



Greater Lockport Family YMCA  
19 East Avenue  
Lockport, NY 14094-3707

NON-PROFIT  
U.S. POSTAGE  
PAID  
BUFFALO, NY  
PERMIT NO. 3538

Winter I Session January 3 - February 19  
Winter II Session February 28 - April 16

YMCA Closed: Christmas Eve & Day  
New Year's Eve & Day



PUBLISHED 4 TIMES PER YEAR SPRING, SUMMER, FALL, WINTER

ISSUE # 91 WINTER 2010

### Holiday Fun Club Program Offered at Two Locations

The YMCA invites all boys and girls, ages 5-12 years old, in kindergarten through 6th grade, to participate in Christmas Vacation & Winter Recess activities. Christmas Holiday Fun Club will be held at the YMCA facility in downtown Lockport and the Winter Recess Holiday Fun Club will be held at the Y and at **Starpoint Fricano Primary School in Pendleton**. Every day school is not in session Holiday Fun Clubs are offered including **Christmas Vacation December 23 & 27-30; Martin Luther King Day January 17; President's Day February 21; Winter Recess February 22 - 25**. Participants may be registered for one day or the entire vacation. The program is offered from 8:30 AM - 4:30 PM. Early arrival begins at 7 AM and late pick up is available until 6 PM if requested at registration. **Advanced registration required** and space is limited.

### Preschool Programs

Registration is currently being accepted for preschool programs for children ages 2-6 years old.

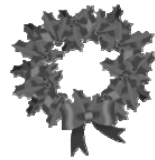
**Preschool Pals** offers children ages 3-6 years old a place to call their own. This is a school readiness, preschool program where children learn through playing. Daily activities and schedule are planned around a weekly theme including a letter of the week. Through scheduled activities and playtime children make friends and learn to get along with others as they master life skills and gain knowledge needed to be kindergarten ready. Preschool Pals is held **Monday - Thursday 9:30 AM to noon**. Children may be registered to attend two or four days per week. Monday Wednesday Class includes swimming lessons and Tuesday Thursday Class offers gym activities.

**"Little Me Playgroup"** held weekly on **Friday from 9:30 -11:30 AM** is offered for **children 2-3 years old** as a playgroup. Children spend class time making friends and playing with others their own age. During the class they also have the opportunity to share a snack, listen to a story, make a craft or art project and have playtime in the gym. Participation gives young children an introduction to "school" so they can make an easy transition to preschool when they are old enough.

For more information, to schedule a visit for Holiday Fun Club, Preschool Pals and "Little Me Playgroup", or to register call 434-8887 ext 25 or contact Laurie Ferris, YMCA Youth Director at lferris@lockportymca.com.

### Give the Gift of Health, a Bright Future or a Summer to Remember! Purchase a YMCA Gift Certificate!

Available in any dollar amount!  
Stocking Stuffers also available!



### Lockport Family YMCA and Camp Kenan Go Green!



Construction crew from SolarLiberty install the new solar panels on the roof of the downtown facility. The YMCA received a grant from NYSERDA to help cut the cost of electric and enable the Y to cut down it's carbon footprint.

Camp Kenan located on 50 acres along the Lake Ontario shore has proven to be the ideal spot for Niagara Wind & Solar to install 2 wind turbines. Provided through a grant from NYSERDA the turbines will provide energy to Camp Kenan and reduce electric cost by 65%.



# MEMBERSHIP

## Greater Lockport Family YMCA Newsletter

Winter 2010

Issue 91

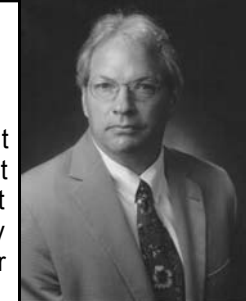
19 East Avenue, Lockport, NY

(716)434-8887

www.lockportymca.com

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The Lockport Family YMCA Board of Trustees, Board of Directors, Staff and Members would like to thank **Paul Gentz** (28 years) & **Barbara Harris** (26 years) for their dedicated service to the Y.



Congratulations on your retirement!

**Best wishes from all of us, you will both be missed!**

### Dear Members & Friends,

For the first time in over 43 years, the Y is changing our image to better reflect our community impact. We're still supporting you and your family the way we always have; we just needed to describe ourselves in a more meaningful and engaging way for those who don't know about our mission. We exist **to put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

Everything we do for you and the community actually focuses on:

- Youth Development: **Nurturing the potential for every child and teen**
- Healthy Living: **Improving the nation's health and well-being**
- Social Responsibility: **Giving back and providing support for our neighbors**

We're excited about our new transformation! You'll start to see our new brand come alive during the new year, as we transition and further develop our programs and strategies to better meet the needs of our Eastern Niagara communities. The end goal is to become the leader in creating community that builds better people; engaging our families, connecting our members, and continuing to strengthen our Spirit, Mind & Body.

Since the release to the world in July...I have been continually asked **what about the C?** It is still the cornerstone of who we are, what we stand for, and why we do what we do. The constant pursuit and drive to help develop Christian Character in every life we touch will not go away simply because our brand and logo have been revised. We still maintain our mission, our heritage and our vision for a brighter future for all people. As you can see the Y is still the YMCA! We look forward to serving you and your family in the coming year.

We hope that in this new year, you are blessed with good health, a renewed spirit, and a great respect for those men and women who have provided all of us with our freedom to live life to its fullest.

**Wishing you a Happy, Healthy and Holistic New Year!**

**God Bless you,**

**Mark Albiez, Executive Director, Lockport Family YMCA & Camp Kenan**



**Brigid Tobin** has been appointed as the YMCA Business Administrator. She graduated from St. John Fisher College with a Master of Human Resource Development and MBA. After graduation she remained at St. John

Fisher, working in the President's Office, as a Development Officer and an Adjunct Faculty Member. She returned to Lockport and began working for Camp Good Days & Special Times. Brigid has been an active Y staff member working as a Site Director with our child care, teen programs, day and resident camps.

## Teen Leaders Club

The club holds weekly meetings to discuss upcoming activities and events. Teen Leaders Club provides service-learning projects, leadership activities, rallies, lock-ins, field trips and fundraising. Throughout the course of the year there are plenty of opportunities for teens to develop new leadership skills and make new friends.

Meetings are on Thursdays from 6:30 – 8:30PM.

Cost: \$1 per week

## Teen Nights

Every 2nd Saturday

7:00 - 9:00 PM

Grades 6 - 8

Cost \$3.00 Members

An opportunity for young adults to come to the YMCA for an evening with adult supervision and to use the Y to the max!

Teens may play games in the lobby, use the gym, swim in the pool, and take part in special activities.

## Adult Men's Basketball League Ages 19 and Over

Competitive Men's League

Minimum of 8 players on each roster with a maximum of 10

Games will be played on Monday and Wednesday 6:00 - 9:00 PM

\$275 Team Sponsor  
Plus \$40 Members  
\$160 Non-Members

Registration Deadline  
December 30



# Youth Development

The Lockport Family YMCA will be offering plenty of recreational activities for participants ages 3 and up. The programs being offered this winter are: Little Champs, Shooting Stars Basketball, Grade School Basketball League, Middle School Basketball League, and High School 4 on 4 "NO BULL" Basketball League.

• **Little Champs:** Ages 3-5 years will be held Monday and Wednesday 4:30-5:15 PM. An introduction to team sports including floor hockey, soccer, T-ball, and basketball. Your child will learn about working with others through sports, group game play, and different gym games. Fees for members \$20 and non-members \$60. **Registration deadline is January 3.**

• **Shooting Stars Basketball:** Ages 6-9 years will be held Tuesday and Thursday from 4:30-5:30 PM. This program emphasizes character development and the fundamentals of basketball. Fees for members \$20 and non-members \$60. **Registration deadline is January 4.**

• **Grade School Basketball:** Ages 7-10 years. This league has two divisions 2<sup>nd</sup> & 3<sup>rd</sup> grade and 4<sup>th</sup> & 5<sup>th</sup> grade. After a **mandatory skill evaluation** held on **January 15** players will be divided up into competitive teams to maintain a fun/fair atmosphere for all. Games will be played on Thursday and Friday nights and/or Saturday mornings. Fees for members \$22 and non-members \$66. **Registration deadline is January 15.**

• **Middle School Basketball:** Ages 11-14 years. Grades 6<sup>th</sup> through 8<sup>th</sup> boys and girls will be divided up competitively similar to the grade school basketball after a **mandatory skills evaluation** held on **January 15**. Games will be held on Friday nights and/or Saturday mornings. Fees for members \$22 and non-members \$66. **Registration deadline is January 15.**

• **High School Basketball 4-on-4 "NO BULL":** This league is for anyone who did not play varsity or junior varsity basketball this year. Each team is required to have one specific coach who is 21 or older. Coaches must be present for every game and sign a coach's code of conduct. This is a 4-on-4 league and rosters may not have more than eight players. Games will be played on Tuesday and/or Thursday 6:00- 9:00 PM. Fees for members \$22 and non-members \$66. **Registration deadline is January 15.**

*The YMCA's Youth Super Sports program helps kids become not only better players, but better people as well.*

*It's a progressive program, with multiple age-specific levels. Every child gets to play and the games are safe, exciting and fun. We encourage fair play, positive competition, family involvement and even match children of similar abilities.*

*So look into it. Because the final score won't be known for years!*

**Direct all questions and inquiries to Bryan Schubring at (716) 434-8887 ext 35 or email him at [bschubring@lockportymca.com](mailto:bschubring@lockportymca.com).**



# Healthy Living

**Make this your healthiest year yet!**

Get involved and join a group exercise class - you won't believe how much fun it can be, meet new friends, gain new strength & endurance while we **Activate America:**

- **Family Aerobics Classes** children 12 and up
- **Ballroom Dancing** accepting children 12 and up
- **Water Fitness Classes** accepting children 12 and up
- **Healthy Kids Day**-Saturday, April 9 from 11:00 AM - 1:00 PM
- **YMCA Splash**, April 18-21 from 6:00 - 7:00 PM, ending with a celebration **Family Swim** on Friday, April 22 from 6:00 - 7:00 PM

**Ditch the Workout and Join the Party<sup>(tm)</sup> with Anthony!**

- Zumba Fitness Class, a Latin-inspired, easy-to-follow, dance-fitness party
- Exhilarate your senses & work all their major groups
- a high-energy cardio blast
- leaves participants invigorated, refreshes and full of life.
- **Zumba** held in the Aerobic Room, Friday at 7:30 PM & Sunday at 2:30 PM
- **Aqua Zumba** held in the Pool, Friday at 8:30 PM & Sunday at 3:30 PM

**Join Jeannine, Kate, Janice, Barb, & Kathy for a variety of great workouts!**

- Monday & Wednesday - Early Morning Abs 6:00 - 6:30 AM
- Monday, Wednesday & Friday - Water Fitness 9:00 - 10:00 AM
- Monday, Wednesday & Friday - Powerhouse Aerobics 9:30 - 10:30 AM
- Monday & Wednesday - Rusty Hinges 10:00 - 11:00 AM
- Monday & Wednesday - White Water Fitness 4:00 - 5:00 PM
- Monday & Wednesday Cycle Reebok 4:15 - 5:00 PM
- Monday - Body Sculpting 6:00 - 6:45 PM
- Monday & Wednesday - Kickboxing 7:00 - 8:00 PM
- Tuesday & Thursday - Water Fitness 8:00 - 9:00 AM
- Tuesday & Thursday - Total Body Aerobics 9:30 - 10:30 AM
- Tuesday & Thursday - Powerhouse Aerobics 4:30 - 5:30 PM
- Tuesday & Thursday - Water Fitness 5:30 - 6:30 PM
- Saturday - Cardio Aerobics 8:00 - 9:00 AM
- Saturday - Water Fitness 8:30 - 9:30 AM

**Ballroom Dancing with Jim & Dottie**

- Will begin again on Wednesday, January 5 from 6:30 - 7:30 PM
- Open Review from 6:00 - 6:30 PM - Come alone or bring a partner

**Swimming Lessons** are available for all ages six months and up.

Parent/Child (six months -3 years), Preschool (3-6 years), & Youth (1<sup>st</sup> grade & up). One-on-one lessons are always available.

**Stroke Drills** are a great workout for your kids, concentrate on all four competitive strokes using drills to reinforce proper technique.

Starting January 3

- Monday & Wednesday 4:45-5:30 PM or Tuesday & Thursday 4:45-5:30 PM

Starting February 28

- Monday & Wednesday 4:45-5:30 PM and 5:30-6:15 PM
- Tuesday and Thursday 4:45-5:30 PM

**American Red Cross Lifeguard Training**

- Cost: \$175, which includes your Lifeguard, CPR FPR and First Aid certification.
- Classes will be offered in April & June.

**Pool Party** - Have your next party in the pool, leave the mess behind. Splash parties available Saturday in December, January and February. Friday and Saturday starting in March. Please contact Darcee at 434-8887 ext 29 or [dhughes@lockportymca.com](mailto:dhughes@lockportymca.com).

## Attention Racers

40th Annual

**Lockport Y-10**

**Saturday, February 12**

**Start Time 10:00 AM**

Lockport Family YMCA

**Relay Format & Y-5**



15th Annual

**Polar Bear Run**

**Sunday, February 27**

**Start Time 11:00 AM**

Olcott Volunteer Fire Company

Pancake Breakfast

8:00 AM - 12:00 Noon

\$5.00 per person

CAMP KENAN



ATHLETIC DEPT

THE POLAR BEAR IS

For Details Visit

[www.score-this.com](http://www.score-this.com)



**Great Gift Idea!**

**Ready for Summer?  
So Are We!**

**Registration  
for Summer 2011  
Overnight Camp**  
has officially begun!

Forms available at the  
Lockport Family YMCA  
front desk or at  
[www.campkenan.com](http://www.campkenan.com)