



WATERTOWN FAMILY YMCA CARTHAGE COURT & GROUP EX FEBRUARY 2024 SCHEDULE

BASKETBALL COURT 1

Monday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM

Tuesday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 – 10:00 AM
Pickleball: 10:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM

Wednesday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Gymnastics: 4:00 – 8:00 PM

Thursday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 – 10:00 AM
Pickleball: 10:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 4:30 PM
Setup: 4:30 – 5:00 PM
Ninja: 5:00 – 7:00 PM
Open Gym: 7:00 – 8:00 PM

Friday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM

Saturday

Pickleball: 8:00 – 10:00 AM
Open Gym: 10:00 AM – 12:00 PM

BASKETBALL COURT 2

Monday

Senior Walk: 7:00 – 9:00 AM
Ping Pong: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM

Tuesday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 – 10:00 AM
Pickleball: 10:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Ping Pong: 4:00 – 8:00 PM

Wednesday

Senior Walk: 7:00 – 9:00 AM
Ping Pong: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Gymnastics: 4:00 – 8:00 PM

Thursday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 – 10:00 AM
Pickleball: 10:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 4:30 PM
Setup: 4:30 – 5:00 PM
Ninja: 5:00 – 7:00 PM
Open Gym: 7:00 – 8:00 PM

Friday

Senior Walk: 7:00 – 9:00 AM
Ping Pong: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM

Saturday

Pickleball: 8:00 – 10:00 AM
Open Gym: 10:00 AM – 12:00 PM

GROUP EX

Monday

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

Tuesday

Pilates Core: 9:00 – 10:00 AM
Pilates Core: 5:30 – 6:30 PM

Wednesday

Tabata: 5:30 – 6:30 PM

Thursday

Gentle Yoga: 4:30 – 5:30 PM
Full Body Strength 6:00 – 7:00 PM