



# WATERTOWN FAMILY YMCA CARTHAGE SCHEDULE

## GYM

### MONDAY

7:00 – 8:30 AM  
8:30 – 10:30 AM  
10:30AM – 12:00PM

Designated for Walkers  
Open Gym (All Ages)  
Gym Time (Families/Homeschool)  
– Court can be used if unoccupied

**12:00 – 4:00 PM**  
4:00 – 8:00 PM

**CLOSED**  
Open Gym (All Ages)

### TUESDAY

7:00 – 8:30 AM  
8:30 – 11:55 AM  
**12:00 – 4:00 PM**  
4:00 – 8:00 PM

Designated for Walkers  
Adult Pickleball (\*18+)  
**CLOSED**  
Open Gym (All Ages)

### WEDNESDAY

7:00 – 8:30 AM  
8:30 – 11:55 AM  
**12:00 – 4:00 PM**  
4:00 – 8:00 PM

Designated for Walkers  
Beginner Pickleball (All Ages)  
**CLOSED**  
Gymnastics

### THURSDAY

7:00 – 8:30 AM  
8:30 – 11:55 AM  
**12:00 – 4:00 PM**  
4:00 – 4:30 PM  
4:30 – 7:10 PM

Designated for Walkers  
Adult Pickleball (\*18+)  
**CLOSED**  
Open Gym/Ninja Setup  
Warrior Ninja

### FRIDAY

7:00AM – 12:00PM  
**12:00 – 4:00 PM**  
4:00 – 8:00 PM

Open Gym (All Ages)  
**CLOSED**  
Open Gym (All Ages)

### SATURDAY

8:00 – 10:00 AM  
10:00AM – 2:50PM

Adult Pickleball (\*18+)  
Open Gym (All Ages)

**OPEN GYM** is a shared space & time for all members in keeping with the Y's Core Values. Reasonable usage time should have the consideration of all members. **Use of the gym is encouraged when not occupied or scheduled.** Use for special circumstances requires prior approval by the Branch Director.

## GROUP EX

### MONDAY

9:30 – 10:30 AM Slow Yoga  
5:30 – 6:30 PM Tabata

### TUESDAY

9:00 – 9:45 AM Beginner Strength

### WEDNESDAY

9:00 – 10:00 AM Zumba  
5:30 – 6:30 PM Tabata

### THURSDAY

4:30 – 5:30 PM Slow Yoga

### SATURDAY

8:00 – 9:00 AM Tabata

## CHILD WATCH

### MONDAY

5:00 – 7:00 PM

### TUESDAY

9:00 – 11:00 AM  
5:00 – 7:00 PM

### WEDNESDAY

9:00 – 11:00 AM  
5:00 – 7:00 PM

### THURSDAY

9:00 – 11:00 AM  
5:00 – 7:00 PM

Questions? Please contact  
Keith Gipson, Branch Director  
kgipson@nnyymca.org  
315.463.3286

**RENTALS:** Gym, Group Ex Room, and Child Watch may be rented Monday to Friday from 3 – 8 PM. Rentals must be coordinated with the Branch Director. Please call the Carthage Welcome Center for availability.

**EXCEPTIONS:** Age exceptions for Adult Pickleball will be made by staff on-site. Exceptions to any category must be approved by the Branch Director.

**PLEASE NOTE:** Y Code of Conduct & Y Values are your guidelines.