

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Kristen Lawrence
Email: klawrence@nnyymca.org
Phone: 315.755.2132

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



SCAN QR CODE
TO REGISTER

Check out these other great
YMCA programs:

- Aqua Agility Academy
- Lifeguard Certification
- Private Swim Lessons
- Open Swim



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 MORNING BEGINNER AQUA CYCLE ADULT (AGES 18+)

**REGISTRATION OPENS
JUNE 24, 2024**

Register for one
or all five classes



WHAT YOU NEED TO KNOW

Ages: Adult (Ages 18+)

Location: Downtown Aquatic Center

Days & Times:

Thursdays: 9:15-10:00 AM

July 11th

July 18th

July 25th

August 1st

August 8th

August 15th

NEW

Register for one or all five classes

Program Fee:(Per Class)

Members: \$10.00

Non-Members: \$20.00

Military: \$15.00

BEGINNER AQUA CYCLE

Keep cool with this hot new workout that combines the low-impact benefits of aqua aerobics with the high-intensity thrill of indoor cycling.

This total-body, results-driven workout will have you cycling, rebounding, stabilizing, stretching, challenging your stamina, and building endurance.

Ideal for individuals who suffer from joint pain, are overweight, or need to stimulate their lymphatic system. Ideal for group fitness classes, small group training and therapy.



Find Your Y In the Pool!

REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair
pulled back if long

Bikes provided



WATERTOWNYMCA.ORG