

Be sure to check out www.clarkymca.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 8:45

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

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; 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

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 10:45

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

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) MO 3:15

GYMNASTICS TEAM

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

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

YMCA GYMNASTICS TEAM
Competitive format

Level 1 TU & TH 6:15-7:30 \$50/month
Level 2 WE & FR 4:30-7 \$78/month
Level 3 WE & FR 4-7 \$94/month
Level 4+ MO 3:45-5:45, WE & FR 4-7 \$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 classes or team practices on the following dates: Oct. 31 (no evening classes) Nov. 23 & 24

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

AQUATICS

YOUTH SWIM LESSONS

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

LESSON PRICING

30 MIN: Members: \$45; Non Members \$90
45 MIN: Members: \$60; Non Members \$120

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

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 5:30; 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, TH 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

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

DISTANCE AND DRILLS (age 18+)
TU & TH 6:30-7:30 \$30/member \$60/non-member

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: \$85 Non-members: \$170
CLARK SHARKS SWIM TEAM
MO & WE 6:30-7:30
TU, TH & FR 4:30-5:30
\$65/month

Team Dues \$100 upon joining team
*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	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	MO-FR 3:30-4:30 TU & TH 7:30-8:30	MO 2:00-3:00

Additional lanes available for lap swim during some of our programming. Please consult the pool schedule.
There will be no classes or team practices on the following dates: Oct. 31 (no evening classes) Nov. 23 & 24



GROUP EXERCISE SCHEDULE

September 5 - December 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
	5:15-5:45 am BodyPump™ express w/ Kristen			5:15-5:45 am BodyPump™ express w/ Kristen	
6:00-7:00 am Toning w/ Tamara	8:00-8:45 am Water Walking w/ Mo	6:00-7:00 am Toning/Cardio w/ Tamara	8:00-8:45 am Water Walking w/ Mo	6:00-7:00 am Core and More w/ Tamara	
8:30-9:30 am AquaZumba w/ Laurie	8:00-9:00 am Power Yoga w/ Raman	8:30-9:30 am AquaZumba w/ Laurie	8:00-9:00 am Pilates w/ Stephanie	8:00-9:00 am Interval Training w/ Raman	8:00-9:00 am BodyPump™
9:15-10:15 am BodyPump™ w/ Jenn	9:15-10:15 am Combat™ w/ Kristen	9:15- 10:15 am BodyFlow™ w/ Kristen	9:15-10:15 am Strong® w/ Laurie	9:15-10:15 am BodyPump™ w/ Kristen	9:15-10:15am 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	
		12:30-1:30 Barre Above™ w/ Kristen			
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/ Jenn	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 BodyPump™ w/ Kristen	5:00-6:00 pm Zumba® Plus Toning w/Mary Lee	CHILDWATCH available during highlighted classes!
6:30-7:30 pm BodyFlow™ w/ Jenn (on stage)	6:30-7:30 pm Strong® w/ Laurie	6:30-7:30 pm BodyFlow™ w/ Mary Lee (on stage)	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

Winter ~ October 30 - December 23

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

RECREATIONAL SPORTS

ADULT SOCCER CLUB (ages 18+)

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

ARENA SOFTBALL

Nov. 9-Jan 25: TH between 6-9 pm
\$300 per team

YOUTH SOCCER

Grades 2-4: WE Nov. 1-Dec. 20: 6-7 pm
Grades 5-8: TU Nov. 7-Dec. 9: 6-7 pm
\$25 members \$50 non-members

WINTER YOUTH BASKETBALL

Information coming soon!

FIELD HOUSE PRIVATE RENTALS

\$90/HR
\$60/HR Non-profit groups

BEFORE & AFTER SCHOOL

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

2017/2018 BEFORE SCHOOL PROGRAM

\$36/week; MO-FR 6:30 am - bus pick-up.

2017/2018 AFTER SCHOOL PROGRAM

\$63/week; MO-FR Bus drop-off - 6:00 pm

2017/2018 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.

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

Zombie Run

October 28th
Halloween Party
October 28th

A Night on the Town

November 3rd
Float n' Flick

November 10th & December 1st

Kids Night Out

December 8th

Closures

Nov. 23 & Dec. 25

BIRTHDAY RENTALS

GYMNASTICS

Sundays 12:00-12:45 in gym

1:00-1:45 in party room

\$150 for 20 participants (Effective Nov. 1)

\$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

\$150 for 20 participants (Effective Nov. 1)

\$25 for additional participants

FIELD HOUSE

45 min for field games

45 min in party room

\$150 party rental (Effective Nov. 1)

Please see the front desk for more details

CLARK MEMORIAL YMCA WINTER WEATHER POLICY

When Winchendon public schools are delayed: All am fitness classes, am programs (gymnastics & swim), and am child watch will run according to schedule. All pm classes will run according to schedule. When Winchendon public schools are closed: All am fitness classes and am child-watch will run according to schedule. However, all am program classes (gymnastics & swim) will be cancelled. No makeup or credit due. Decision on status of pm classes will be made after 2 pm. Participants are encouraged to check Clark Memorial YMCA social media & website for updates.