

# 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

**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) Tue 12:45; Wed 11:45

**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 Apr. 20 Mem \$16 Non Mem \$32  
ages 3-5 12:45-1:45  
ages 6-12 1:45-2:45

# 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

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, 6:00; Tue 10:30,  
6:00; Wed 4:30, 5:00, 5:30; Thur  
5:30, 6:30; Sat 9:30, 10:00, 10:30

**Level II: Fundamental Aquatic Skills**  
(30 min) Mon 4:30; Wed 4:30, 5:00,  
5:30, 6:00; Thur 6:00; Sat 9:30, 10:00

**Level III: Stroke Development**  
(30 min) Mon 5:00; Tue 7:00; Thur  
7:00; Sat 10:30

**Level IV: Stroke Improvement**  
(30 min) Sat 9:00

**Ages 8-12 Beginner**  
(30 min) Wed 6:00

## 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

## 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

**Off Season Swim Team- \$84**  
May 5 - June 25  
Tue & Thur 4:30-5:30

## 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 Now Open!

## April Vacation Clubs

Ages 7-12  
Tue. 4/21-Fri. 4/24 9:00am-5:00pm  
See Flyer for more details!  
Mem. \$25/day Non Mem. \$50/day

## Upcoming Dates

- 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
- May 23-25: No Program Classes
- June 8: Member Reg Summer
- June 15: Non Member Reg Summer
- June 20: No Program Classes
- June 22: First Day of Camp Clark

## Camp Clark

Ages 6-12  
9 Weeks Offered  
Pre/ Post Camp Offerings

## Specialty Camps

Ages 7-13  
8 Weeks Offered  
Pre/ Post Camp Offerings

## Camp Explorers

Ages 4-6  
9 Weeks Offered  
Pre/ Post Camp Offerings

**Registration Now Open!**

## 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.

## 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 lightning 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 lightning 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. No makeup or credit is due.



# Program Guide

Spring 2 2026

April 27 - June 20

Member Registration: April 6  
Non Member Registration: April 13

# CLARK MEMORIAL YMCA



## 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

Clark Memorial YMCA  
155 Central St.  
Winchendon, MA 01475

(978) 297-9622

www.clarkymca.org