2018 Summer Program Guide
June 25 - August 19, 2018
YMCA OF CENTRAL MASSACHUSETTS
Boroughs Family Branch
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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<td>Mon.-Fri.</td>
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<td>Saturday</td>
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<td>Sunday</td>
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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)
Mon.-Friday 12:30pm-2pm

KID ZONE HOURS (AGES 6-12)

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CLOSINGS
July 4th YMCA CLOSED

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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)

Mornings only, level specific registration for these 30 minute preschool classes! Register your child for the appropriate level.

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 10:10am 12:30pm
**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)

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

BOROUGHS FAMILY BRANCH   508.870.1320.   www.ymcaofcm.org
AQUATICS

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

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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

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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 7/2**
- Wednesday: 3:30pm
- Wednesday: 4:40pm

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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 7/2**
- Wednesday: 3:30pm
- Wednesday: 4:40pm

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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–
Contact Colbvy Meckesty for more information: cmeckesty@ymcaofcm.org

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<td>Future Members</td>
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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

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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
Friday 3:30pm 4:40pm
Saturday 8:30am 9:40am 10:50am
Sunday 10:00am 11:10am

Family Members: $30
Youth Members $107
Future 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 Future 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 Future Member

OUTDOOR POOL
Youth/Preschool Swim Lessons

Saturday 8:30am (Y)
8:35am (P)
9:40am (Y)
10:15am (P)
Sunday 8:30am (Y)
8:35am (P)
9:40am (Y)
10:15am (P)

Family Members: $30 (Y) $87 (P)
Youth Members $107
Future Members: $186
AQUATICS

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 7:15-8:00pm
Friday 6:30-7:15pm

*Priced per day for the session below

Family Members: $60
Teen Members: $84
Future Members: $108

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

Members: $87
Future 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

Members: $87
Future 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

Members: $87
Future Members: $186
Begins June 18th!

Camp Boroughs (Ages 3-6)
Activities will include swimming, daily themes, sports, running games, Nature Adventure Zone fun, snack and story, crafts and more! 1:5 counselor to camper ratio.
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.

PRICING:
5 Days
- Family Membership: $275/Week
- PS Membership: $325/Week
- Future Member: $355/Week

3 Days (T, W, TH)
- Family Membership: $165/3 days
- PS Membership: $199/3 days
- Future Member: $215/3 days

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

Camp Boroughs (Ages 7-11)
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!

PRICING:
- Family Membership: $210/Week
- Youth Membership: $245/Week
- Future Member: $295/Week

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

Sports Camp
Ages 7-8 (Weeks 4 & 5)
Ages 9-11 (Weeks 6 & 7)
Is your child crazy about sports? Then this camp is 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 sports like basketball, soccer and flag football, as well as playground sports like kickball and dodgeball. All while still enjoying a swim period and other camp activities like Rockwall and archery.

PRICING:
- Family Membership: $225/Week
- Youth Membership: $260/Week
- Future Member: $315/Week

Karate Camp
Ages 5-6 (Week 8)
Ages 7-12 (Week 9)
Join us for a Summer Karate Camp! Sensei Sarah will explore all of the things you love about Karate. Campers will explore new areas of the art as well as spend quality time focusing on their technique. Campers will spend their days swimming, exploring new karate techniques, understanding self defense skills, and playing outside!

PRICING:
- Family Membership: $235/Week
- Youth Membership: $260/Week
- Future Member: $315/Week
2018 SUMMER CAMPS!

COUNSELOR IN TRAINING (CIT)
Entering High School

*Session 1 starts June 25th
*Session 2 starts July 23rd

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, how to work with different age groups and participate in CIT group projects!

PRICING:
- Family Membership $360/4-Weeks
- Future Members $425/4-Weeks

LEADERSHIP TRACK
Entering High School

Interested in becoming a Y staff member in the future? Looking for specific training in Y topics? Come join one or both of our Leadership Tracks!

Each track is two weeks. All participants will learn what it takes to become a Lifeguard/Swim Instructor or go through our Y Academy with a focus on key areas of the Y.

* Lifeguard/Swim Instructor July 23-Aug. 3
* Y Academy Internship Aug. 6-17

PRICING:
- Family Membership $180/2-Weeks
- Future Members $212/2-Weeks

Leaders In Training (LIT)
(Ages 12 - 14)

A leadership program designed to encourage service, and the core values of the YMCA. LIT’s will spend the summer giving back while also enjoying the perks of summer camp!

PRICING:
- Family Membership $220/Week
- Youth Membership $255/Week
- Future Member $299/Week

BUSING

$40/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 Contact:
Danielle Meek
508-870-1320 ext. 8316 or dmeek@ymcaofcm.org
YOUTH DEVELOPMENT

T-Ball (Ages 3-4)
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.

Thursdays 6:15-6:45pm
Saturday 9:00-9:30am

Family Members: $64
Preschool/Youth: $104
Future Members: $168

Basketball Skills (Ages 5-10)
Learn the basics of basketball through practice and teamwork.

Tuesdays 6:15-7:00 (5-7)
7:15-8:00 (8-10)
Thursdays 6:15-7:00 (5-7)
7:15-8:00 (8-10)

Family Members: $64
Preschool/Youth: $104
Future Members: $168

Soccer Skills (Ages 5-10)
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!

Tuesdays 6:15-7:00 (5-7)
7:15-8:00 (8-10)
Saturday 9:45-10:15 (3-4)

Family Members: $64
Preschool/Youth: $104
Future Members: $168

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.

Thursday 10:15—11:00am

Family Members: $64
Preschool/Youth: $104
Future Members: $168

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. for this class.

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: $40
Preschool/Yth Members: $80
Future Members: $120

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.

Wednesdays 5:00-5:45pm

Family Members: $64
Preschool/Youth $104
Future Members: $168

Drawing, Sketching, and Comic Book Art (Ages 6-10)
This class will focusing on the basics of learning to draw and sketch. It will also have a portion on learning Comic Book Art as well. A great way for school age children to enjoy the arts during the summer!

Thursday 11:15—12:15pm

Family Members: $64
Preschool/Youth $104
Future Members: $168
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
Future Members:  $32

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  7:00-8:00pm
Thursday  6:00-7:00pm
Family Members:  $101
Youth Members:  $129
Future Members:  $149

Youth Beginning 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:  $101
Youth Members:  $125
Future Members:  $149

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 weeks to learn and have fun climbing!
Sunday  2:15pm-3:00pm
Family Members:  $101
Youth Members:  $125
Future Members:  $149

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:  $101
Youth Members:  $125
Future Members:  $149

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  7:00-8:00pm
Saturday  12:00-1:00pm
Family Members:  $101
Youth Members:  $125
Future Members:  $149

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  6:00-7:00pm
Family Members:  $101
Youth Members:  $125
Future 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 5:30-6:00pm
6:05-6:35pm
Friday 5:30-6:00pm
Saturday 9:00-9:30am

Family Members: $80
Youth Members: $100
Future Members: $140

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 11:45-12:15pm

Family Members: $75
Youth Members: $95
Future Members: $135

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
Future 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 7:40-8:45pm
(All ranks)
Wednesday 7:00-8:00pm
Friday 7:05-8:05pm
(White to Orange Belts)
Friday 7:10-8:10pm
(Blue Belts & Up)
Saturday 10:40-11:40am
(All ranks)

Family Members: $105
Youth Members: $145
Future Members: $195
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*

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30 Minute Sessions

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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

Package PT sessions expire 6 months from purchase and there are NO REFUNDS.

*Personal Training Packages and/or special promotions are for members only. Future Member personal training price is $75.00 per hour OR $50.00 per 30 minute session PLUS a $15.00 facility guest fee.

For more information on any of these offerings or to set up an appointment, please contact Kelly Tyler, ext. 8215.
HEALTH & WELLNESS

TRX® (18+)
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: $120
Future Members: $170

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: $100
Future Members: $150

POWERlifting! (18+)
This 4 week program is designed to address the three powerlifting movements: squat, bench press and deadlift. Participants will become familiar with proper form and technique to complete each movement successfully while also developing a base of muscularity to aid further strength development.

Sunday: 8:45-9:45am
4 week mini sessions:
Session 1: 6/25/18-7/22/18
Session 2: 7/29/18-8/19/18
Members: $50
Future Members: $75

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. 8290 for session dates and times

Learn to Row! (14+)
This 4 week program will provide skilled instruction on how to successfully use the Concept II indoor rowing machine. Terminology such as ergometer, stroke rate, 500 split and the slide will be explored while putting each term into action through challenging but FUN exercise!

Sunday: 10:00-11:00am
4 week mini sessions:
Session 1: 6/25/18-7/22/18
Session 2: 7/29/18-8/19/18
Members: $50
Future Members: $75
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

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

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

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

CardioFit
BOROUGHS FAMILY BRANCH  508.870.1320.  www.ymcaofcm.org
**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

Members: $200
Future Members: $255

**Baby Showers, Family Gatherings, Community and year end celebrations!**

For More Information Contact:
Colby-cmecketsy@ymcaofcm.org

BOROUGHS FAMILY BRANCH 508.870.1320. www.ymcaofcm.org
SPASH 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.

BOROUGHFS FAMILY BRANCH
4 VALENTE 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 Site Coordinator Tricia Sardagnola, at TSardagnola@ymcaofcm.org.

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A VALUES BASED ANSWER FOR AFTER SCHOOL

BOROUGHS FAMILY BRANCH  508.870.1320.  www.ymcaofcm.org
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   Future Member

SUMMER 2018

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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: __________

BOROUGHS FAMILY BRANCH      508.870.1320.     www.ymcaofcm.org
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 6/5/18**

In person registration begins 6/10/18. 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 6/11/18**

In person registration begins 6/11/18. 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.

**Future Member/Open Registration**

In person registration begins 6/13/18 You may register at this time in person only at the Welcome Center. Sorry, no on-line registration for Future 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.
As we’re jumping into summer, these sponsors are diving in to make a difference!

There’s still time to join our 28th Annual YMCA Golf Classic Sponsors:

Golf Classic Presenting Sponsor: UnicPro Inc.

Fallon Health The Berry Group of Wells Fargo
South Shore Gunite Pools & Spas, Inc.
Raymond James and Associates Risk Strategies Company
Fletcher Tilton PC Attorneys at law People’s United Bank
Worcester State University Cornerstone Bank
CSM Group, Inc.
UniBank

Saint Vincent Hospital
Arbella Mutual Insurance Group
Matrix Fitness

THANK YOU, MISSION PARTNERS!
PLEASE GIVE TODAY

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

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