

**CARTHAGE YMCA**  
250 State St  
Carthage, NY 13619

For program questions contact:  
Keith Gipson  
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Phone: 315.493-3286

For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



SCAN QR CODE  
TO REGISTER

Check out these other great  
YMCA programs:

- Group Ex Classes
- Child Watch
- Gymnastics



#### **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.



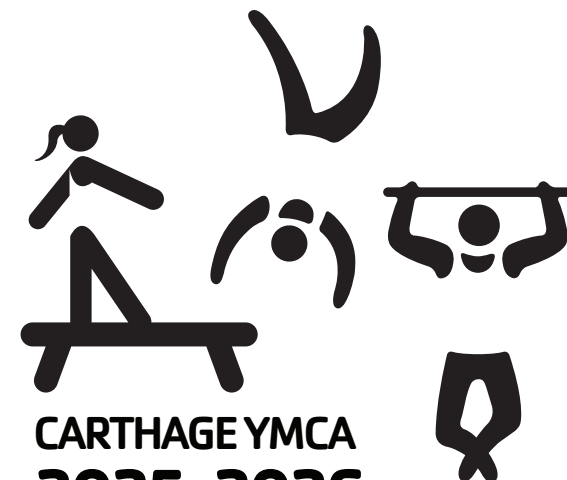
Northern New York  
Community Foundation



UNITED STATES ARMY  
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK



**CARTHAGE YMCA**  
**2025-2026**  
**WARRIOR NINJA**  
**2 - 18 YEARS**

**REGISTRATION OPENS**  
**AUGUST 1, 2025**



**WATERTOWNYMCA.ORG**

## WHAT YOU NEED TO KNOW

**Ages:** 2 - 18 years

**Start Date:** September 11, 2025

**End Date:** June 25, 2026

**Location:** Carthage Gym

**Days:** Thursdays

2-4 Years: 5:00-5:30 PM

5-9 Years: 5:30-6:15

8-18 Years : 6:15-7:00

**Program Fees: (Monthly)**

2-4 Years (Parent and Ninja)

Member: \$35.00

Non-member: \$45.00

Military: \$40.00

5-9 Years (Shadow)

Member: \$41.00

Non-member: \$51.00

Military: \$46.00

8-18 Years (Warrior)

Member: \$41.00

Non-member: \$51.00

Military: \$46.00

## CARTHAGE WARRIOR NINJA

**WARRIOR NINJA** features obstacle courses, running, jumping, climbing, crawling, and balancing elements designed to test speed and endurance.

Utilizing an American Ninja Warrior-style obstacle course, this program offers a fun and creative way to develop confidence and increase body awareness through strength and conditioning.

Courses will be age appropriate for each group. Program will be led by Instructor Barb McHale.

### REQUIRED EQUIPMENT

Athletic clothing

Water Bottle

No socks or shoes

Hair must be pulled back



### NO CLASSES

- November 27th
- December 25th
- January 1st
- February 19th
- April 9th



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