

the  **SESSION PROGRAM GUIDE**  
 Winter 1~ October 30-December 22  
 8 week Session

Be sure to check out [www.clarkymca.org](http://www.clarkymca.org)  
 for class descriptions, additional information and more!

Member Registration: October 16  
 Non Member Registration: October 23

**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) MO 10:00; SA 8:15

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

**JUMPIN' JACKS (ages 4-5)**  
 (45 MIN) TU 5:30; TH 4:30

**TUMBLE TOTS (ages 3-5)**  
 (45 MIN) TU 4:00

**DYNAMITES (invitation only)**  
 (1 HOUR) WE 10:15

**GYM AND SWIM (ages 3-5)**  
 Members: \$84; Non Members: \$168  
**Tuesdays** with Gymnastics 4:45-5:15 and  
 swimming 5:30-6:00  
**Saturdays** with Gymnastics 8:45-9:15 and  
 Swimming 9:30-10:00

**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

**HOMESCHOOL GYMNASTICS (ages 5+)**  
 (45 MIN) MO 9:00

**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](mailto:a.tousignant@clarkymca.org)

**GYMNASTICS OPEN Gyms**  
 \*Reservations Required. Please call the  
 YMCA front desk or go online to reserve  
 your spot.

**PRE SCHOOL PLAYGROUND**  
 (ages 5 & under)  
 WE 11:30-12:15  
**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

**TUMBLE FUN CLINICS-December 27**  
 Ages 3-5: 4:15-5:15  
 Ages 6-10: 5:30-6:30  
 Ages 10+: 6:45-7:45  
 Members \$15 Non Members \$30

**\*THERE WILL BE NO GYMNASTICS  
 CLASSES ON THE FOLLOWING DATES:**  
 Oct. 31, Nov. 23-24, Dec. 23-Jan. 1

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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) MO 5:30; TH 6:00

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

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

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

**LEVEL IV: STROKE IMPROVEMENT**  
 (30 MIN) WE 4:30; SA 10:30

**8-12 YEAR OLD BEGINNER**  
 (30 MIN) FR 6:30

**GYM AND SWIM (ages 3-5)**  
 Members: \$84; Non Members: \$168  
**Tuesdays** with Gymnastics 4:45-5:15 and  
 swimming 5:30-6:00  
**Saturdays** with Gymnastics 8:45-9:15 and  
 Swimming 9:30-10:00

**SWIM TEAM (invitation Only)**

**SHARK BITES**  
 MO & WE 5:00-5:30  
 Members: \$120

**PRE TEAM**  
 MO & WE 5:30-6:15  
 Members: \$160

**CLARK SHARKS SWIM TEAM**  
 Inquire with Aquatics Director for more  
 information

\* \*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](mailto:j.whittemore@clarkymca.org)

\*\*\*YMCA Membership is required for  
 participation in all team programming

**LIFEGUARD TRAINING COURSE**  
 December 26-29  
 9:00am-5:00pm  
 Members: \$200 Non Members \$300  
**Recertification**  
 Tue. Dec. 26 & Thur. Dec. 28  
 Members: \$150 Non Members \$250





# FACILITY INFORMATION

Be sure to check out [www.clarkymca.org](http://www.clarkymca.org) for class descriptions, additional information and more!

AREA	UNSUPERVISED AGES	SUPERVISED AGES	NOT ALLOWED
Entry into the building	13+	0-12 Youth must be actively participating in a program or be supervised by a guardian	Any non member under the age of 18 without an adult
Cardio and Precore Rooms	15+	13-14 with a parent/guardian	12 and under
Gymnastics Center	No unauthorized use	YMCA staff supervision required. Programs and open times will be posted	
Steam Room	16+		15 and under
Free Weight Room	15+	13-14 with parent/guardian	12 and under
Lap Pool	13+	Under 7 must have adult in water with them at all times. Each adult can be responsible for up to three children under the age of 7  Ages 8-12 can be in the water on their own but must have an adult in the pool area during the entire time child is in the water	
Basketball Gymnasium	13+	0-12 Youth must be actively participating in a program or be supervised by a guardian. *See Gymnasium schedule*	



# SESSION PROGRAM GUIDE

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## RECREATIONAL SPORTS

### YOUTH BASKETBALL Ages 5-13

Registration now open!  
Games begin December 2nd.  
Games will be played on Saturdays.  
Members: \$50 Non Members: \$100  
\*Contact [N.Raynor@clarkymca.org](mailto:N.Raynor@clarkymca.org) for sponsorship and coaching opportunities

**BEFORE & AFTER SCHOOL**  
LICENSED BY THE DEPARTMENT OF EARLY EDUCATION AND CARE.  
Program follows Winchendon Public School calendar.

**2023/2024 BEFORE SCHOOL PROGRAM**  
\$36/week; MO-FR 6:30 am - bus pick-up.  
**2023/2024 AFTER SCHOOL PROGRAM**  
\$63/week; MO-FR Bus drop-off - 6:00 pm  
**2023/2024 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

- Trunk or Treat October 14th
- Halloween (No Classes) October 31
- Thanksgiving (YMCA Closed) November 23rd
- Thanksgiving Break (No Classes) Nov. 23-Nov. 24
- Holiday Pre School Playground December 13th
- Winter Holiday Break (No Classes) Dec. 23-Jan. 1
- 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

**CHILD WATCH**  
Monday-Friday (4 months-10 years old)  
9:00am - 11:30am

### 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) and child watch 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](http://www.clarkymca.org). Please be sure your email is updated with the front desk. All program cancellations will be notified through email.