

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Michelle Graham
Email: mgraham@nnyymca.org
Phone: 315.782.3100

For more information on programs,
memberships, services, and to
register: watertownymca.org



SCAN QR CODE
TO REGISTER

Check out these other great
YMCA programs:

- Group Ex
- Aqua Fitness Classes
- Swim Lessons



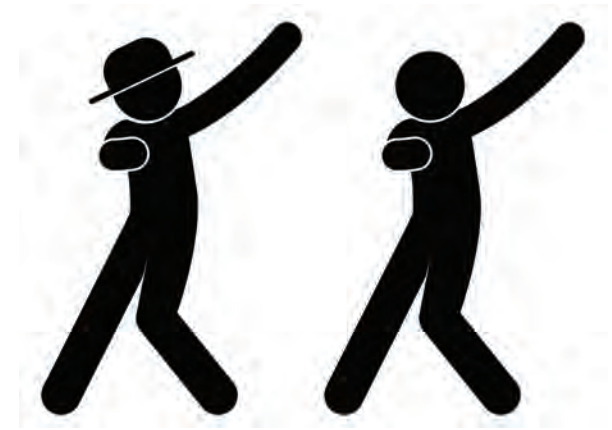
GATEWAY FINANCIAL SCHOLARSHIP

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 LINE DANCING 14 YEARS - ADULT

REGISTRATION OPENS OCTOBER 15, 2024



WHAT YOU NEED TO KNOW

Ages: 14 Years – Adult

Location: Downtown YMCA

Days & Times:

Mondays: 5:45–6:45 PM

Start Date: November 11, 2024

End Date: December 16, 2024

Program Fee:

Members: \$60.00

Non-Members: \$80.00

Military: \$70.00

NEW

LINE DANCING

Line Dancing is a choreographed routine where a group of people perform a repeating sequence of steps while arranged in lines or rows. Typically these lines face the same direction, but not always.

Benefits of Line Dancing:

- Stimulate the brain
- Decrease Stress
- Increase and improve mental awareness
- Improves posture and balance
- Strengthens bones and muscles
- Provides an opportunity to socialize and meet other people



REQUIRED EQUIPMENT

Athletic Clothing

Water bottle

Sneakers



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