

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

For program questions contact:  
Michelle Graham  
Email: [mgraham@nnnymca.org](mailto:mgraham@nnnymca.org)  
Phone: 315.782.3100

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:

- Group Ex
- Aqua Fitness Classes
- 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



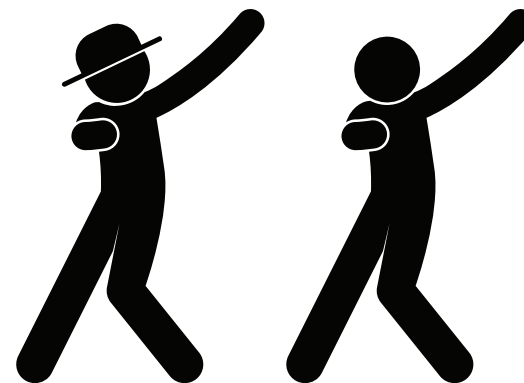
UNITED STATES ARMY  
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK

## **DOWNTOWN YMCA LINE DANCING**

**14+ YEARS**



**REGISTRATION OPENS  
NOVEMBER 1, 2025**



## WHAT YOU NEED TO KNOW

**Ages: 14+ Years**

**Location: Downtown YMCA**

**Days & Times\*:**

**Wednesdays: 5:45-6:45 PM**

**Start Date: November 19, 2025**

**End Date: December 17, 2025**

**\*5-Week Session**

**Program Fee:**

**Members: \$50.00**

**Non-Members: \$70.00**

**Military: \$60.00**

**Max Enrollment: 35**



### REQUIRED EQUIPMENT

Athletic Clothing

Water bottle

Sneakers (No Boots)

## LINE DANCING

Step into fun and fitness with our Y Group Line Dance Class! Whether you're a beginner or have some dance experience, this upbeat class is a great way to move, groove, and meet new friends.

Enjoy easy-to-follow routines set to great music while improving coordination, balance, and cardio health—all in a welcoming, social atmosphere. No partner needed. Just bring your enthusiasm and get ready to dance!

### Benefits of Line Dancing:

- Stimulate the brain
- Decrease Stress
- Increase and improve mental awareness
- Improves posture and balance
- Strengthens bones and muscles
- Provides an opportunity to socialize and meet other people



**WATERTOWNYMCA.ORG**