

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 Yoga
- Aqua Cycle
- 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 AQUA KICKBOXING 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:

Fridays: 4:00–4:45 PM

July 19th

July 26th

August 2nd

August 9th

August 16th

NEW

Register for one or all five classes

Program Fee:(Per Class)

Members: \$10.00

Non-Members: \$20.00

Military: \$15.00

FREE DEMO

FRIDAY, JULY 12TH*

4:00 – 4:30 PM

***MUST PRE-REGISTER**

AQUA KICKBOXING

This specialty course is designed for all levels of fitness and involves powerful boxing and kicking movements in water.

Experience strong purposeful movements which build confidence and exude positive energy while using specialty aqua boxing gloves and a boxing bag.

The course will feature a variation of exercises for the upper and lower body including the aqua jab, upper cut, hook, front kick, side kick and back kick while maintaining physical and mental focus.

Experience smooth class flow with interesting transition moves specific to the actions of boxing and kicking.



REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair pulled back if long



WATERTOWNYMCA.ORG