

Be sure to check out [www.theclarkymca.org](http://www.theclarkymca.org) for class descriptions, additional information and more!

## GYMNASTICS

**PRESCHOOL PLAYGROUND (ages 5 & under)**  
MO-TH 11:15-1:00

**OPEN GYM (ages 6+)**  
SU 10:30-11:45

### LESSON PRICING

30 MIN: Members: \$40; Non Members \$80  
45 MIN: Members: \$54; Non Members \$108  
1 HR: Members: \$70; Non Members: \$140

## PRESCHOOL GYMNASTICS

**GYM EXPLORERS (walking to age 3)**  
(30 MIN) TU 9:30

**TODDLER TIME (ages 2-3)**  
(30 MIN) MO 9:30; TH 9:00, 9:30, ; SA 9:00

**MIGHTY MUNCHKINS (ages 3-4)**  
(45 MIN) MO 10:15; WE 10:00; TH 4:00; SA 9:45

**BOYS BEGINNER (ages 4-6)**  
(45 MIN) TH 4:00

**JUMPIN' JACKS (ages 4-5)**  
(45 MIN) TU 10:15, 4:00; SA 10:45

**GYM AND SWIM (ages 3-5)**  
Wednesdays with Gymnastics 9:15-9:45 and swimming 10:00-10:30.  
Members: \$70; Non Members: \$140

## RECREATIONAL GYMNASTICS

**TUMBLING CLASSES (ages 6+)**  
(1 HOUR) ages 6-11: MO 6:00, TH 6:00  
ages 12+: WE 7:00

**BOYS RECREATIONAL (ages 6+)**  
(1 HOUR) TH 5:00

**ROCKIN' ROLLERS (ages 5-6)**  
(1 HOUR) MO 4:00; TH 5:00; SA 11:45

**SUPER SPRINGERS (ages 7-9)**  
(1 HOUR) MO 5:00; TU 5:45; SA 11:45

**FANTASTIC FLYERS (ages 10+)**  
(1 HOUR) MO 5:00; TH 5:00

**GYM AND SWIM (ages 5-8)**  
Tuesdays with Gymnastics 5:00-5:45 and swimming 6:00-6:30.  
Members: \$84; Non Members: \$168

**HOME SCHOOL (ages 6+)**  
(45 MIN) Gymnastics: MO 3:15

## GYMNASTICS TEAM

**PRE TEAM (invitation only)**  
(1:15 Min) TU 5:00  
\$36/month

**RECREATIONAL TEAM (REC)**  
Non-Competitive format.  
\$54/month  
Please speak to Gymnastics Director for days & times

**YMCA GYMNASTICS TEAM**  
Competitive format

Level 1 TU & TH 6:15-7:30 (\$50/month)  
Level 2 WE & FR 4:30-7:00 (\$78/month)  
Level 3 WE & FR 4:00-7 (\$94/month)  
Level 4+ MO 3:45-5:45,  
WE & FR 4:00-7:00 (\$104/month)

\*YMCA Membership is required for participation in the Recreational Team, Pre Team and Team Programs.  
\* If interested in the Gymnastics Team, Pre Team or Rec Team programs, please inquire with Gymnastics Director Amanda Tousignant before registration.

\* There will be no gymnastics classes held: Monday, May 29th & Saturday, June 17th

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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: \$42; Non Members \$84  
45 MIN: Members: \$56; Non Members \$112

**PARENT WITH CHILD (age at least 6 months)**  
(30 MIN) MO 9:30, 6:00; SA 8:30

**LEVEL I: INTRODUCTION TO WATER SKILLS (must be 3 years of age)**  
(30 MIN) MO 10:00, 5:00; TU 10:00; WE 1:00, 4:30; TH 10:00; FR 1:00; SA 9:00, 10:00

**LEVEL II: FUNDAMENTAL AQUATIC SKILLS**  
(30 MIN) MO 4:30; TU 9:30, 5:30; WE 5:00, 5:30; TH 9:30, 5:30; FR 1:30, 5:30; SA 9:30

**LEVEL III: STROKE DEVELOPMENT**  
(30 MIN) MO 4:30, 5:30; TU 9:00; WE 1:30, 4:30, 6:00; TH 6:00; FR 6:00; SA 10:30

**LEVEL IV: STROKE IMPROVEMENT**  
(45 MIN) MO 5:00; WE 5:00; SA 10:00

**LEVEL V: STROKE REFINEMENT**  
(45 MIN) WE 5:45; SA 9:00

**GYM AND SWIM (ages 3-5)**  
Wednesdays with Gymnastics 9:15-9:45 and swimming 10:00-10:30.  
Members: \$70; Non Members: \$140

**GYM AND SWIM (ages 5-8)**  
Tuesdays with Gymnastics 5:00-5:45 and swimming 6:00-6:30.  
Members: \$84; Non Members: \$168

### PRIVATE SWIM LESSONS

Available upon request; Includes Four 30 minute sessions. Offered to Adults and children (Must be at least 5 years old)  
\*Limited Availability\*  
Pricing: Members \$80, Non-Members \$160

### PRE TEAM

TU & TH 5:30-6:15  
Member: \$80 Non-members: \$160

### SHARKS SUMMER SWIM TEAM

June - August: Contact Julie Whittemore for more details.

\*YMCA Membership is required for participation in the team program  
\* If interested in the Swim Team, please inquire with Aquatics Director Julie Whittemore before registration.

## POOL SCHEDULE

Adult Lap Swim			
Eye Opener	Mid Day	Night Owl	Weekend
M, W & F 5:30-8:15 TU & TH 7-9	M, W & F 11-1 TU & TH 11-2	M, W, & F 7:30-8:30 TU & TH 6:30-7:30	SA 6:30-8:30 & 11-12 SU 9:30-10:30
Free Swim			
Pre-school	Family	Open	Home School
TU & TH 10:30-11	F 6:30-7:30 SA 1:15-2:45 SU 10:30-12	TU & TH 7:30-8:30	MO 2-3

Additional lanes available for lap swim during some of our programming. Please consult the pool schedule.

\* There will be no swim lessons held: Monday, May 29th & Saturday, June 17th



# GROUP EXERCISE SCHEDULE

March 6, 2017 – June 4, 2017



# SESSION PROGRAM GUIDE

Spring 2~ May 8, 2017– July 1, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>					
	5:30-6:30 am BodyPump/Flow™ express w/ Stephanie			5:15-5:45 am BodyPump™ express w/ Kristen	
6:00-7:00 am Toning w/ Tamara		6:00-7:00 am Toning/Cardio w/ Tamara		6:00-7:00 am Core and More w/ Tamara	
	8:00-9:00 am Water Walking w/ Mo	8:00-9:00 am Pilates w/ Stephanie	8:00-9:00 am Water Walking w/ Mo	8:00-9:00 am Pilates w/ Stephanie	8:00-9:00 am BodyPump™
8:30-9:30 am AquaZumba w/ Laurie		8:30-9:30 am AquaZumba w/ Laurie			
9:15-10:15 am BodyPump™ w/ Rachel	9:15-10:15 am BodyFlow™ w/ Kristen	9:15-10:15 am BodyPump™ w/ Rachel	9:15-10:15 am Strong® w/ Laurie	9:15-10:15 am BodyPump™ w/ Kristen	9:15-10:15 am BodyFlow™
10:30-11:15 am SilverSneakers® Classic w/ Kristen	10:30-11:15 am SilverSneakers® Classic w/ Dahna	10:30-11:15 am SilverSneakers® Classic w/ Kristen	10:30-11:15 am SilverSneakers® Cardio w/ Dahna	10:30-11:15 am SilverSneakers® Classic w/ Kristen	
<b>Afternoon &amp; Evening Classes</b>					
4:30-5:30 pm Vinyasa Flow Yoga w/ Raman		4:30-5:30 pm Vinyasa Flow Yoga w/ Raman			
5:30-6:15 pm BodyPump™ w/ Kristen	5:30-6:15 pm Zumba® Plus Toning w/ Mary Lee	5:30-6:15 pm HIIT w/ Mary Lee	5:30-6:15 pm Zumba® Plus Toning w/ Mary Lee		CHILDWATCH available during highlighted classes!
5:30-6:30 pm Insanity® (on Stage) w/ Ameer					ALL Fitness classes listed are FREE for members!
6:30-7:30 pm BodyFlow™ (on Stage) w/ Kristen	6:30-7:30 pm Strong® w/ Laurie	6:30-7:30 pm BodyFlow™ (on Stage) w/ Mary Lee	6:30-7:30 pm BodyPump™ w/ Kristen	6:30-7:30 pm Zumba® w/ Laurie	*Schedule is subject to change based on class demand.
6:30-7:30 pm Zumba® w/ Laurie		6:30-7:30 pm Zumba® w/ Laurie			

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## RECREATIONAL SPORTS

**ADULT SOCCER CLUB (ages 18+)**  
MO 7:00-9:00 pm  
WE 7:00-9:00 pm  
Members \$40; Non Members \$80

**FIELD HOUSE PRIVATE RENTALS**  
\$90/HR  
\$60/HR Non-profit groups

## CAMP CLARK AGES 5-12

Session 1: June 26-June 30  
Session 2: July 3-July 7  
Session 3: July 10-July 14  
Session 4: July 17-July 21  
Session 5: July 24-July 28  
Session 6: July 31-August 4  
Session 7: August 7-August 11  
Session 8: August 14-August 18  
Session 9: August 21-August 25

## CAMP CLARK PRICING

\$70/member (9:00am-4:00pm)  
\$95/non-member (9:00am-4:00pm)  
\$10/AM extended (7:00am-9:00am)  
\$10/PM extended (4:00pm-5:30pm)

## SPORTS CAMP

Session 1: June 26-June 30~ BASKETBALL  
Session 2: July 3-July 7~ FIT KIDS  
Session 3: July 10-July 14~ FLAG FOOTBALL  
Session 4: July 17-July 21~ KARATE  
Session 5: July 24-July 28~ BASEBALL (AM)  
DANCE (PM)  
Session 6: July 31-Aug. 4~OUTDOOR ADVENTURE  
Session 7: August 7-Aug. 11~ GYMNASTICS (PM)  
Session 8: August 14-August 18~ SOCCER

## SPORTS CAMP PRICING

\$65/member (9:00am-12:00pm)  
\$90/non-member (9:00am-12:00pm)

\*See Front Desk for more details\*

## CHILDWATCH

MO - FR 9:00 - 11:30 am  
TU & TH 5:15 - 7:45 pm  
Free for Family Facility Members; \$2 per  
child for Non Family Member Participants

## SPECIAL EVENTS

**Float & Flick**  
May 5th

**Spring Fling 5 Mile Race & Healthy Kids Day**  
April 29th

**Lucky Pro Wrestling- "Spring Village Stampede"**  
May 20th

**Summer Solstice**  
June 17th

## BIRTHDAY RENTALS

## GYMNASTICS

**Saturdays** 1:00-1:45 in gym  
2:00-2:45 in party room

**Sundays** 12:00-12:45 in gym  
1:00-1:45 in party room

\$100 for 20 participants  
\$25 for additional participants

## POOL

**Saturdays** 12:00-12:45 in pool  
1:00-1:45 in party room

**Sundays** 12:00-12:45 in pool  
1:00-1:45 in party room

\$100 for 20 participants  
\$25 for additional participants

## FIELD HOUSE

45 min for field games  
45 min in party room

\$100 party rental

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