

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

GYMNASTICS

PRESCHOOL PLAYGROUND (ages 5 & under)
Will Return in the Fall
OPEN GYM (ages 6+)
SU 10:30-11:45

LESSON PRICING

30 MIN: Members: \$35; Non Members \$70
45 MIN: Members: \$48; Non Members \$96
1 HR: Members: \$62; Non Members: \$124

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

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

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

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

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

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

FANTASTIC FLYERS (ages 10+)
(1 HOUR) MO 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

RECREATIONAL TEAM (REC)
Non-Competitive format.
Please speak to Gymnastics Director for days & times

YMCA GYMNASTICS TEAM
Competitive format

Level 1 TU & TH 6:15-7:30
Level 2 WE 4:30-7 & FR 9-11:30
Level 3 WE 4-7 & FR 9-12
Level 4+ MO 3:45-5:45, WE & FR 9-12

*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, July 3rd-Saturday July 8th

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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: \$37; Non Members \$74
45 MIN: Members: \$49; Non Members \$98

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 9:30, 5:00; TU 5:00; WE 10:30; TH 5:00; SA 9:00

LEVEL II: FUNDAMENTAL AQUATIC SKILLS (30 MIN) MO 10:00, MO 5:30, MO 6:00; TU 10:15; WE 5:30; TH 10:15, TH 5:30; SA 10:30

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

LEVEL IV: STROKE IMPROVEMENT (45 MIN) TU 9:30, WE 5:00, SA 9:00

LEVEL V: STROKE REFINEMENT (45 MIN) MO 5:00; TH 9:30; SA 10:00

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

SHARKS SUMMER SWIM TEAM

June 27 - August 3 \$75
Contact Aquatics Director 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
MO & WE 5-6 TU & TH 5-7:15 FR 5-7	MO-FR 12:15-1:15 FR 9:45-10:45	MO-FR 7:30-8:30 FR 5-6	SA 7:30-8:30 & 11-12 SU 9-11
Free Swim			
	Family	Open	
	FR 11-12 & 6-7:30 SA 1:15-2:45 SU 11-12	MO-FR 4-5 MO-TH 6:30-7:30	

Additional lanes available for lap swim during some of our programming. Please consult the pool schedule.
* There will be no swim lessons held: Monday, July 3rd-Saturday July 8th



GROUP EXERCISE SCHEDULE

June 26 – September 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
	5:30-6:30 am BodyPump/Flow™ express w/ Stephanie			5:15-5:45 am BodyPump™ express w/ Stephanie	
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 Pilates w/ Stephanie			8:00-9:00 am BodyPump™
8:30-9:30 am AquaZumba w/ Laurie	8:15-9:00 am BodyPump™ w/ Kristen	8:30-9:30 am AquaZumba w/ Laurie	8:15-9:00 am BodyPump™ w/ Kristen	8:15-9:00 am BodyFlow™ w/ Stephanie	
9:15-10:15 am BodyPump™ w/ Jenn	9:15-10:15 am BodyFlow™ w/ Stephanie	9:15-10:15 am BodyPump™ w/ Rachel	9:15-10:15 am Strong® w/ Laurie	9:15-10:15 am BodyCombat/ BodyPump™ express w/ Kristen	9:15-10:15 am BodyFlow™
10:30-11:15 am SilverSneakers® Classic w/ Jenn	10:30-11:15 am SilverSneakers® Classic w/ Dahna	10:30-11:15 am SilverSneakers® Classic w/ Jenn	10:30-11:15 am SilverSneakers® Cardio w/ Dahna	10:30-11:15 am SilverSneakers® Classic w/ Dahna	
Afternoon & Evening Classes					
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 Combat™ w/ Kristen	5:30-6:15 pm Barre Above® w/ Kristen	5:30-6:15 pm BodyFlow™ w/ Stephanie		CHILDWATCH available during highlighted classes!
	6:30-7:30 pm Strong® w/ Laurie		6:30-7:30 pm Combat™ w/ Kristen		ALL Fitness classes listed are FREE for members!
6:30-7:30 pm Zumba® w/ Laurie		6:30-7:30 pm Zumba® w/ Laurie			*Schedule is subject to change based on class demand.



SESSION PROGRAM GUIDE

Summer ~ July 10 – August 26

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RECREATIONAL SPORTS

ADULT SOCCER CLUB (ages 18+)

WE 7:00-9:00 pm
Members \$40; Non Members \$80

TEEN SOCCER (ages 13-19)

June 23, June 30, July 7, July 14
FR 5:30-7:30 pm 4 weeks \$20

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

Summer Solstice
June 17th

BIRTHDAY RENTALS

GYMNASTICS

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

Please see the front desk for more details

CLARK MEMORIAL YMCA THUNDER AND 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.

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