578
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SUMMER B \$38 FM/\$40 YM/\$101 NM

Monday.....	6:00-7:00 pm..(Wesley).....	9580
Wednesday.....	10:45-11:45 am..(Maria).....	9579

KRAV MAGA

- Intent-driven self-defense system
- Tailored to meet the needs of the user
- Skill layers on basic easy to learn techniques
- Training through exercises and drills
- Skills based on natural everyday gestures
- Immediately useful



Summer A: \$38 FM/\$40 YM/\$101 NM

Thursday.....	7:00-8:00pm.....	9569
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Summer B: \$38 FM/\$40 YM/\$101 NM

Thursday.....	7:00-8:00pm.....	9570
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SUMMER SESSION A
JUNE 24-JULY 28, 5 WEEKS
NO CLASSES ON JULY 4

SUMMER SESSION B
JULY 29-AUGUST 25, 4 WEEKS

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. For the most improvement we recommend attending one class a day.

6 spots per class!

SUMMER A: \$64 FM/\$67 YM/\$150 NM

Monday.....	9:15-10:15am.....(Lorelei).....	9572
Wednesday.....	9:15-10:15am.....(Lorelei).....	9571
Wednesday.....	6:00 - 7:00 pm.....(Lorelei).....	9573

SUMMER B: \$51 FM/\$54 YM/\$120 NM

Monday.....	9:15-10:15am.....(Lorelei).....	9575
Wednesday.....	9:15-10:15am.....(Lorelei).....	9574
Wednesday.....	6:00 - 7:00 pm.....(Lorelei).....	9576

STRENGTH TRAINING

This class will focus on squat, deadlift and bench press...the 3 powerlifting movements. There will be a mobility warm-up, lift focus with accessory movements and a cool-down.

SUMMER A: \$51 FM/\$54 YM/\$120 NM

Thursday.....	5:15 - 6:15 pm.....(Brian).....	9581
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SUMMER B: \$51 FM/\$54 YM/\$120 NM

Thursday.....	5:15 - 6:15 pm.....(Brian).....	9582
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Small group training classes are not drop-in. Trainers build from week to week and to keep your experience personal strict class limits are set. When registering for a class you are signing up for a weekly time and day.

HEALTHY WEIGHT AND YOUR CHILD

If you have a child living with excess weight and want to learn more about a program aimed to help children manage their weight and help families live healthier, please contact Lauren Hanley at laurenhanley@metrowestymca.org or 508-879-4420 X239 for more information about a new program. This program is evidence based, 15 weeks long and can change the lives of children living with excess weight. Next program will start September 2019, contact Lauren Hanley for more information and to be added to the waitlist.



LaurenHanley@metrowestymca.org

ADULT FITNESS

HEALTHY LIVING

GROUP EXERCISE CLASSES

FREE FOR MEMBERS. Lots of classes, from Pilates, Zumba, Yoga to Step, there is something for everyone!

The Group Exercise schedule and complete descriptions for classes can be viewed online at metrowestymca.org under the Schedules & Downloads tab on the website.

Contact Leslie Schofield 508-879-4420 x231
Lschofield@metrowestymca.org with any questions.



GET STARTED!

WELLNESS ORIENTATION

Two 45-60 minute meetings 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

Physical fitness testing is used extensively to predict chronic disease risk, quantify fitness levels, and assess performance. They are a great starting point to keep track of your fitness and identify areas of focus for your workout routine. A fitness assessment includes resting vital signs, STYKU scan and a cardiovascular, muscular, and flexibility test. **\$35 for members only**

To schedule an assessment please contact Jenny Bustin
jbustin@metrowestymca.org.

STYKU BODY COMPOSITION ANALYSIS

Weight loss is more than just a number on a scale. A scan using the Styku measures body surface area, determining circumference measurements to predicts body fat percentage, muscle to fat ratios, and more. The software also provides personalized plans for weight reduction and chronic disease prevention. Pre and post-tests can be compared to show measurable changes in body composition that a scale is unable to show. E-mail Maggie Lynch (maggielynch@metrowestymca.org) to schedule your scan! **\$20 for members only**

ACTIVE OLDER ADULTS

SENIOR FITNESS CLASS!

A group program designed for seniors consisting of low impact aerobics and exercise to maintain flexibility, balance, muscle strength and endurance. Classes will be in the Aerobics room, and Friday is Zumba for Seniors. No sign up needed **free for members**

Monday.....	11:45am-12:45 pm	drop in
Tuesday.....	9:15 -10:15 am	drop in
Tuesday.....	10:15 - 11:15 am	drop in
Wednesday.....	11:30 am-12:30 pm	drop in
Thursday.....	9:15 -10:15 am	drop in
Thursday.....	10:15 - 11:15 am	drop in
Friday.....	10:30 -11:30 am	drop in

CARDIOPULMONARY WELLNESS PROGRAM

The Cardiopulmonary Wellness Program is offered through a partnership with the MetroWest Medical Center. This program offers a medically supervised exercise/risk factor management program for individuals who are at risk for or have known cardiovascular and/or pulmonary disease. **Classes meet on Tuesdays and Fridays** and are supervised by a Clinical Exercise Physiologist from the MetroWest Medical Center's Cardiac Rehabilitation Department.

For more information about the Cardiopulmonary Wellness Program please contact Jenny Bustin
jbustin@metrowestymca.org.

55+ STRENGTH

This class will focus on the total body and core strength while incorporating balance moves and stretches. It is the perfect way for all to improve flexibility, posture, strength and balance. Join Laura in the Wellness Center for this class.

Summer A: June 24-July 28 (5 weeks)

\$52 Members / \$101 non-members one class per week

Wednesday..... 11:45am-12:30pm.....9471

Friday..... 11:45am-12:30pm.....9472

Summer B: July 29-August 25 (4 weeks)

\$41 Members / \$81 non-members one class per week

Wednesday..... 11:45am-12:30pm.....9475

Friday..... 11:45am-12:30pm.....9477

ADULT FITNESS

HEALTHY LIVING

PREVENTION & WELLNESS CLASSES

ENHANCEFITNESS

EnhanceFitness is an evidence-based group exercise program for older adults that offers simple, easy to learn movements. The goal of the program is for participants to improve overall function and well-being by doing cardio exercise, strength training, flexibility and balance.

June 3-September 20, 2019

Registration begins on May 20th

16 Weeks Free for Members / \$245 non-members.

Monday, Wednesday & Friday 1:15-2:15pm.....9424

PARKINSON'S CLASS

The Parkinson's classes are specifically designed to help with Parkinson's, MS or any other neuromuscular conditions. Each one hour class includes balance, strength, cognition and flexibility exercises. Non-Members can apply for a scholarship.

9 weeks @ free members/\$88 non-members

Wednesday & Friday 1:15-2:15pm.....9342

T'AI CHI FOR HEALTHY AGING

Participants proceed through a series of T'ai Chi movements with the aim of improving balance. These movements are taken from more traditional styles of T'ai Chi and simplified which allows participants to follow along more easily to help improve balance. This class takes place in the aerobics room.

8 weeks @ free members/\$153 non-members

Thursdays.....12:45-1:45pm.....9471

LIVESTRONG AT THE YMCA

Recent medical research has shown that exercise can counteract the debilitating side effects of cancer treatment, reduce fatigue, increase physical strength and significantly improve quality of life.

LIVESTRONG at the YMCA is a free, 12 week program for adult cancer survivors. The program helps participants gain muscle, strength, flexibility, endurance, and improve overall function. The program offers support from the group as well as a way to become more independent if desired while helping all in weight management, improved energy, and self-esteem. The program is led by specially trained staff in the physical and emotional needs of cancer survivors.

Please contact Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x232

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 Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x232



BLOOD PRESSURE SELF-MONITORING PROGRAM

High Blood Pressure is a key, modifiable, risk factor for both heart disease and stroke, which are two of the leading causes of death in the US. The YMCA designed this program to help adults with hypertension lower and manage their blood pressure. The four month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.



DIABETES SELF-MANAGEMENT

Developed by Stanford University and based on the Chronic Disease Self-Management curriculum, this program is for people with diabetes and their families and caregivers. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, appropriate exercise, medication usage and healthy eating. Participants make weekly action plans, share experiences and help each other solve problems they encounter in daily life. This 6 week program meets once a week for 1.5 hours.



PERSONALIZED NUTRITION PROGRAMS

Nutrition and exercise play important roles in weight and body composition. If you are looking to reach a goal, consider with working with a personal trainer and our registered dietician in a combo package below.

Schedule an appointment with Maggie by calling her at 508-879-4420 X286 or email at maggielynch@metrowestymca.org

COMPREHENSIVE NUTRITIONAL EVALUATION

Includes an 1 hour initial consultation and 1 follow-up. Your evaluation includes nutrition assessment and individual goal setting. Additional follow-ups are available for the member who would like continued one-on-one support for their nutritional and weight management.

Member Rate:

Nutrition consult and 1 hour follow-up: \$91
30 min follow-up: \$29
1 hour follow-up: \$43
Five ½ hr follow-ups \$135



Non-Member Rate:

Nutrition Consult and 1 hour follow-up: \$182
30 min follow-up: \$58
1 hour follow-up: \$86
Five ½ hr follow-ups \$270

WEIGH TO CHANGE

July 8th- September 15th

Join us for an information sessions on:

- Saturday, June 22nd 10:30-11:30am
- Tuesday, June 25th 6-7pm
- Thursday, June 27th 9-10am

Weigh to change is a 10 week lifestyle change program. Looking for accountability this summer? Then this is the program for you! Our registered dietitian and personal trainers are eager to help you reach your goals.

Includes:

- Weekly 30 minute personal training sessions
- Individual nutrition counseling
- Recommended minimum of 3 weekly group training sessions (specifically for WTC participants)
- Constant online support through our Facebook group
- Before/middle/after Styku 3-D body scans
- Shoe fitting with PR running
- Nutrition workshops and grocery store tours
- Training for a walk/run 5k
- Entry into a local walk/run 5k

This program is open to individuals of all ages and levels of fitness. Our coaches and dietitian work to meet you where you are and help you gain strength, endurance, and confidence to live a healthy lifestyle. All coaches are 100% dedicated to your success!

Cost: \$449 members / \$649 non-members Payment plans are available. Code: 9583

ADULT FITNESS

HEALTHY LIVING

PERSONALIZED WELLNESS PROGRAMS

PERSONAL TRAINING *Members Only*, Ages 12+

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 Jenny Bustin to get connected to a trainer. (508) 879-4420 x287 or jlbustin@metrowestymca.org

Length of Session	One-On-One	Semi-Private
1-hour	1 Session: \$49	1 Session: \$34
1-hour	5 Sessions: \$210	5 Sessions: \$147
1-hour	10 Sessions: \$389	10 Sessions: \$284
1-hour	20 Sessions: \$714	20 Sessions: \$546
30 min	1 Session: \$33	1 Session: \$18
30 min	5 Sessions: \$137	5 Sessions: \$79
30 min	10 Sessions: \$252	10 Sessions: \$147
30 min	20 Sessions: \$462	20 Sessions: \$273



PERSONAL TRAINING & NUTRITION COMBO

(for members only)

Nutrition and exercise play important roles in weight and body composition. If you are looking to reach a goal, consider with working with a personal trainer and our registered dietician in a combo package below.

Combo Option 1

Five 30 min Personal Training sessions
1 hour nutrition consultation + 30 min follow-up
\$215 members only

Combo Option 2

Ten 30 min Personal Training sessions
1 hour nutrition consultation + two 30 min follow-ups
\$350 members only

Contact Our Wellness Team

Lauren Hanley, Director of Health Integration (x239)
Katrina Ladd, Wellness Director (x238)
Leslie Schofield, Assistant Wellness Director & Group Exercise (x231)
Maggie Lynch, Director of Nutritional Services (x286)
Laura Gilbert, Prevention & Wellness Referral Coordinator (x232)

CPR/SAFETY EDUCATION

FRAMINGHAM BRANCH CLASSES

BASIC FIRST AID

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. Online Student Handbook Available. **Cost: \$ 55**

Thur. May 2	6:00-9:30pm	9080
Thur. May 16	6:00-9:30pm	9081
Thur. June 6	6:00-9:30pm	9426
Thur. June 20	6:00-9:30pm	9427
Thur. July 11	6:00-9:30pm	9428

CPR/AED FOR THE COMMUNITY - AMERICAN HEART ASSOCIATION

The program is for individual who want or are required to have CPR and AED knowledge and skills. Certification will be American Safety and Health Institute. Online Student Handbook Available

Cost: \$65

Thur. May 9	6:00-9:30pm	9086
Thur. May 23	6:00-9:30pm	9087
Thur. June 13	6:00-9:30pm	9430
Thur. July 18	6:00-9:30pm	9431
Thur. August 8	6:00-9:30pm	9432

CPR/AED FOR THE PROFESSIONAL - AMERICAN HEART ASSOCIATION

Designed for HEALTHCARE PROVIDERS and FIRST RESPONDERS. This program teaches participants 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. Student handbook and certificate included. **COST: \$75**

Sun. May 26	12:00-3:00pm	9084
Thur. May 30	6:00-9:30pm	9425

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 scenarios in addition to passing 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-req swim to sign up for course. **Cost: Member \$129/\$206 Non Member / \$65 Y-Staff**

Friday & Sunday May 10 & 12		
Friday 6-8pm & Sunday 9-6pm		9484
Keefe Tech Pool		
Sunday, June 2, 2019 9:00-6:00pm		9485
Clearbrook Family Swim Club		
Sunday, June 30, 2019 9:00-6:00pm		9486
Clearbrook Family Swim Club		

FAMILY OUTDOOR CENTER CLASSES

FIRST AID/CPR/AED CERTIFICATION COURSES

Sunday, May 5th from 8:30 AM - 3:30 PM
Members: \$75, Youth & Teen Members: \$85,
Non-members: \$95
Class ID 9414

CPR/AED CERTIFICATION COURSES

Monday, May 13th from 5:30 PM - 8:30 PM
Members: \$50, Youth & Teen members: \$60, Non-members: \$75
Class ID 9418

LIFEGUARDING CERTIFICATION COURSES

Friday, May 17th (4:00 PM - 8:00 PM) + Saturday & Sunday, May 18th - 19th (8:00 AM - 5:00 PM) - This course is a blended learning course which requires online pre-class work to be completed.
Class ID 9421

LIFEGUARDING REVIEW

Sunday, June 2 from 8:00 AM - 6:00 PM
Class ID 9419

**For further details, call Abby Biser at 508.435.9345 x104 or register online

RED CROSS LIFEGUARD COURSES



Must be 16 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. **Cost: \$283 Member/\$361 Non Member**
Lifeguarding Course (must attend all 3 days)
Friday, Saturday & Sunday, June 28, 29, 30,
9:00-7:00pm
Code: 9488



BECOME A LIFEGUARD AT THE METROWEST YMCA!

The MetroWest YMCA is currently offering a unique job training program. If you are interested in becoming a lifeguard, the Y will train you and hire you - at no cost to you!

Here's how it works:

1) APPLY. Fill out an employment application. (available online)

2) INTERVIEW & HIRING.

A YMCA Director will invite you to interview. If offered the position, complete the paperwork to become an employee. Basic Requirements: At least 16 years at the end of the training, 2) able to complete swim endurance requirements: 300yrd swim, 2-min treading water and brick retrieval.

3) COMPLETE THE AMERICAN RED CROSS LIFEGUARD COURSE. Free!! If you commit to 12-months of employment with the MetroWest YMCA. \$200 if you commit to the summer-only employment at the MetroWest YMCA.

Lifeguard Classes and times can be found on the preceding page.

Questions? Please contact:

Hopkinton Family Outdoor Center

Scott Umbel, sumbel@metrowestymca.org 508-435-9345 x105

Framingham & Clearbrook

Jean Hart, jhart@metrowestymca.org 508-879-4420 x290

EXTRA EXTRA!

RODMAN RIDE FOR KIDS JOIN OUR YMCA TEAM!



We are very excited to be part of the Rodman Ride for Kids! On September 21, 2019 we will take to the roads in Foxborough and ride 25 or 50 miles while raising funds for our Annual Campaign.

Join our team! Get a riding shirt, go on training rides, make new friends, and win great prizes! Contact Amy Miller, amiller@metrowestymca.org to join the team and register to ride today.



STAY CONNECTED!

Visit YMCAHEARTOFTHECOMMUNITY.ORG for class, program and construction related updates.



FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton

OUTDOOR & INDOOR FUN ALL YEAR LONG!

METROWEST YMCA FAMILY OUTDOOR CENTER
45 East Street, Hopkinton MA 01748
508-435-9345

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 the many benefits of being a MetroWest YMCA Family Outdoor Center Family Member!

Facility Use Included in Membership:

- Family Swim Club; June – August, Weekdays 3:15pm-7:00pm, and Weekends, 10:00am-7:00pm
- Hiking Trails
- Courts and Fields
- Open Climb (School Year on Fridays)
- Open Ropes (May through October)
- Self-guided trail use; snowshoes, x-country skiing, trail running,
- Summer Swim Club & Membership Opportunities and more!

Classes, Programs and Special Events

(additional fees may apply)

- USTA Beginner & Intermediate Tennis
- Birthday Parties themes including Ninja Warriors and Slime
- Youth & Adult Archery Classes
- Learning Garden & Teaching Kitchen
- Family Dinner Nights & Nutrition Classes
- Junior and Senior Leaders Club
- Adventure & Teaching Kitchen family events every month

Class times and schedules can be found online at metrowestymca.org/outdoorcenter

Did you know?

Adventure Education programs are available for youth programs, schools, universities, and corporations! Contact Outdoor Education Director Abby Biser for more information or to schedule a program for your Scouts.
(508) 435-9345 x104



FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

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.

Please visit our website and fill out the birthday party request form @ metrowestymca.org/birthdayparties



NOT-YOUR-TYPICAL PARTY

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. **\$300***

ARCHERY PARTY

This party is right on target for you! Parties include all the equipment needed as well as a USA Archery certified instructor. Your party will include up to 90 minutes of archery and up to 60 minutes of family/party time. Indoor and outdoor spaces are available to allow us to plan for weather. **\$350***

VERTICAL CLIMBING PARTY

Any of our climbing elements could be used in a party like this! Zap line to climbing tower, indoor or outdoor. Our instructors are lead trained and verified. Harnesses and helmets are provided for all climbers. In addition of up to 90 minutes of climb-time, you will have up to 60 minutes of family/party time. Up to 15 guests (10 recommended) may climb in 90 minutes. Additional staff at an increased cost may be required for numbers beyond 15 or for specialty considerations. **\$400***

SLIME PARTY

1/2 Hour for set up + 2 hours of Party Time!
Slime making will be led by YMCA staff for 1 hour, followed by 1 hour in a party room. Come learn how to make your own slime! We will provide all slime making equipment for up to 15 party guests. Additional costs will be incurred at \$10/person beyond fifteen to cover the cost of additional supplies.

\$350 for up to 15 participants*

**For participants ages 6 and under, one adult attending the party must participate in behavior management of party-goers for every 5 children attending.*

All of the above Birthday Parties are held at the Family Outdoor Center. Birthday parties are NOT available at the Framingham Branch. Please call 508-435-9345 x104 for more info.

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.



Each session, families are encouraged to attend activities designed to foster positive relationships and support their youth's development. Families are encouraged to communicate with the staff about their youth's progress in the program. Every session, High Flight participants develop a sense of responsibility and connection to their community by taking part in a service project such as trail maintenance, conservation initiatives, recycling and other volunteer efforts.

How Do I Participate?

Youth and teens ages 12-17 are referred to the program through school counselors, social service agency or community organizations.

General Info

High Flight runs three 10-week sessions during the school year where the group meets twice a week from 4pm-6pm after school and 10am-4pm every other Saturday.

Each 10 week session includes an 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 tiered 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. **Our spring session runs March 26-June 5. Please contact Jen Curtis by March 26 to sign up.**

For more info contact:

Jen Curtis
HighFlight Director
MetroWest YMCA Family Outdoor Center
45 East Street, Hopkinton, MA 01748
508-435-9345 x106 www.metrowestymca.org
jcurtis@metrowestymca.org

GET STARTED

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day making sure that you, your family and our community have the resources and support needed to learn, grow, and thrive.

MEMBERSHIP

More than just a gym, a pool, or a place for fitness, Y members experience a sense of belonging that can't be found anywhere else. **With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.** As a result, thousands of people, just like you, are receiving the support and resources they need to engage in healthy lifestyles! **Be part of something that is good for our whole community!**

FINANCIAL ASSISTANCE

The Y believes finances should not be an obstacle to living a healthy lifestyle. The Y offers financial assistance which can be used to help cover the cost of YMCA membership and programs. Please visit our website at metrowestymca.org/assist to see if you qualify and for more information. Funds are secured by volunteers during the YMCA's Annual Campaign.

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, enews@metrowestymca.org

MEMBERSHIP RATES

Membership Category	Monthly Draft	Joiner's Fee
Youth & Teen , ages 2-17	\$17.50	\$25
Young Adult , ages 18-25	\$33	\$30
Adult , ages 26-64	\$55.25	\$50
Family of 2 (New)*	\$83	\$75
<i>Two individuals, same address</i>		
Family of 3+*	\$96.60	\$75
<i>Two Adults with children under 26 residing at the same address</i>		
Senior , age 65+	\$49.75	\$40
Sr Family of 2 (New)*	\$74.50	\$60
<i>Two individuals both 65+, same address</i>		
Sr Family of 3+*	\$87	\$60
<i>Two Adults both 65+ with children under 26 residing at the same address</i>		

* Access to Family Outdoor Center included in Family Member Benefits
 ** Add an adult 18+ \$22

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.

Programs & Events Included in FOC Membership:

- Open Climb (School Year on Fridays)
- 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



NATIONWIDE MEMBERSHIP

Member only benefit! Your valid MetroWest YMCA membership can be used to access any YMCA membership facility in the United States.

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 Course (May and October)
- Monthly Family Events
- Member rates for quarterly family events
- Junior and Senior Leaders Club
- 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. 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

2 HOUR LIMIT PER SHIFT

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 - 1:15 pm
Evenings	Monday through Thursday 4:00 - 8:00 pm 4:00 - 7:00 pm Friday evenings
Saturdays	8:00 am-1:00 pm
Sundays	8:00 am- 12:00 pm

Fees Free for MetroWest YMCA Family members!
Adult Members \$3/child/day

EXPANDED
HOURS & NOW
ON SUNDAYS

ONLINE REGISTRATION

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

FACILITY INFORMATION

FAMILY OUTDOOR CENTER

- 122 wooded acres
- Two outdoor pools
- Outdoor basketball court
- Outdoor tennis courts
- Picnic pavilions and playing fields
- Extensive Challenge Course
- Multi-purpose buildings for rentals and group meetings including: Hayes Lodge, Rec Lodge and the Annex
- 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, Espresso 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 Sauna
- Youth & Family Rooms



NATIONWIDE MEMBERSHIP

Member only benefit! Your valid MetroWest YMCA membership can be used to access any YMCA membership facility in the United States.

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 2019 CLASSES.

- Registration will begin at 6 am on May 29 Walk-in registration is first come, first served.
- Please set up your online account prior to May 29 If you need assistance with your online account, please contact member service between 9 am and 5 pm at (508) 879-4420 ext 0.
- It is very important that you do not log in to 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.
- Please make sure that your membership is active and current. In the case of annual memberships, please be certain that your membership does not end before the last day of the class or program for which you are registering.
- Registrations are accepted on line or in person. We are not able to accept phone registrations. If you need assistance with your on line registration, please call us at (508) 879-4420 ext 0.



#powerofparticipation

When you join in...

1600 donors
each giving **\$25**
totaling **\$40,000**

133 Kids are
provided a safe and
engaging space to
experience
Summer Camp



100 donors
each giving **\$500**
totaling **\$50,000**

555 Seniors are
provided the
opportunity to engage
in healthy aging
classes and programs



300 donors
each giving **\$100**
Totaling **\$30,000**

Helps **500 families**
afford a membership
to the Y to help
strengthen their
family and improve
their health and
wellbeing.



Please join in with other members, friends, neighbors and donors in our community to make an even greater impact on those in our community who need our help!

DONATE ONLINE
METROWESTYMCA.ORG/GIVETODAY



#powerofparticipation



METROWESTYMCA.ORG Better Together.

REGISTER ONLINE & MORE @ WWW.METROWESTYMCA.ORG



280 Old Connecticut Path
 Framingham, MA 01701
 508-879-4420
 CHANGE SERVICE REQUESTED

Non-Profit Org.
 US Postage
 PAID
 Permit #13
 Framingham

POSTMASTER-PLEASE DELIVER BY MAY 24

MetroWest YMCA Staff
We're here to serve you!

Please contact us if you have any questions or require assistance.
 Visit us on the web at www.metrowestymca.org

Framingham Branch Staff 508-879-4420

Branch Executive Director (x245)	Lisa Mandozzi
Membership Experience Director (x223)	
Director of Health Integration (x239)	Lauren Hanley
Wellness Director (x238)	Katrina Ladd
Prevention & Wellness Referral Coordinator (x232)	Laura Gilbert
Director of Nutritional Services (x286)	Maggie Lynch
Senior Program Director (x290)	Jean Hart
Aquatics Director (x235)	
Gymnastics & Dance Director (x285)	
Sports Director (x230)	Brendan Tuma
Director of Family Engagement (x281)	Jen Hyman
Business Manager (x271)	Aura Hernandez

Family Outdoor Center Staff 508-435-9345

Branch Executive Director (x105)	Scott Umbel
Business Manager & Registrar (x110)	Matt Donato
Camp and Teen Director (x101)	Kelley Ratcliffe
Challenge Course Manager (x107)	
Adventure & Outdoor Ed Director (x104)	Abby Biser
High Flight Director (x106)	Jen Curtis
School's Out Hopk & Nutrition Director (x114)	Danielle Allen

Early Education & School's Out Program Staff

Executive Director of Education (x266)	Heidi Kaufman
Early Learning Center Director (x251)	Lolly Butz
School's Out Director (508) 435-9345 (x115)	
Director of Family Services (x246)	Kathleen Glennon
Education Billing Coordinator (x268)	Arlene Wilson

Association Staff 508-879-4420

President & CEO (x227)	Rick MacPherson
Chief Operating Officer (x220)	Jeanne Sherlock
Chief Financial Officer (x221)	Sean McGourty
Chief Development Officer (x270)	Peter Waisgerber
Building & Grounds Director (x233)	Dave Byrne
Human Resource Director (x224)	Joya Casey
Director of Annual Giving (x253)	Amy Miller
Marketing Director (x255)	Carolyn Lister

Summer 2019 Session
June 24-August 25 2019
Important Dates

May 27	Memorial Day- YMCA closed
May 29	Summer Session Member Registration begins at 6 am
June 3	Summer Session Nonmember Registration begins
June 15	Swim Clubs open at Clearbrook and Family Outdoor Center
June 16	Spring 2 session ends
June 24	Summer Session begins
June 24-August 30	Summer Camps run in Weekly Sessions in 4 locations, Framingham, Hopkinton, Natick and Sudbury. Please check the website for weekly availability.
August 14	Fall 1 Registration begins for members
August 19	Fall 2 Registration begins for non-members
September 3	Fall 1 Classes begin
September 3	Framingham Branch is closed in honor of Labor Day. Clearbrook Swim Club is open.



#didiyouknow?

The MW YMCA serves over
25,000
 people in our community.



METROWEST YMCA

Strengthening the foundations of our community.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Photos from "A Morning of Inspiration"
Top: YMCA Marathon Running Team and Inspiration Award Winners Becca Pizzi and Bill Rodgers,
Lower left: State Rep Carolyn Dykema welcomes the crowd, Middle: YMCA Member Kim Poness shares her Y story,
Lower Right: YMCA CEO Rick MacPherson holds a golden olive branch, from Marathon, Greece, presented to the Y from the 26.2 Foundation.
Read about "A Morning of Inspiration" on page 3.

METROWEST YMCA

SPRING 2 PROGRAM & MEMBERSHIP GUIDE

REGISTRATION DATES:
Members Only: Wednesday, April 10, 2019
Online and Walk in starts at 6 AM
Non-Members: Mon, April 15, 2019

SESSION DATES:
April 22-June 16, 2019

RENOVATING & EXPANDING!



DEAR MEMBERS & PROGRAM PARTICIPANTS,

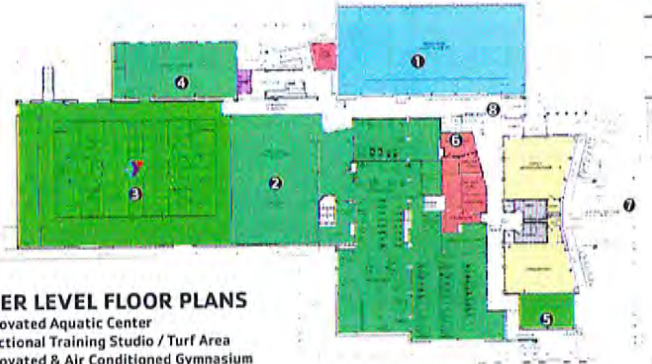
As you may have noticed, construction has started at the MetroWest YMCA! As part of our commitment to enhancing your Y experience and strengthening the foundations of our community, we are expanding our facility by 7,800-square feet and renovating existing spaces which will include painting, tiling, upgrading flooring and lighting in many of our program areas. In addition, we will be enhancing many of the building's mechanical systems while creating many brand new and exciting areas.

Stay connected and informed on the project and the program areas that are impacted. We will be updating our members and the community regularly on progress, class and program updates and what you might expect when visiting the Y during the renovation and expansion project through-out the construction. It will certainly be challenging at times but it will be well worth the short term inconveniences we will go all be going through together.

Please visit our website, follow us on social media or in the branch to find regular updates on the changes we are making for you.

On behalf of the entire Staff team and all of our Board members thank you for your support and for choosing to be a member of our Y family. We are very excited and hope you are too!

Rick MacPherson
President & CEO



UPPER LEVEL FLOOR PLANS

- ① Renovated Aquatic Center
- ② Functional Training Studio / Turf Area
- ③ Renovated & Air Conditioned Gymnasium
- ④ Relocated Group Exercise Studio
- ⑤ Dance Studio
- ⑥ Cafe & Lounge Area
- ⑦ New Front Walkway & Pick Up/ Drop Off
- ⑧ Renovated Lobby & Lounge Area



LOWER LEVEL FLOOR PLANS

- ① Youth Development Zone
- ② Expanded & Renovated Early Learning Center
- ③ Dedicated Entrance for Early Learning Center
- ④ Pool Viewing Lounge
- ⑤ Additional Restrooms
- ⑥ Community Conference Room
- ⑦ Camp Infirmary
- ⑧ Additional Parking



Visit YMCAHEARTOFTHECOMMUNITY.ORG for all the details on the construction and renovation project.



A MORNING OF INSPIRATION!

ANNUAL CAMPAIGN KICKOFF & MARATHON COMMUNITY BREAKFAST

Friday, March 15th was a morning of impact and a morning of inspiration as the community came together to share our powerful Y story. More than 300 community and business leaders joined us to kick off our annual campaign, present our MetroWest YMCA 2019 Inspiration Award and recognize our Y's Marathon Team.

A big thank you to our very special guests who helped to make our event both successful and memorable:

- Carolyn Dykema, State Representative
- Tim Kilduff, Founder and Executive Director, 26.2 Foundation
- Paul Burton, WBZ-TV
- Tom Grilk, CEO, Boston Athletic Association
- Dick Hoyt, 2017 MetroWest YMCA Inspiration Award Honoree
- Dave McGillivray, 2018 MetroWest YMCA Inspiration Award Honoree
- Kim Pones, Y Testimonial Speaker
- Board Members, Anne Madara, Jill Dixon and Emmett Price, III

And of course, a special thank you to our 2019 MetroWest Inspiration Award Honorees, Becca Pizzi and Bill Rodgers!



Rally, Ride, Raise and Dive in Do Good check presentation.



Paul Burton, WBZ-TV welcomes guests



OFFICIAL CHARITY



Inspiration Award Winners Becca Pizzi and Bill Rodgers (center) with YMCA Board Members



MetroWest YMCA Boston Marathon Charity Running Team

THE Y

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

LOCATIONS

METROWEST YMCA FRAMINGHAM BRANCH

280 Old Connecticut Path
Framingham, MA 01701
508-879-4420



Facility Hours

Monday-Friday
(Pool Hours) 5:00 am - 10:00 pm
Closed for renovation
April 22-September 2019

Saturday
(Pool Hours) 7:00 am - 7:00 pm
Closed for renovation
April 22-September 2019

Sunday
(Pool Hours) 7:00 am - 7:00 pm
Closed for renovation
April 22-September 2019

All areas close 15 minutes before closing time.

METROWEST YMCA FAMILY OUTDOOR CENTER

45 East Street
Hopkinton, MA 01748
508-435-9345



Building hours vary according to the program schedule. Please call or go online for more information.

METROWEST YMCA CLEARBROOK FAMILY SWIM CLUB

120 Parker Road
Framingham MA 01702
508-405-0350



Clearbrook Family Swim Club is a seasonal facility. Hours vary according to the program schedule. Please call the office for more information.



MetroWest YMCA Mission Statement

The MetroWest YMCA is dedicated to providing programs and services that build healthy mind, body and spirit for all.

GET STARTED

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day making sure that you, your family and our community have the resources and support needed to learn, grow, and thrive.

MEMBERSHIP

More than just a gym, a pool, or a place for fitness, Y members experience a sense of belonging that can't be found anywhere else. **With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.** As a result, thousands of people, just like you, are receiving the support and resources they need to engage in healthy lifestyles! **Be part of something that is good for our whole community!**

FINANCIAL ASSISTANCE

The Y believes finances should not be an obstacle to living a healthy lifestyle. The Y offers financial assistance which can be used to help cover the cost of YMCA membership and programs. Please visit our website at metrowestymca.org/assist to see if you qualify and for more information. Funds are secured by volunteers during the YMCA's Annual Campaign.

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, enews@metrowestymca.org

MEMBERSHIP RATES

Membership Category	Monthly Draft	Joiner's Fee
Youth & Teen , ages 2-17	\$17.50	\$25
Young Adult , ages 18-25	\$33	\$30
Adult , ages 26-64	\$55.25	\$50
Family of 2 (New)* <i>Two individuals, same address</i>	\$83	\$75
Family of 3+* <i>Two Adults with children under 26 residing at the same address</i>	\$96.60	\$75
Senior , age 65+	\$49.75	\$40
Sr Family of 2 (New)* <i>Two individuals both 65+, same address</i>	\$74.50	\$60
Sr Family of 3+* <i>Two Adults both 65+ with children under 26 residing at the same address</i>	\$87	\$60

* Access to Family Outdoor Center included in Family Member Benefits
** Add an adult 18+ \$22

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.

Programs & Events Included in FOC Membership:

- Open Climb (School Year on Fridays)
- 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



NATIONWIDE MEMBERSHIP

Member only benefit! Your valid MetroWest YMCA membership can be used to access any YMCA membership facility in the United States.

CHILDCARE

YOUTH DEVELOPMENT

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 Butz
508-879-4420 x251
MButz@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.

project



helping families **advocate, belong, and connect**

Project ABC is an exciting new initiative here at the Y, a Coordinated Family and Community Engagement (CFCE) grant program funded by the Department of Early Education and Care (EEC) and managed by the MetroWest YMCA. The program is designed to provide families with young children in Ashland, Holliston and Hopkinton with full access to locally available comprehensive services and supports that strengthen families, promote optimal child development, and bolster school readiness. Project ABC is currently running FREE playgroups for parents and young children at the libraries and other venues in all three communities.

For more information, to learn more about and stay engaged with the activities of Project ABC, please contact Project ABC Coordinator Laina Abolfazli at labolfazli@metrowestymca.org or you can join our Facebook community by liking us @ProjectABCMetroWest.

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 6:30pm*

FRAMINGHAM PUBLIC SCHOOLS

School's Out

Schools: Hemenway, McCarthy & Potter Road
Mornings and afternoons
*Framingham afternoons: school release-6:00pm

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
Location for 2018-2019 School Year: Family Outdoor Center, 45 East Street, Hopkinton MA 01748
Transportation is provided by the Public Schools

NATICK PUBLIC SCHOOLS

School's Out

Schools: Children in grades K-4 who attend Lilja, Brown & Ben-Hem Elementary Schools and grades 5-6 who attend Wilson Middle
Location: East School, 90 Oak Street, Natick
Transportation is provided by the MetroWest YMCA and Natick Public Schools
Afternoons only

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.

School's Out Director

(508) 435-9345 x115
schoolsout@metrowestymca.org



AQUATICS YOUTH DEVELOPMENT

★ The MetroWest YMCA swim lessons to increase the accessibility and enjoyment of swimming to all ages and skill levels. Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers progress between levels. Through this latest approach to swim lessons, kids of all ages can progress at their own pace while building the confidence needed to become a successful swimmer.

Spring 2 Session April 22-JUNE 16, 2019

Youth Aquatic class prices
\$71 family members / \$75 youth members /
\$150 non members

INFANT TODDLER CLASSES

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

Parent & Child B

Ages 2 to 3 years w/ parent

Encourages children to explore their own skills. Basic aquatic and boating safety are practiced. Children are prepared for the transition to preschool level aquatics.

Sunday.....8:30-9:00am

Sunday.....9:40-10:10am

YMCA SWIM LESSONS @ KEEFE TECH POOL

As of April 22, our Swimming pool will closed for renovation.

Spring 2 instructional swim classes will be held at Keefe Technical High School Pool,
750 Winter Street
Framingham MA 01702

The swim team will be swimming at Regis College and Wayside.

The Keefe Tech pool is about 2 degrees cooler than our branch pool. We recommend swim shirts/rashguards, one piece bathing suits and a warm towel.



PRESCHOOL, AGES 3-5

Preschool 1

Has no swimming experience or is uncomfortable in the water. This level teaches front and back glide to wall, going underwater independently, breath control, roll assisted front to back, front and back float, jumping in assisted and exiting independently, and Swim, float, Swim.

Monday.....	3:45-4:15pm
Monday.....	4:20-4:50pm
Monday.....	4:55-5:25pm
Monday.....	5:30-6:00pm
Tuesday.....	3:45-4:15pm
Tuesday.....	4:20-4:50pm
Tuesday.....	4:55-5:25pm
Tuesday.....	5:30-6:00pm
Wednesday.....	3:45-4:15pm
Wednesday.....	4:20-4:50pm
Wednesday.....	4:55-5:25pm
Wednesday.....	5:30-6:00pm
Thursday.....	3:45-4:15pm
Thursday.....	4:20-4:50pm
Thursday.....	4:55-5:25pm
Thursday.....	5:30-6:00pm
Friday.....	3:45-4:15pm
Friday.....	4:20-4:50pm
Friday.....	4:55-5:25pm
Friday.....	5:30-6:00pm
Sunday.....	8:30-9:00am
Sunday.....	9:05-9:35am
Sunday.....	9:40-10:10am
Sunday.....	10:15-10:45am
Sunday.....	10:50-11:20am
Sunday.....	11:25-11:55am
Sunday.....	12:00-12:30pm
Sunday.....	12:35-1:05pm

Preschool 2

Must have successfully completed Level 1 - or be able to glide off wall front and back, going under water independently, roll from front to back, exit water independently, float with assistance and recover.

Monday.....	3:45-4:15pm.
Monday.....	4:20-4:50pm
Monday.....	4:55-5:25pm
Monday.....	5:30-6:00pm
Tuesday.....	3:45-4:15pm
Tuesday.....	4:20-4:50pm
Tuesday.....	4:55-5:25pm
Wednesday.....	3:45-4:15pm
Wednesday.....	4:20-4:50pm
Wednesday.....	4:55-5:25pm
Wednesday.....	5:30-6:00pm
Thursday.....	3:45-4:15pm
Thursday.....	4:20-4:50pm
Thursday.....	4:55-5:25pm
Friday.....	3:45-4:15pm
Friday.....	4:55-5:25pm
Friday.....	5:30-6:00pm
Sunday.....	8:30-9:00am
Sunday.....	9:05-9:35am
Sunday.....	9:40-10:10am
Sunday.....	10:15-10:45am
Sunday.....	10:50-11:20am
Sunday.....	11:25-11:55am
Sunday.....	12:00-12:30pm

AQUATICS

YOUTH DEVELOPMENT

Spring 2 Session
April 22-June 16, 2019

Youth Aquatic class prices
\$71 family members / \$75 youth members/
\$150 non members

Preschool 3

Must have successfully completed Level 2- or be able to submerge and blow bubbles, float 10 seconds, glide front and back 5 feet, treading water 10 seconds and swim, float swim independently with face in the water.

Monday	3:45- 4:15pm
Monday	4:20 - 4:50pm
Monday	4:55- 5:25pm
Tuesday	3:45-4:15pm
Tuesday	5:30 - 6:00pm
Thursday	3:45-4:15pm
Thursday	5:30-6:00pm
Friday	3:45-4:15pm
Friday	5:30-6:00pm
Sunday	8:30-9:00am
Sunday	9:05-9:35am
Sunday	9:40-10:10am
Sunday	10:50-11:20am
Sunday	12:35-1:05pm

Preschool 4

Must have successfully completed Level 3 - or can swim 15 yards with face in the water, submerge and retrieve and object from the bottom, swim on back 10 yards independently, tread water 30 seconds, jump in independently and swim to wall.

Monday	3:45- 4:15pm
Tuesday	4:20-4:50pm
Thursday	4:55-5:25pm
Friday	4:55-5:25pm
Sunday	9:05-9:35am
Sunday	12:00-12:30pm

PROGRESSIVE-AGES 6-13

School Age 1

Designed for beginners with little or no swimming skills or is uncomfortable in the water. This level teaches front and back glide to wall, going underwater independently, breath control, roll assisted front to back, front and back float, jumping in assisted and exiting independently, and Swim, float,

Monday	5:30-6:00pm
Tuesday	5:30 - 6:00pm
Thursday	4:20-4:50pm
Thursday	5:30-6:00pm
Friday	3:45-4:15pm
Friday	4:20-4:50pm
Sunday	10:15-10:45am
Sunday	11:25- 11:55am
Sunday	12:00-12:30pm

YMCA SWIM LESSONS @ KEEFE TECH POOL

Spring 2 swim lessons will be held at:
Keefe Tech School Pool
750 Winter Street
Framingham MA 01702



School Age 2

Must have successfully completed Level 1 - or be able to glide off wall front and back, going under water independently, roll from front to back, exit water independently, float with assistance and recover.

Monday	4:55- 5:25pm
Monday	5:30-6:00pm
Tuesday	4:55 - 5:25pm
Thursday	4:20-4:50pm
Thursday	4:55-5:25pm
Thursday	5:30-6:00pm
Friday	4:20-4:50pm
Sunday	9:40-10:10am
Sunday	10:15-10:45am
Sunday	10:50-11:20am
Sunday	11:25- 11:55am
Sunday	12:00-12:30pm
Sunday	12:35-1:05pm

School Age 3

Must have successfully completed Level 2 - or be able to submerge and blow bubbles, float 20 seconds, glide front and back 10 feet, treading water 10 seconds and swim, float swim independently with face in the water.

Monday	3:45- 4:15pm
Monday	4:20 - 4:50pm
Monday	4:55- 5:25pm
Tuesday	3:45-4:15pm
Tuesday	4:20-4:50pm
Tuesday	4:55 - 5:25pm
Tuesday	5:30 - 6:00pm
Wednesday	3:45-4:15pm
Wednesday	4:20-4:50pm
Wednesday	4:55- 5:25pm
Wednesday	5:30-6:00pm
Thursday	3:45-4:15pm
Thursday	4:20-4:50pm
Thursday	4:55-5:25pm
Friday	4:20-4:50pm
Sunday	9:05-9:35am
Sunday	9:40-10:10am
Sunday	10:15-10:45am
Sunday	10:50-11:20am
Sunday	11:25- 11:55am
Sunday	12:35-1:05pm

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.
\$71 family members / \$75 youth members/
\$150 non members

Monday	4:50 - 5:30pm
Thursday	4:50 - 5:30pm

AQUATICS

YOUTH DEVELOPMENT

PROGRESSIVE-AGES 6-13

School Age 4

Must have successfully completed Level 3 - or can swim 25 yards with face in the water, submerge and retrieve and object from the bottom, swim on back 15 yards independently, tread water 1 minute, jump in independently and swim to wall.

Monday..... 3:30- 4:10pm
 Wednesday..... 3:30-4:10pm
 Wednesday..... 5:30-6:10pm
 Friday..... 5:30-6:10pm
 Sunday..... 11:45am-12:25pm
 Sunday..... 12:30-1:10pm
 Sunday..... 4:15-1:55pm

School Age 5

Must have successfully completed Level 4 - or be able to swim 15 Yards rotary breathing with over arm recovery, backstroke 15 yards, breaststroke and butterfly kick 15 yards and diving

Monday..... 4:10 - 4:50pm.
 Wednesday..... 4:10-4:50pm
 Thursday..... 3:30-4:10pm
 Friday..... 4:50-5:30pm
 Sunday..... 1:15-1:55 (x2)

School Age 6

Must have successfully completed Level 5 or be able to swim 300 yards freestyle, 100 backstroke, 50 yards breaststroke and 25 yards butterfly.

Wednesday..... 4:50- 5:30pm
 Thursday..... 4:10-4:50pm
 Sunday..... 1:15-1:55pm

ADULT SWIM LESSONS

Spring 2 Session
April 22-June 16, 2019
\$71 members / \$142 non members

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.

Friday..... 6:00-6:45pm
 Sunday..... 3:45-4:30pm

Beginner B

This adult class will focus on floating, beginner strokes, stroke technique, jumping in, combination skills, safety and endurance.

Friday..... 6:00-6:45pm
 Sunday..... 4:30-5:15pm

LAP SWIM

Friday..... 6:00-7:30pm
 Sunday..... 3:45-5:30pm

OPEN SWIM

Friday..... 6:00-7:30pm
 Sunday..... 3:45-5:30pm

CLEABROOK SWIM CLUB

SUMMER SEASON

June 15-September 2
 Weekend hours: 10am-6pm
 Weekday hours: 11am-7pm

LOCATED AT:

120 Parker Road,
 Framingham MA 01702
 metrowestymca.org/clearbrook
 508-405-0350 (seasonal phone)



Splash Pad @Clearbrook

SWIM CLUB FACILITY AMENITIES

- Outdoor Swimming Pool
- Splash Pad
- Shower & Changing Stalls
- Snack Bar & Picnic Tables
- Playground for Children
- Ping Pong Tables, Lawn Games & Tennis Courts
- Lounge chairs available
- Swim lessons *
- Camp Clearbrook *
- * additional cost

MEMBERSHIP TYPE	FULL SUMMER	OPENING DAY- JULY 31	AUGUST 1- CLOSING DAY
Y- Adult Member	\$400	\$250	\$250
Y- Family Member	\$300	\$175	\$175
General Public Family	\$500 (before June 1) \$550 (after June 1)	n/a	n/a

General Public membership includes full access to the Framingham Branch for the summer season.

YMCA SWIM LESSONS @ KEEFE TECH POOL

Spring 2 swim lessons will be held at:
 Keefe Tech School Pool
 750 Winter Street
 Framingham MA 01702



GYMNASTICS YOUTH DEVELOPMENT

For more information about gymnastics classes,
please call (508)-879-4420 X285

The MetroWest YMCA's Gymnastics Program is a building block for the development of lifetime healthy habits. Preschool gymnastics classes are the perfect environment and structure to help develop gross motor and social skills. As gymnasts move into youth classes they will learn more traditional gymnastics skills in a progressive, achievement orientated manner, so every participant feels success along the way.

SPRING 2 2019 Session
April 22- June 16, 2019

Preschool Gymnastics class prices
\$66 family members / \$69 youth & teen / \$132 non-members

School Age Gymnastics class prices
\$74 family members / \$77 youth & teen / \$148 non-members

PRE-SCHOOL GYMNASTICS

My Friend & Me, 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 and each child must be accompanied by an adult)
Thursday.....9:45-10:15 am.....9140

Preschool Gymnastics
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 transition. Age appropriate skills will be taught to improve strength, flexibility and coordination.

Littles, Ages 3-4
Begin to learn gymnastics skill independently from parent.
Thursday.....11:00-11:40am.....9141
Thursday.....3:40-4:20 pm.....9142
Saturday.....11:20am-12:00 pm.....9143

Mighty's, Ages 4-5
Begin to learn gymnastics skill independently from parent.
Thursday.....10:20-11:00 am.....9144
Thursday.....3:40-4:20 pm.....9145
Saturday.....11:20am-12:00 pm.....9146

HEALTHY KIDS DAY!

Join us on Saturday April 27 from 2-4pm at the Framingham Branch as we celebrate Healthy Kids Day! Fun activities, Fire Trucks, Prizes and more!
Free and open to all in our community. Perfect for kids ages 2-13 and their families.



SCHOOL AGE GYMNASTICS

Rollers, Ages 5 - 7 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(2x).....3:40-4:40 pm.....9148
(two classes at this time)
Thursday.....3:40-4:40 pm.....9147
Saturday.....1:00-2:00 pm.....9150

Rollers, Ages 8+
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.....3:40-4:40 pm.....9151
Saturday.....12:00-1:00 pm.....9152

Swingers, Ages 6+
This is the intermediate level in our progressive program that continues to build on skills learned in rollers. (This class enrollment is based on our recommendations only)
Tuesday.....4:45 - 5:45 pm.....9153
Saturday.....12:00-1:00 pm.....9154
Saturday.....1:00-2:00 pm.....9155

Kippers, Ages 8+
The most advanced level in our progressive program that continues to build on skills learned in swingers. (This class enrollment is based on our recommendations only)
Thursday.....4:30 - 5:30 pm.....9156
Saturday.....12:00-1:00 pm.....9157
Saturday.....1:00-2:00 pm.....9158

High Flyers, Ages 8+
High Flyers is our most intense class which is for those gymnasts who are looking to build on skills from previous experience. Coaches will work with each gymnast on a more individual level to accommodate each gymnast's needs and goals. This class will meet on both Tuesday's and Thursday's from 4:45-6:15 pm. *must be invited to join by an instructor.
\$112 Family members
\$118 Youth members
\$236 non members
Tues/Thurs.....4:45 - 6:15 pm.....9159

Spring 2 2019 Session
April 22-June 16, 2019
 8 Week session

\$68 members / \$76 youth members / \$136 non members
 7 Week session (Mondays)
 \$63 members / \$66 youth members / \$126 non members

ENRICHMENT YOUTH DEVELOPMENT

TINIEST TOTS CLASSES, AGES 1.6-2.9

The purpose of the Parent & Child classes is to introduce your toddler to a classroom environment with parent. These classes will have parent and child work together

Music & Art with GrownUp

Assist your child in the beginning stages of exploring the arts. In addition to music and art there will be stories and free play time. This is a great way to start your child in the preschool setting and the grown-ups can make new friends
 Tuesday.....9:30-10:30am.....9162

TODDLIN' TOTS A CLASSES, AGES 2.6-3.6

The purpose of the Toddlin' Tots A classes is to introduce your toddler to a preschool environment. The goal is to achieve a smoother parent-child transition and help children develop and improve their social skills with their peers. Classes include music, story time, free play, arts and crafts. These classes are without parent.

Bean Sprouts

Spring is here! Each week we will explore the season through story time, crafts, games, music, and free play.
 Tuesday.....10:45-11:45am.....9164
 Friday.....9:30-10:30am.....9165

TODDLIN' TOTS B CLASSES, AGES 3-4

The purpose of the Toddlin' Tots B classes is to provide children the opportunity to improve social skills and fine motor skills in a lightly structured setting. These classes are designed for children who easily transition from parent to classroom. Classes include music, story time, free play, and crafts.

I Love Art

Through song, literature, painting, sculpting, mosaic, and more, we will showcase famous artists and their masterpieces. Each week a famous work of art will be the inspiration for our craft.
 Wednesday.....9:00-10:00am..9182

Crafty Kids

Join us as we explore a variety of crafting materials. Projects may include paint, pastels, breading, charcoal, clay, foam or wood. Bring your imagination and be dressed for a mess.
 Thursday.....9:30-10:30.....9183

PRE-SCHOOL & SCHOOL AGED CLASSES

The purpose for the school aged classes is to give children the opportunity to learn, create and have fun in a different environment than the typical classroom. These classes are designed to use hands on crafts and activities to learn. These classes are without parent.

Gym Games & Crafts, ages 3.6-5

Learn some gym games, sports skills, and more while in the gymnasium and then move down to the enrichment room for a craft. Please bring a nut-free snack.
Monday Class: \$73 Family Members / \$77 Youth Members \$/ \$154 Non-Members
Wednesday Class: \$78 Family Members / \$88 Youth Members \$/ \$156 Non-Members
 Monday.....10:00-11:15am.....9184
 Wednesday.....10:45am-12:00pm.....9185

Little Chefs-Cooks & Books, ages 3.9-5

Read books while we cook! This class will incorporate a book and a great recipe that kids can make themselves. Kids will learn to measure, chop, blend, bake, boil, and simmer. Kitchen safety and table manners will be introduced. Please inform program director of any food allergies.
 Thursday.....10:45-11:45am.....9186
 Saturday.....10:30-11:30am.....9187

STEM for Littles, Ages 4-5

From action contraptions to messy marvels and more, each class will explore, create, and experiment with different STEM concepts. Bring your curiosity and be dressed for a mess.
 Thursday.....10:45-11:45am.....9188

Bead It & More, ages 4-6

This class will cover jewelry making basics form stringing necklaces to making bracelets and rings.
 Monday.....11:30-12:30.....9189

Kid Chefs, ages 6-8

Kids will learn to measure, chop, blend, bake, boil, and simmer as they create child friendly recipes. Please inform program director of food allergies prior to first class.
 Wednesday.....4:15-5:15pm.....9190
 Saturday.....11:45-12:45pm.....9191

PARENTS NIGHT OUT

@ the Framingham Branch

For kids age 3-12. (must be potty trained)
 Night Includes: From 6-9pm Games, activities, arts, pizza dinner and more.

Register online or in person.

Friday, April 12, Reg closes 4/10, Code 9000

Friday, May 10, Reg closes 5/8, Code 9001

Friday, June 14, Reg closes 6/12, Code 9137

New Participants need to fill out a one-time emergency contact form. Family Members \$10 / Youth&Adult \$15 / Non Members \$20 per child. Registration closes the Wednesday prior to PNO

SPORTS

YOUTH DEVELOPMENT

FRAMINGHAM BRANCH SPORTS

Little Ninjas Ages 3 - 5 years old

Introductory level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.

Family Members \$70/ Youth \$73 / Non-members \$136

Tuesday.....	10:15 - 10:55 am.....	9107
Wednesday.....	9:30 - 10:10 am.....	9117
Wednesday.....	4:00 - 4:30 pm.....	9114
Wednesday.....	4:35 - 5:05 pm.....	9123
Saturday.....	8:35 - 9:15 am.....	9108
Saturday.....	9:20 - 10:00 am.....	9109

Ninja Warrior, Ages 6-10

Beginner level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.

Family Members \$74/ Youth \$77 / Non-members: \$144

Wednesday.....	5:10 - 5:40 pm (6-8 years old).....	9115
Saturday.....	10:05 - 10:45 am (6-8 years old).....	9110
Wednesday.....	5:45 - 6:15 pm (8-10 years old).....	9116

School Age sports (Co-ed)

The MetroWest YMCA's Sports Program is the starting point for many youth to learn sportsmanship and basic skill development. Whether it's gaining the confidence that comes from learning sports skills or developing better listening and social skills, participating in sports at the MetroWest YMCA is about building the whole child, from the inside out.

Family Member \$74/ Youth \$77 / Non-members \$144

Tennis Clinic, 5th-8th graders

Monday..... 4:40 - 5:10pm..... 9110

Small Ball Basketball, 1st-3rd graders

Friday..... 4:30 - 5:15 pm..... 9112

Buzzer Beaters Basketball, 4th-6th graders

Friday..... 5:20 - 6:05 pm..... 9113

ADULT SPORTS

Adult Pickle Ball

Members \$74 / Non-members: \$144

Tuesday..... 2:00 - 2:40 pm..... 9124

FAMILY OUTDOOR CENTER SPORTS

Little Ninjas Ages 3 - 5 years old

at Hopkinton Family Outdoor Center

Friday..... 10:00 - 10:30am..... 9166..

Family Members \$70/ Youth \$73 / Non-members \$136

Ninja Warriors, Ages 6-10

at Hopkinton Family Outdoor Center

Tuesday..... 4:30 - 5:10pm..... 9177..

Family Members \$74/ Youth \$77 / Non-members: \$144

SPORTS LEAGUES

Saturday AM Sports Leagues at Hopkinton Family Outdoor Center

Family Member \$74/ Youth \$77 / Non-members: \$144

Munchkins Soccer Ages 4-6

Saturday..... 9:15 - 10:15am..... 9178

Little Sox T-Ball Ages 4-6

Saturday..... 10:20 - 11:20am..... 9179

Kwik Kicks Soccer Clinic Ages 7-10

Saturday..... 11:30am - 12:30pm..... 9180

VOLUNTEER COACHES NEEDED

All Teams are coached by parent volunteers. Parents interested in volunteering to coach a team should contact Brendan Tuma by email at btuma@metrowestymca.org or call 508-879-4420 x230

KIDS BASIC MARTIAL ARTS PROGRAM

Based on the teachings of Shaolin Kempo Karate, classes focus on developing the critical life skills of respect, self-discipline and self-control. Students will learn to control and be confident in their actions by learning varied martial arts movements such as strikes, kicks, and footwork; progressing to more complex movements and patterns as they develop. Sneakers are required; please no boots, clogs, flip flops or sandals.

*Introductory belt is provided, Karate uniform optional to purchase. This class is being held in the Dance room (formerly the large conference room next to Childwatch)

7 weeks through June 8 @ \$69 Family Members / \$72 Youth Members / \$138 Non-Members

Ages 4-7..... Saturday 1:30-2:00pm..... 9125
(Introductory session for first-time karate students)

Ages 4-7..... Saturday 2:00-2:30pm..... 9126
(Requires completion of introductory session or prior karate experience)

Ages 8-13..... Saturday 2:30-3:00pm..... 9127

Advanced Karate Class

7 weeks @ \$72 Family Members / \$76 Youth Members / \$152 Non-Members

(Requires Yellow Belt or instructor approval).

All ages..... Saturday 3:15-4:00pm..... 9128



DANCE YOUTH DEVELOPMENT

**Spring 2 Session
April 22-June 16 2019 8 Week session**

Preschool Dance class prices
\$62 family members / \$65 youth&teen / \$122 non-members

School Age Dance class prices
\$64 family members / \$67 youth&teen / \$128 non-members

PRE-SCHOOL DANCE CLASSES

Plié Pre Ballet, Ages 3-4

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will begin positions of the feet and introductory movement vocabulary.

Saturday.....9:45-10:15am.....9179

Shakers Jazz/Hip Hop Combo, Ages 3-5

Let your little one be introduced to the basics of jazz and hip hop dance. In this class your child will be introduced to basic jazz and hip hop steps. This is a fast moving class with an emphasis on fun!

Saturday.....10:15 - 10:45am.....9172

Passé Combo Ballet/Jazz, Ages 3-5

This class is designed to give your child the opportunity to learn the basics of ballet and jazz dance. The class will be half ballet and then switch to Jazz dance the second half of class.

Friday.....5:00-5:30pm.....9170

Saturday.....11:00-11:30 am.....9173

SCHOOL AGE DANCE CLASSES

Tendu Ballet, Ages 5-7

A beginner level ballet class with further concentration on proper body alignment, balance, and coordination. Basic ballet steps such as first through fifth position, plié, tendu, chasé, and arabesque will be introduced.

Thursday.....5:00 - 6:00pm.....9168

Saturday.....11:30am-12:30pm.....9174

Movers Hip-Hop, Ages 6-8

Hip hop is a high-energy class that will really get your child moving and having fun! Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for movement combinations.

Saturday.....12:30-1:30pm.....9175

All Arounds Introduction to Dance, Ages 7+

This Class will introduce your child to different types of dance including but not limited to; jazz, ballet, hip-hop, and musical theater. This is a great class for the beginner dancer that wants to try out more than one style of dance.

Thursday.....4:00-5:00pm.....9169

Jazz / Pom / Hip Hop Ages 6+

This class is designed to learn the basic style and techniques of jazz and hip hop with a twist of cheer and pom styled music and routines.

Friday.....4:00-5:00 pm.....9176

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.

Please visit our website and fill out the birthday party request form @ metrowestymca.org/birthdayparties



NOT-YOUR-TYPICAL PARTY

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. **\$275***

ARCHERY PARTY

This party is right on target for you! Parties include all the equipment needed as well as a USA Archery certified instructor. Your party will include up to 90 minutes of archery and up to 60 minutes of family/party time. Indoor and outdoor spaces are available to allow us to plan for weather. **\$325***

VERTICAL CLIMBING PARTY

Any of our climbing elements could be used in a party like this! Zap line to climbing tower, indoor or outdoor. Our instructors are lead trained and verified. Harnesses and helmets are provided for all climbers. In addition of up to 90 minutes of climb-time, you will have up to 60 minutes of family/party time. Up to 15 guests (10 recommended) may climb in 90 minutes. Additional staff at an increased cost may be required for numbers beyond 15 or for specialty considerations. **\$350***

SLIME PARTY

1/2 Hour for set up + 2 hours of Party Time!
Slime making will be led by YMCA staff for 1 hour, followed by 1 hour in a party room. Come learn how to make your own slime! We will provide all slime making equipment for up to 15 party guests. Additional costs will be incurred at \$10/person beyond fifteen to cover the cost of additional supplies.

\$350 for up to 15 participants*

**For participants ages 6 and under, one adult attending the party must participate in behavior management of party-goers for every 5 children attending.*

All of the above Birthday Parties are held at the Family Outdoor Center. Birthday parties are NOT available at the Framingham Branch. Please call 508-435-9345 x104 for more info.

VACATION DAY PROGRAMS

Framingham & Hopkinton


TRADITIONAL VACATION CAMP

FRAMINGHAM BRANCH
APRIL 16-19, 8:30 AM - 6 PM
GRADES K-6



Join your friends and meet new friends at April Vacation Camp! We have a full schedule of gym games, sports, crafts, swimming and field trips planned. Participants must bring snacks, lunches and water bottles with apparel for indoor and outdoor play and swimming.

\$60/day family members; \$63/day youth members; \$126 non-members AM care 7-8:30 am \$9/day
Registration forms are available at the Member Service Desk

 Children will be transported from the Framingham Branch to the Family Outdoor Center in Hopkinton due to the renovation and construction project. Please plan to arrive by 8:45am each day.

NO SCHOOL DAYS
AT THE FRAMINGHAM BRANCH
April 12 for Grades K-6
June 3 for Kindergartners only

8:30 - AM - 6 PM

Crafts, sports, board games, reading and more are offered on No School Days at the Framingham Branch. Bring snacks, lunch, water and clothes for outdoor play!

\$60/day family members; \$63/day youth members; \$126 non-members

April 12: Online Registration Code: 7415

June 3: Online Registration Code: 7416

CREATIVE ADVENTURERS

FAMILY OUTDOOR CENTER

Tuesday April 16 8:30am-4:00pm

For students ages 8-12

Get creative in the outdoors during April vacation. Any number of adventures may come our way depending on how much snow we have: making pinecone birdfeeders, building Swedish Snowball Lanterns, creating ice art, making a deer out of wood to take home, or any number of other activities!

Members \$65 / Non-members \$90

ACTIVE ADVENTURERS

FAMILY OUTDOOR CENTER

Friday, April 19 8:30am-4:00pm

For students ages 11 and up

Get active in the outdoors during winter! Any number of adventures may come our way depending on how much snow we have: building snow and winter shelters, outdoor cooking, snowshoeing, ice fishing, or any number of other activities!

Members \$65 / Non-members \$90

AM and PM care available for both camps with our Traditional Vacation Camps

TRADITIONAL VACATION CAMP

FAMILY OUTDOOR CENTER

April 12, April 16-19,
For children ages 4-12

Join us for a week of games, crafts, sports, and more! Each day there will be different activities and projects for everyone to enjoy! We will travel off site for a field trip on Friday! Participants must bring their own snacks, lunches, and water bottles daily. Please be sure to pack appropriate indoor and outdoor apparel for your child so they can enjoy all the fun we have to offer both inside and out! Vacation Camps run from 8:30am-4pm daily, AM and PM Care are available for an extra fee. Register for all the days or individually!

8:30am-4pm, \$58 day for family members / \$61 day for youth & teen members / \$85 non-members
AM Care: 7:30-8:30, \$9/day for members and \$12/day for non-members

PM Care: 4:00pm-6:00pm, \$9/day for members and \$12/day for non-members

**there is an additional \$10 fee for Friday's field trip*

CREATIVE KITCHEN VACATION CAMP

FAMILY OUTDOOR CENTER

April 16-19



Aspiring chefs between the ages of 8-12 are invited to join us for an adventurous culinary experience! Half their day will be spent in the kitchen while the other half will be spent participating in traditional camp activities! If your camper has a food allergy or dietary restrictions, we strongly encourage you to contact us prior to registration. Register for all days or individually!

8:30am-4pm, \$79 day for family members / \$83 youth & teen members / \$113 non-members

AM Care: 7:30-8:30, \$9/day for members and \$12/day for non-members

PM Care: 4:00pm-6:00pm, \$9/day for members and \$12/day for non-members

Transportation from the Framingham Branch is available to those who wish to participate in Family Outdoor Center vacation week camps. Please see the registration form for details.



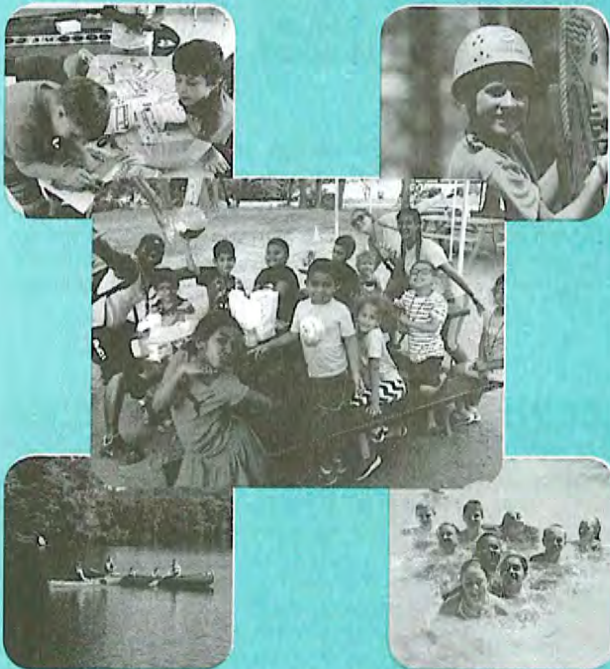
METROWEST YMCA SUMMER CAMPS

**BEST
SUMMER
EVER**

Summer Day Camp in Hopkinton
Gymnastics Camp
My First Summer Camp
Camp Clearbrook
Camp OCP in Framingham
Y STEM Academy, Natick

- Summer Camp Season runs from June 24-August 23, 2019.
- Summer Camps at the MetroWest YMCA are for youth ages 3-16.
- Summer Camp Registration going on now
- Visit metrowestymca.org/summer-camps for complete details on all summer camp programs

Hopkinton Camp Tour Day
Saturday, May 4, 10am-12pm
Camp Open House
Saturday, June 15, 10am-12pm
45 East Street, Hopkinton MA



YOUTH & TEEN FITNESS

HEALTHY LIVING

Spring 2 Session
April 22-June 16, 2018
8 week session

CARDIO KIDS Ages 7-8

Join the fun in our Youth & Family Interactive Gym and get fit by learning how to properly use our VR-1 Cybex equipment, new cardio equipment, X-Box Kinect and MORE!

free members / \$160 non-members

Sign up for a maximum of 2 classes and we ask that you only sign up if you can attend 6 of the 8 classes.

*Parents must sign children in and out of class.
Parents are welcome to attend class with child.

Wednesday.....3:30-4:15pm
Friday.....3:30-4:15pm

CARDIO KIDS Ages 9-12

Join the fun in our Youth & Family Interactive Gym and get fit by learning how to properly use our VR-1 Cybex equipment, new cardio equipment, X-Box Kinect and MORE!

free members / \$160 non-members

Sign up for a maximum of 2 classes and we ask that you only sign up if you can attend 6 of the 8 classes.

*Parents must sign children in and out of class.

Monday.....4:15-5:00pm
Tuesday.....4:15-5:00pm
Wednesday.....4:15-5:00pm
Thursday.....4:15-5:00pm
Friday.....4:15-5:00pm

STRENGTH & AGILITY FOR YOUTH Ages 12-16

Learn how to exercise to capitalize on the development of your strength and power as it relates to staying active and sport improvements. Develop speed and quickness through agility exercises. Each week covers strength and agility for youth at any level.

\$87 Family Members / \$91 Youth Members / \$183 Non-Members

Monday (Strength).....3:45-4:30pm
Wednesday (Agility).....3:45-4:30pm



YOUTH WELLNESS CENTER ORIENTATIONS

An orientation to our Youth and Family Interactive Space is available and encouraged for all youth members 7-13 years of age and covers the safe and appropriate operation of our aerobic equipment as well as applicable Life Fitness/Cybex strength equipment. Appointments can be scheduled at the Member Service Desk.

ADULT FITNESS

HEALTHY LIVING



Y-FIT

Take control of your health and fitness! This small group training program will focus on improving your strength, refining your body composition, and increasing your endurance. The motivation and support of a small group is extraordinary when it comes to achieving new heights in your fitness.

Each session will include a dynamic warm-up with various joint mobility exercises, strength training, and anaerobic conditioning.

\$102 Members / \$201 Non-Members

Monday.....9:30-10:30 am...(Maria)
Tuesday.....9:30-10:30 am...(Leslie)
Tuesday.....7:00-8:00 pm...(Bri)
Thursday.....8:30-9:30 am...(Cathy)
Thursday.....6:30-7:30 pm...(Brian)
Friday.....5:30-6:30 am...(Jenny)
Friday.....9:30-10:30 am...(Maria)
Saturday.....9:15-10:15 am...(Jenny)

8 spots per class!



KICKBOXING

This NEW program follows the Muay Thai kickboxing style, one of the most popular in the professional realm of combat sports. Through this program you'll learn how to throw punches properly and kick with confidence. This full body workout will push the pace! Come with an open mind and an attitude looking for fun. No experience necessary, no equipment required. **\$102 and \$201 non members**

Wednesday.....10:45-11:45 am...(Maria)
Saturday.....5:30-6:30pm...(Wesley)

KRAV MAGA

- Intent-driven self-defense system
- Tailored to meet the needs of the user
- Skill layers on basic easy to learn techniques
- Training through exercises and drills
- Skills based on natural everyday gestures
- Immediately useful

\$77 members / \$200 non-member

Thursdays.....7:00-8:00pm



Spring 2 Session April 22-June 16, 2019

Due to construction, classes and schedules might be altered. We will do our best to continue to run as normal but things might change over the next couple of sessions. Stay connected with the wellness department through emails, social media and the Y's website.

MOVEMENT FOR A BETTER YOU

Work at a desk all day? Tight from difficult workouts? Recovering from an injury? This 30 minute corrective exercise class is for you! It will examine HOW we move and will implement stretches, drills and exercises to improve your range of motion, reduce the risk of chronic and acute injury and resulting in better quality of life. There will be an initial assessment to determine challenges you have in your movements and a post assessment to celebrate your improvements.

Members \$48 / Non-Members \$128

Saturday.....10:30-11:00 am...(Jenny)



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. For the most improvement we recommend attending one class a day.

\$102 Members / \$201 Non-Members

Monday.....10:15-11:15 am...(Lorelei)
Tuesday.....11:15am-12:15pm...(Lorelei)
Wednesdays 10:15 - 11:15 am...(Lorelei)
Wednesdays 6:00 - 7:00 pm...(Lorelei)
Fridays.....10:15 - 11:15 am...(Lorelei)

6 spots per class!

STRENGTH TRAINING

This class will focus on squat, deadlift and bench press...the 3 powerlifting movements. There will be a mobility warm-up, lift focus with accessory movements and a cool-down.

\$102 Members / \$201 Non-Members

Thursday.....5:15-6:15 pm...(Brian)

4 spots per class!

HEALTHY WEIGHT AND YOUR CHILD

If you have a child living with excess weight and want to learn more about a program aimed to help children manage their weight and help families live healthier, please contact Lauren Hanley at laurenhanley@metrowestymca.org or 508-879-4420 X239 for more information about a new program. This program is evidence based, 15 weeks long and can change the lives of children living with excess weight.

Spring 2 Session
April 22-June 16, 2019

ADULT FITNESS

HEALTHY LIVING

GROUP EXERCISE CLASSES

FREE FOR MEMBERS. Lots of classes, from Pilates, Zumba, Cycle, Yoga to Step, there is something for everyone!

The Group Exercise schedule and complete descriptions for classes can be viewed online at metrowestymca.org under the Schedules & Downloads tab on the website.

Contact Leslie Schofield 508-879-4420 x231
LSchofield@metrowestymca.org with any questions.



GET STARTED!

WELLNESS ORIENTATION

Two 45-60 minute meetings 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

Physical fitness testing is used extensively to predict chronic disease risk, quantify fitness levels, and assess performance. They are a great starting point to keep track of your fitness and identify areas of focus for your workout routine. A fitness assessment includes resting vital signs, STYKU scan and a cardiovascular, muscular, and flexibility test. **\$35 for members only**

To schedule an assessment please contact Katrina Ladd kladd@metrowestymca.org.

STYKU BODY COMPOSITION ANALYSIS

Weight loss is more than just a number on a scale. A scan using the Styku measures body surface area, determining circumference measurements to predicts body fat percentage, muscle to fat ratios, and more. The software also provides personalized plans for weight reduction and chronic disease prevention. Pre and post-tests can be compared to show measurable changes in body composition that a scale is unable to show. E-mail Katrina Ladd (kladd@metrowestymca.org) to schedule your scan! **\$20 for members only**

ACTIVE OLDER ADULTS

SENIOR FITNESS CLASS!

A group program designed for seniors consisting of low impact aerobics and exercise to maintain flexibility, balance, muscle strength and endurance. Classes will be in the Aerobics room, and Friday is Zumba for Seniors. No sign up needed
free Members/ \$164 Non-Members

Monday.....	11:45am-12:45 pm.....	drop.in
Tuesday.....	9:15 -10:15 am.....	drop.in
Tuesday.....	10:15 - 11:15 am.....	drop.in
Thursday.....	9:15 -10:15 am.....	drop.in
Thursday.....	10:15 - 11:15 am.....	drop.in
Friday.....	10:30 -11:30 am.....	drop.in

CARDIOPULMONARY WELLNESS PROGRAM

The Cardiopulmonary Wellness Program is offered through a partnership with the MetroWest Medical Center. This program offers a medically supervised exercise/risk factor management program for individuals who are at risk for or have known cardiovascular and/or pulmonary disease. **Classes meet on Tuesdays and Fridays** and are supervised by a Clinical Exercise Physiologist from the MetroWest Medical Center's Cardiac Rehabilitation Department.

For more information about the Cardiopulmonary Wellness Program please contact Katrina Ladd kladd@metrowestymca.org.



ADULT FITNESS

HEALTHY LIVING

PREVENTION & WELLNESS CLASSES

ENHANCEFITNESS

EnhanceFitness is an evidence-based group exercise program for older adults that offers simple, easy to learn movements. The goal of the program is for participants to improve overall function and well-being by doing cardio exercise, strength training, flexibility and balance.

June 3-September 20, 2019

Registration begins on May 20th

16 Weeks Free for Members / \$245 non-members.

Monday, Wednesday & Friday 1:15-2:15pm.

PARKINSON'S CLASS

The Parkinson's classes are specifically designed to help with Parkinson's, MS or any other neuromuscular conditions. Each one hour class includes balance, strength, cognition and flexibility exercises. Non-Members can apply for a scholarship.

8 weeks @ free members/\$78 non-members

Wednesday & Friday 1:15-2:15pm.

T'AI CHI FOR HEALTHY AGING

Participants proceed through a series of T'ai Chi movements with the aim of improving balance. These movements are taken from more traditional styles of T'ai Chi and simplified which allows participants to follow along more easily to help improve balance. This class takes place in the aerobics room.

8 weeks @ free members/\$153 non-members

Thursdays.....12:45-1:45pm.

LIVESTRONG AT THE YMCA

Recent medical research has shown that exercise can counteract the debilitating side effects of cancer treatment, reduce fatigue, increase physical strength and significantly improve quality of life.

LIVESTRONG at the YMCA is a free, 12 week program for adult cancer survivors. The program helps participants gain muscle, strength, flexibility, endurance, and improve overall function. The program offers support from the group as well as a way to become more independent if desired while helping all in weight management, improved energy, and self-esteem. The program is led by specially trained staff in the physical and emotional needs of cancer survivors.

Spring class starts in April. Please contact Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x232

55+ STRENGTH

This class will focus on the total body and core strength while incorporating balance moves and stretches. It is the perfect way for all to improve flexibility, posture, strength and balance. Join Laura in the Wellness Center for this class.

\$82 Members / \$161 non-members one class per week

Wednesday.....11:45am-12:30pm

Friday.....11:45am-12:30pm

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 Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x232



PERSONALIZED NUTRITION PROGRAMS

Nutrition and exercise play important roles in weight and body composition. If you are looking to reach a goal, consider with working with a personal trainer and our registered dietician in a combo package below.

Schedule an appointment with Maggie by calling her at 508-879-4420 X286 or email at maggielynch@metrowestymca.org

COMPREHENSIVE NUTRITIONAL EVALUATION

Includes an 1 hour initial consultation and 1 follow-up. Your evaluation includes nutrition assessment and individual goal setting. Additional follow-ups are available for the member who would like continued one-on-one support for their nutritional and weight management.

Member Rate:

Nutrition consult and 1 hour follow-up: \$91
30 min follow-up: \$29
1 hour follow-up: \$43
Five ½ hr follow-ups \$135



Non-Member Rate:

Nutrition Consult and 1 hour follow-up: \$182
30 min follow-up: \$58
1 hour follow-up: \$86
Five ½ hr follow-ups \$270

WEIGH TO CHANGE

Weigh to change is a 10 week lifestyle change program. Need some help sticking to your New Year's resolutions? Than this is the program for you! Our registered dietitian and personal trainers are eager to help you reach your goals.

Includes:

- Weekly 30 minute personal training sessions
- Individual nutrition counseling
- Recommended minimum of 3 weekly group training sessions (specifically for WTC participants)
- Constant online support through our Facebook group
- Before/middle/after Styku 3-D body scans
- Shoe fitting with PR running
- Nutrition workshops and grocery store tours
- Training for a walk/run 5k
- Entry into a local walk/run 5k

This program is open to individuals of all ages and levels of fitness. Our coaches and dietitian work to meet you where you are and help you gain strength, endurance, and confidence to live a healthy lifestyle. All coaches are 100% dedicated to your success!

Cost: \$449 members / \$649 non-members

If you are interested in participating, please contact Maggie Lynch at 508-879-4420 X286 or email at maggielynch@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 Katrina Ladd to set up your first appointment (508) 879-4420 x238 or kladd@metrowestymca.org

Length of Session	One-On-One	Semi-Private
1-hour	1 Session: \$49	1 Session: \$34
1-hour	5 Sessions: \$210	5 Sessions: \$147
1-hour	10 Sessions: \$389	10 Sessions: \$284
1-hour	20 Sessions: \$714	20 Sessions: \$546
30 min	1 Session: \$33	1 Session: \$18
30 min	5 Sessions: \$137	5 Sessions: \$79
30 min	10 Sessions: \$252	10 Sessions: \$147
30 min	20 Sessions: \$462	20 Sessions: \$273



PERSONAL TRAINING & NUTRITION COMBO

(for members only)

Nutrition and exercise play important roles in weight and body composition. If you are looking to reach a goal, consider with working with a personal trainer and our registered dietician in a combo package below.

Combo Option 1

Five 30 min Personal Training sessions
1 hour nutrition consultation + 30 min follow-up
\$215 members only

Combo Option 2

Ten 30 min Personal Training sessions
1 hour nutrition consultation + two 30 min follow-ups
\$350 members only

Contact Our Wellness Team

Lauren Hanley, Director of Health Integration (x239)
Katrina Ladd, Wellness Director (x238)
Leslie Schofield, Assistant Wellness Director & Group Exercise (x231)
Maggie Lynch, Director of Nutritional Services (x286)
Laura Gilbert, Prevention & Wellness Referral Coordinator (x232)

CPR/SAFETY EDUCATION

BASIC FIRST AID

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. Online Student Handbook Available. **Cost: \$ 55**

Thur., April 18.....	6:00-9:00pm.....	9079
Thur., May 2.....	6:00-9:00pm.....	9080
Thur., May 16.....	6:00-9:00pm.....	9081

CPR/AED FOR THE COMMUNITY - AMERICAN HEART ASSOCIATION

The program is for individual who want or are required to have CPR and AED knowledge and skills. Certification will be American Safety and Health Institute. Online Student Handbook Available **Cost: \$65**

Thur., April 11.....	6:00-9:00pm.....	9085
Thur., May 9.....	6:00-9:00pm.....	9086
Thur., May 23.....	6:00-9:00pm.....	9087

CPR/AED FOR THE PROFESSIONAL - AMERICAN HEART ASSOCIATION

Designed for HEALTHCARE PROVIDERS and FIRST RESPONDERS. This program teaches participants 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. Student handbook and certificate included. **COST: \$75**

Thur., April 25.....	6:00-9:00pm.....	9083
Sun., May 26.....	12:00-3:00pm.....	9084...

AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION 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 passing 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-req swim to sign up for course.

Cost: Member \$129/\$206 Non Member / \$65 Y-Staff
April 20, 2019 9:00-6:00pm 9077

TEEN PROGRAMS

Framingham & Hopkinton

The MetroWest YMCA offers programs for **Teen in grades 6-9.**

- Teen Leaders Club, pg 24
- Teen Trips and Outings, pg 24
- Teens in the Kitchen, pg 22
- T-Nights Saturdays, pg 20
- Teen Workouts, pg 15
- Summer Leadership Programs and job opportunities (click on the Summer Camps tab on our website)

Y-NIGHT FOR TEENS

@ the Framingham Branch

Hang out and make new friends at Y-Night!

This is a Drop In program for students in 5th-8th grade that runs most Saturday Nights during the school year from 7:15-9:45pm. Take a dip in the pool, challenge your friends to a game of basketball, play games, and create art and memories!

New! A well balanced meal will be offered to everyone that attends Y-Night for free. Students will be able to select fresh fruits and vegetables, low fat milk, whole grains, and lean proteins.

The program is free for members of the Framingham YMCA and is \$7 for non-members.

For Questions or more information please contact Ashley Short at ashort@metrowestymca.org

2019 Y-Night Dates:
April 6, 13, and 27
May 4, 11, and 18.

Parents must fill out a one-time registration form for the children to be eligible for Y-Night. Application is available at sign in of the program, and on our website. www.metrowestymca.org Parents must sign out their children each night at parent pick up or have approved individuals listed on their child's Y-Night Application



RED CROSS LIFEGUARD COURSES

Must be 16 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.

Cost: \$283 Member/\$361 Non Member
Lifeguarding Course (must attend all 3 days) -
April 15, 16, 17
9:00am-6:00pm
9076

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs
45 East Street, Hopkinton

Spring 2 Session
April 22-June 15, 2019

ARCHERY

Beginner/Intermediate Archery Youth and Adult

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

Saturdays from 9 – 10AM

No class Memorial Day Weekend May 25th

Members: \$90 | Youth & Teen: \$95 | Non-Members \$180

Registration ID:

Advanced Archery – Youth and Adult

The Advanced Archery class provides an environment in which students will hone in on their form, learn range/competition commands, and learn care of essential gear such as stringing, waxing, & re-fletching. To participate you MUST have instructor approval or schedule an audition with staff (call to arrange).

Saturdays from 10:15 – 11:15AM

No class Memorial Day Weekend May 25th

Members: \$90 | Youth & Teen: \$95 | Non-Members \$180

Registration ID: 8854

SCOUTING PROGRAMS

We offer a variety of programs for scout troops, from adventures on our challenge course to assistance with badge program completion.

Contact Outdoor Education Director Abby Biser for more information or to schedule a program for your Scouts.

(508) 435-9345 x104



EARTH DAY FESTIVITIES

Saturday, April 20 from 10AM-12PM

Members at all levels: FREE | Non-members: \$10

Save the date and visit our events page to get updates on the event!
metrowestymca.org/events

Registration ID: 9101



OPEN CLIMB

Pre-Open Climb Skills Class

Every Friday from April 19 – May 31 from 6:00 – 6:45PM

Are you interested in becoming a better rock climber? Excited to start climbing harder routes? Come join our pre-Open Climb class where you will learn new skills you can then practice during Open Climb. Lessons will include warm up and cool downs, fitness games and climbing techniques.

Members: \$5 | Non-members: \$10

Drop-In Open Climb

Every Friday from 6:30PM – 8:30PM

The indoor climbing gym is open to climbers of all ages, shapes, and sizes. If you can be appropriately harnessed, you may climb! We have lawn games, mini soccer, and gaga ball open for non-climbing family members and climbers who want a break.

Members: FREE! | Non-members: \$10/person or \$20/family

Calling all parents, guardians, and siblings over age 16!! Call to register for a learn-to-belay class so that YOU may learn how to manage the ropes and take charge of your family's life line! \$30 per person for adult belay.



HEALTHY KIDS DAY & CAMP TOUR DAY

Saturday, May 4th

Camp Tour Day – 10am-Noon

Healthy Kids Day – 11am-1:30pm (FREE!)

Kids and Families active and outdoors together is our goal here at the Outdoor Center. Join us for a free national YMCA event that celebrates all things healthy! Make a healthy snack in The Teaching Kitchen, dig in to help prep our Mini-Farm gardens, plant your own seedling, and check out our Ninja Warriors course or Tennis for the first time. No registration needed, just show up and join us!

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs
45 East Street, Hopkinton

COOKING CLASSES

For youth, teens and adults

FAMILY DINNER NIGHTS

Fridays, 5:30-7:00

4/26 Breakfast for Dinner: French Toast Bake, Fruit Compote, and Homefries

5/10 Italian: Stuffed Shells with an Italian Salad

6/7 Family BBQ: Grilled Chicken, Vegetables, and more!
Each evening is designed to offer fun, new recipes for families to enjoy creating and eating together! Participants with food allergies and/or dietary restrictions are encouraged to contact Danielle Allen, Nutrition Coordinator, DAAllen@metrowestymca.org.

All participants must register, parents stay during the program. **\$15/member, \$20/non-member per class.**



COOKS & BOOKS, AGES 4 & 5

Students will learn basic kitchen, cooking, and safety skills creating recipes tied to books read in the kitchen.

This 7 week class will run on

Saturdays from 1:00pm – 2:00pm

\$115 member/\$230 nonmember



KIDS IN THE KITCHEN, AGES 6-10

Each week kids will sharpen their culinary skills by creating delicious dishes while exposing their taste buds to nutritious ingredients.

Wednesdays from 5:00pm – 6:00pm

and on Saturdays from 2:45-4:00pm

7 Week session

\$115 family member / \$121 youth member / \$241 non-member

TEEN'S IN THE KITCHEN, AGES 11-18

This new class is for chefs excited to explore the kitchen! Participants will be learning kitchen safety skills when using knives, stovetops, and ovens while creating delicious dishes.

Thursdays from 6:00pm-7:00pm

\$140/members, \$230/non-members per 7 week program.

COUPLES COOKING

This romantic cooking class will feature decadent recipes to help connect.

Friday May 24, 5:30-7pm will feature Caesar Salad, Chicken Parmesan, & Chocolate Covered Strawberries

Saturday June 1, 5:30-7pm will feature Caprese Salad, Tortellini, and Sautéed Apples

\$50/couple

Childcare provided at an additional \$10/child

For all of the above classes, please contact us prior to registration regarding food allergies or dietary restrictions.

LUNCH BUNCH FOR CHEFS 55+

These simple healthy recipes are perfect for one or two and are designed to be cost effective! Join us for this brand new class. This class will run on **Wednesdays in May from 11:30-12:30**

\$115/members, \$230/non-members per 4 week session.

EATING FOR WEIGHT LOSS OR WEIGHT MAINTENANCE

This class is an introductory class for those interested in learning how to cook healthy meals designed to assist in weight loss. For 18 and older.



5/21 Intro to Meal Prep: You will take home meals prepared during the session. This class will provide basic kitchen skills, weekly planning tools, and recipes curated by a dietitian!

**Tuesday May 21 5:00-7:00pm,
\$55 member/\$70 non-member**

LEARNING GARDEN CLASSES

Starting in March we will be launching two new garden programs: **The Community Garden and Little Gardeners.** We are excited to have received a grant that will enable us to grow our garden even more this spring! The Community Garden will invite members of the community in to help us tend to the garden and grow delicious and fresh food for all to enjoy.

Gather together to learn about planting, watering, and harvesting fresh vegetables to take home!

Children & Families Thursdays 4:30 pm – 5:15

Adults: Thursdays 5:30-6:30

This will be a seven week program.

\$115 members /\$230 non-members



FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs
45 East Street, Hopkinton

COMMUNITY & FAMILY ADVENTURE

Spring 2 Session
April 22-June 16, 2019

LOW IMPACT WALK IN THE WOODS

(Green Level), Sunday, April 28: 11AM-2PM
Members at all levels: \$10 | Non-members \$20
What's been holding you back from getting into the woods? Are you uncomfortable in this setting? Do you think you don't have enough physical ability? Do you need more knowledge? Are you afraid of bugs? This walk in the woods is designed for young adults and adults who have always wanted to try a hike but just haven't believed they could...until now! Join Outdoor Ed Director Abby Biser for a low impact, leisurely walk in the woods. Begin to learn your boundaries and ways to stay safe. We will be walking on a series of short trails connected to a main campus so there will always be easy access and egress. Come on out! What are you waiting for?
Registration ID: 8993

TEEN/ADULT HIKE

**(Yellow Level - off site)
Saturday, May 4: 11:30 - 5PM**
Members: \$15 | Teen Members: \$16 | Non-members \$32
Hike with teens and adults ready for more of a challenge than the trails around Hopkinton & Ashland. Come with us to trails close by for a day hike. Yellow Level hikes will begin to challenge your mind and body without planning for an overnight and without much strain.
Registration ID: 8994

COMMUNITY ARCHERY

**Saturday, May 11
with 12PM and 1:30PM Time Slots**
Members at all levels: FREE | Non-members: \$10
Adults and children ages 7 and older may join us for an afternoon of archery! You will be introduced to the basics of bows, arrows, shooting, and archery etiquette and then engage in some target practice.
Registration ID: 9092 (12:00) & 9093 (1:30)

COMMUNITY CAMPOUT

Saturday - Sunday, May 18-19: 4PM - 10AM
Individual Members at all levels: \$45 | Member Families: \$75 | Non-member Individuals: \$60 | Non-member Families: \$100
Call for Individual Pricing
Whether new to tenting, or old pros, join us for a community event like no other. If you are new to camping, we will teach you how to set up a tent, how to start a fire, and how to cook in a Dutch oven. If you have your camping down to a science, use your expertise to teach others! And, of course, we'll be playing camp games all night - Bocce, cards, maybe even some music. All food, games, and fire supplies are provided. Very limited supplies of tents are available through us (call for details);

bringing your own tent, sleeping bag, and rain gear is strongly recommended.
Registration ID: 9095

COMMUNITY BOATING

Sunday, June 2 with 10AM, 11:30, & 1:00 PM Time Slots
Members at all levels: FREE | Non-member Individuals: \$15 | Non-member Families \$30
Are you looking to get out on the water but don't own enough canoes for the whole family? Maybe you have always wanted to try but never quite got around to it? Maybe you heard about the animals in the cove, or the mermaids at mermaid rock? Join us as we teach you the basics of paddling. There will be a lifeguard on duty and a rescue trained staff. All participants will wear life jackets (provided for ages 3 and up).
Registration ID: 9096 (10:00), 9097 (11:30), & 9098 (1:00)

COMMUNITY CLIMB DAY

Saturday, June 8 from 12:30 PM - 4PM
Members at all levels: FREE | Non-member Individuals: \$20 | Non-member Families \$40
Join us at our outdoor ropes course and see how high you can climb! A variety of our high elements will be open to try, including the Zip Zap, Islands in the Sky, Climbing Tower and several others! Registration is required so that we can ensure we have the appropriate amount of staff available to support you.
Registration ID: 9099

INTRO TO MEDITATION & MINDFULNESS

Monday, April 22nd from 6PM - 7:30 PM
Teens & Adults ages 15+
Member: \$10 | Youth & Teen: \$12 | Non-Member \$20
Enjoy an evening of relaxation to de-stress the mind and body. Increasingly, the benefits of the ancient practices of meditation and mindfulness are being substantiated by modern science. In this class we will explore a sampling of meditations and breathing techniques aimed to ground your emotions, center the mind, and increase your awareness of yourself and your environment. You will be supplied with effective tools to add to your daily routine to help you to live your best life in today's fast paced world. Please bring your own mat.
Registration ID: 9100

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs
45 East Street, Hopkinton

TEEN PROGRAMS

LEADERS CLUB, GRADES 9-12

Thursday's 6:30 - 8:00 pm

Leaders is a nationwide YMCA program that teach teens leadership skills through community service, volunteerism, and personal growth. Teens have the opportunity to create strong and positive relationships, make connections in their community, and meet other teens across the New England Area. Jr. Leaders for grades 6-8. Leaders clubs for grades 9-12. Open to all teens in the MetroWest community.

The cost of these clubs are FREE FOR ALL! Weekly meetings are held at the Family Outdoor Center in Hopkinton, MA

TEEN TRIPS

Grades 6-8

April 17 & 18

8:30am-4:00pm

Join us for an adventurous field trip during April Vacation Week! On Wednesday, 4/18 we will travel to Boda Borg for a few hours of challenge and fun! On Thursday, 4/19 we will visit Urban Air in Bellingham and participate in the fun they have to offer! Bring your friends and enjoy a day of adventure and laughter!

\$77 family member / \$81 youth and teen member / \$112 non-members per day

TEEN'S IN THE KITCHEN, AGES 11-18

Thursdays from 6:00pm-7:00pm

This new class is for chefs excited to explore the kitchen! Participants will be learning kitchen safety skills when using knives, stovetops, and ovens while creating delicious dishes.

\$140/members, \$230/non-members per 7 week program.

ACTIVE ADVENTURERS

Friday, April 19

8:30am-4:00pm

For students ages 11 and up

Get active in the outdoors during April vacation. Any number of adventures may come our way: building shelters, outdoor cooking, fishing, hiking, survival skills, canoeing, or any number of other activities!

Members \$65 / Non-members \$90

Registration ID: 9102

AM and PM care available for both camps with our Traditional Vacation Camps

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.



Each session, families are encouraged to attend activities designed to foster positive relationships and support their youth's development. Families are encouraged to communicate with the staff about their youth's progress in the program. Every session, High Flight participants develop a sense of responsibility and connection to their community by taking part in a service project such as trail maintenance, conservation initiatives, recycling and other volunteer efforts.

How Do I Participate?

Youth and teens ages 12-17 are referred to the program through school counselors, social service agency or community organizations.

General Info

High Flight runs three 10-week sessions during the school year where the group meets twice a week from 4pm-6pm after school and 10am-4pm every other Saturday.

Each 10 week session includes an 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 tiered 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. **Our spring session runs March 26-June 5. Please contact Jen Curtis by March 26 to sign up.**

For more info contact:

Jen Curtis

HighFlight Director

MetroWest YMCA Family Outdoor Center

45 East Street, Hopkinton, MA 01748

508-435-9345 x106 www.metrowestymca.org

jcurtis@metrowestymca.org

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs

45 East Street, Hopkinton



SPORT CLASSES



For youth, teens and adults

NINJA WARRIORS

AGES 6 TO 10 YEARS OLD

Beginner level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness. Classes begin week 2 of Spring session; one week later

Tuesdays..... 5:10-5:50pm.

Tuesdays..... 5:45-6:25pm

Saturdays..... 12pm - 12:50pm

Saturdays..... 1pm - 1:50pm

Members: \$70 | Youth & Teen: \$72 | Non-Members \$144

LITTLE WARRIORS, Ages 3-5

Like the older warriors, our little ones will tackle unique and creative challenges on our obstacle course that work their body and encourage their growth. Classes begin week 2 of Spring session; one week later

Monday..... 9:45-10:15am

Monday..... 10:20-10:50am

Friday..... 9:45-10:15am

Friday..... 10:20-10:50am

SPORTS LEAGUES

Saturday AM Sports Leagues at Hopkinton Family Outdoor Center

Family Member \$74/Youth \$77 /Non-members: \$144

Munchkins Soccer Ages 4-6

Saturday..... 9:15 - 10:15am..... 9.178

Little Sox T-Ball Ages 4-6

Saturday..... 10:20 - 11:20am..... 9.179

Kwik Kicks Soccer Clinic Ages 7-10

Saturday..... 11:30am - 12:30pm..... 9.180

VOLUNTEER COACHES NEEDED

All Teams are coached by parent volunteers. Parents interested in volunteering to coach a team should contact Brendan Tuma by email at btuma@metrowestymca.org

TENNIS: Beginner Red Ball

Ages 5 to 9 years old

Utilizing the USTA Net Generation curriculum, players will be using a 36' court and specialized Red foam balls. Basic stroke shape will be introduced along with proper movement and recovery. Students will focus on receiving and sending the ball as well as developing overall agility. Players will work together in cooperative activities and be introduced to competitive situations using skill based tasks performed in teams. Students will learn competition and the basics of scoring. Instruction is indoors in our gymnasium unless weather permits play on our outdoor courts.

Wednesdays 5:10 - 6:00pm

Members: \$85 | Youth & Teen: \$88 | Non-Members \$176

TENNIS: Intermediate Orange Ball

Ages 6 to 10 years old

Following the USTA Net Generation curriculum, players will be introduced to a 60' court and the Orange ball. Student will focus on developing correct swing patterns. Consistency and footwork are emphasized. The concept of spinning the ball will be introduced. Students will develop further skills in match format and scoring. Instruction is indoors in our gymnasium unless weather permits play on our outdoor courts.

Wednesdays 6:05pm - 6:55pm

Members: \$85 | Youth & Teen: \$88 | Non-Members \$176

PILATES, AGES 14+

Controlled movements focusing on the core muscles to increase total body strength and flexibility. Pilates can be standing and floor exercises. Please be sure to bring your own mat. This class will be held in Hayes Lodge at the Family Outdoor Center.(8 week class)

Saturdays from..... 8:30am - 9:30am.

Member: \$68 | Youth & Teen: \$70 | Non-Member \$140

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 Course (May and October)
- Monthly Family Events
- Member rates for quarterly family events
- Junior and Senior Leaders Club
- 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. 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

2 HOUR LIMIT PER SHIFT

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 - 1:15 pm
Evenings	Monday through Thursday 4:00 - 8:00 pm Friday evenings 4:00 - 7:00 pm
Saturdays	8:00 am-1:00 pm
Sundays	8:00 am- 12:00 pm

Fees Free for MetroWest YMCA Family members!
Adult Members \$3/child/day



ONLINE REGISTRATION

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

FACILITY INFORMATION

FAMILY OUTDOOR CENTER

- 122 wooded acres
- Two outdoor pools
- Outdoor basketball court
- Outdoor tennis courts
- Picnic pavilions and playing fields
- Extensive Challenge Course
- Multi-purpose buildings for rentals and group meetings including: Hayes Lodge, Rec Lodge and the Annex
- 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, Espresso 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 Sauna
- Youth & Family Rooms



NATIONWIDE MEMBERSHIP

Member only benefit! Your valid MetroWest YMCA membership can be used to access any YMCA membership facility in the United States.

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 SPRING 2 2019 CLASSES.

- Registration will begin at 6 am on April 10. Walk-in registration is first come, first served.
- Please set up your online account prior to April 10. If you need assistance with your online account, please contact member service between 9 am and 5 pm at (508) 879-4420 ext 0.
- It is very important that you do not log in to 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.
- Please make sure that your membership is active and current. In the case of annual memberships, please be certain that your membership does not end before the last day of the class or program for which you are registering.
- Registrations are accepted on line or in person. We are not able to accept phone registrations. If you need assistance with your on line registration, please call us at (508) 879-4420 ext 0.



280 Old Connecticut Path
 Framingham, MA 01701
 508-879-4420
 CHANGE SERVICE REQUESTED

Non-Profit Org.
 US Postage
 PAID
 Permit #13
 Framingham

POSTMASTER-PLEASE DELIVER BY MARCH 29

MetroWest YMCA Staff
 We're here to serve you!

Please contact us if you have any questions or require assistance.
 Visit us on the web at www.metrowestymca.org

Framingham Branch Staff 508-879-4420

Branch Executive Director (x245)	Lisa Mandozzi
Membership Experience Director (x223)	Ashley Short
Director of Health Integration (x239)	Lauren Hanley
Wellness Director (x238)	Katrina Ladd
Prevention & Wellness Referral Coordinator (x232)	Laura Gilbert
Director of Nutritional Services (x286)	Maggie Lynch
Senior Program Director (x290)	Jean Hart
Aquatics Director (x235)	Ashley Phoenix
Gymnastics & Dance Director (x285)	Taylor Loesch
Sports Director (x230)	Brendan Tuma
Director of Family Engagement (x281)	Jen Hyman
Business Manager (x271)	Aura Hernandez

Family Outdoor Center Staff 508-435-9345

Branch Executive Director (x105)	Scott Umbel
Business Manager & Registrar (x110)	Matt Donato
Camp and Teen Director (x101)	Kelley Ratcliffe
Challenge Course Manager (x107)	Emerson Badessa
Adventure & Outdoor Ed Director (x104)	Abby Biser
High Flight Director (x106)	Jen Curtis
School's Out Hopk & Nutrition Director (x114)	Danielle Allen

Early Education & School's Out Program Staff

Executive Director of Education (x266)	Heidi Kaufman
Early Learning Center Director (x251)	Lolly Butz
School's Out Director (508) 435-9345 (x115)	Tricia Mansfield
Director of Family Services (x246)	Kathleen Glennon
Education Billing Coordinator (x268)	Arlete Wilson

Association Staff 508-879-4420

President & CEO (x227)	Rick MacPherson
Chief Operating Officer (x220)	Jeanne Sherlock
Chief Financial Officer (x221)	Sean McGourty
Chief Development Officer (x270)	Peter Waisgerber
Building & Grounds Director (x233)	Dave Byrne
Human Resource Director (x224)	Joya Casey
Director of Annual Giving (x253)	Amy Miller
Marketing Director (x255)	Carolyn Lister

Spring 2 2019 Session
April 22-June 16 2019
Important Dates

April 10	Spring 2 Member Online & Walk in Registration begins at 6 am
April 14	Spring 1 session ends
April 15	Spring 2 Nonmember Walk in Registration begins
April 15	Patriot's Day- YMCA open
April 16-19	School vacation; YMCA vacation program for ages 3-16
April 21	Easter Holiday, YMCA Closed
April 22	Spring 2 Session begins
April 27	Healthy Kids Day, 2-4pm Framingham Branch
May 4	Camp Tour Day / Healthy Kids Day & Open House 10am-12pm: Family Outdoor Center
May 27	Memorial Day- YMCA closed
May 29	Summer Session Member Registration begins at 6 am
June 3	Summer Session Nonmember Registration begins
June 15	Swim Clubs open at Clearbrook and Family Outdoor Center
June 16	Spring 2 session ends
June 24	Summer Session begins

GIVING TODAY

METROWEST YMCA ANNUAL CAMPAIGN

The MetroWest YMCA is a 501(c)3 charitable organization. Donate today online at metrowestymca.org/giving or at the Member Service Desk Thank you in advance!

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXCITING EXPANSION IS ON ITS WAY!



A vision for Framingham.

METROWEST YMCA

SPRING 1 PROGRAM & MEMBERSHIP GUIDE

REGISTRATION DATES:

Members Only: Wed, February 13, 2019

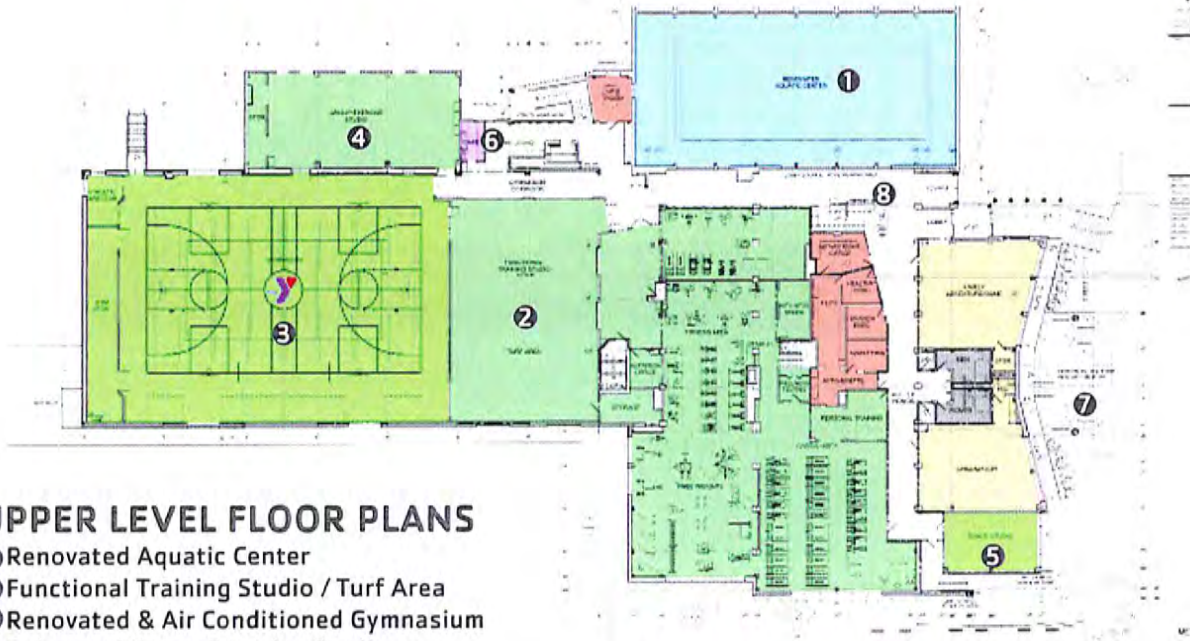
Online and Walk in starts at 6 AM

Non-Members: Mon, February 18, 2019

SESSION DATES:

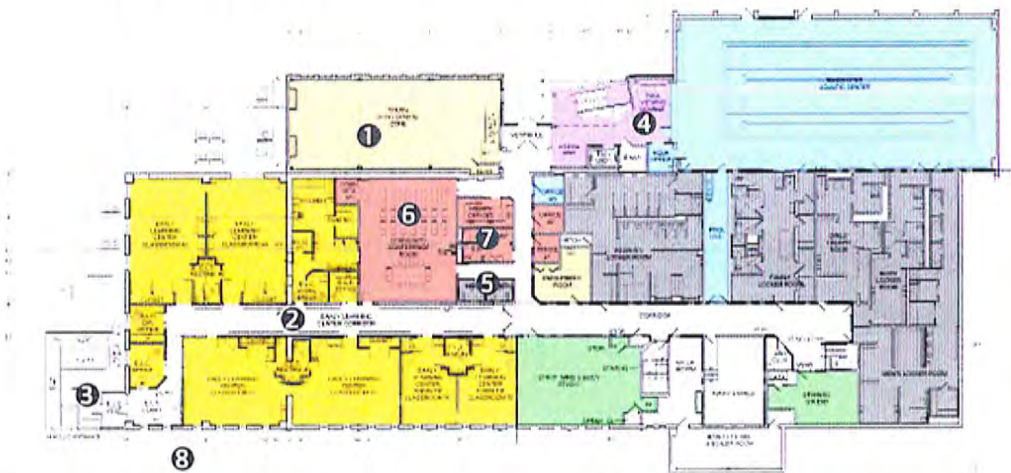
February 25–April 14, 2019

EXCITING EXPANSION IS ON ITS WAY!



UPPER LEVEL FLOOR PLANS

- ① Renovated Aquatic Center
- ② Functional Training Studio / Turf Area
- ③ Renovated & Air Conditioned Gymnasium
- ④ Relocated Group Exercise Studio
- ⑤ Dance Studio
- ⑥ Cafe & Lounge Area
- ⑦ New Front Walkway & Pick Up/ Drop Off
- ⑧ Renovated Lobby & Lounge Area



LOWER LEVEL FLOOR PLANS

- ① Youth Development Zone
- ② Expanded & Renovated Early Learning Center
- ③ Dedicated Entrance for Early Learning Center
- ④ Pool Viewing Lounge
- ⑤ Additional Restrooms
- ⑥ Community Conference Room
- ⑦ Camp Infirmary
- ⑧ Additional Parking

LOWER LEVEL FLOOR PLAN





A REVITALIZED YMCA IN FRAMINGHAM

The Heart of the Community Campaign will help us expand and transform the MetroWest YMCA in Framingham to ensure the facility reflects the quality of programs and offers an environment the community needs to thrive.

Planned renovations and expansions will create a modern, vibrant gathering place for all, providing wellness, recreation, youth development and chronic disease prevention.



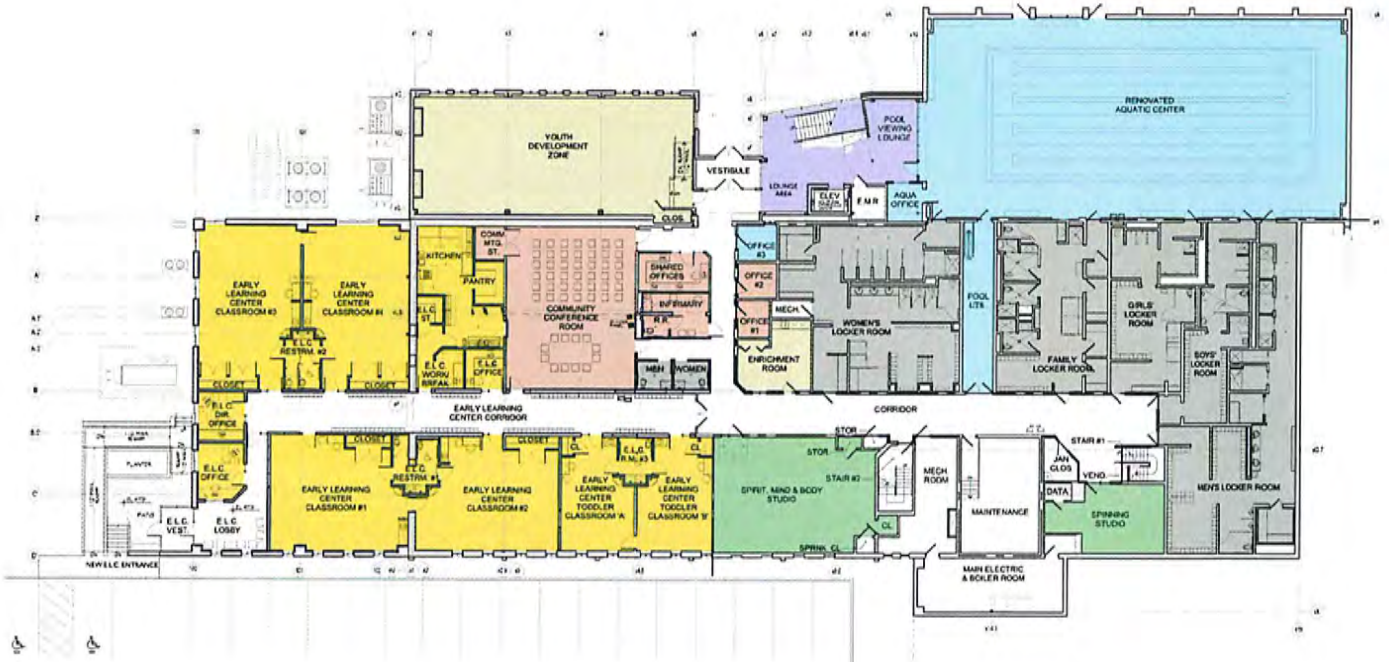
FACILITY IMPROVEMENTS

- Complete renovation of Early Learning Center with addition of new classroom
- New turf and functional training wellness area
- Total renovation of pool, deck, system and pool mechanicals
- Creation of a kitchen to provide healthy meals through Y's food insecurity programs
- Completely renovated gymnasium
- New group exercise studio for LIVESTRONG, Parkinson's Wellness and Senior Falls Prevention programs
- Enhance accessibility at entrance
- Addition of Community gathering spaces
- Enhanced space for Teen Nights
- Addition of School's Out-After School Program Center
- Café with nutritious options

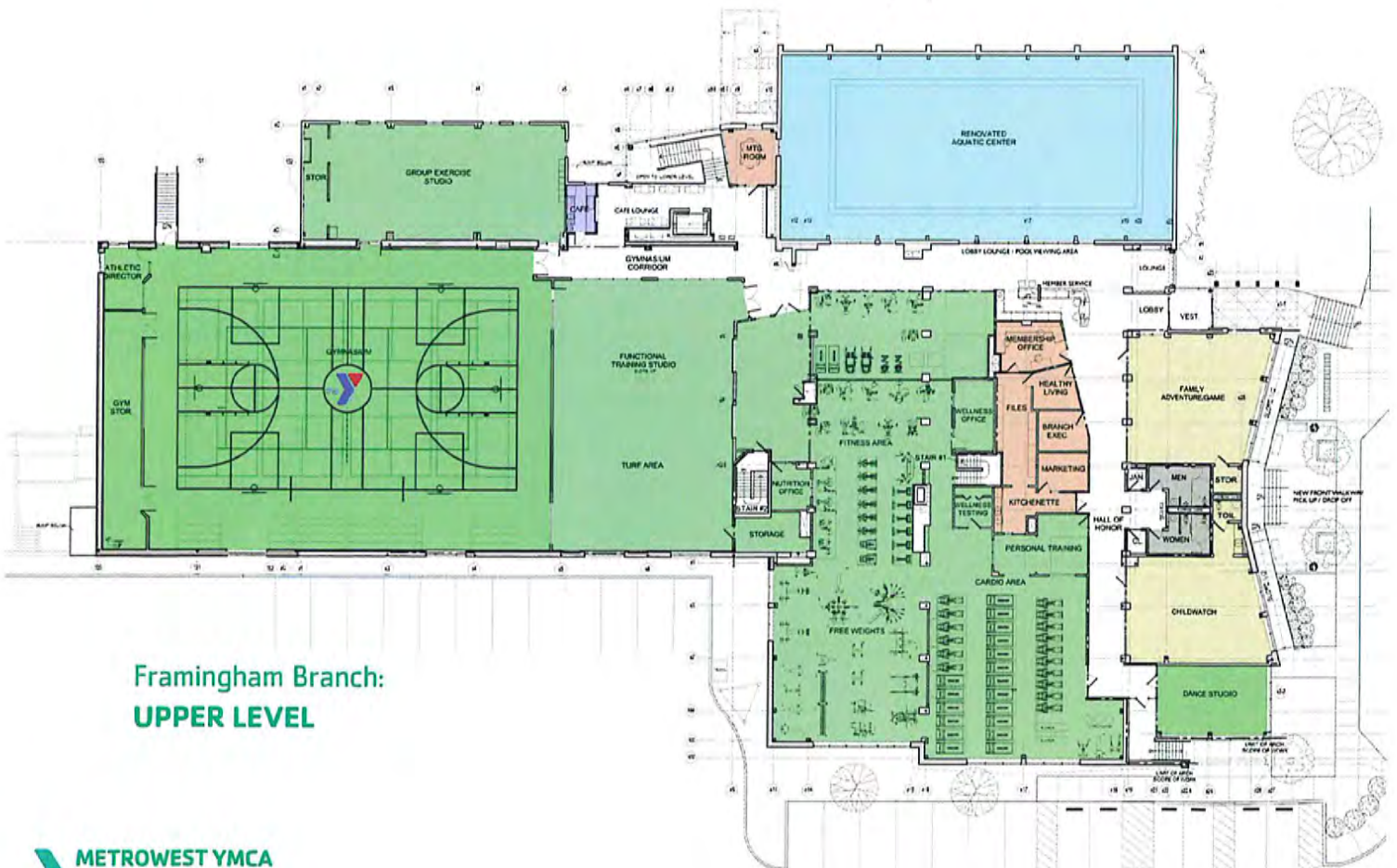
COMMUNITY IMPACT

- Children in our Early Learning Center will receive the critical early learning skills to succeed in school.
- Adults of all ages and abilities will be supported in their pursuit of a healthy lifestyle and chronic disease prevention.
- Children will be provided a nurturing, safe environment to develop life skills, self-confidence and improve academic success.
- Neighbors, members, and program participants will build relationships in our welcoming, social gathering space.
- Seniors will have more opportunities to stay physically and socially active, increasing their independence and quality of life.
- Families will have more opportunities for fun and recreation in the water, encouraging quality time together.

TOTAL PROJECT COST: \$8,000,000



Framingham Branch:
LOWER LEVEL



Framingham Branch:
UPPER LEVEL



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Addendum H

Qualification

Qualification:

This Proposal and compliance with the Request for Proposals is subject to the execution of a mutually acceptable contract compliant with the terms of this Proposal and the Request for Proposals and the receipt of any and all reasonable approvals acceptable to the MetroWest YMCA from the Town of Sudbury for the management of Camp Sewataro to as set forth herein.