

FAIRGROUNDS YMCA
585 Rand Drive
Watertown, New York 13601

For program questions contact:
Janet Bleau
Email: jbleau@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:

- Fit for Life
- 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.

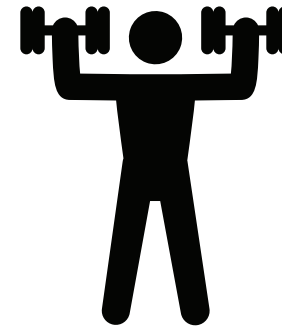
Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



FAIRGROUNDS YMCA
FIT TO FLIP
12-16 YEARS

REGISTRATION OPEN:
IN HOUSE- JANUARY 15TH
ONLINE- JANUARY 22ND



WHAT YOU NEED TO KNOW

Ages: 12–16 years

Location: Fitness Center &
Gymnastics Center

Start Date: February 18th

End Date: February 20th

Day & Time:

Group 1
Tuesday & Thursday
3:00 – 5:00 PM

Group 2
Tuesday & Thursday
4:00 – 6:00 PM

Program Fee:

Members: \$60.00
Non-Members: \$80.00
Military: \$75.00

Max Enrollment of 6 per group

FIT TO FLIP

This is a 2 part class. Group 1 will first meet in the Multipurpose Room and Group 2 will meet at the bleachers outside the Gymnastics Room.

One hour will be spent in the fitness center with Coach Nycholi, where he will cover gym etiquette and the fundamentals of weight training and the basics of developing a workout plan. The focus of this portion will be on stability and mobility.

One hour will be spent in the Gymnastics Room with Coach Matt, where he will cover intro to tumbling, proper roll out and stretch, cross fit, and free running skill and technique. Participants will utilize the rig, rings, high bar, floor, pit, and tumble track.



Group 1:
3:00 – 4:00 Coach Nycholi
4:00 – 5:00 Coach Matt

Group 2:
4:00 – 5:00 Coach Matt
5:00 – 6:00 Coach Nycholi



REQUIRED EQUIPMENT

Athletic clothing/footwear
Water Bottle



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