

YMEMBERSHIP™

June 2006
Issue 79

We build strong kids, strong families, strong communities.

Lockport Family YMCA Newsletter

19 East Avenue, Lockport, NY

(716)434-8887

www.lockportymca.com

YMCA BOARD OF Directors 2006-2007

Skip Helfrich.....President
Scott Carlson.....1st Vice President
Bradley Erck.....2nd Vice President
Karen Adams.....Secretary
Tim Smith.....Treasurer

Judith Arlington, Joan Aul,
Thomas Beilein, Renee Brady,
Patrick Burke, Tina Burke,
Joseph Castle, Anthony Ceasor,
Kevin Clark, John Connolly,
Marc Eglin, James Fennell,
Eric Foltz, Patrick Hannigan,
Nicolas Maniccia, Jennifer Murphy,
Rhodes Palmer, Alan Roskopf,
Aaron Smith, Jeffrey Tracy,
Allan VanDeMark, Kevin VanDusen,
William Watson, Debra Wills,
Mary Zapalowski

YMCA Board of Trustees

Chairman - Thomas Weeks

Wesley Arnold
Duncan Carlson
Dennis Devine
R. Joseph Foltz
Chad Hoyme
Daniel Judge
Robert Miller
Sam Ward

YMCA Professional Staff

Executive Director

Mark W. Albiez

Administrative Assistant

Barbara Harris

Youth Director

Laurie Ferris

Camp Kenan Director

John Yeast

Health, Fitness & Aquatics Director

Darcee Hughes

Youth Sports Director

Bryan Schubring

Membership Services Director

Peggy Allen

Properties Manager

Wally Perski

Millennium Project Director

Rodney Conrad

Campaign Chairman

Rhodes Palmer

145th Annual Meeting

145th Lockport Family YMCA Annual Meeting and Recognition Dinner was held Monday, May 22, 2006 at the Cornell Cooperative Extension.

Mark Albiez, Executive Director welcomed over 100 members and guest to the Annual Meeting and shared the YMCA mission and vision with attendees. "We have been very careful, in defining who we are, and choosing where we are going...we have studied the map and planned for years, to enable us to eventually get there. **Volunteers and staff** have helped to build a network of programs and services which touches lives, out at the tips of our service area, and we have taken our mission seriously for 145 years now!"

Skip Helfrich, President and **Karen Adams**, Secretary of the Board of Directors, held elections for the Board of Directors and Board of Trustees, asking for nominations from the floor. Membership voted in favor of the slate of Directors and Trustees presented. New nominees include **Joan Aul**, **Renee Sossong Brady** and **Nicolas Maniccia** for the Board of Directors and **R. Joseph Foltz** for the Board of Trustees.

This was truly a night of reflection. Honored "Lest we forget their many contributions." were: **William R. Kenan, Jr.**, **Gilbert Mosher**, **Harold Roadarmel**, **Stuart Tuck**, **Sam Ward**, **William Whitcomb**, **Kentucky Fried Chicken**, and the **YMCA Teen Leaders Club**. Staff **Jerry O'Brien**, **Kathy Mullin** and **Zita Cicciarelli** were recognized for their outstanding service to our members, their departments and our mission.

Rhodes Palmer, Campaign Chairman gave an update on the Greater Lockport Family YMCA expansion project. "The Capital Campaign has had a great deal of success in its "Quiet / Lead Gift" stage. This effort has concentrated on potential large gifts from individuals, foundations, civic and service organizations as well as corporations. To date we have identified about \$5.5 million in support for our new facility. We are currently putting together the "Public Phase" of the campaign, where we



Lockport Family YMCA

reach out to the general public through campaign volunteers. If there are any Y members who would like to serve on this or any other phase of the campaign we can certainly use you and your time and talents. *Please call us to volunteer your help.*"

Triathlon Swimming Workshops

Fine tune your swimming skills.

Workshops will be offered each month June through October.

Check at the Front Desk!

Splash into Health Two Sessions

**June 12, 13 & 14
Youth - Grades 1 & Up**

**August 14-18
Preschoolers (3 yrs – K)
Youth - Grade 1 & Up
6:00 - 7:00 PM**

This is a safety orientation program that focuses on basic swimming skills while teaching about sun safety, backyard pool safety, beach safety, water park safety, boating safety and YMCA pool safety.

Register today for these **FREE** classes!!

Stroke Drills with Jeff Stoddard

Jeff will break down the four competitive strokes, work on breathing, starts and flip-turns.

**Monday and Wednesday
5:30 PM**

June 26 - August 12

America on the Move September 23-30

Thousands of people across the nation will join with their YMCA's and communities to get on the move, more details soon.

Y²SWIM LESSONS™ Celebrates 100 Years

- We build strong kids, strong families and strong communities, and encourage parents to join in parent/child swim lessons with their preschoolers. YMCA provides aquatic activities for people of all ages—from babies to senior citizens.
- Learning to swim is an important part of growing up. Lessons build confidence, preparing youth for a lifetime of recreation and exercise through water sports.
- We view swimming lessons as a means of building character. Learning to swim and how to be safe in and around water is an important survival skill. Swimming lessons help both children and adults build self-confidence and self-esteem.
- Swimming provides a fun form of exercise for children, and is an important tool in the fight against rising levels of youth obesity. While children may view time at the beach, water park and community pool as playtime, it can also be a great form of activity and exercise once children learn fundamental swimming strokes.



- YMCA group swim classes are divided into ability groups. Students learn at different rates and are usually in each level more than once. Trained instructors emphasize personal safety, swimming skills, endurance and social skills, while guiding students with praise and encouragement. As youth progress through different skill levels they also learn to enjoy safe recreational swimming and water sports.
- The YMCA's Preschool Aquatic Program teaches water adjustment and basic swimming skills to children aged three to five. Parent-Child Aquatic Programs, which promote water enrichment and aquatic readiness activities, are for children ages 6 months to three years and also are offered at the YMCA.
- YMCAs are leaders in children's athletics programs, serving more than 9 million children under the age of 18 through a variety of activities and programs every year, including aquatics.

Y²SWIM TEAM™ March 17 - 19 our swim league hosted the YMCA New York State Swim Championships at Erie Community College. I would like to thank all the parents and volunteers for such a successful meet. We had over 3,000 swimmers attend and compete. **Congratulations** to all our Lockport YMCA state swimmers!

Here are our top ten state finishers:

Lauren Isherwood: **2nd 25 Back** 18.51; **7th 25 Breast**, 22.45

Shannon Strong: **4th 100 Fly** 1:01.99; **6th 200 Free**, 2:03.27;
7th 50 Free, 26.13

Larissa Nicholson, Roserita DiMillo, Lillian Masters & Karly Hartz:
7th 200 Free Relay, 2:14.31

Jessica Cenelli: **8th 50 Free** 36.05

Lillian Masters: **8th 200 Free**, 2:36.59

Larissa Nicholson: **9th 200 Free** 2:37.13

Roserita DiMillo: **9th 50 Breast** 40.94

Ryan Levy: **10th 50 Free** 27.91; **10th 50 Fly** 32.01

Audrey Ash, Erica Cane, Shannon Strong & Carmella DiMillo:
10th in 200 Medley Relay, 2:04.78

YOUTH SUPER SPORTS™

We build strong kids, strong families, strong communities.

Hook-A-Kid-On-Golf

This national program is an introductory skills clinic designed for first time golfers between the ages of 8 – 15. Participants will receive certified instruction from a PGA Professional. The clinic will focus on driving, chipping, putting, etiquette, and rules. There will be guest speakers covering the topics of golf course maintenance, drugs in sports, student athletes, and golf rules and etiquette. All participants will receive week-long golf instruction, set of golf clubs, golf bag, shirt, golf balls, rule and etiquette book and a golf hat. Registration fee is \$100 for all participants. The clinic will be held the week of 7/17 – 7/21 at the Niagara County Golf Course from 9:00 AM – 12:00 Noon.



Start Smart Golf

This is a parent-child participant program for young children between the ages of 5 – 7. This program will teach parents the proper way to develop the basic motor skills of golf with their children while building their confidence enabling them to enjoy participation in golf. We will utilize the SNAG Coaching System, a patented system that moves parent-child groups through four stations during the one-hour program sessions. Classes meet on Saturday's from 9:00 – 10:00 AM beginning 7/1. Registration fee is \$20 for member and \$60 for non-members.



Summer is finally here!

At Camp Kenan we're gearing up for another great camping season. I want to tell you about a couple of weeks this summer, which are going to be extra special.

The **second week** of summer is **Spirit of America**. This theme day will be on Tuesday, the 4th of July. We plan to have a picnic outside with a corn roast and watermelon seed-spitting contest. Each cabin will be responsible for an entry in the first annual Spirit of America Parade that will help celebrate July 4th and the spirit of Camp Kenan.

The **fourth week** of camp is the **Pirates of Ontario**. Who can forget the pirates washing ashore and challenging the Pittsburg Pirates to a day of fun, challenge, and adventure?

The counselors at Camp Kenan are working hard to plan the program and look forward to meeting all of the new campers this year and seeing all the familiar faces. Join us at Camp Kenan for these exciting weeks and make new friends, learn new skills, and **create memories that last a lifetime.**

Session	Dates	Theme
1.	June 25 - July 1	Mystery Day
2.	July 2 - 8	Spirit of America
3.	July 9 - 15	Alien Encounter
4.	July 16 - 22	Pirates of Ontario
5.	July 23 - 29	Klondike Day
6.	July 30 – Aug 5	Olympiad
7.	Aug 6 - 12	Mud, Sweat & Glory
8.	Aug 13 - 19	Wet, Wild, and Wacky
9.	June 25 - July 8	LIT Session I
10.	July 9 - 22	LIT Session II
11.	June 25 - July 15	CIT Session I
12.	July 16 – Aug 5	CIT Session II
13.	June 25 - July 1	First Experience Camp

YMCA Winners Program

Flag Football Leagues

teach the skills, tactics, rules & traditions of football through game play

Thursday Evening Games
Two Divisions
4th-5th Grade
6th-8th Grade

\$20 Members
\$60 Non-Members
July 6 - August 10
Register by 6/26

Instructional Lacrosse

Beginner Players
Ages 6 – 9 Years Old
June 27 - August 8

Course features the games approach to coaching, which makes practice more fun for the kids and teaching more effective

Emphasis placed on skill development, game tactics, rules, & traditions

Non-contact program focusing on stick skills & positioning on the field

Tuesday 5:30 – 7:00 PM
Mouth Guard Required
Eye Guards Will Be Provided

\$20 Members
\$60 Non-Members

Middle School Basketball
Outdoor Basketball
All Youth Grades 6 – 8
League Format
Games Monday & Wednesday
Games will be played between 9:00 AM – Noon
In a City Park

Registration Fee \$35
Games Begin 7/3



YMCA

We build strong kids,
strong families, strong communities.

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

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

SUMMER SESSION

June 26 - August 12

Class Registration Now
Being Accepted

*Check Your **SPRING & SUMMER**
PROGRAM GUIDE*

PUBLISHED 5 TIMES PER YEAR FEBRUARY, APRIL, JUNE, OCTOBER, DECEMBER

ISSUE # 79

JUNE 2006

Summer Day Camp Field Trips

The Lockport Family YMCA offers high quality summer programs at four great locations in the local community. YMCA Day Camps are held at **Anna Merritt** and **George Southard Elementary Schools** in Lockport; **Starpoint Fricano Primary School** in Pendleton and at the **YMCA** on East Avenue in Lockport.

YMCA programs at all locations offer safe, fun activities that teach YMCA values of **caring, honesty, respect** and **responsibility**. Campers at all sites participate in activities that include arts and crafts, gym games and athletics, swimming, stories, music, guest speakers, field trips and snacks. All activities are fun and educational with a focus on building self-esteem, self-awareness and social skills. All Day Camp activities are planned and lead by trained YMCA staff, who keep safety and the well being of the children as a priority while planning all activities. **All staff are CPR/AED and First Aid certified.**



Each week of camp features a theme, and all activities and field trip based on that theme:

- Week 1 "Musical Madness" - Field Trip to Buffalo Museum of Science
- Week 2 "Let's Be Crazy" - Field Trip to Fort Niagara Pool
- Week 3 "Way Back When..." - Field Trip to Genesee Country Village
- Week 4 "Water Week" - Field Trip to Beaver Island State Park & Beach
- Week 5 "Holidays" - Field Trip to Strong Museum
- Week 6 "Mystery Week" - Field Trip is All Camp Field Day
- Week 7 "Green & Clean Environment" - Field Trip to Hamlin Beach & State Park
- Week 8 "Healthy Campers" - Field Trip YMCA Day of Caring Carnival
- Week 9 "Cartoons" - Field Trip to Fantasy Island
- Week 10 "Wild Kingdom" - Field Trip to Buffalo Zoo

Kiddie Kamp

- For campers (4-5 Years Old)
- Who will be entering kindergarten in September
- Based at the YMCA
- Activities focus on building self-esteem, self-awareness, social skills & independence
- Provided in a small group setting
- Age appropriate activities

The YMCA Day Camp offers 10, one week session of program, June 26-September 1. The Starpoint Fricano, Anna Merritt and George Southard Day Camp sites each offer 8, one week sessions from June 26-August 18. Children may be registered for one or more weeks. Parents who need childcare may have their children attend most weeks of the Summer while others may only have their children attend a week or two as an enrichment activity. All YMCA day camp programs are offered Monday - Friday and the weekly field trip is on Wednesday. The daily hours are 8:30-4:30 and early arrival and late pick up hours are available as early at 7:00 AM and until 6:00 PM.

At all YMCA summer programs the activities are age appropriate and there are plenty of opportunities to make new friends. **At the YMCA every kid is a winner!**

Building For Our Future

Frequently Asked Questions

Prepared by: Lockport Family YMCA Membership/Promotions Committee to keep our members up-to-date and informed of our expansion project, research, planning and decisions. We value your comments, please feel free to contact Committee Members, Board Members, Staff, or Executive Director Mark Albiez with your questions or concerns.

Why is the Lockport YMCA moving?

The YMCA is not moving; for 145 years we have met the needs of Lockport and the surrounding communities and will continue to do so through a second branch facility.

Why did the YMCA decide to expand to a second branch location?

It was determined in 1993, after a Community Wide Strategic Planning Meeting and Membership Needs Assessment in 1997 and again in 2001, that the Lockport YMCA was becoming limited in programming and membership growth at its current site. Concerns with parking, lack of outdoor green space and accessibility for active older adults and those with disabilities were also deemed critical needs. The Americans with Disabilities Act, which was passed in 1996/1997, states that any future enhancements to the existing structure would result, by law, to make the entire facility handicap accessible. This cost was quoted, in 1999, at \$1.5 million.

In 1999, a study conducted by Canisius College MBA Program determined that in order to meet community and member needs, the best cost-value scenario would be to build new and maintain the existing facility. The board accepted this proposal and began assessing possible sites for expansion.

Why keep the YMCA on East Avenue?

The East Avenue branch allows for 28,000 square feet of indoor recreational space, has no debt service and costs less than \$90,000 in total utilities per year to operate. It will continue to provide programming for members and for the community. The pool, the gymnasium, and the fitness center will remain in operation for members and guests of the YMCA.

The YMCA also provides a location for physical education for the Christian Academy of Western New York and will continue this collaboration at the East Avenue branch facility. Students are members of the YMCA.

How can the YMCA support 2 facilities?

Expansion will result in membership growth. New YMCAs in our state have demonstrated this: the Warsaw YMCA reached first year targets in 4 months, the Southtowns Y reached its first year goal in 60 days. The National YMCA Association provides expertise and experience in forecasting the growth potential for an expansion project, based upon similar communities (size, economy, census information). Estimates from the National YMCA projects a 400% membership growth for the expansion of the Lockport YMCA in the first 3 years.

The joiner fee, which is a one-time registration fee for new members, is \$25 - \$125 per membership. This revenue goes directly into the capital improvement fund. Growth in membership will generate revenue through the collection of these joiner fees and will be used to make improvements and enhancements to the East Avenue branch. Our forecast is to go from the 2,500 present members to over 10,000 creating an excess of \$200,000 to make capital improvements at the East Avenue Branch.

These predictions are based on the first 3 years. The ability to expand programming between two branch facilities will allow for even greater growth.

What were the requirements for the expansion site?

National YMCA provides resources with regards to trends, and a division called Buildings, Facilities & Services (BFS), who are involved in every aspect of new YMCA development, recommended to build new in order to provide for today's programs, parking requirements and future growth & development. The minimum site plan should provide 12 acres.

We provided them with the initial study information, space adequate to deliver this was 90,000 + sq ft. cost \$15M+. We already own a 30,000 sq ft. facility, so we needed to expand by 60,000 + sq ft.

Why is the YMCA not building new in the city of Lockport?

Demographics were a driving point when studying our requirements. The population trend has shifted south. In order to widen our membership circle in Eastern Niagara County and beyond, the location is critical to our growth.

During the time that the YMCA was investigating sites (1996-2000) there were very few options. The Jubilee site was still an operating grocery store and pharmacy. The South Block was not available for purchase, and Commerce Square was not prepared for development. All of these sites also lack available green space.

What financial commitments have been made to date at the East Ave Branch?

In 1987, the YMCA spent \$855,000 for renovations and improvements. The mezzanine was created on the third floor for the fitness center, two racquetball courts were added to the second floor, office and lobby areas were remodeled, new windows throughout.

In the last five years, capital improvements total over \$250,000 and include new roof installations, new boiler, security equipment, pool repairs, carpet replacements, painting, masonry work, furnishing and new fitness equipment.

Who does the YMCA serve?

No one is turned away based upon an inability to pay membership fees. Our annual support campaign, scholarship program and the Endowment Fund benefit approximately 800 individuals per year at a cost of over \$85,000. A safe places grant allowed the YMCA to provide 200 middle school youths with new memberships in 2003 - 2005.

The Lockport YMCA is a community-based organization, encouraging membership, but providing programs for everyone. The pool is open to the public during all open swim times and also offers a single day-pass for purchase to use the facility. All community members are eligible to register for classes.

How many individuals does the YMCA serve?

The Lockport YMCA has over 2200 active members. In 2005, we provided programming and facility services for over 8,000 non-members. More than 5,300 of the area youth, 17 and under participated in YMCA sports, camps, swimming, or school age childcare services. Over 1,000 were involved in the YMCA aquatics program in 2005. More than 1,000 went to Camp Kenan.

What plans are there for the East Avenue facility after the expansion project is completed?

Ideas for the facility are numerous, and include:

Teen Center

Swimming Lessons

Open Recreation for Families & Youth

Lift-a-vator for Wheelchair Access

Racquetball

Enhanced Fitness Center

Climbing Wall

CPR/Lifeguard Training

Volleyball Leagues

Counseling Center

Lacrosse Programs

Move Equipment to First Floor, Replace Aging Equipment, Circuit & Personal Training