



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:
Adrienne Alteri
Email: aalteri@nnyymca.org
Phone: 315.782.3100



WHAT'S UP NEXT

Check out these other great YMCA programs:

- Indoor Soccer League
- Adult Volleyball
- Tennis
- POP Tennis
- Swim Lessons
- Group Ex



Northern New York
Community Foundation



DOWNTOWN POP TENNIS LEAGUE ADULT (18+)



**REGISTRATION BEGINS:
FEBRUARY 21, 2024**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Ages: 18+

Location: Downtown Racquet Center

Start Date: April 3, 2024

End Date: June 12, 2024

Days: Wednesdays

Program Fee:

Members: \$105.00

Non-Members: \$145.00

Military: \$135.00

Players must contact Adrienne Alteri by April 1st for match play before registration.

Email: aalteri@nnyymca.org

Phone: 315.782.3100

Sub Fee Per Game*:

League Members: FREE

Y Members: \$5.00

Non-Members: Day Pass

*** Subs must register at Downtown Welcome Center prior to play.**

ADULT POP TENNIS LEAGUE

POP Tennis is the new POPular type of tennis with a twist on paddle tennis dating back to 1898 and is being played across the USA and around the world.

POP Tennis is Tennis, just played on shorter tennis courts with shorter rackets, low compression tennis balls, and the same scoring and rules as tennis – except with only underhand serve.

POP Tennis is a fun, social, work out that everyone can play and enjoy—for a lifetime!

LEAGUE PLAY

- | | |
|----------------------------------|----------------------------------|
| • Group 2 Slot
2:00 – 3:00 PM | • Group 5 Slot
6:00 – 7:00 PM |
| • Group 2 Slot
3:00 – 4:00 PM | • Group 6 Slot
7:00 – 8:00 PM |
| • Group 3 Slot
4:00 – 5:00 PM | • Group 7 Slot
8:00 – 9:00 PM |
| • Group 4 Slot
5:00 – 6:00 PM | |



BEGINNER AND EXPERIENCED PLAYERS WELCOME!

REQUIRED EQUIPMENT

Sneakers
Athletic clothing
Water Bottle
Paddles and balls provided

PROGRAM DATES

WEDNESDAYS

April: 3, 10, 17

May: 1, 8, 15, 22, 29

June: 5, 12

No games April 24th