



WATERTOWN FAMILY YMCA CARTHAGE GYM / GROUP EX / CHILD WATCH

GYM

Monday

Designated for 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

Designated for 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

Designated for 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

Designated for 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

Designated for 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.

Keith Gipson: 315.493.3286