

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

For program questions contact:  
Adrienne Alteri  
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Phone: 315.755.2130

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:

- Indoor Soccer League
- Adult Swim Lessons
- Group Ex
- Volleyball



### 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 MORNING PICKLEBALL LEAGUE ADULT (18+)

REGISTRATION OPENS  
AUGUST 19, 2024



## WHAT YOU NEED TO KNOW

**Ages: Adult (18+)**

**Location: Downtown Racquet Center**

**Start Date: October 15, 2024**

**End Date: December 19, 2024**

**Days & Times:**

**Tuesdays & Thursdays**

**8:00 – 9:30 AM**

**9:30 – 11:00 AM**

**11:00 AM – 12:30 PM**

**Program Fee:**

**Members: \$100.00**

**Non-Members: \$140.00**

**Military: \$130.00**

**Sub Fee Per Game\*:**

**League Members: FREE**

**Y Members: \$5.00**

**Non-Members: Day Pass**

**\* Subs must register at Downtown Welcome Center prior to play.**

**Players are only allowed to sub 3 times per session before having to register.**

## MORNING PICKLEBALL LEAGUE

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. The court is the same size as a doubles badminton court and the same court is used for both singles and doubles play. Pickleball is played with a paddle and a plastic ball with holes.

- **20 to 25 Players / 4 courts**
- **90 Minutes / Twice a Week**
- **Players may rotate between courts**
- **Advanced player option available on 1 court**



### REQUIRED EQUIPMENT

Court Sneakers (Non Marking Soles)

Athletic Clothing

Water Bottle

Paddles and Balls Provided



**WATERTOWNYMCA.ORG**