



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

### GYM

#### Monday

Designated for Senior Walk: 7:00 – 8:30 AM

Open Gym: 8:00 – 9:00 AM

Family/Kids Pickleball: 9:00 AM – 12:00 PM

Intended for ages 6 to 18 years old

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

Open Gym: 4:00 – 8:00 PM

#### Tuesday

Designated for Senior Walk: 7:00 – 8:45 AM

Pickleball: 9:00 AM – 12:00 PM

Intermediate Skill Semi-Competitive

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

Open Gym: 4:00 – 8:00 PM

#### Wednesday

Designated for Senior Walk: 7:00 – 8:00 AM

Open Gym: 8:00 – 9:00 AM

Pickleball: 9:00 AM – 12:00 PM

Beginners-New Players Non-Competitive

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

Open Gym: 4:00 – 8:00 PM

#### Thursday

Designated for Senior Walk: 7:00 – 8:45 AM

Pickleball: 9:00 AM – 12:00 PM

Advanced Competitive Play

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

Open Gym: 4:00 – 8:00 PM

#### Friday

Designated for Senior Walk: 7:00 – 8:00 AM

Open Gym: 8:00 – 9:00 AM

Family/Kids Pickleball: 9:00 AM – 12:00 PM

Intended for ages 6 to 18 years old

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

Open Gym: 4:00 – 8:00 PM

#### Saturday

Pickleball: 8:00 – 10:00 AM

Mixed Skill Levels for ages 18+ years old

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

Zumba: 8:30 – 9:30 AM

Vinyasa Yoga: 9:30 – 10:30 AM

Tabata: 5:30 – 6:30 PM

#### Thursday

Beginner Strength: 9:00 – 10:00 AM

Gentle Yoga: 4:30–5:30 PM

Pilates Sculpt: 5:30 – 6:30 PM

#### Friday

Fab Fit Over 50: 9:30 – 10:30 AM

### CHILD WATCH

#### Monday:

9:00–11:00 AM

5:00–6:30 PM

#### Tuesday:

9:00–11:00 AM

5:00–7:00 PM

#### Wednesday:

9:00–11:00 AM

5:00–6:30 PM

#### Thursday:

9:00–10:30 AM

4:30–7:00 PM

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

Gym Space is available to rent between 3:00 – 8:00 PM, Monday - Friday.  
Must Coordinate with Branch Director

Keith Gipson: 315.493.3286