

the  **SESSION PROGRAM GUIDE**
 Spring 1~ February 27-April 15
 7 week Session

Be sure to check out www.clarkymca.org
 for class descriptions, additional information and more!

Member Registration: February 6
 Non Member Registration: February 13

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) WE 9:00; SA 8:30

MIGHTY MUNCHKINS (ages 3-4)
 (45 MIN) TU 4:00; WE 9:45; 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

GYM AND SWIM (ages 3-5)
 Members: \$74; Non Members: \$148

Tuesdays with Gymnastics 4:45-5:15 and
 swimming 5:30-6:00.

DYNAMITES (invitation only)
 (1 HOUR) WE 10:30

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

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

GYMNASTICS OPEN GYMS
 *Reservations Required. Please call the
 YMCA front desk or go online to reserve
 your spot* Vacation week times may vary*

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-FEB. 22
 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 or Swim
 Lessons on the following days:
 February 20-25, March 4 & April 17-22

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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: \$70
 Non Members \$140

PARENT WITH CHILD (age 1+)
 (30 MIN) TU 6:00; SA 8:30

**LEVEL I: INTRODUCTION TO WATER
 SKILLS (must be 3 years of age)**
 (30 MIN) MO 5:30; WE 5:00, 6:00;
 TH 5:30; SA 9:30

**LEVEL II: FUNDAMENTAL AQUATIC
 SKILLS**
 (30 MIN) MO 4:30, 5:00, 6:00; TU 6:30;
 WE 4:30; TH 6:00; SA 9:00, 10:30

LEVEL III: STROKE DEVELOPMENT
 (30 MIN) MO 4:30; TU 7:00; TH 6:30;
 SA 10:00

LEVEL IV: STROKE IMPROVEMENT
 (30 MIN) WE 4:30; TH 7:00

GYM AND SWIM (ages 3-5)
 Members: \$74; Non Members: \$148

Tuesdays with Gymnastics 4:45-5:15 and
 swimming 5:30-6:00.

8-12 YEAR OLD BEGINNER
 (30 MIN) WE 5:30

SWIM TEAM

SHARK BITES (invitation only)
 (30 MIN) Ages 8 & under
 MO & WE 5:00
 Members: \$105

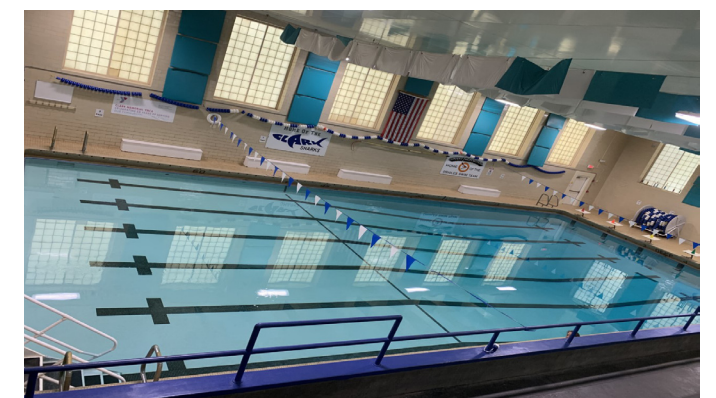
PRE TEAM (invitation only)
 (45 MIN) Ages 9 & up
 MO & WE 5:30
 Members: \$160

CLARK SHARKS SWIM TEAM
 (invitation only)

* If interested in the Swim Team, Pre
 Team or Shark Bites please inquire with
 Aquatics Director Julie Whittemore
 prior to registration at:
j.whittemore@clarkymca.org

*YMCA Membership is required for
 participation in all team programming

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 February 20-25, March 4 & April 17-22





FACILITY INFORMATION

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AREA	UNSUPERVISED AGES	SUPERVISED AGES	NOT ALLOWED
Entry into the building	13+	0-12 Youth must be actively participating in a program or be supervised by a guardian	Any non member under the age of 18 without an adult
Cardio and Precore Rooms	15+	13-14 with a parent/guardian	12 and under
Gymnastics Center	No unauthorized use	YMCA staff supervision required. Programs and open times will be posted	
Steam Room	16+		15 and under
Free Weight Room	15+	13-14 with parent/guardian	12 and under
Lap Pool	13+	Under 7 must have adult in water with them at all times. Each adult can be responsible for up to three children under the age of 7 Ages 8-12 can be in the water on their own but must have an adult in the pool area during the entire time child is in the water	
Basketball Gymnasium	13+	0-12 Youth must be actively participating in a program or be supervised by a guardian. *See Gymnasium schedule*	



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YOUTH SPRING SOCCER

Ages 5-13
Registration now open!
Begins April 3
Members \$50
Non Members \$100

FEBRUARY KIDS SPORTS CLUB

Ages 7-12
9am-12pm
2/21, 2/22, 2/23 & 2/24
Members \$15
Non Members \$30

BEFORE & AFTER SCHOOL

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

2022/2023 BEFORE SCHOOL PROGRAM
\$36/week; MO-FR 6:30 am - bus pick-up.

2022/2023 AFTER SCHOOL PROGRAM
\$63/week; MO-FR Bus drop-off - 6:00 pm

2022/2023 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

- February Vacation (No Classes) Feb.20-25
- Mid Region Swim Meet (No Program Classes & Pool Closed) March 4
- Easter Sunday (YMCA Closed) April 9
- April Vacation (No Classes) April 17-22
- Spring 2 Registration Member April 3 Non Member April 10

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

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.

CLARK MEMORIAL YMCA INCLEMENT WETHER POLICY

When Winchendon Public Schools are delayed:
-All AM fitness classes, will run according to schedule.
-All AM youth program classes (gymnastics and swim) and child watch will be cancelled. No makeup or credit due.

When Winchendon Public Schools are closed:
-All AM fitness classes will run according to schedule.
-All AM youth program classes (gymnastics and swim) will be cancelled. No makeup or credit due.

Decision on status of PM classes will be made after 2pm.