

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: \$54 Non Members: \$108
45 min:	Members: \$68 Non Members: \$136
60 min:	Members \$84 Non Members: \$168

Pre School Gymnastics

Pre School Explorers
(walking to age 3 with parent)
(30 min) Mon 10:00, Sat 8:15

Mighty Munchkins (ages 3–4)
(45 min) Mon 9:15; Tue 5:00; Thu 4:15;
Sat 9:30

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

Tumble Tots (ages 3–5)
(45 min) Tue 4:00

Dynamites (invitation only)
(60 min) Tue 4:00

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) Thu 6:15

Homeschool Gymnastics (ages 5+)
(45 min) Mon 10:45

Gym and Swim (ages 3–5)
Members \$84 Non Members \$168

**Tue with Gymnastics 4:45–5:15 and
Swimming 5:30–6:00**
**Sat with Gymnastics 8:45–9:15 and
Swimming 9:30–10:00**

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.

**Pre School Playground
(ages 5 & under– 45 min)**
Tue 11:45; Wed 10:15; Sun 11:15

Open Gym (ages 5+)
Sat 1:00; Sun 1:00

Gymnastics Birthday Rentals
\$150– Saturdays or Sundays @ 12:15
45 min in the Gym & 45 min in the Party Room
*See front desk for more details

Tumble Fun- Monday, April 21 (60 min)
Members \$15 Non Members \$30
Age 3–5: 4:15; Age 6–10: 5:30;
Age 10+: 6:45

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: \$80 Non Members \$160
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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) Mon 6:00; Tue 10:00;
Wed 5:30; Sat 9:00

**Level I: Introduction to Water Skills
(must be 3 years of age)**
(30 min) Mon 4:30, 5:30; Tue 10:30,
6:00; Wed 4:30, 5:30; Thu 5:30; Sat
9:00, 10:00; Sun 10:00

Level II: Fundamental Aquatic Skills
(30 min) Mon 5:00; Tue 6:30; Wed 4:30,
5:00, 6:00; Thu 6:00; Sat 9:30, 10:00,
10:30; Sun 11:00, 11:30

Level III: Stroke Development
(30 min) Mon 4:30; Wed 6:00;
Thu 6:30; Sat 10:30

Level IV: Stroke Improvement
(30 min) Mon 5:30

Ages 8+ Beginner
(30 min) Tue 7:00; Sun 10:30

Gym and Swim (ages 3–5)
Members \$84 Non Members \$168
**Tue with Gymnastics 4:45–5:15 and
Swimming 5:30–6:00**
Sat with Gymnastics 8:45–9:15 and

**Off Season Swim Team
(invitation only)**
Mon & Wed 6:30–7:30
***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)
Mon & Wed 5:00

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

Family Swim
Sat & Sun 12:30–1:30
Mon–Fri 3:30–4:30
Fri 7:00–8:30

Lifeguard Certification
Tue 4:00–7:30
April 22–June 17
*Pre Class Skill Test
Tue April 22 4:00–7:00
Members \$375 Non Members \$425



See our Aquatics and Gymnastics class descriptions and more on our website: www.clarkymca.org.



April Vacation Club

Ages 7-12
Members \$25/day
Non Members \$50/day
Tue April 22-Fri April 25
Sign up for one day or all four!

Personal Training Membership Required

1 single 1 hour session: \$45
5 pack 1 hour sessions: \$200

Youth Strength Training

Ages 12-15
April 28-June 21
\$80 (must be a member)
Boys: Mon/Wed 4:00-5:00
Girls: Tue/Thu 3:00-4:00

Camp Clark

Camp Dates
Session 1: June 23-June 27
Session 2: June 30- July 4
Session 3: July 7- July 11
Session 4: July 14-July 18
Session 5: July 21-July 25
Session 6: July 28-August 1
Session 7: August 4-August 8
Session 8: August 11-August 15
Session 9: August 18-August 22

Camp Clark Pricing
\$95 / Member \$135 / Non Member

Camp Explorer Pricing
\$120 / Member \$150 / Non Member

Specialty Camp Pricing
\$125 / Member \$150 / Non Member



YMCA Membership

Type	Daily	EFT*	*Annual*
Adult	\$11.00	\$45.00	\$540.00
Family	\$15.00	\$70.00	\$840.00
Youth	\$5.00	\$15.00	\$180.00
Young Adult	\$11.00	\$32.00	\$384.00
Senior	\$5.00	\$35.00	\$420.00
Senior Couple	\$10.00	\$54.00	\$648.00

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.

Incident Weather Policy

When Winchendon Public Schools are delayed:
-All AM fitness classes, will run normally
-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 normally
-All AM youth program classes (gymnastics and swim) and child watch 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.clarkymca.org. Please be sure your email is updated with the front desk. All program cancellations will be notified through email.



Program Guide

Spring 2 2025

April 28-June 21

Member Registration: April 7
Non Member Registration: April 14

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

Billy Vitello, Fitness Director
b.vitello@clarkymca.org ext. 117

Bill Estey, Facilities Director
b.estey@clarkymca.org ext. 113