

# 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; Sat 8:45

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

**Boys Beginner** (ages 3–5)  
(45 min) Thu 4:15

**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) Mon 1:15; 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**

## Tumble Fun

Mon Feb 16 **Mem \$16 Non Mem \$32**  
ages 3–5 11:45–12:45  
ages 6–12 12:45–1:45

# 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) Mon 5:30, Tue 10:30, 6:00;  
Wed 4:30, 5:00, 5:30; 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  
Tue–Fri 3:30–4:30  
Fri 7:30–8:30



See our Aquatics and Gymnastics class descriptions and more on our website: [www.clarkymca.org](http://www.clarkymca.org).

## Spring Youth Soccer League

Ages 5-13 Co-ed  
Registration Coming Soon!

## February Vacation Clubs

Ages 7-12  
Tue. 2/17-Fri. 2/20 9:00am-5:00pm  
See Flyer for more details!  
Mem. \$25/day Non Mem. \$50/day

## Upcoming Dates

- February 2: Member Reg Spring 1
- February 9: Non Member Reg Spring 1
- February 16-21: No Program Classes
- February 23- Spring 1 Session Begins
- March 7: No Program Classes
- April 5: YMCA Closed- Easter
- April 6: Member Reg Spring 2
- April 13: Non Member Reg Spring 2
- April 20-25: No Program Classes
- April 27- Spring 2 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 permitted. 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) beginning 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 cancelled. 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 Memorial 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 Spring 1 2026

February 23 - April 18

Member Registration: February 2  
Non Member Registration: February 9

# 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