

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:
Kristen Lawrence, Aquatics Director
klawrence@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



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.



DOWNTOWN BRANCH

MORNING AQUA CYCLE

AGES: 18+

DATES: May 28 - July 30



REGISTER FOR 1 OR MULTIPLE CLASSES!



FIND US ON



Scan to Register



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



MORNING AQUA CYCLE

LOCATION

Downtown Aquatic Center

AGES

18+

DATES

- May 28
- June 4
- June 11
- July 2
- July 9
- July 16
- July 23
- July 30

*Register for one or multiple classes!

DAY/TIME

Thursdays 10:30 - 11:15 AM

PROGRAM FEES

 per class

Members	\$5.00
Non-Members	\$10.00
Military	\$7.50

REQUIRED EQUIPMENT

Swim suit and towel
 Swim cap or long hair pulled back
 Y Aqua Cycle Bikes provided

Keep cool with a hot new workout!
AQUA CYCLE combines low-impact benefits of aqua aerobics with the high-intensity thrill of indoor cycling for a total-body workout you'll love.

This results-driven class will have you cycling, rebounding, stabilizing, stretching, challenging your stamina, and building endurance.

Ideal for individuals who suffer from joint pain, are overweight, or need to stimulate their lymphatic system. Perfect for group fitness classes, small group training, and therapy.

REGISTER FOR MULTIPLE CLASSES!

*Class meets weekly for 45 minutes and requires registration per class.

**JOIN US EVERY THURSDAY –
 YOU'LL BE GLAD YOU DID!**



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