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.

the YMCA | 175 YEAR ANNIVERSARY

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

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FAIRGROUNDS BRANCH

GYMNASTICS

AGES: 2 – 18 Years
DATES: July 6 – August 20



REGISTRATION* OPENS MAY 1ST

*Based on Availability

Scan for Info

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GYMNASTICS

AGES
2 – 18 Years

DATES
July 6 – August 20

PROGRAM FEES

Member

30-Minute Class	$68.00
45-Minute Class	$78.00
60-Minute Class	$93.00

Non-Member

30-Minute Class	$91.00
45-Minute Class	$104.00
60-Minute Class	$124.00

Military

30-Minute Class	$86.00
45-Minute Class	$99.00
60-Minute Class	$119.00

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

GYMNASTICS offers a solid foundation for all sports as it promotes development of both gross and fine motor skills, strength, flexibility, and body awareness.

Not only do gymnasts develop physical fitness but, they also build confidence, learn how to deal with fear, and effectively overcome obstacles and challenges.

Please note: Schedule subject to change based on enrollment.

PRESCHOOL GYMNASTICS	Monday	Tuesday	Wednesday	Thursday
PARENT & TOT			6:00-6:30PM	10:15-10:45AM
2 - 3 Years | 30 min.				5:15-5:45PM
CLASS A			4:30-5:15PM	9:30-10:15AM
3 - 4 Years | 45 min.			5:15-6:00PM	10:45-11:30AM
				5:45-6:30PM
CLASS G (GIRLS)	4:30-5:15PM		12:00-12:45PM	4:30-5:15PM
5 - 6 Years | 45 min.			6:30-7:15PM	
GYMNASTICS				
CLASS 1 | 6 - 12 Years | 45 min.	5:30-6:15PM	4:30-5:15PM	1:00-1:45PM	
		6:30-7:15PM		
CLASS 2 | 6 - 12 Years | 45 min.	4:30-5:15PM	5:30-6:15PM		
CLASS 3 | 8 - 14 Years | 45 min.			5:15-6:00PM	
CLASS 4 | 8 - 14 Years | Class 4 | 1 hr.			6:15-7:15PM	
TEENS/TWEENS | 11 - 18 Years | 1 hr.			6:15-7:15PM	
TUMBLING				
BEGINNER | 6 - 12 Years | 45 min.	5:30-6:15PM	5:30-6:15PM		
INTERMEDIATE | 8 - 14 Years | 45 min.		6:30-7:15PM		
BACK HANDSPRING | 10 - 18 Years | 1 hr.	6:30-7:30PM			
BOYS GYMNASTICS				
BOYS | 5 - 18 Years | 1 hr.				6:30-7:30PM

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