

GYMNASTICS

The primary focus in our Gymnastics program is the safety of all participants. Additionally, developmental classes combine fun activities along with age appropriate skills. These classes are taught in a fun and creative way to encourage a healthier mental, physical and emotional lifestyle for the participants. Students are taught to break down goals into manageable steps. As athletes progress competitive and non-competitive advancement opportunities are available.

Lesson Pricing - 7 weeks

30 min:	Members: \$48 Non Members: \$96
45 min:	Members: \$60 Non Members: \$120
60 min:	Members \$74 Non Members: \$148

Pre School Gymnastics

Pre School Explorers
(walking to age 3 with parent)
(30 min) Mon 1:45, Sat 8:15

Mighty Munchkins (ages 3-4)
(45 min) Tue 5:00; Thu 4:15; Sat 9:15

Jumpin Jacks (ages 4-5)
(45 min) Tue 5:45; Thu 4:30

Tumble Tots (ages 3-5)
(45 min) Tue 4:00

Dynamites (invitation only)
(60 min) Tue 4:00

Recreational Gymnastics

Tumbling (ages 6-12)
(60 min) Tue 6:30; Thu 6:30

Tumbling (ages 10+)
(60 min) Wed 6:45

Rockin Rollers (ages 5-7)
(60 min) Tue 5:15; Thu 5:15, Sat 10:00, 11:00

Super Springers (ages 8+)
(60 min) Thu 6:15

Homeschool Gymnastics (ages 5+)
(45 min) Mon 1:00

Gym and Swim (ages 3-5)
Members \$74 Non Members \$148

Tue with Gymnastics 4:45-5:15 and Swimming 5:30-6:00
Sat with Gymnastics 8:45-9:15 and Swimming 9:30-10:00

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**

Gymnastics Open Times
***Reservations Required. Please call the YMCA front desk or go online to reserve your spot.**

Pre School Playground (ages 5 & under)
Wed 1:00-1:45 (beginning September 11th)

Open Gym (ages 5+)
Sat 1:00-1:45

Gymnastics Birthday Rentals
\$150- Saturdays @ 12:15
45 min in the Gym & 45 min in the Party Room
***See front desk for more details**

Tumble Fun Clinics-September 4
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

AQUATICS

Swimming is a life skill as well as great exercise and a challenging sport. The YMCA offers swim lessons for all ages, as well as swim leagues and more. Swim year-round in our heated, indoor pool and swim with the folks that created group swim lessons!

Lesson Pricing - 7 weeks

30 MIN:	Members: \$70 Non Members \$140
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Attention New Swimmers:
Swim tests are required (for proper placement) prior to program registration!

Youth Swim Lessons

Parent with Child (age 1+)
(30 min) Mon 6:00; Tue 10:00; Sat 9:00

Level I: Introduction to Water Skills (must be 3 years of age)
(30 min) Mon 4:30, 5:30; Tue 10:30, 6:00; Thu 5:30; Sat 9:00, 10:00

Level II: Fundamental Aquatic Skills
(30 min) Mon 5:00; Tue 6:30; Thu 6:00; Sat 9:30, 10:00, 10:30

Level III: Stroke Development
(30 min) Mon 4:30; Thu 6:30; Sat 10:30

Level IV: Stroke Improvement
(30 min) Wed 4:30

Ages 8+ Beginner
(30 min) Tue 7:00

Gym and Swim (ages 3-5)
Members \$74 Non Members \$148
Tue with Gymnastics 4:45-5:15 and Swimming 5:30-6:00
Sat with Gymnastics 8:45-9:15 and Swimming 9:30-10:00

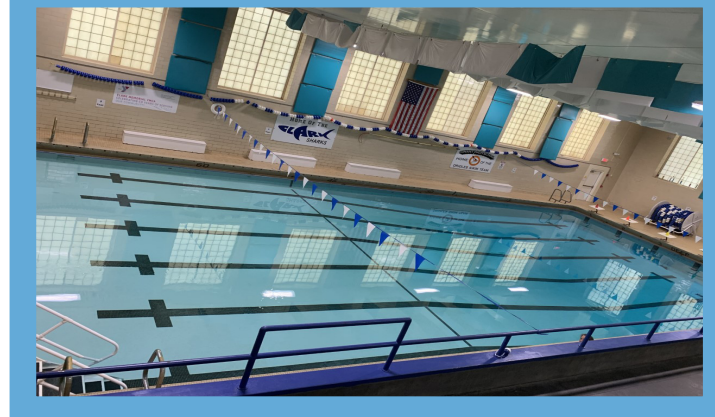
Swim Team (invitation only)
***YMCA Membership is required for participation in all team programming.**
*** If interested in Team programs, please inquire with Aquatics Director Julie Whittemore prior to registration at: j.whittemore@clarkymca.org**

Shark Bites (30 Min)
Mon & Wed 5:00

Pre Team (45 min)
Mon & Wed 5:30

Aquatics Open Times
***Reservations Required. Please call the YMCA front desk or go online to reserve your spot.**

Family Swim
Sat & Sun 12:30-1:30
Mon-Fri 3:30-4:30
Fri 7:00-8:30



See our Aquatics and Gymnastics class descriptions and more on our website: www.clarkymca.org.

YMCA Membership

Type	Daily	EFT*	* Annual*
Adult	\$11.00	\$45.00	\$540.00
Family	\$15.00	\$70.00	\$840.00
Youth	\$5.00	\$15.00	\$180.00
Young Adult	\$11.00	\$32.00	\$384.00
Senior	\$5.00	\$35.00	\$420.00
Senior Couple	\$10.00	\$54.00	\$648.00

Child Watch

4 months-10 years old
Monday- Friday 9:00am-11:30am
*Registration Required

Youth Soccer

Ages 5-13
Members \$50 Non Members \$100
Registration Now Open-
Closes Sept. 4th
Practices begin the week of Sept. 9th
Games begin Sept. 14th
Game Days: Saturdays between
8am-3pm

Before & After School

Licensed by the Department of Early Education and Care. Program follows Winchendon Public School calendar.

2024/2025 Before School Program
\$36/week; Mon-Fri 6:30 am - bus pick-up.

2024/2025 After School Program
\$63/week; Mon-Fri Bus drop-off - 6:00 pm

2024/2025 Before & After School Program
\$99/week; Mon-Fri 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

- Labor Day- YMCA Closed Sept. 2
- Charles E. Grout Golf Tournament Sept. 7
- No Gymnastics or Aquatics Lessons Aug. 26 - Sept. 7
- Fall Festival- No Classes Oct. 12
- Columbus Day- No Classes Oct. 14

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.

Thunder & Lightning Policy

The YMCA follows a strict policy to ensure the safety and security of all persons in our aquatic facility. In the event that thunder or lightning is detected in the area, the YMCA will close the pool and clear the pool deck and balcony area of all patrons for a period of no less than 30 minutes since the last occurrence of thunder or lightning is detected. During this time, all persons must vacate the pool deck and the aquatic staff must secure the closure of the pool until such time as it is safe to reopen. Aquatic staff may not remain in the pool area during the closure.



Program Guide

FALL 1 2024

September 9-October 26

Member Registration: August 12
Non Member Registration: August 19

CLARK MEMORIAL YMCA



Clark Memorial YMCA
155 Central St.
Winchendon, MA 01475

(978) 297-9622

www.clarkymca.org



Hours of Operation

Monday-Friday 5:00am-9:00pm
Saturday-Sunday 8:00am-2:00pm



Staff Directory

Michael Quinn, Executive Director
m.quinn@clarkymca.org ext. 111

Kyle Scrivines, Senior Program Director
k.scrivines@clarkymca.org ext. 116

Beth Dexter, Member Services Coordinator
b.dexter@clarkymca.org ext. 119

Julie Whittemore, Aquatics & Safety Director
j.whittemore@clarkymca.org ext. 114

Amanda Tousignant, Gymnastics Director
a.tousignant@clarkymca.org ext. 218

Noah Raynor, Recreational Sports Director
n.raynor@clarkymca.org ext. 115

Billy Vitello, Fitness Director
b.vitello@clarkymca.org ext. 117

Bill Estey, Facilities Director
b.estey@clarkymca.org ext. 113