



CORPORATE DAYS OF CARING

Giving back to your community really does feel good. The Y will align projects based on your group needs and feedback, group size, weather, and season. We have hosted groups from 5 to 125 adults on one morning to multiple days. Projects can be indoors or outdoors. If your team is choosing to give back your time, energy and a little sweat, we will do all we can to make it an enjoyable day with space for lunch and a team meeting before or after. Companies like Staples, Liberty Mutual, and Sunovion (pictured here) join us all year long.

HIGH SCHOOLS & TEENS

We are ready to meet your volunteer service requirements for graduation, clubs like NHS, or your sports team. We will have the right project for you. The Y hosts student and teen groups during school hours, after school and Weekends. Simply reach out to the contact information below to get started!

SERVICE PROJECTS

The Family Outdoor Center has 122-acres of indoor and outdoor projects for all ages and skills. Outdoor projects range from leaf clearing and grounds work to painting entire buildings, clearing space for a new program area or constructing new activities like a Gagaball pit or our zipline platform. For indoor projects we paint classrooms, organize storage, renovate whole rooms and more.

METROWEST YMCA FAMILY OUTDOOR CENTER

45 East St, Hopkinton, MA 01756

To commit your team call or email the Branch Director, Scott Umbel
sumbel@metrowestymca.org (508)435-9345x105

DAYS OF
CARING &
SERVICE
DAYS

