

## FAIRGROUNDS BRANCH

585 Rand Drive  
Watertown, NY 13601

### For program questions contact:

Jessica Rockwell,  
Gymnastics Supervisor  
jrockwell@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.



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**



## FAIRGROUNDS BRANCH

### NINJA

AGES: 18 Months - 13 Years

DATES: July 6 - August 20



**REGISTRATION\* OPENS MAY 1<sup>ST</sup>**

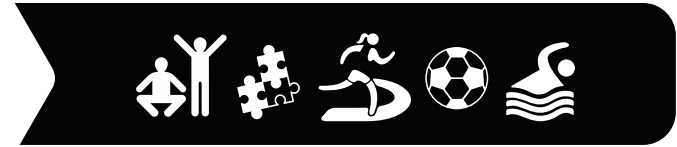
\*Based on Availability



Scan for Info

FIND US ON





# NINJA

## AGES

18 Months - 13 Years

## DATES

July 6 - August 20

## PROGRAM FEES

### Parent & Tot (30 min.)

Member \$68.00  
 Non-Member \$91.00  
 Military \$86.00

### Mini / Shadow / Stealth (45 min.)

Member \$78.00  
 Non-Member \$104.00  
 Military \$99.00

### Avalanche (60 min.)

Member \$93.00  
 Non-Member \$124.00  
 Military \$119.00

## REQUIRED EQUIPMENT

- Fitted clothing or leotard
- Water bottle
- No shoes or socks
- No jewelry
- Long hair must be pulled back

Our Ninja Warrior-style **NINJA PROGRAM** helps develop confidence and increase body awareness on age-appropriate obstacle courses with elements of running, jumping, climbing, crawling, balancing, and agility.

**Parent & Tot** - Parents guide child's exploration & activities

**Mini Ninja** - A fun, first solo class with cardio & strength games

**Avalanche** - Build on strength progressions & add gymnastics skills

**Shadow / Stealth Ninja** - Strength & cardio for better agility & coordination

*Please note: Schedule subject to change based on enrollment.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PARENT &amp; TOT</b>	10:30-11:00AM	9:45-10:15AM				
<b>18 months - 3 years</b>	4:30-5:00PM	5:15-5:45PM				
	5:45-6:15PM					
<b>MINI NINJA</b>	9:30-10:15AM	10:30-11:15AM				
<b>3 - 5 years</b>	3:30-4:15PM	11:15A-12:00P				
	5:00-5:45PM	4:30-5:15PM				
		6:00-6:45PM				
<b>AVALANCHE</b>	11:00A-12:00P					
<b>4 - 6 years</b>	6:15-7:15PM					
<b>SHADOW NINJA</b>		4:30-5:15PM		5:30-6:15PM		
<b>5 - 8 years</b>						
<b>STEALTH NINJA</b>				6:30-7:15PM		
<b>9 - 13 years</b>						

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