

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:

Kristen Lawrence
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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



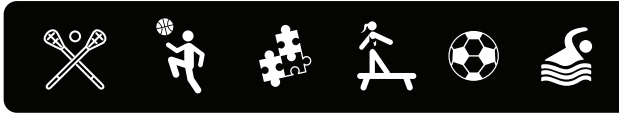
Northern New York
Community Foundation



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

THE PLACE for even more great YMCA programs:

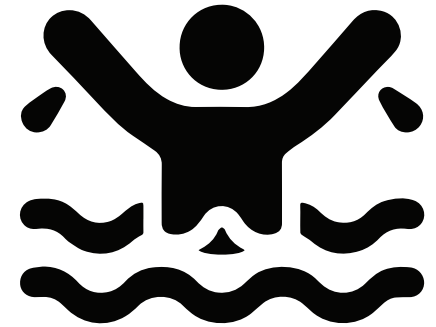
- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

THE
Where You Can
Really *Do It All*
PLACE

DOWNTOWN BRANCH

AQUATIC
GROUP EXERCISE
FITNESS CLASSES

AGES: 18+



SOME CLASSES REQUIRE REGISTRATION



Scan for Info

FIND US ON





FREE WITH MEMBERSHIP

Aquafit

This low-impact warm-water class uses the resistance of the water to improve muscle tone, flexibility, balance, and overall well-being.

Aqua Barre

Utilizing the side of the pool like a ballet barre, this warm-water low intensity class will focus on core strength, balance, and range of motion.

Aqua Dance

Take off your dancing shoes, you're in the pool! Aqua Dance is a high-energy, low-impact workout in the pool with easy-to-follow dance moves.

Aqua HIIT

Low-impact, high-intensity class designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance using water resistance to cushion the feet, knees, and back.

Aqua Mobility

Focusing on range of motion, muscle strengthening, endurance-building exercises, and balance.

Aqua Stretch

Improve range of motion and flexibility with gentle low-impact stretching while building strength through natural water resistance, engaging your core muscles and promoting stress relief.

Aqua Tabata

A high-intensity, interval exercise program designed in intervals of 20 seconds of high-intensity aerobic exercise followed by 10-second rest intervals.

Forever Fit

A moderate water exercise program for all ages designed to increase muscle tone, flexibility, and cardiovascular fitness.

Social Volleyball

A recreational version of volleyball played in the pool where the focus is on fun and social interaction rather than intense competition.

Water Walking

This class provides a variety of intensity levels for all abilities. Includes a brisk lane and leisure lane, along with a mix of cardio and strength exercises.

REGISTRATION & PAYMENT REQUIRED

Aqua Cycle

Keep cool with this hot new workout that combines the low-impact benefits of aqua aerobics with the high-intensity thrill of indoor cycling. A total-body, results-driven workout that will have you cycling, rebounding, stabilizing, stretching, building endurance, and challenging your stamina.



Aqua Jump

Combine the natural resistance of water with choreographed jump, dance, HIIT, and barre moves for a high-energy, full-body workout that engages the legs, core, arms, and back.

Aqua Yoga

A balance and strength-based water-fitness class that uses inflatable, tethered Aqua Body Strong™ boards in the pool for a total-body, core strengthening workout that challenges the body to maintain proper control and alignment while moving through a series of transitional movements on the board increasing balance, strength, endurance, flexibility, and focus.

Masters Swim

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

Questions?
Please contact
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315.755.2132