

the  **SESSION PROGRAM GUIDE**
 Spring 2~ April 24-June 24
 9 week Session

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

Member Registration: April 3
 Non Member Registration: April 10

GYMNASTICS

LESSON PRICING (9 weeks)

30 MIN: Members: \$61
 Non Members \$122
 45 MIN: Members: \$77
 Non Members \$154
 1 HOUR: Members: \$95
 Non Members: \$190

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-April 19
 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:
 April 17-22, May 29 & June 17

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AQUATICS

YOUTH SWIM LESSONS

ATTENTION NEW SWIMMERS:
 Swim tests are required (for proper
 placement) prior to program
 registration!

LESSON PRICING (9 weeks)

30 MIN: Members: \$90
 Non Members \$180

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

**LEVEL I: INTRODUCTION TO WATER
 SKILLS (must be 3 years of age)**
 (30 MIN) MO 5:00, 6:00; TU 4:30; WE
 5:00, 6:00; TH 5:00*, 5:30*

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

LEVEL III: STROKE DEVELOPMENT
 (30 MIN) MO 4:30*; TU 7:00; WE 5:00*;
 TH 6:30*

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 5:30
 Members: \$135

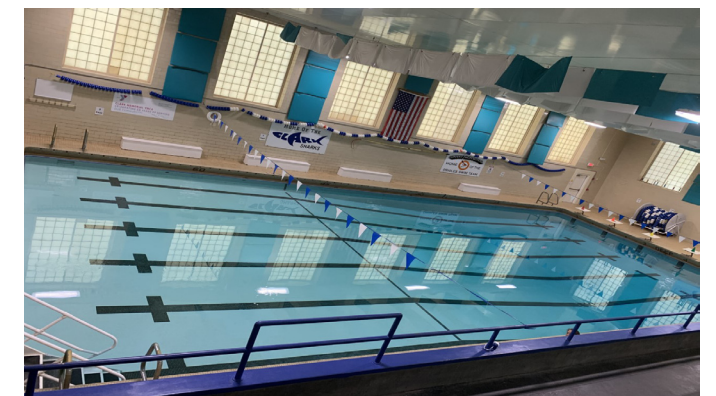
**CLARK SHARKS OFF SEASON SWIM
 TEAM (invitation only)**
 MO & WE 6:30-7:30* \$150

* *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

There will be NO Gymnastics or Swim
 Lessons on the following days:
 April 17-22, May 29 & June 17

*only these classes will not meet from
 May 8-11.





FACILITY INFORMATION

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

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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APRIL KIDS SPORTS CLUB

Ages 7-12
9am-12pm
4/18, 4/19, 4/20 & 4/21
Members \$15
Non Members \$30

CAMP CLARK 2023

CAMP DATES

Session 1: June 26 - June 30
Session 2: July 3 - July 7
Session 3: July 10- July 14
Session 4: July 17- July 21
Session 5: July 24- July 28
Session 6: July 31 - August 4
Session 7: August 7- August 11
Session 8: August 14 - August 18
Session 9: August 21- August 25

SPECIALTY CAMP (AGES 7-13)

Session 1: June 26 - June 30: No Specialty
Session 2: July 3 - July 7: No Specialty
Session 3: July 10- July 14: Basketball
Session 4: July 17- July 21: STEM
Session 5: July 24- July 28: Gymnastics
Session 6: July 31 - August 4: Fishing
Session 7: August 7- August 11: Flag Football
Session 8: August 14 -August 18: Baseball/Softball
Session 9: August 21- August 25: Soccer

CAMP EXPLORER PRICING (per session)

\$100 member (9:00 AM - 4:00 PM)
\$130/ non-member (9:00 AM - 4:00 PM)
\$15 / AM Extended (7:00 AM - 9:00 AM)
\$15 / PM Extended (4:00 PM - 5:30 PM)

CAMP CLARK PRICING(per session)

\$80 / member (9:00 AM - 4:00 PM)
\$120 / non-member (9:00 AM - 4:00 PM)
\$15 / AM Extended (7:00 AM - 9:00 AM)
\$15 / PM Extended (4:00 PM - 5:30 PM)

SPECIALTY CAMP PRICING (per session)

\$110/ member (9:00 AM - 4:00 PM)
\$135/ non-member (9:00 AM - 4:00 PM)
\$15/ AM Extended (7:00 AM - 9:00 AM)
\$15/ PM Extended (4:00 PM - 5:30 PM)

IMPORTANT DATES

-Easter Sunday (YMCA Closed)
April 9
-April Vacation (No Classes)
April 17-22
-Memorial Day (YMCA Closed)
May 29
-Summer Solstice Celebration
June 17

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 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.