



### **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.

**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**
- **Indoor Soccer League**
- **Group Ex**
- **Pickleball**
- **Pop Tennis**



**Northern New York  
Community Foundation**



## **FAIRGROUNDS SENIOR SAFETY KARATE AWARENESS**



**REGISTRATION OPENS  
SEPTEMBER 8, 2023**

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

## WHAT YOU NEED TO KNOW

**Location:** Fairgrounds  
Group Ex Room

**Start Date:** October 19th

**End Date:** November 9th

**Days & Times:**

**Thursdays**

**5:00 PM – 5:45 PM**

**Program Fees: 4 Week Session**

**Member: \$55.00**

**Non-Member: \$75.00**

**Military: \$65.00**

**Lessons taught by**  
**American Kang Duk Won**  
**Karate Black Belt Instructors**

## SENIOR SAFETY KARATE AWARENESS

The exercises and topics presented in this course are intended to make each person who is more aware of practical ways to stay healthier and safer in his or her daily routines. All lessons emphasize balanced movements, highly focused stretching routines, vigorous breathing methods, and energetic arm and leg motions. The practices taught in the course have origins established in traditional Martial Arts which are studied by students of all ages.

Routines are conducted and practiced at all times with control and respect. Participants will gain skills in Relaxation, Efficient Use of Energy, Recognizing & Avoidance of Risky Situations, and Improving Balance. Personal Safety techniques practiced in each class will increase confidence, reinforce concentration, and greatly improve awareness

**LESSONS FORTIFY A PERSON'S**  
**"SPIRIT – LOYALTY – VIRTUE!"**



## REQUIRED EQUIPMENT

Water Bottle  
Comfortable Clothing

## PROGRAM DATES

**THURSDAYS:**

October: 19, 26

November: 2, 9