

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

NO CLASSES

November 25 – 26: Thanksgiving Break
December 21 – January 2: Christmas Break
February 15 – 20: Winter Break
March 26: Good Friday
April 12 – 17: Spring Break
May 31: Memorial Day

LOOKING AHEAD

June 19: Last Day of Regular Classes
June 2027 – Dates Coming Soon!
Parent & Tot Day
Gymnastics Showcase
Ninja Showcase

THE
Where You Can
Really *Do It All*
PLACE



FAIRGROUNDS BRANCH

NINJA

AGES: 18 Months – 15 Years

DATES: Sep 2026 – June 2027



REGISTRATION OPEN*

*Based on Availability



Scan for Info

FIND US ON





NINJA

AGES

18 Months – 15 Years

DATES

September 11, 2026 – June 19, 2027

PROGRAM FEES

Parent & Ninja (30 minutes)

Member	\$39.00
Non-Member	\$54.00
Military	\$49.00

Mini / Shadow / Stealth / All Ages (45 min.)

Member	\$45.00
Non-Member	\$59.00
Military	\$54.00

Avalanche (60 minutes)

Member	\$57.00
Non-Member	\$67.00
Military	\$62.00

A non-refundable registration fee of \$35 is required at enrollment. The annual registration fee helps offset administrative costs while supporting equipment upgrades, safety improvements, and ongoing investments in the quality of our gymnastics program.

REQUIRED EQUIPMENT

Fitted clothing or leotard

Water bottle

No shoes, socks, or loose jewelry

Long hair must be pulled back

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

From climbing walls & balance elements to jumping challenges and agility drills, every session is designed to keep kids engaged and moving.

Parent & Ninja (18mo – 3yrs) – Parents guide child's exploration & activities

Mini Ninja (3 – 5yrs) – A fun, first solo class with cardio & strength games

Avalanche (3 – 5yrs) – Builds on strength progressions & adds gymnastics skills

Shadow/Stealth Ninja (5 – 15yrs) – Strength & cardio for better coordination & agility

All Ages Ninja (6 – 13yrs) – Great for siblings!

Please note: Schedule subject to change based on enrollment.

	Monday	Tuesday	Wed	Thursday	Friday	Saturday
PARENT & NINJA	9:30–10:00AM	10:30–11:00AM				8:40–9:10AM
18 months – 3 years	5:30–6:00PM	5:15–5:45PM			5:15–5:45PM	
MINI NINJA	10:00–10:45AM					9:15–10:00AM
3 – 5 years	10:45–11:30AM	11:00–11:45AM				10:05–10:50AM
	4:45–5:30PM	4:30–5:15PM				10:55–11:40AM
		5:45–6:30PM			4:30–5:15PM	11:45–12:15PM
AVALANCHE	11:45–12:45PM					
4 – 6 years	6:15–7:15PM				6:00–7:00PM	
SHADOW NINJA				4:15–5:00PM	4:30–5:15PM	9:15–10:00AM
5 – 8 years				5:00–5:45PM	5:15–6:00PM	
				5:45–6:30PM		
STEALTH NINJA				5:15–6:00PM		
9 – 15 years				6:00–6:45PM	6:00–6:45PM	
ALL AGES NINJA						10:05–10:50AM
6 – 13 years						