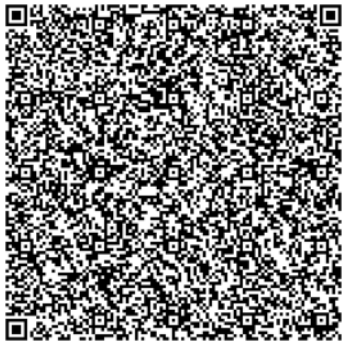


FAIRGROUNDS YMCA
585 Rand Drive
Watertown, New York 13601

For program questions contact:
Paul Passino, Branch Director
Email: ppassino@nnyymca.org
Phone: 315.755.9622

For more information on programs,
memberships, services, and to
register: watertownymca.org



**SCAN QR CODE
TO REGISTER**

Check out these other great
YMCA programs:

- Soccer Indoor League
- STEAM Sports Combo
- Gymnastics & Ninja



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.

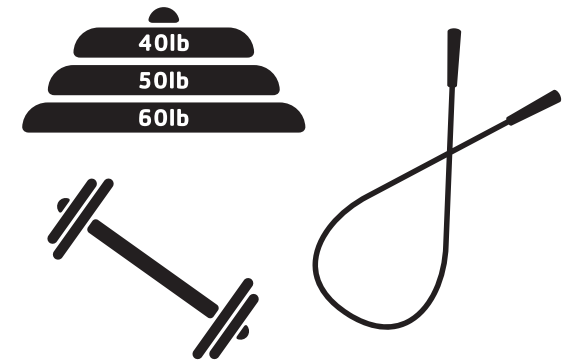
Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



FAIRGROUNDS YMCA
FIT FOR LIFE
STUDENT STRENGTH TRAINING
9-12 YEARS

**REGISTRATION OPENS
JANUARY 20, 2025**



WHAT YOU NEED TO KNOW

Ages: 9-12 Years

Location: Fairgrounds YMCA

Start Date: March 4th

End Date: April 10th

Days & Times:

**Tuesdays & Thursdays
4:00-4:45 PM**

Program Fees:

Member: \$86.00

Non-member: \$110.00

Military: \$100.00

Max Enrollment: 10

**STUDENTS MUST HAVE
COMPLETED THE REQUIRED
ONLINE WAIVER**

FIT FOR LIFE

The Watertown YMCA is very excited to offer student strength training sessions for students ages 9-12. Student Training: Fit For Life is designed to be a fun and exciting program that develops confidence and empowers youth to live healthy.

Our instructor, Nycholi Jennings, will help provide students with a perfect combination of instruction and next level equipment.

WHAT WE WILL COVER:

- Gym Etiquette
- Fundamentals of weight training
- Basics of creating a workout plan
- Interactive Games



REQUIRED EQUIPMENT

Water Bottle
Sneakers
Athletic Clothing



WATERTOWNYMCA.ORG