

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:

Bear Jones
bjones@nnyymca.org
315.755.2132

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



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

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

MASTERS SWIM

AGES: 18+

DATES: January 2026 - 2027



REGISTRATION OPEN



Scan to Register

FIND US ON





MASTERS SWIM

LOCATION

Downtown Aquatic Center

AGES

18+

DATES

January 2026 – January 2027

DAY/TIME

Saturdays* 10:30 – 11:30 AM

*Uncoached practice

Wednesdays 5:00 – 6:00 PM

Coached practice

PROGRAM FEES

Members Only: \$15 per month

REQUIRED EQUIPMENT

Swim suit

Towel

Swim cap (or long hair pulled back)

Our **MASTERS SWIM** program is coached by a team of four highly experienced individuals: Lauren Hardwick, Joe Macutec, Erin Earley, and Nick Netto. They are passionate about helping you reach your goals.

- Wednesday will be a coached practice with specialized workouts
- Saturday will be open for an uncoached practice with a weekly workout available

Affiliated with U.S. Masters Swimming, the national governing body for adult swimming, this program is designed for adult lap swimmers who want to practice a variety of competitive swimming techniques and learn drills for all four competitive strokes under the guidance of a coach.

Intermediate to advanced swimmers will swim 50 to 100 yards consecutively using competitive-style stroke techniques with expert on-deck coaching, technique instruction, camaraderie, and more!

For competitive and non-competitive swimmers looking to increase their strength and endurance while improving their stroke techniques.



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