

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.



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

PRIVATE SWIM LESSONS

AGES

3 Years - Adult

DATES

September 4 - 30



REGISTRATION OPENS AUGUST 3RD



FIND US ON



Scan to Register



PRIVATE SWIM LESSONS

LOCATION

Downtown YMCA

Maxine Engstrom Quigg Aquatic Center

AGES

3 Years – Adult

DATES

September 4 – 30 (4 weeks)

PROGRAM FEES

Members	\$160.00
Non-Members	\$320.00
Military	\$300.00

REQUIRED EQUIPMENT

Swim suit & towel

Swim cap (or long hair pulled back)

PRIVATE SWIM LESSONS allow the instructor to focus entirely on the individual's needs. Whether the swimmer is a beginner, has specific fears, or needs help mastering a particular stroke, the lessons can be tailored to their skill level and learning pace.

Private lessons allow the swimmer and instructor to set specific, individualized goals based on the swimmer's abilities and aspirations. Whether it's learning basic water safety or refining advanced techniques, the lessons can be geared toward those results.

DAYS/TIMES

Fridays | Sept 4, 11, 18, 25
LAP Pool All Ages

4:20 – 4:50 PM

4:55 – 5:25 PM

6:05 – 6:35 PM

DAYS/TIMES

Sundays | Sept 6, 13, 20, 27
LAP Pool Ages 3–12 Years

8:45 – 9:15 AM

9:20–9:50 AM

9:55–10:25 AM

11:05–11:35 AM

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