

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)**  
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.

**DYNAMITES (invitation only)**  
(45 MIN) TU 11:00-11:45

## RECREATIONAL GYMNASTICS

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

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

**TEEN TUMBLING (ages 12+)**  
(1 HOUR) TU 6:30  
**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)**  
(1.25 HOUR) TH 7:00  
Members \$83 Non Members \$166

## 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	MO, TH & 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

February 25 - June 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	5:15-5:45 am Interval Shred w/ Tamara	
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	
8:30-9:30 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 (gym)	10:30-11:15 am SilverSneakers® Classic w/ Jenn H (gym)	10:30-11:15 am SilverSneakers® Classic w/Kristen (gym)	10:30 -11:15 am SilverSneakers® Cardio w/ Jenn H (gym)	10:30-11:15 am SilverSneakers® Classic w/ Kristen (gym)	
			10:30-11:15 am Barre Above® w/ Kristen		
Afternoon & Evening Classes					
	12:00-1:00 pm Deep Water Aqua w/ Jenn H				
4:30-5:30 pm Vinyasa Flow Yoga w/ Mary Lee		4:30-5:30 pm Vinyasa Flow Yoga w/ Jenn P			*Schedule is subject to change based on class demand.
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 Zumba® Plus Toning w/Mary Lee		CHILDWATCH available during highlighted classes!
	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			



# SESSION PROGRAM GUIDE

Spring 1 ~ March 4th - May 4th

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## RECREATIONAL SPORTS

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

**SPRING YOUTH SOCCER**  
Grades K-8  
Before March 1st  
Members \$25; Non Members \$50  
After March 1st  
Members \$35; Non Members \$60

**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:  
April 15-20

## SPECIAL EVENTS

**FLOAT N' FLICK**  
March 1st  
April 5th

**VACATION CLUB**  
February 19-22 &  
April 16-19  
9:00a-5:00p  
Members \$20/day; Non Members \$30/day

**MID REGION SWIM MEET**  
March 2nd

**GYMNASTICS HOME MEETS**  
February 17th & April 7th  
(No Open Gymnastics on these dates)

## 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\*