

CARTHAGE YMCA
250 State St
Carthage, NY 13619

For program questions contact:
Keith Gipson
Email: kgipson@nnyymca.org
Phone: 315.493-3286

For more information on programs,
memberships, services, and to
register: watertownymca.org



**SCAN QR CODE
TO REGISTER**

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

- Group Ex Classes
- Child Watch
- Gymnastics



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



UNITED STATES ARMY
CHILD & YOUTH SERVICES



CARTHAGE YMCA 2024-2025 WARRIOR NINJA 2 - 18 YEARS

**REGISTRATION OPENS
AUGUST 7, 2024**



WHAT YOU NEED TO KNOW

Ages: 2 - 18 years

Start Date: September 4, 2024

End Date: June 25, 2025

Location: Carthage Gym

Days: Thursdays

2-4 Years: 5:00-5:30 PM

5-9 Years: 5:30-6:15

8-18 Years : 6:15-7:00

Program Fees: (Monthly)

2-4 Years (Parent and Ninja)

Member: \$34.00

Non-member: \$44.00

Military: \$39.00

5-9 Years

Member: \$40.00

Non-member: \$50.00

Military: \$45.00

8-18 Years

Member: \$40.00

Non-member: \$50.00

Military: \$45.00

CARTHAGE WARRIOR NINJA

WARRIOR NINJA features obstacle courses, running, jumping, climbing, crawling, and balancing elements designed to test speed and endurance. Utilizing an American Ninja Warrior-style obstacle course, this program offers 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.



NO CLASSES

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



REQUIRED EQUIPMENT

Athletic clothing

Water Bottle

No socks or shoes

Hair must be pulled back



WATERTOWNYMCA.ORG