

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

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



**SCAN QR CODE
TO REGISTER**

**Check out these other great
YMCA programs:**

- Swim Lessons
- Lifeguard Certification
- Private Swim Lessons
- Open Swim



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
AQUA JUMP
ADULT (AGES 18+)**

**REGISTRATION OPENS
FEBRUARY 17, 2025**

Register for one or
multiple classes



WHAT YOU NEED TO KNOW

Ages: Adult (Ages 18+)

Location: Downtown Aquatic Center

Days & Times:

Fridays: 5:00–5:30 PM

March 7th

March 14th

March 21st

March 28th

Register for one or multiple classes

Program Fee:(Per Class)

Members: \$10.00

Non-Members: \$20.00

Military: \$15.00

REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair
pulled back if long

Trampolines provided

AQUA JUMP

One part serious workout to one part serious fun! A new water-fitness workout that combines the natural resistance of water with choreographed jump, dance, HIIT, and barre moves for a high-energy, full-body workout. Aqua Jump will engage various muscle groups, including the legs, core, arms, and back.

Water provides natural resistance, making movements low-impact on joints while still offering a challenging workout. This makes Aqua Jump suitable for a wide range of fitness levels, including those who may have joint issues or are looking for a gentler workout.

Exercising in the water on a trampoline adds an element of excitement and novelty to the workout. The group setting also fosters a social atmosphere, making the class enjoyable and motivating.

The class is led by an experienced instructor who will guide participants through a series of exercises, ensuring proper form and technique.



Find Your Y In the Pool!



WATERTOWNYMCA.ORG