



# SESSION PROGRAM GUIDE

Spring 2 ~ May 7 - June 30

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

## GYMNASTICS

**PRESCHOOL PLAYGROUND (ages 5 & under)**  
MO 11:45-1:00  
TU-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 9:30; SA 8:45

**MIGHTY MUNCHKINS (ages 3-4)**  
(45 MIN) MO 10:15, 11:00; 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 9:15-9:45am and swimming 10:00-10:30am or  
Tuesdays with Gymnastics 4:45-5:15pm and swimming 5:30-6:00pm  
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 5:30

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

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

## YMCA GYMNASTICS TEAM

Competitive format. Invitation Only.

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: May 28 and June 16

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

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

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

**LEVEL II: FUNDAMENTAL AQUATIC SKILLS**  
(30 MIN) MO 4:30; TU 9:30, 6:00; WE 5:00, 5:30; TH 9:30, 5:30; SA 9:30, 10:30

**LEVEL III: STROKE DEVELOPMENT**  
(30 MIN) MO 4:30; WE 4:30, 6:00; TH 6:00; FR 6:00; SA 10:15

**LEVEL IV: STROKE IMPROVEMENT**  
(45 MIN) MO 5:00, WE 5:45

**LEVEL V: STROKE REFINEMENT**  
(45 MIN) WE 5:00; SA 9:30

**GYM AND SWIM (ages 3-5)**  
Wednesdays with Gymnastics 9:15-9:45am and swimming 10:00-10:30am or  
Tuesdays with Gymnastics 4:45-5:15pm and swimming 5:30-6:00pm  
Members: \$70; Non Members: \$140

**TEEN SWIM (ages 13-17)**  
(45 MIN) TU 5:30  
Members: \$60; Non Members \$120

### DISTANCE AND DRILLS (age 18+)

TU & TH 6:30-7:30  
Members: \$30; Non Members \$60  
\$10 Drop In

### 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

## POOL SCHEDULE

Please see front desk for vacation week schedules

Adult Lap Swim			
Eye Opener	Mid Day	Night Owl	Weekend
M, W & F 5:30-8:15 TU & TH 7-9	M, W & F 11-2 TU & TH 11-2	M, W, & F 7:00-8:30 F 4:30-5:30	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	M & TH 3:30-4:30 TU & TH 7:30-8:30	MO 2:00-3:00

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# GROUP EXERCISE SCHEDULE

April 1-June 30

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
	5:15-5:45 am BodyPump™ express w/ Stephanie			5:15-5:45 am BodyPump™ express w/ Stephanie	8:30-9:30 am Yoga (on Stage) 4/7, 4/21, 5/5, 5/19, 6/2, 6/16, 6/30
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 Body Flow™ (on stage) 4/14, 4/28, 5/12, 5/26, 6/9, 6/23
8:30-9:30 am AquaZumba w/ Laurie		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 Les Mills Tone®
9:15-10:15 am Les Mills Tone® w/ Jenn	9:15-10:15 am BodyPump™ w/ Kristen	9:15- 10:15 am BodyFlow™ w/ Kristen	9:15-10:15 am Les Mills Tone® w/ Kristen	9:15-10:15 am BodyPump™ w/ Kristen	9:15-10:15am BodyPump™
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/ Stephanie	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	4:30-5:30 pm Core and More w/ Jenn		*Schedule is subject to change based on class demand.
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 Zumba® Plus Toning w/Mary Lee		CHILDWATCH available during highlighted classes!
5:30-6:30 pm Insanity® w/ Ameer (on stage)					
6:30-7:30 pm BodyFlow™ w/ Jenn (on stage)	6:30-7:30 pm Les Mills Tone® w/ Kristen	6:30-7:30 pm BodyFlow™ w/ Mary Lee (on stage)	6:30-7:30 pm BodyPump™ w/ Kristen		ALL Fitness classes listed are FREE for members!
6:30-7:30pm Zumba® w/ Laurie		6:30-7:30pm Zumba® w/ Laurie			

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## RECREATIONAL SPORTS

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

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

## YMCA CAMP CLARK

**CAMP CLARK (AGES 5-12)**  
\$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)  
Session 1: June 25-June 29  
Session 2: July 2- July 6  
Session 3: July 9-July 13  
Session 4: July 16-July 20  
Session 5: July 23-July 27  
Session 6: July 30-August 3  
Session 7: August 6-August 10  
Session 8: August 13-August 17  
Session 9: August 20-August 24

**SPORTS CAMP (AGES 7-13)**  
Option 1- Sports Camp AM, Day Camp PM  
\$90/Member \$115/non-member  
Option 2- Sports Camp Only (3 hrs/day)  
\$65/member \$90/non-member  
Session 1: June 25-June 29 Basketball  
Session 2: July 2- July 6 Fit Kids  
Session 3: July 9-July 13 Karate  
Session 4: July 16-July 20 Flag Football  
Session 5: July 23-July 27 Baseball(AM)  
Dance(PM)  
Session 6: July 30-August 3 Outdoor Adventure  
Session 7: August 6-August 10 Gymnastics (PM)  
Session 8: August 13-August 17 Soccer

**COUNSELOR IN TRAINING (AGES 13-15)**  
\$140/member  
\$190/non-member  
Session 1: June 25-July 6  
Session 2: July 9-July 20  
Session 3: July 23-August 3  
Session 4: August 6-August 17

**BEFORE & AFTER SCHOOL**  
LICENSED BY THE DEPARTMENT OF EARLY  
EDUCATION AND CARE. Program follows Winchendon  
Public School calendar.  
**BEFORE SCHOOL PROGRAM**  
\$36/week; MO-FR 6:30 am - bus pick-up.  
**AFTER SCHOOL PROGRAM**  
\$63/week; MO-FR Bus drop-off - 6:00 pm  
**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**  
**Float n' Flick**  
May 4  
**Lucky Pro Wrestling**  
May 19  
**Closures**  
YMCA closed for Memorial Day- May 28  
**Summer Solstice Celebration**  
June 16

**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  
\$150 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  
\$150 for 20 participants  
\$25 for additional participants

**FIELD HOUSE**  
45 min for field games  
45 min in party room  
\$150 party rental

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