

the  **SESSION PROGRAM GUIDE**
 Summer~ July 11–August 26
 7 week Session

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

Member Registration: June 20
 Non Member Registration: June 27

GYMNASTICS

LESSON PRICING

30 MIN: Members: \$48
 Non Members \$96
 45 MIN: Members: \$60
 Non Members \$120
 1 HOUR: Members: \$74
 Non Members: \$148

PRESCHOOL GYMNASTICS

PRE SCHOOL EXPLORERS
 (walking to age 3 with parent)
 (30 MIN) WE 9:00

MIGHTY MUNCHKINS (ages 3–4)
 (45 MIN) TU 4:30; WE 9:45; TH 4:15

JUMPIN' JACKS (ages 4–5)
 (45 MIN) TU 5:15; TH 4:30

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 5:30; TH 5:15

SUPER SPRINGERS (ages 8+)
 (1 HOUR) TU 6:15; TH 6:15

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 the Pre Team, Recreational Team or YMCA Gymnastics Competition Team programs, please inquire with Gymnastics Director Amanda Tousignant prior to registration at: a.tousignant@clarkymca.org

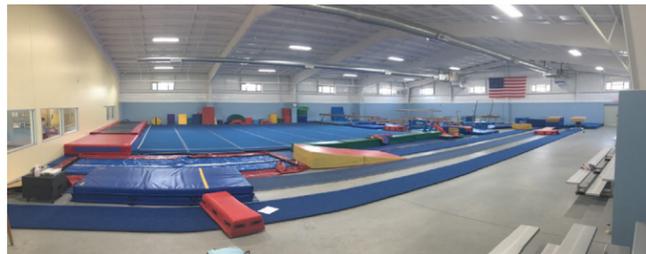
TUMBLE FUN 1 DAY CLINICS
 \$15/MEMBERS \$30/NON MEMBERS

AGE 3-5
 TUESDAY JUNE 28: 4:15–5:15

AGE 6-10
 TUESDAY JUNE 28: 5:30–6:30

AGE 10+
 TUESDAY JUNE 28: 6:45–7:45

ADVANCED
 WEDNESDAY JUNE 29: 6:45–7:45



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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: \$70
 Non Members \$140

PARENT WITH CHILD (age 1+)
 (30 MIN) TU 5:30; WE 10:00

LEVEL I: INTRODUCTION TO WATER SKILLS (must be 3 years of age)
 (30 MIN) MO 4:00; TU 10:00, 4:30, 5:30; WE 4:00, 5:00; TH 10:30, 4:00, 5:00

LEVEL II: FUNDAMENTAL AQUATIC SKILLS
 (30 MIN) MO 4:30; TU 10:30, 4:00, 5:00; WE 4:00, 4:30, 5:30; TH 4:30

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

LEVEL IV: STROKE IMPROVEMENT
 (30 MIN) MO 5:30; TU 4:30; TH 10:00

8-12 YEAR OLD BEGINNER
 (30 MIN) WE 5:30

SWIM TEAM

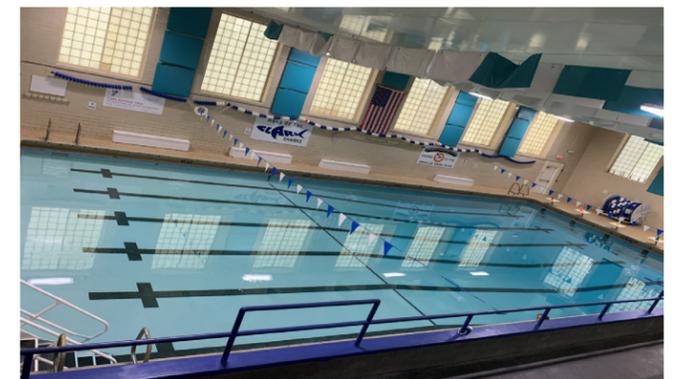
June 28–August 18

* If interested in the Swim Team please inquire with Aquatics Director Julie Whittemore prior to registration at: j.whittemore@clarkymca.org

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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.





GROUP EXERCISE SCHEDULE

Spring 2~ April 25 - June 25



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am BodyCombat Express w/Kristen	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am BodyCombat Express w/Kristen		
		6:00-7:00am Cycling Bootcamp w/Mary Lee		6:00-7:00am Cycling Bootcamp w/Mary Lee	
8:30-9:30am AquaZumba w/Laurie	8:30-9:30am Water Walking	8:30-9:30am AquaZumba w/Laurie	8:30-9:30am Water Walking	8:30-9:30am AquaZumba w/Laurie	
9:15-10:15am BodyPump™ w/Kristen	9:15-9:45am BodyCombat Express w/Kristen	9:15-10:15am BodyFlow™ w/Kristen	9:15-10:15am Combat/Stretch w/Kristen	9:15-10:15am BodyPump™ w/Kristen	
10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® Classic w/Amanda	10:30-11:15am SilverSneakers® Stability w/Laurie	10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® Classic w/Kristen	
Afternoon & Evening Classes					
			4:00-4:45pm Yoga w/Mary Lee		*Schedule is subject to change based on class de- mand
6:30-7:30pm Zumba® w/Laurie		6:30-7:30pm Zumba® w/Laurie			ALL fitness classes listed are FREE for members!

CAMP CLARK 2022 REGISTRATION NOW OPEN!

CAMP DATES

Session 1: June 27-July 1
Session 2: July 4-July 8
Session 3: July 11-July 15
Session 4: July 18-July 22
Session 5: July 25-July 29
Session 6: August 1-August 5
Session 7: August 8-August 12
Session 8: August 15-August 19
Session 9: August 22-August 26

SPECIALTY CAMP DATES (age 7-13)

Session 1: June 27-July 1: Basketball
Session 2: July 4-July 8: STEM
Session 3: July 11-July 15: Fishing
Session 4: July 18-July 22: Flag Football
Session 5: July 25-July 29: Gymnastics
Session 6: August 1-August 5: Robotics
Session 7: August 8-August 12: Baseball
Session 8: August 15-August 19: Soccer

CAMP EXPLORER PRICING (age 4-6) (Per Session)

\$100 member (9:00am-4:00pm)
\$130 non-member (9:00am-4:00pm)
\$15 am extended (7:00am-9:00am)
\$15 pm extended (4:00pm-5:30pm)

CAMP CLARK PRICING (age 6-12) (Per Session)

\$80 member (9:00am-4:00pm)
\$120 non-member (9:00am-4:00pm)
\$15 am extended (7:00am-9:00am)
\$15 pm extended (4:00pm-5:30pm)

IMPORTANT DATES

SUMMER SOLSTICE
June 18 -No Program Classes

FIRST DAY OF SUMMER CAMP
June 27

YMCA CLOSED
July 4th

CLARK MEMORIAL YMCA HOURS OF OPERATION

Monday-Friday 5 am - 9 pm
Saturday-Sunday 8 am - 2 pm

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.

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