

CARTHAGE BRANCH

250 State Street
Carthage, NY 13619

For program questions contact:

Keith Gipson
kgipson@nnyymca.org
315.463.3286

Need financial assistance?

Know someone who does?
We can help.

GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has 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 memberships, services, or program fees.

SUPPORTED BY



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



UNITED WAY
Northern New York



SCAN FOR APPLICATION
or stop by the Welcome
Center. Assistance is
based on applicant's
income and expenses.
All information is kept
private and confidential.



CARTHAGE BRANCH

-FREE- WATER AEROBICS

AGES: 18+

DATES: February 21 - March 28



NO REGISTRATION REQUIRED

First come, First served.
Max. 25 participants

SPONSORED BY



VISIT US ONLINE AT
WATERTOWNYMCA.ORG

FIND US ON

THE PLACE for even more great
YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

THE
Where You Can
Really *Do It All*
PLACE



-FREE- WATER AEROBICS

LOCATION

Carthage High School Pool
36500 NYS Route 26, Carthage

AGES

18+

DATES

February 21 – March 28

DAYS/TIMES Saturdays

Class 1 1:00 – 1:45 PM

Class 2 2:00 – 2:45 PM

MAX. 25 PARTICIPANTS

First come, First served.

PROGRAM FEES

FREE to the Carthage Community

REQUIRED EQUIPMENT

Water bottle

Suit & towel

SPONSORED BY



CARTHAGE WATER AEROBICS

blends cardio and strength training in a fun, low-impact workout performed in shallow water.

The natural resistance of water helps build muscle and improve endurance while reducing stress on joints, making it ideal for all fitness levels — including beginners, older adults, and those recovering from injury.

With energizing music, buoyant equipment, and a supportive group atmosphere, water aerobics offers an enjoyable way to stay active, burn calories, and boost overall well-being.

PROUDLY BROUGHT TO YOU IN PARTNERSHIP WITH

Carthage Central School District
Carthage Area Chamber of Commerce
Carthage YMCA

ADDITIONAL THANKS TO:

Jen Premo, Carthage Central School
District Superintendent
Brittany Fultz, School Liaison
Deborah Atkins, Carthage Area Chamber
of Commerce Executive Director



CARTHAGE HIGH SCHOOL POOL

36500 NYS ROUTE 26, CARTHAGE, NY 13619

- Please use the "North Entrance" to the far right of the school when you are looking at the front
- Swimmers should arrive early to properly prepare for class
- All swimmers must shower before entering the water

WAIVERS MUST BE SIGNED PRIOR TO CLASS

Questions?

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