

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

For program questions contact:  
Kristen Lawrence  
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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
- Spin Classes
- Yoga Classes
- 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 EVENING AQUA CYCLE ADULT (AGES 18+)

**REGISTRATION OPENS  
DECEMBER 20TH**  
Register for one  
or multiple classes



the



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

## WHAT YOU NEED TO KNOW

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

**Location: Downtown Aquatic Center**

**Days & Times:**

**Thursdays: 5:00 PM-5:45 PM**

**January 2nd**

**January 9th**

**January 16th**

**January 23rd**

**January 30th**

Register for one or multiple classes

**Program Fee:(Per Class)**

**Members: \$10.00**

**Non-Members: \$20.00**

**Military: \$15.00**

## EVENING AQUA CYCLE

Keep cool with this hot new workout that combines the low-impact benefits of aqua aerobics with the high-intensity thrill of indoor cycling.

This total-body, results-driven workout will have you cycling, rebounding, stabilizing, stretching, challenging your stamina, and building endurance.

Ideal for individuals who suffer from joint pain, are overweight, or need to stimulate their lymphatic system. Ideal for group fitness classes, small group training and therapy.



## Find Your Y In the Pool!

### REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair  
pulled back if long

Bikes provided



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