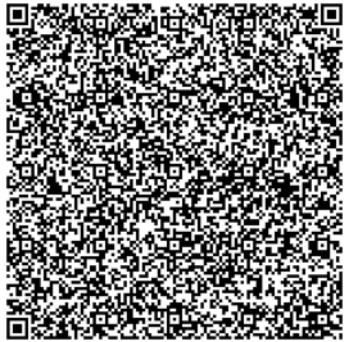


DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
James Grunert
Email: jgrunert@nnyymca.org
Phone: 315.782.3100

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
- Aquatic Classes
- Racquet Sports
- Group Ex



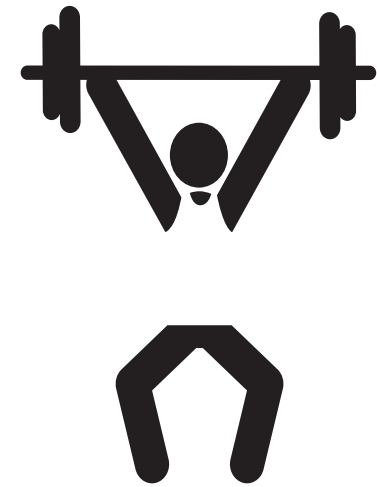
GATEWAY FINANCIAL SCHOLARSHIP

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
BODY BUILDING
SCULPTING**
16+ YEARS

**REGISTRATION OPENS
FEBRUARY 21, 2025**



WHAT YOU NEED TO KNOW

Ages: 16+ YEARS

Location: Downtown YMCA

Start Date: March 17, 2025

End Date: April 21, 2025

Days & Times:

Mondays 11:00 AM

Thursdays 4:00 PM

Program Fees:

Member: \$125.00

Non-member: \$145.00

Military: \$135.00

BODY BUILDING SCULPTING

Week 1: Introduction to Bodybuilding

- Overview of the sport and its key principles
- What to expect throughout the course

Week 2: Weightlifting for Growth

- The importance of “the pump” and muscle activation
- Proper form and technique for maximizing gains

Week 3: Nutrition for Muscle Growth

- Eating for size and strength
- How to properly track macros and optimize your diet

Week 4: Bulking, Maintenance & Cutting

- Understanding different phases of bodybuilding
- When (and if) you should hire a coach

Week 5: Posing & Presentation

- Mastering poses to highlight your strengths
- Techniques to bring out your best physique

Week 6: Competing in Bodybuilding Shows

- What to expect at a competition
- How to know when you're ready and how to sign up



REQUIRED EQUIPMENT

Water Bottle

Athletic Clothing

Sneakers



WATERTOWNYMCA.ORG