

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Kristen Lawrence
Email: klawrence@nnyymca.org
Phone: 315.755.2132

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



SCAN QR CODE
TO REGISTER

Check out these other great
YMCA programs:

- Masters Swim
- 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 EVENING AQUA CYCLE ADULT (AGES 18+)

REGISTER TODAY!
Register for one
or multiple classes



WHAT YOU NEED TO KNOW

Ages: Adult (Ages 18+)

Location: Downtown Aquatic Center

Days & Times:

Thursdays: 5:00 PM-5:45 PM

- March 27th
- April 3rd
- April 10th
- April 17th
- April 24th

Register for one or multiple classes

Program Fee:(Per Class)

Members: \$10.00

Non-Members: \$20.00

Military: \$15.00

EVENING AQUA CYCLE

Keep cool with this hot new workout that combines the low-impact benefits of aqua aerobics with the high-intensity thrill of indoor cycling.

This total-body, results-driven workout will have you cycling, rebounding, stabilizing, stretching, challenging your stamina, and building endurance.

Ideal for individuals who suffer from joint pain, are overweight, or need to stimulate their lymphatic system. Ideal for group fitness classes, small group training and therapy.



Find Your Y In the Pool!

REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair
pulled back if long

Bikes provided



WATERTOWNYMCA.ORG