

## DOWNTOWN BRANCH

146 Arsenal Street  
Watertown, NY 13601

For program questions contact:

Michelle Graham,  
Health & Wellness Director  
mgramham@nnyymca.org  
315.782.3100

Need financial assistance?

Know someone who does?

We can help.

### GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has 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 memberships, services, or program fees.

#### SUPPORTED BY



Northern New York  
Community Foundation



UNITED STATES ARMY  
CHILD & YOUTH SERVICES



UNITED WAY  
Northern New York



SCAN FOR APPLICATION or stop by the Welcome Center. Assistance is based on applicant's income and expenses. All information is kept private and confidential.



VISIT US ONLINE AT  
[WATERTOWNYMCA.ORG](http://WATERTOWNYMCA.ORG)

**THE PLACE** for even more great YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

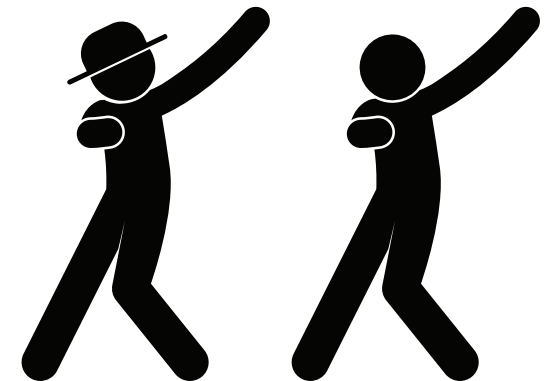
**THE**  
Where You Can  
Really *Do It All*  
**PLACE**

## DOWNTOWN BRANCH

### LINE DANCING

AGES: 14+

DATES: March 25 - May 20



REGISTRATION OPEN NOW



Scan to Register

FIND US ON





## LINE DANCING

### LOCATION

Downtown Community Center

### AGES

14+

### DATES\*

March 25

April 1, 15, 22, 29

May 6, 13, 20

\*No class April 8 for Spring Break

### DAY/TIME

Wednesdays 5:45 – 6:45 PM

### PROGRAM FEES

Members	\$80.00
Non-Members	\$90.00
Military	\$100.00

Max. enrollment: 35

### REQUIRED EQUIPMENT

Water bottle

Athletic clothing

Sneakers (no boots)

Step into fun and fitness with our **Y GROUP LINE DANCING 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!

## PROGRAM BENEFITS

- Stimulates the brain
- Decreases Stress
- Increases mental awareness
- Improves posture and balance
- Strengthens bones and muscles
- Provides an opportunity to socialize and meet other people



Questions?  
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