



Mon

Tue

Wed

Thu

Fri

<p>The Youth Center also offers a free snack and dinner program, due to the collaboration of CACFP, Hockomock Area YMCA and the Milford School Food & Nutrition Services department. We also have a commercial washer and dryer where youth can do their laundry for free.</p>	 <p>*Masks are required for entry*</p>	<p>1 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Knock Out 3:30</p>	<p>2 Quiet Zone 2:30-3:30</p>  <p>Boxing 3:30</p>	<p>3 Half Day Open Gym 10:30-3:00</p> 
<p>6 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>STEAM 3:30</p>	<p>7 Quiet Zone 2:30-3:30</p>  <p>Arts & Crafts 3:30</p>	<p>8 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Four Square 3:30</p>	<p>9 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Boxing 3:30</p>	<p>10 Yoga 3:30</p>  <p>Weight room 3:30</p>
<p>13 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Dodgeball 3:30</p>	<p>14 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Arts & Crafts 3:30</p>	<p>15 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Pickleball 3:30</p>	<p>16 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Boxing 3:30</p>	<p>17 Yoga 3:30</p>  <p>Weight room 3:30</p> <p>Therapy Dog Training 3:30</p> 
<p>20 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Nutrition 3:30</p>	<p>21 Quiet Zone 2:30-3:30</p> <p>Arts & Crafts 3:30</p> <p>Gardening 3:30</p>	<p>22 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Volleyball 3:30</p>	<p>23 Quiet Zone 2:30-3:30</p>  <p>Quiet Zone</p> <p>Boxing 3:30</p>	<p>MYC Closed for Holiday</p> <p>Happy Holidays!</p>
<p>27 Winter Break Open Gym 12-3</p> 	<p>28 Winter Break Open Gym 12-3</p> 	<p>29 Winter Break Open Gym 12-3</p> 	<p>30 Winter Break Open Gym 12-3</p> 	<p>31 MYC Closed for New Year's Eve</p> 



The Milford Youth Center is open for youth, ages 8-18 years old (who attend Milford Schools or reside in Milford), free of charge, from 2:15-6:00 pm Monday through Friday (unless otherwise noted on our calendar). MYC Registration & Emergency Contact information due on start date by 1PM. You can find these forms on-line at www.milfordyouthcenter.org (Available in English, Spanish and Portuguese). Dates and times are subject to change. Please review discipline, weather, health and traffic policies!