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; Sat 8:45

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

Motion Commotion (ages 18 mo-5yrs)
(30 min w/parent) Thur 12:45

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

Homeschool Tumbling (ages 5+)
(45 min) Wed 12:45

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

Gym and Swim (ages 3-5)
Members $77 Non Members $154
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
Dynamites (invitation only)
(60 min) Fri 3:45
*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; Wed 11:45; Thur 11:45; Sun 11:15

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

Gymnastics Birthday Rentals

Saturdays & 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

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

Attention New Swimmers:
Swim tests are required (for proper placement) prior to program registration!

Youth Swim Lessons

Parent with Child (age 1+)
(30 min)Thur 5:30; Sat 8:30

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

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

Level III: Stroke Development
(30 min) Tue 6:00; Wed 5:30; Sat 10:30

Level IV: Stroke Improvement
(30 min) Wed 6:00; Sat 10:30

Ages 8-12 Beginner
(30 min) Tues 7:00; Thur 7:00; Sat 10:00

Gym and Swim (ages 3-5)
Members $77 Non Members $154
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) Tue & Thur 5:30

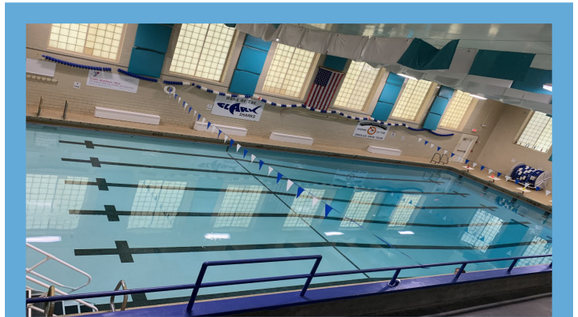
Pre Team
(45 min) Mon & Wed 5:30

Competitive Swim Team
See Aquatics Director for details

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.

Before & After School

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

2026/2027 Before School Program
Mon–Fri 6:30 am – bus pick–up.
2026/2027 After School Program
Mon–Fri Bus drop–off – 6:00 pm
2026/2027 Before & After School Program
Mon–Fri 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.

Upcoming Dates

Oct. 24: Trunk or Treat

Nov. 3: Halloween Pre School Play–ground

Nov. 26: Thanksgiving–YMCA Closed

Nov. 27 & 28: No Program Classes

Dec. 16: Holiday Pre School Play–ground

Dec. 7: Winter Member Registration

Dec. 19: Fall 2 Session Ends

Dec. 24: YMCA closes @ noon

Dec. 25: Christmas–YMCA Closed

Dec. 21–Jan. 2: No Prrogram Classes

Jan. 4: Winter Session Begins

Youth Basketball

Ages 5–13
Registration Coming Soon!

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 recieve 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 discrection 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.

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 lightening 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 lightening 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.

the YMCA

Program Guide

Fall 2 2026

November 2–December 19

Member Registration: October 19
Non Member Registration: October 26

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.qunn@clarkymca.org ext. 111

Kyle Scrivines, Senior Program Director
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Beth Dexter, Member Services Coordinator
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Julie Whittemore, Aquatics & Safety Director
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Amanda Tousignant, Gymnastics Director
a.tousignant@clarkymca.org ext. 218

Noah Raynor, Recreational Sports Director
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Bill Estey, Facilities Director
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