



## WATERTOWN FAMILY YMCA CARTHAGE GYM / GROUP EX / CHILD WATCH

### GYM

#### Monday

Senior Walk: 7:00 – 8:30 AM

Open Gym: 8:30 AM – 12:00 PM

**Carthage YMCA Closed 12:00 – 4:00 PM**

Open Gym: 4:00 – 8:00 PM

#### Tuesday

Senior Walk: 7:00 – 8:30 AM

Pickleball: 9:00 AM – 12:00 PM

Intermediate Skill Semi-Competitive

**Carthage YMCA Closed 12:00 – 4:00 PM**

Volleyball: 6:00 – 7:00 PM

Open Gym: 4:00 – 5:45 PM / 7:00–8:00 PM

#### Wednesday

Senior Walk: 7:00 – 8:30 AM

Pickleball: 9:00 AM – 12:00 PM

Novice/Beginners–New Players

**Carthage YMCA Closed 12:00 – 4:00 PM**

Gymnastics: 4:00 – 8:00 PM

#### Thursday

Senior Walk: 7:00 – 8:30 AM

Pickleball: 9:00 AM – 12:00 PM

Advanced Competitive Play

**Carthage YMCA Closed 12:00 – 4:00 PM**

Open Gym: 4:00 – 4:30 PM

Warrior Ninja: 4:30 – 7:00 PM

Open Gym: 7:00 – 8:00 PM

#### Friday

Senior Walk: 7:00 – 8:30 AM

Open Gym: 8:30 AM – 12:00 PM

**Carthage YMCA Closed 12:00 – 4:00 PM**

Open Gym: 4:00 – 6:00 PM

Birthday Party Slot: 6:00–8:00 PM (if scheduled)

#### Saturday

Pickleball: 8:00 – 10:00 AM

Open Gym: 10:00 AM – 12:00 PM

Birthday Party Slot\* : 11:00 AM – 1:00 PM (if scheduled)

### 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

Kang Duk Kwon Karate: 6:30–7:30 PM

#### Thursday

Gentle Yoga: 4:30 – 5:30 PM

Pilates Strength: 5:30–6:30 PM

### CHILD WATCH

#### Monday:

9:00–11:00 AM

5:00–7:00 PM

#### Tuesday:

9:00–11:00 AM

5:00–7:00 PM

#### Wednesday:

9:00–11:00 AM

4:00–7:00 PM

#### Thursday:

9:00–11:00 AM

5:00–7:00 PM

\* Gym, Group Ex Room, and Child Watch may be rented. Please Call the Carthage Welcome Center to verify availability.