



IMPORTANT DATES

- October 31st:** Halloween, Morning classes only
- November 22nd – 24th:** Thanksgiving Break
- December 24th – January 1st:** Christmas Break
- February 19th – 25th:** Winter Break
- March 22nd – 24th:** Salute to Service Meet
- April 22nd – 26th:** Spring Break
- May 27th:** Memorial Day Break
- June 1st – June 2nd:** Gymnastics Showcase
- June 23rd:** Parent & Tot/Parent & Ninja Showcase
- June 25th – 28th:** Ninja Showcase
- June 29th:** Last Day of Classes

Downtown YMCA

119 Washington Street
Watertown, New York 13601

For program questions contact:

Janet Bleau

Email: jbleau@nnyymca.org

Phone: 315.755.9622

To register online visit:

www.watertownymca.org

MORE GREAT PROGRAMS

- Kicks 4 Kids
- Indoor Soccer League
- Archery
- Sticks 4 Kids
- Rookie Hoops
- STEAM Sports Combo

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** and **United Way**, 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 NINJA & AVALANCHE

18 Months – 6 Years



REGISTRATION ONGOING BASED ON AVAILABILITY

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Ages: 18 Months – 6 Years

Start Date: September 6, 2023

End Date: June 29, 2024

Class Fees (Monthly):

30-Minute Class (Parent and Ninja)

Member: \$35.00

Non-member: \$48.00

Military: \$43.00

45-Minute Class

Member: \$42.00

Non-member: \$53.00

Military: \$48.00

Avalanche Class

Member: \$51.00

Non-member: \$61.00

Military: \$56.00

REQUIRED EQUIPMENT

Athletic clothing or Leotard

Water Bottle

No shoes or socks

Long hair should be pulled back

DOWNTOWN NINJA & AVALANCHE

NINJA is a program focused on climbing, running, jumping, and strength! Using an obstacle course, Ninja is a great way to develop coordination, physical fitness, and agility. This is a great class for siblings!

AVALANCHE is a Ninja & Gymnastics combo that enhances strength, balance, coordination, agility, flexibility, conditioning, as well as team building skills. Avalanche athletes will safely learn gymnastics skills that can be incorporated into ninja obstacle courses and on the YMCA Olympic vault, bars, beam and floor equipment. Age appropriate strength circuits will be taught to enhance skill development.

* ALL CLASSES ARE SUBJECT TO CHANGE BASED ON MINIMUM ENROLLMENT REQUIREMENT

CLASS LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARENT & NINJA 18 MONTHS – 4 YEARS	4:30-5:00	5:15-5:45					
	5:45-6:15						
MINI NINJA: 3 – 5 YEARS	5:00-5:45	4:30-5:15					
		6:00-6:45					
AVALANCHE 3 – 6 YEARS	6:15-7:15						

