



# SESSION PROGRAM GUIDE

Fall~ September 11–October 28

7 week Session

Be sure to check out [www.clarkymca.org](http://www.clarkymca.org)  
for class descriptions, additional information and more!

Member Registration: August 14

Non Member Registration: August 21

## GYMNASTICS

### LESSON PRICING

30 MIN: Members: \$48

Non Members 96

45 MIN: Members: \$60

Non Members \$120

1 HOUR: Members: \$74

Non Members: \$148

## PRESCHOOL GYMNASTICS

### PRE SCHOOL EXPLORERS

(walking to age 3 with parent)

(30 MIN) MO 9:30; SA 8:30

### MIGHTY MUNCHKINS (ages 3–4)

(45 MIN) TU 4:45; WE 9:15; TH 4:15

### JUMPIN' JACKS (ages 4–5)

(45 MIN) TU 5:30; TH 4:30; SA 9:00

### TUMBLE TOTS (ages 3–5)

(45 MIN) TU 4:15

### DYNAMITES (invitation only)

(1 HOUR) WE 10:15

## RECREATIONAL GYMNASTICS

### TUMBLING (ages 6–12)

(1 HOUR) TU 6:30; TH 6:30

### TUMBLING (ages 10+)

(1 HOUR) WE 6:45

### ROCKIN' ROLLERS (ages 5–7)

(1 HOUR) TU 5:15; TH 5:15; SA 10:00

### SUPER SPRINGERS (ages 8+)

(1 HOUR) TU 6:15; TH 6:15; SA 11:00

HOMESCHOOL GYMNASTICS  
(1 HOUR) MO 10:15



## GYMNASTICS TEAM

–PRE TEAM (invitation only)

–RECREATIONAL TEAM (invitation only)

–YMCA GYMNASTICS COMPETITION  
TEAM (invitation only)

\*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](mailto:a.tousignant@clarkymca.org)

## GYMNASTICS OPEN GYMS

\*Reservations Required. Please call the  
YMCA front desk or go online to reserve  
your spot.

## PRE SCHOOL PLAYGROUND

(ages 5 & under)

WE 11:30–12:15

## OPEN GYM (ages 5+)

SA 1:00–1:45

## GYMNASTICS BIRTHDAY RENTALS

\$150– Saturdays @ 12:15

45 min in Gym & 45 min in Party Room

\*See front desk for more details

## TUMBLE FUN CLINICS–Sept. 5

Ages 3–5: 4:15–5:15

Ages 6–10: 5:30–6:30

Ages 10+: 6:45–7:45

Members \$15 Non Members \$30

\*THERE WILL BE NO GYMNASTICS  
CLASSES ON THE FOLLOWING DATES:  
Sat. October 7th & Mon. October 9th



# SESSION PROGRAM GUIDE

## Fall 2023

Be sure to check out [www.clarkymca.org](http://www.clarkymca.org)  
for class descriptions, additional information and more!

### FALL SOCCER

AGE 5-13

Registration Now OPEN!  
Registration will close Sept. 4th  
Practices will begin the week of Sept. 11th  
Games Begin Sept. 16th  
Member \$50 Non Members \$100  
\*Contact [N.Raynor@clarkymca.org](mailto:N.Raynor@clarkymca.org) for  
sponsorship and coaching opportunities

### BEFORE & AFTER SCHOOL

LICENSED BY THE DEPARTMENT OF EARLY  
EDUCATION AND CARE.  
Program follows Winchendon Public School  
calendar.

**2023/2024 BEFORE SCHOOL PROGRAM**  
\$36/week; MO-FR 6:30 am - bus pick-up.

**2023/2024 AFTER SCHOOL PROGRAM**  
\$63/week; MO-FR Bus drop-off - 6:00 pm

**2023/2024 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.

### IMPORTANT DATES

**Labor Day- YMCA Closed**  
Monday, September 4th

**Charles E. Grout Memorial Golf  
Tournament**  
Saturday, September 9th

**Winchendon Fall Fest (No Classes)**  
Saturday, October 7th

**Trunk or Treat (at Community Park)**  
Saturday, October 14th

### CLARK MEMORIAL YMCA HOURS OF OPERATION

Monday-Friday 5 am - 9 pm  
Saturday-Sunday 8 am - 2 pm

### CHILD WATCH

Monday- Friday (4 months-10 years old)  
9:00am - 11:30am

### AQUATICS

#### SWIM TEAM (invitation only)

MO & WE 5-6pm, TH 7-8pm @ Mount  
Wachusett Community College  
TU 4:30-5:15 conditioning @ Clark  
YMCA age 11+

#### SHARK BITES (invitation only)

MO 4-4:30pm @Mount Wachusett  
Community College

#### PRE TEAM (invitation only)

MO 4:30-5pm @Mount Wachusett  
Community College

\*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](mailto:j.whittemore@clarkymca.org)

### CLARK MEMORIAL YMCA 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.