

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

GYMNASTICS

PRESCHOOL PLAYGROUND (ages 5 & under)
WE & TH 10:45-12:00
OPEN GYM (ages 6+)
SU 10:30-11:45

LESSON PRICING

30 MIN: Members: \$42; Non Members \$84
45 MIN: Members: \$56; Non Members \$112
1 HR: Members: \$72; Non Members: \$144

PRESCHOOL GYMNASTICS

GYM EXPLORERS (walking to age 3)
(30 MIN) TU 9:30; TH 9:00

TODDLER TIME (ages 2-3)
(30 MIN) MO 9:30; TU 3:30; 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; SA 10:00

GYM AND SWIM (ages 3-5)
Members: \$72; Non Members: \$144

Tuesdays with Gymnastics 4:45-5:15 and swimming 5:30-6:00.

Wednesdays with Gymnastics 9:15-9:45 and swimming 10:00-10:30.

Thursdays with Gymnastics 9:45-10:15 and swimming 10:30-11:00.

RECREATIONAL GYMNASTICS

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

TUMBLING CLASSES (ages 6+)
(1 HOUR) MO 6:00; TH 6:00

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

BOYS ADVANCED (invitation only)
(1.5 HOUR) MO 5:45

GYMNASTICS TEAM

TEAM TUMBLING
(1 HOUR) WE 7:00

PRE TEAM (invitation only)
(1:15 Min) TU 5:00
\$38/month

RECREATIONAL TEAM (REC)
Non-Competitive format.
Please speak to Gymnastics Director for days & times
\$56/month

YMCA GYMNASTICS TEAM
Competitive format

Level 1 TU & TH 6:15-7:30 \$52/month
Level 2 WE & FR 4:30-7 \$80/month
Level 3 WE & FR 4-7 \$96/month
Level 4+ MO 3:45-5:45, WE & FR 3:45-7 \$112/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.

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: \$48; Non Members \$96
45 MIN: Members: \$63; Non Members \$126

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

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

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

LEVEL III: STROKE DEVELOPMENT
(30 MIN) MO 4:30, 5:30; WE 4:30, 5:30; TH 5:30; FR 5:30; SA 10:30

LEVEL IV: STROKE IMPROVEMENT
(45 MIN) MO 5:00; SA 9:00

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

GYM AND SWIM (ages 3-5)
Members: \$72; Non Members: \$144

Tuesdays with Gymnastics 4:45-5:15 and swimming 5:30-6:00.

Wednesdays with Gymnastics 9:15-9:45 and swimming 10:00-10:30.

Thursdays with Gymnastics 9:45-10:15 and swimming 10:30-11:00.

DISTANCE & DRILLS (age 18+)
(1 HOUR) TU & TH 6:30-7:30
Members: \$33; Non Members \$66
\$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

SWIM TEAM

* If interested in the Swim Team, Pre Team or Shark Bites please inquire with Aquatics Director Julie Whittemore before registration.

SHARK BITES (invitation only)
(30 MIN) MO & WE 5:45
Member: \$78 Non-members: \$156

PRE TEAM (invitation only)
(45 MIN) TU & TH 5:30-6:15
Member: \$88 Non-members: \$176

CLARK SHARKS SWIM TEAM (invitation only)
\$66/month
Team Dues \$100 upon joining team
*YMCA Membership is required for participation in the team program

Adult Lap Swim			
Eye Opener	Mid Day	Night Owl	Weekend
M, W & F 5:30-8:15 TU & TH 7-8	M-F 11-2	M, W, & F 7:30-8:30	SA 6:30-9:00 & 11-12 SU 9:00-10:30
Free Swim			
Preschool	Family	Open	Home School
TU & TH 10:30-11	F 6:30-7:30 SU 10:30-12	MO-FR 3:30-4:30 TU & TH 7:30-8:30 SA 1:00-2:45	MO 2:00-3:00

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



GROUP EXERCISE SCHEDULE

October 29 - December 29



SESSION PROGRAM GUIDE

Winter 1 ~ October 29 - December 22

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		6:00-7:00 am Toning/Cardio w/ Tamara	8:00-9:00 am Pilates w/ Stephanie	6:00-7:00 am Core and More w/ Tamara	
8:30-9:30 am AquaZumba w/ Laurie	8:00-9:00 am Aqua Jogging w/ Mo	8:30-9:30 am AquaZumba w/ Laurie	8:00-9:00 am Aqua Jogging w/ Mo		
9:15-10:15 am BodyPump™ w/ Jenn H	9:15-10:15 am Les Mills Tone® 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	8:30-9:30 am BodyPump™
10:30-11:15 am SilverSneakers® Classic w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/Stephanie	10:30 -11:15 am SilverSneakers® Cardio w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/ Kristen	9:30-10:30 am Yoga/ BodyFlow™
Afternoon & Evening Classes					
4:00-4:30pm Parent Child Yoga w/ Mary Lee					
4:30-5:30 pm Vinyasa Flow Yoga w/ Mary Lee		4:30-5:30 pm Vinyasa Flow Yoga w/ Jenn P			
5:30-6:15 pm BodyPump™ w/ Kristen	5:30-6:15 pm Zumba® Plus Toning w/Mary Lee	5:30-6:15 pm Strong® w/ Laurie	5:30-6:15 pm BodyFlow™ w/ Jenn H		CHILDWATCH available during highlighted classes!
6:30-7:30 pm BodyFlow™ w/ Kristen	6:30-7:30 pm Core and More w/ Tamara		6:30-7:30 pm BodyPump™ w/ Jenn H		ALL Fitness classes listed are FREE for members!
6:30-7:30 pm Zumba® w/ Laurie (gym)		6:30-7:30 pm Zumba® w/ Laurie (gym)			*Schedule is subject to change based on class demand.

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

WINTER YOUTH BASKETBALL
Season Starts December 1st
League Costs:
Early Bird Registration Until Oct. 27:
Members \$25 Non-Members \$50
After Oct. 27:
Members \$35 Non-Members \$60
Coaches Needed
Youth Sports Sponsorships Available

ADULT ARENA SOFTBALL
Registration Open- \$300/team
Season Starts November 8th

ADULT RECREATION SPORT NIGHTS IN THE GYMNASIUM
Tuesday: 6:30-8:30pm Pickleball
Wednesday: 6:30-8:30pm Basketball
Thursday: 6:30-8:30pm Volleyball
Members: Free Non-Members: Day Pass Rate

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.

2018/2019 BEFORE SCHOOL PROGRAM
\$36/week; MO-FR 6:30 am - bus pick-up.

2018/2019 AFTER SCHOOL PROGRAM
\$63/week; MO-FR Bus drop-off - 6:00 pm

2018/2019 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 / Halloween Party
October 27th

Wine Tasting
November 2nd

BIRTHDAY RENTALS

GYMNASTICS

Saturdays 12:00-12:45 in gym
1:00-1:45 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

Please see the front desk for more details

There will be **NO Gymnastics or Swim Lessons on the following days:**
Halloween Night (Oct. 31), Thanksgiving
(Nov.22) & Nov. 23, Nov. 24