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GYMNASTICS

PRESCHOOL PLAYGROUND (ages 5 & under)
Will Return October 16th
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.

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; 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 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, 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: \$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 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	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.



GROUP EXERCISE SCHEDULE

September 5 - December 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
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			
8:30-9:30 am AquaZumba w/ Laurie	8:00-9:00 am Vinyasa Flow Yoga w/ Raman	8:30-9:30 am AquaZumba w/ Laurie		8:00-9:00 am Interval Training w/ Raman	
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	9:00-10:00 am 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/ Jenn	10:30 -11:15 am SilverSneakers® Cardio w/ Dahna	10:30-11:15 am SilverSneakers® Classic w/ Dahna	10:15-11:15am BodyFlow™
		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		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

Fall ~ September 11 - October 28

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RECREATIONAL SPORTS

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

FALL YOUTH SOCCER
Games: Saturdays between 10am-1pm

League Costs:
Before Aug. 13th
Members \$25 Non-Members \$50
After Aug. 13th
Members \$35 Non-Members \$60

Meet & Greet Sept. 9: Gr K-1 10am, 2-4
10:30am & 5-8 11am

Games Begin Sept. 16th

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

Charles E. Grout Memorial Golf Tournament
September 23rd

Zombie Run
October 28th

Halloween Party
October 28th

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.