

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Adrienne Alteri
Email: aalteri@nnyymca.org
Phone: 315.755.2130

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



SCAN QR CODE
TO REGISTER

Check out these other great
YMCA programs:

- Red Ball Youth Tennis
- Summer Day Camps
- Summer Swim Lessons



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 SUMMER TENNIS BLAST CLINIC

16 YEARS – ADULT

**REGISTRATION OPENS
MAY 20, 2024**



WHAT YOU NEED TO KNOW

Ages: 16 Years – Adult

Location: Downtown Racquet Center

Session 1: June 15th, 22nd, 29th

Session 2: July 6th, 20th, 27th

Session 3: August 3rd, 10th, 24th

Days & Times:

Saturdays

11:00 AM – 12:00 PM

Program Fee(Per Session):

Members: \$45.00

Non-Members: \$90.00

Military: \$75.00

SUMMER TENNIS BLAST CLINIC

Tennis Blast is a 60-minute cardio program that combines tennis skills and exercise routines.

The instructor feeds the ball into play and controls the tempo for drills and match points.

Between points, elevate your heart rate with a ladder routine to get a complete workout!

Tennis Blast helps improve three key fitness factors—speed, agility, and quickness.



**Child Watch/Kids Adventure is open
8:15 AM – 12:00 PM.**

***Family or Single Parent Family
membership is required.**



REQUIRED EQUIPMENT

Water Bottle

Athletic clothing & Sneakers

Racquet & Balls provided



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