

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

For program questions contact:  
Kristen Lawrence  
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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 AQUA YOGA 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:**

**Wednesdays: 7:00–7:45 AM**

**July 24th**

**July 31st**

**August 7th**

**August 14th**

**August 21st**

**NEW**

Register for one or all five classes

**Program Fee:(Per Class)**

**Members: \$10.00**

**Non-Members: \$20.00**

**Military: \$15.00**

**FREE DEMO**  
**WEDNESDAY, JULY 3RD\***  
**7:00 – 7:30 AM**  
**\*MUST PRE-REGISTER**

## AQUA YOGA

**AQUA YOGA** is a balance and strength-based water-fitness class that uses inflatable, tethered boards in the pool for a total-body, core strengthening workout for all fitness levels. This training modality challenges the body to maintain proper postural control and alignment while moving through a series of transitional movements on the board increasing balance, strength, endurance, flexibility, and focus.

The class is led by an experienced instructor who will guide participants through a series of exercises, ensuring proper form and technique.



### REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair  
pulled back if long



**WATERTOWNYMCA.ORG**