



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBERSHIP

Winter 2011-2012

Greater Lockport Family YMCA Newsletter

Issue 92

19 East Avenue, Lockport, NY

(716)434-8887

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Financial Assistance

It is our policy to never deny anyone the use of our facilities or programs due to the inability to pay. Through the generosity of members, community support and sustaining members, limited scholarships are available to assist individuals and families.



Dear Members & Friends,

For more than 150 years- the Lockport YMCA has been an integral part of life in Lockport & Eastern Niagara County...our 150th Celebration is winding down. We thank all of you for being

A PART OF OUR LIVES: You and the Lockport Family YMCA.

Everyone at the Lockport YMCA and Camp Kenan appreciates your loyal membership and for making us a part of your families life.

Now it's time for us to fit into your life's schedule. We are continuing to update your Membership Information files to better serve your future needs.

To get this done, we will ask for updated communication information, i.e. email addresses, telephone numbers, addresses, verification of your birth date, and any changes.

Are you interested in helping us "*Go Green*"? Cutting printing and mailing costs? *Learning about new programs* and services at the YMCA via e-mail or from our updated web site? Just be sure to give us your preferred email address and we will add you to our e-news address list!

Finally, we will take a new photograph that will show up on our computer screens when you check in. The entire process will take less than five minutes. If you'd like to manage your time even more, you can drop off the information at the front desk, being sure to make it legible. That way, all we'll need to do is take your picture. Or send an email from your preferred address to info@lockportymca.com, and we'll be sure to update our records with all the updated information for you.

Look for special member events at the Y in the coming year, as well. We want to use this time for us all to get know each other even better!

Many thanks to all who have contributed to our Y Care Campaign, Tree of Warmth, Peanut Butter, Jelly and Fluff Collection, YMCA Road Race Series, Camp Kenan Campership Fund and YMCA Candy Sales...all those gifts have helped us to serve over 800 individuals who may otherwise have not been able to participate and benefit from our unique family of members.

Give the gift of the YMCA or Camp Kenan this Holiday Season!

Gift certificates available for Memberships, Camps, Swim Lessons, Youth Sports, Personal Training, and all other YMCA Programs.

Have the happiest and most memorable of Holiday Seasons!

Sincerely,

Mark Albiez,
Executive Director



You Can Make A Difference for Kids

See how you can help your Y deliver our Mission

Sometimes adults don't realize how important they can be in the lives of young people. The best ways to discover what you have to offer is to think back.

Who is someone who...

- *Showed you love and caring when you really needed that support?*
- *Helped you realize you had something important to contribute to others?*
- *Set clear boundaries and had high expectations for your behavior?*
- *Helped you get a lot out of activities in your school, club, or youth organization?*
- *Helped you get excited about learning?*
- *Encouraged you to live out positive values, such as Caring, Honesty, Respect & Responsibility?*
- *Taught you important relationship skills and how to get along with other people?*
- *Helped you feel good about yourself and optimistic about your future?*

Think about this person. What was it that makes you remember this relationship? Maybe it was one sweeping gesture that impressed you, but most likely it was the everyday conversations and interactions that made this person special. What stands out to you?

You may not think you have much to offer, but the truth is that most children & teenagers are transformed by the seemingly small things adults do each day. These efforts may seem like "no big deal" but small actions and simple words can have a huge payoff.

"To the world you might be one person, but to one person you might be the world!"
Volunteers Welcomed!

Youth Development

The Lockport Family YMCA will be offering plenty of recreational activities for participants ages 3 and up.

- **Little Champs:** Ages 3-5 years - this preschool aged class provides an introduction to team sports including floor hockey, soccer, golf and basketball. Your child will learn about working with others through sports, group game play, and different gym games. Offered Monday & Wednesday from 4:30 - 5:30 PM. Fees for members \$22 and non-members \$66.
- **Shooting Stars Basketball:** Ages 6-9 years - a YMCA Winners basketball program that teaches the basics through the new and exciting games approach. Emphasis is on skill development, character development and fun. Offered Tuesday & Thursday from 4:30 - 5:30 PM. Fees for members \$22 and non-members \$66.
- **Youth Fitness Class:** Ages 12-18 years - designed to get youth of varying fitness levels and abilities to be active and enjoy exercise. Participants will learn the fundamentals of fitness and athletic movement through fun exercises and activities. Components of Fitness Targeted: Agility, Balance, Coordination, Linear and Lateral Movement, Strength Flexibility, and Most Important FUN! Offered Monday & Wednesday from 6:00 - 7:00 PM. Fees for members \$22 and non-members \$66.
- **Grade School Basketball:** Ages 7-10 years. Participants will be divided into two divisions for 2nd & 3rd grade and 4th & 5th grade. This is a YMCA Winners League, which is a values based, competitive program for children in grades 2 - 5. Players must register in advance and attend a **mandatory skill evaluation on Saturday, January 14**. Games are played on Thursday nights and/or Saturday mornings. Practices will occur during the half-hour before their scheduled game time. Coaches will determine any additional practice time. Each team will have one scheduled practice prior to the start of the season. Fees for members \$22 and non-members \$66.
- **Middle School Basketball:** Ages 11-14 years. Set up similarly to the Grade School Basketball League. Participants must pre-register for the league, attend **mandatory skill evaluation Saturday, January 14** and be in grades 6-8. Practices will occur during the half-hour before their scheduled game time. Coaches will determine any additional practice time. Games will be held on Friday nights and/or Saturday mornings. Fees for members \$22 and non-members \$66.
- **High School Basketball 4-on-4 "NO BULL":** Ages 15-18 years. 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 evenings. Fees for members \$22 and non-members \$66.

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

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 – 8:30 PM
 Cost: \$1 per week**

Teen Nights

**Every 2nd Saturday
 7:00 - 9:00 PM Grades 6 - 8
 Cost \$4.00 Members**

An opportunity for young adults to come to the Y for an evening with adult supervision and to use the Y to the max! May play games in the lobby, use the gym, swim in the pool, and take part in special activities.

School ID is Required

YMCA School Age Child Care Celebrates Veteran's Day

Each year on November 11 Veterans are recognized, thanked and celebrated for their military service. YMCA children in School Age Child Care programs show their support by making cards for patients in the VA Hospital and residents at local nursing homes. Some students also wrote thank you letters to Service Men and Women stationed out of the country. These projects are simple gestures of appreciation from the students but also give the YMCA Staff "teachable moments" on Veterans.

This year the YMCA students had the honor of meeting 92 year old, World War II Veteran "**Brud**" **Norman Nicholas**. He came to the Y on November 10th and brought all of the students an American Flag, provided by the VFW Post 2535. Mr. Nicholas spoke to the students about caring for, loving and respecting the American Flag. He also talked about respecting their parents and adult caregivers.

When time for questions and answers came the students told Mr. Nicholas about their Grandfathers, Uncles and even Parents who have or are serving in the military. The students had many great questions and stories to share. Mr. Nicholas was asked "**What was the Best Part of War?**" his answer, "**coming home**". Another student asked, "**What was the worst part of the war?**" his answer, "**War**".

This opportunity for the students to meet and spend time with Mr. Nicholas was an irreplaceable life lesson for many and put a face to the term World War II Veteran for all.

Thank you Mr. Nicholas and all Veterans!



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, pre-school 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.

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, 26-30 & January 2; Martin Luther King Day January 16; President's Day February 20; Winter Recess February 21-24**. 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.

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.



Healthy Living

We hope you 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 - you can even make it a **Family Play Date!**

- **Family Aerobics Classes** children 12 and up
- **Water Fitness Classes** accepting children 12 and up
- **YMCA Splash**, April 9-12 from 6:00 - 7:00 PM, ending with a celebration **Family Swim** on Friday, April 13 from 6:00 - 7:00 PM
- **Healthy Kids Day**, Saturday, April 28 from 11:00 AM - 1:00 PM

Ditch the Workout and Join the Party™ with Anthony and Amanda!

- Zumba Class, a Latin-inspired, easy-to-follow, dance-fitness party
- Exhilarate your senses & work all their major groups
- High-energy cardio blast that leaves participants invigorated, refreshed and full of life
- **Zumba** held in the Aerobic Room, Thursday at 6:15 - 7:15 with **Amanda** and Friday at 7:15 - 8:00 PM with **Anthony**
- **Aqua Zumba** held in the Pool, Friday 8:15 - 9:00 PM with **Anthony**

Join Jeannine, Kate, Janice, Christine & Kathy for 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 - 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 - Kickboxing 7:00 - 8:00 PM
- Tuesday & Thursday - Water Fitness 8:00 - 9:00 AM
- Tuesday & Thursday - Just Groove 9:30 - 10:30 AM
- Tuesday & Thursday - Powerhouse Aerobics 4:30 - 5:30 PM
- Tuesday & Thursday - Water Fitness 5:30 - 6:30 PM
- Wednesday - Yoga 7:00 - 8:30 PM
- Saturday - Cardio Aerobics 8:00 - 9:00 AM
- Saturday - Water Fitness 8:30 - 9:30 AM

Swimming Lessons are available for all ages six months and up. Parent/Child (six months -3 years), Preschool (3-6 years), & Youth (1st grade & up). One-on-one lessons are always available.

New! Starting January 9 Friday Preschool Class at 10:00 - 10:45 AM

New! Starting March 5 Friday Preschool Class 5:30 - 6:15 PM

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

- Starting January 9, Monday & Wednesday 4:45 - 5:30 PM or Tuesday & Thursday 4:45 - 5:30 PM
- Starting March 5, Monday & Wednesday 4:45 - 5:30 PM or 5:30 - 6:15 PM and Tuesday & Thursday 4:45 - 5:30 PM

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.

Help Support our YMCA Swim Team

Y Swim Team will be travelling to Buffalo March 16 - 18 for the NY State Swimming Championships

There are many opportunities for you to support our team!

Sponsor a Swimmer in the Splash-a-thon!

Please contact Darcee or one of the coaches for details.

Attention Racers

41st Annual

Lockport Y-10

Saturday, February 11

Start Time 10:00 AM

Lockport Family YMCA

Relay Format & Y-5



16th Annual

Polar Bear Run

Sunday, February 25

Start Time 11:00 AM

Olcott Volunteer Fire Company

Pancake Breakfast

8:00 AM - 12:00 Noon

\$5.00 per person

For Details Visit

www.score-this.com

YMCA Camp Kenan is GOING GREEN!

Take a look at our 120' tall wind turbines that are generating power for camp! For additional information or a tour call our camp director Luke Kantor at 716-622-8484.



YMCA Camp Kenan Barker, NY 14012 - South Turbine



Lockport Family YMCA Membership Gives You Many Opportunities

Your local Y membership now gives you more!

Now you can use your YMCA Membership at other neighborhood YMCAs in the Upstate New York region.

- The **Upstate New York Reciprocal Membership Program** includes free use of the standard YMCA facilities, typically swimming pools, gymnasiums, racquetball courts and wellness centers.
- Reciprocal Membership is available to all YMCA full facility members.
- Your local YMCA is considered your "home" YMCA.
- Visiting members must check-in at each YMCA with a valid membership card and present a photo id.
- Check with the individual YMCA for policies, procedures, schedules, and program fees.

Participating Ys:

Your valid membership I.D. card will give you facility access to any of the Ys listed below.

Auburn YMCA-WEIU
27 William St, Auburn
315-253-6153

Skaneateles YMCA & Community Center
97 State St, Skaneateles
315-685-2266

Rome Family YMCA
301 W Bloomfield St, Rome
315-336-3500

Oneida Family YMCA
701 Seneca St, Oneida
315-363-7788

Middletown YMCA
81 Highland Ave, Middletown
845-344-9622

Long Island YMCA
121 Dosoris Lane, Glen Cove
516-674-8091

Plattsburgh YMCA
17 Oak St, Plattsburgh
518-561-4290

Syracuse Downtown YMCA
340 Montgomery St, Syracuse
315-474-6851

East Area Branch YMCA
200 Towne Dr, Fayetteville
315-637-0403

North Area Branch YMCA
4775 Wetzel Rd, Liverpool
315-451-2562

Carthage YMCA
250 State St, Carthage
315-493-3286

Fulton YMCA
715 Broadway, Fulton
315-598-9622

Ithaca & Tompkins County YMCA
50 Graham Rd W, Ithaca
607-257-0101

Olean YMCA
1101 Wayne St., Olean
716-373-2400

Tarrytown Family YMCA
62 Main At, Tarrytown
914-631-4807

Newburgh YMCA
10 Little Britain Rd, Newburgh
845-562-1088

Oswego YMCA
249 W 1st St, Oswego
315-343-1981

Cortland County YMCA
22 Tompkins St, Cortland
607-756-2893

Watertown Family YMCA
119 Washington St, Watertown
315-782-3100

Mohawk Valley YMCA
83 E Main St, Mohawk
315-866-6570

Fairgrounds YMCA
585 Rand Dr, Watertown
315-755-9622

Genesee County YMCA
209 East Main St., Batavia
585-344-1664

Orleans County YMCA
306 Pearl St., Medina
585-798-2040

Bradford YMCA
59 Boylston St, Bradford, PA
814-368-6101

Clifton Springs YMCA
5 Crane St, Clifton Springs
315-462-6184

Binghamton Branch YMCA
61 Susquehanna St, Binghamton
607-772-0560

West Branch YMCA
740 Main St, Johnson City
607-770-9622

Little Falls YMCA
15 Jackson St, Little Falls
315-823-1740

Hornell Family YMCA
12 Center St., Hornell
607-324-5520

Geneva Family YMCA
399 William St., Geneva
315-789-1616

Wyoming County YMCA
115 Linwood Ave., Warsaw
585-786-2880

Corning Community YMCA
127 Centerway, Corning
607-962-7002

Norwich YMCA
68 N. Broad St., Norwich
607-336-9622

Lockport Family YMCA
19 East Ave, Lockport
716-434-8887



Online Registration Beginning January 30

Y Members will now be able to register for classes and programs online.

Just go to www.lockportymca.com

Click on the
Register Button

You will be walked through the process you will need to set up a user name/password, have an email address tied to your Y account, and pay at the time of Registration in order to register online.

You will also be able to browse our many classes and programs - a real benefit of membership.

Y-CARE

Supporting the YMCA means your gift is helping us deliver on our *promise to focus for youth development, for healthy living, for social responsibility* thus making a difference in the lives of children, families, adults and seniors every day.

Won't you make your gift today!

You may make a gift by

- Cash
- Check
- Credit Card
- EFT- (electronic funds transfer monthly)
- Invoiced monthly, quarterly, or semi-annual basis or end of year for the total
- Visit www.lockportymca.com - click **Donate**



Whatever the method and schedule you choose, the Greater Lockport Family YMCA office will follow your instruction. The YMCA is a 501 © (3) Charitable Organization.



Building For Our Future

Capital Campaign Newsletter • Greater Lockport Family YMCA

Campaign Strategy and Phasing is Key to Success

The \$11.5 M goal makes this the largest capital campaign in the history of Lockport. Since 2006, we have made steady fund raising progress with lead and major gifts. Thus far, we have secured \$6.3 M in confirmed pledges and cash. An additional \$2.6M in donation requests is currently in process, but not yet secured.

We have been challenged by the economy in completing the lead and major gift phase. When we reach 70 - 75% of goal, a broad-based public campaign will be launched with a \$3M objective. A combination of three foundations will provide a 1 for 1 match. The community will be challenged to raised \$1.5M to secure a \$1.5M foundation match portion.



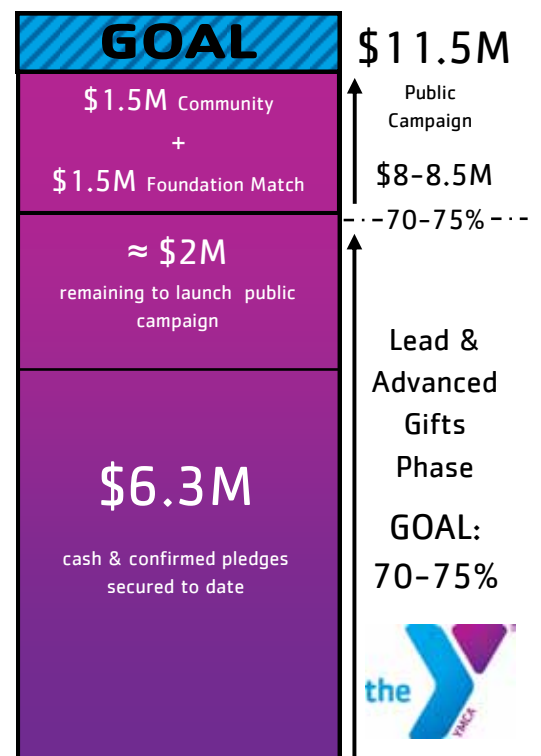
LOCKPORT FAMILY YMCA: The Long View

| | |
|-----------|---|
| 1861 | Lockport YMCA established |
| 1902 | YMCA locates at 19 East Avenue |
| 1927 | Current North Branch opens: \$355,000 to construct |
| 1987 | North Branch renovations: \$850,000 |
| 1997-2000 | Camp Kenan renovations & upgrades: \$1 million |
| 2001 | 31 acre property purchased for future branch |
| 2002-05 | Community needs / Facility design / Campaign preparations |
| 2006-date | Lead and Major Gift Campaign: \$8 - 8.5 million goal |
| 2011 | 150 Year Anniversary |
| 2012 | Campaign Public Phase & Possible Construction Phase |
| 2014 | Grand Opening Celebration |

As the YMCA: we are for youth development, healthy living, and social responsibility. We are proud to say that we welcome people of all ages, abilities ,and faiths to participate in our programming.

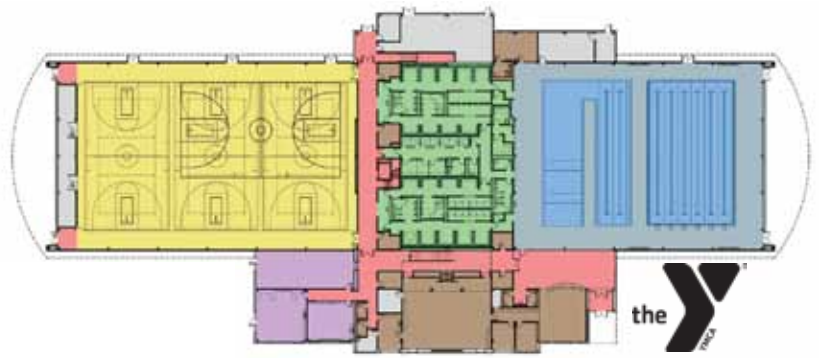
LOOKING FORWARD

- The YMCA has been making a difference in the lives of thousands of children and adults in the Greater Lockport area for 150 years.
- The new facility will enhance the quality of life for the entire community, helping to strengthen core family values - Caring, Honesty, Respect and Responsibility.
- The new YMCA will enable us to address the needs of many more youths and families for generations to come.
 - The new facility will provide hundreds of construction jobs and create 35 new full-time equivalent jobs.
 - Obesity is considered a major health threat in our nation. The YMCA is ideally positioned to provide health and wellness solutions for the Greater Lockport community.
 - The Lockport Family YMCA provides financial assistance to anyone demonstrating need. Last year we provided more than \$150,000 in direct assistance. No one is turned away.
 - The downtown YMCA will remain a vital part of the Greater Lockport Family YMCA service delivery system.





Snyder Drive Location - Lockport, NY



PUBLIC PHASE CO-CHAIRS: TOM WEEKS & MARC EGLIN

Campaign General Chair Rhodes Palmer announces that Tom Weeks and Marc Eglin have agreed to co-chair the public campaign

The NEW South Branch features 68,000 s.f. of totally accessible space including:

- An Aquatic Center with two pools:
 - √ A warm water 'zero depth entry' pool
 - √ A cooler, competition pool
- 1/10th mile Indoor Walking and Jogging Track
- Special-needs Locker Rooms
- Ready-To-Be-Fit Room
- Complete state-of-the-art Wellness Center
- Exercise Studios
- Multi-purpose Gymnasium
- Youth and Teen Center including:
 - √ Child Watch Facility
 - √ Adventure Center
 - √ Classrooms and Social Space
- Elevator access to Second Level and Loading Dock



Site Location:

The new South Branch will be situated on a 31-acre parcel just off Snyder Drive and will provide plenty of outdoor activities including: walking and wellness trails; sports fields; volleyball; tennis; fully-functional pavilion for day and special camps; ample parking for members, guests and special community events; drop-off and pick-up area for buses and parents.

Ten acres of green space will service a variety of major community events throughout the year and provide limitless growth potential in what will be a very bright and healthy future for those living in the Greater Lockport YMCA service area.

How YOU can get involved:

The Lockport Family YMCA needs YOUR help!

Visit our website at www.LockportYMCA.com to find out how you can...

- Become a donor
- Join the Campaign Team
- Make suggestions for classes and programs we provide
- Keep up to date with special events for individuals and families
- And Much, Much, more!





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

Winter I Session *January 9 - February 25*
Winter II Session *March 5 - April 28*

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



PUBLISHED 2 TIMES PER YEAR SUMMER & WINTER

ISSUE # 92

Winter 2011-2012

YMCA CAMP KENAN

Winter - Camper Retreat

December 29-30, 2011 - Overnight

Location: YMCA Camp Kenan (8571 Lower Lake Road, Barker NY 14012)

Time: 10:00am December 29, 2011 (If riding bus; meet at Lockport Family YMCA at 9:30am)

Retreat runs until 2:00pm December 30, 2011 (Bus will arrive at Lockport Y at 2:30pm)

Who: All kids ages 6-14 welcome! * Pre-registration required

COST: Member Pricing - \$35 per camper with bus / \$25 per camper if dropped off at Camp
Non-Member Pricing - \$45 per camper with bus / \$55 per camper if dropped off at Camp
Bring a friend that has not previously attended YMCA Camp Kenan and receive \$10 off of the retreat!

What to bring: Warm Sleeping Bag, Pillow, Blanket, Hat & Gloves, Warm Clothes (Multiple Sets), Boots, Sneakers, Toiletries

* mp3 players, video games, and other electronics not allowed

Activities to include:

Snow Castle Making • Camp Crafts • Winter Nature Hike • Campfire & Songs • Holiday Cookie Making & Decorating • Indoor Rock Climbing & Bouldering • Snow Relays • and Much, Much More!



Register at the Lockport Family YMCA
(spots are limited for the bus)

Lockport Family YMCA - YMCA Camp Kenan
716-434-8887 www.LockportYMCA.com / 716-622-8484 www.CampKenan.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!*



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 & Wednesday 6:00 - 9:00 PM

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

Registration Deadline January 2

