

## CARTHAGE BRANCH

250 State Street  
Carthage, NY 13619

### For program questions contact:

Keith Gipson, Branch Director  
kgipson@nnyymca.org  
315.463.3286

Need financial assistance?

Know someone who does?  
We can help.

### GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has access to programs and services, Watertown Family YMCA, supported by Northern New York Community Foundation, United States Army Child & Youth Services, and United Way of Northern New York, offers financial assistance to those who are unable to afford memberships, services, or program fees.

#### SUPPORTED BY



Northern New York  
Community Foundation



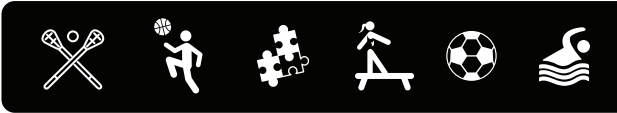
UNITED STATES ARMY  
CHILD & YOUTH SERVICES



UNITED WAY  
Northern New York



SCAN FOR APPLICATION or stop by the Welcome Center. Assistance is based on applicant's income and expenses. All information is kept private and confidential.



VISIT US ONLINE AT  
**WATERTOWNYMCA.ORG**

FIND US ON

**THE PLACE** for even more great YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

**THE**  
Where You Can  
Really *Do It All*  
**PLACE**

## CARTHAGE BRANCH

### CARTHAGE SUMMER GYMNASTICS CAMPS

AGES: 18 Months - 17 Years

SESSION 1: July 20 - 23 (4 days)

SESSION 2: August 10 - 12 (3 days)



**REGISTRATION OPENS MAY 15**

Session 1:  
July 20 - 23



Session 2:  
August 10 - 12





## CARTHAGE SUMMER GYMNASTICS CAMPS

### LOCATION

Carthage YMCA Gymnasium

### AGES

18 Months - 17 Years

**SESSION 1:** July 20 - 23 (4 days)  
Monday - Thursday

	30-Min.	60-Min.
Members	\$35	\$60
Non-Members	\$55	\$90
Military	\$40	\$75

**SESSION 2:** August 10 - 12 (3 days)  
Monday - Wednesday

	30-Min.	60-Min.
Members	\$25	\$45
Non-Members	\$45	\$65
Military	\$35	\$55

### TIMES

Parent & Tot	9:00 - 9:30 AM
Tumbling Tigers	9:30 - 10:00 AM
Beginners	10:00 - 11:00 AM
Intermediate/Adv.	11:00 AM - 12 PM

### PARENT & TOT\* | 18 MOS - 3 YRS

Participants will enjoy various activities like safely rolling, jumping, and swinging while improving their strength, balance, and coordination.

\*A Parent or guardian is required to remain with the child at all times.

### TUMBLING TIGERS | 3 - 5 YRS

Participants learn their body shapes and gain strength both mentally and physically to be able to master skills in a structured, FUN class.

### BEGINNERS | 5 - 12 YRS

Participants have fun and gain new skills using mats, beams, and kip bars while improving body awareness and coordination. Participants will work towards perfecting a cartwheel among other foundational skills.

### INTERMEDIATE\*/ADV. | 7 - 17 YRS

\*MUST have a solid cartwheel. Using a variety of mats, beam and kip bar to build their strength and knowledge, participants will work to master the roundoff, back walk-over, the pullover and more!



### REQUIRED EQUIPMENT

- Fitted clothing or leotard
- Water bottle
- No shoes or socks
- No loose jewelry
- Long hair must be pulled back

**ALL CHILDREN MUST BE SIGNED IN AND OUT BY A PARENT OR GUARDIAN.**

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