



DOWNTOWN • FAIRGROUNDS • SACKETS HARBOR • CARTHAGE

WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA

33RD SHAMROCK RUN GREAT SUCCESS



Enjoying a little family fun at the Annual Shamrock Run

Despite blustery and wet weather, the 33rd Annual Shamrock Run had a GREAT turn out! Staff, volunteers, members and their families braved the wind and cold to show how tough the North Country truly is!

The Top Overall Female was Annabelle Renzi, who is only 12 years old! Her time was 21 minutes and 22 seconds. The Top Overall Male was James Brady, with a time of 19 minutes and 42 seconds. Congratulations to them both!

We are so grateful to all our sponsors, participants and volunteers for coming out this weekend!



James Brady



Annabelle Renzi

UPCOMING PROGRAMS

- Prince and Princess Ballet Camp
Fairgrounds YMCA
Ages 3-6
April 11th-April 15th
9:00AM-10:30AM
- Avalanche Camp
Fairgrounds YMCA
Ages 5-15
April 11th-April 15th
9:00 AM-11:00 AM
- Spring Break Sports Camp
Fairgrounds YMCA
Ages 5-12
April 11th-April 15th
9:00 AM-12:00 PM
- Intro to Archery/Club Archery
Fairgrounds YMCA
Ages 8-16
April 19th-May 24th, Tuesdays
5:00PM-6:30PM, Intro
6:30PM-7:30PM, Club
- Beginner's Baseball
Fairgrounds YMCA
Ages 3-10
April 18th-May 23rd, Mondays
3/4 Years 4:15 PM-5:00 PM
5-7 Years 5:00 PM-6:00 PM
8-10 Years 6:00PM-7:00PM
- STEM Camp
Fairgrounds YMCA
Ages 7-10
April 11th-April 14th
1:00PM-3:00PM
- Archery Camp
Fairgrounds YMCA
Ages 8-16
April 11th-14th
9:30AM-11:00AM, Intro
11:00AM-12:30PM, Advanced

Check out watertownymca.org to see everything we have to offer!

WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA

MEMBER TESTIMONIAL: JOHNATHON GAINES



I have been around the YMCA in Watertown most of my life. My dad had a Corporate Family Membership through the Papermill where he worked. My family would go quite regularly, especially for open swim in what is now the lap pool. We enrolled in many programs over the years, track and field, basketball, and summer camps at the YMCA building to name a few.

As an adult myself I got the membership back several years ago. I am a Volunteer Firefighter and EMT in my hometown of Black River, and I wanted a way to be able to stay in shape so I can better serve my community. I unfortunately had to take a hiatus during the height of the pandemic when everything closed down and continued for a couple years as I was working a lot of hours in emergency services. I just restarted my membership a week ago and have been back at the YMCA several times now.

I enjoy the friendly atmosphere, as well as the variety of equipment that the YMCA offers. My step son is enrolled in swim lessons, and my 13 year old step son enjoys going with me to work out to "bulk up" for school sports. We look forward to enjoying many more programs and opportunities that the YMCA has to offer.

HOW DO YOU SPEND YOUR BREAKS?



If you're looking to keep your child off screens while keeping them active and engaged, check out holiday break camps!

Whether your child enjoys sports, dance, gymnastics, or more STEM based activities, we have something that'll spark interest for all! YMCA camps allow children to create and try new skills, make friends, and stay active during breaks!

If you're interested in what we have to offer, check out watertownymca.org.

Want to share your Y Story?
Email us at marketing@nnyymca.org
Pictures encouraged!

A LOOK BACK

MARCH 14, 1994



Shamrock Shenanigans

Runners leave the starting line for the Shamrock Run Saturday morning in Watertown. The race was part of the 'Watertown Goes Green' Irish Festival, which continues today at the Dulles State Office Building from 10:30 a.m.

to 7 p.m. Featured will be music, craft items, souvenirs and a variety of refreshments. Other festival highlights are an Irish Mass at 10 this morning at St. Patrick's Church and a parade at 1 p.m. Details on Page D-10.

ALLEN BROOK ■ WATERTOWN DAILY TIMES

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WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA



OPEN TO ALL AGES!

A STEP IN THE RIGHT DIRECTION

6 WEEK WORKSHOP

Join us for the Arthritis Foundation Walk With Ease Program. The Walk with Ease Program can:

- Reduce pain
- Improve flexibility
- Improve stamina
- Improve strength

If you can be on your feet for ten minutes without increased pain, you can have success with Walk with Ease!

Those interested may contact Michelle Graham, 315-782-3100 mgraham@nnyymca.org




InBody

See what you're made of

PRECISELY TRACKS FAT LOSS AND MUSCLE GAIN

COST PER SCAN
 Members: \$25.00
 Non-Members: \$50.00

Advanced BIA Technology
 Bioelectrical impedance analysis (BIA) is a method for measuring body composition, including muscle mass, body fat, and total body water.

FIND YOUR MOTIVATION. FIND YOUR Y.




WATERTOWN FAMILY YMCA SALUTE TO THE TROOPS GYMNASTICS INVITATIONAL

March 26th & 27th, 2022

GIRLS & BOYS INDIVIDUAL & ALL-AROUND EVENTS



Donations / Gate Fees Will Benefit GUITARS FOR VETS WATERTOWN FIREFIGHTERS BENEVOLENT




SPIKE SET SCORE

Girl's Volleyball Setters Camp
 Registration opens April 5th




THEN

FREE & Open to the Public!

Watertown Family YMCA
 585 Rand Drive
 315.755.9622
www.watertownymca.org

HEALTHY KIDS DAY

SATURDAY, JUNE 4TH

10:00-10:45
 Super Hero Fun Run Registration*
 Side parking lot of Fairgrounds YMCA
 *1st 100 children get a FREE cape & mask

10:45-11:00
 Super Hero Fun Run, Rand Drive Hill

11:00-12:30
 Healthy Kids Day Events
 Alex Duffy Fairgrounds, Field 4

NOW

For 30 years, Healthy Kids Day has been where fun and play become lifelong memories. Join us June 4th, for a day of healthy, fun activities that celebrate kids being kids!

Sponsors





Children's Playgroup

18 months-5 years
 March-June 2022
 Tuesday & Wednesday
 12:00PM-1:00 PM
FREE for members!



WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA

STAFF PROFILE: MALIA MARVIN



Hi! I'm Malia, I'm work with the YMCA Member Services team as part of the administrations for the Fairgrounds location. You will most likely see me at the front desk in the mornings Monday-Fridays.

I have worked at the Fairground's Y for 5 months. I'm originally from the Poconos in Pennsylvania and moved to the North Country a little over 4 years ago.

I'm currently enrolled at JCC for Physical Education. When I'm not at work, you will most likely find me in the gym working out for my upcoming powerlifting competition or hiking in the Adirondacks with my dog. Thanks for taking the time to get to know me, hope to see your smiling faces at the Y!

A MONTH DEDICATED TO HEALTHY HOLIDAYS

March is a month FULL of holidays highlighting your health! For example, the first Friday of every March is "**National Unplugging Day.**" Why not take an hour out of your day to "unplug" and check in with your health without the distraction of electronics?

March 23rd is "**American Diabetes Alert Day.**" If you or a loved one is a risk for Type 2 Diabetes, the YMCA hosts a Diabetes Prevention Program. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the risk for Type 2 Diabetes by 58%.

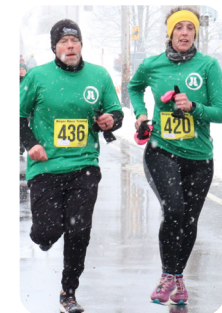
March 30th is "**Take a Walk in the Park Day.**" Walking is an incredible way to improve both physical and mental health. People who walk regularly report increased levels of energy, improved mood, and eased joint pain. If you're interested in starting a walking routine, but are hindered by arthritis or joint pain, the YMCA hosts a Walk with Ease program which aids participants in building flexibility, strength, and stamina.

If you or you think a loved one would be interested in participating in one of these programs, please reach out to:

Michelle Graham

315-782-3100

mgraham@nnyymca.org



Get Involved

YOU CAN'T SPELL COMMUNITY WITHOUT A Y!

FOLLOW US ON SOCIAL MEDIA

@watertownfamilyymca

facebook.com/FamilyYMCA

INTERESTED IN VOLUNTEERING?

Visit watertownymca.org/volunteer