



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. The YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.

For more information on memberships, programs, and services visit
www.watertownymca.org

Carthage YMCA
250 State Street
Carthage, NY 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
- School Age Childcare (S.A.C.C)
Available before & after school.



**Northern New York
Community Foundation**



**UNITED STATES ARMY
CHILD & YOUTH SERVICES**



UNITED WAY OF NORTHERN NEW YORK



CARTHAGE

MINI NINJA & SHADOW NINJA

2-18 Years



**REGISTRATION OPENS
AUGUST 1, 2023**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Ages: 2 – 18 Years

Location: Basketball Court

Start Date: September 7, 2023

End Date: November 30, 2023

Days: Thursdays

5:00–5:30 PM (2–4 Years old)

5:30–6:15 (5–9 Years old)

6:15–7:00 (8–18 Years old)

Program Fees: (Monthly)

2–4 Years (Parent and Ninja)

Member: \$30.00

Non-member: \$45.00

Military: \$40.00

5–9 Years

Member: \$35.00

Non-member: \$50.00

Military: \$45.00

8–18 Years

Member: \$40.00

Non-member: \$55.00

Military: \$50.00

An email regarding drop-off and pick-up procedures will be sent prior to the start of class.

CARTHAGE MINI NIJA & SHADOW NINJA

This program consists of obstacle courses, running, jumping, climbing, crawling, and balancing elements with the aim of testing speed and endurance! The program will use an American Ninja Warrior–style obstacle course and is a fun and creative way to develop confidence and increase body awareness through strength and conditioning.

**Courses will be age appropriate for each group.
Program will be led by
Instructor Barb McHale**



REQUIRED EQUIPMENT

Athletic clothing or leotard

Water bottle

No shoes or socks

Long hair should be pulled back

PROGRAM DATES

THURSDAYS

SEPTEMBER: 7, 14, 21, 28

OCTOBER: 5, 12, 19, 26

NOVEMBER: 2, 9, 16, 30

NO CLASS NOVEMBER 23RD