



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:
Michelle Graham
Email: mgraham@nnyymca.org
Phone: 315.755.2133



Northern New York
Community Foundation



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



DOWNTOWN NEW YEAR NEW YOU GET FIT FITNESS CHALLENGE



REGISTRATION BEGINS DECEMBER 22, 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Ages: Adults 18+

Location: Downtown YMCA

Start Date: January 15, 2024

End Date: March 5, 2024

Meetings:

Downtown Y Community Room

Mondays: 10:00 AM

Tuesdays: 6:00 PM

Program Fee:

Members: \$100.00

Non-Members: \$150.00

Military: \$140.00

**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

NEW YEAR NEW YOU GET FIT CHALLENGE

As you dive into the exciting journey of 2024, kick-start the year with a bang! Join the "New Year, New You" GET FIT CHALLENGE - an 8-week transformational adventure to elevate your fitness game, boost your energy levels, and embrace a healthier, happier version of YOU!

As you work with Y Fitness Supervisor James Grunert, you will be able to track your progress with two included InBody Composition Analyses which have 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!**

InBody
See what you're made of

» **PRECISELY TRACKS
FAT LOSS AND
MUSCLE GAIN**



**FIND YOUR
CHALLENGE.
FIND YOUR Y.**

**2024
START**

**ALL FITNESS LEVELS WELCOME!
JOIN THE CHALLENGE AND
MAKE NEW FRIENDS!**

PROGRAM INCLUDES

- Weekly Personal Trainer Meetings
- Two InBody Composition scans
- 8-Week Workout Schedule
- Health & Nutrition Lectures
- Weekly Prize Giveaways
- Grand Prize Awards