

**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Kristen Lawrence  
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Phone: 315.755.2132

For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



SCAN QR CODE  
TO REGISTER

Check out these other great  
YMCA programs:

- Soccer 101
- Kicks 4 Kids
- Net Games
- Sticks 4 Kids



### 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.



Northern New York  
Community Foundation



## DOWNTOWN YMCA AQUA AGILITY ACADEMY

8 - 15 YEARS

REGISTRATION OPENS  
MAY 20, 2024



## WHAT YOU NEED TO KNOW

**Ages: 8-15 Years**

**Location: Downtown Aquatic Center**

**Start Date: July 29, 2024**

**End Date: August 2, 2024**

**Days & Times:**

**Monday - Friday**

**1:00 - 2:30 PM**

**Program Fee:**

**Members: \$100**

**Non-Members: \$150**

**Military: \$125**

## SUMMER AQUA AGILITY ACADEMY

Welcome to the splash-tastic world of YMCA Summer Swim Mechanics Day Camp! Dive into a world where goggles are your best accessory and pool noodles are your trusty sidekick.

Join us for a week of working on water safety, improving stroke and breathing techniques, endurance, and diving. Every day is a watery adventure filled with laughter, learning.

So, grab your towel and your sense of adventure, because at YMCA Summer Swim Mechanics Day Camp, every day is a splashing good time!



**PREREQUISITE: Capable of swimming unassisted 25 yards and tread water for 30 seconds.**

### REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair pulled back if long

Goggles (no nose piece) for Level 4 and up



**WATERTOWNYMCA.ORG**