

CARTHAGE BRANCH

250 State Street
Carthage, NY 13619

For program questions contact:

Keith Gipson, Branch Director
kgipson@nnyymca.org
315.493.3286

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 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.



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WATERTOWNYMCA.ORG

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

GYMNASTICS AND TUMBLING

AGES: 18 Months – 18 Years

DATES: Sep 9, 2026 – June 24, 2027



REGISTRATION ONGOING*

*Based on availability.



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GYMNASTICS AND TUMBLING

LOCATION Carthage YMCA

AGES 18 Months – 18 Years

DATES** Sep 9, 2026 – June 24, 2027

DAYS/TIMES – Wednesdays –
See descriptions for times

PROGRAM FEE per month

Parent & Tot / Tigers (30 minutes)

Member \$35.00

Non-Member \$45.00

Military \$40.00

Levels 1 – 3 / Tumbling (45 minutes)

Member \$41.00

Non-Member \$51.00

Military \$46.00

A non-refundable registration fee of \$35
is required at enrollment. This annual fee
helps offset administrative costs while also
supporting equipment upgrades, safety
improvements, and ongoing investments
in the quality of our gymnastics program.

REQUIRED EQUIPMENT

Fitted clothing or leotard

Water bottle

No shoes or socks

No loose jewelry

Long hair must be pulled back

PARENT & TOT* | 4:00 – 4:30 PM

18 Months – 3 Years Participants will enjoy various
activities like safely rolling, swinging while
improving their strength, balance, and coordination.

*A parent or guardian accompanies the tot on the
mat to provide encouragement and guidance.

TUMBLING TIGERS | 4:30 – 5:00 PM

3 – 5 Years Participants learn their body shapes and
gain strength both mentally and physically to be
able to master skills in a structured, FUN class.

LEVEL 1 | 5:00 – 5:45 PM

5 – 12 Years Participants have fun and gain new
skills using mats, beams, and kip bars while
improving body awareness and coordination.

LEVEL 2 | 5:45 – 6:30 PM

5 – 14 Years (MUST be able to do a cartwheel)
Participants use variety of mats, low beam, and kip
bar to build the strength and knowledge to master
the roundoff, back walk over, pull over, and more!

LEVEL 3 | 6:30 – 7:15 PM

8 – 14 Years (MUST be able to do a roundoff)
Participants work on walkovers, front handsprings,
standing back handsprings, round-off back
handsprings, side aerials, and other skills using the
balance beam, kip bar, springboard, and vault.

TUMBLING | 7:15 – 8:00 PM

**12 – 18 Years (MUST be a high school athlete or
have Coach's approval)** Participants utilize a
variety of mats and skill progressions to improve
their tumbling skills. High school athletes will learn
to safely challenge themselves with a primary focus
on tumbling skills. **Cheer shoes may be worn.**
No outdoor shoes allowed.



**NO CLASS WILL BE HELD ON:

November 25: Thanksgiving Break

December 23 & 30: Holiday Break

February 17: Winter Break

April 14: Spring Break

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