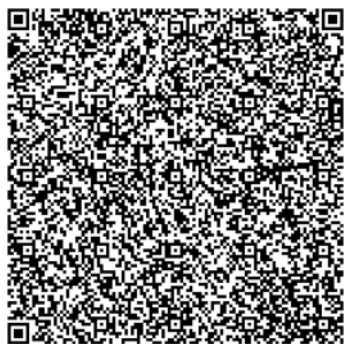


**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Michelle Graham  
Email: [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)  
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:

- Swim Lessons
- Indoor Soccer League
- Adult Clay Creations



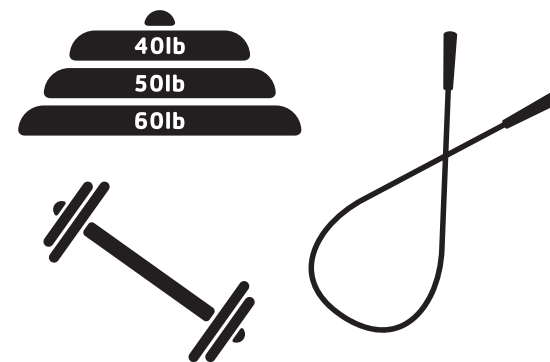
#### **GATEWAY FINANCIAL SCHOLARSHIP**

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  
WOMEN AND  
WEIGHT TRAINING  
16+ YEARS**

**REGISTRATION OPENS  
APRIL 18, 2025**



## WHAT YOU NEED TO KNOW

**Ages: 16+ Years**

**Location: Downtown YMCA**

**Start Date: May 13th, 2025**

**End Date: June 19th, 2025**

**Days & Times:**

**Tuesdays & Thursdays  
9:30-10:15 AM**

**Program Fees:**

**Member: \$75.00**

**Non-member: \$95.00**

**Military: \$85.00**

**Max Enrollment: 8**

## WOMEN AND WEIGHT TRAINING

Weight training offers numerous benefits for women, including increased muscle mass and strength, improved bone density, and reduced risk of cardiovascular disease, improved metabolism, enhanced mood and mental health, and increased confidence and body image.

It's a valuable addition to a fitness routine and can contribute to overall health and well-being.

Achieving fitness goals through weight training can lead to increased self-esteem and a more positive body image.



## REQUIRED EQUIPMENT

Water Bottle

Sneakers

Athletic Clothing



**WATERTOWNYMCA.ORG**