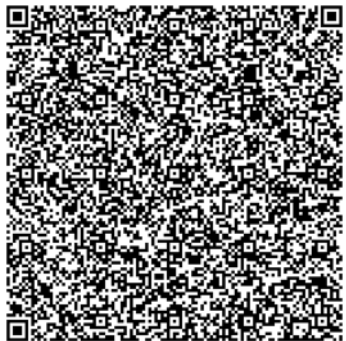


DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Adrienne Alteri
Email: aalteri@nnyymca.org
Phone: 315.755.2130

For more information on programs,
memberships, services, and to
register: 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
DECEMBER 2, 2024**



WHAT YOU NEED TO KNOW

Ages: Adult (18+)

Location: Downtown Racquet Center

Start Date: January 2, 2025

End Date: January 30, 2025

Days & Times:

**Tuesdays & Thursdays
9:00 – 11:00 AM**

Program Fee:

Members: \$37.00

Non-Members: \$77.00

Military: \$67.00

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**
- **120 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