

# YAQUATICS™

We build strong kids, strong families, strong communities.

**Swimming Lessons** are available for all ages six months and up.

- Parent/Child (six months to 3 years old)
- Preschool (3 to 6 years old)
- Youth (1<sup>st</sup> grade & up)
- One-On-One lessons are always available for any age

**Stroke Drills** are a great workout for your kids, concentrate on all four competitive strokes using drills to reinforce proper technique.

Starting January 5 - Monday & Wednesday - 4:00-4:30 or 8:00-8:30 PM  
Price \$30 Members and \$90 Non-members

**Water Fitness** - it's time to get your feet wet and experience the power of the water. Great low impact workout.

- 9:00 AM Monday, Wednesday and Friday
- 4:00 PM Monday and Wednesday
- 8:00 AM, 5:30 or 7:30 PM Tuesday and Thursday
- 8:30 AM Saturday

### **American Red Cross Lifeguard Training**

- March 29 - April 1
- Price is \$175 plus \$10 for a mask, this includes Lifeguard, CPR for the Professional Rescuer and First Aid Certification. June class TBA.

### **American Red Cross First Aid Training**

- Saturday, April 4 - 11:00 AM - 12:30 PM
- Price is \$60 plus \$10 for a mask. June class TBA.

### **American Red Cross CPR for the Professional Rescuer**

- Saturday, April 4 - 12:30 - 5:30 PM
- Price \$40. June class TBA.

### **Splash into Health**

- April 13 - 16 - 6:00 - 7:00 PM
- Youth - Grades 1 & Up and Preschoolers (3 years - K)
- April 17 Family Swim Celebration - 6:00 - 7:00 PM
- This is a safety orientation program that focuses on basic swimming skills while teaching about sun safety, backyard pool safety, beach safety, water park safety, boating safety and YMCA pool safety.
- Register today for these **FREE** classes!!

### **Sting Rays & Sharks Competitive Swim Team**

Help support the Lockport Family YMCA swim team. Our YMCA swim league will be hosting the New York State Swimming Championships March 20-22, 2009 at the Erie Community College pool. There are many opportunities for you to support our team and your local athletes.

Show your support by:

- Placing an advertisement in the Program Book
- Sponsoring a swimmer in the Splash-A-Thon
- Volunteering at the meet
- Cheering on your favorite swimmers
- Please see one of the coaches or Darcee for more information

### **Pool News**

**Thank you** for your patience during our pool renovations and heater problems. The work has now been completed and the pool temperature is just right, so come on - jump in and swim!

## **Holiday Fun Club** Day Camp Program for School Holidays

8:30 AM - 4:30 PM

Ages 5 - 12 Grades K - 5

Winter Dates  
Monday, January 19

Spring Dates  
February 16 - 20  
March 6

April 13 - 17

Gym Games, Arts & Crafts,  
Swimming, Music, Snacks,  
Guest Speakers and  
Group Activities

\$18 Y Members

\$48 Non-Members

\$2 Early Arrival/Late Pickup  
(7:00 AM - 6:00 PM)

**Advance Registration Required**

## **Live United!** **Eastern Niagara** **United Way Campaign**



Executive Director **Mark Albiez** congratulates  
**Krista Zimmerman**,  
Youth Department Staff

*Krista won a \$250 Gift Certificate in a drawing from all YMCA staff members who support the Eastern Niagara United Way Campaign*

*Congratulations also to **Steven Hendricks**, our Lockport Family YMCA Basket Raffle Winner!*

# YHEALTH & FITNESS

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## Time for Small Steps

Sometimes the biggest hurdle to making healthier lifestyle decisions is that we think we have to launch a complete overhaul of our lives. But being healthier starts with making one or two smarter choices every day: Water instead of soda; Walking instead of driving; Splitting an entree or dessert; Taking the stairs; Adding an extra serving of fruit or vegetables to a meal. As we incorporate some of these changes day after day and week after week they become habits. And then it's time to make three or four more positive changes, and keep at them until *they* become habits.

**Start Small - Celebrate Your Successes - Repeat. Your Y Can Help!**

### The YMCA 10 Week Turnaround

- This group will meet once a week for ten weeks.
- Topics will include, nutrition, diabetes, physical activity, walking and wellness.
- January 19 - March 28 - \$20 Y Member & \$60 Non-Member

### Join Jeannine for Great Aerobic Workouts

- Monday, Wednesday & Friday 9:30 AM
- Monday Boot Camp 5:45 PM
- Tuesday & Thursday 4:30 PM and Saturday 8:00 AM

### Cycle Reebok with Chris

- Monday & Wednesday 4:15 PM

### Yoga with Michelle

- Tuesday and Thursday 5:00 -6:00 PM



## Winter I Session

### Family Fitness with Janice

- Monday Night 7:00 PM

### Total Body with Barb Bidak

- Tuesday and Thursday 9:30 AM

### Intro To Cycle Reebok with Gaz

- Tuesday and Thursday 5:30 PM
- Saturday 3:00 PM

### Dance Party Workout with Gaz

- "TerraDanza" (dances of the earth) bring the whole family
- Saturday 2:00 PM
- TerraDanza is a zero impact aerobic dance class based on world music, traditional and modern dance movements.
- The music is up-tempo and the movements are simple yet challenging within a person's comfort zone.
- You will be moving for the entire 45 minutes of class, yet the option to sit-out a song for a rest is always there

## Winter II Session

### Ballroom Dancing with Jim & Dottie Timkey

- Will begin again on Wednesday, March 4
- 6:30 - 7:30 PM
- \$17 Y Member and \$51 Non-Member
- Come alone or bring a partner

**Ballroom Dancing  
Winter Dance**  
Join us in the YMCA gym  
for a night out dancing.  
**Saturday February 21**  
**7:00 - 10:30 PM**  
**Admission \$5/person**  
snacks/refreshments included

## Greater Lockport Family YMCA Mission In Action

### Financial Assistance

It is part of the Mission of the Greater Lockport Family YMCA to never deny anyone membership or program participation due to the inability to pay. Through the generosity of members, vendors and caring contributors, a scholarship assistance program is available for all people in our defined service area of Eastern Niagara County, who cannot afford to participate.

**Scholarship applications are available at the courtesy desk.**

### Armed Services Outreach Initiative

YMCA of the USA, the Armed Services YMCA and the Dept. of Defense have joined forces in a new initiative to address the needs of military families. Designed for deployed National Guard and Reservists who do not have access to military facilities, the Outreach Initiative provides government funding for families to receive memberships at full facility YMCAs in their communities. The YMCA movement has long championed the needs of military service members and their families, and has played an active relief role in U.S. armed conflicts dating back to the Civil War. This Outreach Initiative carries forward the YMCA's tradition of support by engaging deserving military families—an estimated 27,000 people—facing the hardship and uncertainty of military deployment. The nation's 2,686 YMCAs are honored to respond to the needs of this widely dispersed population through supportive, community-based programs.

**Inquire at the courtesy desk.**