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GYMNASTICS

PRESCHOOL PLAYGROUND (ages 5 & under)
WE & TH 11:00-12:00
OPEN GYM (ages 6+)
SU 10:30-11:45

LESSON PRICING

30 MIN: Members: \$44; Non Members \$88
45 MIN: Members: \$58; Non Members \$116
1 HR: Members: \$74; Non Members: \$148

PRESCHOOL GYMNASTICS

GYM EXPLORERS (walking to age 3)
(30 MIN) TU 9:30

TODDLER TIME (ages 2-3)
(30 MIN) MO 9:30; TU 3:30; TH 10:30;
SA 8:45

MIGHTY MUNCHKINS (ages 3-4)
(45 MIN) TU 10:15; WE 10:15; TH 4:00; SA 9:15

BOYS BEGINNER (ages 4-6)
(45 MIN) TH 4:30

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

GYM AND SWIM (ages 3-5)
Members: \$74; Non Members: \$148

Tuesdays with Gymnastics 4:45-5:15 and swimming 5:30-6:00.

Wednesdays with Gymnastics 9:45-10:15 and swimming 10:30-11:00.

Thursdays with Gymnastics 9:45-10:15 and swimming 10:30-11:00

There will be NO Gymnastics or Swim Lessons on the following days:
October 31 (evening classes only)
November 28-30 (thanksgiving break)

RECREATIONAL GYMNASTICS

HOME SCHOOL (ages 6+)
(45 MIN) MO 3:15

TUMBLING CLASSES (ages 6+)
(1 HOUR) MO 6:00; TH 6:00

TEEN TUMBLING (ages 12+)
(1 HOUR) MO 7:00

BOYS RECREATIONAL (ages 6+)
(1 HOUR) TH 5:15

ROCKIN' ROLLERS (ages 5-6)
(1 HOUR) MO 4:00; TH 5:00; SA 10:45

SUPER SPRINGERS (ages 7-9)
(1 HOUR) MO 5:00; TU 5:15

FANTASTIC FLYERS (ages 10+)
(1 HOUR) MO 6:00

GYMNASTICS TEAM

TEAM TUMBLING (must be active member of the gymnastics team or Boys Advanced program)
(1 HOUR) WE 7:00 (\$74/session)

BOYS ADVANCED (invitation only)
(1:15 HOUR) TH 7:00 (\$40/month)

DYNAMITES (invitation only)
(45 MIN) TU 4:30 \$30/month

PRE TEAM (invitation only)
(1:15 Min) TU 5:15 (\$40/month)

RECREATIONAL TEAM (REC)
(\$58/month) Non-Competitive format.
Please speak to Gymnastics Director for days & times.

YMCA GYMNASTICS TEAM
Level 1 TU & TH 6:15-7:30 (\$54/month)
Level 2 WE & FR 4:30-7:00 (\$82/month)
Level 3 WE & FR 4:00-7:00 (\$98/month)
Level 4+ MO 3:45-5:45 WE & FR 3:45-7:00 (\$114/month)

*YMCA Membership is required for participation in the Boys Advanced, Dynamites, Recreational Team, Pre Team and Team Programs.

* If interested in the Gymnastics Team, Pre Team or Rec Team programs, please inquire with Gymnastics Director Amanda Tousignant before registration.

AQUATICS

YOUTH SWIM LESSONS

ATTENTION NEW SWIMMERS: Swim tests are required (for proper placement) prior to program registration!

LESSON PRICING

30 MIN: Members: \$50; Non Members \$100
45 MIN: Members: \$65; Non Members \$130

PARENT WITH CHILD (age at least 6 months)
(30 MIN) MO 6:00; TU 9:00; WE 6:00

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

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

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

LEVEL IV: STROKE IMPROVEMENT
(45 MIN) TU 5:30

LEVEL V: STROKE REFINEMENT
(45 MIN) TH 5:30

GYM AND SWIM (ages 3-5)
Members: \$74; Non Members: \$148

Tuesdays with Gymnastics 4:45-5:15 and swimming 5:30-6:00.

Wednesdays with Gymnastics 9:45-10:15 and swimming 10:30-11:00.

Thursdays with Gymnastics 9:45-10:15 and swimming 10:30-11:00

PRIVATE LESSONS

4- 30 MIN SESSIONS
Members: \$85; Non Members \$170

SWIM TEAM

* If interested in the Swim Team, Pre Team or Shark Bites please inquire with Aquatics Director Julie Whittemore before registration.

SHARK BITES (invitation only)
Members: \$77; Non Members \$154
(30MIN) MO & WE 5:00

PRE TEAM (invitation only)
Members: \$87; Non Members \$174
(45MIN) MO & WE 5:30

CLARK SHARKS SWIM TEAM (invitation only)
\$68/month
Team Dues \$100 upon joining team
*YMCA Membership is required for participation in the team program

Adult Lap Swim			
Eye Opener	Mid Day	Night Owl	Weekend
M, W, F 5:30-8:15 TU, TH 7-8	M-F 11-2 F 5-6	M-F 7:30-8:30	SA 6:30-9 & 11-12 SU 9-10:30
Free Swim			
Pre School	Family	Open	Open
TU, TH 10:30-11	F 6:30-7:30 SU 10:30-12	MO-FR 3:30-4:30 TU, TH 6:30-7:30 SA 1-2:45	MO 2-3

Additional lanes available for lap swim during some of our programming. Please consult the pool schedule.

There will be NO Gymnastics or Swim Lessons on the following days:
October 31 (evening classes only)
November 28-30 (thanksgiving break)



GROUP EXERCISE SCHEDULE

October 28 - December 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15-5:45 am Rise @ Grind w/ Tamara	5:15-5:45 am BodyPump™ express w/ Kristen	5:15-5:45 am Upper Cut & Core w/ Tamara	5:15-5:45 am BodyPump™ express w/ Kristen	5:15-5:45 am Shred w/ Tamara	
6:00-7:00 am Toning w/ Tamara		6:00-7:00 am Toning/Cardio w/ Tamara		6:00-7:00 am Core and More w/ Tamara	
	8:00-9:00 am Aqua Jogging w/ Mo				
8:30-9:30 am AquaZumba w/ Laurie	8:30-9:30 am Tai Chi w/ Marissa	8:30-9:30 am AquaZumba w/ Laurie	8:00-9:00 am Aqua Jogging w/ Mo	8:30-9:30 am AquaZumba w/ Laurie	8:30-9:30 am BodyPump™/ Instructor's Choice
9:15-10:15 am BodyPump™ w/ Jenn H	9:15-10:15 am BodyCombat™ w/ Kristen	9:15- 10:15 am BodyFlow™ w/ Kristen	9:15-10:15 am BodyCombat™ w/ Kristen	9:15-10:15 am BodyPump™ w/ Kristen	9:30-10:30 am BodyFlow™/ Instructor's Choice
10:30-11:15 am SilverSneakers® Classic w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/ Marissa	10:30-11:15 am SilverSneakers® Classic w/ Marissa	10:30-11:15 am SilverSneakers® Cardio w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/ Marissa	
Afternoon & Evening Classes					
	4:30-5:30 pm Vinyasa Yoga w/ Mary Lee	4:30-5:30 pm Vinyasa Yoga w/ Mary Lee	4:30-5:00 pm Tai Chi 2 w/ Marissa	4:30-5:30 pm Yoga w/ Jenn H	
5:30-6:30 pm BodyPump™ w/ Kristen	5:45-6:15 pm Interval Shred express w/ Tamara	5:30-6:15 pm Strong® w/ Laurie	5:30-6:15 pm Barre w/ Marissa		CHILDWATCH available during highlighted classes!
6:30-7:30 pm BodyFlow™ w/ Kristen	6:30-7:00 pm Core & More Express w/ Tamara	6:30-7:30 pm Zumba® w/ Laurie	6:30-7:30 pm Butts & Guts w/ Marissa		ALL Fitness classes listed are FREE for members!
6:30-7:30 pm Zumba® w/ Laurie (Gym)					*Schedule is subject to change based on class demand.



SESSION PROGRAM GUIDE

Winter 1~ October 28 - December 21

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

RECREATIONAL SPORTS

WINTER YOUTH BASKETBALL

Games: Saturdays between 9am-1 pm

League Costs:
Kindergarten Free
Members \$25 Non-Members \$50
After Nov. 1 Costs:
Members \$35 Non-Members \$60

Meet & Greet November 23
Games Start December 7th

ARENA SOFTBALL

Runs November 7th-January 30th
Team Registration \$300

FIELD HOUSE PRIVATE RENTALS

\$90/HR
\$60/HR Non-profit groups

BEFORE & AFTER SCHOOL

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

2019/2020 BEFORE SCHOOL PROGRAM
\$36/week; MO-FR 6:30 am - bus pick-up.
2019/2020 AFTER SCHOOL PROGRAM
\$63/week; MO-FR Bus drop-off - 6:00 pm
2019/2020 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.

CHILDWATCH

MO - FR 9:00 - 11:30 am
TU & TH 5:15 - 7:45 pm
Free for Family Facility Members; \$2 per
child for Non Family Member Participants

SPECIAL EVENTS

Kid's Halloween Party & Zombie Fun Runs
October 26th
A Taste of Giving
November 1st
No Gymnastics, Swimming or Childwatch
evening of October 31- Halloween Night
Float N Flick
November 8th & December 13th
YMCA Closed
November 28th- Thanksgiving
Santa Visits Pre School Playground
December 11th- 11:00-12:00

BIRTHDAY RENTALS

GYMNASTICS

Saturdays 12:00-12:45 in gym
1:00-1:45 in party room
Sundays 12:00-12:45 in gym
1:00-1:45 in party room
\$150 for 20 participants
\$25 for additional participants

POOL

Saturdays 12:00-12:45 in pool
1:00-1:45 in party room
Sundays 12:00-12:45 in pool
1:00-1:45 in party room
\$150 for 20 participants
\$25 for additional participants

FIELD HOUSE

45 min for field games
45 min in party room
\$150 party rental
Please see the front desk for more details

CLARK MEMORIAL YMCA INCLEMENT WETHER POLICY

When Winchendon Public Schools are delayed: All AM
fitness classes, AM programs (gymnastics and swim),
and AM child watch will run according to schedule.
When Winchendon Public Schools are closed: All AM
fitness classes and AM child watch will run according to
schedule. However, all AM 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