

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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Building for Our Future!

Lt. Col. William G. Gregory ret., Honorary Chairman is updated on the progress of the Greater Lockport Family YMCA Capital Campaign by **Rhodes C. Palmer**, Chairman of this exciting project. Lt. Col. Gregory spent numerous hours as a youth at the YMCA and strongly believes in the Y mission.



We are still officially in the **“Lead Gift Phase”**, but we are gearing up to launch our **“Public Phase”** throughout the greater Lockport community. So if you know of someone who could help make our vision for the future a reality, through financial support or as a campaign volunteer please contact the YMCA office and share this valuable contact information with us.

By constructing new facilities and expanding our current programs, the Greater Lockport Family YMCA will greatly enhance our services that promote the health and well being of all of Eastern Niagara County and beyond!

YSCHOOL AGE™

We build strong kids, strong families, strong communities.

Back to School School Age Child Care



Our School Age Child Care programs are designed to meet the needs of working parents. Quality care is provided for children in their school, each school day of the year. This gives parents a safe place for their children and it gives the children a place they want to be.

Programs are offered at Anna Merritt, DeWitt Clinton, George Southard, John Pound, Roy B. Kelly, DeSales, Fricano Primary, Royalton Hartland Primary, Thomas Marks Elementary, and WH Stevenson.

Holiday Fun Club

For kids when there is no school!

Hours are 8:30 AM - 4:30 PM (early arrival & late pickup \$2 per day extra)

Two-Day Advanced Registration Is Required.

\$18 YMCA members/per day (\$48 nonmembers)

Fall Dates

Monday, **October 8** - Columbus Day

Monday, **November 12** - Veteran's Day

Friday, **November 16** - Parent Teacher Conference (DeSales)

Friday, **November 23** - Thanksgiving Vacation

Friday, **December 7** - Parent Teacher Conference (Starpoint)

Lockport Family YMCA Guest Policy

Effective September 10, 2007

- Everyone who enters the YMCA must report to the Courtesy Desk.
- In order to use the Y facility, you MUST be accompanied by a YMCA member in good standing and sign a waiver of liability.
- Once admitted visitors must adhere to all facility rules and guidelines for conduct and behavior. Failure to follow these guidelines will result in immediate dismissal.
- No one under the age of ten will be admitted to the YMCA without an adult supervisor.
- Children under 10 years of age must be escorted to/from YMCA programs by their parent or guardian.
- Visitors that are guests of YMCA Members must be accompanied by the Member and both will be required to sign-in together. All YMCA Members are responsible for their guests.
- Individuals may be Guests at no charge a total of three times, then the Guest must either join or purchase a Guest Pass.
- A Guest Pass allows up to three hours of facility use with a Member of the YMCA (including swimming). Youth (15 & under) \$4; Young Adult (16-18) \$6; Adult (18 & over) \$10; Family Max \$32
- Guest Passes are issued only during specified times when the building and program schedule limits access.
- YMCA Members age 15 and under, are limited to one guest per day.
- Members of other YMCAs may use facility up to three times per year free when presenting a valid membership card. Additional Guest Passes may be purchased at half price. Members of other YMCAs within a 50-mile radius may purchase Guest Passes at half price.
- The YMCA reserves the right to refuse visitors and spectators based on behavior issues and failure to comply to YMCA policies.

YTEENS™

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YMCA Teen Leaders Club

As the new school year is underway so is an exciting new year for the Lockport Family YMCA Teen Leaders Club. Come and visit us on Wednesday or Thursday from 6:30 – 8:30 PM starting September 12. All teens in Middle and High School are invited to participate in fun, fellowship, teambuilding and service learning projects. Cost is only \$1 per week. Come and find out how you can earn a **FREE** Lockport Family YMCA Youth Membership, while spending time with your friends!

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. Teen nights are offered October through May.

Late Night Flight

The 3rd Saturday of each month that allows teens in grades 9 – 12 to utilize the entire facility under adult supervision. School ID is required. Cost of \$5 includes all activities and refreshments.

YHEALTH & FITNESS™

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Family Friendly

Fitness Classes

All YMCA classes offered are “family friendly” on land and in the water begins October 12, **Line and Ballroom Dancing, Cycle Reebok, ABC's, Powerhouse, Cardio Fitness, Yoga or Water Fitness.**

Growing Up Fit

A 10-week innovative weight management program for families. Parents and children attend together, learn together and move together. This class is educational and physical. Most insurance companies pay in full for Growing Up Fit. Sessions begin September 25, 2007 and January 15, 2008. Call 818-8232 or go to www.growingupfit.com to register.

Ballroom Dancing with Jim and Dotti Timkey

Join **Jim** and **Dotti** on Wednesday from 6:30-7:30 PM. Youth 13 and up may attend with an adult, youth 16 and up are welcome. You do not need to have partner to attend.



Active Older Adults

If you have celebrated your 50th birthday you can join us for 45 minutes of fun and exercise followed by a swim in our heated pool. Strength training and stretching exercises will be led by **Joan Dolansky** on Tuesday and Thursday from 1:00 - 1:45 PM. Improve your flexibility, posture and your attitude on the third floor. This class is free for members and only \$4.00 for non-members and that includes swimming!

Fitness Center Indoor Ironman Triathlon

Start training now-competition is on-going in the month of March. 2,500 meter row, 4 mile bike, and a one-mile run. Do all three yourself or grab some friends and do it as a team! This event is for YMCA members only.

Racquetball League October 15 - December 15 - Register by October 12.



Adding just 2,000 extra steps and eating 100 fewer calories each day are enough to help most Americans prevent the current average annual weight gain of 1-2 pounds.

YOUTH SUPER SPORTS™

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Floor Hockey (ages 6-9 years)

Learn the skills and tactics of hockey. Class includes practice drills and game play. Classes offered Tuesday and Thursday beginning October 30.

Rookies Basketball (ages 6-9 years)

Great introduction to our house basketball leagues offered each October and January! Learn in a fun environment and progress to our Winners Basketball program. Classes offered Tuesday and Thursday beginning January 8.

YMCA Winners Basketball League

Leagues offered to 8 – 14 year olds in both October and January. Enjoy a fun non-competitive league that emphasizes skill development and teamwork.

YAQUATICS™

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Check Our Open Swim Times!

Swim Team News

The Lockport Family YMCA swim team is now accepting registration. **Jeff Doyle** will be starting off the season early with a stroke improvement class which begins Monday, September 10. Practice will begin Wednesday, October 10, 2007. Each year the YMCA teaches valuable lessons to our swimmers including teamwork, discipline, responsibility and respect. **Jeff Doyle** is returning as head coach, this season promises to be exciting. The 2008 YMCA state meet will be held in Long Island. Sign up today.

Preschool and Youth Swimming Lessons

The YMCA Learn to Swim Program runs every session for participants ages 6 months old to Active Older Adults. Call the YMCA for class schedule. Pre-registration is advised, spaces are limited.

Backyard Pool Swimming Lessons

If you would like to host this exciting program in your pool next summer, please call **Darcee** at 434-8887 ext. 29. Open your pool for swim lessons or water workouts and the YMCA aquatic team will come to instruct.

American Red Cross Training at the YMCA

- CPR/AED Training the first Wednesday of each even month. Sign up now for October 3, and December 5. Space limited.
- Lifeguard Training begins December 13. Participants must be 16 years of age, must attend all classes, swim 100 yards front crawl, breaststroke and 100 yards combination of the two, retrieve a 10-pound brick from the deep end and complete within one minute and 40 seconds.

Happy Birthday to You - You Belong in the Y!

Have your Birthday Party at the YMCA Pool or Gym.

Your reservation includes:

- One hour of swimming or gym activities, lifeguard provided
- One hour room space upstairs-for cake, pizza or presents
- Refrigerator and freezer available
- Gift certificate for the honored guest
- Friday evening or Saturday



Lights On
Afterschool

THURSDAY,
OCTOBER 11
6:00 - 8:00 PM

ALL SCHOOL AGE
FAMILIES WELCOME!

ART SHOW, BOOK FAIR
GYM GAMES, SWIM-
MING, FACE PAINTING,
AND REFRESHMENTS



Halloween at the YMCA

October 26 - 30

Take part in Happy House, costume parties, face painting
and more.

Fun for all!

Lockport Family YMCA 434-8887

Girl Power!

Cosponsored by YMCA &
Barge Canal Optimist Club

November 17
1:00 - 3:30 PM
Cost \$1.00

Girls Ages 8 - 15 years

"Be the best you can be!"

Guy Power! Cosponsored by
YMCA &
Sunrise Optimist Club

December 8
1:00 - 3:30 PM
Cost \$1.00

Guys Ages 8 - 15 years



YMCA

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

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Fall II Session *October 29 - December 15*
Winter I Session *January 7 - February 23*

*Check Our
FALL & WINTER 2007-2008 PROGRAM GUIDE
at www.lockportymca.com*

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

ISSUE # 83

FALL 2007

STEP-tember



The Lockport Family YMCA encourages members of the Lockport community to join YMCAs nationwide in taking "small steps" to promote active living and healthy eating during the month of September, so much so that we are renaming the month "**Step-tember**". Community members are invited to come to the Lockport Family YMCA to begin to track their steps from a variety of activities taken either at home, at the YMCA or elsewhere. The goal is to reach **five million steps here in Lockport** and **ten billion steps** across the country during this week.

America on the Move Week

America On the Move Week with the Lockport Family YMCA is September 22 - 29, so plan to "**get moving**" with your YMCA and incorporate healthy activities and eating habits into your daily routine.

In 2006, YMCA staff, volunteers and members logged 9.3 billion steps!

America On the Move's philosophy is "keep it simple." By making small, sustainable changes to your eating and activity choices, like taking the equivalent of 2,000 extra steps and eating 100 fewer calories each day, you can start building proven habits that will have a positive effect on your weight and health. And **your Y can help** - You'll find programs, expertise and support all year round to help you maintain and add to those healthy habits.

Community Walk

**Saturday, September 29
12:00 Noon**

*Join us at the YMCA as we
end STEP-tember with a
community walk around
Downtown Lockport.
Walk, Run, Bike or Stroll -
Just Move America!*



OPEN HOUSE

**Saturday, October 27
Try the Y!**

8:00 AM Aerobic Class
8:30 AM Water Fitness Class

**10:00 AM - Noon Tours,
Fitness Center Demonstrations,
Preschool Pals Activities, Lobby
Games & Face Painting**

Noon - 2:00 PM Family Swim

Enter to Win Y Bucks
Good towards a Class or New Membership

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.