

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 -7 weeks

30 min:	Members: \$48 Non Members: \$96
45 min:	Members: \$60 Non Members: \$120
60 min:	Members \$74 Non Members: \$148

Pre School Gymnastics

Pre School Explorers
(walking to age 3 with parent)
(30 min) Wed 9:15, Thur 3:45

Mighty Munchkins (ages 3-4)
(45 min) Tue 12:45; Tue 5:00; Thu 4:15

Jumpin Jacks (ages 4-5)
(45 min) Tue 5:45; Thu 4:30

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

Super Springers (ages 8+)
(60 min) Thu 6:15

Homeschool Gymnastics (ages 5+)
(45 min) Tue 1:30

Gym and Swim (ages 3-5)
Members \$74 Non Members \$148

Tue with Gymnastics 4:45-5:15 and
Swimming 5:30-6:00

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+)
Thur 11:45; Sun 1:00

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

Tumble Fun- Monday, June 30 (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 - 7 weeks

30 MIN:	Members: \$70 Non Members \$140
---------	------------------------------------

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 4:00;
Wed 9:30; Thur 5:00

Level I: Introduction to Water Skills
(must be 3 years of age)
(30 min) Mon 4:00, 5:00; Tue 4:30;
Wed 4:30; Thur 4:00, 5:30; Fri 4:30

Level II: Fundamental Aquatic Skills
(30 min) Mon 4:30; Wed 4:00, 5:00;
Thur 4:30; Fri 4:00, 5:00

Level III: Stroke Development
(30 min) Wed 5:30;
Fri 5:30

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

Ages 8+ Beginner
(30 min) Tue 5:00

Gym and Swim (ages 3-5)
Members \$74 Non Members \$148
Tue with Gymnastics 4:45-5:15 and
Swimming 5:30-6:00

Summer 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**

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

Family Swim
Sat & Sun 12:30-1:30 pm
Mon-Fri 6:00-7:00 pm



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

Youth Fall Soccer

Ages 5-13

Registration Coming Soon!

New High School Group: Ages 14-18

For more info inquire with Rec Sports
Director Noah Raynor:
N.Raynor@clarkymca.org

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

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.

2025/2026 After School Program

Mon-Fri Bus drop-off - 6:00 pm

2025/2026 Before & After School Program

Mon-Fri 6:30 am - bus pick up; bus
drop-off - 6:00 pm.

-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	\$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 per-
mitted. 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.
No makeup or credit is due.



Program Guide

Summer 2025

July 7 - August 22

Member Registration: June 9
Non Member Registration: June 16

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