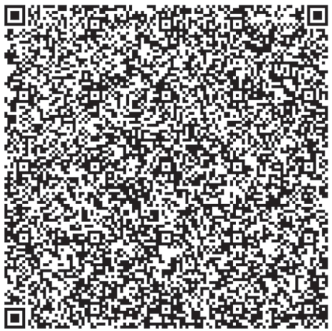


DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Michelle Graham
Email: mgraham@nnyymca.org
Phone: 315.782.3100

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



**SCAN QR CODE
TO REGISTER**

Check out these other great
YMCA programs:

- Tennis Social
- Group Ex
- Aqua Fitness
- Pickleball



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.

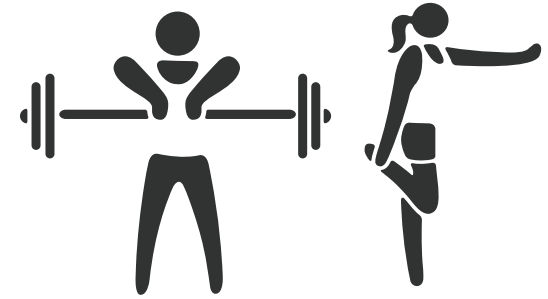
Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



DOWNTOWN YMCA GET FIT MINI SUMMER CHALLENGE

AGES: 18+

**REGISTRATION OPENS
MAY 3, 2024**



WHAT YOU NEED TO KNOW

Ages: 18+ years

Location: Downtown Y

Start Date: May 20, 2024

End Date: June 28, 2024

Days & Times:

Monday: 6:00 PM

Tuesday: 10:00 AM

Program Fee:

Members: \$60.00

Non-Members: \$80.00

Military: \$75.00



REQUIRED EQUIPMENT

Water Bottle

Sneakers

Athletic Clothing

GET FIT SUMMER CHALLENGE

Ready to kickstart your fitness journey and get ready for summer? Join us for the YMCA Mini Get Fit Summer Challenge! Fitness Center Supervisor James Grunert will help you work towards your wellness goals in a fun and supportive environment.

Whether you're looking to boost your energy, tone up, or simply stay active during the summer months, our Mini Get Fit Challenge has something for everyone. With expert guidance, motivating workouts, and a community of fellow participants cheering you on, you'll be on your way to a healthier, happier you in no time.

Don't miss out on this opportunity to make the most of your summer – sign up for the YMCA Mini Get Fit Summer Challenge today!"

JAMES GRUNERT



WATERTOWNYMCA.ORG