



SESSION PROGRAM GUIDE

Spring 2~ April 22-June 22 (9 Week Session)

Be sure to check out www.clarkymca.org for class descriptions, additional information and more!

Member Registration: April 1
Non Member Registration: April 8

GYMNASTICS

LESSON PRICING (9 weeks)

30 MIN: Members: \$61
Non Members \$122
45 MIN: Members: \$77
Non Members \$154
1 HOUR: Members: \$95
Non Members: \$190

PRESCHOOL GYMNASTICS

PRE SCHOOL EXPLORERS
(walking to age 3 with parent)
(30 MIN) MO 9:45; SA 8:15

MIGHTY MUNCHKINS (ages 3-4)
(45 MIN) TU 4:45; WE 9:30; TH 4:15; SA 9:15

JUMPIN' JACKS (ages 4-5)
(45 MIN) TU 5:30; TH 4:30

TUMBLE TOTS (ages 3-5)
(45 MIN) TU 4:00

DYNAMITES (invitation only)
(1 HOUR) WE 10:15

GYM AND SWIM (ages 3-5)
Members: \$84; Non Members: \$168
Tuesdays with Gymnastics 4:45-5:15 and swimming 5:30-6:00
Saturdays with Gymnastics 8:45-9:15 and Swimming 9:30-10:00

RECREATIONAL GYMNASTICS

TUMBLING (ages 6-12)
(1 HOUR) TU 6:30; TH 6:30

TUMBLING (ages 10+)
(1 HOUR) WE 6:45

ROCKIN' ROLLERS (ages 5-7)
(1 HOUR) TU 5:15; TH 5:15; SA 10:00, 11:00

SUPER SPRINGERS (ages 8+)
(1 HOUR) TU 6:15; TH 6:15

HOMESCHOOL GYMNASTICS (ages 5+)
(45 MIN) MO 9:00

GYMNASTICS TEAM (invitation only)
-PRE TEAM -RECREATIONAL TEAM
-YMCA GYMNASTICS COMPETITION TEAM
*YMCA Membership is required for participation in all team programming.
* If interested in Team programs, please inquire with Gymnastics Director Amanda Tousignant prior to registration at: a.tousignant@clarkymca.org

GYMNASTICS OPEN GYMS
*Reservations Required. Please call the YMCA front desk or go online to reserve your spot.
PRE SCHOOL PLAYGROUND (ages 5 & under)
WE 11:30-12:15
OPEN GYM (ages 5+)
SA 1:00-1:45

GYMNASTICS BIRTHDAY RENTALS
\$150- Saturdays @ 12:15
45 min in Gym & 45 min in Party Room
*See front desk for more details

TUMBLE FUN CLINICS-April 17
Ages 3-5: 4:15-5:15
Ages 6-10: 5:30-6:30
Ages 10+: 6:45-7:45
Members \$15 Non Members \$30
*THERE WILL BE NO GYMNASTICS CLASSES ON THE FOLLOWING DATES:
April 15-20 (MA school vacation)
May 25 & 27 (Memorial Day)
June 15 (Summer Solstice)



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AQUATICS

YOUTH SWIM LESSONS

ATTENTION NEW SWIMMERS:
Swim tests are required (for proper placement) prior to program registration!

LESSON PRICING (9 weeks)

30 MIN: Members: \$90
Non Members \$180

PARENT WITH CHILD (age 1+)
(30 MIN) MO 5:30; TU 10:00; SA 10:30

LEVEL I: INTRODUCTION TO WATER SKILLS (must be 3 years of age)
(30 MIN) MO 4:30; TU 10:30, 6:00; WE 5:00, 5:30, 6:00; TH 5:30; SA 9:00, 10:00

LEVEL II: FUNDAMENTAL AQUATIC SKILLS
(30 MIN) MO 5:00, 6:00; TU 6:30; WE 4:30, 5:30, 6:00; TH 6:00; SA 9:00, 9:30

LEVEL III: STROKE DEVELOPMENT
(30 MIN) MO 4:30; WE 5:00; SA 10:00

LEVEL IV: STROKE IMPROVEMENT
(30 MIN) MO 5:00; WE 4:30

8-12 YEAR OLD BEGINNER
(30 MIN) SA 10:30

GYM AND SWIM (ages 3-5)
Members: \$84; Non Members: \$168
Tuesdays with Gymnastics 4:45-5:15 and swimming 5:30-6:00
Saturdays with Gymnastics 8:45-9:15 and Swimming 9:30-10:00

SWIM TEAM (invitation Only)

PRE TEAM
MO 5:30-6:15
Members: \$80

CLARK SHARKS SWIM TEAM- OFF SEASON
TU & TH 4:30-5:30
Members: \$150

* *If interested in the Swim Team or Pre Team please inquire with Aquatics Director Julie Whittemore prior to registration at: j.whittemore@clarkymca.org

***YMCA Membership is required for participation in all team programming



*THERE WILL BE NO SWIM CLASSES ON THE FOLLOWING DATES:
April 15-20 (MA school vacation)
May 25 & 27 (Memorial Day)
June 15 (Summer Solstice)



FACILITY INFORMATION

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AREA	UNSUPERVISED AGES	SUPERVISED AGES	NOT ALLOWED
Entry into the building	13+	0-12 Youth must be actively participating in a program or be supervised by a guardian	Any non member under the age of 18 without an adult
Cardio and Precore Rooms	14+	12-13 with a parent/guardian*	11 and under
Gymnastics Center	No unauthorized use	YMCA staff supervision required. Programs and open times will be posted	
Steam Room	16+		15 and under
Free Weight Room	14+	12-13 with parent/guardian*	11 and under
Lap Pool	13+	Under 7 must have adult in water with them at all times. Each adult can be responsible for up to three children under the age of 7 Ages 8-12 can be in the water on their own but must have an adult in the pool area during the entire time child is in the water	
Basketball Gymnasium	13+	0-12 Youth must be actively participating in a program or be supervised by a guardian. *See Gymnasium schedule*	

*12 year olds must have a fitness orientation prior to using facilities, in addition to parent/ guardian supervision.



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CAMP CLARK 2023

CAMP DATES

- Session 1: June 24 – June 28
- Session 2: July 1 – July 5
- Session 3: July 8– July 12
- Session 4: July 15– July 19
- Session 5: July 22– July 26
- Session 6: July 29 – August 2
- Session 7: August 5– August 9
- Session 8: August 12 – August 16
- Session 9: August 19– August 23

SPECIALTY CAMP (AGES 7-13)

- Session 1: June 24 – June 28: Gymnastics
- Session 2: July 1 – July 5: No Specialty
- Session 3: July 8– July 12: Basketball
- Session 4: July 15– July 19: Flag Football
- Session 5: July 22– July 26: Fishing
- Session 6: July 29 – August 2: Fishing
- Session 7: August 5– August 9: Baseball
- Session 8: August 12–August 16: Soccer
- Session 9: August 19– August 23: No Specialty

CAMP EXPLORER PRICING (per session)

- \$115 member (9:00 AM – 4:00 PM)
- \$145/ non-member (9:00 AM – 4:00 PM)
- \$15 / AM Extended (7:00 AM – 9:00 AM)
- \$15 / PM Extended (4:00 PM – 5:30 PM)

CAMP CLARK PRICING(per session)

- \$90 / member (9:00 AM – 4:00 PM)
- \$130 / non-member (9:00 AM – 4:00 PM)
- \$15 / AM Extended (7:00 AM – 9:00 AM)
- \$15 / PM Extended (4:00 PM – 5:30)

SPECIALTY CAMP PRICING (per session)

- \$120/ member (9:00 AM – 4:00 PM)
- \$145/ non-member (9:00 AM – 4:00 PM)
- \$15/ AM Extended (7:00 AM – 9:00 AM)
- \$15/ PM Extended (4:00 PM – 5:30 PM)

IMPORTANT DATES

- Easter (YMCA Closed) March 31
- MA April Vacation (No Classes) April 15-20
- Memorial Day (YMCA Closed) May 27
- Summer Solstice Celebration (No Classes) June 15

CLARK MEMORIAL YMCA HOURS OF OPERATION

Monday-Friday 5 am – 9 pm
Saturday-Sunday 8 am – 2 pm

CHILD WATCH

Monday- Friday (4 months-10 years old)
9:00am – 11:30am

CLARK MEMORIAL YMCA CANCELLATION/CHANGE POLICY

You may receive a full refund less a \$10 administrative fee up to 5 days before the first day of the program session. After this time there will be no refunds. Refund requests due to medical/ COVID will be at the discretion of the program director and may require a doctor's note. You may move to a different day and time of a program class up to 5 days before the first day of the program session. There will be a \$10 administrative fee to switch classes. After this time frame no class moves will be permitted. Make ups are not offered for classes missed.

CLARK MEMORIAL YMCA THUNDER & LIGHTNING POLICY

The YMCA follows a strict policy to ensure the safety and security of all persons in our aquatic facility. In the event that thunder or lightning is detected in the area, the YMCA will close the pool and clear the pool deck and balcony area of all patrons for a period of no less than 30 minutes since the last occurrence of thunder or lightning is detected. During this time, all persons must vacate the pool deck and the aquatic staff must secure the closure of the pool until such time as it is safe to reopen. Aquatic staff may not remain in the pool area during the closure.