SAY HELLO TO SUMMER!

2016 Summer Program Guide
June 20 – August 28, 2016
YMCA OF CENTRAL MASSACHUSETTS
BOROUGHS FAMILY BRANCH

#ComeHangWithUs! Leave your mark on our Donor Recognition Wall to honor our Members’ generous contributions to the 150th Anniversary Capital Campaign.
About the Boroughs YMCA

Boroughs Family Branch began its operations in 1983 in a small branch office running all of its programs without a facility. Swim programs were run at local hotel pools and child care programs were run out of leased church space and store fronts. The Boroughs Branch, during this time to the present, has provided services and programs throughout a nine town area including: Berlin, Grafton, Hudson, Marlborough, Northborough, Shrewsbury, Southborough, Upton, and Westborough.

Our Mission

The YMCA of Central Massachusetts is an association united in a common goal to strengthen our communities and to develop the spirit, mind and body of all persons, regardless of means, through activities guided by and based upon our core values of caring, honesty, respect and responsibility.

Our Cause

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That’s why, at the Y, strengthening community is our cause.

Our Impact

Every day our impact is felt when a teen makes a healthy choice, when a mentor inspires a child and when our community comes together for the common good.

Our Areas of Focus

We strengthen the foundations of our community through:

Youth Development...nurturing the potential in every child.

Healthy Living...improving the nation’s health and well-being.

Social Responsibility...giving back and providing support to our neighbors.

The YMCA of Central Massachusetts appreciates and supports the dignity and worth of all members of our community. We will nurture an environment that reflects, respects and celebrates our differences and embraces the richness of our diversity.

HOURS OF OPERATION

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*Memorial Day Weekend through Labor Day Weekend:

Saturday 7:00 AM-7:00 PM

CHILD WATCH HOURS (AGES 6MO-5+)

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*Infant Care (3-5mo)

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KID ZONE HOURS (AGES 6-12)

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CLOSINGS

July 4th YMCA CLOSED

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AQUATICS

Preschool Swim Lessons – (Ages 3–5)

*Child must turn 3 within 30 days of session start date
Just pick your day and time that works best for you! During the first lesson children will be swim tested and divided into one of the following groups: Beginner (Pike), Advanced Beginner (Eel), and Intermediate/Advanced (Ray/Starfish). All lessons are 30 minutes.

Monday 9:35am 10:45am 4:05pm 5:15pm
Tuesday 9:35am 10:45 am 4:05pm 5:50pm
Wednesday 4:05pm 5:50pm
Thursday 9:35am 10:45am 4:05pm 5:50pm
Saturday 9:05am 10:15am 11:35am
Sunday 11:35am 12:45pm

Family Members: $70
Preschool Members: $87
Non-Members: $150

Youth Swim Lessons – (Ages 6–12)

*Child must turn 6 within 30 days of session start date
Just pick your day and time Monday through Sunday for these youth swim lessons! During the first lesson children will be swim tested and placed in one of the following groups: Beginner (Polliwog), Advanced/Beginner (Guppy) and Intermediate (Minnow/Fish). All lessons are 30 minutes.

Monday 9:00am 10:10am 3:30 pm 4:40pm
Tuesday 9:00am 10:10am 3:30pm 4:40pm 5:15pm 6:30pm
Wednesday 4:40pm 5:15pm 6:30pm
Thursday 9:00am 10:10am 3:30pm 4:40pm 5:15pm 6:30pm
Saturday 8:30am 9:40am 11:00am
Sunday 11:00am 12:10pm

Family Members: $25
Preschool Members: $87
Non-Members: $150

** We strongly recommend that all youth swimmers that are Fish level and above, should register for a Porpoise Club swim group**
## Porpoise Club
Program for swimmers to refine the four competitive strokes, and build on strength and endurance. Your child will also learn to refine flip turns, dives and fundamentals of competitive swimming while building self-confidence. All swimmers must be FISH level to join. Class meets once a week, for 45 minutes.

**Junior Group (Ages 7-11)**
- Tuesday: 11:15am
- Tuesday: 7:00pm
- Thursday: 7:00pm
- Friday: 4:15pm

**Senior Group (Ages 11-15)**
- Wednesday: 7:00pm
- Friday: 5:00pm

**Jr/Sr Combo (Ages 7-15)**
- Saturday: 12:15pm

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## Parent & Child (Ages 6mo-3 years)
The goal is to build confidence and comfort ability for young children in the water, develop basic safety and mobility skills.

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## S.O.A.R Beginner (Ages 6-12)
Swim lessons for children with mild to moderate special needs. Classes offer a smaller student-to-instructor ratio, as well as high-energy structured activities to help keep children safe and focused while learning how to swim.

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## Parent & Pike Swim Lessons (Ages 2-5)
Children learn beginner safety and mobility skills in a relaxed environment with their parent. This transitional class prepares children for our preschool swimming program.

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<td>Preschool Members:</td>
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## S.O.A.R Advanced Beginner/Intermediate (Ages 6-12)
Swim lessons for children with mild to moderate special needs. Classes offer a smaller student-to-instructor ratio, as well as high-energy structured activities to help keep children safe and focused while learning how to swim. Must be able to swim independently.

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<td>Wednesday</td>
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<td>Non Members:</td>
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## AQUATICS

### Teen Beginner (Ages 13–17)
For teens that have little or no swimming experience. Introduces basic skills, such as floating and kicking, as well as front and back crawl strokes.

- **Monday**: 5:50pm
- Family Members: $70
- Teen Members: $87
- Non Members: $150

### Adult Beginner
For individuals who are comfortable in shallow water. Goal is to build confidence and increase comfort level, as well as learn basic skills and strokes.

- Monday: 6:30pm
- Friday: 5:15pm
- Saturday: 12:10pm
- Members: $70
- Non Members: $150

### Teen Intermediate (Ages 13–17)
For teens that can swim at least 25 yards front and back crawl and would like to work on stroke development and building endurance.

- **Monday**: 6:30pm
- Family Members: $70
- Teen Members: $87
- Non Members: $150

### Adult Intermediate
For individuals who are able to swim the length of the pool (25 yards) non-stop but need to work on stroke development and building endurance.

- Monday: 5:50pm
- Friday: 4:40pm
- Members: $70
- Non Members: $150

### Women’s Only Beginner
For women who have little to no swimming experience. The goal is to build confidence, increase comfort level, and introduce basic skills. Please note the instructor of the class is female, however the pool is open for use by all members, male and female, while class is occurring.

- Monday: 6:30pm
- Thursday: 11:15am
- Members: $70
- Non Members: $150

### PRIVATE SWIM LESSONS
Private Swim Lessons are available for those of all ages & abilities who are looking for individualized instruction. Each class runs 30 minutes. To request lessons, please ask the Welcome Center about our new booking system. Lessons are subject to instructor availability.

#### Private Lessons
<table>
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<tr>
<th>Duration</th>
<th>Price</th>
<th>Group</th>
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<tr>
<td>1/2 hour</td>
<td>$40</td>
<td>Family Member</td>
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<td>1/2 hour</td>
<td>$45</td>
<td>Preschool/Youth Member</td>
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<td>1/2 hour</td>
<td>$50</td>
<td>Non-Member</td>
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<tr>
<td>(5) 1/2 hour bundle</td>
<td>$180</td>
<td>Family Members ONLY</td>
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#### Semi-Private Lessons (Price Includes two participants)
<table>
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<tr>
<th>Duration</th>
<th>Price</th>
<th>Group</th>
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<tr>
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<td>$57</td>
<td>Family Member</td>
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<tr>
<td>1/2 hour</td>
<td>$62</td>
<td>Preschool/Youth Member</td>
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<tr>
<td>1/2 hour</td>
<td>$67</td>
<td>Non-Member</td>
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2016 SUMMER CAMPS!

Sunshine Kids Camp (Ages 3-5)
Activities will include swimming, splash pad, daily themes, sports, running games, Nature Adventure Zone fun, snack and story, crafts and more! 1:5 counselor to camper ratio. **Sunshine Kids Camp is a 5 day camp.**

Pack List: Campers should dress comfortably and pack a smile, a light lunch, swim suit, towel and a change of clothes for just in case.

- Family Members: $275
- Preschool Members: $315
- Non-Members: $350

8:30am – 4:30pm

*Extended Play option, 8:30am – 4:00pm is available at no additional cost!

Camp Boroughs (Ages 6-11)
Camp Boroughs is our traditional full day summer camp. Guaranteed to keep your child happy, safe and active during the hot summer days! Our action packed schedule includes, Swimming, Sports, Arts and Crafts, Team Games, Archery (7+), STEM, Water Games and more!

- Family Members: $205
- Youth Members: $230
- Non-Members: $275

9:00am-4:00pm

*Extended Care Option 7:30am – 6:00pm $15.00/Day

Teen EXCEL Camp (Ages 12-14)
Borough’s first ever camp made for teens, by teens. Excel Camp will include 1 field trip a week as well as teen-geared activities on the days you don’t go on trips and a service project every week.

- Family Members: $220
- Youth Members: $245
- Non-Members: $299

Counselor in Training Program (Entering High-School)
Interested in becoming a camp counselor in the future? Get your start with our Counselor in Training Program!

During each 4-week session, all participants will learn what it takes to become a counselor. They will learn camp games, help campers, as well as participate in CIT group projects.

*Session 1 starts June 27th
*Session 2 starts July 25th

Family Members: $360/4-Weeks
Non-Members: $420/4-Weeks

Sports Camp (NEW) Ages 8-11
Is your child crazy about sports? Then this is the camp for them! It combines the best of the world of sports and the world of camp. There will be an emphasis on the classic team sport like basketball, soccer and flag football, as well as playground sports like kickball and dodge ball. All while still enjoying a swim period and other camp activates rock wall and archery.

- Family Member $205/week
- Youth Member $230/Week
- Non-Member $275/Week

Transportation Options!
Pick Up and Drop Off $35/week

Southborough– Town Center Plaza
Pick Up 8:00–8:05am
Drop Off 5:25–5:30pm

Marlborough– Post Road Plaza
Pick Up 8:15–8:20am
Drop Off 5:05–5:10pm

Northborough– Post Road Marketplace
Pick Up 8:30–8:35am
Drop Off 4:45–4:50pm

For more information or questions, please contact:

Patrick Rosendale  (Adventure/Boroughs/Teen & CIT Camps) @ 508-870-1320 ext. 235 or prosendale@ymcaofcm.org

Christie D'Amico (Sunshine Kids Camp) @ 508-870-1320 ext. 220 or cdamio@ymcaofcm.org

BOROUGHS FAMILY BRANCH  508.870.1320.  www.ymcaofcm.org
YOUTH DEVELOPMENT

T-Ball (Ages 4–6)
Play Ball! Class will focus on team game time. Week 1 and 2 will feature skills and drills, then its fame time! Apply and improve skills gained while working together to develop teamwork and sportsmanship.

Tuesdays 6:00-7:00pm

(2) FIVE WEEK MINI SESSIONS
June 21-July 19
July 26-Aug. 23

Family Members: $40
Preschool/Youth Members $60
Non-Members: $80

Basketball Skills
(Ages 5–7)
Learn the basics of basketball through practice and teamwork.
Saturday 10:00-11:00am

(2) FIVE WEEK MINI SESSIONS
June 25-July 23
July 30-Aug. 27

Family Members: $40
Preschool/Youth: $60
Non Members: $80

Soccer Skills
(Ages 4–5)
America’s favorite sport! Top off your summer playing soccer—offense, defense and transitions, Focus will be on teamwork. Develop skills, build endurance and play lots of games!

Thursdays 6:00-7:00pm

(2) FIVE WEEK MINI SESSIONS
June 23-July 21
July 28-Aug. 25

Family Members: $40
Preschool/Youth Members: $60
Non-Members: $80

Junior Strength
(Ages 10–13)
The combination of total body strength training and aerobic conditioning is designed to improve overall strength and keep kids moving. Participants will learn to effectively use a variety of training tools including the BOSU® ball, stability ball, medicine ball, dumbbells and bands to get and stay in shape. In addition to just plain fun, it is great conditioning for sports to help prevent injury!

Monday 5:30pm

Members: $80
Non-Members: $110
ROCK CLIMBING

Safety/Belay Certification Class (Ages 5+)
This class is required prior to climbing on the rockwall or taking any of our rockwall classes. (Except the youth beginner class) Visit the welcome center for details/sign up. Classes offered weekly!

Monday 6:30-8:30pm
Wednesday 5:00-7:00pm
Saturday 9:00-11:00am

Family Members: $17
Youth/Preschool Members: $22
Non-Members: $32

Youth Beginner Rock Climbing (Ages 5–12)
In this class you will learn the fundamental skills of rock climbing. Focusing on safety as well as performance, this class includes climbing games, training and technique. **You do NOT need to take safety & belay certification prior to taking this class**

Tuesday 5:00-5:45pm (5–8 yrs)
Thursday 4:00-4:45pm (5–8 yrs)
Thursday 5:00-5:45pm (9–12 yrs)

Family Members: $80
Youth Members: $100
Non-Members: $120

Youth Intermediate Rock Climbing (Ages 5–12)
This class is designed for those who have passed the Beginner Class and would like to expand their rock climbing knowledge as well as improve on climbing techniques such as smearing and traversing. If the Beginner Class has not been completed, approval by the instructor is required prior to registering.

Tuesday 7:00-7:45pm
Thursday 6:00-6:45pm

Family Members: $80
Youth Members: $100
Non-Members: $120

Youth Intermediate Rock Climbing (Ages 5–12)
This class is designed for those who have passed the Beginner Class and would like to expand their rock climbing knowledge as well as improve on climbing techniques such as smearing and traversing. If the Beginner Class has not been completed, approval by the instructor is required prior to registering.

Tuesday 7:00-7:45pm
Thursday 6:00-6:45pm

Family Members: $80
Youth Members: $100
Non-Members: $120

S.O.A.R I Rock Climbing (Ages 5–12)
This class will allow those individuals to learn the safety and belay component on their own time and within a smaller class. Once the safety and belay portion has been completed, participants will be able to use the remainder of the week to learn and have fun climbing!

Sunday 2:15pm-3:00pm

Family Members: $80
Youth Members: $100
Non-Members: $120

S.O.A.R II Rock Climbing (Ages 5–12)
This class will allow those who have already passed the safety and belay class from S.O.A.R beginner, to expand their rock wall experience. Each week will focus on enhancing the participants climbing skills.

Friday 3:00pm-3:45pm

Family Members: $80
Youth Members: $100
Non-Members: $120

Youth Advanced Rock Climbing (Ages 5–12)
The next level after completion of Intermediate climbing class, which includes various extreme challenges and extensive training on the boulder.

Wednesday 7:00-7:45pm

Family Members: $80
Youth Members: $100
Non-Members: $120

12+ Competitive Climbing
This class is designed for those who have climbing experience and are up for a challenge. Each class will give the climber the opportunity to rack up points during speed climbs, and various other climbing challenges, in hopes of becoming the MVC (Most Valuable Climber). Not quite 12, but think you have what it takes? Those under age 12 will need to be recommended by an instructor in order to take this class.

Friday 6:15-7:00pm

Family Members: $80
Youth Members: $100
Non-Members: $120
**KARATE**

**All Karate Classes begin the week of 6/27 and end the week of 8/22**

**Little Dragons Karate (Ages 2.9–5)**
The Little Dragons class works predominantly on life and safety skills while incorporating the most basic martial arts skills, including balance and coordination. The program also focuses on cooperation, team work, and respect.

Monday: 10:30am - 6:00pm
Tuesday: 10:30AM
Wednesday: 10:30am
Friday: 5:30pm
Saturday: 9:00am

Family Members: $60
Youth Members: $75
Non-Members: $100

**S.O.A.R. Karate (Ages 4–7)**
Beginner karate class for children with mild to moderate special needs. Smaller class size will allow children to focus on basic martial arts skills including balance and coordination.

Saturday: 11:30–11:55am

Family Members: $42
Youth Members: $54
Non-Members: $65

**Tiny Tigers Karate (Ages 6–8)**
Combines the best philosophies and training concepts from a variety of other martial arts styles into a functional system. It instills and reinforces the basic core values of respect, courtesy and politeness. Developing skills and building character are achieved as agility, power, and quickness are improved with the practice of drills.

Monday: 6:30pm
Friday: 6:00pm
Saturday: 9:30am

Family Members: $81
Youth Members: $102
Non-Members: $142

**Junior/Teen/Adult Karate**
This art combines the best philosophies and training concepts from a variety of other martial arts styles into a functional system. It instills and reinforces the basic core values of respect, courtesy and politeness. Developing skills and building character are achieved as agility, power, and quickness are improved with the practice of drills.

Friday: 7:00–7:55pm
(White to Orange Belts)
Friday: 7:30–8:25pm
(Blue Belts & Up)
Monday: 7:30–8:25pm
(All ranks)
Saturday: 10:30–11:25am
(All ranks)

Family Members: $81
Youth Members: $102
Non-Members: $142
Welcome to Health & Wellness! As a member of the Boroughs Family Y, you’ll have countless opportunities for achieving optimal health & wellness. We are here to help you reach your goals. We have designed programs to appeal to everyone!

Personal Training

Members often need the extra push to reach and exceed their goals. Our highly qualified team of health & fitness professionals will show you how to take your fitness to the next level and beyond. Personal Training is instruction that incorporates goal setting and health education into challenging workouts specifically designed with your needs in mind. Your trainer will be there to instruct you on proper technique on a variety of exercises while at the same time, motivating you to achieve your health and fitness goals. Learn to incorporate tools such as BOSU, medicine balls, bands & balance discs into your routine for functional training. Looking for sport specific training? Increase your performance by focusing on the demands unique to your sport with one of our trainers. Improve posture & coordination while reducing risk of injury by focused training of the abdominal and lower back muscles with personalized balance and core training.

Individual 1-Hour Session or Package Sessions*

1-60 minute Session: $60
3-60 minute Sessions: $165
6-60 minute Sessions: $300
12-60 minute Sessions: $540

Individual 30-minute Session or Package Sessions*

1-30 minute Session: $40
5-30 minute Sessions: $185
10-30 minute Sessions: $350

Flex Pack*

5 hours of personal training $270
Split the purchase time to suit your training needs!

(Minimum 1/2 hour session increments)

Semi-Private (2-3 people)

1-60 minute session $35 per person
6-60 minute sessions $180 per person

NOTE: the above sessions/packages cannot be split into 30 minute sessions.

Small Group Personal Training

$139 per person (group of 4 or more) for 8 weeks

Package PT sessions expire 6 months from purchase and there are NO REFUNDS: Personal Training Packages and/or special promotions are for members only. Non-Member personal training price is $75.00 per hour OR $50.00 per 30 minute session PLUS a $15.00 facility guest fee.

Your Y is committed to supporting you in achieving your fitness goals! Our one hour New Member Orientation (FREE!) will help you set your personal wellness goals while introducing you to the exercise equipment based on your interest and fitness level. Visit our wellness center today to start your journey. NMO is available for all new members 13+. New members 10-12 years old are REQUIRED to have a New Member Orientation with an adult 18+ present before using any equipment in the wellness center along with responsible adult. NMO’s are for full privilege members only. Children 10-12 years old must be part of a family membership to participate.

For more information on any of these offerings or to set up an appointment, please contact Kelly Tyler ext. 215
HEALTH & WELLNESS

TRX®
TRX Suspension Training requires the use of the TRX® Suspension Trainer™, a highly portable performance training tool that leverages gravity and the user’s bodyweight to enable hundreds of exercises that can be instantly scaled for any user to reach any fitness or training goal. The easily scalable nature of TRX Suspension Training makes it a practical solution wherever you are on the fitness continuum. Class is an hour long.

Monday 6:45pm–7:45pm
Friday 8:00–9:00am
Members: $155
Non-Members: $175

Kettlebells!
Kettlebells is a traditional Russian cast iron weight that looks like a cannonball with a handle. Using these weights, class participants are taken through a variety of movements all designed to develop strength, mobility, internal energy, work capacity and vitality. This is the ultimate class for extreme all-round fitness.

5 mini-sessions: 6/20–7/23
5 mini-sessions: 7/24–8/28
Thursday 7:30pm–8:30pm
Members: $50 for 5 weeks
Non-Members: $100 for 5 weeks

LIVESTRONG at the YMCA
A 12-week FREE program offered for adult cancers survivors designed to help regain health as they become deconditioned or chronically fatigued. Individuals work progressively with a small group and trainer for 75 minutes twice per week to overcome the effects of treatment and/or disease. This program includes a FREE 12-week family membership.

Contact Christine Salovardos at 508–870–1320 ext. 290 for session dates and times

Cardio Sport
Cardio Sport classes use a series of progressive & integrated movement patterns, combined with innovative compound sports movements and interval training techniques! FREE to members!

Monday 9:00–10:00am
5:30–6:30pm
Tuesday 9:30–10:30am
Wednesday 5:30–6:30pm
Friday 9:30–10:30am

Group Circuit Training Package (4–6 people)
Work up a sweat and get acquainted with our NEW functional training room and participate in a variety of circuit training/station exercises with a certified personal trainer!

5 mini-sessions: 6/20–7/23
5 mini-sessions: 7/24–8/28

Monday 10:00–11:00am Natalia
Tuesday 7:15–8:15pm Kevin
Wednesday 9:00–10:00am Christine

Members: $125
Non Members: $175

Drop In Pickle Ball
Drop in Table Tennis
**ACTIVE OLDER ADULTS**

**SilverSneakers® MSROM**
Commit to yourself, make new friends and get stronger while you are at it. Join this total body conditioning class designed to keep you fit and healthy. Learn how to have fun while getting and staying fit using hand-held weights, balls and tubing. Chairs available for seated and standing support.

Tuesday/Thursday 10:30-11:25am
Free to Silver Sneakers Members

**SilverSneakers® II – Cardio Circuit**
Try this mix: MSROM with a twist of low/non-impact foot work. A recipe for success! Meet your friends for fun and fitness while listening to some music that takes you back to the good old days!

Monday/Friday
11:15-12:10pm

Wednesday
10:30-11:25am
Free to Silver Sneakers Members

**SilverSneakers® YogaStretch**
Rejuvenate your mind, body and spirit! A gentle, slower-paced class that teaches relaxation and basic yoga poses and postures. A sweet treat for the yogi within.

Wednesday 11:30-12:25pm
Free to Silver Sneakers Members

**CardioFit**
Escape the commotion of everyday life and join us for a low-impact cardiovascular workout comprised of a variety of easy-to-follow movements to promote a heart healthy and total-body conditioning. CardioFit is a perfect fit for everyone. Hand-held weights or elastic tubing with handles can be used for the strength training segment that follows the “cardio” segment.

Thursday 10:15-11:10am
Free to YMCA and Silver Sneakers Members

**Senior/Beginner Cycling**
Take a journey in an instructor-led indoor group stationary cycling class to improve cardio fitness, strength and stamina.

Tuesday 11:45-12:30 pm
Free for SilverSneakers® Members and YMCA Members Only

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**We are for Healthy Living:** The second LIVESTRONG group has begun with six new cancer survivors participating. Everyone is enthusiastic to learn about the benefits of physical activity and excited to have the support of staff and peers.

One woman has shown exceptional strength and heart in their short time together. This woman has had cancer for a few years and the disease is still very active in her body. Her treatment has been hard and has affected her mobility to the point where on most days she has trouble making it to the end of her driveway to gather her mail. In spite of these challenges she is determined to improve her body physically and emotionally through the LiveSTRONG program. During her wellness orientation she came in determined as ever and walked a mile on the indoor track which she hasn’t done in years.

She continues to persevere and push forward as she has many goals left to accomplish. Her top two focuses are to attend some important family functions over the next year, to get to walk in the Jimmy Fund walk in September and simply to feel better and stronger. She has been an inspiration to everyone in the group in the short time they have been meeting, her strength and that of the other participants is amazing and when you couple that with the passion of the folks working with the survivors each week you can see a definitive impact.

**Start living again: at the Y.**
BIRTHDAY PARTIES

INDOOR POOL PARTIES! (Ages 6+)
(25 participants max.)
One hour swimming followed by one hour in the Party Room. There is room to invite all of your friends!
Saturday: 1:00 to 3:00 pm
Sunday: 4:30 to 6:30 pm
$255 per party, $200 for Members

ROCK WALL PARTIES! (Ages 5+)
(12 participants max.)
Climb privately for an hour with all of your friends and then enjoy one hour in our Party Room.
Saturday: 1:00 to 3:00 pm
$255 per party, $200 for Members

SPORTS ADVENTURE! (Ages 6+)
(20 participants max.)
One hour of sports and games with all of your friends in the Upper Studio. (When weather permits, the outdoor field can be requested.) Then enjoy one hour in the Party Room.
Saturday: 1:00 to 3:00 pm
$255 per party, $200 for Members

SPASH PAD/OUTDOOR POOL PARTIES!
(Ages 3+)
Forty five minutes of party room fun and one hour of splash pad and outdoor pool time. There is room to invite all of your friends!
Sunday: 4:15-6:15pm
$400 per party, $300 for Members

CRAFT & GAMES PARTY! (Ages 6+)
(25 participants max.)
One hour of creative games and the art of your choice! Then enjoy one hour in our Party Room.
Saturday: 1:00 to 3:00 pm
$255 per party, $200 for Members

Build-A-Party! (Ages 1-6)
For our youngest friends! You can choose from four options to build the perfect party:

Gym and Climb (20 participants max)
30 minutes in the Nature Adventure Zone
30 minutes in the Upper Studio with your choice of a sports/gym theme & One hour in the Party Room

Craft and Climb (25 participants max)
30 minutes in the Nature Adventure Zone
30 minutes with a craft of your choice
One hour in the Party Room

Friendly Forest Adventure (20 participants max)
One hour to enjoy the floor of our Nature Adventure Zone as it is transformed for our little ones (1 to 2 years old)
One hour in our Party Room

Nature Adventure Zone (25 participants max)
One hour in the Nature Adventure Zone
One hour in our Party Room
Saturday: 1:00 to 3:00 pm
$255 per party, $200 for Members

Baby Showers, Family Gatherings, Community and group celebrations!

Contact Christie D’Amico, Family Experience Director at 508-870-1320 ext. 220 or cdamico@ymcaofcm.org
SPLASH PAD & OUTDOOR POOL PARTIES

Now Booking Summer Parties! Sign up Today!

- Saturday and Sunday 4:15-6:15pm Party Options
- Party Includes: Indoor Party Room followed by 1 hr Splash Pad & Pool
- $400 per party, Full Privilege members $300
- 25 Children are included in party pricing
  $15 for each additional 20 children
- At least one host adult must be in the water with youth 6+ yrs at all times.

Inviting a child under the age of 6? A special safety ratio will be required: one additional adult in the water for every two children under the age of 6.

BOROUGHS FAMILY BRANCH
4 VALENTINE DRIVE
WESTBOROUGH, MA
YMCA OF CENTRAL MASSACHUSETTS
WWW.YMCAOFCM.ORG
**CHILD CARE**

Did you know the YMCA has child care?

**WESTBOROUGH**

Offering both full day and part time care, our YMCA child care center is sure to provide your child with the opportunities needed to discover their own uniqueness in a loving and supportive environment. Our use of developmental, thematic curriculum and individualized care encourages imagination and creativity while fostering self-esteem. Caring, professionally trained and experienced educators create a positive environment that supports social, emotional, physical and intellectual growth. For more information, please visit our website at www.ymcaofcm.org or call our child care center directly.

*Give yourself the peace of mind every parent needs by knowing your child is in excellent care all day, everyday.*

**Boroughs Family Branch**
**Center for Child Development—6 weeks–5 years**
4 Valente Drive, Westborough
For more information, contact Erin Demand at edemand@ymcaofcm.org

**BOROUGHS SCHOOLS OUT**

Attention Floral, Sherwood, Beal, Paton, Coolidge and Oak School families! The Boroughs YMCA School’s Out program would like to enhance your child’s after-school experience. Whether your child is in elementary school at Floral, in middle school at Sherwood, or preparing for high school at Oak, the YMCA Shrewsbury School’s Out program has something special to offer. On a weekly basis School’s Out participants are transported from their schools and brought to the Y to dive to the depths of the indoor pool, climb to the top of the rock-wall, feed their appetites with cooking lessons, and get a head start on homework. The program has a strong emphasis on teaching children to be responsible, respectful, honest, and caring while ensuring they are having fun in a safe and positive environment. Our exceptional staff is trained in various areas that include bullying prevention, health and wellness, and diverse learning. To learn more about this fast growing program or to register, please e-mail Patrick Rosendale, Site Coordinator, at prosendale@ymcaofcm.org.

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**A VALUES BASED ANSWER FOR AFTERSCHOOL**

BOROUGHS FAMILY BRANCH  508.870.1320.  www.ymcaofcm.org
Bring this form with you to the Boroughs Family Branch for registration at our Welcome Center.

REGISTRATION FORM

Complete a registration form for each participant. Bring this form with you to register at your Welcome Center.

PLEASE NOTE OUR CANCELLATION POLICY:

Registrants must provide a minimum of 72 hours notice of cancellation prior to the first class to be eligible for a full-refund or credit.

Cancellation notices received less than 72 hours in advance of the first class will qualify for a 50% credit/refund. Cancellation notices received after the second class; do not qualify for a credit/refund. Cancellation requests for programs/services under $25.00 will qualify for credit only.

Member Name: _____________________________________________

Phone Number: __________________________ Email: __________________________

Address (Please include City/State/Zip): _____________________________________________

Please Check Membership Type: Family Youth Preschool Adult Non-Member

SUMMER 2016

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<th>Participant’s Name</th>
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I have read all the policies and procedures related to the registration process including the cancellation, credit/refund and class make-up policies and agree to all the terms stated in the YMCA program brochure.

Printed Name: __________________ Signature: __________________ Date: __________

Payment enclosed (check one): Check (Please make checks payable to: YMCA)

Account: ______________ Exp. ______ Visa/Master Card/Discover/Amex (circle)

Signature: __________________________ Total Due: __________
REGISTRATION INFORMATION

We work hard to make registrations as easy, efficient & accurate as possible! Take a moment to read this information to help ensure a smooth enrollment!

Payment in full is required for all classes at the time of registration. To register for a class, membership must be valid through the end of the program session. The Y will not call to confirm classes. Dates and times of registration have been set up in order to facilitate the volume of registration requests we receive. Registrations will be accepted after the dates mentioned below on a first-come, first-served basis.

Please note: We are unable to accept faxed registration forms.

Full Privilege Members (Family/Adult/Senior) REGISTER ONLINE BEGINNING 5/31/16

In person registration begins 6/6/16. You may register at this time either on-line or in person at the Welcome Center. (Must have valid email registered with YMCA in order to register on-line.) Registrations WILL NOT BE ACCEPTED before these dates. Mail in registrations will be handled on a first come basis for family members beginning 6/6/16. Mail-in registrations will not be accepted before this date.

Preschool/Youth Members REGISTER ONLINE STARTING 6/7/16

In person registration begins 6/13/16. You may register at this time either on-line or in person at the Welcome Center. Registrations WILL NOT BE ACCEPTED before these dates. Mail in registrations will be handled on a first come basis for preschool/youth members beginning 6/13/16. Mail-in registrations will not be accepted before this date.

Non-Member/Open Registration

In person registration begins 6/14/16. You may register at this time in person only at the Welcome Center. Mail in registrations will be handled on a first come basis 6/14/16. Mail-in registrations will not be accepted before this date. Sorry, no on-line registration for non-members at this time.

Program Cancellation/Refund Policy

The YMCA reserves the right to cancel any class that does not meet the minimum enrollment. Registrants will receive a minimum of 24-hours notice of class cancellation via phone or email. If the YMCA cancels a class, registrants will receive a program credit or refund. Registrants must provide a minimum of 48 hours notice of cancellation prior to the first class to be eligible for a refund or credit. Refunds require a minimum of $25; Amounts less than $25 may be used as a program credit. Director approved credits or refunds will first be applied to any outstanding account balances and the remainder will be made available to the registrant

Late Registrations

Those registering late for the start of a program will not be given a pro-rated price. Registering after the first week of the session requires director approval.

Class Make-up Policy

For reasons of safety, program quality and scheduling, the YMCA has priced its session based on a 7 week pricing scale. Therefore, makeups for any reason will not be rescheduled, this includes inclement weather.

Inclement Weather Policy

Weekday classes: If Westborough public schools delay or close due to bad weather, all classes before noon will be cancelled. For afternoon classes, a decision to cancel will be made by 12:30 & a message will be posted on the YMCA phone system.

Weekend classes: A decision to cancel will be made by 7am and a message will be posted on the YMCA phone system.

In the event that classes are cancelled, you will NOT be called by the YMCA. We ask that you please check our website at www.ymcaofcm.org. Facebook & Twitter accounts will also be updated.
THANK YOU to the Mission Partners who have committed to serve as early sponsors of the 26th Annual Golf Classic and the LIVESTRONG® at the YMCA Program Reception...

- Arbella Insurance
- Bartholomew & Company, Inc.
- Benefit Development Group
- A Risk Strategies Company
- Bollus Lynch
- CSM Group, Inc.
- Cutler Associates
- Fallon Health
- First Financial Trust
- Fletcher Tilton PC
- Knight-Dik Insurance Agency, Inc.
- LifeFitness
- Matrix Fitness
- Polar Beverages
- Precor
- Prism Energy Services
- Rollstone Bank & Trust
- Saint Vincent Hospital
- South Shore Gunite Pools & Spas, Inc.
- Thrivent Financial
- Webster Five Cents Savings Bank
- Workers’ Credit Union

Don’t worry! We still have room for more!

A few benefits of a YMCA Mission Partnership:

- Increase brand awareness by reaching over 50,000 people connected to the Y each year through various promotional opportunities
- Model social responsibility to your employees, affirming your commitment to your community
- Enjoy tax benefits for your company – a contribution to the YMCA, including the Annual Campaign, is tax deductible

To secure your sponsorship today, contact:
Mackenzie Schroth, Associate Director of Institutional Advancement
mschroth@ymcaofcm.org • 508-755-6101, ext. 264
PLEASE GIVE TODAY

2016 ANNUAL CAMPAIGN
You can make a real difference!
Consider a gift today!

http://www.ymcaofcm.org/support-the-y/