



WATERTOWN FAMILY YMCA CARTHAGE GYM / GROUP EX / CHILD WATCH

GYM

Monday

Designated for Walkers: 7:00 – 8:30 AM
Racquet Sports/Cornhole: 8:30 – 10:30 AM (All Ages)
Gym Time for Families/Homeschool Kids: 10:30 AM – 12:00 PM
(Court can be used if not occupied)
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM (All Ages)

Tuesday

Designated for Walkers: 7:00 – 8:30 AM
Adult Pickleball: 8:30 – 11:55 AM (*18+)
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM (All Ages)

Wednesday

Designated for Walkers: 7:00 – 8:30 AM
Beginner Pickleball: 8:30 – 11:55 AM (All Ages)
Carthage YMCA Closed 12:00 – 4:00 PM
Gymnastics: 4:00 – 8:00 PM

Thursday

Designated for Walkers: 7:00 – 8:30 AM
Adult Pickleball: 8:30 – 11:55 AM (*18+)
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym/Ninja Setup: 4:00 – 4:30 PM
Warrior Ninja: 4:30 – 7:10 PM

Friday

Open Gym: 7:00 AM – 12:00 PM (All Ages)
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM (All Ages)

Saturday

Adult Pickleball: 8:00 – 10:00 AM (*18+)
Open Gym: 10:00 AM – 12:00 PM (All Ages)

* 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

Age exceptions for Adult Pickleball will be made by staff on-site.
Y Code of Conduct and Y Values are your Guidelines

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

Carthage YMCA

Keith Gipson

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Exceptions to any category must be previously coordinated through the Branch Director.