

YMEMBERSHIP™

Winter 2009
Issue 87

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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The holiday season is always a tremendous time for reflection, and paying closer attention to our blessings and giving thanks for what we have. While we enter a new year of Hope and great anticipation, may we never lose sight of where we've been and how we arrived at this moment. We have so much to be thankful for and great goals that lie ahead of us. Our volunteers stay firmly committed to bringing to our community a new facility to serve our mission and compliment our existing facilities. We remain determined to meet the needs of all people, improve the

quality of life for all and continue to work hard to improve upon our current programs and facilities. We have had our challenges over time, and we thank everyone for their patience as we renovated the swimming facility and tackled a chronic water problem. We trust that we have solved these problems and now can focus on meeting the needs of our members and participants.



One of the biggest challenges in America is the state of the physical health of the nation. **Sorry to say that even in Eastern Niagara County the numbers are staggering.** Current national health statistics correlate significantly with that of our communities, and therefore provide this YMCA with great challenges both today and throughout our future... **"building strong kids, strong families and strong communities."** We cannot succeed on our own, so we reach out to our membership family to jump start their lives, get involved in wellness initiatives and demonstrate positive values to our youth and young adults by reaffirming a commitment to **Healthy Lifestyles!** Every day the YMCA is taking action to improve the potential health of all people, by providing positive and nurturing staff to guide you; expanding the variety of programs to entice you while also holding your interest; and maintaining affordable costs for participation. In order to move so many toward a healthier tomorrow the following programs and collaborations are available to all.

- **Fitness for Kids Challenge**
- **Growing Up Fit**
- **Road Race Series**
Y10; New Relay Format; Y5; Polar Bear 5K & Cub Run
- **Healthy Kids Day**
- **Youth Sports**
- **Group Exercise Classes**
Aerobics, Step Classes, Cycle Reebok, Water Exercise, Yoga, Ballroom Dance.....something for everyone, you will find a variety of start up coupons for your New Years incentive

We hope that in this new year, you are blessed with good health, a renewed spirit, and a great respect for those men and women who have provided all of us with our freedom to live life to its fullest.

Sincerely,
Mark W. Albiez, Executive Director

Attention Racers

38th Annual Lockport Y-10

Saturday, February 14

Start Time 11:00 AM

Lockport Family YMCA

New Relay Format & Y-5



13th Annual Polar Bear Run

Sunday, February 22

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, February 15
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 2009**

has officially begun!

SAVE \$50

on Camp Kenan Overnight Fees
if paid in full by April 10
Please attach coupon to
registration form.

Forms available at the
Lockport Family YMCA
front desk or at

www.campkenan.com

As we celebrate the holiday season, we also look ahead to what will be a monumental New Year for The Greater Lockport Family YMCA. For the last few years we have been planning and actively campaigning to raise the \$11.5 million needed for our new South Branch. A daunting task at best, especially in these economically challenged times. The end result is our commitment to our downtown branch while constructing a new state of the art facility on Snyder Drive.

To date we have been very successful with what we refer to as our "Lead Phase" of the campaign; receiving major commitments from area businesses, foundations, Senator Maziarz and other larger contributors. We have currently raised about \$6 million and have a number of irons in the fire that could get us to the magic 70% before we go to the "Public Phase."

This is the largest fund raising effort in Niagara County history and it will have to be a grass roots effort to reach our final goal. As we have seen time and time again, this is a very giving community and many campaigns have succeeded even during the toughest times. Our strategy right now is focusing on the prospective donors who are looking for yearend charitable donations, our candidates for donating appreciated securities (please call should you like more details on this idea) and stressing the benefits of our 3-5 year pledge program.

We are presently working on the "Public Phase" of the campaign which we will kick-off sometime after the first quarter of the year. This phase will be very volunteer intensive – we are establishing the committees, planning and training the volunteers so they can hit the ground running when we initiate this campaign phase. We are still looking for volunteers regardless of the amount of time you can donate to this very worthwhile cause. If you can assist us and contribute a few hours a week, please give Mark Albiez (434-8887) or myself (434-6840) a call.

On behalf of the staff and campaign committee, we wish you and yours the very best of the holiday season and a very prosperous New Year. We hope when you think about this holiday season, you will also remember the importance of this very worthwhile community project.

Rhodes Palmer, Capital Campaign Chairman

Building For Our Future Capital Campaign

Con-
struction
Begins

Public
Phase

Lead
Gift
Phase

Make donations to:
Greater Lockport
Family YMCA
Capital Campaign
19 East Avenue
Lockport, NY 14094
716-434-8887

**Greater Lockport
Family YMCA**

YOUTH SUPER SPORTS™

We build strong kids, strong families, strong communities.

WINTER I January 5 - February 21

Home School Gym and Swim (ages 7-14 years)

This program will be held Thursday from 9:00 - 11:30 AM the registration deadline is January 5th. Fees for members \$30 and non-members \$90.

NEW! Start Smart Basketball (ages 3-5 years)

This program will be held Monday and Wednesday 4:30 to 5:30 PM the registration deadline is January 5th. Fees \$20 members and \$60 non-members.

Shooting Stars Basketball (ages 6-9 years)

This program will be held Tuesday and Thursday 4:30 to 5:30 PM the registration deadline is January 5th. Fees \$20 members and \$60 non-members.



Grade School Basketball (ages 8-10 years)

The registration deadline is January 17th. One division being made up of 2nd and 3rd graders and the other division will be 4th and 5th grade. Games will be played Thursday and Friday nights and/or Saturday mornings. Fees \$20 members and \$60 non-members.

Middle School Basketball League (ages 11-14 years)

The registration deadline January 17th for boys and girls from grades 6th - 8th. Games will be held on Friday nights and/or Saturday mornings. Fees \$20 members and \$60 non-members.

High School 4-on-4 "NO BULL" Basketball League (ages 15-18 years)

The registration deadline January 15th. Adult coach who must be at least 21 or older. No more than 8 players may register to one team. Games will be played on Tuesday evenings between 6:00 - 9:00 PM. Fees \$20 members and \$60 non-members.

WINTER II February 23 - April 11

Home School Gym and Swim (ages 7-14 years)

This program will be held Thursday from 9:00 - 11:30 AM. Registration deadline is February 23rd. Fees \$30 members and \$90 non-members.

Little Champs (ages-3-5 years)

This program will be held Monday and Wednesday from 4:30 - 5:15 PM. Registration deadline is February 23. Fees \$20 members and \$60 non-members.

The YMCA's Youth Super Sports program helps kids become not only better players, but better people as well.

It's a progressive program, with multiple age-specific levels.

Every child gets to play and the games are safe, exciting and fun.

We encourage fair play, positive competition, family involvement and even match children of similar abilities.

So look into it. Because the final score won't be known for years!

Adult Men's Basketball League Ages 19 and Over



Competitive Men's League

Minimum of 8 players on each roster with a maximum of 10

Games will be played on Monday and Wednesday 6:00 - 9:00 PM

**\$250 Team Sponsor
Plus \$30 Members
\$150 Non-Members**

**Registration Deadline
January 2**

YMCA Growing Up Fit

**Tuesday & Thursday
Historic Post Office**

This is a program that children and parents attend together classes are a mix of educational lectures and exercise

**Many Insurance
Companies Pay
Course Fees**

**Winter Session
January 19 - March 28**

**Spring Session
March 28 - June 6**

**Contact Darcee
For Details**



Growing Up Fit, LLC

We Appreciate Our Members!

Thank You

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

*Members Only - Expires 1/31/2009
One Coupon Per Member/Household*



YMCA

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strong families, strong communities.

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

Winter I Session *January 5 — February 21*
Winter II Session *February 23 — April 11*

*YMCA Closed Christmas Eve & Day,
New Year's Eve & Day*

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

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WINTER 2009

Health Insurance News

More and more Health Insurance Providers are becoming proactive regarding their members health and rewarding them for adapting a healthier lifestyle. Please call your Health Insurance Provider to see if they will reimburse your Y Membership, Swim Program or Fitness Class. We are presently working with the following:

- **BlueCross BlueShield of WNY** provides Aqua subscribers \$250 per year toward an Individual YMCA Membership or \$500 per year towards a Family Membership. HMO 100 and 100 Plus members receive 3-Month Y Membership for \$25 (one per year).
- **Independent Health** provides FlexFit members up to \$250 per year towards the cost of YMCA programs and services.
- **Univera** provides Health Choices subscribers up to \$300 per calendar year for YMCA Membership. Family First subscribers are covered up to \$300 per calendar year for toddler/preschool gym and swim programs. Active Anytime subscribers can receive reimbursement for Fitness and Weight Loss, amount based on plan.

Check With Your Health Insurance Provider For Details

Membership Update

We need your help to update our membership files and provide for your safety, please stop at the Front Desk to:

- Provide us with your updated information (phone, address, etc.)
- Have your photo taken to add to your information
- Provide your email address
- Update billing information, we can now store your credit card and checking account information securely to credit your YMCA account when asked

The YMCA's Commitment

Lockport YMCA commits to extend our charitable heritage by directly engaging children and adults from all segments of our community in achieving health of spirit, mind and body.

- Children and youth will deepen positive values, their commitment to service and their motivation to learn.
- Families will build stronger bonds, achieve greater work/life balance and become more engaged.
- Individuals will strengthen their spiritual, mental and physical well-being.

All members are Y ambassadors, and can assist us in our efforts by referring new members, encouraging families to get involved; bringing in guests; suggesting new programs; assisting in developing new activities; communicating their dreams!

Email us at
info@lockportymca.com
or call 434-8887

