

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 –8 weeks

30 min:	Members: \$57 Non Members: \$113
45 min:	Members: \$71 Non Members: \$143
60 min:	Members \$88 Non Members: \$176

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 8:45

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

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

Gym and Swim (ages 3–5)

Members \$88 Non Members \$176
Tue with Gymnastics 4:45–5:15 and
Swimming 5:30–6:00
Sat with Gymnastics 8:15–8:45 and
Swimming 9:00–9:30

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**

Holiday Pre School Playground
December 18th 12:30–2:00pm
FREE to Public

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 – 8 weeks

30 MIN:	Members: \$84 Non Members \$168
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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 9:30, 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 \$88 Non Members \$176
Tue with Gymnastics 4:45–5:15 and
Swimming 5:30–6:00
Sat with Gymnastics 8:15–8:45 and
Swimming 9:00–9:30

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)– \$126
Mon & Wed 5:30

Pre Team (30 min)– \$126
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 7:00–8:30



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

Youth Basketball– Skills and Drills

Ages 7–13 Co-ed
December 1–18

Ages 7–9: Mon @ 5pm or Tue @ 5pm
Ages 10–13: Tue @ 6pm or Thur @ 5pm

Members \$15
Non Members \$30

Upcoming Dates

–October 18: Trunk or Treat
–October 27: Fall 2 Session Begins
–October 31: No Program Classes–
Halloween
–November 27–29: No Program
Classes– Thanksgiving Break
–November 28: YMCA Closed–
Thanksgiving
–December 18: Holiday Pre School
Playground 12:30–2:00pm
–December 21–January 3: No Pro-
gram Classes– Christmas Break
–January 5– Winter 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	\$47.00	\$564.00
Family	\$15.00	\$74.00	\$888.00
Youth	\$5.00	\$16.00	\$192.00
Young Adult	\$11.00	\$34.00	\$408.00
Senior	\$5.00	\$37.00	\$444.00
Senior Couple	\$10.00	\$57.00	\$684.00

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 per-
mitted. Make ups are not offered for classes missed.

Inclement Weather Policy

When Winchendon Public Schools are delayed:
–All AM fitness classes, will run normally
–All youth program classes (gymnastics and swim) begin-
ning before 11am and child watch will be cancelled. No
makeup or credit due.

When Winchendon Public Schools are closed:
–All AM fitness classes will run normally
–All youth program classes (gymnastics and swim) and
pre school playgrounds beginning before 2pm will be can-
celled. There will be no child watch available. No makeup
or credit due.

Decision on status of PM classes will be made after 2pm
Participants are encouraged to check Clark Memo-
rial YMCA social media and website for updates, www.
clarkymca.org. Please be sure your email is updated with
the front desk. All program cancellations will be notified
through email.



Program Guide

Fall 2 2025

October 27 – December 20

Member Registration: October 13
Non Member Registration: October 20

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