

CARTHAGE YMCA
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Carthage, New York 13619

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



SCAN TO
REGISTER

Check out these other great
YMCA programs:

- Avalanche Camp
- Gymnastics
- 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



UNITED WAY OF NORTHERN NEW YORK



UNITED STATES ARMY
CHILD & YOUTH SERVICES



CARTHAGE YMCA SUMMER GYMNASTICS CAMP 18 MONTHS-18 YEARS

REGISTRATION OPENS
MAY 31ST



WHAT YOU NEED TO KNOW

Ages: 18 Months–18 years

Location: Carthage Gym

Session 1: July 7th – 9th

Session 2: August 11th – 13th

Days & Times:

Monday – Wednesday

10:00 – 10:30 AM (Parent & Tot)

10:30 – 11:00 AM (Tumbling Tigers)

11:00 AM – 12:00 PM (Beginners)

**12:00 – 1:00 PM
(Intermediate/Advanced)**

Program Fee:

Members: \$60.00

Non-Members: \$90.00

Military: \$75.00

REQUIRED EQUIPMENT

Athletic clothing

Water Bottle

No socks or shoes

Hair must be pulled back

SUMMER GYMNASTICS CAMP

Parent & Tot (18 Months – 3 Years)

A parent/guardian joins tot on the mat to encourage and redirect as needed.

Participants learn body shapes, how to safely roll & swing. We will participate in activities that improve strength, balance and coordination.

Tumbling Tigers (3 – 5 Years)

Participants learn their body shapes and gain strength both mentally and physically in order to master skills. Tigers have fun in a structured class that is geared specifically to this age and ability.

**WELCOMING OUR MINI-NINJAS
to Parent & Tot and Tumbling Tigers.**



Beginners (5 – 12 Years)

Participants use a variety of mats, beam and kip bar along with learning the body shapes (Tuck, straddle, hollow body, and more) in order to have fun and gain skills quickly. Participants will be working to perfect their cartwheel among other skills.

Intermediate/Advanced (7 – 18 Years)

Must have a solid cartwheel.

Participants use a variety of mats, beam and kip bar to build their strength and knowledge to master the roundoff, back walk-over, the pullover and more! After showing mastery of the roundoff, participants will begin working back handsprings as well as other level 3 skills.

**CHILDREN MUST BE
SIGNED IN AND OUT
BY A PARENT OR GUARDIAN.**



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