



YMEMBERSHIP™

May 2007
Issue 82

We build strong kids, strong families, strong communities.

Greater 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*

Help us build a better community. Join us in supporting the campaign for our new Greater Lockport Family YMCA. A brighter future for all generations is in your hands.

While we are excited about the progress of our campaign, we still need your help. Your financial support will play a vital role in building the new South Branch YMCA. By constructing new facilities and expanding current programs, the Greater Lockport Family YMCA will greatly enhance our services that promote the health and well-being of children, teens, adults, seniors, and families in Eastern Niagara County and beyond.

We are still officially in the **"Lead Gift Phase"**, so members who know of someone who could help make our vision for the future a reality, are encouraged to contact the YMCA office and share this valuable contact information with us.

Gift Levels

Trustees Circle	\$500,000 and over	Benefactor	\$10,000-\$24,999
Cabinet Level	\$100,000-\$499,999	Ambassador	\$5,000-\$9,999
Sustainer	\$50,000-\$99,999	Associate	\$2,500-\$4,999
Leadership	\$25,000-\$49,999	Friendship	\$1,000-\$2,499

Want to help? There are many ways you can make a contribution: cash, estate bequests, stocks, appreciated securities, etc. Encourage your entire family to join together to make your gift significant to you and to our future generations! Facility naming rights have been assigned, and there are ample opportunities at every level. Volunteer your time and talents to lead a fundraising event or join a campaign team or division.

Gifts and pledges may be spread over a three to five year period. To make a pledge, download a capital campaign pledge form from our website and mail it to the YMCA .

***We need your help to open the doors to our new YMCA.
Encourage your friends to make a donation!***

For additional information on our Capital Campaign, to view our full Prospectus, to make a donation, or download a pledge card please visit our website at www.lockportymca.com.

Our progress will be tracked from the "kick off" of our Public Phase and groundbreaking ceremonies to the "ribbon cutting" at our Grand Opening!

You can also call **Peggy Allen** at (716) 434-8887 ext. 24, or e-mail ymcalkpt@aol.com.

**Thank You
Joe Castle**

Lockport Family YMCA's
2007

Community Hero!



**Congratulations
Lockport Power
Lifting Team**

**Overall Team Champs &
Nine First-Place Winners**

Red Brick Bench Press
Championships



Picture Above Kneeling:

**Hank Baes, Ralph
Camarre, Sam Scapelliti,
& Matt Wohleban**

Standing: **Mike Burke, Andy
Gajkowski, Dave
Cronkhite, Dan Beaudoin,
& Mike Wohleban**

**2007
Boston
Marathon
Finisher**

**Way
to go!**



Jennifer Murphy

It is not too early to register for Summer Camp!



YMCA Summer Day Camp

*The Lockport Family YMCA offers a variety of high quality
summer programs at five great locations in the local community
for boys and girls 4-15 years old.*



**YMCA Day Camp
George Southard Day Camp
Anna Merritt Day Camp
Starpoint Day Camp & STAC
Kiddie Kamp
STAC, Summer Teen Activity Club
Camp Kenan Day Camp**

WEEK	DATES	THEME	FIELD TRIP
1.	June 25 - June 29	Strange & Unknown	Buffalo Museum of Science
2.	July 2 - 6 (No 4 th)	Soar Into The Sky	None
3.	July 9 - 13	What If?	Genesee Country Village
4.	July 16 - 20	Fun In The Sun	Fort Niagara Pool
5.	July 23 - 27	Back To Nature	Beaver Island State Park & Beach
6.	July 30 - Aug 3	Wild Thing	Buffalo Zoo
7.	Aug 6 - 10	Under The Sea	Hamlin Beach & State Park
8.	Aug 13 - 17	Holiday Madness	YMCA All Camp Carnival
9.	Aug 20 - 24	Creation Sensation	Fantasy Island
10.	Aug 27 - 31	Over The Rainbow	Strong Children's Museum

YTEENS™

We build strong kids, strong families, strong communities.

Summer Teen Activity Club

A Day Camp program for **teens ages 12 - 15**. Summer Teen Activity Club (STAC) adheres to our day camp philosophy, but allows teens to participate in a larger range of daily activities. Activities include teambuilding, service learning projects, fundraising, field trips, sports & recreation and problem solving. Offered at the YMCA and Starpoint schools.



Spend your summer on the move with the YMCA!

**YMCA Teen Leaders Club Meets Every Wednesday & Thursday at 6:30 PM
Students Ages 12-18 are welcome to join at anytime.**



Camp Kenan Overnight & Day Camp

Join us on **Saturday, May 5** from 7:00-9:30 PM for a *Coffee House* with live music performed by local gospel band Wing and A Prayer. Admission is FREE. All are welcome. Camp Tours will be given between 5:00 and 7:00 PM before concert. Refreshments for all and FREE crafts for children.

We will also be hosting a *Volunteer Work Day* on **Sunday, May 6** from 8 AM to 5 PM. All are welcome. Come support Camp Kenan and help us prepare for another great summer!

Brochures and Registration Forms for the 2007 Summer Camp Sessions are available at the Lockport Family YMCA. For more information, please contact us at (716)795-3031 or check out our website at www.campkenan.com.

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, golf rules and golf etiquette. All participants will receive weeklong golf instruction, set of golf clubs, golf bag, shirt, golf balls, rule and etiquette handbook and a golf hat.



**The clinics will be held the week of July 16 - 20 and August 6 - 10
at the Niagara County Golf Course.
Registration fee is \$125 for all participants.**

YAQUATICS™

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American Red Cross Training at the YMCA

- **CPR/AED Training** the first Wednesday of each even month, **June 6, August 1, October 3, and December 5.**
- **Lifeguard Training, June 15-19.** Participants must be 16 years of age, must attend all class times, swim 100 yards front crawl, 100 yards breaststroke and 100 yards combination of the two, retrieve a 10-pound brick from the deep end and complete drill within one minute and 40 seconds.

Splash into Health

YMCA Splash, classes will be held **June 18, 19, 20 and 21**, from 6:30-7:30 PM. There will be a preschool group (3yrs – Kindergarten) and a Youth group (grade one and up).

This is a *safety-oriented program* that focuses on basic swimming skills while teaching about sun safety, backyard pool safety, beach safety, water park safety, boating and YMCA pool safety. Each day children will be given handouts and puzzles on those themes. The week will end with a family swim Friday, June 22 from 7-8pm.

Register today for these free classes!!

YMCA Backyard Pool

Bring the YMCA aquatic team to your pool this summer for swimming lessons. Call Darcee at 434-8887 ext. 29 to book your dates.

Swim Team News

March 16,17, and 18, our swim team competed at the YMCA New York State Swim Championships. ***Congratulations to all our Lockport YMCA state swimmers.***

YBASKETBALL™

We build strong kids, strong families, strong communities.

Middle-School Basketball

YMCA Winners League

Values-Based

Competitive Program

Youth Grades 6 – 8

*Cooperation & Competition
Are Equally Involved*

Games Played on Tuesday
and/or Thursday Evenings

Contact

Bryan Schubring

716-434-8887 ext. 35

YFLAG FOOTBALL™

We build strong kids, strong families, strong communities.

Flag Football Leagues

YMCA Winners Program

*Designed to teach the
skills, tactics, rules, and
traditions of football
through game play.*

Register individually and
each participant will be
placed on a team.

All teams will require an
adult coach 21 years or older.

Games Played on
Thursday Evening

Two Separate Divisions
Grades 4 – 5 & Grade 6 – 8

Cost is \$20 for members and
\$60 for non-members.

**All participants must be
registered by June 23.**

Supervision

For *everyone's safety*, no
child under the age of 10 can
be left unattended in any area
of the YMCA.

Children under the age of 16
are never permitted in the
Fitness Center or Weight
Room unless part of a
supervised YMCA
Instructional program.

***Children age 13-16 need to
follow established guidelines.***



YMCA

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

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Spring Session **Summer Session**
April 30 - June 16 *July 9 - August 25*

*Check Your
SPRING & SUMMER PROGRAM GUIDE
at www.lockportymca.com*

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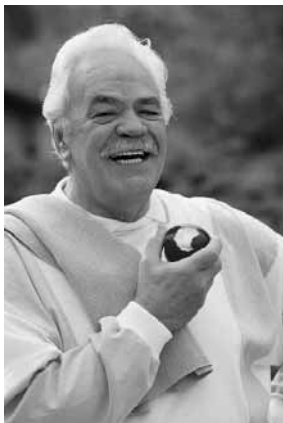
Health Tip

Top Ten Power Foods



Best bets for eating well. These **10 health foods** are some of the healthiest because they meet at least three of the following criteria:

- Are a good or excellent source of fiber, vitamins, minerals and other nutrients
- Are high in phytonutrients and antioxidant compounds, such as vitamins A and E and beta carotene
- May help reduce the risk of heart disease and other health conditions
- Are low in calorie density, meaning you get a larger portion size with a fewer number of calories
- Are readily available



1. Apples
2. Almonds
3. Blueberries
4. Broccoli
5. Red Beans
6. Salmon
7. Spinach
8. Sweet Potatoes
9. Vegetable Juice
10. Wheat Germ



Boost your nutrition and maintain an ideal weight by getting more of these superstar foods into your meals!

Annual Meeting & Recognition Dinner

Join us as we honor outstanding individuals and organizations for their commitment in helping the YMCA fulfill its mission and goals at our Annual Meeting.

Reception begins at 6:00 PM,
and dinner at 6:45 PM on

Monday, May 21 at
Cornell Cooperative Extension
4487 Lake Avenue, Lockport.

RSVP: 433-8887

or at YMCA Front Desk

Donation: \$20 Adults & \$10 17 & Under

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 community support and sustaining members, a **Scholarship Assistance Program** is available for YMCA membership fees for any qualifying individual or family in our defined service area of Eastern Niagara County, who cannot afford to participate. Scholarship applications are available at the Front Desk of the Lockport Family YMCA.

CANDY SALE

There is still time to

EARN YOUR WAY TO CAMP!

Sell 40 candy bars & earn \$20.00 in "Y-Bucks" which can be used towards any YMCA program or a full-pay membership.