

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 18
 Non Member Registration: October 25

GYMNASTICS

LESSON PRICING

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

PRESCHOOL GYMNASTICS

PRE SCHOOL EXPLORERS
 (walking to age 3 with parent)
 (30 MIN) MO 9:15; TU 3:45

MIGHTY MUNCHKINS (ages 3-4)
 (45 MIN) TU 4:30; WE 9:15; TH 4:15;
 SA 9:00

JUMPIN' JACKS (ages 4-5)
 (45 MIN) MO 10:00; TU 5:15; TH 4:30;
 SA 10:00

DYNAMITES (invitation only)
 (45 MIN) WE 10:15

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; SA 11:00

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

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 11:15-12:15

OPEN GYM
 (ages 6+)
 SA 12:15-1:15



There will be NO Gymnastics or Swim Lessons on the following days:
 November 25-27 &
 December 23-January 2

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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) WE 5:30; SA 8:30

LEVEL I: INTRODUCTION TO WATER SKILLS (must be 3 years of age)
 (30 MIN) MO 4:30; TU 6:00; WE 4:30; 6:00; TH 5:30; SA 9:00; SA 10:30

LEVEL II: FUNDAMENTAL AQUATIC SKILLS
 (30 MIN) MO 5:00; TU 5:30; WE 5:00; TH 6:00; SA 9:30

LEVEL III: STROKE DEVELOPMENT
 (30 MIN) MO 5:30; TU 6:30; WE 4:30; SA 10:00

LEVEL IV: STROKE IMPROVEMENT
 (30 MIN) MO 6:00; TH 6:30



SWIM TEAM

* 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

SHARK BITES (invitation only)

Ages 8 & under
 Members: \$120

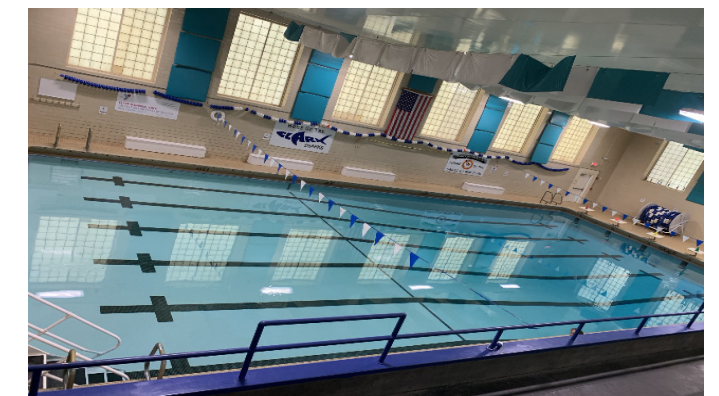
PRE TEAM (invitation only)

Ages 9 & up
 Members: \$160

CLARK SHARKS SWIM TEAM
 (invitation only)

\$75/month
 Team Dues \$100 upon joining team

*YMCA Membership is required for participation in all team programming



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GROUP EXERCISE SCHEDULE

Fall ~ August 30 - October 29



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
6:00-7:00am Cycling Bootcamp w/Mary Lee	5:15-5:45am BodyPump™ Express w/Kristen	6:00-7:00am Cycling Bootcamp w/Mary Lee	5:15-5:45am BodyPump™ Express w/Kristen		
8:30-9:30am AquaZumba w/Laurie		8:30-9:30am AquaZumba w/Laurie		8:30-9:30am AquaZumba w/Laurie	
9:00-9:45am BodyPump™ w/Kristen		9:00-9:45am BodyFlow™ w/Kristen	9:00-9:45am Stretch w/Kristen	9:00-9:45am 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					
		4:30-5:15pm Yoga w/Mary Lee	5:30-6:30pm BodyPump™/BodyCombat™ Combo w/Kristen		*Schedule is subject to change based on class demand
6:30-7:30pm Zumba® w/Laurie		6:30-7:30pm Zumba® w/Laurie			ALL fitness classes listed are FREE for members!

RECREATIONAL SPORTS

YOUTH BASKETBALL Grades K-8

Registration now open! Games beginning December 4. 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.

2021/2022 BEFORE SCHOOL PROGRAM
\$36/week; MO-FR 6:30 am - bus pick-up.

2021/2022 AFTER SCHOOL PROGRAM
\$63/week; MO-FR Bus drop-off - 6:00 pm

2021/2022 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.

HOLIDAY SCHEDULE

Thanksgiving Day- YMCA Closed
Thursday, November 25

Christmas Eve- YMCA closing at noon
Friday, December 24

Christmas Day- YMCA Closed
Saturday, December 25

New Year's Eve- YMCA closing at 4pm
Friday, December 31

New Year's Day- YMCA Closed
Saturday, January 1

CLARK MEMORIAL YMCA HOURS OF OPERATION

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

CLARK MEMORIAL YMCA PROGRAM REFUND 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.

CLARK MEMORIAL YMCA PROGRAM MOVE POLICY

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.

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.theclarkymca.org