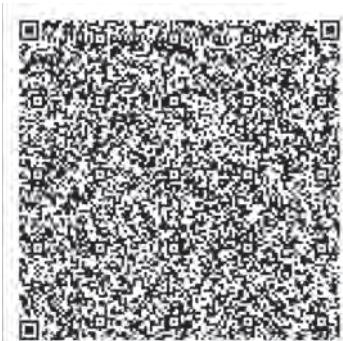


**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

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)**



**SCAN TO  
REGISTER**

Check out these other great  
YMCA programs:

- Doubles Tennis League
- Red Ball Tennis
- Swim Lessons



#### **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  
DUPR DAYS  
ADVANCED  
PICKLEBALL  
PROGRAM**  
**ADULT: 18+ YEARS**  
**OCTOBER-DECEMBER '25**



**REGISTRATION OPENS  
SEPTEMBER 29, 2025**



## WHAT YOU NEED TO KNOW

**Ages:** Adult: 18+ Years

**Location:** Downtown Racquet Center

**Start Date:** October 12, 2025

**End Date:** December 21, 2025

**Days & Time:**

**Sundays (10 Weeks)**

**11:00AM – 1:00 PM PM**

**Program Fee:**

**Members: \$50.00**

**Non-Members: \$90.00**

**Military: \$80.00**

## DUPR DAYS PROGRAM

This program is for the advanced DUPR rating of 3.0 and up players who would like to compete on a weekly basis to improve their rating.

This program allows players the opportunity to match themselves up and compete with other similar rated players. At the onset of each match, all should agree to record or not to record the score towards their DUPR rating.



## REQUIRED EQUIPMENT

Water Bottle

Non-marking Sneakers

Paddle & Balls Available



**WATERTOWNYMCA.ORG**