



APRIL 2022

# MEMBER NEWS

FOR YOUTH DEVELOPMENT • FOR HEALTHY LIVING • FOR SOCIAL RESPONSIBILITY

**DOWNTOWN • FAIRGROUNDS • SACKETS HARBOR • CARTHAGE**

## WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA FLIP FLIP HOORAY



On the weekend of March 26th and 27th, the Watertown Family YMCA hosted the "Salute to the Troops" Gymnastics Invitational meet. This gymnastic meet featured both girls and boys individual and all-around events. Teams from all over the state attended. The Watertown YMCA teams scored big with medal awards.

The Y girls secured 24 individual golds and 5 all-around golds, and the boys captured 24 individual golds and 4 all-around golds. Congratulations to the Y gymnasts! 270 athletes attended the 2022 meet and donations and gate fees went to support Guitars for Vets and the Watertown Firefighters Benevolent Fund. See team photos on page 4!

## WATERTOWN YMCA DANCE TEAM'S PAC ATTACK



The Watertown Family YMCA Dance team participated in the 2022 Syracuse, NY Precision Arts Dance Competition (PAC) Attack™ Challenge, a kids' dance competition that promotes learning through competition, ignites inspiration as a dancer, and applauds each artist.

The Y team was received multiple awards in the Small Group Pre-Teen category including Platinum for Hip Hop "Monster", Gold for Lyrical "My Oh My", and the Judges Award for Collaborative Creation- Lyrical "My Oh My". The team was also selected to compete as PAC Attack Finalists for Best in Show with Hip Hop "Monster". Outstanding job ladies!

## WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA

### MEMBER TESTIMONIAL: ISAIAH



Isaiah was diagnosed with Leukemia at the age of three. For most of his childhood, Z-man (his superhero name) lived in a bubble because of chemotherapy treatments which resulted in him having difficulty fighting certain infections, especially those caused by bacteria. Isaiah was a hospital inpatient for 6 weeks and lost complete movement of his legs needing both PT and OT daily to help rebuild his muscle strength.

Flashforward to life nowadays: being a kid, making friends and participating in sports including basketball at the Watertown Family YMCA.

The Y helped pave the way for establishing an understanding of teamwork. All the coaches have been phenomenal which has helped Z gain so much confidence. 9 years old and he's a living legend touching hearts everywhere. Tough times don't last but tough people do

We're insanely proud of how far he's come, and I'm truly honored to share his cancer journey with our community. If you're reading, I hope his story inspires you to never give up because anything is possible. Tough times don't last but tough people do.

—Alex Ancil, Isaiah's Mother



**DO YOU WANT TO SHARE YOUR "Y STORY" IN OUR NEWSLETTER?  
EMAIL [MARKETING@NNYYMCA.ORG](mailto:MARKETING@NNYYMCA.ORG) TO SUBMIT YOUR TESTIMONIAL!**



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## **WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA**

# **BE THE CHANGE FITNESS CHALLENGE WINNERS**

25 Participants joined the Watertown YMCA 8-week **Be the Change Fitness Challenge** this past January. YMCA Personal Trainer Emma Lawson guided the participants through weekly challenges over the course of the program. Participants acquired points for finishing weekly challenges set up by Emma. Our participants had so much FUN while working on their overall health and fitness!

***Congratulations to all participants and especially to the winners:***

**1st Place Tie: Jillian Draper and Jim Davis**

**2nd Place: Jessica Allen**

**3rd Place: Toby Draper**

The next challenge, **Spring into Fitness**, begins April 25th!

Sign up online today at [www.watertownymca.org](http://www.watertownymca.org).



**1st Place winner  
Jillian Draper**



**1st Place winner  
Jim Davis**



**2nd Place winner  
Jessica Allen**



**3rd Place winner  
Toby Draper**

**the YMCA**

**SPRING into FITNESS**  
Fitness challenge starts April 25, 2022

**MEMBER RATE: \$50.00**  
**NON-MEMBER: \$125.00**  
(Includes 6 weeks access to the YMCA)

- Weekly Personal Trainer Meetings
- Two **InBody** Assessments
- Cardio/Strength Assessments
- 6-Week Workout Schedule
- Virtual Y Platform Access
- Health & Nutrition Lectures
- Weekly Prize Giveaways
- Grand Prize Awards
- All Fitness Levels Welcome

**PRECISELY TRACKS FAT LOSS AND MUSCLE GAIN**

**InBody**  
See what you're made of



## STAFF PROFILE: JANET AND JEFF BLEAU



If you've ever been involved with the Watertown Family YMCA Gymnastics or Ninja Program at the Fairgrounds, you've probably seen Janet or Jeff Bleau. The Bleaus are the head coaches of the Y Gymnastics Programming with a combined 55 years of experience in gymnastics.

The couple first met in Syracuse in 2005 and married two years later. In 2008 their son, Thomas, was born. As a family, they moved around for Jeff's job. As a result of their son's enrollment in swimming, gymnastics, and preschool, The Bleaus landed at the Y and had found a home.

Jeff & Janet love working with children, watching them learn, and enjoying the "aha" moments when everything comes together for an athlete. Following in his parents' footsteps, Thomas recently started volunteering with the Mini & Shadow Ninja program. He would like his first job to be working at the YMCA.

The Bleaus currently live in Lowville with 2 dogs, 1 dove, and 5 chickens. They love playing frisbee in the summer & travelling whenever they get the chance.

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## DAYS OF ACTION



April is Child Abuse Prevention Month! To show our support, the Watertown Family YMCA is participating in the **Five Days of Action**.

The goal of this week-long campaign is to raise awareness of child sexual abuse, and to aid individuals in recognizing the signs and reporting it. Five Days of Action may only last a week, but the skills and information gained from participating is always relevant.

By utilizing the important habits of **KNOW, SEE, RESPOND**, we as a community can prevent and report child abuse- leading to a healthier and happier culture for children everywhere.

**THEN**

30 Years of Celebrating Healthy Kids

**NOW**

Watertown Family YMCA  
585 Rand Drive  
315.755.9622  
[www.watertownymca.org](http://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

Sponsors

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!

## WHERE KIDS GROW

**2022 SUMMER PROGRAMMING**

SOCCER CAMP • SOCCER CLINIC • ADULT SOCCER LEAGUE • KICKS 4 KIDS • MINI KICKERS • YOUTH BASKETBALL CAMP • YOUTH BASKETBALL CLINIC • TRACK AND FIELD • BASEBALL CAMP • FOOTBALL CLINIC • ULTIMATE CAMP • BATTLE CAMP • SPORTS CAMP • STEM AND SPORTS CAMP • ADULT VOLLEYBALL LEAGUE • BEGINNERS LACROSSE CAMP • SWIM LESSONS

**AND MORE!**

Visit [watertownymca.org](http://watertownymca.org) to register!





## CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Gain confidence in your ability to manage chronic diseases through the Chronic Disease Self-Management Program (CDSMP), a 6-week evidence-based, instructor-led small group workshop designed to provide you with the tools you need to improve your health and quality of life.

Participants can expect to learn how to deal with negative emotions, manage symptoms, eat well, personalize a fitness program, work with your doctor, and more! CDSMP is ideal for adults with a variety of chronic conditions, including arthritis, diabetes, hypertension, and other chronic conditions that can make life difficult.

**To Register Contact Michelle Graham**  
315.782.3100 / [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)



**TAKE CONTROL OF YOUR LIFE**

**Chronic Disease Self-Management**

Gain confidence in your ability to manage chronic diseases through the Chronic Disease Self-Management Program (CDSMP)

Program includes 6-week evidence-based, instructor-led small group workshop designed to provide you with the tools you need to improve your health and quality of life. Participants can expect to learn how to deal with negative emotions, manage symptoms, eat well, personalize a fitness program, work with your doctor, and more!

CDSMP is ideal for adults with a variety of chronic conditions, including arthritis, diabetes, hypertension, and other chronic conditions that can make life difficult.

**For a better us.®**

**SIGN UP TODAY!**  
SPACE IS LIMITED TO 15  
COST: FREE  
WEDNESDAYS: NOON  
START DATE: APRIL 27, 2022  
Y MEMBERSHIP IS NOT REQUIRED.

Sponsored by **MVP HEALTH CARE**

To Register Contact Michelle Graham  
315.782.3100 / [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)

## PURPLE UP DAY FOR THE MONTH OF THE MILITARY CHILD



Each year, April is set aside as a military child appreciation month, officially known as the Month of the Military Child. Military support organizations and agencies use the month to recognize military kids for their sacrifice and bravery on the home front.

Because purple is a color used to represent all military services, the theme "Purple Up" is used over the course of the month. Their strength and resiliency are inspirational. Especially this year, as many of them are facing new learning from home adventures, extended separations from a parent and delayed PCSes.

**SUPPORT THE MONTH OF THE MILITARY CHILD BY WEARING PURPLE ON  
FRIDAY, APRIL 22ND, 2022**

## A LOOK BACK

### Learn To Swim Campaign Slated

The YMCA and the YWCA will sponsor a "Learn to Swim" campaign for third grade boys and girls in the Watertown school system from April 21 to 25.

This is done each year in cooperation with the board of education and is conducted as community service. Applications have been distributed to schools to be filled out and returned.

For more information call YMCA or YWCA offices.

APRIL 1969

CLIPPING COURTESY OF  
NNY360'S ARCHIVES



**INTERESTED IN VOLUNTEERING?**  
Visit [watertownymca.org/volunteer](http://watertownymca.org/volunteer)

**Get Involved  
YOU CAN'T  
SPELL  
COMMUNITY  
WITHOUT A Y!**

**FOLLOW US ON  
SOCIAL MEDIA**

