



WATERTOWN FAMILY YMCA CARTHAGE GYM SCHEDULE GROUP EX / CHILD WATCH

GYM

Monday

Designated for Walkers: 7:00 – 8:30 AM

Open Gym: 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

OPEN GYM is a shared space and time for all members of all ages which is in keeping with The Ys core values". Reasonable user time should have the consideration of all members. When not occupied, rented or scheduled for programming, use of the gym is encouraged. Special circumstances of use requires the Branch Director's prior approval.

GROUP EX

Monday

Slow Yoga: 8:30 – 9:30 AM

Tabata: 5:30 – 6:30 PM

Wednesday

Vinyasa Yoga: 8:30 – 9:30 AM
(starting December 10th)

Zumba: 9:30 – 10:30 AM

Tabata: 5:30 – 6:30 PM

Thursday

Slow Yoga: 4:30–5:30 PM

Friday

Fab Fit Over 50: 8:30 – 9:30 AM

CHILD WATCH

Monday:

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

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