

WATERTOWN FAMILY YMCA CARTHAGE SCHEDULE

GYM

MONDAY

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

12:00 – 4:00 PM
4:00 – 8:00 PM

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

8:30 – 9:30 AM Power Yoga
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
6:45 – 7:30 PM Restorative Yoga

THURSDAY

9:00 – 10:00 AM Vinyasa Yoga
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.