

GYMNASTICS

The primary focus in our Gymnastics programs the safety of all participants. Additionally, developmental classes combine fun activities along with age appropriate skills. These classes are taught in a fun and creative way to encourage a healthier mental, physical and emotional lifestyle for the participants. Students are taught to break down goals into manageable steps. As athletes progress competitive and non competitive advancement opportunities are available.

Lesson Pricing -7 weeks

30 min:	Members: \$50 Non Members: \$100
45 min:	Members: \$63 Non Members: \$126
60 min:	Members \$77 Non Members: \$154

Pre School Gymnastics

Pre School Explorers(walking to 3yrs)
(30 min w/parent) Mon 11:45, Sat 9:45

Mighty Munchkins (ages 3-4)
(45 min) Mon 12:30; Tue 4:15; Thu 4:15;
Sat 9:00

Jumpin Jacks (ages 4-5)
(45 min) Tue 5:00; Thu 4:30; Sat 10:15

Dynamites (invitation only)
(60 min) Fri 3:45

Motion Commotion (ages 18 mo-5yrs)
(30 min w/parent) Thur 11:45 **NEW!**

Recreational Gymnastics

Tumbling (ages 6-12)
(60 min) Tue 6:30; Thu 6:30

Tumbling (ages 10+)
(60 min) Wed 6:45

Rockin Rollers (ages 5-7)
(60 min) Tue 5:15; Thu 5:15; sat 11:00

Super Springers (ages 8+)
(60 min) Tue 5:45 Thu 6:15

Homeschool Gymnastics (ages 5+)
(45 min) Tue 12:45

Boys Recreational (ages 5+)
(45 min) Tue 4:00 **NEW!**

Gym and Swim (ages 3-5)

Members \$77 Non Members \$154

Tue with Gymnastics 4:45-5:15 and
Swimming 5:30-6:00

Gymnastics Team (invitation only)
-Pre Team- Recreational Team
-YMCA Gymnastics Competition
Team

***YMCA Membership is required
for participation in all team
programming.**

*** If interested in Team programs,
please inquire with Gymnastics
Director Amanda Tousignant prior
to registration at: a.tousignant@
clarkymca.org**

Gymnastics Open Times

***Reservations Required. Please call the
YMCA front desk or go online to reserve
your spot.**
Members Free Non Members \$5

Pre School Playground
(ages 5 & under- 45 min)
Tue 11:45; Thur 12:15; Sun 11:15

Open Gym (ages 5+)
Sat 1:00; Sun 1:00

Gymnastics Birthday Rentals

Saturdays or Sundays @ 12:15
Members \$175 Non Members \$250
45 min in the Gym & 45 min in the Party Room
***See front desk for more details**

Tumble Fun- Thur., Sept. 4 (60 min)
Members \$16 Non Members \$32
Age 3-5: 4:15; Age 6-10: 5:30

AQUATICS

Swimming is a life skill as well as great exercise and a challenging sport. The YMCA offers swim lessons for all ages, as well as swim leagues and more. Swim year-round in our heated, indoor pool and swim with the folks that created group swim lessons!

Lesson Pricing - 7 weeks

30 MIN:	Members: \$74 Non Members \$148
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Attention New Swimmers:
Swim tests are required (for proper
placement) prior to program registration!

Youth Swim Lessons

Parent with Child (age 1+)
(30 min) Tue 10:00, 6:30;
Sat 8:30

Level I: Introduction to Water Skills
(must be 3 years of age)
(30 min) Tue 10:30, 6:00; Wed 4:30,
5:00; Thur 5:30, 6:30; Sat 9:30,
10:00

Level II: Fundamental Aquatic Skills
(30 min) Mon 4:30; Wed 4:30, 5:00,
5:30; Thur 6:00; Sat 9:00, 9:30, 10:00

Level III: Stroke Development
(30 min) Mon 5:00; Tue 7:00; Sat
10:30

Level IV: Stroke Improvement
(30 min) Sat 9:00

Ages 8+ Beginner
(30 min) Wed 6:00; Sat 10:30

Gym and Swim (ages 3-5)
Members \$77 Non Members \$154
Tue with Gymnastics 4:45-5:15 and
Swimming 5:30-6:00

Swim Team (invitation only)

***YMCA Membership is required
for participation in all team
programming.**

*** If interested in Team programs,
please inquire with Aquatics Director
Julie Whittemore prior to registration
at: j.whittemore@clarkymca.org**

Shark Bites (30 Min)- \$111
Mon & Wed 5:30

Pre Team (30 min)- \$111
Mon & Wed 6:00

Aquatics Open Times

***Reservations Required. Please call the
YMCA front desk to reserve your spot**

Family Swim

Sat & Sun 12:30-1:30 pm
Mon-Fri 3:30-4:30
Fri 7:30-8:30



See our Aquatics and Gymnastics class descriptions and more on our website: www.clarkymca.org.

Youth Fall Soccer

Ages 5-13

Registration Now Open!

New High School Group: Ages 14-18

For more info, inquire with Rec Sports Director Noah Raynor:
N.Raynor@clarkymca.org

Upcoming Dates

Sept. 1: Labor Day (YMCA Closed)

Sept. 8: Fall 1 Session Begins

Sept. 13: Annual Golf Tournament

October 11: No Program Classes

October 11: Winchendon Fall Festival

October 13: Mem. Registration Fall 2

October 18: Trunk or Treat

October 27: Fall 2 Session Begins

Before & After School

Licensed by the Department of Early Education and Care. Program follows Winchendon Public School calendar.

2025/2026 Before School Program

Mon-Fri 6:30 am – bus pick-up. \$42

2025/2026 After School Program

Mon-Fri Bus drop-off – 6:00 pm \$73

2025/2026 Before & After School Program

Mon-Fri 6:30 am – bus pick up; bus drop-off – 6:00 pm. \$115

–Open for full days (6:30am–6:00pm) most snow days, school vacation weeks, and holidays.

–Vouchers accepted. Grades K-6.

YMCA Membership

Type	Daily	EFT*	* Annual*
Adult	\$11.00	\$45.00	\$540.00
Family	\$15.00	\$70.00	\$840.00
Youth	\$5.00	\$15.00	\$180.00
Young Adult	\$11.00	\$32.00	\$384.00
Senior	\$5.00	\$35.00	\$420.00
Senior Couple	\$10.00	\$54.00	\$648.00

Child Watch

4 months–10 years old

Monday– Friday 9:00am–11:30am

*Registration Required

Cancellation/ Change Policy

You may receive a full refund less a \$10 administrative fee up to 5 days before the first day of the program session. After this time there will be no refunds. Refund requests due to medical/ COVID will be at the discretion of the program director and may require a doctor's note.

You may move to a different day and time of a program class up to 5 days before the first day of the program session. There will be a \$10 administrative fee to switch classes. After this time frame no class moves will be permitted. Make ups are not offered for classes missed.

CLARK MEMORIAL YMCA THUNDER & 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.

No makeup or credit is due.



Program Guide

Fall 1 2025

September 8–October 25

Member Registration: August 11

Non Member Registration: August 18

CLARK MEMORIAL YMCA



Clark Memorial YMCA
155 Central St.
Winchendon, MA 01475

(978) 297-9622

www.clarkymca.org



Hours of Operation

Monday–Friday 5:00am–9:00pm

Saturday–Sunday 8:00am–2:00pm



Staff Directory

Michael Quinn, Executive Director
m.quinn@clarkymca.org ext. 111

Kyle Scrivines, Senior Program Director
k.scrivines@clarkymca.org ext. 116

Beth Dexter, Member Services Coordinator
b.dexter@clarkymca.org ext. 119

Julie Whittemore, Aquatics & Safety Director
j.whittemore@clarkymca.org ext. 114

Amanda Tousignant, Gymnastics Director
a.tousignant@clarkymca.org ext. 218

Noah Raynor, Recreational Sports Director
n.raynor@clarkymca.org ext. 115

Bill Estey, Facilities Director
b.estey@clarkymca.org ext. 113