



#### FINANCIAL ASSISTANCE PROGRAM

To successfully achieve our goal of providing service for all youth and families, the Watertown Family YMCA, with the support of the Northern New York Community Foundation, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center Desk or online. The YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York  
Community Foundation

**Downtown YMCA**  
119 Washington Street  
Watertown, New York 13601

For program questions contact :  
**Michelle Graham**  
Email: [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)  
Phone: 315.782.3100  
To register online visit:  
[www.watertownymca.org](http://www.watertownymca.org)

## AND THERE'S MORE

Check out these other great  
YMCA programs:

- Adult Tennis
- Adult Volleyball
- Archery
- Rookie Hoops
- Mini Kickers
- Kicks 4 Kids
- U6-U19 Indoor Soccer
- Swim Lessons

## BE YOUR CHANGE FITNESS CHALLENGE



**REGISTRATION BEGINS  
DECEMBER 29, 2021**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WHAT YOU NEED TO KNOW

**Ages:** Adults 18+

**Location:**

Downtown & Fairgrounds Facilities

**Start Date:** January 17, 2022

**End Date:** March 13, 2022

**Personal Trainer Days:**

Downtown Y Facility

Tuesdays: 10:30 AM

Fairgrounds Y Facility

Thursday: 5:30 PM

**Cost:**

**Member: \$50**

Online or In-person Registration

**Non-Member: \$125**

\*\*\*In-person Registration ONLY

Downtown or Fairgrounds Y

Non-Member Rate includes  
2 MONTHS of FULL access to  
ANY Watertown Family YMCA

## REQUIRED

Sneakers & Athletic Clothing

Water Bottle

Mask

A Positive Attitude & Desire for CHANGE

## BE YOUR CHANGE CHALLENGE

**An 8-week holistic program designed to improve strength, cardio endurance, fitness knowledge, and create daily habits to become your best self!**

Participants will be able to track their progress with the NEW InBody Composition Analyzer which has the ability to record and assess individual body mass and other fitness factors in ways the typical scale cannot.

Submit your Be YOUR Change challenge point tracker card to either the Welcome Center desk at the Downtown or Fairgrounds facilities each week and be entered into prize drawings. At the end of the challenge, the top 3 participants with the most points will receive a GRAND PRIZE! Don't worry if you fall off track though, there will also be WEEKLY prizes to win too!

**ALL FITNESS LEVELS WELCOME!  
JOIN THE CHALLENGE AND  
MAKE NEW FRIENDS!**



**InBody**  
See what you're made of

PRECISELY TRACKS  
» FAT LOSS AND «  
MUSCLE GAIN

## PROGRAM INCLUDES

- Weekly Personal Trainer Meetings
- Two InBody Composition scans
- Cardio / Strength Assessments
- 8-Week Workout Schedule
- Virtual Y Platform Access
- Health & Nutrition Lectures
- Weekly Prize Giveaways
- Grand Prize Awards