



### **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 :

Paul Passino

Email: [ppassino@nnyymca.org](mailto:ppassino@nnyymca.org)

Phone: 315.755.9622

To register online visit:

[www.watertownymca.org](http://www.watertownymca.org)

## **WHAT'S UP NEXT**

Check out these other great YMCA programs:

- Adult Volleyball League
- Youth Archery
- Sports Camp
- Track & Field
- Basketball Camp
- Group Ex Classes
- Swim Lessons

**Look for Fall programming  
in August!**

## **FAIRGROUNDS YOUTH FOOTBALL CLINIC 2ND - 12TH GRADE**



**REGISTRATION BEGINS:  
APRIL 15, 2023**

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## WHAT YOU NEED TO KNOW

**Ages:** 2nd – 12th Grade

**Location:** Indoor Fields

**Start Date:** July 24, 2023

**End Date:** July 28, 2023

**Days & Times:**

Monday – Friday

2nd–5th Grade

1:00 – 2:00 PM

6th – 12th Grade

2:10 – 3:15 PM:

**Program Fee:**

Members: \$40.00

Non-Members: \$53.00

Military: \$48.00

**\*PARTICIPANTS WILL BE  
GROUPED BY AGE.**

**CHILDREN MUST BE  
SIGNED IN AND OUT  
BY A PARENT OR GUARDIAN.**

## FAIRGROUNDS YOUTH FOOTBALL CLINIC

The YMCA is partnering with Coach Aaron Rivers to offer a Youth Football Clinic. This clinic will teach individual skills and techniques as each athlete rotates through a series of fundamentals and skills stations.

### 2nd–5th Grade Focus

Pass and Catch

Ball Skills

Running Backs & Receivers

Quarterbacks

### 6th–12th Grade Focus

Offensive Line

Defensive Line

Running Backs & Receivers

Quarterbacks

### WHAT WE WILL COVER:

- Dynamic Flex
- Ladder and Cone Drills
- Strength and Conditioning
- Speed, Agility, and Quickness
- Blocking
- Rushing
- Fundamentals of footwork, body awareness, and hand placement



## REQUIRED EQUIPMENT

Sneakers (No cleats allowed)

Athletic clothing

Water Bottle

Mouth Guard (optional)

## PROGRAM DATES

**MONDAY – FRIDAY**

July 24th – July 28th