

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Ron Newman

Email: rnewman@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:

- Kicks 4 Kids
- Blue Sharks Swim Team
- Gymnastics & Ninja



GATEWAY FINANCIAL SCHOLARSHIP

To ensure all youth and families have access to programs and services, **Watertown Family YMCA**, supported by **Northern New York Community Foundation**, **United States Army Child & Youth Services** and **United Way of Northern New York**, offers financial assistance to those who are unable to afford membership or program fees.

Assistance is determined based on each applicant's income and expenses.

Applications are available at the YMCA Welcome Center or online. Watertown Family YMCA is committed to protecting the privacy of all applicants and safeguarding their personal information.



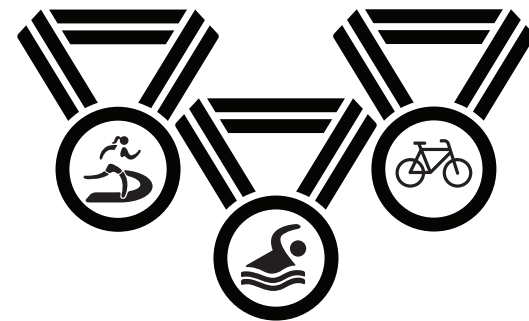
Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK



DOWNTOWN YMCA
YOUTH
TRIATHLON
3-PERSON TEAMS
AGES 10-18 YEARS
OCTOBER 13, 2025

REGISTRATION OPENS
SEPTEMBER 1, 2025



WATERTOWNYMCA.ORG

WHAT YOU NEED TO KNOW

Ages: 10–18 Years

Location: Downtown YMCA

Fitness Center & Aquatic Center

Date: October 13, 2025

Time: 1:00–3:00 PM

Group 1

10–14 Years Old

Group 2

15–18 Years Old

Program Fees*:
(Per Team Member)

Member: \$15.00

Non-Member: \$25.00

Military: \$20.00

*** REGISTRATION CLOSES
OCTOBER 10, 2025**

YOUTH TRIATHLON

Get ready for an action-packed day of fun, fitness, and teamwork!

Designed for kids and teens ages 10–18, this triathlon challenges **TEAMS of THREE** to work together toward one goal. Each team member chooses one leg of the race — run, swim, or bike (spin)— and your collective team time determines placement.

10–14 Years Old

100 Yd. Swim / 2.5 M. Bike / .75 M. Run

15–18 Years Old

200 Yd. Swim / 5 M. Bike / 1.5 M. Run

REQUIRED EQUIPMENT

(Event dependent)

Swim Suit & Towel

Swim Cap or Hair Pulled Back

Athletic Clothing

Sneakers

Water Bottle



Best total time wins!
Medals and event shirts
are awarded to all
participants, so everyone
goes home a winner!



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