the YMCA | 175 YEAR ANNIVERSARY

WATERTOWN FAMILY YMCA
CARTHAGE SCHEDULE
– NOVEMBER –

OPEN COURT is a shared space and 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.

COURT

MONDAY

7:00 – 8:30 AM	Designated for Walkers
8:30 – 12:00PM	Open Court (All Ages)
12:00 – 4:00 PM	**CLOSED**
4:00 – 8:00 PM	Open Court (All Ages)

TUESDAY

7:00 – 8:30 AM	Designated for Walkers
8:30 – 11:55 AM	Adult Pickleball (*18+)
12:00 – 4:00 PM	**CLOSED**
4:00 – 8:00 PM	Open Court (All Ages)

WEDNESDAY

7:00 – 8:30 AM	Designated for Walkers
8:30 – 12:00PM	Beginner Pickleball Class
12:00 – 4:00 PM	**CLOSED**
4:00 – 8:00 PM	Rec Gymnastics

THURSDAY

7:00 – 8:30 AM	Designated for Walkers
8:30 – 11:55 AM	Adult Pickleball (*18+)
12:00 – 4:00 PM	**CLOSED**
4:00 – 4:30 PM	Gymnastics Prep
4:30 – 7:00 PM	Warrior Ninja
7:00 – 8:00 PM	Open Court (All Ages)

FRIDAY

8:30 – 12:00PM	Open Court (All Ages)
12:00 – 4:00 PM	**CLOSED**
4:00 – 8:00 PM	Open Court (All Ages)

SATURDAY

8:00 – 10:00 AM	Adult Pickleball (*18+)
10:00AM – 12:00PM	Open Court (All Ages)

GROUP EX

MONDAY

9:30 – 10:30 AM	Slow Yoga
5:30 – 6:30 PM	Tabata

TUESDAY

7:00 – 7:45 AM	HIIT

WEDNESDAY

5:30 – 6:30 PM	Tabata

THURSDAY

4:30 – 5:30 PM	Slow Yoga
5:30 – 6:30 PM	HIIT

SATURDAY

8:30 – 9:30 AM	Tabata

CHILD WATCH

MON / TUE
9:00 – 11:00 AM
5:00 – 7:00 PM

WED
4:00 – 7:00 PM

THU
4:30 – 7:00 PM

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

RENTALS:
Court, 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.

Questions? Please contact
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