

**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Adrienne Alteri  
Email: [aalteri@nnyymca.org](mailto:aalteri@nnyymca.org)  
Phone: 315.755.2130

For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



#### **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 POP TENNIS LEAGUE**

**ADULT (18+)**

**APRIL- JUNE '25**

**REGISTRATION OPENS  
APRIL 9, 2025**



## WHAT YOU NEED TO KNOW

**Ages:** Adult (18+)

**Location:** Downtown Racquet Center

**Start Date:** April 29, 2025

**End Date:** June 17, 2025

**Days & Times:**

**Tuesdays**

**Slot 1: 2:00 – 3:00 PM**

**Slot 2: 3:00 – 4:00 PM**

**Slot 3: 4:00 – 5:00 PM**

**Slot 4: 5:00 – 6:00 PM**

**Slot 5: 6:00 – 7:00 PM**

**Slot 6: 7:00 – 8:00 PM**

**Program Fee:**

**Members: \$85.00**

**Non-Members: \$125.00**

**Military: \$110.00**

**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.**

## ADULT POP TENNIS LEAGUE

POP Tennis is the new POPular type of tennis with a twist on paddle tennis dating back to 1898 and is being played across the USA and around the world.

POP Tennis is Tennis, just played on shorter tennis courts with shorter rackets, low compression tennis balls, and the same scoring and rules as tennis – except with only underhand serve.

POP Tennis is a fun, social, work out that everyone can play and enjoy—for a lifetime!

**BEGINNER AND EXPERIENCED PLAYERS WELCOME!**



### REQUIRED EQUIPMENT

Water Bottle & Athletic Clothing

Non-Marking Court Sneakers

Paddles & Balls provided



**Players must contact Adrienne Alteri for match play before registration.**

**Email: [aalteri@nnyymca.org](mailto:aalteri@nnyymca.org)  
Phone: 315.782.2130**



**WATERTOWNYMCA.ORG**