

Looking for local activities for your kids??

Martial Arts: Karate incorporates coordination, flexibility, strength, balance and endurance. Karate strives to also improve self-discipline, respect, and self-confidence.

Martial Arts		
Boston Tae Kwon Do Academy	www.bostontaekwondo.com/	231 North Main Street, Natick, MA (508) 651-9706
In Your Defense	www.in-your-defense.com	19 Willow Street Natick, MA (508) 318-4424
Jae H. Kim Tae Kwon Do	www.tkd-newton.com	12 Walnut Street Natick, MA (508) 653-2137
Oom Yung Doe - 8 Martial Arts	www.oomyungdoe-ne.com	550 Washington Street Wellesley, MA (617) 407-2640
Steve Nugent's Karate Institute	www.stevenugentskarate.com	281 Needham Street Newton, MA (617) 630-8400
Villari's Martial Arts	www.natickmartialarts.com/	12 Walnut Street Natick, MA 01760 (508) 653-2137
Metrowest Academy of Jiu Jitsu	www.metrowestacademy.com	231 North Main Street Natick, MA (508) 651-9706

Gymnastics: Gymnastics incorporates strength, flexibility, speed, balance, and coordination. It also can assist in boosting confidence, building self-esteem and social skills.

Gymnastics		
Energy Fitness and Gymnastics	www.energyfitnessgym.com	70 Jaconnet Street Newton, MA (617) 795-7177 1 HF Brown Way Natick, MA (508) 650-1662

Exxcell Gymnastics and Climbing Center	http://www.exxccl.net/	88 Wells Avenue, Newton, MA (617) 795-7177
Gym Fit	www.gymfit.us	188 Needham Street Newton, MA (617) 243-9496 148 East Central Street Natick, MA (508) 651-3838
Gymboree Play & Music * For ages 0-5; Classes include: Play & Learn, Music, Art, Sports, Family Fun, & School Skills, and include age-appropriate activities to help develop cognitive, physical and social skills of children as they play.	www.gymboreeclases.com	225 Highland Avenue Needham (617) 244-2988
Gymnastics Express	www.gymnasticsexpress.com	46 Middlesex Avenue Natick, MA 01760 (508) 650-1662
Planet Gymnastics	www.planetgym.com	88 Wells Avenue Newton, MA (888) 812-9582
My Gym * For children 6 weeks thru 13 years of age. Their goal is for children to have loads of fun as they gain strength, balance, coordination, agility and flexibility while developing social skills, confidence and self-esteem.	www.mygymboston.com	188 Needham Street Newton, MA (617) 243-9496 67 West Street Medfield, MA (508) 242-5276 1065 Commonwealth Avenue Boston, MA (617) 789-3669

Recreation:

Community Recreation		
Jewish Community Center (JCC) * The JCC offers aquatics, basketball, dance, group fitness, martial arts, personal training, pilates, nutrition/wt. management, wellness/mind-body yoga, and tennis	http://www.bostonjcc.org/Home.aspx/	333 Nahanton Street Newton, MA (617) 558-6522

Kids Street	www.kids-street.com	71 Fourth Avenue Needham Heights, MA (781) 444-8255
MetroRock – Rock Climbing Centers	http://www.metrorock.com/	69 Norman St., Everett, MA (617) 387-7625
Skyzone – indoor trampoline park	http://www.skyzone.com/boston.aspx	91-B Sprague Street Boston, MA (857) 345-9693
The Wellesley Tree House (Old Creative Movement and Arts Center) * Under the guidance of experienced instructors (Guides), children explore art, gymnastics, music and movement, science and sports. * Partnered with LINX; as children grow up, they can move into LINX classes/camps	http://www.wellesleytreehouse.com	141 Linden Street, Wellesley, MA (781) 235-8765

YMCAs: Offers swimming (all ages), recreation (teen centers, group exercise, clubs), youth sports (baseball, soccer, volleyball, flag football, karate, basketball, gymnastics), competitive sports (swimming, diving, gymnastics)

YMCAs		
Charles River YMCA	www.ymcaboston.org/charlesriver/	380 Chestnut Street, Needham, MA (781) 449-6646
Metrowest YMCA	http://www.metrowestymca.org/	280 Old Connecticut Path Framingham, MA (508) 879-4420
West Suburban YMCA	www.westsuburbanymca.org/	276 Church Street, Newton Corner, MA (617) 244-6050