

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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TIPS FOR FINDING THE RIGHT CAMP

According to the American Camp Association, more than 11 million children and adults attend camp each year. Activities may include swimming, field trips, overnight stays, archery, canoeing, tennis, arts and crafts, sports, rock climbing, and theme days.

There are many options for parents to choose from. Determining when children are ready to go to camp and finding the best match can be a difficult decision for parents. **Laurie Ferris**, YMCA Youth Director offers the following tips to help parents choose the best camping experience for their child:

Know what Camp is! Many summer programs for children are called camp, when there are several types of programs offered to meet different needs and interests. **Every summer program is not a camp.**

- **Resident Camp** or "sleep away" camps are typically one to two week sessions where the children are registered in advance, need required health forms, sleep in cabins or tents and participate in a variety of outdoor, wilderness, adventure, arts, dramatic and skill building camp activities.
- **Day Camps** offer one to two week sessions that require advance registration and health forms. Campers participate in many of the same activities as residence campers, but they go home at the end of the day and return each morning. Day Camps may be based in a building, a school, church or pavilion with most activities held outside. The children are signed in/out each day and spend their time in activities led by trained counselors. Day Camp activities may be planned around a weekly theme to enhance the variety of activities and opportunities for the campers and may offer a weekly field trip.

All camps in New York State must meet NY State Department of Health Sanitary Code for Children's Camps in order to earn a Permit to operate a children's camp. Permit requirements include that each camp submits a complete safety plan; meets all NY regulations on children's safety, health records, staff qualifications, certifications and training requirements; sanitation; food service; recreational safety and transportation; and fire safety requirements. A Health Department Public Health Technician inspects all camps twice a season.

- **Other Summer Programs** for children are offered in communities that may not be a camp, but serve the needs of some families with children.
- **Recreation Programs are often run by** community recreation centers or committees. "Summer Rec" programs operate as a drop in program and may not require advance registration or sign in/out as the children come/go from activities. Programs are not required to be licensed or hold a permit to operate. The staff may be paid community employees or volunteers. Children choose to participate in the activity of their choice, stay as long as they want and go home when the activity of choice is over.
- **Child Care/Day Care Centers** offer options for school age children during the summer. Most centers provide year-round care for preschoolers and infants, which are expanded to accommodate children. Activities may be planned around a theme. Day Care/Child Care Centers are required to be registered and licensed by NY State Office of Children and Family Services. A center must meet the regulations required for each age group served, infants, preschool and school age. Child Care Centers are held accountable to the required regulations by random, unscheduled inspections by a Child Care Registrar.
- **Specialty Programs** may offer summer opportunities to provide a specific activity, training or skill building. Sport camps like soccer, hockey, football, basketball, karate, gymnastics or swimming; theatre camps with drama, dance or music do not meet the NY State children's camp code but they may meet the needs or interest of a child.

 <p>Lockport Family YMCA 19 East Avenue Lockport, NY 14094 434-8887</p>	 <p>Summer Fun For Everyone</p>	 <p>We build strong kids, strong families, strong communities!</p>
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YTEENS™

We build strong kids, strong families, strong communities.

Summer Teen Activity Club (STAC)

A Day Camp program for teens ages 12 to 15.

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 sites.

Spend your summer on the move with the YMCA!

Overnight Camp Begins June 29

Resting on the shores of Lake Ontario in the Town of Somerset, just north of Barker, the YMCA's Overnight Camp offers kids a fun, adventure-filled summer experience that helps campers grow strong in spirit, mind and body while learning valuable camp and life skills. **Register Now!**

- June 29-July 3 • Swim Camp
- June 29-July 5 • Pirates of Ontario
- July 6-12 • Wild, Wild West
- July 13-19 • Mud, Sweat, & Glory
- July 20-26 • Camp Kenan's Got Talent
- July 27-August 2 • Olympiad
- August 3-9 • Superhero Week
- August 10-16 • Survivor: Camp Kenan
- June 29-July 12 • LIT Session I
- July 13-26 • LIT Session II
- June 29-July 19 • CIT Session I
- July 20-August 9 • CIT Session II
- June 30-August 29 • Day Camp

1st Annual Camp Kenan Family Camp Weekend

Saturday August 30 (10:00 AM Arrival)

Sunday August 31 (5:00 PM Departure)



TIPS FOR FINDING THE RIGHT CAMP - continued from Page 1

Know your options. When looking for a camp, parents should start with the American Camp Association (ACA), which accredits camps across the country to ensure they meet the highest standards. YMCA Camps are accredited by the ACA. Camp programs are often run by organizations like the YMCA, YWCA, Boy Scouts of America, Girl Scouts or Church organizations.

Know your budget. Remember, camp does not have to be expensive. Camps are available for every price range. The Lockport Family YMCA Camps offer scholarship assistance to families with need. The YMCA also works with families who are eligible for Department of Social Service benefits and Day Care Assistance and the YMCA candy sale provides families with a self help option to pay camp fees.

Know your wants. Families should consider what they want for their child from the camp experience, e.g. a fun vacation from school or a chance to build new skills. YMCA Camps vary, with some highly structured and others offering kids greater flexibility in setting schedules. Lockport Family YMCA Day Camps meet needs in Lockport at four locations including the YMCA facility, Anna Merritt, George Southard and Starpoint schools. YMCA Camp Kenan, located in Barker NY offers both Residence and Day Camp options to round out the choices available.

Know your child's readiness. On average, 8-year-olds are ready for "sleepover" camp. To ease the transition, kids should experience sleeping over at a friend's or relative's house at least one night before going to overnight camp. Day camps are another option available for children of all ages. Lockport YMCA Day Camps are offered for children 4-15 years old, entering kindergarten through 9th grades. For Camp Kenan Residence Camp children may begin attending when they are 7 years old but may attend Day Camp at age 6 or entering 1st grade.

Know the camp. Review camp brochures or Web sites. Call to ask staff questions about activities, policies and special needs for your child. Seek references from other families whose children have attended the camps you are considering. Check out Lockport YMCA camp programs at www.lockportymca.com or call the YMCA 434-8887 for more information.

Know your child's wants. Don't forget to include your child in the decision-making process. Visit the camp with your child and take a tour together before making a final decision.



Day Camps Begin June 30 Register Now!

Visit www.lockportymca.com to download all forms.

Day Camps are offered for children ages 4-15 and at 4 locations in and around the Lockport community. Day Camp Programs are offered Monday - Friday, 8:30 AM - 4:30 PM with early arrival and late pickup options available. Space at all camps is limited and reservations are taken on first come basis. A deposit of \$25 per week per child will hold space in your week of choice.

Week	Date	Theme	Field Trips
	June 30 – July 3		Strong Children's Museum
1	(No 4 th)	Games Galore	
2	July 7 - 11	Summer Safari	Buffalo Zoo
3	July 14 – 18	Space Explorers	Beaver Island State Park & Beach
4	July 21 - 25	Holiday Hullabaloo	Lockport Celebration Tour
5	July 28 – Aug 1	Underwater Adventures	Hamlin Beach & State Park
6	Aug 4 - 8	Silly Scientists	Buffalo Museum of Science
7	Aug 11 – 15	Spirit Around the World	Fort Niagara Pool & Park
8	Aug 18 - 22	Funlympics	YMCA Carnival
9	Aug 25 - 29	Star Power!	Fantasy Island

YOUTH SUPER SPORTS™

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Hook-A-Kid-On-Golf

This national program is an introductory skills clinic designed for first time golfers between the ages of 8 to 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 weeklong golf instruction, set of golf clubs, golf bag, shirt, golf balls, rule and etiquette book and a golf hat. Registration fee is \$125 for all participants. The clinics will be held the week of July 14 – 18 and August 4 – 8 at the Niagara County Golf Course.



Start Smart Golf

This is a parent-child participant program for young children between the ages of 5 to 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 Tuesday from 6:00 PM – 7:00 PM. Registration fee is \$20 for members and \$60 for non-members.

Middle School Basketball

A YMCA Winners league that is a values-based competitive program designed for all youth entering grades 6 through 8. Cooperation and competition are equally involved. Games will be played on Thursday evenings. Registration fee is \$20 for members and \$60 for non-members.

For questions regarding these programs please contact Bryan Schubring @ 434-8887 x35.

YAQUATICS™

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New This Summer

Check Out Our Summer Session - Starting July 7th!

- 4:30-5:00 PM **White Water** & 5:00-5:30 PM **Water Stretch**, Monday and Wednesday - great non-impact workout.
- **Backyard Pool Water Fitness** - workout at your pool, save on gas - no more excuses, let's move that water!
- New instructors and guards will come to your pool and teach YMCA swimming lessons. Make your reservations today for **Backyard Pool Swimming Lessons** - make sure our team gets your pool on our calendar.
- New **Swimming Classes** Monday through Thursday morning and evening - find a time that fits your schedule. Lessons are available for ages six months and up. Lessons are available for ages six months and up. **Parent/Child, Preschool, Youth, Adult and One-On-One.**

Pool News

The pool will be getting an exciting new face lift August 24 to September 7 and it will be closed.



We will keep you up to date on our re-opening celebration!

Fall session will begin September 15, 2008

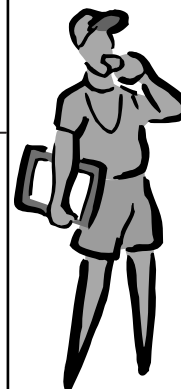


Congratulations to Melinda Hilton

Our 2008
Fitness Center
Indoor Triathlon
Champion

Help Wanted YMCA Swim Team

Calling all Swim Coaches



Please
contact
Darcee at
434-8887
ext. 29
if you're
interested
in improving
your Winter
by working
with these
great
Swimmers

Season runs October - February

Swim Team Parents

Our YMCA Swim
League will be hosting
the **YMCA 2009 New
York State Swimming
Championships**
March 20-22

Planning meetings are set
and we need your input

**June 18, July 16, and
August 20** at the
Northeast YMCA



YMCA

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19 East Avenue
Lockport, NY 14094-3707

Summer Session July 7 - August 23

YMCA Closed Friday, July 4

Please Note Pool Will Be Closed For Repairs

August 23 - September 7

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Backyard Pool & Hot Tub Safety Checklist

- ✦ **Never leave a child alone** near a pool or hot tub for any reason.
- ✦ Constantly watch children in and near the water.
- ✦ If multiple adults are in the pool vicinity, designate a "water watcher" so everyone knows who is "on duty."
- ✦ **Avoid distractions while supervising**—no reading or speaking on the phone—and stay alert.
- ✦ Establish pool rules and enforce them.
- ✦ **Never play breath-holding games.**
- ✦ Only allow appropriate personal flotation devices approved by the U.S. Coast Guard (no water wings/other inflatable devices).
- ✦ Keep children who cannot swim within arm's reach of an adult in the water.
- ✦ Never allow diving in water less than 9 feet deep. Keep your arms over head when you dive and steer up to the surface.
- ✦ If you discover a broken, loose or missing drain cover, clear the pool or hot tub until it is repaired.
- ✦ Educate children to stay away from pool and hot tub drains where hair or clothing can get caught. To guard against drain entanglement, have all long hair tightly secured.
- ✦ Do not allow swimming in an unlit pool at night.
- ✦ Have multiple barriers to any pool, including a fence at least 4 feet high with self-closing and self-locking gates and a latch that is out of children's reach. If the home forms one side of the barrier to the pool, have an audible alarm for the house.
- ✦ Keep rescue equipment and a phone on the pool deck.
- ✦ Knowing child and infant CPR can be a lifesaver. Ask about CPR at the YMCA or call the American Red Cross.
- ✦ In case of an **emergency call 911.**



Make it a Safe Summer!



Join us!

Get moving Lockport, join a class, take a swim, go for a walk, make this your healthiest year! Activate America-is our National YMCA fitness initiative. The Lockport Family YMCA has committed to:

- **Family Aerobics Classes** for children 12 and up
- **Water Fitness Classes** accepting children 12 and up
- Provide **YMCA Growing Up Fit Family Classes**
- Provide **YMCA Splash-** June 16-20
- Participate in **Activate America, America on the Move** and "September"

Last year our YMCA counted 2,744,251 steps and the National YMCA counted over 8 billion steps!

Way to Move America!