

# GYMNASTICS

The primary focus in our Gymnastics programs 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 –8 weeks

30 min:	Members: \$54 Non Members: \$108
45 min:	Members: \$68 Non Members: \$136
60 min:	Members \$84 Non Members: \$168

## Pre School Gymnastics

**Pre School Explorers**  
(walking to age 3 with parent)  
(30 min) Mon 11:00, Sat 8:15

**Mighty Munchkins (ages 3–4)**  
(45 min) Tue 5:00; Thu 4:15; Sat 9:30

**Jumpin Jacks (ages 4–5)**  
(45 min) Tue 5:45; Thu 4:30; Sat 10:15

**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 11:00

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

**Homeschool Gymnastics (ages 5+)**  
(45 min) Mon 10:15

**Gym and Swim (ages 3–5)**  
Members \$84 Non Members \$168

**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 10:15–11:00 (beginning Jan. 8)

**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

# 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 – 8 weeks

30 MIN:	Members: \$80 Non Members \$160
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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;  
10:30

**Level II: Fundamental Aquatic Skills**  
(30 min) Mon 5:00; Tue 6:30; Wed 4:30;  
Thu 6:00; Sat 9:30, 10:00

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

**Level IV: Stroke Improvement**  
(30 min) Thu 7:00

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

**Gym and Swim (ages 3–5)**  
Members \$84 Non Members \$168  
**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**

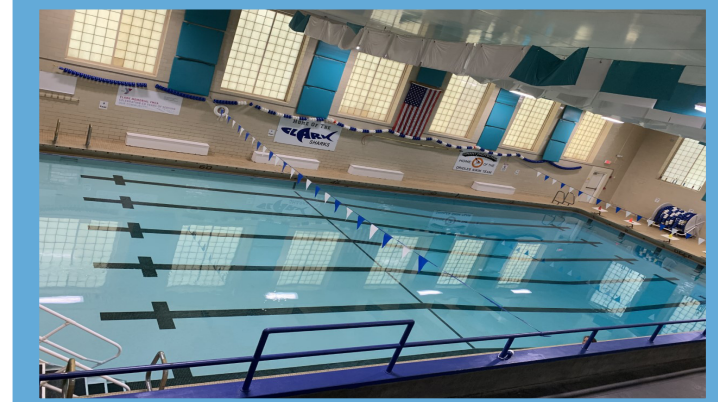
**Swim Team (invitation only)**  
**\*YMCA Membership is required  
for participation in all team  
programming.**  
**\* If interested in Team programs,  
please inquire with Aquatics Director  
Julie Whittemore prior to registration  
at: j.whittemore@clarkymca.org**

**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](http://www.clarkymca.org).



### Youth Spring Soccer

Ages 5-13  
Members \$50 Non Members \$100  
Registration Coming Soon!  
\*Coaches needed- contact Noah  
Raynor n.raynor@clarkymca.org

### Personal Training Membership Required

1 single 1 hour session: \$45  
5 pack 1 hour sessions: \$200

### Youth Strength Training

Ages 12-15  
February 24-April 19  
\$80 (must be a member)  
Boys: Mon/Wed 4:00-5:00  
Girls: Tue/Thu 3:00-4:00

### 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.



### 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

### 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.

### Inclement Weather Policy

When Winchendon Public Schools are delayed:

- All AM fitness classes, will run normally
- 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 normally
- 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. Please be sure your email is updated with the front desk. All program cancellations will be notified through email.



## Program Guide

### Spring 1 2025

### February 24 - April 19

Member Registration: February 3

Non Member Registration: February 10

# 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