

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

Member Registration: February 5
Non Member Registration: February 12

GYMNASTICS

LESSON PRICING

30 MIN: Members: \$48
Non Members \$96
45 MIN: Members: \$60
Non Members \$120
1 HOUR: Members: \$74
Non Members: \$148

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 swim-
ming 5:30–6:00
Saturdays with Gymnastics 8:45–9:15 and Swim-
ming 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

SUPER SPRINGERS (ages 8+)
(1 HOUR) TU 6:15; TH 6:15; SA 11:00

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–February 21
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:**
March 2 (Mid Region Meet)
April 15–20 (MA school vacation)

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AQUATICS

YOUTH SWIM LESSONS

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

LESSON PRICING
30 MIN: Members: \$70
Non Members \$140

PARENT WITH CHILD (age 1+)
(30 MIN) MO 5:30

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

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

LEVEL III: STROKE DEVELOPMENT
(30 MIN) MO 4:30; TH 6:30; SA 10:00

LEVEL IV: STROKE IMPROVEMENT
(30 MIN) WE 4:30

8–12 YEAR OLD BEGINNER
(30 MIN) SA 10:00

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

SWIM TEAM (invitation Only)

SHARK BITES
MO & WE 5:00–5:30
Members: \$105

PRE TEAM
MO & WE 5:30–6:15
Members: \$140

CLARK SHARKS SWIM TEAM
Inquire with Aquatics Director for more in-
formation

* *If interested in the Swim Team, Pre Team
or Shark Bites please inquire with Aquatics
Director Julie Whittemore prior to registra-
tion 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:**
March 2 (Mid Region Meet)
April 15–20 (MA school vacation)



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.



SESSION PROGRAM GUIDE

Spring 1~ February 26-April 13

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RECREATIONAL SPORTS

YOUTH SPRING SOCCER Ages 5-13

Registration Now Open!
Begins Monday, April 1
Games on Saturdays
Members: \$50 Non Members: \$100
*Contact N.Raynor@clarkymca.org for sponsorship and coaching opportunities

BEFORE & AFTER SCHOOL
LICENSED BY THE DEPARTMENT OF EARLY
EDUCATION AND CARE.
Program follows Winchendon Public School calendar.

2023/2024 BEFORE SCHOOL PROGRAM
\$36/week; MO-FR 6:30 am – bus pick-up.
2023/2024 AFTER SCHOOL PROGRAM
\$63/week; MO-FR Bus drop-off – 6:00 pm
2023/2024 BEFORE AND AFTER SCHOOL PROGRAM
\$99/week; MO-FR 6:30 am – bus pick up;
bus drop-off – 6:00 pm.
–Open for full days (6:30am–6:00pm) most snow days, school vacation weeks, and holidays.
–Vouchers accepted. Grades K-6.

IMPORTANT DATES

- MA School Vacation (No Classes)
Feb. 19-24
- Mid Region Swim Meet (No Classes)
March 2
- Easter (YMCA Closed)
March 31
- Spring 2 Program Registration
Members Apr. 1
Non Member Apr. 8
- MA School Vacation (No Classes)
Apr. 15-20

**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 INCLEMENT WETHER POLICY

When Winchendon Public Schools are delayed:
–All AM fitness classes, will run according to schedule.
–All AM youth program classes (gymnastics and swim) and child watch will be cancelled. No makeup or credit due.

When Winchendon Public Schools are closed:
–All AM fitness classes will run according to schedule.
–All AM youth program classes (gymnastics and swim) will be cancelled. No makeup or credit due.

Decision on status of PM classes will be made after 2pm
Participants are encouraged to check Clark Memorial YMCA social media and website for updates, www.clarkymca.org. Please be sure your email is updated with the front desk. All program cancellations will be notified through email.