



Summer 2009 Program Schedule

July ~ August
2 Month Sessions

Dear Members,

Summer is here! With lots of great summer camps available, there is plenty for the kids to do. Summer Day Camp provides a safe, supervised fun alternative to daycare. Each week features a field trip and numerous activities to keep kids of all ages entertained. Looking forward, the Before & After School Childcare program is accepting enrollment for the 2009-2010 school year.

In addition to structured programs, special events like the Summer Solstice & Kids Triathlon are right around the corner. We have added FREE Kayak Rental to our list of member benefits (inquire at the front desk) and are offering Open Gym with a 5 on 5 men's basketball league in the works.

Check our website for new additions, updates, etc. regarding dates, times and opportunities. It is our goal to serve you, our members and our community, to the best of our abilities. If you have comments, suggestions or ideas, please share them with us!

Thank You!

Amanda Grubb

Membership & Marketing Director

Registration Info:

- Members may begin registering on the Monday one week prior to each new session. Non-members may begin registering on the Tuesday one week prior to each new session.
- Registration will still be available online, as well as in-house.

Program Guide Changes

- In an effort to cut costs and "go green," **we will no longer be mailing Program Guides.**
- All correspondence will be distributed through e-mail (and available on our website), so please **stop at the front desk and provide your current e-mail address** to ensure that you receive information regarding programs, registrations, events and more.
- For members who do not have e-mail access, printed Program Guides will be available in the Clark YMCA lobby.

155 Central St. Winchendon, MA 01475

978-297-YMCA

www.theclark.com

GENERAL INFORMATION

Board of Directors

Ernest P. "Bud" Fletcher, Jr., *Trustee*
 David P. Connor, *Trustee*
 William H. Schmidt, *Trustee*
 David T. Romanowski, *President*
 Cynthia Landanno, *Vice President*
 Thomas F. Belletete, *Secretary*

Christopher J. Beauvais, *Director*
 Kathleen Murphy, *Director*
 Mark Hagemeyer, *Director*
 Scott Sibley, *Director*
 Ron Therrien, *Director*

Professional Staff

Executive Director: Brian J. DuBois

bdubois@theclark.com

Associate Executive Director: Michael O. Quinn

mquinn@theclark.com

Membership & Marketing Director: Amanda R. Grubb

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Fitness & Wellness Director: Veronika J. Patty

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Facilities Director: David M. Bilodeau

dbilodeau@theclark.com

Gymnastics Director: Shawn Fournier

sfournier@theclark.com

Pre-School Gymnastics Director: Melissa J. Powers



Our Mission, Vision & Core Values:

Mission: To build a sense of community by developing character and positive values through activities that promote social, physical and emotional well-being for all.

Vision: To inspire youth and families to proactively improve the quality of life for themselves and others by pursuing life enhancing opportunities, becoming more involved in the community and aspiring to be in a position to serve others.

Core Values: Everything we do will be done within the framework of the character values of caring, honesty, respect and responsibility.

YMEMBERSHIP™

Hours of Operation:

Monday-Friday: 5 am to 8 pm

Saturday & Sunday: 8 am to 1 pm

Membership Rates (effective Oct. 1, 2008):

No Initiation Fees!

Membership Type	Day Pass**	EFT*	Annual
Youth (0 to 18)	\$5	\$10	\$120
Young Adult (19-24) & College Student (ID req.)	\$5	\$25	\$300
Adult	\$10	\$36	\$432
Senior (62 and up)	\$5	\$25	\$300
Family	\$15	\$54	\$648

**EFT is a monthly electronic funds transfer which may be deducted from your checking account or credit card on the 1st or 15th of each month. EFT memberships do not require a long-term contract and may be cancelled anytime with 30 days written notice.*

*** Day Pass fees will be credited to individuals who become members within 72 hours.*

Membership Includes:

- FREE Orientation for all new members
- Cardio Room: Treadmills, Elliptical Machines, Stationary Bikes, Stair Climbers, etc.*
 - Free Weight Room*
 - Cybex Room for Strength Training*
- All Fitness Classes: Yoga, Pilates, Aquaerobics, Toning, Cardio Mix & More*
 - 25 Yard Pool: Lap Swim, Open Swim, Family Swim & More
- Outdoor Facilities: 1/3 Mile Walking Track, Tennis Courts, Basketball Courts & Playing Field
- Reduced Program Fees for Swim Lessons, Gymnastics, Recreational Sports, Weight Loss Challenge, Summer Day & Sports Camps & More!
 - Steam Rooms*

** Indicates ages 14 and up*

Scholarship Program

The Clark Memorial YMCA offers membership and program fee subsidies for individuals and families. Scholarship applications are available at the front desk and on our website.

Scholarships are based on a sliding scale, taking into account the household income and number of members in the household. This program enables the Clark Memorial YMCA to be accessible for all! We encourage anyone interested in membership at "the Clark" to apply, regardless of employment status.

YAQUATICS™

The Clark Memorial YMCA will be offering Swim Lessons based on the American Red Cross Learn-to-Swim program. Lessons will provide instruction to swimmers of all ages and abilities. The classes will help develop swimming strokes, water safety skills, life skills and provide a positive learning experience. Swimming skills are taught in a logical progression, and there will be detailed skill sheets available for parents to review.

Prior to registration, ALL participants must be swim tested during "open swim" or "family swim" in order to determine the appropriate level of instruction!

WATER BABIES

AGE: 6 months and up

Members: \$20

Non-Members: \$48

M: 10:15-10:45 am OR 6:15-6:45 pm

This structured parent/child class, emphasises water adjustment to a water environment, exploration and child-based learning in a fun, interactive environment. PARENT REQUIRED TO BE IN THE WATER.

LEVEL I: INTRODUCTION TO WATER SKILLS

Members: \$20

Non-Members: \$48

M: 9:45-10:15 am OR 6:15-6:45 pm; TH: 9:45-10:15 am OR 5-5:30 pm; S: 8:30-9 am OR 9:30-10 am OR 10:30-11 am

This class will orient swimmers to the aquatic environment and create a sound foundation for aquatic and safety skills. Children will learn to enter and exit the water independently. Introduction to water skills: help students feel comfortable in the water and to enjoy the water safely. Emphasis on breath control and underwater swimming.

LEVEL II: FUNDAMENTAL AQUATIC SKILLS

Members: \$20

Non-Members: \$48

M: 9:45-10:15 am OR T: 5:45-6:15 OR W: 9:45-10:15 OR 10:15-10:45 am; F: 5-5:30 pm; S: 8:30-9 am OR 9-9:30 am OR 9:30-10 am

This class will expand on fundamental aquatic locomotion and safety skills. These skills will give students success with fundamental skills. Emphasis on buoyancy.

LEVEL III: STROKE DEVELOPMENT

Members: \$20

Non-Members: \$48

M: 10:15-10:45 am; T: 5:45-6:15 pm; W: 6:15-6:45; S: 9-9:30 am OR 10-10:30 am

Swimmers will improve skill competency; practice safety and non-swimming rescue skills. Build on skills taught in level II with guided practice. Emphasis on changing direction and position.

LEVEL IV: STROKE IMPROVEMENT

Members: \$20

Non-Members: \$48

T: 5-5:45 pm OR TH: 5:30-6:15 pm

This level is designed for swimmers to develop confidence in strokes and safety skill. The breaststroke and sidestroke will be introduced along with rotary breathing, diving, scissor kick and increased endurance in strokes that they have already learned.

LEVEL V: STROKE REFINEMENT

Members: \$20

Non-Members: \$48

T: 5-5:45 OR TH: 5:30-6:15 pm

Swimmers will continue stroke refinement in this level. New skills such as butterfly, surface diving and competitive starts will be introduced.

CLARK SHARKS SWIM TEAM

Membership Required

Summer Schedule: Mon, Wed, Fri: 3-4:30

AGE: 5 & up (must be able to swim 25 yds without assistance)

The Clark Sharks will be offering two different levels of commitment and competitiveness for participation on the team.

(3) 90 minute practices per week: \$54 per month

(2) 60 minute practices per week: \$24 per month

ADULT LAP SWIM

Members: Free.....Non-Members: Daily Fee

Eye-Opener: M, W, F: 5:30- 7 am

Mid-Day: M-F 12 - 1:30 pm

Night Owl: M,W, F: 6:45-7:45

Saturday: 11 am- 12 pm

Sunday: 9:30-10:30 am

This time is reserved for adults to swim laps.

OPEN SWIM

Members: FREE.....Non-Members: Daily Fee

Children under the age of 12 must be supervised!

Pre-School: 10:15-10:45 am

Home-School: M & W: 1-2 pm

Evening: M & W: 5-6 pm & T & TH: 3:30-4:30 pm

FAMILY SWIM

Members: FREE.....Non-Members: Daily Fee

Friday: 5:30-6:30 pm & Sunday: 10:30 am -12:00 pm

Children ages 17 and under must have a parent or guardian in the water regardless of swimmers ability. For every three children ages 10 and under there must be one adult in the water.

AQUAEROBICS

Mon, Wed & Fri: 8:30-9:30 am

Tues & Thurs: 6:30-7:30 pm

This class offers the ultimate in no impact cardiovascular work. By working against the resistance of the water, you can achieve both strength conditioning as well as the benefits of a high impact workout. No swimming skills required!

**New
Times**

There will be no class on:

Saturday, July 4th &
Monday, September 7th

Don't Forget....
The Clark Memorial YMCA offers Pool Parties, which include 45 minutes in the pool for up to 20 people and 45 minutes in the baby-sitting room.

GYMNASTICS

PRE-SCHOOL

Pre-School Gymnastics is a fun and energetic program that builds self-esteem, body awareness, and social/cognitive awareness. Children learn basic gymnastics skills on all of the gymnastics equipment while learning to participate in a structured class setting.

GYM EXPLORERS (with parent)

Ages: Walking-5 yrs. 30 min
Members: \$24 Non-Members: \$48

Wed: 9 am OR 5:30 pm

This class begins and ends with a group activity. In between, children explore different stations and activities with their parent, while coaches offer encouragement and praise.

TODDLER TIME (no parent)

Ages: 2 yrs. 30 min
Members: \$32 Non-Members: \$64

Tues: 9 am OR Thurs: 9 am

Children warm up together and then divide into small groups to work on basic gymnastics skills. Lots of fun games, exciting movement activities and group interaction.

MIGHTY MUNCHKINS

Ages 3 yrs. 40 min
Members: \$44 Non-Members: \$84

Tues: 9:45 am OR Wed: 4:45 pm OR Thurs: 9:45 am

Mighty Munchkins is a continuation of fun gymnastics exercises and activities that will build confidence, coordination and social awareness.

BOYS BEGINNER

Ages 3 yrs.+ 50 min
Members: \$52 Non-Members: \$92

Mon: 4:45 pm

Mighty Munchkins is a continuation of fun gymnastics exercises and activities that will build confidence, coordination and social awareness.

AFTERNOON PRE-SCHOOL

Ages 3-4 yrs. 45 min
Members: \$48 Non-Members: \$88

Tues: 3:45 OR Thurs: 3:45 pm

A combo pre-school class that includes all of the fun stations, circuits and obstacles of our morning classes.

JUMPIN' JACKS

Ages 4-5 yrs. 50 min
Members: \$52 Non-Members: \$92

Tues: OR Thurs: 10:30 am

This class begins to incorporate more stations and skill-building activities into lessons. Cooperative games and fun listening activities help your child learn to get along with others in group activities.

DYNA-MITES

INVITATION ONLY! 1 hour
Members: \$56 Non-Members: \$96

Fri: 4 pm

Dyna-Mites is for pre-school kids who are ready for a little extra challenge. More attention is given to form and technique, as well as strength and flexibility development. Please speak to Missy if you are interested in this class.

RECREATIONAL

Students learn basic gymnastics skills on all of the gymnastics equipment with a strong focus on proper technique. Conditioning and flexibility training are applied. Skill progressions and drills help students advance at a safe and appropriate pace.

ROCKIN ROLLERS

Ages 5-6 1 hour
Members: \$56 Non-Members: \$96

Mon: 3:45 pm OR Tues: 4 pm OR Thurs: 4 pm

SUPER SPRINGERS

Ages: 7-9 1 hour
Members: \$56 Non-Members: \$96

Mon: 6 pm OR Tues: 5 pm

FANTASTIC FLYERS

Ages: 10-12 1 hour
Members: \$56 Non-Members: \$96

Thurs: 5 pm

TUMBLING: BEGINNER & ADVANCED

Ages: 6+
Members: \$56 Non-Members: \$96

Beginner: Tues: 6 pm

Advanced: Thurs. 6 pm (Permission Required)

This program focuses on floor work. Beginners will learn rolls and cartwheels before progressing to more advanced tumbling sequences.

RECREATIONAL TEAM

Must have permission from instructor 2 hours
Members: \$36/ month

Wed OR Fri: 4-6:30 pm

Rec Team is for gymnasts who have passed beginner through advanced recreational gymnastics and would like to continue learning new skills in a non-competitive format. Gymnasts may create routines or simply focus on skills.

YMCA GYMNASTICS TEAM

Membership Required

The team program is for serious athletes who are ready to put in several hours of time and effort each week. Gymnasts train and learn routines on all four pieces of Women's Apparatus: Floor Exercise, Balance Beam, Uneven Bars, and Vault. Emphasis is placed on consistency and mental focus as students continue to have fun learning gymnastics and building lasting relationships with coaches & teammates. If you are interested in the Clark Memorial YMCA's team program, please speak to the Gymnastics Director.

Levels 1-3 are non-sanctioned USAG

Levels 1 & 2: Mon & Thurs: 4-5:30 pm	\$45/ monthly EFT
Level 3: Wed & Fri: 3:45-6:15 pm	\$85/ monthly EFT
Level 4: Wed & Fri: 3:45-6:45 pm	\$102/ monthly EFT
Level 5: Mon, Wed & Fri: 3:45-6:45 pm	\$102/ monthly EFT

There will be no class on:

Saturday, July 4th &
Monday, September 7th

YHEALTH & WELL-BEING™

SILVERSNEAKERS™ 1

Muscular Strength & Range of Movement

Mon, Wed, & Fri: 10:30-11:15 am with Grace, Lori & Veronika

This class includes work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed and power. The class includes a warm-up and rhythmic range of movement, stretch, work with resistance tools, cool down, final stretch and relaxation segment. It is a total body conditioning class in which students use hand-held weights, elastic tubing with handles, a SilverSneakers® playball and a chair for standing and/or seated support.

SILVERSNEAKERS™ 2

Cardio Circuit

Tues: 10:30-11:15 am with Grace

Combine fun and fitness to increase your cardiovascular and muscular endurance. Strength exercises will be alternated with low impact aerobic choreography.

AQUAEROBICS

Mon, Wed & Fri: 8:30-9:30 am with Barbara

Tues & Thurs: 6:30-7:30 pm with Barbara

This class offers the ultimate in no impact cardiovascular work. By working against the resistance of the water, you can achieve both strength conditioning as well as the benefits of a high impact workout. No swimming skills required!

PILATES

Mon & Wed: 5:30-6:15 pm

This challenging but rewarding class offers exercises that concentrate on strengthening and lengthening all muscles while focusing on the core (mid-section) to help stabilize the body and improve posture. Progress at your own pace while instructor provides modifications and introduces new exercises at each class. Elastic bands, stability balls and body weight are all utilized.

GENTLE YOGA

Tues & Thurs: 6:30- 7:30 pm with Lori

This class uses traditional Yoga poses to emphasize the blending of spirit, mind and body. This no-impact class is appropriate for all ages and fitness levels for a stronger, healthier, more balanced you.

STEP AEROBICS

Mon: 9:15-10:15 am with Laurie

Join us for the fun and energetic Step Routines! Increase or decrease the intensity of your cardio workout by adjusting height of the step and modifying arm and leg movements

given by the instructors.

STRENGTH CONDITIONING

Mon, Wed & Fri: 6-7 am with Veronika

Tues & Thurs: 8:30-9:30 am with Jackie

A popular alternative to the Weight Room, this instructor led program addresses muscular strength and endurance, increased flexibility and overall improvement in posture. Elastic bands, stability balls, weight bars, hand weights and body weight are all utilized. This continuous 60-minute workout is sure to get your muscles burning

BOOT CAMP

Tues & Thurs: 5:30-6:15 pm with Heather

This high energy, high impact class combines short step routines, kickboxing and traditional floor aerobic moves to give you the ultimate cardio workout. The class is structured into short intervals to reap maximum benefit. Modification are given by our certified instructor when needed to adjust this class to all fitness levels.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Morning Classes</u>						
	6-7 am Strength Conditioning	6-7 am Group Cycling	6-7 am Strength Conditioning	6-7 am Group Cycling	6-7 am Strength Conditioning	
	7-8 am Group Cycling		7-8 am Group Cycling			
	8:30-9:30 am Aquaerobics	8:30-9:30 am Strength Conditioning	8:30-9:30 am Aquaerobics	8:30-9:30 am Strength Conditioning	8:30-9:30 am Aquaerobics	
	9:15-10:15 am Step		9:15-10:15 am Cardio Kickboxing		9:15-10:15 am Group Cycling	
	10:30- 11:15 am SilverSneakers™1	10:30- 11:15 am SilverSneakers™ 2	10:30- 11:15 am SilverSneakers™1		10:30- 11:15 am SilverSneakers™1	
<u>Afternoon Classes</u>						
	5:30 - 6:15 pm Pilates	5:30- 6:15 pm Boot Camp	5:30 - 6:15 pm Pilates	5:30- 6:15 pm Boot Camp		
	6:30-7:30 pm Zumba	6:30-7:30 pm Gentle Yoga Aquaerobics	6:30-7:30 pm Zumba	6:30-7:30 pm Gentle Yoga Aquaerobics		

~ Financial Assistance Available ~

YHEALTH & WELL-BEING™

KICKBOXING

Wed: 9:15-10:15 am with Laurie

The Cardio Kickboxing class blends high-power exercise routines that strengthen the body and mind, decrease stress and hone reflexes while increasing endurance and cardiovascular power. A typical cardio kickboxing routine involves a series of repetitive punches alternating with hand strikes, kicks and then a combination of all three. The repetitions help participants focus on proper technique while engaging several muscles groups and getting a fierce cardiovascular workout. Our certified instructor can provide modifications to allow for members at any fitness level to participate.

ZUMBA

Mon & Wed: 6:30-7:30 pm with Kristen

Ditch the workout, join the Party! The Clark YMCA is proud to present the only Zumba class in the area. This hot new fitness class features a fusion of Latin and International music together with exciting cardio interval dance routines designed to tone and sculpt the body. No prior dance experience is necessary; we teach you how to shake it!

GROUP CYCLING

Mon, Wed: 7-8 am with Mary Lee

Tues & Thurs: 6-7 am with Veronika

Fri: 9:15-10:15 am with Laurie

Group Cycling consists of 45-50 minutes of riding time with motivating music and 15 minutes preparing, stretching and cleaning up the bikes. Bikes allow the rider to go from easy riding to climbing hills, doing intervals or spinning out thanks to the resistance adjustment knob.

FITNESS ORIENTATION

Members: FREE Membership Required

Orientation is designed to familiarize you with exercise equipment available to you at the Clark. Qualified, professional fitness staff members will teach you how to safely and effectively use Cybex, Cardio and Free Weight equipment.

Please Note: Each member is entitled to one free orientation.

Cancellation is required a minimum of 6 hours in advance, or the orientation is forfeited. An additional orientation can be scheduled for a fee of \$15.

PERSONAL TRAINING

Membership Required.....By Appointment

\$25/ Hour \$90/ 4 sessions

Meet with a certified Personal Trainer for one hour to discuss personal fitness goals, fitness level, and health risks to develop a program customized for you. This One-on-One goal-oriented session is designed to motivate clients, while emphasizing proper technique.

WEIGHT LOSS CHALLENGE

Will return in the fall

Membership Required..... \$35

The Weight Loss Challenge promotes a healthy lifestyle through proper nutrition and exercise habits. Fitness professionals offer guidance while individuals challenge each other to lose weight through safe, healthy, recommended methods to achieve group and individual goals. Fee includes: initial workshops with dietician and personal trainer; a personal assessment (body measurements, body fat percentage, and body weight); a private session with a personal trainer, weekly check-ups with fitness staff; a program t-shirt; and a free gift.

ADDITIONAL PROGRAMS & SERVICES

TODDLER MUSIC & MOVEMENT

Ages: 1-3

Members: \$30

Non-Members: \$45

Thurs: 9:45-10:15 am OR 11:30 am - 12 pm

Music and movement classes that develop musical intelligence, self confidence, and sociability. Explore rhythm, creative movement, singing, musical games, and simple improvisation. **Parent/Caretaker involvement is required for all Toddler Classes.**

Minimum Enrollment: 6; Maximum Enrollment: 10

RAINY DAY PLAYGROUND

Ages Infant - Kindergarten

Members: FREE Non-Members: Daily Fee

Monday & Friday: 12:15-1:15 pm & Wed: 1:15-2:15

We have extended Pre-School Playground to include rainy days during the summer.

Bring your little one to our gymnastics area in the rink to enjoy mats, slides and other equipment when they can't play outside.

PRE-SCHOOL OPEN SWM

Ages Infant - Kindergarten

Members: FREE Non-Members: Daily Fee

Tues & Thurs: 10:30-11 am

BABY-SITTING

\$2 per visit per child

Monday - Friday: 9-10:15 am & 10:15-11:30 am

Monday-Wednesday: 5:15-6:30 pm & 6:30-7:45 pm

Parent must be a member and child's info must be on file at the front desk.

Now Offering 2 separate morning times and 2 separate evening times, this service may be utilized while the parent participates in our fitness classes or exercises in the fitness center. This program is staffed by screened volunteers. Thorough background checks have been conducted and policies and procedures have been put in place.

IMPORTANT DATES

2-Month Sessions	Priority Registration	Member Registration	Non-Member Registration (begins at noon)	Session Start Date	Session End Date
July	June 22-28	Mon, June 29	Tues, June 30	Mon, July 6	Sat. Aug 29
September	August 24	Mon, Aug. 31	Tues, Sept. 1	Tues, Sept. 8	Sat. Nov. 7

Kids Triathlon Saturday, July 25

Register by July 5th- only \$5
After July 5th- \$7

Ages 7-10: Swim 25 yards,
Bike 1/3 mile & run 200 yds.

Ages 11 & 12: Swim 50 yds,
Bike 2/3 mile & run 400 yds.

Pool Shutdown

August 24- Sept. 7

*During this time, annual
maintenance will be done.*

*We apologize for any
inconvenience this may cause.*

Save the Date:

Summer Solstice Festival:

June 27, 2009

Family Fun Nights (Float & Flick):

Will Return in the Fall

Camp Registration: Limited Space Still Available

Before & After School Childcare
for 2009-2010 School Year- Enroll Today!

For details go to:

WWW.THECLARK.COM