

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



**SCAN QR CODE
TO REGISTER**

Check out these other great
YMCA programs:

- Adult Watercolor
- Fall Swim Lessons
- Lifeguard Certification
- STEAM & Sports



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
NOVEMBER
PRIVATE
SWIM LESSONS**
3 Years - Adult

**REGISTRATION OPENS
OCTOBER 1ST**



WHAT YOU NEED TO KNOW

Ages: 6 months - Adult

Start Date: November 4, 2024

End Date: November 25, 2024

Location: Downtown Aquatic Center

Dates & Times:

Mondays: Select 1 Time

Lap Pool

- 4:00-4:30 PM
- 4:35-5:05 PM
- 5:10-5:40 PM
- 5:45-6:15 PM

Activity Pool (Beginners)

- 6:20-6:50 PM
- 6:55-7:25 PM
- 7:30-8:00 PM

Program Fees (4 weeks):

Private: 1 Swimmer:

Member: \$160.00

Non-member: \$320.00

FALL PRIVATE SWIM LESSONS

Private lessons allow the instructor to focus entirely on the individual's needs. Whether the swimmer is a beginner, has specific fears, or needs help mastering a particular stroke, the lessons can be tailored to their skill level and learning pace.

Private lessons allow the swimmer and instructor to set specific, individualized goals based on the swimmer's abilities and aspirations. Whether it's learning basic water safety or refining advanced techniques, the lessons can be geared toward those outcomes.

Beginner level lessons take place in the activity pool and is geared toward a younger/beginner swimmer that is not comfortable in the deeper water.



All skill levels and abilities are welcome.



REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair pulled back if long



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