

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 9:30; SA 8:45

MIGHTY MUNCHKINS (ages 3-4)
(45 MIN) MO 10:15; 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; SA 11:45

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: April 16-21

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 6:00

LEVEL I: INTRODUCTION TO WATER SKILLS (must be 3 years of age)
(30 MIN) MO 5:00; TU 10:00; WE 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, 6:00; 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 4:30, 6:00; TH 6:00; FR 6:00; SA 10:30

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

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

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

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

PRE TEAM

TU & TH 5:30-6:15
Member: \$85 Non-members: \$170

CLARK SHARKS SWIM TEAM

\$65/month
* If interested in the Swim Team, please inquire with Aquatics Director Julie Whittemore before registration.

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 7:30-8:30	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	M & TH 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 on the following dates: Apr. 16-21



GROUP EXERCISE SCHEDULE

December 24 - March 31

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	
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™ (Kickboxing) 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/ 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			
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!
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 Strong® w/ Laurie	6:30-7:30 pm BodyFlow™ w/ Mary Lee (on stage)	6:30-7:30 pm Barre Above® w/Kristen		ALL Fitness classes listed are FREE for members!
6:30-7:30pm Zumba® w/ Laurie		6:30-7:30pm Zumba® w/ Laurie			

www.clarkymca.org facebook.com/clark.ymca twitter.com/theclarkymca



SESSION PROGRAM GUIDE

Spring 1 ~ March 5 - May 5

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

SPRING YOUTH SOCCER REGISTRATION

CO-ED Grades K-8
Meet & Greet March 24: K-1 10am, 2-4
10:30am & 5-8 11am
Games Start March 31
Members \$25; Non Members \$50 before 2/20
Members \$35; Non Members \$60 after 2/20
*coaches needed!
contact n.raynor@clarkymca.org*

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

Float n' Flick

March 2, April 6 & May 4

Vacation Club

Feb. 20-23 & April 17-20

Closures

Pool closed for Mid Regions-March 3

YMCA closed for Easter- April 1

Spring Fling Race

April 21

Lucky Pro Wrestling

May 19

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

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 (gymnas-

tics & swim), and am child watch will run accord-

ing 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. Par-

ticipants are encouraged to check Clark Memorial

YMCA social media & website for updates.

www.clarkymca.org facebook.com/clark.ymca twitter.com/theclarkymca