



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

GIVE YOUR CHILD THE LOVE OF COOKING!

**Sign them up for...**

## COOKING AT FRCS

This class introduces kids to nutrition, food safety and delicious recipes that are easy to prepare. Kids will learn the importance of healthy eating and they will build on their cooking skills weekly and enjoy their delicious creations at the end of each class. Recipes chosen and tested by our YMCA Nutritionist, Lauren.

Questions? [LaurenHynes@hockymca.org](mailto:LaurenHynes@hockymca.org)

**Day:** Mondays

**Dates:** 11/4—12/16  
(no class on 11/11)

**Time:** 3-4pm

**Cost:** \$60

**Grades:** 1-4

**To register:** Call the  
Foxboro Y at  
(508) 543-2523.



The application deadline is October 23. Any child that is not picked up by 4:00pm will be signed into the extended day program. The cost for extended day program is \$30.00, if your child is not registered for the program.

[hockymca.org/foxboro](http://hockymca.org/foxboro)