

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

GYMNASTICS

PRESCHOOL PLAYGROUND (ages 5 & under)
WE & TH 11:00–12:00
OPEN GYM (ages 6+)
SU 10:30–11:45

LESSON PRICING

30 MIN: Members: \$44; Non Members \$88
45 MIN: Members: \$58; Non Members \$116
1 HR: Members: \$74; Non Members: \$148

PRESCHOOL GYMNASTICS

GYM EXPLORERS (walking to age 3)
(30 MIN) TU 9:45

TODDLER TIME (ages 2–3)
(30 MIN) MO 9:45; TU 3:30; TH 10:30;
SA 8:45

MIGHTY MUNCHKINS (ages 3–4)
(45 MIN) TU 10:15; WE 10:15; TH 4:00; SA 9:15

BOYS BEGINNER (ages 4–6)
(45 MIN) TH 4:30

JUMPIN’ JACKS (ages 4–5)
(45 MIN) MO 10:15; TU 4:00; SA 10:00

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

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

Wednesdays with Gymnastics 9:45–10:15 and swimming 10:30–11:00.

Thursdays with Gymnastics 9:45–10:15 and swimming 10:30–11:00

There will be NO Gymnastics or Swim Lessons on the following days:
Saturday, March 7
April 20–24 (MA April Vacation)

RECREATIONAL GYMNASTICS

HOME SCHOOL (ages 5+)
(45 MIN) MO 3:15

TUMBLING CLASSES (ages 6–11)
(1 HOUR) MO 6:00; TH 6:00

TEEN TUMBLING (ages 12+)
(1 HOUR) MO 7:00

BOYS RECREATIONAL (ages 6+)
(1 HOUR) TH 5:15

ROCKIN’ ROLLERS (ages 5–6)
(1 HOUR) MO 4:00; TH 5:00; SA 10:45

SUPER SPRINGERS (ages 7–9)
(1 HOUR) MO 5:00; TU 5:15

FANTASTIC FLYERS (ages 10+)
(1 HOUR) MO 6:00

GYMNASTICS TEAM

TEAM TUMBLING (must be active member of the gymnastics team or Boys Advanced program)
(1 HOUR) WE 7:00 (\$74/session)

BOYS ADVANCED (invitation only)
(1:15 HOUR) TH 7:00 (\$40/month)

DYNAMITES (invitation only)
(45 MIN) TU 4:30 \$30/month

PRE TEAM (invitation only)
(1:15 Min) TU 5:15 (\$40/month)

RECREATIONAL TEAM (REC)
(\$58/month) Non-Competitive format.
Please speak to Gymnastics Director for days & times.

YMCA GYMNASTICS TEAM

Level 1 TU & TH 6:15–7:30 (\$54/month)

Level 2 WE & FR 4:30–7:00 (\$82/month)

Level 3 WE & FR 4:00–7:00 (\$98/month)

Level 4+ MO 3:45–5:45 WE & FR 3:45–7:00 (\$114/month)

*YMCA Membership is required for participation in the Boys Advanced, Dynamites, Recreational Team, Pre Team and Team Programs.

* If interested in the Gymnastics Team, Pre Team or Rec Team programs, please inquire with Gymnastics Director Amanda Tousignant before registration.

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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: \$50; Non Members \$100
45 MIN: Members: \$65; Non Members \$130

PARENT WITH CHILD (age at least 6 months)
(30 MIN) MO 6:00; TU 9:00; WE 6:00

LEVEL I: INTRODUCTION TO WATER SKILLS
(must be 3 years of age)
(30 MIN) MO 4:30; TU 9:30, 6:00; WE 9:30, 4:30; TH 10:00, 6:00; SA 9:00, 10:30

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

LEVEL III: STROKE DEVELOPMENT
(30 MIN) MO 4:30, 5:30; WE 4:30, 5:30; FR 5:30; SA 10:00

LEVEL IV: STROKE IMPROVEMENT
(45 MIN) MO 5:00; TU 5:30

LEVEL V: STROKE REFINEMENT
(45 MIN) TH 5:30

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

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

Wednesdays with Gymnastics 9:45–10:15 and swimming 10:30–11:00.

Thursdays with Gymnastics 9:45–10:15 and swimming 10:30–11:00

TEEN SWIM (12+)
(45 MIN) WE 5:00

PRIVATE LESSONS

4– 30 MIN SESSIONS
Members: \$85; Non Members \$170

SWIM TEAM

* If interested in the Swim Team, Pre Team or Shark Bites please inquire with Aquatics Director Julie Whittemore before registration.

CLARK SHARKS SWIM TEAM (invitation only)

\$68/month
Team Dues \$100 upon joining team
*YMCA Membership is required for participation in the team program

Adult Lap Swim			
Eye Opener	Mid Day	Night Owl	Weekend
M, W, F 5:30–8:15 TU, TH 7–8	M–F 11–2 F 5–6	M–F 7:30–8:30	SA 11–12 SU 9–10:30
Free Swim			
Pre School	Family	Open	Home School
TU, TH 10:30–11	F 6:30–7:30 SU 10:30–12	MO–FR 3:30–4:30 TU, TH 6:30–7:30 SA 1–2:45	MO 2–3

Additional lanes available for lap swim during some of our programming. Please consult the pool schedule.

There will be NO Gymnastics or Swim Lessons on the following days:
Saturday, March 7
April 20–24 (MA April Vacation)



GROUP EXERCISE SCHEDULE

Spring 1 ~ March 2nd – May 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15–5:45 am Cycling w/ Tamara	5:15–5:45 am BodyPump™ express w/ Kristen		5:15–5:45 am BodyPump™ express w/ Kristen	5:15–5:45 am Cycling w/ Tamara	
6:00–7:00 am Toning w/ Tamara	6:00–6:45 am Cycling w/ Mary Lee	6:00–7:00 am Toning/Cardio w/ Mary Lee		6:00–7:00 am Core & More w/ Tamara	
	8:00–9:00 am Aqua Jogging w/ Mo		8:00–9:00 am Aqua Jogging w/ Mo		
8:30–9:30 am AquaZumba w/ Laurie	8:30–9:00 am Tai Chi 1 w/ Marissa	8:30–9:30 am AquaZumba w/ Laurie		8:30–9:30 am AquaZumba w/ Laurie	8:30–9:30 am BodyPump™/ Instructor's Choice
9:15–10:15 am BodyPump™ w/ Jenn	9:15–10:15 am BodyCombat™ w/ Kristen	9:15– 10:15 am BodyFlow™ w/ Kristen	9:15–10:15 am BodyCombat™ w/ Kristen	9:15–10:15 am BodyPump™ w/ Kristen	9:30–10:30 am BodyFlow™/ Instructor's Choice
10:30–11:15 am SilverSneakers® Classic w/ Jenn	10:30–11:15 am SilverSneakers® Classic w/ Kristen	10:30–11:15 am SilverSneakers® Classic w/ Marissa	10:30–11:15 am SilverSneakers® Classic w/ Kristen	10:30–11:15 am SilverSneakers® Classic w/ Marissa	
Afternoon & Evening Classes					
4:30–5:15 pm Gentle Yoga w/ Annmarie 4:30–5:15 pm Cycling w/ Jenn	4:30–5:30 pm Vinyasa Yoga w/ Mary Lee	4:30–5:30 pm Gentle Yoga w/ Mary Lee	4:30–5:15 pm Tai Chi 2 w/ Marissa	4:30–5:30 pm Beginner Yoga w/ Jenn	*Schedule is subject to change based on class demand.
5:30–6:30 pm BodyPump™ w/ Kristen	5:45–6:15 pm Shred express w/ Tamara	5:45–6:15 pm Strong 30™ w/ Laurie	5:30–6:15 pm Barre w/ Marissa		CHILDWATCH available during highlighted classes!
6:30–7:30 pm Zumba® w/ Laurie	6:30–7:00 pm Core & More Express w/ Tamara	6:30–7:30 pm Zumba® w/ Laurie	6:30–7:15 pm Pilates Flow w/ Marissa		ALL Fitness classes listed are FREE for members!



SESSION PROGRAM GUIDE

Spring 1 ~ March 2nd – May 2nd

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for class descriptions, additional information and more!

RECREATIONAL SPORTS

YOUTH SPRING SOCCER

Grades K–8
Members \$35 Non Members \$60

KIDS VACATION CLUB

Pricing Per Day:
Members \$20 Non Members \$30
Offered : Feb. 18, 19, 20 & 21
April 21, 22, 23 & 24

FIELD HOUSE PRIVATE RENTALS

\$90/HR
\$60/HR Non-profit groups

BEFORE & AFTER SCHOOL

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

2019/2020 BEFORE SCHOOL PROGRAM
\$36/week; MO–FR 6:30 am – bus pick-up.
2019/2020 AFTER SCHOOL PROGRAM
\$63/week; MO–FR Bus drop-off – 6:00 pm
2019/2020 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.

CHILDWATCH

MO – FR 9:00 – 11:30 am
TU & TH 5:15 – 7:45 pm
Free for Family Facility Members; \$2 per
child for Non Family Member Participants

SPECIAL EVENTS

Family Float N Flick

Feb. 7, March 6, April 3 & May 1
Kids Vacation Club
February 18, 19, 20 & 21
April 21, 22, 23 & 24
YMCA Closed
April 12– Easter Sunday
Toy Town Mania Wrestling
April 19

BIRTHDAY RENTALS

GYMNASTICS

Saturdays 12:00–12:45 in gym
1:00–1:45 in party room
Sundays 12:00–12:45 in gym
1:00–1:45 in party room
\$150 for 20 participants
\$25 for additional participants

POOL

Saturdays 12:00–12:45 in pool
1:00–1:45 in party room
Sundays 12:00–12:45 in pool
1:00–1:45 in party room
\$150 for 20 participants
\$25 for additional participants

FIELD HOUSE

45 min for field games
45 min in party room
\$150 party rental
Please see the front desk for more details

CLARK MEMORIAL YMCA INCLEMENT WEATHER POLICY

When Winchendon Public Schools are delayed: All AM
fitness classes, AM programs (gymnastics and swim),
and AM child watch will run according to schedule.
When Winchendon Public Schools are closed: All AM
fitness classes and AM child watch will run according to
schedule. However, all AM program classes (gymnastics
and swim) will be cancelled. No makeup or credit due.
Decision on status of PM classes will be made after 2pm.
Participants are encouraged to check Clark Memorial
YMCA social media and website for updates. www.theclarkymca.org

www.clarkymca.org facebook.com/clark.ymca twitter.com/theclarkymca