

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.

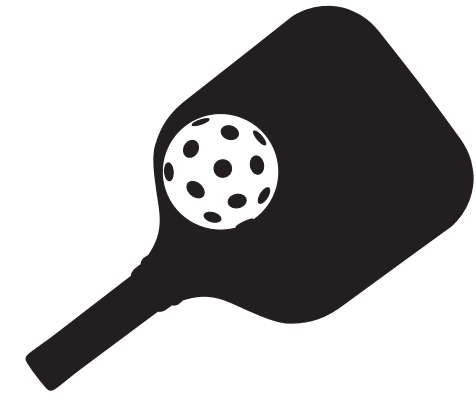
Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



DOWNTOWN YMCA ADVANCED COMPETITIVE EVENING PICKLEBALL LEAGUE ADULT (18+)

**REGISTRATION OPENS
MARCH 3, 2025**



WHAT YOU NEED TO KNOW

Ages: Adult (18+)

Location: Downtown Racquet Center

Start Date: March 20, 2025

End Date: May 22, 2025

Days & Times:

Thursdays

5:00 – 7:00 PM

Program Fee:

Members: \$60.00

Non-Members: \$100.00

Military: \$90.00

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. Subs are only allowed if program is not filled with 16 players. Players are only allowed to sub 3 times per session before having to register.**

ADVANCED COMPETITIVE EVENING PICKLEBALL LEAGUE

The Advanced/Competitive program is for players who have been playing quite frequently and are very competitive with points coming from smashes and hard low placed balls.

Players should divide into groups of most Advanced and Less Competitive.

Challenge Court Rules

- 1 to 2 challenge courts will be set up. 2 winners may stay on no more than 3 games, then winners switch partners. Rotation is dependent on number of players.
- Challenge court players are encouraged to play with less competitive players to help improve lesser skill sets.
- Less competitive players should not be crossing over to challenge unless they consistently dominate less competitive courts.



REQUIRED EQUIPMENT

Court Sneakers (Non Marking Soles)

Athletic Clothing

Water Bottle

Paddles and Balls Provided

- **20 to 25 Players / 4 courts**
- **Once a week for 10 weeks**



WATERTOWNYMCA.ORG