

YMEMBERSHIP™

We build strong kids, strong families, strong communities.

Greater Lockport Family YMCA Newsletter

19 East Avenue, Lockport, NY

(716)434-8887

www.lockportymca.com

YMCA BOARD OF Directors 2009-2010

Timothy SmithPresident
Joseph Castle.....1st Vice President
Skip Helfrich.....2nd Vice President
Kevin VanDusen.....Secretary
Eric Foltz.....Treasurer
Marc Eglin.....Asst. Treasurer

Joan Aul,

Thomas Beilein, Patrick Burke,
Scott Carlson, Kevin Clark,
Kevin Cole, Mark Danna,
Daniel Doctor, Patrick Hannigan,
Paul Hayden, Thomas Johnson,
Jennifer Murphy, James Newton,
Rhodes Palmer, Alan Roskopf,
Aaron Smith, Gerald Stuitje,
Jeffrey Tracy, Allan VanDeMark,
William Watson

YMCA Board of Trustees

Thomas Weeks, President
Wesley Arnold
Duncan Carlson
Dennis Devine
R. Joseph Foltz
Chad Hoyme
Daniel Judge
Robert Miller, Honorary
Sam Ward, Honorary

YMCA Professional Staff

Executive Director

Mark W. Albiez

Administrative Assistant

Barbara Harris

Youth Director

Laurie Ferris

Health, Fitness & Aquatics Director

Darcee Hughes

Youth Sports & Teen Director

Bryan Schubring

Membership Services Director

Peggy Allen

Camp Kenan Director

Matthew Strusienski

Campaign Chairman

Rhodes Palmer

Project Director

Rodney Conrad



WHAT IS THE YMCA?

The YMCA is an Opportunity

- It is a wholesome and worthwhile program for boys and girls, young people and families, open to all, without regard to creed, color or economic status.
- It is an organization which uses athletics to develop people, but does not use people to promote athletics.
- It helps young people not only to help themselves, but to help the other fellow.

The YMCA is an Investment

- It is a gilt edge, far-sighted investment in the greatest undeveloped resource in the world---YOUTH. It invests money; it gets adulthood.
- It invests time and things that might otherwise perish; it gets character that continues and perpetuates itself in vital and constructive forces.
- Its investments are human; its dividends are divine.

The YMCA is a Spiritual Force

- It is not the building, but the voluntary force that built it.
- It is not the organization, but those volunteers that organize it.
- It is the spirit of adulthood pressing forward to build a better community and world.
- It is the spirit of Christ, with His deathless life and His boundless love.
- It is the spirit of Association, the youth, the man, the woman, the Christ, in fellowship and cooperation.

The YMCA is a Call to Service

- It is a person's interpretation of Christianity to adults and to youth in terms of Christian adulthood.
- It provides and organizes the time of men and women, the best and busiest in our community, leading them out of themselves and above themselves in service to others.
- "Not to be ministered unto, but to minister."
- It is a call to the larger fellowship, broad as the brotherhood of man, deep as man's need, high as Christ's hope, and wide as the world's opportunity. KL2009

Give the gift of the Y!

Gift certificates are available for Membership, 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
Lockport Family YMCA & Camp Kenan

P.S. WITH ALL THE CHANGES, in the not so distant future, we will begin offering on-line registration for some of your favorite classes on our website, www.lockportymca.com. Plus, in addition to looking at your group exercise class schedule, you are able to download and print it, as well! You've made us a part of your life; now it's our turn to fit into your life's schedule.

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

**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

**\$250 Team Sponsor
Plus \$30 Members
\$150 Non-Members**

**Registration Deadline
December 28**

**TGIF @ YMCA
Family Swim**

**February 5, March 5
& April 2**

6:00 - 8:00 PM

All Families Welcome!

Healthy Snacks &
Water Games

\$10 per family

YTEENS™

We build strong kids, strong families, strong communities.

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.

YOUTH SUPER SPORTS™

We build strong kids, strong families, strong communities.

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 01/11/2010.**

- **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 1/12/2010.**

- **Grade School Basketball:** Ages 7-10 years. This league has two divisions 2nd & 3rd grade and 4th & 5th grade. After a **mandatory skill evaluation** held on 1/16/2010 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 \$20 and non-members \$60. **Registration deadline is 1/16/2010.**



- **Middle School Basketball:** Ages 11-14 years. Grades 6th through 8th boys and girls will be divided up competitively similar to the grade school basketball after a **mandatory skills evaluation** held on 1/16/2010. Games will be held on Friday nights and/or Saturday mornings. Fees for members \$20 and non-members \$60. **Registration deadline is 1/16/2010.**

- **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 \$20 and non-members \$60. **Registration deadline is 1/15/2010.**



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.

Safeguarding Our Membership

• Employment

We are very proud of our programs and facility. We strive to consistently attract, develop, motivate and retain the best employees and volunteers possible, which allows us to achieve our mission of building strong kids, strong families, and strong communities.

The YMCA movement began in London, England in 1844. Our YMCA has been in continuous operation since 1861. We are a community service organization dedicated to helping individuals and families reach their full potential by promoting a healthy life-style and by providing opportunities to develop spirit, mind and body. Our programs and services emphasize four values; **Caring, Honesty, Respect and Responsibility!**

• Employees

Written applications are required of every person applying to work or volunteer at the YMCA. This includes those who are referred by Department of Social Services or the courts for public service.

Two criminal background checks are required before any applicant may be considered for employment or voluntary service. The YMCA requires applicants agree to two separate background checks. One by the **Niagara County Sheriff's Department** and another by **CI-Criminal Investigations** out of Albany.

Three letters of reference are required for all employees. Further background reference checks are required by the hiring director with follow up phone calls and documented responses. A Minimum of **two face to face interviews** are required.

Those who work directly with children fill out supplemental application materials, and our child care employees are required to become **licensed childcare workers** and must be **finger-printed**.

Staff selection is done through a combination of letters, applications, references, background investigations, behavioral contracts, and interviews. Integrally connected is mandated training, code of conduct, orientation, and a 30 day probationary period.

YMCA staff undergo extensive training, which includes - **Child Abuse Prevention Training; CPR; First Aid; AED Training**; in addition to job related skill requirements and related certifications. Ongoing education and staff workshops round out a complete learning and training experience.

The YMCA works cooperatively with more than 80 organizations from our community to provide experiences that will help to better develop each individual in Spirit, Mind and Body!

Many of our employees come highly recommended from our membership, community leaders, schools and churches. **If you have a passion, talent, skill, or creative idea for a program or service please do not hesitate to contact us! We are always looking for new ways to serve our members and communities needs.**

• Cell Phones and Cameras

The YMCA has a great appreciation for the advancement in technology and its' prevalence in our society, however, we must protect members and participants from "random misguided use" of technology. **The YMCA respectfully prohibits use of cell phones/camera phones except in the Member Service lobby.** Anyone found using cell phones in any other part of the building will be asked to leave immediately, and may be subject to suspension of membership privileges.

• Locker Use

We provides access to lockers for all members and participants. We encourage people to leave their valuables at home, if you must bring them, be sure to lock them up. Locks **are not permitted** to remain on lockers **overnight**, unless you have made arrangements to rent the locker. Members are able to add a locker rental fee to their membership and will be assigned a specified locker. **Under no circumstance is the YMCA responsible for lost or stolen property.**

Basics for Flu Prevention

Common sense goes a long way. Here at the YMCA we ask everyone to assist us in the proactive prevention of the flu! We have added "Purell" dispensers throughout the building, doubled our efforts in disinfecting areas touched by hand, including toys, equipment, door knobs, handles, telephones, keyboards etc. We ask that the members be conscientious in cleaning up after themselves when working out.

Please, follow these simple steps:

Vaccination is the best protection. Seasonal vaccine is not expected to protect against the H1N1 (Swine) flu and the H1N1 flu vaccine is not intended to replace the seasonal flu vaccine. Each protects against a different virus and is intended to be used along-side the other. **Get both!**

Practice Good Hygiene

- Wash hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Put used tissues in the trash.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.

If Diagnosed with the Flu

- **Stay home**, follow your doctor's orders, and watch for signs that you need immediate medical attention. Remain at home for 7 days after your symptoms begin or until you have been symptom-free (no fever) for 24 hours.
- **Avoid contact with others**, especially those who might easily get the flu, such as people of any age with chronic medical conditions, pregnant women, young children, and infants.
- **Wear a mask** when sharing spaces with others to help prevent spreading the virus, especially if other household members are at high risk.
- **Get plenty of rest.**
- **Drink clear fluids** such as water, broth, sports drinks, or electrolyte beverages to prevent becoming dehydrated.
- **Talk to your doctor about anti-viral prescriptions.**

The Y reserves the right to ask anyone who might jeopardize the health of others to leave the premises and not to return without a physician's release.

Attention Racers

**39th Annual
Lockport Y-10
Saturday, February 13
New Start Time 10:00 AM
Lockport Family YMCA
Relay Format & Y-5**



**13th Annual
Polar Bear Run
Sunday, February 28
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



**Great Gift
Idea!**

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

**Registration
for Summer 2010
Overnight Camp**
has officially begun!

Forms available at the
Lockport Family YMCA
front desk or at
www.campkenan.com

YAQUATICS™

We build strong kids, strong families, strong communities.

- **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.



Starting March 1 - Monday & Wednesday 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 11

Monday and Wednesday 4:45-5:30 PM

Tuesday and Thursday 4:45-5:30 PM

Starting March 1st

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

Tuesday and Thursday 4:45-5:30 PM

- **Water Fitness** - It's time to try get your feet wet and experience the power of the water. Great low impact workout.

Monday, Wednesday and Friday 9:00-10:00 AM

Monday and Wednesday 4:00 - 4:45 PM

Tuesday and Thursday 8:00-9:00 AM and 5:30-6:30 PM

Saturday 8:30-9:30 AM

- **YSplash** - One week of free swim lessons, which will emphasize basic swimming skills, and safety, April 19-22, ending with a celebration family swim Friday April 23 from 6:00-7:00 PM.

- **American Red Cross Lifeguard Training**

Price is \$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 call Darcee at 434-8887 ext 29 for details.

- **Help support our YMCA Swim Team.** Our YMCA Swim Team will be traveling to Buffalo March 12-14, 2010 for the New York State Swimming Championships at Erie Community College pool.

There are many opportunities for you to support our team and your local athletes.

- Place an advertisement in the program
- Sponsor a swimmer in the Splash-a-Thon

Please see one of the coaches or Darcee for more information.

Never too soon to start thinking Summer!

- **YMCA Backyard Pool Classes** - Backyard Pool Fitness-Water workouts at your pool, no more excuses, invite your friends and let's move that water! Also Backyard Pool Swimming Lessons are available. Call now and make your reservations. You supply the pool we supply the lifeguard and instructors.

- **Swim Camp at Camp Kenan** - July 5-11 for youth 7-15 years. Limit 50 campers. Day Camp or Overnight Camp available. Coaches will be emphasizing all four competitive strokes, starts, turns, finishes, body streamline and bi-lateral breathing.

Note there will be more open swim on Monday and Wednesday evenings after the swim season ends March 13.

YHEALTH & FITNESS

We build strong kids, strong families, strong communities.

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 and endurance while we **Activate America**, this is our National YMCA fitness initiative we have committed to:

- **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 10 from 11:00 AM - 1:00 PM
- **YMCA Splash**-April 19-22 from 6:00 - 7:00 PM, ending with a celebration **Family Swim** on Friday, April 23 from 6:00 - 7:00 PM

Join Jeannine for Great Aerobic Workouts

- Monday, Wednesday & Friday - Early Morning Abs from 6:00 - 6:30 AM
- Monday, Wednesday & Friday - Cardio Class from 9:30 - 10:30 AM
- Monday - Body Sculpt from 6:00 - 6:45 PM
- Tuesday & Thursday - Power House from 4:30 - 5:30 PM and from Saturday 8:00 - 9:00 AM



Cycle Reebok

- Monday & Wednesday with **Kate** from 4:15 - 5:00 PM
- Tuesday & Thursday with **Jeannine** from 5:30 - 6:15 PM

Total Body with Barb

- Tuesday & Thursday from 9:30 - 10:30 AM

Winter Wellness Classes Run 8 weeks starting January 4!

Ballroom Dancing with Jim & Dottie

- Will begin again on Wednesday, January 13 from 6:30 - 7:30 PM
- Open Review from 6:00 - 6:30 PM
- Come alone or bring a partner

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 Winter Recess activities. Elementary school students, ages 5 -12, may register to participate in Holiday Fun Club. New for February 2010, parents will have a choice of location when deciding where to send their child for the vacation recess. For the Winter and Spring Recess the YMCA Holiday Fun Club Programs are being offered at the **YMCA facility in downtown Lockport** and at **Starpoint Fricano Primary School in Pendleton**. Every day school is not in session YMCA Holiday Fun Clubs are offered including **Martin Luther King Day January 18; President's Day February 15** and **Winter Recess Tuesday through Friday, February 16 - 19**. Participants may be registered for one day or the entire vacation.

Holiday Fun Club is a full day of activities including gym games and athletics, crafts, snacks, guest speakers, swimming and walking trips at the YMCA and lots of outdoor play at Starpoint site. Holiday Fun Club is a great opportunity for children who's parents need to work or an opportunity for parent's who want their children to be busy, happy and safe with fun supervised activities. The program is offered from 8:30 AM - 4:30 PM. Early arrival begins at 7 AM and late pick up is available until 6:00 PM if requested at registration.

The program **requires advance registration** and space is limited. Each child should dress to participate, including sneakers and bring a bag lunch, swim suit and towel.

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

Ballroom Dancing

Winter Dance

Join us in the YMCA gym for a night out dancing.

Saturday February 20

7:00 - 10:30 PM

Admission \$5/person

snacks/refreshments included

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. Gym class and swim lessons are a valuable part of Preschool Pals.

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 introduction to preschool. 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.



YMCA

We build strong kids,
strong families, strong communities.

NON-PROFIT ORG.
U.S. POSTAGE
PAID
Permit No. 384
LOCKPORT, NY

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

Winter I Session *January 11 - February 27*
Winter II Session *March 1 - April 17*

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

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

ISSUE # 89

WINTER 2009

How Charitable Giving Helps

Regardless of the challenges of the time, good or bad, there are **four things that are critical to our community**, they determine our future and the quality of life for each of us and our families.

First, is the **character development of our youth**. The character of our children is our destiny. The Y helps young people learn and demonstrate respect, responsibility, honesty and caring. Like a forge, every youth program helps shape youth character through repeated opportunities to do the right thing for the good of family, community and their own well being.

Second, is **strengthening of families**. Families with strong bonds, a healthy work/life balance and that are engaged in our community are the foundation of society. The Y provides a place for developing those strong bonds. Our programs help maintain a healthy balance and the multitude of volunteer opportunities provide learning through service to others.

Third, is **wellness for all**. How many times have we heard that if you have your health, you have everything? People of all ages and all abilities; physically, financially, socially and spiritually improve their wellness in programs at the YMCA, Camp Kenan and our various schools based sites. Being well is not only personally important for quality of life, but it is economically critical to our business and economic environment.

Lastly, is **removing obstacles to success**. A community cannot thrive unless every child has access to character development, every family has the tools to become stronger and each of us can participate in activities to improve our health. **The YMCA turns no one away due to the inability to pay.** We can only do this with your support and the support of others.

The Greater Lockport Family YMCA has been serving Eastern Niagara County since 1861. While times have changed, our focus and commitment as a family-oriented organization, dedicated to putting Christian principles into practice through programs that build healthy spirit, mind and body for all has never wavered. Help support our programs and resources that benefit children, families, and our community. We count on dedicated supporters like you to help us realize our vision of a world where all young people are valued and thrive.

*By supporting the **YMCA's Y-CARE Program**, your gift helps to remove the obstacles and help build strong kids, strong family and strong community. Supporting the YMCA means your gift is helping to make a difference in the lives of children, families, adults and seniors every day. **Won't you make your gift today!***

Building for our Future

We want to thank all of our members for your patience. While numerous staff and volunteers have been working very hard behind the scenes to raise the significant dollars needed to reach our goal of a new South Branch, we have remained steadfast in our conviction that this journey will be completed. Those who have been involved in major fundraising efforts realize that all campaigns have numerous stages and the goal of \$11.5 million dollars is monumental.

We have hit some bumps in the road, but are confident that we will get to our ribbon cutting. We remain active in the **Lead Gifts Phase (\$50K+; Foundations & Grants)** attempting to have 70-75% of the Goal (\$8-8.5M) prior to entering a very visible and celebrated **Public Phase (\$3-3.5M)**. We are currently just over \$6M in pledges. Laying a strong foundation preparing for assured success when we reach out to every member and friend of the Y is extremely important. We cannot wait to share our success stories...the love for the YMCA and the appreciation for what the future has in store. We ask that if you have any questions, ideas or major donor potential please do not wait for the Public Phase, contact **Mark Albiez** now.

Good things will come to those who endure!



We Want YOU
The YMCA needs your help!
Visit our website: lockportymca.com
• Become a donor today
• Join the campaign team