

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.**

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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: \$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 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 | 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

December 31 - February 23



SESSION PROGRAM GUIDE

Winter 2 - January 7th - March 1st

| 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 | | 8:30-9:30 am BodyPump™ |
| 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 | 9:30-10:30 am Yoga/ BodyFlow™ |
| 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 | |
| 10:30-11:30 am Yoga w/ Stephanie | | | 10:30-11:30 am Barre Above® w/ Kristen | | |
| 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/ Mary Lee | | CHILDWATCH available during highlighted classes! |
| 6:30-7:30 pm Les Mills Tone™ w/ Kristen | 6:30-7:30 pm Core and More w/ Tamara | | 6:30-7:30 pm BodyFlow™ 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. |

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RECREATIONAL SPORTS

ADULT SOCCER CLUB (ages 18+)

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

ADULT FLAG FOOTBALL

Registration Begins Dec. 21- \$400/team
Season Starts February 10th

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

There will be NO Gymnastics or Swim

Lessons on the following days:
February 18-23 & March 2

SPECIAL EVENTS

FLOAT N' FLICK

December 7th
February 1st

SANTA VISITS PRE SCHOOL PLAYGROUND

December 19th

KIDS NIGHT OUT

Dec. 14th 6:00p-10:00p
Members \$10; Non Members \$25

VACATION CLUB

Dec. 26th-Dec. 28th & Feb. 19th-22nd
9:00a-5:00p
Members \$20/day; Non Members \$30/day

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