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.

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HOURS OF OPERATION
Mon.- Fri. 5:30am- 10:00pm
Saturday 7:00am- 9:00pm*
Sunday 8:00am- 7:00pm

*Memorial Day Weekend through Labor Day Weekend:
Saturday 7:00 AM- 7:00 PM

CHILD WATCH HOURS (AGES 6 MO- 4)
Mon.- Fri. 8:30am- 2pm
3:30pm- 8pm
Saturday/Sunday 8:00am- 1:00pm

*Infant Care (3- 5mo)
Mon.- Friday 11:30am- 2pm

KID ZONE HOURS (AGES 5- 12)
Mon.- Fri. 4pm- 8pm
Saturday 9:00am- 12:30pm
Sunday 10:00am- 12:30pm

CLOSINGS
Easter April 1
Memorial Day May 28
Dear Swim Lesson Participants and Families,

Welcome to YMCA of Central Massachusetts’ updated swim lesson program! Starting with our spring session, we have updated our program to put even more emphasis on keeping kids safe in and around the water.

The new program allows us to do this because we are catering our lessons to fit your child’s age, fitness, skill level and experience. We will be using skill-based instruction, maximizing physical activity all the while elevating character development. Our goal is to have kids learn to swim and progress through the levels.

Say good-bye to the fish! Another change you will notice is the new naming system. Instead of the traditional “fish” names, the new lessons will follow developmentally appropriate stages. Accompanied by the corresponding color, we hope this will simplify your understanding of the swim lesson progression.

If you have any questions, comments or concerns, please contact Aquatic Director Colby Mecketsy at cmecketsy@ymcaofcm.org.

Mark your calendars! Office hours will be held March 20 – 23rd from 3-5pm to assist you with registration and to answer any questions.

Spring Session Dates:
April 2nd - June 17th *No classes the week of April 16th and no class May 28th*

Spring Registration Dates:
Full Members - March 13th
Youth/Preschool - March 19th
Non-Members - March 21st
# Level to Stage Conversions

<table>
<thead>
<tr>
<th>Swim Level</th>
<th>Swim Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent &amp; Child</td>
<td>Option to split infant/toddler</td>
</tr>
<tr>
<td>Parent &amp; Pike</td>
<td>Option to split infant/toddler</td>
</tr>
<tr>
<td>Pike</td>
<td>Preschool</td>
</tr>
<tr>
<td>Eel</td>
<td>Preschool</td>
</tr>
<tr>
<td>Ray</td>
<td>Preschool</td>
</tr>
<tr>
<td>Starfish</td>
<td>Preschool</td>
</tr>
<tr>
<td>Polliwog Beginner</td>
<td>Youth</td>
</tr>
<tr>
<td>Polliwog Advanced</td>
<td>Youth</td>
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<tr>
<td>Guppy</td>
<td>Youth</td>
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<tr>
<td>Minnow</td>
<td>Youth</td>
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<tr>
<td>Fish</td>
<td>Youth</td>
</tr>
<tr>
<td>Flying Fish</td>
<td>Youth</td>
</tr>
<tr>
<td>Shark</td>
<td>Youth</td>
</tr>
<tr>
<td>Swim Club</td>
<td>Recreation Track</td>
</tr>
<tr>
<td>Intro to Competitive</td>
<td>Competitive Track</td>
</tr>
</tbody>
</table>
## Swim Lesson Selector

### What Age Group Does the Student Fall Into?

- **6 months–5 years**
  - **Parent* & Child:** Stages A–B

- **3 years–5 years**
  - **Preschool:** Stages 1–4

- **5 years–12 years**
  - **School Age:** Stages 1–6

- **12+ years**
  - **Teen & Adult:** Stages 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### Which Stage Is the Student Ready For?

<table>
<thead>
<tr>
<th>Can the student respond to verbal cues and jump on land?</th>
<th>NOT YET</th>
<th>A / Water Discovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the student comfortable working with an instructor without a parent in the water?</td>
<td>NOT YET</td>
<td>B / Water Exploration</td>
</tr>
<tr>
<td>Will the student go underwater voluntarily?</td>
<td>NOT YET</td>
<td>1 / Water Acclimation</td>
</tr>
<tr>
<td>Can the student do a front and back float on his or her own?</td>
<td>NOT YET</td>
<td>2 / Water Movement</td>
</tr>
<tr>
<td>Can the student swim 10–15 yards on his or her front and back?</td>
<td>NOT YET</td>
<td>3 / Water Stamina</td>
</tr>
<tr>
<td>Can the student swim 15 yards of front and back crawl?</td>
<td>NOT YET</td>
<td>4 / Stroke Introduction</td>
</tr>
<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool?</td>
<td>NOT YET</td>
<td>5 / Stroke Development</td>
</tr>
<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool and back?</td>
<td>NOT YET</td>
<td>6 / Stroke Mechanics</td>
</tr>
</tbody>
</table>

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.
STAGE DESCRIPTIONS

SWIM STARTERS
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.
Preschool Swim Lessons
(Ages 3-5)

Preschool swim lessons introduce water propulsion, floating, body awareness and independence, all while focusing on water safety and drowning prevention. A few basic swim strokes will be introduced. On the first day of class, instructors will determine the starting “stage” for your child and place them into the appropriate lesson group. From there, children progress at their own pace through the four preschool stages. Progression stages include Water Acclimation, Water Movement, Water Stamina, and Stroke Introduction.

**Monday** 4:35pm 5:45pm
**Tuesday** 3:30pm 4:40pm 5:50pm
**Wednesday** 4:05pm 5:50pm
**Thursday** 4:05pm 5:50pm
**Friday** 4:05pm
**Saturday** 9:05am 10:15am 11:25am
**Sunday** 10:35am 11:45am

Preschool Swim Lessons—Mornings Only (Ages 3-5)

**1 / Water Acclimation**
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

**Monday** 10:10am
**Tuesday** 9:35am 10:10am 12:30pm
**Wednesday** 9:35am 10:10am
**Thursday** 9:00am 10:45am
**Friday** 10:10am

**2 / Water Movement**
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**Monday** 9:35am 10:45am
**Tuesday** 9:35am 10:10am
**Wednesday** 9:00am 10:10am 12:30pm
**Thursday** 9:35am 10:10am 12:30pm
**Friday** 10:45am

**3 / Water Stamina**
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**Tuesday** 9:00am 1:05pm
**Thursday** 1:05pm

**4 / Stroke Introduction**
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**Tuesday** 10:45am
**Wednesday** 1:05pm

**Pricing for Pre School Lessons (Ages 3-5)**

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Pricing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Members</td>
<td>$87</td>
</tr>
<tr>
<td>Preschool Members</td>
<td>$107</td>
</tr>
<tr>
<td>Non-Members</td>
<td>$186</td>
</tr>
</tbody>
</table>
SWIMMING

A / Water Discovery (Ages 6mo–3 years)
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Monday 9:00-9:30am
Wednesday 9:35-10:05am
Thursday 10:45-11:15am
Saturday 8:30-9:00am
Saturday 9:40-10:10am
Saturday 10:15-10:45am

Family Members: $87
Preschool Members: $107
Non-Members: $186

B / Water Exploration
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Tuesday 10:45-11:15am
Wednesday 5:50-6:20pm
Friday 9:00-9:30am
Saturday 9:05-9:35am
Saturday 10:50-11:20am
Saturday 11:25-11:55am

Family Members: $87
Preschool Members: $107
Non-Members: $186

S.O.A.R. Beginner Level Swim (Ages 6-12)
Beginner swim lessons for children with mild to moderate special needs. First time exposure to the pool, working towards gaining confidence, learning safety and basic mobility skills. Are flotation dependent or need instructor assistance while swimming. 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.

Starts Week 4/11
Wednesday 3:30pm
Wednesday 4:40pm

Family Members: $87
Presch/Youth Members: $107
Non-Members: $186

S.O.A.R. Advanced Beginner/Intermediate Swim (Ages 6-12)
Swim lessons for children with mild to moderate special needs. Able to swim at least 15yds unassisted by instructor, confident in and around the water. Working towards the development of swimming skills and technique. 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.

Starts 4/11
Wednesday 3:30pm
Wednesday 4:40pm

Family Members: $87
Presch/Youth Members: $107
Non-Members: $186

Lifeguard Certification
Must be at least 15 years of age and pass a swim test, which includes 300-yard swim with combination of front crawl and breaststroke, a 20-yard swim with a surface dive to retrieve a 10 lb. brick in 9 feet of water then swim on back 20-yard in 1 minute 40 seconds, and tread water for two minutes without hands. Course includes First Aid, Professional Rescuer CPR, and Oxygen Administration certifications.

Note: in the event that a person does not pass the pre-test on the first day of class, NO REFUND will be given.

Dates TBA
Members $350
Non-members $400

CPR, AED, Oxygen and First Aid Certification
American Red Cross course covers sudden cardiac arrest, heart attack, stroke, airway obstruction, CPR, and the use of an automated external defibrillator (AED). Program content is based on the American Heart Association (AHA) Guidelines for CPR and ECC as well as other evidence-based treatment recommendations.

Dates TBA
Members $50
Non-Members $75
SWIMMING

School Age Swim Lessons (Ages 6-12)

School age swim lessons introduce water propulsion, floating, body awareness and independence, all while focusing on water safety and drowning prevention. All the major swim strokes will be covered as well as an introduction to competitive swimming techniques.

On the first day of class, instructors will determine the starting "stage" for your child and place them into the appropriate group. From there, children progress at their own pace through the six school age stages. Progression stages include Water Acclimation, Water Movement, Water Stamina, Stroke Introduction, Stroke Development, and Stroke Mechanics.

Monday       4:00pm    5:10pm    6:20pm  
Tuesday       4:05pm   5:15pm  
Wednesday  3:30pm    4:40pm    5:15pm    6:30pm  
Thursday     3:30pm  4:40pm    5:15pm  
Friday        3:30pm  4:40pm  
Saturday      8:30am     9:40am   10:50am  
Sunday        10:00am   11:10am  

Family Members: $30  
Youth Members    $107  
Non-Members:    $186

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 fill out a registration form at the Welcome Center. Please allow approximately 2 weeks for your lesson to be scheduled with one of our instructors. Lessons are subject to instructor availability.

Private Lessons

1/2 hour   $40  Family Member  
1/2 hour   $45  Preschool/Youth Member  
1/2 hour   $50  Non-Member  
5-1/2 hour bundle $180  Family Member ONLY

Semi-Private Lessons

1/2 hour   $57  Family Member  
1/2 hour   $62  Preschool/Youth Member  
1/2 hour   $67  Non-Member
**SWIMMING**

**Porpoise Club**
Recreational 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 will be tested on the first night of the class. Choose your schedule! Register for one day or all of them.

**Junior Group (Ages 7-10)**
Tuesday—Thursday 6:30-7:15pm  
Friday 5:45-6:30pm

**Senior Group (Ages 11-15)**
Tuesday—Thursday 7:15-8pm  
Friday 6:30-7:15pm

*Priced per day you register

- Family Members: $60
- Teen Members: $84
- Non Members: $108

**Porpoise Club - Junior/ Senior Group Combo (Ages 7-15)**
Recreational 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 will be tested on the first day of the class.

- Saturday 12:00-12:45pm

*Priced per day you register

- Family Members: $60
- Youth/Teen Members: $84
- Non Members: $108

**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 7:30-8:00pm
- Friday 5:15-5:45pm
- Saturday 12:00-12:30pm

*Priced per day you register

- Members: $87
- Non Members: $186

**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 8:00-8:30pm
- Friday 5:15-5:30pm
- Saturday 12:00-12:30pm

*Priced per day you register

- Members: $87
- Non Members: $186

**Women’s Only Beginner Swim**
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 7:00-7:30pm
- Thursday 11:15-11:45am
- Friday 5:15-5:45pm

*Priced per day you register

- Members: $87
- Non Members: $186

**Women’s Only Intermediate Swim**
For women who are able to swim the length of the pool (25 yards) non-stop but need to work on stroke development and building endurance. 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.

- Tuesday 11:15-11:45am
- Saturday 12:00-12:30pm
YOUTH DEVELOPMENT

Messy Marvels (Ages 3-5)
Get ready for an Ooey Goey messy fun time! Your little ones will love the hands on activities. Come DIG IN to finger paints, pudding, bubbles, shaving cream, play dough and more! Explore, experiment and create. There will be two, 5 week sessions for this class.
1st Session– Week of 4/2
2nd Session– Week of 5/14

Thursday 10:15—11:00am

Family Members: $40
Preschool Members: $65
Non-Members: $105

Tiny Tales and Tunes (Ages 2-3)
Step into the magical world of stories, puppets, music & movement and crafts. Featuring a new theme every week. Toddler friendly and so much fun! There will be two, 5 week sessions for this class.
1st Session– Week of 4/2
2nd Session– Week of 5/14

Monday 10:05-10:50am

Family Members: $40
Preschool Members: $65
Non-Members: $105

Art Exploration (Ages 6-8+)
Come to the Y for art studio time. Learn about color, design and the styles of art. Work in pastels, pencil, paint and more. Let your creativity shine!

1st Session– Week of 4/2
2nd Session– Week of 5/14

Wednesday 6:30-7:15pm

Family Members: $40
Preschool Members: $65
Non-Members: $105

Wacky Science for Kids (Ages 3-8)
Wonder and ask, think and explore, experiment and discover! Come to the Y for 5 weeks of hands on fun activities, stories, simple experiments and chemistry in action. There will be two, 5 week sessions for this class.
1st Session– Week of 4/2
2nd Session– Week of 5/14

Wednesday (3-5) 4:30-5:15pm
Thursday (5-7) 9:10-9:55am

Family Members: $40
Presch/Yth Members: $65
Non-Members: $105

Leggo Club (Ages 6-8+)
Lego challenges all around. Let's build castles, explore new worlds and challenge ourselves. Come to the Y to see what crazy things you can build out of Legos!

1st Session– Week of 4/2
2nd Session– Week of 5/14

Wednesday 5:30-6:15pm

Family Members: $40
Preschool Members: $65
Non-Members: $105

Art Exploration (Ages 6-8+)
Come to the Y for art studio time. Learn about color, design and the styles of art. Work in pastels, pencil, paint and more. Let your creativity shine!

1st Session– Week of 4/2
2nd Session– Week of 5/14

Wednesday 6:30-7:15pm

Family Members: $40
Preschool Members: $65
Non-Members: $105
Tiny Dancers (Ages 3-6)
Get ready for a toe tapping good time! Introduce your children to beginning ballet and tap techniques, while allowing them to express themselves through creative movement. Class will feature a final performance with time for mom and dad to join in the dance! Gain confidence, coordination and body awareness. There will be two, 5 week sessions for this class.

1st Session– Week of 4/2
2nd Session– Week of 5/14

Tuesday (3-5 yr) 10:05-10:50am
Saturday (3-4 yr) 9:30-10:00am
Saturday (3-4yr) 11:15-11:45am
Saturday (4-6 yr) 10:15-11:00am

Family Members: $25
Preschool/Yth Members: $50
Non-Members: $75

Parent Child Intro to Sport (Ages 2-5)
Class will focus on basic sport skills, ball handling, teamwork and good sportsmanship. Parents, this is a great time to bond with your child. Kids, come develop a love of sports. Try soccer, track and field, touch football, running games and more! There will be two, 5 week sessions for this class.

1st Session– Week of 4/2
2nd Session– Week of 5/14

Friday 10:45-11:30am

Family Members: $40
Preschool Members: $65
Non-Members: $105

Spring Sport Mini (Ages 3-5)
Keep your kids active this season! This class explores the basics of soccer, baseball, basketball, hockey and more! The emphasis is on fun, sportsmanship and learning! There will be two, 5 week sessions for this class.

1st Session– Week of 4/2
2nd Session– Week of 5/14

Thursday 9:40-10:25am

Family Members: $40
Preschool Members: $65
Non-Members: $105

Preschool Tag and Active Games (Ages 3-5)
Running Games of all sorts. 100% participation, 100% fun! Clean Your Room, Steal the Bacon, Four Square, Bubble, Sharks & Minnows and more! The fun never stops at the Y. There will be two, 5 week sessions for this class.

1st Session– Week of 4/2
2nd Session– Week of 5/14

Thursday 9:30-10:00am

Family Members: $25
Preschool Members: $50
Non-Members: $75

Family Gym Class (Ages 7-12)
Do you love Gym class? Dodge ball, tag games, capture the flag... Now, you can get the whole family in on the game! Join our gym class for family games modified from your Phys. Ed. favorites. Your coach will provide rules/equipment for a new game(s) each week. All skill levels are welcome, but you must be prepared for some serious fun! This is a parent involvement class. Children must be accompanied by a 18+ adult.

1st Session– Week of 4/2
2nd Session– Week of 5/14

Saturday 12:00-1:00pm

Family Members: $25
Preschool Members: $50
Archery (Ages 7-10)
This class is for young archers interested in learning the basics of archery. The class will focus on technique, safety, and learning the art. The class will spend the first 2-3 weeks reviewing safety procedures and learning the basics of archery, while the second 2-3 weeks will be spent perfecting those skills through different challenges.

2nd Session – Week of 5/14

Wednesday 5:00-5:45pm
Saturday 10:00-10:45am

Family Members: $40
Preschool Members: $65
Non-Members: $105

Soccer Skills (Ages 3-10)
Join us for a spring Soccer League. The young players will spend the first 2-3 weeks of programming learning skills and running drills. The final 2-3 weeks will be spent learning to use those skills in actual game play.
1st Session – Week of 4/2
2nd Session – Week of 5/14

Saturday (3-4yr) 11:00-11:30am
Saturday (5-7yr) 11:30-12:15pm
Saturday (8-10yr) 12:30-1:15pm

Family Members: $40
Preschool Members: $65
Non-Members: $105

Flag Football (Ages 8-12)
Enjoy one of the greatest American Sports! Join us for 5 weeks of Flag football! Each week participants will learn different aspects of the game as well as playing weekly scrimmages.
1st Session – Week of 4/2
2nd Session – Week of 5/14

Saturday 1:30-2:15pm

Family Members: $40
Preschool Members: $65
Non-Members: $105

Basketball Skills & Drills (Ages 3-10)
Teamwork is the key as children learn the basics of basketball: dribbling, running, passing and shooting. Skilled instructors will help develop your child’s gross motor skills. Come play! There will be two, 5 week sessions for this class.
1st Session – Week of 4/2
2nd Session – Week of 5/14

Tuesday (3-4yr) 4:15-4:45pm
(5-7yr) 5:00-5:45pm
(8-10yr) 6:00-6:45pm

Thursday (3-4yr) 4:15-4:45pm
(5-7yr) 5:00-5:45pm
(8-10yr) 6:00-6:45pm

Saturday (3-4yr) 8:30-9:00am
(5-7yr) 9:00-9:45am
(8-10) 10:00-10:45am

Family Members: $40
Preschool Members: $65
Non-Members: $105
Dodge Ball Club  
(Ages 8-12)
Do you like to stay active and have fun playing crazy games of Dodge Ball? This club will explore the many different ways to play dodge ball. Each week the group will learn a different type of dodge ball along with learning how to play the game safely! Join us in playing a great game!

1st Session – Week of 4/2
2nd Session – Week of 5/14

Tuesday 7:00-7:45pm

Family Members: $40
Preschool Members: $65
Non-Members: $105

Outdoor Lacrosse  
(Ages 5-10)
Youth Lacrosse is designed to teach children (Ages 5-10 years) Lacrosse by breaking down the basics of the game in an exciting way! Each class mixes specific activities that breakdown the 3 main components in lacrosse (Scoop, Cradle, and Shooting) as well as an opportunity for children to burn some energy! With the use of various fun equipment and props, children have a blast in this class!

2nd Session – Week of 5/14

Saturday (5-10yr) 9:00-9:45am
(5-7yr) 10:00-10:45am

Family Members: $40
Preschool Members: $65
Non-Members: $105

T Ball  
(Ages 3-10)
Focus will be on team game play. The first 2-3 weeks of the session will focus on skills and drills with the final 2-3 weeks will be a combination of skills learned from the previous weeks along with game play.

1st Session – Week of 4/2
2nd Session – Week of 5/14

Saturday (3-4yr) 8:30-9:00am
(5-7yr) 9:00-9:45am
(8-10yr) 10:00-10:45am

Family Members: $40
Preschool Members: $65
Non-Members: $105

Floor Hockey Club  
(Ages 8-12)
Looking for a great way to stay active and keep your hockey skills on par even off the ice? Then Floor Hockey Club is the right place for you. Weekly the class will enjoy recreational games of Floor Hockey, healthy competition and camaraderie.

1st Session – Week of 4/2
2nd Session – Week of 5/14

Thursday 7:00-7:45pm

Family Members: $40
Preschool Members: $65
Non-Members: $105

Parents Night Out  
(Ages 3-9)
Run, climb, swim and play games while mom and dad enjoy an evening out! Parents may leave the Y during this event. The fun will include swimming with the counselors, a pizza and ice cream party, seeing a movie, craft & play and sports & running games. Early birds arriving at 4:45pm will enjoy, free of charge, rock wall, NAZ climb and extended swim time too! 10-12 yrs with sibling enrolled may register free of charge. This is your opportunity to help lead crafts & play or sports & running games! Sign up for the night of your life!

Fridays 5:45-8:30pm
4/13/18, 5/11/18, 6/1/18

Family Members: $20
Preschool Members: $25
Non-Members: $35

Free Family Fun Night
Looking for ways to spend time as a family? Searching for something fun to do on a Friday night? Join us for our FREE Family Fun Night. Come as a family to discover, learn and interact with one another. Fun for the whole family! Pizza can be ordered at the door for $1/slice or order ahead by contacting Tricia at Tsardagnola@ymcaofcm.org. Parent supervision is required.

Fridays 5:30-7:00pm
5/25/18 Family Movie Night
BIRTHDAY PARTIES

**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

**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  
Sunday: 1:00 to 3:00 pm

**SPORTS ADVENTURE! (Ages 6+)**  
(20 participants max.)  
One hour of sports and games with all of your friends in the Upper Studio. Then enjoy one hour in the Party Room.  
Saturday: 1:00 to 3:00 pm  
Saturday: 4:00 to 6:00 pm  
Sunday: 1:00 to 3:00 pm

**CRAFT PARTY! (Ages 6+)**  
(25 participants max.)  
One hour of creative arts! Then enjoy one hour in our Party Room.  
Saturday: 1:00 to 3:00 pm  
Saturday: 4:00 to 6:00 pm

**Build-A-Party! (Ages 1-6)**  
For our youngest friends! You can choose from four options to build the perfect party:  
“**Get Moving**” and NAZ  
(20 participants max.)  
30 minutes in the Nature Adventure Zone  
30 minutes in the Upper Studio with your choice of a sports/activity theme  
One hour in the Party Room

“**Get Creative**” and NAZ  
(25 participants max.)  
30 minutes in the Nature Adventure Zone  
30 minutes with a craft of your choice  
One hour in our Party Room

“**Friendly Forest**” Adventure  
(25 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

**Treehouse (25 participants max)**  
One hour in the Nature Adventure Zone  
One hour in our Party Room  
Saturday: 1:00 to 3:00 pm  
Saturday: 4:00 to 6:00 pm  
Sunday: 1:00 to 3:00 pm

Baby Showers, Family Gatherings, Community and year end celebrations!  
Contact Colby Mecketsy  
cmecketsy@ymcaofcm.org

Members: $200  
Non Members: $255
CHILD CARE

Did you know the YMCA has child care?

WESTBOROUGH

Offering full day care with an option for part-week enrollment, 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

SCHOOLS OUT BOROUGHS

Attention Floral, Sherwood, 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 Tricia Sardagnola, School’s Out Coordinator, at tsardagnola@ymcaofcm.org.
ROCK CLIMBING

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

Family Members: $101
Youth Members: $125
Non-Members: $149

Youth Intermediate Rock Climbing (Ages 6-12)
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 7:00-8:00pm
Thursday 6:00-7:00pm

Family Members: $101
Youth Members: $125
Non-Members: $149

Youth Advanced Rock Climbing (Ages 6-12)
The next level after completion of Intermediate climbing class, which includes various extreme challenges and extensive training on the bouldering wall.

Wednesday 7:00-8:00pm
Saturday 12:00-1:00pm

Family Members: $101
Youth Members: $125
Non-Members: $149

S.O.A.R I & II Rock Climbing
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 weeks to learn and have fun climbing!

Friday (II) 3:00-3:45pm
Sunday (I) 2:15-3:00pm

Family Members: $101
Youth Members: $125
Non-Members: $149

Competitive Climbing (Ages 12+)
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 16, but think you have what it takes? Those ages 13-15 will need to be recommended by an instructor in order to take this class.

Friday 6:00-7:00pm

Family Members: $101
Youth Members: $125
Non-Members: $149
**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**: 10:30-11:00am, 5:30-6:00pm, 6:05-6:35pm
- **Tuesday**: 10:30-11:00am
- **Friday**: 5:30-6:00pm
- **Saturday**: 9:00-9:30am

**Family Members**: $80  
**Youth Members**: $100  
**Non-Members**: $140

**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**: 6:40-7:40pm
- **Wednesday**: 6:00-7:00pm
- **Friday**: 6:05-7:05pm
- **Saturday**: 9:35-10:35am

**Family Members**: $105  
**Youth Members**: $145  
**Non-Members**: $195

**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.

- **Monday**: 7:30–8:30pm
- **Wednesday**: 7:00-8:00pm
- **Friday**: 7:00-7:55pm  
  (White to Orange Belts)
- **Friday**: 7:30-8:25pm  
  (Blue Belts & Up)
- **Saturday**: 10:40-11:40am  
  (All ranks)

**Family Members**: $105  
**Youth Members**: $145  
**Non-Members**: $195

**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**: 11:45am-12:15pm

**Family Members**: $75  
**Youth Members**: $95  
**Non-Members**: $135

BOROUGHS FAMILY BRANCH    508.870.1320.    www.ymcaofcm.org
HEALTH & WELLNESS

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

30 Minute Sessions
1-30 minute session $40
10-30 minute sessions: $350

Semi-Private Personal Training
1-60 minute Session $35 per person (2 or 3 people)
6-60 minute Sessions $150 per person (2 or 3 people)

Small Group Personal Training
$139 per person (group of 4 or more) for 8 weeks

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

Flex Pack
5 hours of personal training $270

Split the purchased time to suit your training needs (Minimum 1/2 hour session increments)

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 getting you started off on the right foot! Our 2 45 minute New Member Orientation Sessions (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’s are 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® for Beginners
Start with this simple TRX workout as you increase total-body flexibility, promote mobility and stability and develop core strength. This class focuses on technique, flexibility, balance, and strength by developing basic foundational exercises through easy to follow progressions.
Monday: 9:00am-10:00am
Members: $150
Non Members: $175

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

Weightlifting 101!
Who wants to get STRONG?! Come join us weekly for this weekly co-ed weightlifting class! Learn basic lifts and how to develop strong legs, core and upper body for better functional strength as you age. We will be working on techniques such as weighted squats, deadlifts, overhead presses and bench presses. Following the lifting portion, we will incorporate a cardio/strength workout for maximum calorie burn. Come see how strong you can truly be!
Sunday: 9:00am-10:00am
5 week mini-sessions
1st session: Begins week of 4/8
2nd session: Begins week of 5/20
Members: $75
Non-Members: $100

Teen Basketball: Post-Season Skills, Drills & Weightlifting
This 5 week foundational program is designed to address muscle size, strength, power, speed, agility and conditioning in the basketball off season. Teens will participate in basketball specific agility drills, full body strengthening, and drills to build speed and explosive power on the courts.
Saturday: 9:00-10:00am
5 week mini-session begins 5/19/18
Members: $65
Non Members: $90

Junior Strength (9-12yrs)
Connect with kids aged 9-12 in this program that will teach proper form movement and team building. 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 5:30-6:30pm
Members: $125
Non-Members: $150

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.
Monday: 6:45pm-7:45pm
Members: $150
Non Members: $175

Yoga for Runners
This helps build strength and aids runners in their recovery. A simple yoga routine loosens tight spots, strengthens weak spots, and makes you a better, less injury-prone runner.
Saturday: 11:00-12:00pm
Members: $125
Non-Members: $150
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® 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
9:15 - 10:10am
Free to YMCA and Silver Sneakers Members

Tai Chi
Tai Chi is an ancient Chinese exercise system consisting of slow, relaxed movements that combine Physical exercise with a mediation component. This class aims to improve balance, overall physical functioning and mental well-being.

Monday
6:45 - 7:45pm
Free to YMCA and Silver Sneakers Members
SUMMER CAMP 2018

Our campers become part of a neighborhood of friends where potential is nurtured, achievements are celebrated, and exploration is encouraged. Campers will develop skills through a diverse curriculum of traditional camp activities that encourage youth development, healthy living, and social responsibility. We strive to ensure that campers develop leadership skills and self-esteem, and grow personally through character-building opportunities.

CAMP BOROUGHS (3–6 YR)
(Ages 3 – 6 years old)
Choice of 3-Day T, W, Th & 5-Day M-F
9:00 am – 4:00 pm

CAMP BOROUGHS (7–11 YR)
(Ages 7 – 11 years old)
Schedule: One week sessions
9:00 am – 4:00 pm

LEADERS IN TRAINING (LIT)
(Ages 12 – 14)
Schedule: One week sessions
9:00 am – 4:00 pm

COUNSELOR IN TRAINING (CIT)
(Entering high school)
Schedule: Four week sessions
Session 1: 6/25 – 7/20
Session 2: 7/23 – 8/17
Children can be dropped off as early as 7:30 am and picked up as late as 6:00 pm.

EXTENDED CARE AVAILABLE DAILY
7:30-9am AND 4-6pm

SPORTS CAMP
(7-8, 9-11 year olds)
9:00 am – 4:00 pm

7-8 year olds
Week 4 (7/9)
Week 5 (7/16)

9-11 year olds
Week 6 (7/23)
Week 7 (7/30)

KARATE CAMP
Ages (5-6, 7-12 year olds)
9:00 am – 4:00 pm

5-6 year olds
Week 8 (8/6)

7-12 year olds
Week 9 (8/13)

LEADERSHIP TRACKS
(Entering High School)
Schedule: Two week sessions
Lifeguards/Swim Instructors in Training
Week 6 and 7 (7/23-8/3)

Y Academy Internship
Week 8 and 9 (8/6-8/17)
9:00 am – 4:00 pm

TRANSPORTATION OPTIONS
Camp at the Boroughs Family Branch YMCA offers transportation to and from the Boroughs Family YMCA.

Southborough/ Marlborough/ Northborough
$40/WEEK

For more information/registration forms please visit our website at https://www.ymcaofcm.org/camp/ or contact Danielle Meek, Youth/Teen Camp Director at Dmeek@ymcaofcm.org.
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  Non Member  Adult

### Spring 2018

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<tr>
<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 STARTING 3/13**

In person registration begins 3/18/2018. 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 2/23. Mail-in registrations will not be accepted before this date.

**Preschool/Youth Members REGISTER ONLINE STARTING 3/19**

In person registration begins 3/20/2018. 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 3/1. Mail-in registrations will not be accepted before this date.

**Non-Member/Open Registration**

In person registration begins 3/21/18. You may register at this time **in person only** at the Welcome Center. Mail in registrations will be handled on a first come basis beginning 3/8. 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 10 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.
PLEASE GIVE TODAY

2018 ANNUAL CAMPAIGN
You can make a real difference!
Consider a gift today!

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