

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

For program questions contact:  
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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:

- Soccer 101
- Aqua Agility Academy
- Net Games
- Sticks 4 Kids



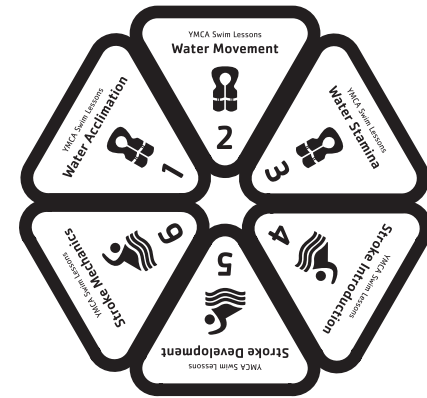
### GATEWAY FINANCIAL SCHOLARSHIP

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 SWIM LESSONS SESSION 1 & 2 6 MOS - ADULT

**REGISTRATION\* OPENS:**  
**MEMBERS: JUNE 17TH, 6AM**  
**NON-MEMBERS: JUNE 19TH, 6AM**  
**\*FOR BOTH SESSIONS**



[WATERTOWNYMCA.ORG](http://WATERTOWNYMCA.ORG)

## WHAT YOU NEED TO KNOW

**Ages: 6 Months – Adult**

**Location: Downtown Aquatic Center**

**Session 1: July 9–25\***

**Session 2: August 6–22\***

**\*Tuesday & Thursdays for 3 weeks**

**Program Fees:**

### **30-Minute Class**

**Parent & Tot\* through Level 4**

**Member: \$52.00 per session**

**Non-member: \$80.00 per session**

**Military: \$73.00 per session**

### **45-Minute Class**

**Levels 5–6**

**Member: \$59.00 per session**

**Non-member: \$85.00 per session**

**Military: \$79.00 per session**

**\* Parent & Tot is FREE for CHILDREN that are Y MEMBERS**

### **Swim Assessment for Sessions 1 & 2**

**Monday, June 10th 6:30–7:30PM**

**Tuesday, June 11th 5:30–7:00PM**

**Saturday, June 15th 8:00AM–9:00AM**

## SUMMER SWIM LESSONS 1 & 2

### **Parent & Tot**

**Prerequisite:** Minimum 6 months of age. Goal is to introduce infants and toddlers to the aquatic environment. Parent and child learn together under the guidance of an instructor. There must be one adult per child attending.

### **Level 1 • Water Acclimation**

**Prerequisite:** Minimum 3 years of age, and beginner swimmer. Must be comfortable being in water without parent. Goal is to increase comfort in water and able to perform back/front floats unassisted, monkey crawls and treading water for 10 secs.

### **Level 2 • Water Movement**

**Prerequisite:** Swimmer who is comfortable in water without assistance. Goal is to encourage forward movement, back float, perform front crawl unassisted and submerged head bobs.

### **Level 3 • Water Stamina**

**Prerequisite:** Able to do unassisted glides and floats on front and back, as well as submerge. Goal is to be able to tread water for 30 seconds.

### **Level 4 • 5 • 6: Swim Team Prep**

**Prerequisite:** Must be able to swim 25 yards using a front stroke without assistance and tread water for 30 seconds. Lessons will be conducted simultaneously in the Lap Pool, with groups divided by skill level and instructed by our experienced Y Blue Shark coaches. These sessions are designed as off-season, pre-team competitive swim lessons, focusing on enhancing breathing techniques, stroke mechanics, diving skills, and more.

**Check Out AQUA AGILITY ACADEMY  
July 29th – August 2nd • 8 – 15 Years**



## 3-WEEK SESSIONS, 2 DAYS A WEEK

### Tuesday / Thursday

Parent & Tot Level 1 3:00 – 3:30 PM

Levels 1, 2, 3 3:35 – 4:05 PM

Levels 1, 2 4:10 – 4:40 PM

Levels 1, 2 4:45 – 5:15 PM

Parent & Tot Level 3 5:20 – 5:50 PM

Levels 1, 2 6:00 – 6:30 PM

Levels 4, 5, 6 6:00 – 6:45 PM

### Saturday

Adult 8:00 – 9:00 AM

### REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair pulled back if long

Goggles (no nose piece) for Level 4 and up



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