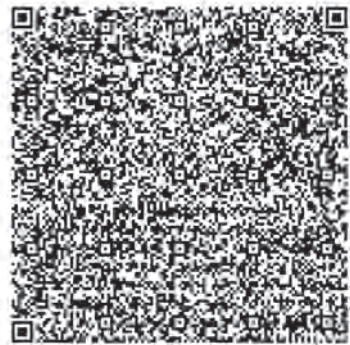


**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Michelle Graham  
Email: [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)  
Phone: 315.782.3100

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:**

- Group Ex
- Aqua Fitness Classes
- Swim Lessons



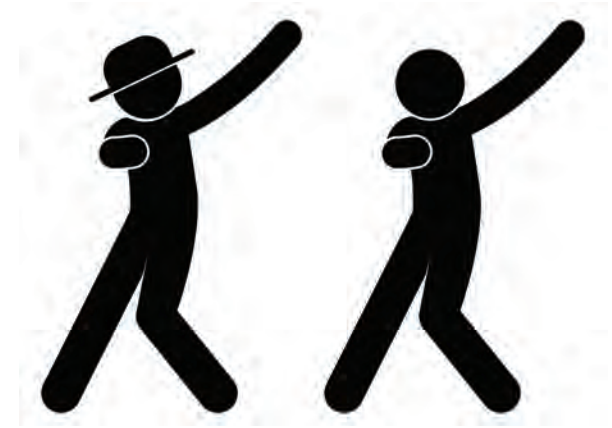
### **GATEWAY FINANCIAL SCHOLARSHIP**

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  
DECEMBER 10, 2024**



## WHAT YOU NEED TO KNOW

**Ages:** 14 Years – Adult

**Location:** Downtown YMCA

**Days & Times:**

**Mondays: 5:45–6:45 PM**

**Start Date:** January 6, 2025

**End Date:** February 24, 2025

**Program Fee:**

**Members: \$80.00**

**Non-Members: \$120.00**

**Military: \$100.00**

**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



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