

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
- Warrior Ninja



GATEWAY FINANCIAL SCHOLARSHIP

To ensure all youth and families have access to programs and services, **Watertown Family YMCA**, supported by **Northern New York Community Foundation**, **United States Army Child & Youth Services** and **United Way of Northern New York**, offers financial assistance to those who are unable to afford membership or program fees.

Assistance is determined based on each applicant's income and expenses.

Applications are available at the YMCA Welcome Center or online. Watertown Family YMCA is committed to protecting the privacy of all applicants and safeguarding their personal information.



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK



CARTHAGE YMCA
2025-2026
GYMNASTICS
18 MONTHS - 18 YEARS

REGISTRATION OPENS
AUGUST 1, 2025



WATERTOWNYMCA.ORG

WHAT YOU NEED TO KNOW

Ages: 18 Months – 18 Years

Start Date: September 10, 2025

End Date: June 24, 2026

Location: Carthage Gym

Days: Wednesdays

Program Fees: (Monthly)

Parent-Tot and Tigers (30 min)

Member: \$35.00

Non-member: \$45.00

Military: \$40.00

Levels 1, 2, 3 & Tumbling(45 min)

Member: \$41.00

Non-member: \$51.00

Military: \$46.00

REQUIRED EQUIPMENT

Athletic clothing

Water Bottle

No socks or shoes

Hair must be pulled back

CARTHAGE GYMNASTICS

PARENT-TOT: 4:00 – 4:30 PM

18 MONTHS TO 3 YEARS NO EXPERIENCE REQUIRED.

A parent or guardian accompanies the tot on the mat to provide encouragement and guidance as needed. Participants will engage in various activities, learning body shapes, safely rolling and swinging, and improving their strength, balance, and coordination.

TUMBLING TIGERS: 4:30 – 5:00 PM

3-5 YEARS NO EXPERIENCE REQUIRED.

Participants learn their body shapes and gain strength both mentally and physically to be able to master skills! Tigers have fun in a structured class that is geared specifically to this age and ability. We are always amazed at how much is learned by our Tumbling Tigers.

LEVEL 1: 5:00– 5:45 PM

5-12 YEARS NO EXPERIENCE REQUIRED.

Participants use a variety of equipment including mats, beams, and kip bars while learning body shapes such as tuck, straddle, and hollow body. This approach ensures they have fun and quickly gain new skills!

LEVEL 2: 5:45 – 6:30 PM

5-14 YEARS MUST BE ABLE TO SHOW MASTERY OF CARTWHEEL.

Participants use variety of mats, low beam, and kip bar to build the strength and knowledge to master the roundoff, back walk over, pull over, and more!

LEVEL 3: 6:30 – 7:15 PM

8-14 YEARS. MUST BE ABLE TO SHOW MASTERY OF ROUNDOFF.

Participants will work on standing back handsprings, round-off back handsprings, front handsprings, and side aerials, as well as walkovers. Additionally, they will use the balance beam, kip bar, springboard, and vault.

TUMBLING: 7:15 – 8:00 PM

12-18 YEARS. COACH'S APPROVAL OR HIGH SCHOOL ATHLETE.

Participants utilize a variety of mats and skill progressions to learn back handsprings, front flips, back flips, and much more. High school athletes will learn to safely push themselves forward from their current skill level, with a primary focus on tumbling skills. (Cheer shoes may be worn if desired. No outdoor shoes allowed.)



NO CLASSES

- November 26th
- December 24th
- December 31st
- February 18th
- April 8th



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