

## FAIRGROUNDS BRANCH

585 Rand Drive  
Watertown, NY 13601

### For program questions contact:

Paul Passino, Branch Director  
ppassino@nnyymca.org  
315.755.9622

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.

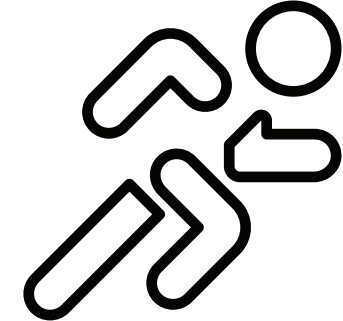


## FAIRGROUNDS BRANCH

### INTRO TO TRACK & FIELD

AGES: 3 - 13 Years

DATES: June 2 - 18



### REGISTRATION OPEN NOW



Scan to Register

FIND US ON



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**



## INTRO TO TRACK & FIELD

### LOCATION

Fairgrounds Large Soccer Field

### AGES

3 - 13 Years

### DATES

June 2 - 18

**DAYS/TIMES** Tuesday & Thursday

3 - 5 Years\* 4:30 - 5:15 PM

6 - 8 Years 5:15 - 6:00 PM

9 - 13 Years 6:00 - 6:45 PM

**\*A Parent or guardian is required to be on the field at all times.**

### PROGRAM FEES

Members \$48.00

Non-Members \$62.00

Military \$57.00

### REQUIRED EQUIPMENT

Water bottle

Athletic clothing

Sneakers or running shoes

**INTRO TO TRACK & FIELD** teaches children about various track events and provides opportunities to build their skills and showcase their abilities throughout the course.

### TOPICS & EVENTS COVERED

- Stretching
- Hurdles
- Baton Relay
- Shot put
- Discus Throw
- High Jump
- Long Jump
- Sprinting
- Long-Distance Running

Fair play, positive competition, and family involvement is encouraged.



**ON YOUR MARK,  
GET SET, AND GO...**

**...DISCOVER THE  
EXCITEMENT OF TRACK & FIELD!**

Questions?  
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