

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 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

LINE DANCING

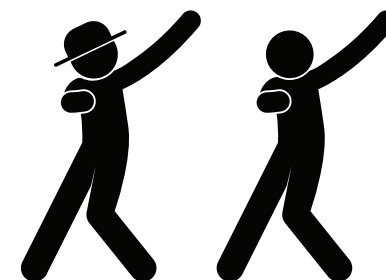
AGES: 14+

SESSION 1: Sep 23 – Oct 28

SESSION 2*: Nov 4 – Dec 16

Wednesdays at 5:45 PM

*No class the week of Thanksgiving



REGISTRATION OPEN NOW



Scan to Register

FIND US ON





LINE DANCING

LOCATION

Downtown YMCA Cardio Studio

AGES

14+

SESSION 1

Sep 23 – Oct 28

SESSION 2*

Nov 4 – Dec 16

*No class the week of Thanksgiving

DAY/TIME

Wednesdays 5:45 – 6:45 PM

PROGRAM FEE per session

Members \$60

Non-Members \$84

Military \$72

Max. enrollment: 35

REQUIRED EQUIPMENT

Water bottle

Athletic clothing

Sneakers (no boots)

Step into fun and fitness with our **Y GROUP LINE DANCING CLASS!**

Whether you're a beginner or have some dance experience, this upbeat class is a great way to move, groove, and meet new friends.

Enjoy easy-to-follow routines set to great music while improving coordination, balance, and cardio health—all in a welcoming, social atmosphere.

No partner needed. Just bring your enthusiasm and get ready to dance!



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