



ARMED SERVICES YMCA

**Children's Waiting Room**  
is made possible with  
support from the  
**Armed Services YMCA.**

This service is provided in an  
effort to say thank you for the  
sacrifices you make every day.



**For questions or concerns :**  
**Samantha Hamilton**

**Email: [shamilton@nnyymca.org](mailto:shamilton@nnyymca.org)**

**Phone: 315.755.2005**

**[www.watertownymca.org](http://www.watertownymca.org)**



ARMED SERVICES YMCA

## AND THERE'S MORE!

**Join the YMCA and take advantage  
of these other great programs.**

- Youth and Adult Sports
- Group Fitness Classes
- Personal Training
- Swim Lessons
- Health & Wellness Programs
- Childwatch
- School Age Childcare (S.A.C.C)  
Available before & after school.
- Summer Camps

For more information on military  
discount options, memberships,  
programs, and services visit  
**[www.watertownymca.org](http://www.watertownymca.org)**



ARMED SERVICES YMCA

**FAIRGROUNDS & DOWNTOWN**

## **CHILDREN'S WAITING ROOM**

**FREE CHILDCARE**  
for Military Families  
with Medical Appointments.



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## WHAT YOU NEED TO KNOW

Available for children ages  
**6 weeks – 12 years**

### Reservations\*:

To set up registration and please email **Dawn Nellenbach:**  
**dnellenbach@nnyymca.org**

Please provide a contact number in your email. You will be called within 24 hours to confirm registration and reservation.

You will be required to fill out a simple parent agreement at the site and then you will be on your way!

**\* Must reserve no later than 11:00 am on Friday for use on Monday.**

**\*\*Space is limited. Reservations are first come–first served.**

## CHILDREN'S WAITING ROOM

### Why should I use these services?

For military parents, it can often be difficult to focus on their own health and well-being when their attention is divided between their care provider appointments and their children.

In addition parents, prefer to leave healthy children outside of the clinical areas to reduce exposure to sick patients, lessens the chance of them getting sick, and allowing parents to focus on the information provided by the doctor.

The Watertown Family YMCA Children's Waiting Room (CWR) provides a safe, nurturing environment for children while their parents attend medical appointments making it easier for them to ensure their family is healthy and happy during a loved one's military service.

### PROGRAM DETAILS:

- Children's Waiting Room is **FREE** to service members and their dependents.
- CWR provides up to two hours of supervision for children during medical appointments.
- Reservations are required and should be made as far in advance as possible
- Plan your medical appointment schedule based on hours of availability listed below.
- Due to current Covid-19 guidelines, masks are required for children 2 years of age and up.

Hours of operation change seasonally. Check [www.watertownymca.org](http://www.watertownymca.org) for updates.

## CHILDREN'S WAITING ROOM LOCATION AND HOURS

### FAIRGROUNDS Y

Monday – Friday: 8:45 – 11:45 am  
Monday – Thursday: 4:15 – 6:15 pm  
585 Rand Drive, Watertown  
315.755.2005

### DOWNTOWN Y

Monday & Wednesday: 8:45 – 11:45 am  
119 Washington Street, Watertown  
315.782.3100