



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

## **WATERTOWN FAMILY YMCA HOSTS GROUNDBREAKING CEREMONY AT SITE OF NEW Y FACILITY**



**Community leaders mark the start of construction with a groundbreaking ceremony at the site of the New Y.**

On July 13th, 2022, the Watertown Family YMCA celebrated the long-awaited groundbreaking of the new Y facility located at 146 Arsenal Street.

The original structure at this site was built as part of Watertown's urban renewal project in the early 1970's and became the new home for Woolworth. The new location became known as the Woolworth City Center Mall. Over the course of the next decade plus, the former Woolworth store would become home to first Stream International and then Convergys Call Center.



**Original Woolworth Building**

The building will now serve as a center for community sports, fitness, aquatics, childcare, and will include a six-lane lap pool, recreation pool with splash pad, multi-sport courts, wellness center, indoor track, and yoga and spin studios.

Later in the day, the community came together at a reception held at Savory Downtown to view renderings of the new facility and share their memories of how the Y has impacted their lives. The groundbreaking serves as an exciting start to a challenging project that was years in the making.



**Construction of the New Y will include an extension set to contain a 6-lane lap pool, recreation pool, and splash pad.**

TRANSFORMING OUR COMMUNITY. FOR GENERATIONS.  
A NEW WATERTOWN FAMILY YMCA



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**The long-awaited New Y Groundbreaking Ceremony  
July 13th, 2022. Smiles all around!**



**Stephen Hunt, Regional Director  
Empire State Development**



**Community members and state and local representatives attend the groundbreaking ceremony.**



**Community Lounge**



**Aquatics Center**



**Indoor Track & Functional Fitness**



# THIS IS Y.



# DOWNTOWN • FAIRGROUNDS • SACKETS HARBOR • CARTHAGE



The success of a plan that began in 2017 was threatened by a global pandemic, a nearly 10-million-dollar price increase, and the discovery of contaminants called PCBs.

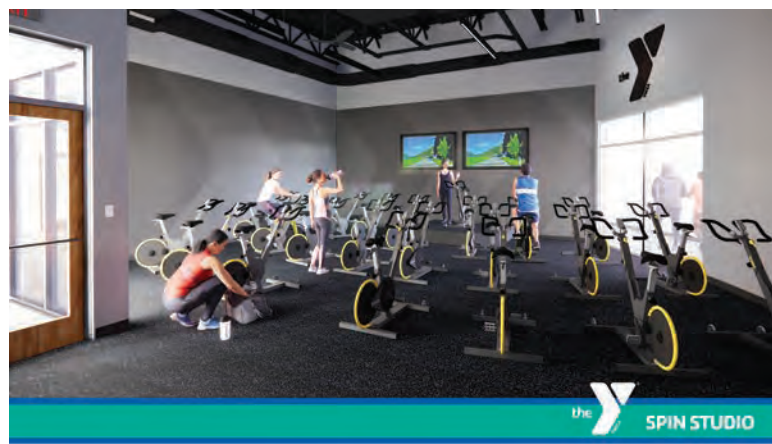
Due to the efforts of a great group of people working together and especially the Jefferson County Industrial Development Agency who helped make sure we overcame all the challenges, construction of the New Y is finally underway.

We will have a better, stronger community for future generations and that is why the Y board was so committed to making this happen.





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# The Community Phase of the Campaign for the New Y is Now Underway

**THE TIME IS NOW**  
**CLOSER THAN EVER: JOIN US**  
**AND SUPPORT YOUR NEW Y!**

## ENVISION A NEW YMCA

Our YMCA was founded 165 years by visionary leaders and a generous community. Today we are called upon to leave the same legacy for future generations. Today we can envision a new YMCA.

## THIS IS Y

Thoughtfully designed and fully accessible spaces will connect families and neighbors, transform our community's health, and nurture the potential of all.

## AND FUN!

A Place to Play and Play and Play... For Kids and For the Kid in All of Us.

Beautiful pristine pools for lapping and special places for splashing!!

Pickleball, Tennis and Tracks – Oh My!!

## AND COMFORT.

The New Y will be full of air and light. A place of comfort and caring where our weary souls and tired bodies can get healthy, find friends, and gain strength. Yoga, Art, and Friendship – and kid friendly spaces. Yes please...

JOIN US TODAY. Be a part of something for all of our Tomorrows.

**JOIN US IN THE CAMPAIGN**  
**FOR THE NEW Y!**

## YOUR NEW Y WILL INCLUDE:

- Lap and Recreational Pools
- Multi-Sport Courts
- Indoor Track & Functional Fitness
- Community Lounge
- Teen / Intergenerational Space
- Child Watch / Kids Adventure Center
- Group Exercise Studios
- Wellness Center
- Adult and Family Locker Rooms
- Community Creative Arts Space
- 300+ Additional Parking Spaces

**COMMUNITY PHASE**  
**FUNDRAISING GOAL: \$400,000**

**GROUNDBREAKING**  
**JULY 2022**

**PROJECTED**  
**GRAND OPENING**  
**DECEMBER 2023**

## Donor Recognition Levels

\$1 - \$999	Gifts of Inclusion
\$1,000 - \$4,999	Gifts of Inspiration
\$5,000 - \$24,999	Gifts of Motivation
\$25,000 - \$99,000	Gifts of Passion and Purpose
\$100,000 - \$499,999	Gifts of Engagement
\$500,000 - \$999,999	Gifts of Vision
\$1,000,000+	Gifts of Realization & Innovation

## Donations Matched 1:1

The Northern New York Community Foundation and the Stewart's Foundation will double your gift up to \$200,000.



**JOIN US IN THE**  
**CAMPAIGN FOR**  
**THE NEW Y!**





## TRANSFORMING COMMUNITY FOR GENERATIONS

### WATERTOWN FAMILY YMCA

THE CAMPAIGN FOR A NEW YMCA / WATERTOWN FAMILY YMCA

#### Donor

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name\*

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Street / PO Box

\_\_\_\_\_  
Cell Phone Number

\_\_\_\_\_  
Email

\_\_\_\_\_  
Name you wish listed on Recognition Wall:

\_\_\_\_\_  
(Your name or dedication name)

#### Spouse (if applicable)

\_\_\_\_\_  
Spouse Last Name\*

\_\_\_\_\_  
Spouse First Name\*

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Other Phone Number

☐ I / We would like to remain anonymous.

#### Direct Payment Options

One-time donation: \$ \_\_\_\_\_

☐ Check/Cash

☐ Credit Card

(Payable to Watertown Family YMCA)

#### Recurring Donation\*

\*ACH or Credit Card required for recurring donation

Total Gift: \$ \_\_\_\_\_

to be paid ☐ monthly ☐ quarterly ☐ annually

in installments of \$ \_\_\_\_\_

Start Date: \_\_\_\_\_

☐ I wish to make other payment arrangements. Please contact me.

**Online Donations:** scan QR code or visit: [support.watertownymca.org/campaign/campaign-for-the-new-y/c414921](https://support.watertownymca.org/campaign/campaign-for-the-new-y/c414921)

#### Credit Card

☐ Visa ☐ Mastercard ☐ Discover

Name on Card: \_\_\_\_\_

Card Number : \_\_\_\_\_

3-Digit Code: \_\_\_\_\_ Expiration: \_\_\_\_\_

**MY TOTAL GIFT: \$ \_\_\_\_\_ DATE: \_\_\_\_\_**

\_\_\_\_\_  
Please sign to authorize your pledge

## JOIN US TODAY. Be a part of something for all our Tomorrows.

By completing this pledge form, you are supporting the Watertown Family YMCA Campaign for the new Y. The campaign is about more than a new building. We are building the foundation to continue the Y's 165-year legacy of serving the community.

You may submit the completed pledge form at any YMCA Welcome Center desk.

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

# **STRENGTHENING COMMUNITIES FOR OVER 175 YEARS: A BRIEF HISTORY OF THE Y**



On June 6, the YMCA marked 178 years as a nonprofit dedicated to strengthening communities through programs and services designed to foster youth development, healthy living and social responsibility. Here are five past notable events and achievements that demonstrate the Y's commitment to the communities it serves:

**American Institutions:** Celebrations such as Father's Day and organizations like the Peace Corps all have their roots in the YMCA.

**Summer Camp:** The oldest known summer camp, Camp Dudley, first opened in 1885 and countless numbers of boys and girls have since learned the skills and wonders of camping through the Y, developing critical skills and making memories along the way.

**Innovating & Inventing:** From James Naismith's invention of basketball to instructors creating racquetball and what would eventually become volleyball, the Y has a rich tradition in activities that are played by millions of people around the globe. One Y staffer, Robert J. Roberts, is credited with inventing the term "body building."

**A Nobel Peace Prize Winner:** YMCA leader John R. Mott was awarded the Nobel Peace Prize in 1946 for the Y's groundbreaking role in raising global awareness and support and for the organization's humanitarian efforts.

**Furthering Education:** The Y is credited with spearheading the first public libraries, night school for adult education, and English as a Second Language (ESL) courses.

## **THE Y TODAY**

Today, the Y is the leading nonprofit committed to strengthening individuals and communities across the country. With over 2,600 locations, the Y serves 11 million people annually, improving the health and well being of people of all ages and inspiring action in and across communities.

Here in The North Country, the Watertown Family YMCA has served the community for over 160 years. From exemplary childcare, to programs for active older adults, to sports for children and adults alike, the Watertown Family YMCA has been a keystone for community.

A lot has changed since George Williams and 11 other young men gathered in London in 1844, but the heart of the Y's work remains the same. We're one of the oldest nonprofits in the United States and rely on members and donors to continue our work.





# DOWNTOWN • FAIRGROUNDS • SACKETS HARBOR • CARTHAGE

## WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA

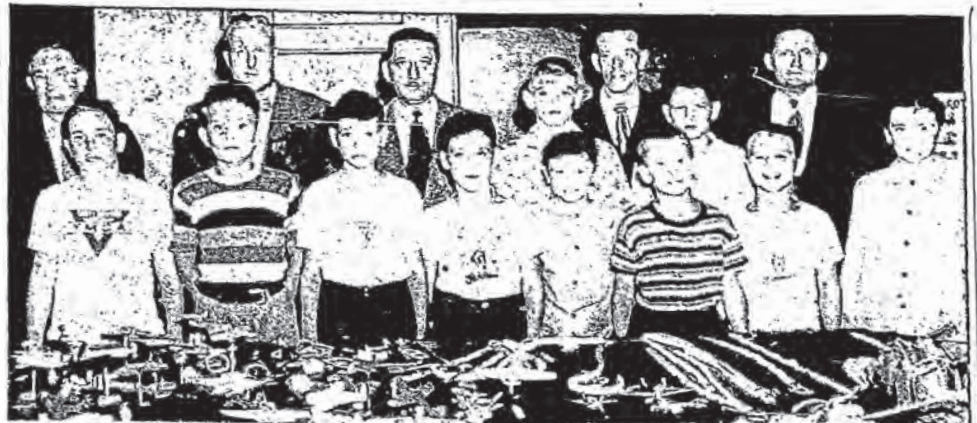
### YOUR YMCA'S FOUNDING

The first conversations about the Watertown Family YMCA began with a group of men meeting on the evening of December 16, 1869. The need for Watertown's own YMCA was seen by Captain Wilkinson, who was stationed at Madison Barracks in Sackets Harbor. His influence upon the right families opened the door for a room in Washington Hall to be donated by owner John Sherman. The original structure would be torn down to make room for the Downtown Y as we know it today.

Currently, the Watertown Family YMCA operates at four locations: Carthage, Sackets Harbor, Fairgrounds, and Downtown. Look for updates about the new facility slated to launch in December of 2023.

### A YMCA LOOK BACK

1948  
CLIPPING COURTESY OF NNY360'S ARCHIVES



**RECEIVE CAMP AWARDS**—Boys who received swimming and craft awards at the Rotary-Y.M.C.A. day camp parent's night held at the Y.M.C.A. Friday evening are shown with heads of the various camp committees. Front row, left to right: Jerry Waite, Peter Houmlel, David Verney, Jerry Franks, Gary Lawyer, James Nilan, Joseph Toddonio and Robert Files.

Second row, Charles E. Morehouse, who presented the crafts awards; A. E. Galster, president of the local Rotary club; Richard Ryan, high score award winner; Harold Zentner, who presented the educational and high score awards for the Rotary club; Eddie Frank and Frank E. Martin, director of the day camp physical programs.

—Times Staff Photo



**THE WORLD IS 71% WATER**  
**ARE YOUR CHILDREN 100% PREPARED?**

Safety Around Water

For a better us.®

**TEACHING SKILLS THAT SAVE LIVES**

**2 KIDS DIE EVERY DAY FROM DROWNING\***

**DROWNING IS THE 2ND LEADING CAUSE OF DEATH FOR KIDS AGES 5-14<sup>2</sup>**

**88% OF KIDS WHO DROWN DO SO UNDER ADULT SUPERVISION<sup>3</sup>**

**60% OF KIDS WHO DROWN ARE WITHIN 10 FEET OF SAFETY<sup>4</sup>**

**DROWNING IS PREVENTABLE**

**THE Y ENGAGES 9 MILLION KIDS EACH YEAR**

**THE Y IS IN 10,000 NEIGHBORHOODS**

**IN SAFETY AROUND WATER PROGRAM PILOTS, IMPROVEMENT WAS SEEN IN EVERY SKILL TESTED<sup>5</sup>**

**MORE THAN 1 MILLION KIDS TAKE SWIM LESSONS AT THE Y EVERY YEAR\***

**The Y teaches kids safety around water.® Visit [ymca.net/watersafety](https://ymca.net/watersafety) and learn more today.**

\* Due to the COVID-19 pandemic, many Y pools remain closed. Please contact your local Y to inquire about their pool facilities and if water safety classes are being offered.  
1 Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS)™.  
2 U.S. Consumer Product Safety Commission. (2018). Safety barrier guidelines for residential pools. Retrieved from <https://www.cpsc.gov/s3fs-media/SafetyBarrierGuidelinesforResidentialPools.pdf>  
3 Safe Kids Worldwide. (2007). Safe kids U.S. summer safety survey report. Retrieved from <https://www.safekids.org/research-reports/safe-kids-us-summer-safety-survey-report-2007>  
4 Safe Kids Worldwide. (2007). Safe kids U.S. summer safety survey report. Retrieved from <https://www.safekids.org/research-reports/safe-kids-us-summer-safety-survey-report-2007>  
5 Centers for Disease Control and Prevention. (2018). Safety barrier guidelines for residential pools. Retrieved from <https://www.cpsc.gov/s3fs-media/SafetyBarrierGuidelinesforResidentialPools.pdf>



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## **THE 30TH ANNUAL HEALTHY KIDS DAY**



**Children line up to start their Super Hero Run up Rand Drive hill**

On June 4th, 2022, The Watertown Family YMCA celebrated the 30th annual Healthy Kids Day! Children and their families were welcomed to the Alex T. Duffy Fairgrounds for a day filled with games, activities, and fun. The celebration kicked off with a Superhero Fun Run up Rand Drive hill.

Children were encouraged to dress up as heroes, from their favorite movies or from real life. Local hometown heroes, such as the police and fire department, came to show their support for the event. The 10th Mountain Division Band entertained the families with live music.

Thank you to everyone who came out to participate and support Healthy Kids Day!



**Future superheroes**

For 30 years, Healthy Kids Day has celebrated kids' mental and physical health, while teaching healthy habits for kids and families, encouraging active play and inspiring a lifetime love of physical activity.

**This event was made possible with support from our amazing sponsors.**



***Howard Johnson***





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



**Amy Nakano**  
**SACC Business Administrative Supervisor**



**Samantha Hamilton**  
**Director of Youth Development and Military Programs**





# DOWNTOWN • FAIRGROUNDS • SACKETS HARBOR • CARTHAGE



**SACC Staff Shannon Foltz, Preschool Director Cindy Moore, and Pre-School Staff Jessica Rogers**



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

**FOLLOW US ON  
SOCIAL MEDIA**







## **STAFF PROFILE: MAKENNA EVANS**

Makenna Evans, Watertown Family YMCA Aquatics Supervisor, found her start in the pool at the Y at the age of 9 for swim lessons! Makenna would continue her tenure in swimming during her childhood by swimming for the Blue Sharks.

Makenna loves how her job allows her to interact with the community in a meaningful way, whether that be with lap swimmers, children, or parents of children in swim lessons. Makenna says that she really enjoyed the onboarding of her job with other Y staff. In her off time, she enjoys reading horror and action books.

## **Y MEMBER TESTIMONIAL: LEIGH ROUKOUS**



Leigh Roukous, a Special Education teacher at the South Jefferson School district at the age of 52 competed, for her first time, in a body building competition.

To Leigh, fitness has always been an integral of her life. She developed a passion for body building fueled by her admiration of the determination and grit of other body builders. At first, she was doubtful that she could compete, worried that her age would hinder her. However, before Christmas, she hired a coach to help start her journey.

Through weekly check-ins and commitment to nutrition, Leigh reached her goals to be able to compete. She was up against women who've competed several times in body building

competitions, and said it was "nerve-wracking," due to their experience, as well as their age. She also had to contend with walking on stage in 5-inch heels. However, Leigh did well and placed in the top of 5 of all four of her categories!

One of Leigh's takeaways from her experience is that nutrition is a key component. Leigh stated "It was a great experience which kept me focused, and I learned a lot of things about myself along the way. I'm not sure if I'll compete again, but I'm definitely glad I did."

**WE WOULD LIKE TO SHARE YOUR "Y STORY" IN OUR NEWSLETTER?  
EMAIL [MARKETING@NNYMC.A.ORG](mailto:MARKETING@NNYMC.A.ORG) TO SUBMIT YOUR TESTIMONIAL!**

**FALL PROGRAM  
INFORMATION  
COMING SOON!**



**FIND YOUR  
COMMUNITY.  
FIND YOUR Y.**