

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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AMERICA ON THE MOVE

Plan to "get moving" even more in the New Year, with the Lockport Family YMCA and incorporate healthy activities and eating habits into your daily routine. Look back on the year 2007, and challenge yourself to incorporate your YMCA into your daily life!

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** daily, you can start building proven habits that will have a positive effect on your weight and health.

And your Y can help. Set personal goals, set your sights on the March **Indoor Triathlon, Swim to China** to see the Olympics, or **Walk a Marathon**. You'll find programs, expertise and support all year round at your Y to help you not only maintain but add to those healthy habits. If you are having any difficulty staying motivated, I encourage you to talk to our Health, Fitness & Aquatics Director, **Darcee Hughes**, she will happily match you with a personal trainer or friendly motivator who can greatly help you to realize your goals in 2008.

Have a happy, safe, healthy and prosperous New Year!

May God Bless each and everyone of you!

Mark Albiez,
Executive Director



Member Refer A Member

Y
Belong

Now is a great time to share with your friends the benefits of being a Lockport Family YMCA Member.

- **YOU** will receive a **Water Bottle** and be entered into a weekly drawing to win a session with a **Personal Trainer** and a **YMCA T-Shirt** for introducing a friend to the Y before **January 13**.
- **YOUR FRIEND** will be treated to a **tour** of the Y and **three free guest passes**. If they purchase a one year membership before **January 13, we will waive half the joiner fee** - a \$12.50 to \$37.50 savings.

**So Go Ahead
Introduce a Friend to the Y!**

Make a Gift To The YMCA From Your IRA

A new law allows people who are 70½ years and older to make a current gift of up to \$100,000 from a traditional or Roth IRA. Gifts made this way are not subject to income tax. At 70½ owners of IRAs must begin taking taxable distributions from their plans. (Remember that IRAs were never intended to avoid taxes, only to defer them.) At 70½ it is time to pay the piper. Many people will, therefore, find it more advantageous to use their IRAs to make charitable gifts, than to make gifts from other resources. This opportunity applies to gifts made only during 2006 and 2007. The transfer of the funds must be made directly by your plan administrator. Please also consider naming the YMCA as a beneficiary of a portion of the amount left in your IRA at the time of your passing. **Generally, it is better to leave IRA assets to charity and cash and stocks to family.**

Attention Racers

37th Annual Lockport Y-10

Saturday, February 9
Start Time 11:00 AM
Lockport Family YMCA



12th Annual Polar Bear Run

Sunday, February 24
Start Time 11:00 AM
Olcott Volunteer Fire Company

For Details Visit
www.score-this.com



Camp Kenan REUNION

Past Campers & Friends Welcome

Ages 6-15

SUNDAY, JANUARY 20
Lockport Family YMCA
1:00 - 4:00 PM
No Charge

Activities will include camp games, songs, and much more!

The Camp Kenan staff looks forward to seeing everyone there!



Ready for Summer? So Are We!

Registration for Summer 2008 has officially begun!

SAVE \$50

on Camp Kenan Overnight Fees if paid in full by JANUARY 31

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

YTEENS™

We build strong kids, strong families, strong communities.

Teen Leaders Club

As the new year is underway so is an exciting innovative year for the Lockport Family YMCA **Teen Leaders Club**. Come and visit us on Thursday 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 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 and having fun!

Teen Nights

The 2nd **Saturday** of every month allows teens to come and use the facility to the max. Each month from 7:00 – 9:00 PM come with your peers and enjoy sports activities, open swim, gym games, social time, music and food. Cost is only \$3.

Late Night Flight (LNF)

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. LNF runs from 9:00 - 11:00 PM.

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Start off the New Year right then left then right!

Get those feet going and help the Lockport Family YMCA **Activate America**. Get moving, join a fitness class, make this your healthiest year!

Come in and **Spin!** Enjoy our spinning classes to keep you moving throughout the winter months. Don't forget our **Aerobics, ABC's, YOGA** and **Dance Classes** for more exercise fun.

Strolling – a great workout to share with your child. Moms and dads welcome-get a great 30 minute workout without getting a babysitter!! Coming in Spring.

Growing Up Fit - All classes are held Tuesday night and Saturday morning in the Historic Post Office Building, next door to the Y. This is a program that a child and parent attend together, classes are a mix of educational lectures and exercise, many insurance companies pay course fees. Next session will run **January 15 - March 22**.

Fitness Center Indoor Ironman Triathlon - Start training no-competition is on-going in the month of March.

- 2,500 meter row, 4 mile bike & 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.

March Madness - Spring into Fitness at the Y! Work out at least 20 days during the month of March and with a \$5 donation you can get the 2008 March Madness T-Shirt. It is a great way to ready for the active spring summer months ahead, and your donation helps our YMCA Annual Support Campaign. Sign up at the Front Desk, and lets get fit in 2008.

Activate America is a National YMCA Fitness Initiative that the Lockport Family YMCA has committed to - everyone is encouraged to join in!

- **Family Aerobics Classes, Water Fitness, Line Dancing** and **Ballroom Dancing** are accepting children 12 and up

- Participate in **Activate America, America on the Move** and **Step-tember**

Our YMCA counted 2,744,251 steps
National YMCA counted over 8 billion steps

- **Healthy Kids Day**-Saturday, April 12
- **YMCA Splash**-April 14-18 and June 16-20



YOUTH SUPER SPORTS™

We build strong kids, strong families, strong communities.

THANKS TO OUR DEDICATED YOUTH SPORTS VOLUNTEERS

I would like to give thanks to all of our dedicated adult volunteers for their service during the Fall Session of our Youth Basketball Leagues. These wonderful individuals greatly contribute to the quality of our program by teaching skills, traditions, character development and teamwork. I would like to personally thank the following individuals: **Kevin Burk Witt, Adrian Dobbs, John Dougherty, John Dziweit Roy Harrington, Mike Haynes, Jeff Kneeland, Ethan Randall, Emily Uderitz, and Jo Jo Vincent.**

Registration is currently being taken for the following youth sports leagues:

- **Grade School Basketball** (grades 2 – 5)
- **Middle School Basketball** (grades 6 – 8)
- **High School Basketball** (grades 9 – 12)

Registration will be held until January 19 for all leagues.

Returning classes for the **Winter I Session** will be **Instructional Basketball** (ages 6 – 10) and **Little Champs** (ages 3 – 5). Registration will be held until January 7, for all sports classes.

Girls Volleyball Skills Clinic will run from 1/10 – 1/31 for all girls in grades 6 – 8. Cost is \$15 for members & \$45 for non-members. Program meets on Thursday from 5:30 – 7:00 PM.

YAQUATICS™

We build strong kids, strong families, strong communities.

Check Out Our Open & Lap Swim Times!

TGIF at the YMCA! First Friday of each month January through June is Family Swim Night. Family games & fun in the pool from 6:00-8:00 PM. Open to all families for just \$10 an evening. Watch for - "Dive in Movies."

Check out what else is new with the Aquatic Department!

- Monday and Wednesday, 4:00-5:00 PM, **Water Fitness Classes** starting January 7
- **Lockport High School Pool Water Fitness Classes**, Tuesday and Thursday 8:00-9:00 PM, January 8-February 14. Cost \$30/\$90.
- **Backyard Pool Fitness** - Water workouts at your pool, no more excuses, let's move that water!
- **Backyard Pool Swimming Lesson** is back - Call now and make your reservations. You supply the pool we supply the lifeguard and instructors.
- **Swim Camp at Camp Kenan** - June 29 - July 3, improve your swimming skills while you enjoy the great outdoors on Lake Ontario. Cost \$245 for Y members and \$295 for non-member. **Sign up and pay in full by January 31 and receive a \$50 discount.**

Help Support Our YMCA Swim Team!

Our YMCA Swim Team will be traveling to Long Island for the New York State Swimming Championships March 14-16. There are many opportunities for you to support our team and your local athletes. Show your support by placing an advertisement in the program, sponsor a swimmer in the Splash-A-Thon, please see one of the coaches or Darcee for more information.

Swimming Lessons are available for ages six months and up. Parent/Child, Preschool, Youth and Adult. One-on-one lessons are always available.

YMCA Splash Into Health - This is a **FREE Swimming Program** to educate children and parents on water, boat and backyard pool safety while the children learn basic swimming strokes!

- Mark your calendar for **April 14-17** and **June 16-20.**

YRACQUETBALL™

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Winter Leagues Now Forming

Singles & Doubles

Register by January 20

Fees: \$15/Members

\$45/Non-Members

Annual Racquetball Tournament

February 15 – 17

Fees: \$25 for the first event &
\$15 for the second event

*Divisions for Singles & Doubles
All Players Are Welcome*

Contact
Bryan Schubring

Diabetes Clinic

Monday, February 4
6:00 - 8:00 PM

Know Your Healthy Steps

A program designed for individuals with diabetes to help manage blood glucose levels and introduce various fitness concepts.

Saturday, April 5
10:15 - 12:15 AM

Know Your Nutrition

A program that teaches you to count carbs, read food labels and gain tighter control of your blood glucose levels.

All participants are eligible to receive a **Blood Glucose Meter** and a **Free Gift!**



Bayer HealthCare

Classes will be held at
The Historic Post Office

We Appreciate Our Members! Thank You

This coupon is worth **\$10**
towards your Membership
Renewal or Program
Registration.

*Members Only - Expires 1/31/2008
One Coupon Per Member/Household*



YMCA

We build strong kids,
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U.S. POSTAGE
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LOCKPORT, NY

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

Winter I Session *January 7 - February 23*
Winter II Session *February 25 - April 12*

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

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

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WINTER 2008



That's "A- Lotta" Dough!

***Cooking classes come to the
Lockport Family YMCA***

Beginning in January Y members and guests will have the opportunity to participate in the first session of YMCA cooking classes. That's "A-Lotta" Dough will be offered for Adults on Tuesday Evenings beginning January 22 and run for four weeks from 5:30-7:30 PM. Student classes for 12-17 year olds will be held on Wednesday Evenings from 5:30-7:30 PM for four weeks beginning January 23.

Chef John J. Richter, instructor of the new cooking classes, is the Food Service Director for YMCA Camp Kenan and Christian Academy of Western New York. Chef Richter brings with him 35 years of food service experience that includes serving as Chef Manager and teaching food service classes at the Buffalo Seminary; and as a food service instructor at CAWNY Middle and High School. His experience also includes over 12 years as a private caterer serving a variety of food service programs at schools and camps, weddings, fundraiser events, corporate functions, private parties and at the Larkin House.

That's "A Lotta" Dough Class has been designed by Mr. Richter for the purpose of introducing participants to the fun and experience of making dough, along with the wide variety of products that can be created from the same ingredients. These "hands on" classes will focus on educating the students on the processes of making and handling dough and on student comfort and knowledge in the kitchen.

Class fee includes all supplies and ingredients YMCA members \$75; non-members \$175 for the full four week session.

Participants registering for the Tuesday evening adult class may benefit from using the YMCA Child Watch service offered free for YMCA members and guests while participating in classes. Child Watch service is offered for children age 6 weeks to Kindergarten. Anyone registering for cooking classes may request the use of child watch services..

Students may register in person or by phone at 434-8887

NEW

For 2008!

Winter

Girls Volleyball Skills Clinic
That's "A-Lotta" Dough!
Camp Kenan Reunion at the Y
Y Water Fitness at Lockport High School
Friday Family Swim Night
Ballroom Dancing Winter Dance
Diabetic Clinic - Know Your Healthy Steps

Spring

Diabetic Clinic - Know Your Nutrition
Strolling
Three Week Wellness - YOGA with
Cynthia Hungerford, RYT

Summer

Swim Camp at Camp Kenan
Y Water Fitness in Your Pool
Survivor: Camp Kenan
Camp Kenan's Got Talent!

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.