



175 YEAR ANNIVERSARY

WATERTOWN FAMILY YMCA CARTHAGE SCHEDULE

GYM

MONDAY

7:00 – 8:30 AM

8:30 – 12:00PM

12:00 – 4:00 PM

4:30 – 6:30 PM

Designated for Walkers

Open Gym (All Ages)

CLOSED

Volleyball 101 (7/6 – 8/6)

TUESDAY

7:00 – 8:30 AM

8:30 – 11:55 AM

12:00 – 4:00 PM

Designated for Walkers

Adult Pickleball (*18+)

CLOSED

WEDNESDAY

7:00 – 8:30 AM

8:30 – 12:00PM

12:00 – 4:00 PM

Designated for Walkers

Open Gym (All Ages)

CLOSED

THURSDAY

7:00 – 8:30 AM

8:30 – 11:55 AM

12:00 – 4:00 PM

4:30 – 6:30 PM

Designated for Walkers

Adult Pickleball (*18+)

CLOSED

Volleyball 101 (7/6 – 8/6)

FRIDAY

8:30 – 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 – 12:00PM

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 otherwise 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

7:00 – 7:45 AM

HIIT (starts in August)

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

5:30 – 6:30 PM

HIIT (starts in August)

CHILD WATCH

MON / TUE / WED / THU

9:00 – 11:00 AM

5:00 – 7:00 PM

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

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

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.