



ARMED SERVICES YMCA



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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 contact:
Samantha Hamilton
Email: shamilton@nnyymca.org
Phone: 315.755.2005

www.watertownymca.org

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
- Child Watch
- School Age Childcare (SACC)
Available before & after school.
- Summer Camps

For more information memberships,
on military discount on programs,
services, and to register visit:
www.watertownymca.org

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 are required and should be made as far in advance as possible.

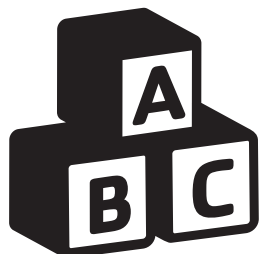
To set up reservation please email
Dawn Nellenbach
dnellenbach@nnyymca.org

Please provide a contact number in your email. You will be called within 24 hours to confirm your 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 may be 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 children outside of the clinical areas allowing them to focus on the information provided by the doctor and reducing exposing healthy children to sick patients.

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

PROGRAM DETAILS:

- **FREE** to service members.
- Provides up to two hours of supervision for children during medical appointments.
- Plan your medical appointment schedule based on hours of availability listed.



CHILDREN'S WAITING ROOM LOCATION AND HOURS

FAIRGROUNDS Y

Monday - Friday: 8:45 - 11:45 am

Monday - Thursday: 4:15 - 7:15 pm

585 Rand Drive, Watertown

315.755.2005

DOWNTOWN Y

Monday-Friday: 8:45-11:45 AM

Monday-Thursday: 4:30 -7:30 PM

146 Arsenal Street, Watertown

315.782.3100

Schedules are subject to change. Check watertownymca.org for updates.