

**FAIRGROUNDS YMCA**  
585 Rand Drive  
Watertown, New York 13601

For program questions contact:  
Paul Passino  
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Phone: 315.755.9622

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



SCAN QR CODE  
TO REGISTER

Check out these other great  
YMCA programs:

- Rookie Baseball
- Adventure Camp
- Sticks 4 Kids
- Variety Camp



### 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



## FAIRGROUNDS YMCA INTRO TO TRACK & FIELD 3-13 YEARS

REGISTRATION OPENS  
APRIL 1, 2025



## WHAT YOU NEED TO KNOW

**Ages:** 3-5, 6-8, & 9-13 Years

**Location:** Indoor Large Field

**Start Date:** June 3, 2025

**End Date:** June 19, 2025

**Days & Times:**

**Tuesdays & Thursdays**

**3 - 5 Years: 4:30 - 5:15 PM**

**6 - 8 Years: 5:15 - 6:00 PM**

**9 - 13 Years: 6:00 - 6:45 PM**

**Program Fees:**

**Member: \$46.00**

**Non-Member: \$60.00**

**Military: \$55.00**

**Register by Age Group**

**FOR 3-5 GROUP, PARENTS ARE EXPECTED TO HELP GUIDE THEIR CHILDREN**

## INTRO TO TRACK & FIELD

This program teaches children about various track events and gives children opportunities to showcase their abilities throughout the course of the program.

### WHAT WE WILL COVER:

- Stretching
- Hurdles
- Baton Relay
- Shotput
- Discus Throw
- High Jump
- Long Jump
- Sprinting
- Long-Distance



### REQUIRED EQUIPMENT

Water Bottle  
Running Shoes  
Athletic Clothing



[WATERTOWNYMCA.ORG](http://WATERTOWNYMCA.ORG)