

the  **SESSION PROGRAM GUIDE**
 Winter 1~ November 1-December 22
 8 week Session

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

Member Registration: October 17
 Non Member Registration: October 24

GYMNASTICS

LESSON PRICING

30 MIN: Members: \$54
 Non Members \$108
 45 MIN: Members: \$68
 Non Members \$136
 1 HOUR: Members: \$84
 Non Members: \$168

PRESCHOOL GYMNASTICS

PRE SCHOOL EXPLORERS
 (walking to age 3 with parent)
 (30 MIN) TU 9:45; SA 8:30

MIGHTY MUNCHKINS (ages 3-4)
 (45 MIN) TU 4:00; WE 9:15; TH 4:15

JUMPIN' JACKS (ages 4-5)
 (45 MIN) TU 9:00, 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 10:00

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 to reserve your spot
 up to 48 hours in advance*

PRE SCHOOL PLAYGROUND
 (ages 5 & under)
 WE 11:15-12:00

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

There will be NO Gymnastics or Swim
 Lessons on the following days:
 Oct. 31: Halloween
 Nov. 23-Nov. 26: Thanksgiving Break
 Dec. 23-Jan. 2: Christmas Break

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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: \$80
 Non Members \$160

PARENT WITH CHILD (age 1+)
 (30 MIN) TU 6:00; SA 8:30

**LEVEL I: INTRODUCTION TO WATER
 SKILLS (must be 3 years of age)**
 (30 MIN) MO 4:30, 5:30; TU 6:30;
 WE 5:00, 6:00; TH 5:30, 6:30; SA 9:30

**LEVEL II: FUNDAMENTAL AQUATIC
 SKILLS**
 (30 MIN) MO 5:00, 6:00; WE 4:30; TH
 6:00; SA 9:00, 10:30

LEVEL III: STROKE DEVELOPMENT
 (30 MIN) MO 4:30; TU 7:00; SA 10:00

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 5:00
 Members: \$105

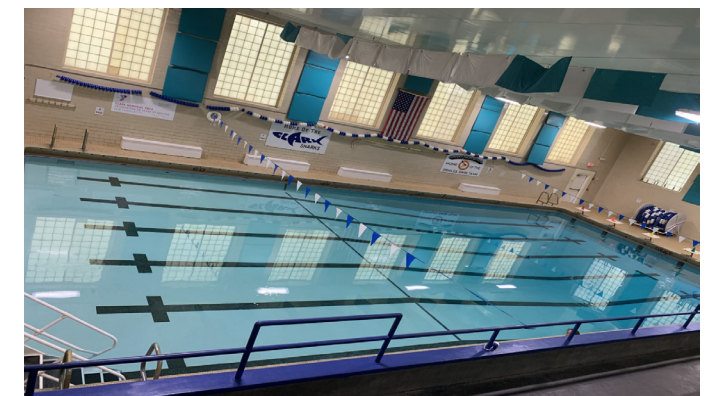
PRE TEAM (invitation only)
 (45 MIN) Ages 9 & up
 MO & WE 5:30
 Members: \$160

CLARK SHARKS SWIM TEAM
 (invitation only)

* 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:
 Oct. 31: Halloween
 Nov. 23-Nov. 26: Thanksgiving Break
 Dec. 23-Jan. 2: Christmas Break



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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am Body Combat™ Express w/Kristen	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am Body Combat™ 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	9:15-10:15am Body Combat™ w/Kristen	9:15-10:15am Balance w/Kristen	9:15-10:15am Body Combat™ w/Kristen	9:15-10:15am BodyPump™ w/Kristen	
10:30-11:15am SilverSneakers® Classic w/Kristen		10:30-11:15am SilverSneakers® Stability w/Laurie		10:30-11:15am SilverSneakers® Classic w/Kristen	
Afternoon & Evening Classes					
12:00-2:00pm Open Pickleball in Gymnasium	12:00-2:00pm Open Pickleball in Gymnasium	12:00-2:00pm Open Pickleball in Gymnasium	12:00-2:00pm Open Pickleball in Gymnasium 4:00-4:45pm Yoga w/Mary Lee	12:00-2:00pm Open Pickleball in Gymnasium	*Schedule is subject to change based on class de- mand
6:00-7:00pm Zumba® w/Laurie	6:00-8:00pm Open Pickleball in Gymnasium	6:00-7:00pm Zumba® w/Laurie	6:00-8:00pm Open Pickleball in Gymnasium		ALL fitness classes listed are FREE for members!

RECREATIONAL SPORTS

YOUTH BASKETBALL Ages 5-13

Registration now open! Games begin December 3rd. Games will be played on Saturdays.
Members: \$50 Non Members: \$100

BEFORE & AFTER SCHOOL

LICENSED BY THE DEPARTMENT OF EARLY EDUCATION AND CARE.
Program follows Winchendon Public School calendar.

2022/2023 BEFORE SCHOOL PROGRAM \$36/week; MO-FR 6:30 am - bus pick-up.
2022/2023 AFTER SCHOOL PROGRAM \$63/week; MO-FR Bus drop-off - 6:00 pm
2022/2023 BEFORE AND AFTER SCHOOL PROGRAM \$99/week; MO-FR 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.

IMPORTANT DATES

- Winchendon Fall Fest (No Classes) Saturday, October 22nd
- Trunk or Treat Saturday, October 29th
- Halloween (No Classes) Monday, October 31
- Thanksgiving (YMCA Closed) Thursday, November 24th
- Thanksgiving Break (No Classes) Nov. 23-Nov. 26
- Holiday Pre School Playground Wednesday, December 14th
- Winter Holiday Break (No Classes) Dec. 22-Jan. 2
- Christmas Eve & Christmas Day (YMCA Closed) Dec. 24-Dec. 25
- New Years Day (YMCA Closed) Sunday, January 1

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. Make ups are not offered for classes missed.

CLARK MEMORIAL YMCA INCLEMENT WETHER POLICY

When Winchendon Public Schools are delayed:
-All AM fitness classes, will run according to schedule.
-All AM youth program classes (gymnastics and swim) will be cancelled. No makeup or credit due.

When Winchendon Public Schools are closed:
-All AM fitness classes will run according to schedule.
-All AM youth program classes (gymnastics and swim) 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.