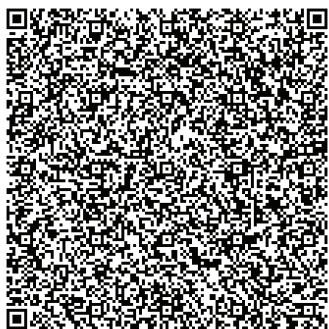


FAIRGROUNDS YMCA
585 Rand Drive
Watertown, New York 13601

For program questions contact:
Paul Passino
Email: ppassino@nnyymca.org
Phone: 315.755.9622

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



**SCAN TO
REGISTER**

**Check out these other great
YMCA programs:**

- Aquatic Group Ex
- Adult Swim Lessons
- Group Ex



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

FAIRGROUNDS YMCA
COED
KETTLEBELL
WEIGHT TRAINING
16+ YEARS



**REGISTRATION OPENS
DECEMBER 1, 2025**



WATERTOWNYMCA.ORG

WHAT YOU NEED TO KNOW

Ages: 16+ Years

**Location: Fairgrounds YMCA
Fitness Center**

Start Date: January 6, 2026

End Date: February 12, 2026

Days & Times:
Tuesdays & Thursdays
6:15 – 7:00 PM

Program Fees:
Member: \$75.00
Non-member: \$95.00
Military: \$85.00

Max Enrollment: 8

COED KETTLEBELL TRAINING

Coed Kettlebell Weight Training offers numerous benefits including increased muscle mass and strength, improved bone density, reduced risk of cardiovascular disease, and improved metabolism.

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

Achieving fitness goals through kettle bell weight training can also lead to enhanced mood and mental health, as well as increased confidence and body image.



Coed Kettlebell Weight Training program is lead by Watertown Family YMCA Personal Trainer, Maiven McKnight.

REQUIRED EQUIPMENT

Water Bottle
Sneakers
Athletic Clothing



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