





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.



Downtown YMCA 119 Washington Street Watertown, New York 13601

For program questions contact : Michelle Graham Email: mgraham@nnyymca.org Phone: 315.782.3100 To register online visit: 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:

<u>Member: \$50</u> 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

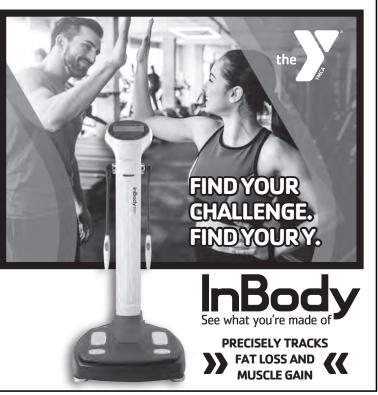
BE YOUR CHANGE CHALLENGE

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!



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