

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

For program questions contact:  
Kristen Lawrence  
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Phone: 315.755.2132

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:

- Swim Lessons
- Group Ex Classes
- Private Swim Lessons
- Open Swim



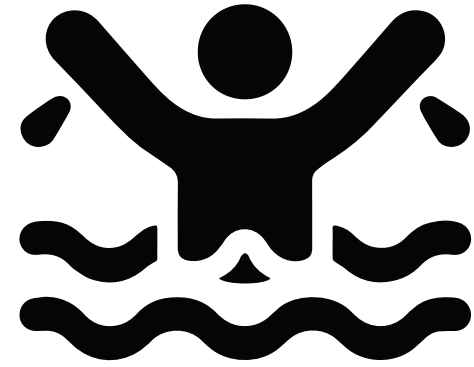
**GATEWAY FINANCIAL SCHOLARSHIP**

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  
AQUA DEMO  
FITNESS  
CLASSES  
ADULT (AGES 18+)**

**REGISTRATION OPENS  
DECEMBER 30, 2024**



## WHAT YOU NEED TO KNOW

**Ages: Adult (Ages 18+)**

**Location: Downtown Aquatic Center**

**Aqua Yoga 7:00 – 7:30 AM\***

**Wednesday, January 15th**

**Wednesday, February 12th**

**Aqua Jump 5:00 – 5:30 PM\***

**Friday, January 31st**

**Aqua Kickboxing 5:00 – 5:30 PM\***

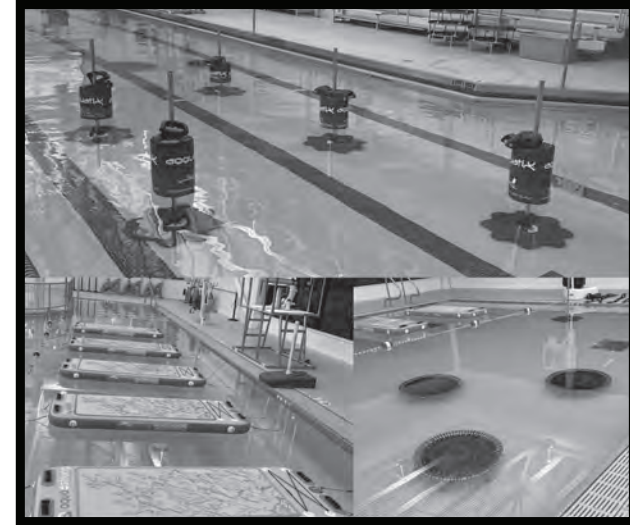
**Friday, February 28th**

**\* All Demo Classes are FREE.  
Registration is required**

## AQUA DEMO FITNESS CLASSES

Welcome to the YMCA Aquatic Group Exercise and Fitness classes, where fitness meets fun in the water!

Our diverse range of aquatic classes is designed to cater to all ages and fitness levels, providing a unique and refreshing way to stay active. Whether you're looking to improve your cardiovascular health, build strength, or simply enjoy the buoyancy and low-impact benefits of water exercise, our certified instructors are here to guide and motivate you every step of the way.



# Find Your Y In the Pool!

### REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair  
pulled back if long



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