

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

CARTHAGE WARRIOR NINJA

AGES: 2 - 18 Years



REGISTRATION ONGOING*

*Based on availability.



Scan to Register

FIND US ON





WARRIOR NINJA

LOCATION Carthage YMCA

AGES 2 – 18 Years

DATES** Sep 10, 2026 – June 25, 2027

DAYS/TIMES – Thursdays –
See descriptions for times

PROGRAM FEE per month

Parent & Ninja (30 minutes)

Member \$35.00

Non-Member \$45.00

Military \$40.00

Shadow / Warrior Ninja (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

Our **WARRIOR NINJA** program features obstacle courses, running, jumping, climbing, crawling, and balancing elements designed to test speed and endurance.

Utilizing an American Ninja Warrior-style obstacle course, this program offers a fun and creative way to develop confidence and increase body awareness through strength and conditioning.

PARENT & NINJA* | 5:00 – 5:30 PM

2 – 4 Years Participants will enjoy various activities like safely rolling, balancing, and swinging while improving their balance and body awareness. *A parent or guardian guides the child's exploration and activities.

SHADOW NINJA | 5:30 – 6:15 PM

5 – 9 Years Develop confidence and increase coordination with age-appropriate obstacle courses and games featuring elements of running, jumping, climbing, crawling, balancing, strength, and agility.

WARRIOR NINJA | 6:15 – 7:00 PM

8 – 18 Years Improve cardio and strength with energy-burning challenges, obstacle courses, and gymnastics skills for improved endurance, speed, and agility.



Led by Instructor Barb McHale.

****NO CLASS WILL BE HELD ON:**

November 26: Thanksgiving Break

December 24 & 31: Holiday Break

February 18: Winter Break

April 15: Spring Break

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