

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:

Michelle Graham, Senior Director
of Health and Wellness
mgramham@nnyymca.org
315.782.3100

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

5k RUN CLUB – ALL LEVELS WELCOME!

AGES: 18+

DATES: September 16 – November 18*



Train Together. Finish Together.

*Get ready to run the 2026 Turkey Day 5k!

Join us for a fun, supportive training
program and cross the finish line
together on Thursday, November 26.

REGISTRATION OPEN NOW



FIND US ON



Scan to Register



5k RUN CLUB

LOCATION

Downtown YMCA and Thompson Park*

AGES

18+

DATES

September 16 - November 18**

**Get ready to run the 2026 Turkey Day 5K!

Join us for a fun, supportive training program and cross the finish line together on Thursday, November 26.

DAYS/TIMES

Wednesdays 5:30 PM
see schedule for locations

PROGRAM FEES

Members	\$50
Non-Members	\$90
Military	\$70

REQUIRED EQUIPMENT

Water bottle
Sneakers
Athletic clothing

**TRAIN TOGETHER.
FINISH TOGETHER.**

Lace up for our **5K RUN CLUB** and go from "I should start running. . ." to crossing the finish line strong! Build endurance, confidence, and healthy running habits in a supportive environment.

This unique program combines:

- 10 weekly outdoor group runs leaving from -
 - Downtown Y indoor track
 - Thompson Park - *Meet at the 10th Mountain Statue
- 5 educational lectures to help you train safely, gain confidence, and reach your running goals
- 3 training plans to choose from based on your goals & experience

Join us for the guidance, motivation, and camaraderie to keep moving at whatever pace you choose!

SCHEDULE

9/16	YMCA - Lecture at 5:30
9/23	Meet at Park
9/30	YMCA - Lecture at 5:30
10/7	Meet at Park
10/14	YMCA - Lecture at 5:30
10/21	Meet at Park
10/28	YMCA - Lecture at 5:30
11/4	Meet at Park
11/11	YMCA - Lecture at 5:30
11/18	Meet at Park
11/26	Meet at Turkey Day 5K Run



**LED BY PERSONAL TRAINER &
CERTIFIED RUNNING COACH,
KEZIAH LANDIDO**

ALL LEVELS WELCOME!

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