

WHY THE Y

A retreat at WATERTOWN FAMILY YMCA is a holistic approach to professional development, blending skill-building with wellness and team bonding.

Benefits of a group wellness retreat at WATERTOWN FAMILY YMCA:

- **TEAM BUILDING:** Strengthen relationships and improve communication through fun and collaborative activities designed to enhance teamwork and trust among colleagues.
- **BOOSTED MORALE:** A day away from the office in a positive, engaging environment can refresh and re-energize employees, fostering a stronger sense of belonging and commitment.
- **STRESS REDUCTION:** With access to wellness activities such as yoga & spin classes or fitness challenges, employees can reduce stress and improve their overall well-being.
- **ENCOURAGE COLLABORATION:** Structured activities encourage colleagues to work together in new ways, improving collaboration and cross-department communication.
- **IMPROVED FOCUS AND CREATIVITY:** The change of environment and hands-on activities promote fresh thinking, sparking creativity and innovation within the group.
- **CUSTOMIZABLE EXPERIENCE:** The YMCA can tailor the retreat to meet specific goals, ensuring that the day aligns with your organization's mission and culture.

WATERTOWN FAMILY YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact :
Ron Newman
Email: rnewman@nnyymca.org
Phone: 315.782.3100

www.watertownymca.org



Elevate your company or group with a unique team-building experience at the Watertown Family YMCA.

GROUP WELLNESS RETREAT

- Encourage Collaboration
- Improve Focus & Creativity
- Boost Morale
- Reduce Stress

**FIND YOUR SPACE.
FIND YOUR Y.**

GROUP WELLNESS RETREAT

Watertown Family YMCA retreat options offer a refreshing way to inspire your team to embrace balance and well-being in both their personal and professional lives.



RETREAT OPTIONS

- Engage in wellness activities like Spin, Yoga, or Group Exercise classes. Join in an existing class or request a private class.
- Enhance creativity with art class options like clay or watercolor workshops.
- Take a refreshing break with a dip in one of the Aquatic Center pools. Based on availability.
- Utilize our conference room, fully equipped with a smart TV, for professional training sessions.
- Enjoy some fun competition with a game of pickleball or tennis.
- Enhance your team's health insights with a body composition analysis using the InBody system (max 24 participants).



SPIN STUDIO



AQUATIC CENTER

FIND YOUR Y

Choose from the available packages listed or create a custom package tailored to your specific needs. YMCA staff will work closely with you to provide customized pricing and a schedule based on facility availability, ensuring the best experience for all participants.

- #1: Training Conference Room, Pickleball, Exercise Class (Group Ex, Yoga, Spin)
- #2: Training Conference Room, Art Class, Exercise Class (Group Ex, Yoga, Spin) and Aquatic Center Access (pool, steam & dry sauna)
- #3: Training Conference Room, Art Class, Exercise Class (Group Ex, Yoga, Spin) InBody Analysis System (max 24 participants)

MEALS

While the YMCA retreat does not provide meals, participants are welcome to order food from local vendors or bring their own. Our spacious lounge area is available for guests to enjoy their meals in a relaxed and comfortable setting.

RESERVATIONS

To ensure that we can fully accommodate your group's needs, the YMCA retreat requires reservations to be made at least two weeks in advance. This allows the staff to tailor the experience to your specific goals, prepare the facilities, and arrange any necessary activities or equipment.



TRAINING ROOM



RACQUET CENTER