

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:
Ron Newman, Branch Director
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



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 *Make A Splash*
PLACE



DOWNTOWN BRANCH

FALL SESSION 1:
SWIM LESSONS

NOW
DISCOUNTED
THANKS TO: **STEP INTO SWIM**



AGES
6 Months - 18 Years

DATES
September 15 - November 7

LESSON REGISTRATION OPENS

For Members	August 31 9:00 AM
Non-Members	September 2 9:00 AM

FREE LESSONS (12 & Under) NEXT SESSION!



Scan to Register
or for More Info

FIND US ON





FALL SESSION 1: SWIM LESSONS

LOCATION: Downtown YMCA
Maxine Engstrom Quigg Aquatic Center

AGES: 6 Months – 18 Years

DATES: September 15 – November 7*
Tuesday OR Thursday OR Saturday

PROGRAM FEES: per session**

**Discounted thanks to "Step Into Swim" Grant

NOW \$25 OFF!

Parent & Tot A (6 mos – 3 yrs)

Members	\$18	FREE!
Non-Members	\$94	\$69
Military	\$89	\$64

Parent & Tot B (2 – 5 yrs)

Levels 1 – 3ACTIVITY (30-min)

Members	\$64	\$39
Non-Members	\$94	\$69
Military	\$89	\$64

Level 3LAP and Level 4 (45-min)

Swim Team Prep* (60-min)

Members	\$71	\$46
Non-Members	\$100	\$75
Military	\$95	\$70

FREE LESSONS (12 & Under) NEXT SESSION!

REQUIRED EQUIPMENT

Swim suit & towel

Swim cap (or long hair pulled back)

Goggles for Level 4+ (no nose piece)

Parent & Tot A | Water Discovery (MIN. 6 mos old)

Goal: Introduce infants/toddlers to basic water safety through fun and interactive instruction and games led by an instructor. Parents and children will build trust as they learn together. **A Parent/Guardian must be in the pool.**

Parent & Tot B | Water Exploration (MIN. 2 yrs old)

Prerequisite: Ability to be in the water with a parent in the water nearby. **Goal:** Encourage children to move purposefully in the water while emphasizing basic water safety with the guidance of an instructor & the assistance of parents. **A Parent/Guardian must be in the pool.**

Level 1 | Water Acclimation (MIN. 4 yrs old)

Prerequisite: Ability to be in the water without a parent. **Goal:** Increase comfort in the water & develop basic skills with an instructor including floats, crawls, & submersion. **A Parent/Guardian must remain on the pool deck.**

Level 2 | Water Movement

Prerequisite: Must be comfortable in the water without a flotation device. **Goal:** Encourage independent motion & developing skills to propel and glide without assistance. **A Parent/Guardian must remain on the pool deck.**

Level 3ACTIVITY and 3LAP | Water Stamina

3ACTIVITY Prerequisite: Ability to perform unassisted glides, floats, and submerge. **3LAP Prerequisite:** Ability to swim front crawl 25 yards, tread for 1 minute, and front crawl 25 yards. **Goal:** Promote independent motion in the water while integrating arm/leg action with rhythmic breathing. **A Parent/Guardian must remain on the pool deck.**

Level 4 | Stroke Introduction

Prerequisite: Ability to swim front crawl 25 yards, tread for 1 minute, and front crawl 25 yards. **Goal:** Develop front and back crawl techniques and introduce components of breaststroke and butterfly.

Level 5 / Swim Team Prep* | Stroke Development

Prerequisite: Ability to swim front crawl 25 yards, tread for 1 minute, and front crawl 25 yards. **Goal:** Lap pool lessons are grouped by skill level and are designed to enhance techniques, stroke mechanics, diving, & more.

DAYS/TIMES (PICK ONE)

Tuesday

ACTIVITY POOL

4:20 – 4:50 PM	Parent & Tot A, Level 1
4:55 – 5:25 PM	Parent & Tot B, Level 2
5:30 – 6:00 PM	Levels 1, 2, 3ACTIVITY
6:05 – 6:35 PM	Levels 1, 2, 3ACTIVITY
6:40 – 7:10 PM	Levels 1, 2, 3ACTIVITY

LAP POOL

4:40 – 5:25 PM	Level 3LAP, Level 4
6:00 – 7:00 PM	Swim Team Prep*

Thursday

ACTIVITY POOL

11:45 – 12:15 PM	Parent & Tot A
4:20 – 4:50 PM	Parent & Tot A, Level 1
4:55 – 5:25 PM	Parent & Tot B, Level 2
5:30 – 6:00 PM	Levels 1, 2, 3ACTIVITY
6:05 – 6:35 PM	Levels 1, 2, 3ACTIVITY
6:40 – 7:10 PM	Levels 1, 2, 3ACTIVITY

Saturday

ACTIVITY POOL

8:30 – 9:00 AM	Parent & Tot A, Level 1
9:05 – 9:35 AM	Parent & Tot B, Level 2
9:40 – 10:20 AM	Levels 1, 2, 3ACTIVITY
10:25 – 10:55 AM	Levels 1, 2, 3ACTIVITY

LAP POOL

8:45 – 9:30 AM	Level 3LAP
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*Swim Team Prep runs Tuesdays and Thursdays from September 15 – October 1

Questions? Please contact
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