

**CARTHAGE YMCA**  
250 State St  
Carthage, NY 13619

For program questions contact:  
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For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



**SCAN QR CODE  
TO REGISTER**

**Check out these other great  
YMCA programs:**

- Group Ex Classes
- Child Watch
- Warrior Ninja



### **GATEWAY FINANCIAL SCHOLARSHIP**

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, 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 or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York  
Community Foundation



**CARTHAGE YMCA  
2024-2025  
GYMNASTICS  
18 MONTHS - 18 YEARS**

**REGISTRATION OPENS  
AUGUST 7, 2024**



**WATERTOWNYMCA.ORG**

## WHAT YOU NEED TO KNOW

**Ages: 18 Months – 18 Years**

**Start Date: September 4, 2024**

**End Date: June 18, 2025**

**Location: Carthage Gym**

**Days: Wednesdays**

**Program Fees: (Monthly)**

**Parent-Tot and Tigers (30 min)**

**Member: \$34.00**

**Non-member: \$44.00**

**Military: \$39.00**

**Levels 1, 2, 3 & Tumbling(45 min)**

**Member: \$40.00**

**Non-member: \$50.00**

**Military: \$45.00**



### REQUIRED EQUIPMENT

**Athletic clothing**

**Water Bottle**

**No socks or shoes**

**Hair must be pulled back**



## CARTHAGE GYMNASTICS

**PARENT-TOT: 4:00 – 4:30 PM**

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

A parent or guardian accompanies the tot on the mat to provide encouragement and guidance as needed. Participants will engage in various activities, learning body shapes, safely rolling and swinging, and improving their 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. 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 equipment including mats, beams, and kip bars while learning body shapes such as tuck, straddle, and hollow body. This approach ensures they have fun and quickly gain new skills!

**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 ROUND OFF.**

Participants will work on standing back handsprings, round-off back handsprings, front handsprings, and side aerials, as well as walkovers. Additionally, they will 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 a variety of mats and skill progressions to learn back handsprings, front flips, back flips, and much more. High school athletes will learn to safely push themselves forward from their current skill level, with a primary focus on tumbling skills. (Cheer shoes may be worn if desired. No outdoor shoes allowed.)



### NO CLASSES

- November 27th
- December 25th
- January 1st
- February 19th
- April 23rd



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