



GATEWAY FINANCIAL SCHOLARSHIP

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

Fairgrounds YMCA

585 Rand Drive

Watertown, New York 13601

For program questions contact :

Michelle Graham

Email: mgraham@nnyymca.org

Phone: 315.755.9622

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
- Group Ex

WINTER 2023 BE YOUR CHANGE FITNESS CHALLENGE



**REGISTRATION BEGINS
DECEMBER 8, 2022**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Ages: Adults 18+

Location:

Downtown & Fairgrounds Facilities

Start Date: January 9, 2023

End Date: March 10, 2023

Personal Trainer Days:

Downtown Y Facility

Mondays: 9:00 AM

Fairgrounds Y Facility

Mondays: 5:30 PM

Cost:

Member: \$100

Online or In-person Registration

Non-Member: \$200

***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

A Positive Attitude & Desire for CHANGE

WINTER 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 two included InBody Composition Analyzer which has the ability to record and assess individual body mass and other fitness factors in ways the typical scale cannot.

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!**

**BECAUSE YOU WANT
TO BE THERE TO ENJOY
EVERY MOMENT!**



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