

We build strong kids, strong families, strong communities.

Lockport Family YMCA Newsletter

19 East Avenue, Lockport, NY

(716)434-8887

www.lockportymca.com

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Greater Lockport Family YMCA *Building for Our Future*

Recently, we made a presentation to the Board of Directors and Trustees on the progress of our Capital Campaign to build our new Greater Lockport Family YMCA facility. Since we will be shortly going to the "Public Phase" we wanted to also share our progress with you the membership.

All our plans are focused around two factors: the membership and the program requirements for the membership. This has resulted in the largest fund raising campaign in the history of Niagara County. The end result is our commitment to our downtown facility while constructing a new state of the art facility on Snyder Drive.

Over the last year, we have been conducting our "Lead Gift" portion of the campaign which has resulted in major commitments from The Grigg-Lewis Foundation, local business and civic organizations, as well as individuals. The reception to date has been very encouraging.

In addition, we have obtained a 100% commitment by all members of the Board of Directors, Board of Trustees, campaign personnel and YMCA staff. This segment of the campaign alone will bring in over \$1 million.

As we progress to the Public Phase in the near future we will be reaching out to our membership for support and commitment. Many of you have asked what you can do to help with the campaign. Since this will have to be a grass roots campaign, the answer is very simple. **We need all of you to accept the same challenge we have made to the Boards and campaign personnel – think of ten businesses and / or individuals you know of that support our project and you believe would be willing to make a pledge.** Then submit your list to the YMCA staff.

In addition, **we are also looking for volunteers to help us make this campaign a success.** If you can spend a few hours a week to help us meet our goals, please let us know. Make a commitment to give back to this wonderful community and The Greater Lockport Family YMCA project.

Rhodes C. Palmer, Campaign Chairman (716-434-6777)



YMCA North Branch - 19 East Avenue - Lockport

- Opened 1927 •
- \$855,000 Renovation completed in 1987 •
- Phase II Revitalization targeted for 2010 •



YMCA South Branch - 5833 Snyder Drive - Lockport

- Grand Opening in 2008 •
- 68,000 s.f. facility on 31 acres; Ample green space & parking •
- Total facility access for the handicapped •



Saturday, October 21

Tours

Free Classes

Fitness Center
Demonstrations

Preschool Pals

Lobby Games

Face Painting

Family Swim

Door Prizes

See Insert for Details

Protecting Our Children

*An Eastern Niagara County
Community Awareness Event*

Sunday, October 29

1:00 - 4:00 PM

**Lockport High School
Gymnasium & Auditorium**

This event will highlight the outstanding services provided by local service agencies, law enforcement, government agencies, and the religious community to grow public awareness about protecting our children. This is a **FREE EVENT** and open to the general public. **We hope to see you there.**



Cosponsored by YMCA &
Barge Canal Optimist Club

November 18

1:00 - 3:30 PM

Cost \$1.00

Girls Ages 8 - 15 years

"Be the best you can be!"

New Youth Weight Management Program Offered

Lockport Family YMCA has teamed up with **Growing Up Fit, LLC** to help families make healthy choices regarding diet and exercise. **Growing Up Fit**, an innovative weight management program for children ages 7-15. The program is being held on Tuesday evenings and on Saturday mornings at the Historic Post Office Building. To register, contact **Growing Up Fit** at 716-818-8232 or www.growingupfit.com.

Developed in 1998, **Growing Up Fit** has helped hundreds of individuals and their family members lead longer, stronger and healthier lives. The program consists of an initial health assessment, eight weeks of education and exercise, a post-assessment and graduation celebration. A parent or guardian must participate with his or her child(ren) and siblings are encouraged to attend. Together families learn that it's fun to get fit!

Many local insurance companies are pleased to offer **Growing Up Fit** to their members at no additional cost. They include Community Blue, Traditional Blue, Univera, Child Health Plus and Family Health Plus. The program is paid in part by Independent Health and FlexFit Family.



Today, one in four children are considered to be overweight. These children grow up at risk of developing diabetes, high blood pressure, high cholesterol, and heart disease. The Lockport Family YMCA is pleased to offer help through **Growing Up Fit**. This program will be led by certified and trained YMCA staff, **Doris Albiez, Rosemary Lutz** and **Meghan Lutz**, SUNY at Brockport Intern.

YSCHOOL AGE

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Holiday Fun Club

Offers a great opportunity for working parents to have their children care for in a fun and safe environment. **Hours are 8:30 AM - 4:30 PM** (early arrival and late pickup \$2 per day extra). **Two-Day Advanced Registration Is Required.** \$16 YMCA members/per day (\$48 nonmembers).



Fall Dates

- Friday, **November 10** - Veteran's Day
- Friday, **November 17** - Parent Teacher Conference (Desales)
- Friday, **November 24** - Thanksgiving Vacation
- Friday, **December 8** - Parent Teacher Conference (Starpoint)

Sting Rays & Sharks Competitive Swim Team

"Everybody swims, everybody wins."

Ages 6-18 years old - 5 Age Groups **Cost: \$100**

Registration now - October 31 (November 1 - 30 a \$25 Late Fee Charged)

Compete in the Western New York YMCA League against teams from Olean, Ken-Ton, Northeast & Lakes Plains.

Practice: Monday, Wednesday & Friday **Swim Meets: Saturday**
Program Runs: October - March Team Banquet: March

You must be a YMCA youth member to swim!

YOUTH SUPER SPORTS™

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Fall II Session Offers Exciting Youth Programs

Gym & Swim This program is returning to offer 1 day of gym and 1 day of swim! Tuesdays will provide the opportunity to learn various motor skill development and sports activities. Thursdays will offer an introduction to preschool swim lessons. Class fees are \$30 for members and \$90 for non-members.

Instructional Lacrosse This is a YMCA Winners program for beginner lacrosse players between the ages of 6 – 9. The course features the games approach to coaching lacrosse, which makes practice more fun for the kids and teaching more effective. Emphasis will be placed on skill development, game tactics, rules, and traditions of lacrosse. This is a non-contact program focusing on building stick skills and positioning on the field. All participants are required to provide their own mouthpiece. Program runs on Tuesdays & Thursdays from 4:30 - 5:30 PM beginning 10/31. Registration fee is \$20 for members and \$60 for non-members.



Punt, Pass & Kick Winners Advance to the Sectionals

Local youngsters competed in the Lockport YMCA Punt, Pass & Kick in Lockport and Newfane during the month of September. They have earned the right to compete at the Buffalo Bills Field House against all of the top finishers from Western New York on October 14th.

The winners are: **Jenna Harrington, Kimberly Harrington, Bailey Dawson, Alex Intihar, Marisa Guyton, Katie Langdon, Nickolas Berning, Trevor Noon, Tyler Hill, and Matthew McCraith.**

We wish all of our winners the best of luck at sectionals!

YTEENS™

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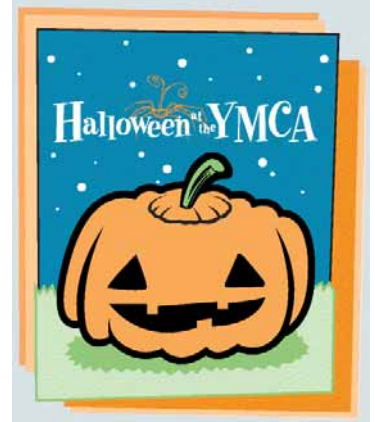
YMCA Teen Leaders Club

As the new school year is underway so is an exciting new year of Teen Leaders Club. Come and visit us on Wednesdays or Thursdays from 6:30 – 8:30 PM. All teens in Middle and High School are invited to participate in fun, fellowship, teambuilding and service learning projects. Cost is \$1 per week. ***Come and find out how you can earn a FREE YMCA Youth Membership!***

YMCA Teen Nights

The 2nd Saturday of every month allows teens to come and use the facility to the max. Each month from 7 – 9 PM come with your peers and enjoy sports activities, open swim, gym games, social time, music and food. Cost is only \$3.

We hope to see you November 11!



YMCA &
Barge Canal Optimist
presents

Happy House

Ages 6 months - 6 years

October 26, 27 & 29

6:00 - 8:00 PM

October 30

9:00 AM - 12 Noon

*Fun Filled Friendly
Alternative to
Scary Halloween
Cost \$1*

Halloween at the YMCA

Halloween Party

Cosponsored by
City & Town of Lockport
Youth & Recreation Dept

Monday, October 30

6:00 - 8:00 PM

Costume Fun

Family Event

**Fall II
SESSION**



October 30 - December 16

Class Registration
Now Being Accepted

**Check Your
FALL & WINTER
PROGRAM GUIDE**

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YMCA

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

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ATTENTION ALL MEMBERS

*Are you interested in seeing
Men's League Basketball return?*

Call Bryan Schubring
at 434-8887 ext. 35

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October

*National Breast Cancer Awareness Month
National Book Month
National Popcorn Poppin' Month
National Dental Hygiene Month
Children's Health Month*

*National Character Development Month
Healthy Lung Month
Halloween Safety Month
Security Awareness Month
National Fire Prevention Week
National Pet Wellness Month*

Health Tip

The health benefits of LAUGHTER

The joke may be on you if you're not chuckling enough through the day. An increasing number of studies tout the health benefits of laughter, and while a good laugh may not cure what ails you, it does appear to benefit the heart, lungs and immune system. In addition to the physical and emotional release laughter offers, laughing lessens stress by reducing the level of certain hormones and increasing healthful hormones like endorphins and neurotransmitters. A hearty belly laugh works the diaphragm, the abs and even the shoulders, relaxing muscles. Laughter can also help reframe our perspective, giving us a more positive approach to problem-solving or challenging events.

Need to be proactive about incorporating more laughs into your life?

- ☺ Make time to spend with friends and family you enjoy
- ☺ Rent a favorite comedy or go to a comedy club
- ☺ Have a party or game night
- ☺ Practice laughing at yourself or telling slightly embarrassing stories
- ☺ Pay attention – there is absurdity all around us
- ☺ Fake it – you can reap the benefits even when you force yourself to laugh



12 YMCA Tips for a Safer Halloween

- 🎃 Wear 'flame retardant' light-colored costumes
- 🎃 Wear shorter costumes to prevent tripping
- 🎃 Add reflective tape or striping to costume for greater visibility
- 🎃 Use face make-up -- no hoods or masks that obscure the face and vision
- 🎃 Take younger children door-to-door in daylight hours
- 🎃 Carry a flashlight
- 🎃 Trick-or-treat within your neighborhood, only to homes you know
- 🎃 Remind children: never enter homes and accept no rides from strangers
- 🎃 Be alert to auto traffic, crossing safely
- 🎃 Have parents or other adults inspect treats
- 🎃 Check your lawn and steps for tripping hazards
- 🎃 This year, strengthen family! Celebrate Halloween together as enjoyable, quality time.