

THE

Something for
Everyone

PLACE



WATERTOWN FAMILY YMCA

Membership Guide



BRANCH HOURS

SCHEDULES SUBJECT TO CHANGE.

Check the Watertown YMCA website, Daxko app, and the Y Facebook and Instagram pages for updates to schedules or weather-related closures.

DOWNTOWN YMCA

Monday – Friday	5:00 AM – 9:00 PM
Saturday	6:00 AM – 5:00 PM
Sunday	8:00 AM – 5:00 PM

FAIRGROUNDS YMCA

***September – June**

Monday – Friday	5:00 AM – 10:00 PM
Saturday & Sunday	7:00 AM – 8:00 PM

CARTHAGE YMCA

Monday – Friday	7:00 AM – 12:00 PM 4:00 PM – 8:00 PM
Saturday	8:00 AM – 12:00 PM
Sunday	Closed

HOLIDAY HOURS OF OPERATION

Christmas Eve	8:00 AM to 1:00 PM – Downtown / Fairgrounds Fitness Centers Only
Christmas Day	Closed
New Year's Eve	8:00 AM to 1:00 PM – Downtown / Fairgrounds Fitness Centers Only
New Year's Day	Closed
Easter Sunday	Closed
Memorial Day	8:00 AM to 1:00 PM – Downtown / Fairgrounds Fitness Centers Only
Independence Day	Closed
Labor Day	8:00 AM to 1:00 PM – Downtown / Fairgrounds Fitness Centers Only
Thanksgiving Day	Closed

***Summer Hours**

Summer hours (July – August) may differ from this schedule. Visit watertownymca.org or your branch Welcome Center for more information.

MEMBERSHIP BENEFITS

Child Watch / Kids Adventure

Available for children ages 6 weeks to 12 years. We welcome you and your child to a safe, caring, and engaging environment. Available to Single-Parent Family and Family Memberships only.

Fitness Centers

Hours vary by branch. See schedules.

Orientation

Our specialized staff will demonstrate how to use cardio and strength equipment and review branch guidelines. Reservations can be made at any Watertown Family YMCA Welcome Center.

InBody Analysis – 2 FREE per year

Measure body composition including muscle mass, body fat, and total body water. Reservation required.

Group Exercise

A variety of live and virtual Group Ex classes in three studios are offered daily from Zumba to yoga.

Health & Wellness

Access personalized fitness and wellness programs to support your goals.

Racquetball

Available at the Fairgrounds branch. Court reservations required.

Spin Classes

Live and virtual instructor-led group cycling classes.

Parent & Tot PlayGroup / Big Kid Open Gym

Introduce your children to new activities through unstructured play in our gymnastics room.

Aquatic Group Exercise Classes, Lap Swimming, Open Swim, and Splash Pad

Available at the Downtown Aquatic Center.

Basketball Court Access

Available at the Fairgrounds and Carthage branches. Access is based on program schedules. Membership required.

Racquet Sports: Tennis / Pickleball / POP Tennis

Available at the Downtown Racquet Sports Center. A variety of programs and court reservations are available.

Indoor Turf Fields Access

Availability is based on program schedules. Please check in at the Fairgrounds Welcome Center for access to the fields.

Sports Programming Discounts

Members enjoy reduced pricing on a variety of programs.

Fully Equipped Locker Rooms

Lockers are available for daily use or rental.

Early Program Registration & Discounts

Members receive early registration for swim lessons and discounted pricing on programs and events.

Nationwide Membership

Visit any participating Y in the United States.

Non-Member Accounts

If you or a family member would like to participate in YMCA programs without a membership, a non-member account can be created.

Military non-member accounts offer discounted program fees for active-duty, retired military, and their families.

GATEWAY FINANCIAL SCHOLARSHIP

Everyone deserves the opportunity to belong. If you need help covering membership or program fees, ask about the Gateway Financial Scholarship at a Y Welcome Center or email customerservice@nnyymca.org.

Thanks to the generosity of our community, Watertown Family YMCA offers financial assistance to individuals and families. Awards are based on household income and expenses, and all information is kept strictly confidential.

In partnership with



Northern New York
Community Foundation



OUR CORE VALUES



CARING



HONESTY



RESPECT



RESPONSIBILITY

Character Development gives us the ability to meet our mission. By holding ourselves accountable and building character around our core values—Caring, Honesty, Respect, and Responsibility—we build healthy spirit, mind, and body for all.

CARING:

Show a sincere concern for others.

HONESTY:

Be truthful in what we say and do.

RESPECT:

Value the worth of every person.

RESPONSIBILITY:

Be accountable for our promises and actions.

Our Cause

At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health, and our neighbors.

YMCA Statement of Purpose

Watertown Family YMCA, through quality programming, provides for the strengthening of families, the healthy development of children, positive individual behaviors, and a healthier, safer community for all.

Our Commitment to Diversity and Inclusion

We strive to ensure that everyone — regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, sexual orientation, national origin, race, or income — has the opportunity to reach their full potential with dignity.

Our Focus

YOUTH DEVELOPMENT: Nurturing the potential of every child and teen.

HEALTHY LIVING: Improving our community's health and well-being.

SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors.

Our Voice

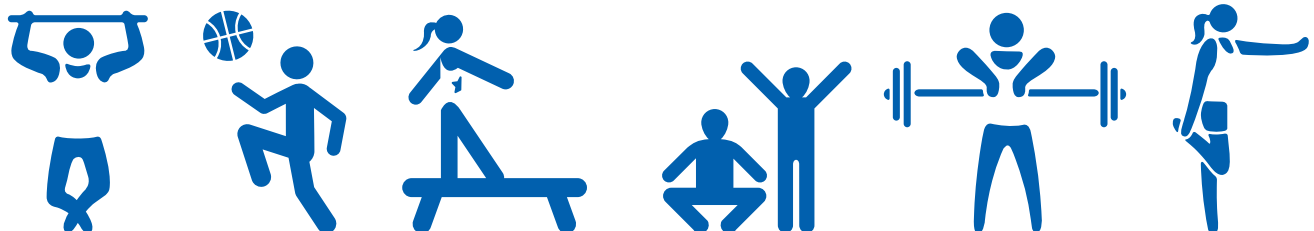
NURTURING: We are with you in your journey to develop your full potential.

GENUINE: We value who you are and encourage you to be true to yourself and others.

HOPEFUL: We believe in you and your ability to be a catalyst for good in the world.

DETERMINED: Above all else, we are on a relentless quest to make our community stronger beginning with YOU.

WELCOMING: Open to ALL. We are a place where you can be, belong, and become.



MEMBER CODE OF CONDUCT

Watertown Family YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for everyone, all individuals are asked to act appropriately while exhibiting the YMCA Core Values.

Anyone who feels that this YMCA Code of Conduct is being violated should report the behavior to a staff person on duty. YMCA staff members are eager to be of assistance. Please notify a staff member if assistance is needed.

A member, program participant, or guest who is in violation of the YMCA Code of Conduct could be subject to consequences, including removal from a program and/or termination of membership or program privileges. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

- Verbally abusive or vulgar language, including swearing, name-calling, shouting, or threatening is not permitted.
- All members serve as examples for the children and young people in our Y; sexually explicit conversation, demonstration of sexual activity, or sexual contact with another person is not permitted.
- Appropriate attire must be worn; please refrain from overly revealing attire.
- Loitering is not permitted in or outside YMCA facilities or programs.
- To protect the privacy of our members, cell phone use is not permitted in any locker room or restroom areas. Discreet and respectful use of cell phones is allowed in public/open areas only.
- For your safety and the safety of others, posted rules in program areas must be followed.
- You may not carry or conceal devices that may be used as weapons*.
* Does not apply to Law Enforcement Officials carrying weapons within the bounds of their public duty.
- Use or possession of illegal drugs or alcohol on YMCA property or at YMCA programs is prohibited.
- Physical contact with another person in an angry or threatening way is not permitted.
- Harassment or intimidation by words, gestures, body language, or menacing behavior is not permitted.
- Smoking, e-cigarettes, and tobacco use are not permitted. YMCA grounds and facilities are smoke-free, e-cigarette-free, and tobacco-free environments.
- For your safety and security, members and guest pass users must check in with their membership card/photo ID at the Welcome Desk and identify themselves when asked by YMCA staff.
- Theft or behavior that results in the destruction of property will not be tolerated.

Our YMCA utilizes video technology to protect all persons. Cameras are installed in open/public areas only, and not in private areas such as locker rooms, restrooms, etc.

Sexual Offender Background Check Policy:

Watertown Family YMCA considers it of great importance to provide a safe and threat-free environment. The YMCA utilizes a nationwide screening software to identify individuals listed on the National Sex Offender Registry. Any person identified on the national registry will not be eligible for YMCA membership.

Code of Conduct adopted by action of the Board of Directors on May 16, 2017.



THIS IS YOUR Y AND YOU BELONG HERE. LET US HELP YOU FEEL AT HOME.

Safety is a priority at Watertown Family YMCA. Children 12 years old and under must be accompanied and supervised by a parent or guardian at all times unless they are participating in a supervised program.

HOW DO I GET STARTED?

As a member of the Y, we invite you to meet with a Y fitness professional to assess your current fitness level, discuss your goals, answer your questions, and develop an appropriate exercise program. You will be introduced to the various types of equipment and programs available to help you reach your fitness goals. An orientation may be scheduled at the Welcome Center.

WHERE DO I LEAVE MY BELONGINGS WHEN I COME TO THE Y?

Feel free to use the lockers in the locker rooms designated for day use only. We recommend that you bring a lock and ask that you remove it when you are finished. If you are interested in renting a locker on a yearly basis, please see the Welcome Center staff for details.

HOW DO I CHECK IN?

As you enter the Y, please scan your membership card. This allows us to track facility usage and adjust staffing levels when appropriate. It also helps safeguard your membership by ensuring that all users are current members. If you lose your scan card, please notify the Welcome Center, and they will assign you a new one.

DOES THE Y HAVE AN APP?

Yes. You can download the Daxko Health & Fitness app from the App Store or Google Play on your Apple or Android device. Open the app and search for Watertown Family YMCA. Stay connected with upcoming programs, schedules, and receive notifications about closings, cancellations, or class changes. The app also allows you to create a virtual membership card—no need to carry your card with you.

HOW SHOULD I DRESS?

We encourage you to wear modest, comfortable workout attire that covers your chest and back. Shirts and shoes are required in all areas of the Y branches, except in locker rooms and pool areas.

WHAT ABOUT USING THE POOLS?

The Downtown YMCA Aquatic Center offers swim lessons, lap swimming, open swim, and aquatic group fitness classes for members. Proper swim attire is required. Life jackets are available for children who cannot swim to help ensure their safety. Children under 12 years must be accompanied by an adult while using the pool. Schedules are available at watertownymca.org.

HOW DO I JOIN AN EXERCISE CLASS?

Watertown Family YMCA offers a variety of cardio, spin, and yoga group exercise classes, and you are welcome to join any of them. Check the group exercise schedule to find a class that fits your needs. Our instructors are happy to help you choose the right class.

DOES THE Y OFFER CHILD CARE?

Yes! Each Y branch offers Child Watch Centers, allowing parents to work out while their children enjoy a safe, engaging environment. Please check each branch's schedule for hours of operation. The maximum stay is 60–90 minutes, depending on capacity.

CAN I BRING A GUEST TO THE Y?

We encourage you to bring a friend. Your membership includes two guest passes per year. You must accompany your guest, and they will need to provide a government-issued ID. We are always happy to welcome prospective members.

CAN MY CHILDREN USE THE FITNESS CENTER?

Youth 13–15 years may use the fitness center after completing a training session with a Y staff member. Youth 9–12 years may use the fitness center after completing a training session and **MUST BE SUPERVISED BY A PARENT OR GUARDIAN AT ALL TIMES**. For safety reasons, children under 9 years are not permitted in the fitness center.

CAN I USE THE BASKETBALL COURT?

All **Y MEMBERS** may use the basketball court. Please check the court schedule for open times. Food and drink are not allowed in the gym. Members must check in at the Welcome Center before accessing the courts.

ARE FAIRGROUNDS BASKETBALL COURTS OR SOCCER FIELDS AVAILABLE FOR RENT?

Basketball courts and soccer fields are available for rent based on availability. For regulations, rates, and scheduling, please contact Paul Passino at ppassino@nnyymca.org or Alexander Scheg at ascheg@nnyymca.org or call 315.755.9622.

HOW DO I RESERVE A TENNIS OR PICKLEBALL COURT TIME?

Please refer to our tennis and pickleball brochures for reservation details or call the Downtown Y Welcome Center at 315.782.3100.

WHAT IS THE PROCESS FOR TERMINATING A Y MEMBERSHIP?

Membership termination must be completed in person at a Watertown Family YMCA Welcome Center or by emailing customerservice@nnyymca.org.

ARE THERE OTHER WAYS TO SUPPORT MY YMCA AND COMMUNITY?

Watertown Family YMCA offers a variety of sponsorship and fundraising opportunities. Funds raised help provide sponsorships for programs, services, and experiences that empower individuals of all ages and backgrounds to reach their full potential.

INCLEMENT WEATHER POLICY

The safety of our members, guests, staff, and volunteers is our top priority. During inclement weather, Watertown Family YMCA may adjust facility hours, delay openings, or close the facility as needed.

Facility Operations

Watertown Family YMCA makes every effort to remain open during normal hours; however, severe weather conditions may require changes, including:

- Delayed opening
- Early closures
- Full facility closures

Decisions are based on local weather conditions, road safety, and the ability of staff and members to travel safely.

Programs and Classes

- Youth programs, and special events may be canceled or rescheduled.
- If the facility remains open, some programs may still be canceled based on instructor availability and safety considerations.
- Members are encouraged to check schedules before attending.

Notifications

Members will be notified of weather-related changes through:

- YMCA website and mobile app
- Social media channels
- Email alerts (Members must have verified their email address)
- Local media outlets, when applicable

Member Responsibility

Members should use their own judgment when traveling in inclement weather. If conditions are unsafe in your area, please prioritize your safety.

Child Care and Youth Programs

Child care services, including drop-in care and youth programs, may be limited or canceled during inclement weather. Parents and guardians should confirm program status prior to arrival.

Emergency Closures

In the event of unexpected or rapidly changing conditions, Watertown Family YMCA reserves the right to close immediately to ensure the safety of all.

CONTACT INFORMATION

Downtown YMCA
146 Arsenal Street
Watertown, NY 13601
315.782.3100

Fairgrounds YMCA
585 Rand Drive
Watertown, NY 13601
315.755.9622

Carthage YMCA
250 State Street
Carthage, NY 13619
315.493.3286

YMCA Daycare
514 Washington Street
Watertown, NY 13601
315.755.1208

YMCA S.A.C.C.
146 Arsenal Street
Watertown, NY 13601
315.755.2005

DOWNLOAD THE YMCA APP



ANDROID



APPLE

For More Information:
customerservice@nnyymca.org
watertownymca.org

Social Media

 Facebook: FamilyYMCA

 Instagram: [watertownfamily.ymca](https://www.instagram.com/watertownfamily.ymca)

Our YMCA is proud to have a long history of serving the soldiers and their families.

Designated an Armed Services YMCA, we currently serve an estimated 64% of Fort Drum active-duty personnel and their family members.



ARMED SERVICES YMCA