

the  **SESSION PROGRAM GUIDE**  
 Winter 2~January 3~February 18  
 7 week Session

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

Member Registration: December 12  
 Non Member Registration: December 19

**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; SA 8:30

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

**JUMPIN' JACKS (ages 4-5)**  
 (45 MIN) TU 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 10:30

**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 5:15; 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](mailto: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 11:30-12:15

**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

There will be NO Gymnastics or Swim  
 Lessons on the following days:  
 February 20-25

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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 6:00; SA 8:30

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

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

**LEVEL III: STROKE DEVELOPMENT**  
 (30 MIN) MO 4:30; TU 7:00; TH 6:30;  
 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

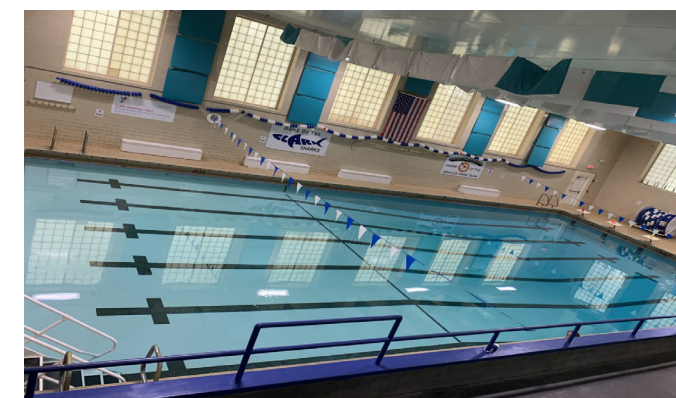
**PRE TEAM (invitation only)**  
 (45 MIN) Ages 9 & up  
 MO & WE 5:30  
 Members: \$160

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

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

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 February 20-25





# GROUP EXERCISE SCHEDULE

December 1-December 31

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>					
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	
<b>Afternoon &amp; Evening Classes</b>					
			4:00-4:45pm Yoga w/Mary Lee		*Schedule is subject to change based on class de- mand
6:00-7:00pm Zumba® w/Laurie		6:00-7:00pm Zumba® w/Laurie			ALL fitness classes listed are FREE for members!

[www.clarkymca.org](http://www.clarkymca.org) [facebook.com/clark.ymca](https://www.facebook.com/clark.ymca) [twitter.com/theclarkymca](https://twitter.com/theclarkymca)



# SESSION PROGRAM GUIDE

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## CLARK MEMORIAL YMCA HOURS OF OPERATION

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

## 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

- Holiday Pre School Playground  
Wednesday, December 14th
- Winter Holiday Break (No Classes)  
Dec. 23-Jan. 2
- Christmas Eve & Christmas Day (YMCA Closed)  
Dec. 24-Dec. 25
- New Years Day (YMCA Closed)  
Sunday, January 1
- February Vacation (No Classes)  
Feb. 20-25

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

[www.clarkymca.org](http://www.clarkymca.org) [facebook.com/clark.ymca](https://www.facebook.com/clark.ymca) [twitter.com/theclarkymca](https://twitter.com/theclarkymca)