



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
Phone: 315.493.3286
To register online visit:
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



CARTHAGE 2023-2024 GYMNASTICS

18 Months - 18 Years



REGISTRATION BEGINS: AUGUST 1, 2023

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

WHAT YOU NEED TO KNOW

Ages: 18 Months – 18 Years

Start Date:

Location: Carthage Gymnasium

Days:

Wednesdays

Start Date: September 6, 2023

End Date: June 29, 2024

Program Fees: (Monthly)

Parent-Tot and Tigers

Member: \$32.00

Non-member: \$42.00

Military: \$37.00

Levels 1, 2, 3 and Tumbling

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– 5:45 PM

5–12 YEARS NO EXPERIENCE REQUIRED.

Participants use a variety of mats, beam, and kip bar along with teaching the body shapes (tuck, straddle, hollow body, etc.) to have fun and gain skills quickly!

LEVEL 2: 5:45 – 6:30 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: 6:30 – 7:15 PM

8–14 YEARS. MUST BE ABLE TO SHOW MASTERY OF ROUNDOFF.

Participants will work on standing back handsprings, round off back handsprings, front handsprings, and side aerials in addition to walkovers. We will also use the balance beam, kip bar, springboard, and vault

Tumbling: 7:15 – 8:00 PM

12–18 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.

(Can wear cheer shoes if desired. No outdoor shoes.)

REQUIRED EQUIPMENT

Athletic clothing or leotard

Water bottle

No shoes or socks

Long hair should be pulled back

IMPORTANT DATES

NO CLASSES

DECEMBER 27TH

FEBRUARY 21ST

APRIL 24TH