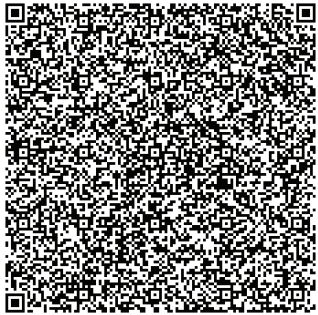


**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Kristen Lawrence  
Email: [klawrence@nnyymca.org](mailto:klawrence@nnyymca.org)  
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:**

- Aqua Kickboxing
- 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  
MASTERS SWIM  
ADULT AGES 18+**



**REGISTRATION OPENS  
JUNE 24, 2024**



## WHAT YOU NEED TO KNOW

**Ages: Adult (Ages 18+)**

**Location: Downtown Aquatic Center**

**Start Date: July 6, 2024**

**End Date: December 28, 2024**

**Days & Times:**

**Saturdays: 7:00–8:00 AM**

**Program Fee:**

**Members Only: \$180.00**

**Swim 50 – 100 yards consecutively using competitive style stroke techniques. Masters swim is available for both competitive and non-competitive swimmers.**

## MASTERS SWIM PROGRAM

**Achieve Your Swimming and Fitness Goals!**

**Join us for expert on-deck coaching, technique instruction, camaraderie, and more!**

**Our Masters program is coached by a team of four highly experienced individuals: Lauren Hardwick, Joe Macutek, Erin Earley, and Nick Netto. They are passionate about swimming and dedicated to helping you reach your goals. At the Watertown Family YMCA, they look forward to growing our Masters Swim community and sharing their love of the sport.**

**Affiliated with U.S. Masters Swimming, the national governing body for adult swimming, this program is designed for adult lap swimmers who want to swim under the guidance of a coach. Adult**

**Swimmers will practice a variety of competitive swimming techniques and learn drills for all four competitive strokes. If you are an intermediate to advanced swimmer looking to increase endurance and improve stroke technique, then Masters Swim is for you!**



### REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair pulled back if long



**WATERTOWNYMCA.ORG**