



GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, 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 or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.

For more information on programs, memberships, services, and to register visit: www.watertownymca.org

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact :
Kristen Lawrence
Email: klawrence@nnyymca.org
Phone: 315.755.2132



WHAT'S UP NEXT

Check out these other great YMCA programs:

- Kicks 4 Kids
- Indoor Soccer League
- Adult Volleyball
- Archery
- POP Tennis
- Pickleball
- Rookie Hoops
- Swim Lessons
- Gymnastics & Ninja



Northern New York
Community Foundation



DOWNTOWN ADULT SWIM LESSONS ADULT (AGES 18+)



REGISTRATION BEGINS:
FEBRUARY 16TH: MEMBERS
FEBRUARY 19TH: NON-MEMBERS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Ages: Adult (Ages 18+)

Location: Downtown Aquatic Center

Start Date: March 2, 2024

End Date: April 20, 2024

Days & Times:

Saturdays: 8:00–8:30 AM

Program Fee:

Members: \$52.00

Non-Members: \$80.00

Military: \$79.00

ADULT SWIM LESSONS

The adult swim program offers group instruction for those 18 years and older. Classes use a progression-style format tailored to adults. Whether you want to overcome a long-time fear of the water, learn the fundamentals, improve your stroke and breathing techniques, or increase your endurance, this class can provide it.



REQUIRED EQUIPMENT

Swim suit & towel

**Swim cap or hair
pulled back if long**

PROGRAM DATES

SATURDAYS

March: 2, 9, 16, 23, 30

April: 6, 13, 20