



### GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, the Watertown Family YMCA, with the support of the Northern New York Community Foundation, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center Desk or online YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



**Carthage YMCA**

**250 State Street**

**Carthage, New York 13619**

**For program questions contact :**

**Keith Gipson**

**Email: [kgipson@nnyymca.org](mailto:kgipson@nnyymca.org)**

**Phone: 315.493.3286**

**To register online visit:**

**[www.watertownymca.org](http://www.watertownymca.org)**

## MORE GREAT Y PROGRAMS

- Youth and Adult Sports
- Group Fitness Classes
- Personal Training
- Swim Lessons
- Health & Wellness Programs
- Child Watch

For more information on memberships, programs, and services visit [www.watertownymca.org](http://www.watertownymca.org)

## CARTHAGE SUMMER GYMNASTICS

18 Months - 17 Years



**REGISTRATION BEGINS:  
MAY 24, 2023**

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## WHAT YOU NEED TO KNOW

**Ages: 18 Months – 17 Years**

**Start Date:**

**Location: Carthage Gymnasium**

**Days:**

**Wednesdays**

**July: 12, 19, 26**

**August: 2**

**Program Fees:**

**Parent-Tot and Tigers**

**Member: \$32.00**

**Non-member: \$42.00**

**Military: \$37.00**

**Levels 1 – 3+**

**Member: \$38.00**

**Non-member: \$48.00**

**Military: \$43.00**

## CARTHAGE SUMMER GYMNASTICS

**PARENT-TOT: 4:00 – 4:30 PM**

**18 MONTHS TO 3 YEARS NO EXPERIENCE REQUIRED**

A parent/guardian joins the tot on the mat to encourage and redirect as needed. Participants learn body shapes, how to safely roll and swing. We will participate in activities and improve strength, balance and coordination.

**TUMBLING TIGERS: 4:30 – 5:00 PM**

**3–5 YEARS NO EXPERIENCE REQUIRED.**

Participants learn their body shapes and gain strength both mentally and physically to be able to master skills! Tigers have fun in a structured class that is geared specifically to this age and ability. Current class size max is 6. Later in the year this may increase as more instructors become available. We are always amazed at how much is learned by our Tumbling Tigers.

**LEVEL 1: 5:00– 5:50 PM**

**5–12 YEARS NO EXPERIENCE REQUIRED.**

Participants use a variety of mats, low beam, and kip bar along with teaching the body shapes to have fun and gain skills quickly!

**LEVEL 2 & 3: 6:00 – 6:50 PM**

**5–14 YEARS MUST BE ABLE TO SHOW MASTERY OF 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<sup>+</sup>: 7:00 – 7:50 PM**

12–17 years. Coach's approval or high school athlete. Participants utilize the variety of mats and skill progressions to learn skills like back handsprings, front flips, back flips and so much more. High school athletes will learn to push themselves ahead safely from whatever level they are at. Focus is mostly on tumbling skills.

## REQUIRED EQUIPMENT

**Athletic clothing or leotard**

**Water bottle**

**No shoes or socks**

**Long hair should be pulled back**

## PROGRAM DATES

**WEDNESDAYS**

**July: 12, 19, 26**

**August: 2**