



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

Winter/Early Spring Program Guide NIAGARA FALLS FAMILY YMCA

WINTER SESSION - 8 Weeks

Jan. 1 - Feb. 25, 2012

Member Registration begins:

Dec. 18, 2011

Open Registration begins:

Dec. 26, 2011

EARLY SPRING SESSION - 8 Weeks

Feb. 26 - April 21, 2012

Member Registration begins:

Feb. 12, 2012

Open Registration begins:

Feb. 19, 2012



WELCOME TO THE Y

Committed to our Community

WE'RE GLAD YOU'RE HERE

When you become a member of the YMCA, you are joining an organization that believes in and promotes active and healthy lifestyles, progressive skill development, family, fair play, and character development.

OUR MISSION

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body.

ALL YMCA STAFF AND PROGRAM VOLUNTEERS:

- Undergo a criminal background check
- Undergo a thorough reference check
- Participate in a child abuse prevention training

MEMBERSHIP

The YMCA is a worldwide membership organization. There are two ways to participate in YMCA programming either as a **member** who pays annual dues and can participate in programming at discounted rates or at no charge or as a **program participant** who can take part in YMCA programs on an individual basis for a set fee.

MEMBERSHIP BENEFITS

- Priority registration for classes during member registration week.
- Reduced program fees for classes.
- Complimentary child watch during posted hours. Pre-registration is required.
- Unlimited use of the wellness center, gym, pool, and fitness classes.
- AWAY Program (Always Welcome at YMCA's) – Use of other participating Y's across the USA at no charge or 1/2 the guest fee.

PROGRAM PARTICIPANT UPGRADES

When you purchase a membership, the difference between any full privilege member and program participant class fees paid within the last 30 days is deducted from your dues.

Y FRIENDS & FAMILY PASS

Members may invite friends or family members to accompany them to their YMCA branch for a nominal fee per visit, per person. Y members must stay with their guests during visits. Visitors must be over the age of 19 unless accompanied by an adult. All visitors must present photo ID and complete appropriate forms. All building rules and restrictions apply. Each guest is allowed a maximum of five visits per year.

CANCELLATIONS AND CLOSINGS

In the event that the Y must cancel a class, announcements will be aired on local TV and radio stations. Make up classes will be scheduled when a class is cancelled by the Y. Make up classes will not be scheduled for individuals who miss a class due to their own inability to attend.

HOURS OF OPERATION

Monday-Friday	5:00 am - 11:00 pm
Saturday	5:00 am - 11:00 pm
Sunday	5:00 am - 11:00 pm

All YMCA Buffalo Niagara facilities are closed on the following holidays:

- New Year's Day
- Good Friday
- Easter
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

ANNUAL BRANCH SHUTDOWN

Each year around Labor Day branches close all or part of their facilities for several days to one week. During this time necessary repairs and facility enhancements are made such as draining and cleaning the pool, painting, etc.

YMCA members are invited to utilize other YMCA Buffalo Niagara locations as their shutdown schedules allow. Volunteers are always welcome to assist with the various projects and can contact the member services desk for more information or to sign up.

CAMERA & CELL PHONE POLICY

The use of video recorders, cameras or any other visual recording devices, including cellular picture phones, is prohibited in locker rooms and rest rooms at YMCA Buffalo Niagara facilities and program locations. Violators will be subject to appropriate sanctions including revocation of membership.

LOCKER ROOM POLICY

Children 5 years of age and over are not allowed in the locker rooms of the opposite sex. Children 4 years of age and under are allowed in the locker room of the opposite sex only when under the direct supervision of a parent or a responsible adult. Under all circumstances, parents must be aware of the privacy of others. If you have any questions regarding this policy or need suggestions on how to ease into this transition, please speak to the Manager on duty.

PUBLIC DISCLOSURE

A copy of YMCA Buffalo Niagara's latest annual report may be obtained upon request by calling 716-565-6000, e-mailing contactus@ymcabuffaloniagara.org, or by writing to: YMCA Buffalo Niagara, Corporate Offices, 301 Cayuga Road, Suite 100, Buffalo, NY 14225. YMCA Buffalo Niagara's annual report may also be obtained by writing to: New York State Attorney General's Charities Bureau, Attention: FOIL Officer, 120 Broadway, New York, NY 10271.

AGE REQUIREMENTS

All children under the age of 12 must be accompanied by an adult in the building unless participating in a youth program. Mature behavior is expected in all areas. We reserve the right to exclude anyone who does not adhere to YMCA guidelines and safety standards. Please note the following minimum age requirements for unsupervised activities for members:

- Open Swim: 12 years old (must pass swim test)
- Open Gym: 12 years old
- Wellness Center: 15 years old with orientation; 12 years old with Mandatory Teen Weight Training
- Group Exercise Class: 14 years old; 12 years old with adult
- Lap Swim: 14 years old
- Track: 14 years old
- Sauna, steam room, and spa: 18 years old
- Pick-Up Adult Basketball: 19 years old

POOL RULES

YMCA Buffalo Niagara puts safety first. We believe there is no substitute for adequate supervision. The following information is reinforced by YMCA Buffalo Niagara to prevent accidents:

- YMCA Buffalo Niagara lifeguards receive YMCA and American Red Cross certification, AED, first aid, oxygen administration, and professional rescuer CPR training.
- YMCA Buffalo Niagara lifeguards must be 18 years of age or older.
- Children under 12 years of age must be accompanied in the pool area by a parent or guardian (an adult who is responsible for the children and their behavior).
- Lifeguards are always on deck during hours of operation. YMCA Buffalo Niagara pools are only to be used during these times.
- In the event of an emergency, YMCA Buffalo Niagara recommends contacting 9-1-1. A telephone is provided on every pool deck.
- To ensure the safety of our members, the pool may be temporarily closed due to inclement weather (i.e. lightning, thunderstorms, loss of power).

LAP SWIM

Open to individuals ages 16 years old and up. Mature behavior and adherence to lap swim guidelines is required. Pool schedules are available at the member services desk. Those wishing to float or water walk should do so during adult open swim.

OPEN FAMILY SWIM

Open to adult, family, and youth members ages 12 years old and up who have passed the swim test. Children under 12 MUST be accompanied in the water by an adult. Flotation devices are required for all non-swimmers unable to stand in the deepest part of the shallow end.

REGISTRATION

Members as well as program participants may register by phone or online at www.YMCABuffaloNiagara.org. Members may register using their 12 digit facility access number found on their member ID card. An online form is available for non-members which can be submitted to obtain a user ID. For more information, please contact a member service representative.

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FEES & INFORMATION

Several Options Available

PRICING

Fees are separated by a (/). The first amount listed is the full privilege member rate; the second indicates the rate for program participants.

MEMBERSHIP FEES & PAYMENT PLANS

Pay in Full

Members may pay the full amount of their annual dues. MasterCard, Visa, Discover, AMEX, cash, check or YMCA gift certificates are accepted for all transactions.

Credit Card Drafting

Membership fees as well as School Age Child Care and camp fees can now be paid automatically through credit card drafting. The charge will appear on your monthly statement.

Bank Draft Payment Option

Low monthly fees are deducted automatically from your checking account or credit card. There is no finance charge. A completed authorization form and voided check are necessary for all transactions. Membership remains continuous until member requests cancellation with a 30 day written notice.

Join Fee

In addition to membership dues, the join fee is a one-time fee for new members only. Memberships that are expired for more than 30 days are considered new members.

ADDITIONAL CHILD PRICING

All youth programs have additional child pricing available for youth members and children of family members. When enrollments are made at the same time, the first child in the program will be charged the full member program fee. Each subsequent child from the same family enrolled in that same program will be charged 10% less than the full member fee.

INSURANCE DISCOUNTS

A variety of insurance discounts are available for: Independent Health FlexFit and Medicare Advantage Plan members, Healthy Univera Plus (Univera Solutions) and Medicare Advantage Plan members, and BlueCross BlueShield of WNY Aqua and Medicare Advantage members. Contact your insurance provider for details.

FINANCIAL ASSISTANCE

Within its available resources, YMCA Buffalo Niagara will provide services to anyone who desires to participate in our programs and membership regardless of his/her ability to pay. Partial financial assistance will be awarded to those who can demonstrate their inability to pay the full fee. Funds are secured by volunteers during the annual Strong Kids Campaign. Contact the member services desk to apply.

MEMBERSHIP TYPE	MONTHLY BANK DRAFT	ANNUAL DUES	JOIN FEE
YOUTH (0-18)	N/A	\$120.00	\$20.00
YOUNG ADULT (19-23)	\$24.00	\$288.00	\$50.00
ADULT (24-59)	\$32.50	\$390.00	\$65.00
SENIOR ADULT (60 & Over)	\$27.00	\$324.00	\$65.00
MARRIED COUPLE <small>(Any couple whose union is legally recognized by the State of New York as being in a marital relationship.)</small>	\$43.25	\$519.00	\$75.00
FAMILY WITH CHILDREN <small>(Any couple whose union is legally recognized by the State of New York as being in a marital relationship and all unmarried dependent children through the age of 18 and unmarried dependent children through the age of 23 who are full-time students.)</small>	\$46.25	\$555.00	\$85.00
INDIVIDUAL PARENT FAMILY <small>(One parent and all unmarried children through the age of 23 who are full-time students.)</small>	\$38.50	\$462.00	\$80.00
SENIOR COUPLE <small>(Any couple whose union is legally recognized by the State of New York as being in a marital relationship with either spouse being 60 years of age or older.)</small>	\$38.25	\$459.00	\$85.00
MASTERKEY ADULT <small>(Entitled to use any branch of YMCA Buffalo Niagara.)</small>	\$53.50	\$642.00	\$80.00
MASTERKEY FAMILY <small>(Entitled to use any branch of YMCA Buffalo Niagara. See family/children membership info. for eligibility.)</small>	\$69.75	\$837.00	\$100.00
MASTERKEY SENIOR <small>(Entitled to use any branch of YMCA Buffalo Niagara.)</small>	\$36.00	\$432.00	\$70.00

CREDIT/REFUND POLICY

Fees are nonrefundable however if there are extenuating circumstances please contact a member service representative.

YMCA GIFT CERTIFICATES

Give the gift of good health. A YMCA gift certificate is perfect for children who would enjoy swim lessons, day camp or youth sports; great for the family that plays together; and wonderful for the adult who is looking to start or continue an exercise program. Gift certificates are available year round, in any amount and may be applied toward membership or programs. Visit the member services desk for more information or to make a purchase.

YOUTH DEVELOPMENT

Child Care & Preschool Education

SCHOOL AGE CHILD CARE

GRADES K-6 (AGES 4-12 YEARS)

YMCA School Age Child Care offers kids a safe, well supervised, fun, and nurturing environment to go to before and after school. School Age Child Care offers learning centers, arts and crafts, service learning projects, character development time, swimming (where available), games, outdoor play (weather permitting), homework time, a snack and more. Financial assistance is available.

AT THE NIAGARA FALLS FAMILY YMCA

	MEMBER/NON-MEMBER
6:30-9:00 am	\$6.00/\$6.00 per day
2:30-6:00 pm	\$6.00/\$10.00 per day

AT LEWISTON-PORTER

	MEMBER/NON-MEMBER
7:00-9:00 am	\$6.00/\$6.00 per day
3:00-6:00 pm	\$6.00/\$6.00 per day
Half Day (Dismissal-6:00 pm)	\$10.00/\$10.00 per day

VACATION CLUB

GRADES K-6 (AGES 4-12 YEARS)

Full or half-day School Age Child Care is offered during school holidays, vacations, etc. at the Y. Activities include swimming, games, gym time, arts and crafts. Children need to bring a bag lunch, bathing suit, and towel. Afternoon snacks are provided. **Pre-registration is required. Space is limited.** Please Note: A minimum enrollment of five participants is required to run full day programs. Vacation Club is ONLY held at the YMCA - no off sites.

Half Day Care	Dismissal - 6:00 pm	\$10/\$15 per day
Full Day Care	6:30 am - 6:00 pm	\$15/\$20 per day

CHILD WATCH (MEMBERS ONLY)

AGES 6 MONTHS - 10 YEARS

Child Watch is a benefit for Y members who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. **Reservations are required 24 hours in advance and parents/guardians must stay on the premises.**

DAY	TIME	AGES
M-TH	4:00-6:00 pm	4-10 years
M-TH	6:00-7:00 pm	6 months - 3 years

UNIVERSAL PRE-K

MUST BE 4 YEARS OLD BY DEC. 1, 2011

This program is designed to introduce academics and enhance socialization, physical activity, communication, creative thinking, and prepare your child for kindergarten.

M-F	8:45-11:15 am
M-F	12:55-3:25 pm

Please call Lewiston-Porter Primary at 716-754-8281 for more information.



YOUTH DEVELOPMENT

Swimming

INFANT LESSONS

SHRIMP/KIPPER LEVEL (WITH PARENT OR GUARDIAN)

AGES 6 MONTHS - 3 YEARS (1:12 staff to student ratio)

A water adjustment orientation class that emphasizes fun and safety with the use of games and songs.

PRESCHOOL LESSONS

PIKE LEVEL (WITHOUT PARENT)

AGES 3-5 YEARS (1:6 staff to student ratio)

Designed to acclimate children to the water while teaching proper breathing methods, basic strokes, and water safety. Classes are limited to 12 students so register early.

YOUTH LESSONS

AGES 6-14 YEARS

POLLIWOG (1:6 staff to student ratio)

This class is for children who are beginner swimmers and need the assistance of flotation devices (i.e. bubbles) to swim independently. Swimmers learn how to float on their fronts and backs, perform sitting dives and basic paddle strokes, and are introduced to water safety. Children become comfortable blowing bubbles with their faces in the water and remain in this level until they are comfortable swimming independently without a bubble.

GUPPY (1:8 STAFF TO STUDENT RATIO)

Participants usually have some previous swim lesson experience and should be able to jump into the water without assistance and perform front and back paddle strokes the width of the pool without using flotation devices (i.e. bubbles). Front and back crawl strokes, rhythmic breathing, treading water, and kneeling/standing dives are introduced.

MINNOW/FISH (1:8 STAFF TO STUDENT RATIO)

This school-aged combination class will focus on intermediate to advanced swimming skills. Ideal for children who are already confident around water, children who have almost completed the intermediate skills, and that are quick to master new skills.

FLYING FISH/SHARK (1:8 STAFF TO STUDENT RATIO)

This school-aged combination class will focus on advanced swimming and competitive swimming skills. Ideal for children who have mastered the intermediate skills and are progressing through advanced skills such as stroke and turn technique and swim team stroke correction.

ADAPTED SWIM

This class consists of swim instruction and water games for individuals with developmental and/or physical disabilities. We request that assistance in the pool area and locker rooms be provided.

DAY	TIME	FEE
THU	6:00-7:00 pm	\$2 per person

INFANT - SHRIMP/KIPPER (01001)

DAY	TIME	WINTER	EARLY SPRING
SAT	10:00-10:30 am	\$16/\$24	\$16/\$24

PRESCHOOL BEGINNER - PIKE (01003)

DAY	TIME	WINTER	EARLY SPRING
SAT	10:00-10:30 am	\$16/\$24	\$16/\$24

YOUTH BEGINNER - POLLIWOG/GUPPY (01009)

DAY	TIME	WINTER	EARLY SPRING
TUE	3:30-4:15 pm	\$16/\$24	\$16/\$24
SAT	10:30-11:15 am	\$16/\$24	\$16/\$24

YOUTH INTERMEDIATE - MINNOW/FISH (01011)

DAY	TIME	WINTER	EARLY SPRING
TUE	4:15-5:00 pm	\$16/\$24	\$16/\$24
SAT	11:15 am - 12:15 pm	\$16/\$24	\$16/\$24

YOUTH ADVANCED - FLYING FISH/SHARK (01013)

DAY	TIME	WINTER	EARLY SPRING
TUE	4:15-5:00 pm	\$16/\$24	\$16/\$24
SAT	12:15-1:00 pm	\$16/\$24	\$16/\$24

LEWISTON-PORTER SWIM LESSONS

The Y now provides lessons at the Lewiston-Porter Middle School. Register through the school's continuing education program at 716-754-8281.

PRIVATE LESSONS (01038)

AGES 3 YEARS & UP

This class provides one-on-one swim instructions and is open to all abilities. Registration is by lesson, first come, first served.

\$15/\$20 per swimmer/per lesson



YOUTH DEVELOPMENT

Sports & Play

SPORTS OF ALL SORTS (08430)

AGES 8-12 YEARS

Children are led through drills intended to introduce the various skill sets necessary to play soccer, volleyball, and basketball. Non-traditional sports will also be a part of the session such as kickball, Ultimate Frisbee, dodgeball, and more!

DAY	TIME	WINTER	EARLY SPRING
THU	5:00-6:00 pm	FREE	FREE

MOVE YOUR FEET (09212)

AGES 8-11 YEARS

Children will enjoy the beat of the music and get fit through this dance fitness class. Sessions incorporate movement to develop balance, coordination, body and spatial awareness, confidence and social interaction. Dance styles mix in a high-energy cardio workout.

DAY	TIME	WINTER	EARLY SPRING
FRI	5:00-6:00 pm	FREE	FREE

IT'S A GIRL THING (08430)

AGES 8-11 YEARS

It's a girl thing is a gathering for girls where they can talk and learn what to do to help them handle all the changes within and around them. Staff will mentor the girls to keep them strong in spirit, mind, and body while making positive choices. Activities and speakers will vary with focuses being on healthy eating, jewelry making, self defense, exercise and more!

DAY	TIME	WINTER	EARLY SPRING
WED	5:00-6:00 pm	FREE	FREE

CHEF'S CHOICE (08430)

AGES 5-10 YEARS

Children learn basic cooking skills and experiment with new and traditional food concoctions that don't require the use of an oven. They'll make lots of goodies and even bring home their own cookbook at the end of the session.

DAY	TIME	WINTER	EARLY SPRING
FRI	5:00-6:00 pm	FREE	FREE

HEALTHY KIDS DAY

APRIL 28 - WALDEN GALLERIA (UPPER LEVEL NEAR SEARS)
10:00 AM - 1:00 PM

The Y is encouraging kids and parents to come to the Galleria Mall for a play date and commit to being active every day. It's all part of the YMCA's Healthy Kids Day™ - the nation's largest health day for families. This FREE event will feature activities such as fitness demonstrations, making healthy snacks, sports games and more!

BIRTHDAY PARTIES

Celebrate your child's birthday at the YMCA!

Birthday parties include 2½ hours of fun, a host to assist with set up, and usage of the gymnasium or pool and our child care room for cake and to open presents. Birthday parties are available on Saturdays & Sundays from 1:00-3:30 pm. Call 285-8491 for available times and to make your reservation. Financial assistance is not available for birthday parties.



INDOOR POOL PARTY

AGES 3 YEARS & UP

Your birthday child and up to 15 guests will enjoy an hour of swimming in our indoor pool. Children under the age of six MUST be accompanied in the water by a parent or guardian, who will be counted in the total party attendance. All children will be swim tested by YMCA staff to determine their swimming abilities. This is for the safety of all participants.

YMCA Members: \$90* Non-Members: \$115*

*A \$30 deposit is required at the time of registration. This is not an additional fee. \$25/extra hour if requested.

GYM PARTY

AGES 3 YEARS AND UP

Open gym time for the birthday boy or girl and up to 15 guests. Equipment will be available for use. To better prepare your party host, when you register, please let us know what games the birthday child would like to play.

YMCA Members \$90* Non-Members \$115*

*A \$30 deposit is required at the time of registration. This is not an additional fee. \$25/extra hour if requested.

RENT THE YMCA

BRIDAL SHOWERS, BABY SHOWERS, ANY SPECIAL EVENTS!

Have your next special event at the YMCA at an affordable rate. Up to 35 guests. Offered Saturday and Sunday between 12:00-6:00 pm.

Rate: \$25/hr - Includes usage of our School Age Child Care room and a staff assistant.

YOUTH DEVELOPMENT

Camp

EARLY BIRD CAMP REGISTRATION

JAN. 2 – FEB. 29

Sign your child up for a summer full of fun during our Early Bird Camp Registration. A \$10 deposit per week per camper secures your child's spot at their favorite YMCA Day Camp. Children can also earn their way to camp through the Y's Camp Candy Sale.

CAMP CANDY SALE

JAN. 2 – JULY 2

A fun and easy way to offset the costs of summer camp, children can earn their way to camp by selling candy bars! Each bar sells for \$1.00 with 50 cents from each sale credited toward the camper's session fees. For more information, please speak to a YMCA staff member.

PASSPORT TO SUMMER

SATURDAY, MAY 19

Get a sneak peak of summer camp and register your child for a nominal deposit per week per camper. Parents can meet camp counselors and ask questions, while kids enjoy games, crafts, face painting and more! We'll even waive the join fee for all new youth members who join during the preview event. In addition, an amount equal to the youth membership fee will be waived for all family memberships purchased that day.

YOUNG EXPLORERS

AGES 3-5 YEARS

This camp is carefully designed to meet the emotional and physical needs of preschoolers. Your child can look forward to swimming, gym time, creative projects, storytelling, rest time, field trips and lots of fun. Our counselors are highly qualified and their priority is to keep your child safe while having fun immersed in creative and stimulating activities.

LOCATIONS: NIAGARA FALLS FAMILY YMCA & LEWISTON-PORTER MIDDLE SCHOOL
5 Day: \$105/\$130

LOCATION: TOWN OF WHEATFIELD YOUTH CENTER
5 Day: \$125/\$150

DAY CAMP

AGES 6-12 YEARS

YMCA Day Camp is geared for fun, exploration, and adventure! Day campers are broken into age specific groups to ensure all activities are geared toward their specific interests and abilities. They spend time swimming, exploring the environment through nature study, developing their creative skills in arts & crafts, learning how to work together as a group, going on field trips and more.

LOCATIONS: NIAGARA FALLS FAMILY YMCA & LEWISTON-PORTER MIDDLE SCHOOL
5 Day: \$105/\$130

LOCATION: TOWN OF WHEATFIELD YOUTH CENTER
5 Day: \$125/\$150

LEADERS IN TRAINING

AGES 13-14 YEARS

This challenging program reaps endless rewards through new friendships, an increased self-awareness and self esteem, and new interests. In addition to helping plan and participate in a variety of age-appropriate camp activities, LITs also take part in additional activities and field trips focusing on effective leadership traits.

LOCATIONS: NIAGARA FALLS FAMILY YMCA & LEWISTON-PORTER MIDDLE SCHOOL
5 Day: \$105/\$130

LOCATION: TOWN OF WHEATFIELD YOUTH CENTER
5 Day: \$125/\$150

COUNSELORS IN TRAINING

AGES 14-15 YEARS

This program is for teens interested in gaining practical experience working with young children. It is designed to prepare participants for positions as camp counselors. CITs work closely alongside our camp counselors, helping to plan and lead activities for the younger campers. CITs are required to participate in an interview and training process and must commit to attend 7 weeks of camp.

LOCATIONS: NIAGARA FALLS FAMILY YMCA & LEWISTON-PORTER MIDDLE SCHOOL
5 Day: \$85/\$110

LOCATION: TOWN OF WHEATFIELD YOUTH CENTER
5 Day: \$105/\$130



FREE EXTENDED DAY CAMP HOURS

FREE extended hours are available for all YMCA Day Camps. PRIOR registration is required to ensure proper staffing.

YOUTH DEVELOPMENT

Camp

DAILY SCHEDULE

YOUNG EXPLORER'S CAMP

7:00-9:00 am	Extended Care Centers
9:00-9:15 am	Flag Pole, Camp Song, Daily Announcements
9:15-11:00 am	Rotations 1. Literacy 2. Fitness 3. Arts & Crafts
11:00 am - 12:15 pm	Swimming (Times may vary)
12:15-1:00 pm	Lunch
1:00-1:30 pm	Rest Time/Quiet Time
1:30-4:30 pm	Rotations 1. Subject Area 2. Dramatic Play 3. Literacy 4. Fitness
4:30-6:00 pm	Extended Care Centers

DAY CAMP

7:00-9:00 am	Extended Care Centers
9:00-9:15 am	Flag Pole, Camp Song, Daily Announcements
9:15-10:30 am	Group Activities
10:30 am - 12:00 pm	Kids Club 1. Sports 2. Library/Arts & Crafts 3. Dance/Fitness
12:00-12:30 pm	Lunch
12:30-1:00 pm	Rest Time/Quiet Time
1:00-4:00 pm	Swimming - 45 minutes on designated days - Instructional swim once a week
4:00 - 4:30 pm	End of Day Announcements Awards
4:30-6:00 pm	Extended Care Centers

EXCITING ADVENTURES AWAIT

YMCA Camp Weona

Traditional and high adventure activities abound at YMCA Camp Weona residential camp. Come spend the summer with us and discover what dreams are made of in a place "where only good prevails."

At YMCA Camp Weona, children learn new skills and grow as individuals in a beautiful, natural environment just 45 minutes from Buffalo. Campers have the opportunity to horseback ride on wooded trails, canoe on our private 12-acre lake, camp out under the stars, or repel off our climbing tower, all while building self esteem and increasing friendship building skills.

We offer a number of age appropriate programs including archery, arts & crafts, high ropes, digital photography, mountain biking, hiking, outdoor living skills, swimming, and sports. We also offer the YMCA Rag & Leather character development program.

YMCA Camp Weona is a traditional YMCA residential camping program serving children 7-17 years of age with exciting summer camp options for one, two or more week stays.

OUTDOOR EDUCATION

YMCA Camp Weona's facilities lend themselves to a wide variety of hands-on activities and interactive environmental educational programs for students and groups of all ages.

For some, this may be their first opportunity to use a compass, climb a climbing tower, or go for a hike in the wilderness.

It is a great way to build cooperation skills and a sense of team for students.

The social and motivational effects will be seen immediately as students become more aware of the positive impact they can have with each other, their teachers, and the natural environment.

THE POSSIBILITIES ARE ENDLESS!

Call Camp Weona at 565-6008 for more information.



HEALTHY LIVING

Family Programs

FAMILY OPEN SWIM

Any non-swimmer must be accompanied in the water by an adult. Pick up a pool schedule from the member services desk.

PARENTS COMMITTEE MEETING

Parents have an opportunity to voice their opinions on current programs and help create future programming for their children. Child care will be available during committee meetings!

Meeting the 4th Thursday of the month
6:00-7:00 pm FREE TO EVERYONE

ADVENTURE GUIDES

AGES 5-13 YEARS (WITH PARENT)

A parent/child program designed to help foster a lifetime of understanding and companionship and to strengthen the relationship between children and parents. As a member of YMCA Adventure Guides, you and your child will spend time together, joining a unique circle of other parents and children, and participate in activities like games, camping trips, ceremonies, and family adventures.

For more information call 565-6008.

GROWING UP FIT

AGES 7-15 YEARS

Growing Up Fit is a **FREE** innovative weight management program for children and their families. It consists of an initial health assessment, eight weeks of education and exercise, a post-assessment, and a graduation celebration. A parent or guardian participates with his/her child(ren). Siblings are encouraged to attend. Together they learn that it's fun to get fit! Program fees are paid in full by BlueCross BlueShield of WNY, Univera and in part by Independent Health. To register call the branch or visit us at www.YMCABuffaloNiagara.org.

BlueCross BlueShield: 02200

Univera: 02201

Independent Health: 02202

Location: Delaware Family YMCA
2564 Delaware Ave., Buffalo
875-1283

DATES	DAY	TIME		DAY	TIME
1/17-3/24	TUE	6:30-7:30 pm	AND	SAT	10:30-11:30 am

Location: Southtowns Family YMCA
1620 Southwestern Blvd., West Seneca
674-9622

DATES	DAY	TIME		DAY	TIME
1/18-3/24	WED	6:45-7:45 pm	AND	SAT	9:00-10:00 am

Location: Northeast Family YMCA
4433 Main St., Amherst
839-2543

DATES	DAY	TIME		DAY	TIME
1/18-3/24	WED	5:30-6:30 pm	AND	SAT	10:30-11:30 am

Location: Ken-Ton Family YMCA
535 Belmont Ave., Kenmore
874-5051

DATES	DAY	TIME		DAY	TIME
1/19-3/24	THU	6:45-7:45 pm	AND	SAT	11:00-12:00 pm



HEALTHY LIVING

Healthy Lifestyles

THE WEIGHT IS OVER (08810)

A dynamic eight-week nutrition education program designed to inspire, motivate, and educate. This program focuses on achieving a healthy lifestyle by giving you the skills and tools to choose foods that will make and keep you healthy. The class is limited to 20 participants so any interested parties should register today by calling the Y at 276-5985.

BlueCross BlueShield: 02210-01

Independent Health: 02211-01

Location: Southtowns Family YMCA
1620 Southwestern Blvd., West Seneca

DAY	TIME	DATES
TUE	7:00-8:00 pm	Jan. 17 - March 6

Cost \$150 (Fees paid in full for those with BlueCross BlueShield coverage. Independent Health pays \$50 toward class.)

DIABETES PREVENTION PROGRAM

The YMCA Diabetes Prevention Program (Y-DPP) was designed and researched by the Indiana University School of Medicine to aid in the prevention of diabetes for individuals who have pre-diabetes. The program meets for 16 weeks in a group setting where personal lifestyle goals are set for each individual. Each one-hour session will cover diet, exercise, and behavior modification. For more information e-mail wellness@ymcabuffaloniagara.org or call 276-5985. *A referral from your physician is required.

For a list of dates and locations visit www.YMCABuffaloNiagara.org.

Fees paid in full for those with BlueCross BlueShield coverage. Independent Health subscribers pay a \$50 fee.



CPR/FIRST AID/AED CERTIFICATION

CPR, First Aid, and CPR/AED for the Professional Rescuer certification courses are offered throughout the year. The CPR course includes infant, child, and adult certification. Call 565-6000, ext. 304 or log on to www.YMCABuffaloNiagara.org for course dates and times.

COURSE	FEE
Adult/Infant/Child CPR*	\$75
Review/Challenge Course	\$65
First Aid**	\$60
CPR/AED for the Professional Rescuer*	\$80
Review/Challenge Course	\$70

* Necessary to re-certify annually.

** Necessary to re-certify every three years.

YMCA LIFEGUARD TRAINING

AGES 16 YEARS & UP

This course covers aquatic science, safety, and environment. Survival skills, rescue techniques, personal safety, and responsibilities are practiced and mastered for certification. Pre-requisites: swim test. Call 565-6000, ext. 304 or log on to www.YMCABuffaloNiagara.org for course dates and times.

Lifeguards employed by the YMCA must be at least 18 years old.

Lifeguard Certification*

	MEMBERS	NON-MEMBERS
Days & Times TBA	\$195*	\$235*

* Includes CPR for the Professional Rescuer, First Aid, AED/02.

Prices subject to change.



HEALTHY LIVING

Fitness

WELLNESS CENTER

Features Nautilus First Generation variable resistance strength training equipment. The complete circuit of 13 Nautilus machines targets the upper body, lower body, and the torso. State-of-the-art cardiorespiratory equipment includes StarTrac treadmills, stairmasters & bicycles, a Concept II Rower, a Gravitron, and Precor Ellipticals.

We recommend that you consult with your personal physician BEFORE increasing your physical activity and/or beginning any exercise program.

SUPERVISED WELLNESS CENTER HOURS

DAY	TIME	
M/W/F	9:00 am - 1:00 pm	FREE TO MEMBERS
M/W	4:00-8:00 pm	FREE TO MEMBERS
SAT	9:00 am - 1:00 pm	FREE TO MEMBERS

WELLNESS CENTER ORIENTATION

Our trained Wellness Center staff provide instruction on the proper use of strength and cardiorespiratory equipment. The emphasis is on correct technique to maximize benefits and minimize risk. Receive guidance, support, and encouragement. Please make an appointment at the front desk.

TEEN WEIGHT TRAINING (02002)

This is a mandatory class for all 12-14 year old YMCA members who would like the opportunity to utilize the YMCA Wellness Center. This class is a structured, in-depth orientation that consists of proper usage of the weight equipment and cardiovascular equipment. Some restrictions apply.

ONE-ON-ONE ASSESSMENTS

One hour of assessment and orientation with two follow up appointments, including a full fitness assessment that consists of blood pressure screening, body composition (body fat), and target heart rate zone identification. Our fitness professionals will then design a program to fit your individual goals and levels.

12-WEEK FITNESS PROGRAM

This program has been created for members to work with wellness center staff to create a personalized workout that will guide them toward reaching their fitness goals. The program consists of a fitness assessment, program ideas and instruction, and follow-up meetings to provide a motivating way to keep members moving toward their fitness goals. Members can schedule their appointment at the front desk.

PERSONAL TRAINING (02010)

Certified personal trainers guide participants through a structured workout program. Individualized exercise plans are tailored to meet the member's specific goals. Participants learn the proper techniques for utilizing cardiovascular and strength training equipment. Free weights, resist-a-balls, medicine balls, and other fitness equipment are also utilized. Whether you want to manage your weight, participate in sports conditioning during the off-season, or live healthier, we have a personal training program for you.

Choose from the following programs:

- Basic Personal Training
- Elite Personal Training
- Sports-Specific Personal Training
- Teen Personal Training (Ages 12-17 years)
- Youth Personal Training (Ages 8-11 years)

Cost:	YMCA Members	Non-Members
1 session	\$30	\$40
6 sessions	\$160	\$240
12 sessions	\$300	\$480

FRIEND FIT (02010)

Two people can receive personal training at the same time for only \$250 for six sessions. **This option is available for YMCA members only.**



HEALTHY LIVING

Aquatics & Group Classes

AQUAFIT WATER EXERCISE (01021)

This class meets for an hour and a half. The first half hour is spent lap swimming and the last hour consists of stretching, toning, and water walking. Work out at your own level! You may choose to come to one or two classes per week.

DAY	TIME	WINTER	EARLY SPRING
MON	8:45-10:15 am	FREE/\$40	FREE/\$40
FRI	8:45-10:15 am	FREE/\$40	FREE/\$40
M/F	8:45-10:15 am	FREE/\$75	FREE/\$75

PRIVATE SWIM LESSONS (01038)

One-on-one swim instruction, open to all ages and abilities. Registration is by lesson, first come, first served.

DAY	TIME	PER LESSON
By Appointment		\$15/\$20

TEEN FITNESS CLASSES

AGES 14 YEARS & UP

Teens can participate in any YMCA aerobic fitness class. Mature behavior is always expected.

AMAZING ABS (02019)

MEMBERS ONLY

A 30-minute intense abdominal workout that helps you trim, firm, and shape your abdominals. Strong abdominal muscles help to support your back and prevent lower back pain. So shape up and improve your posture, too! All fitness levels.

DAY	TIME	WINTER	EARLY SPRING
WED	4:30-5:00 pm	FREE	FREE
SAT	9:30-10:00 am	FREE	FREE

PILATES (02018)

This class strengthens the body's core muscles, including the abdominals and the lower back. It tones the body and increases flexibility. All exercises are done on a mat (no special equipment needed). All YMCA Pilates instructors have completed specialized training to teach the Pilates method.

DAY	TIME	WINTER	EARLY SPRING
SUN	3:00-4:00 pm	FREE/\$40	FREE/\$40

STRETCH CLASS (02027)

This class is designed to improve flexibility. Participants can choose from three levels: high stretch, moderate stretch, and deep stretch. Although not intended for weight loss, this class will relax you while improving flexibility. Makes a great addition to your workout.

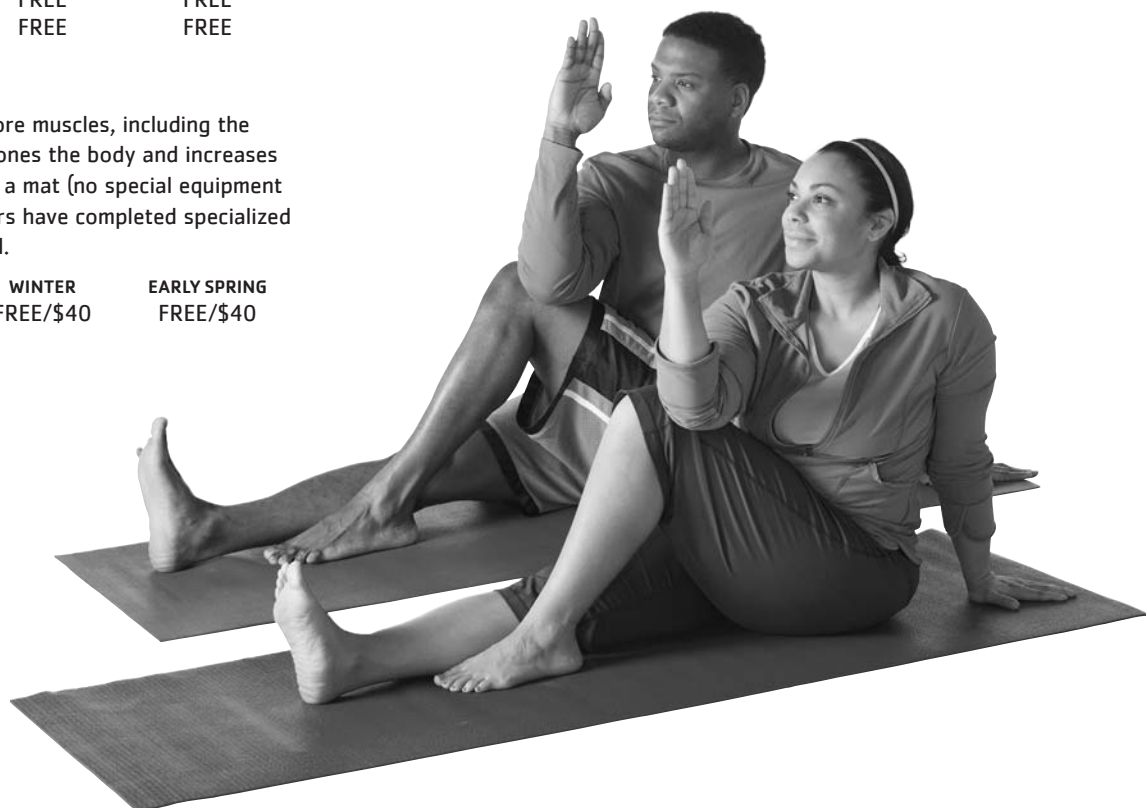
DAY	TIME	WINTER	EARLY SPRING
T/TH	9:00-10:00 am	FREE/\$40	FREE/\$40

GROUP CYCLING (02020)

MEMBERS ONLY

Certified instructors teach group cycling through a simple set of movements and hand positions on specially designed stationary bikes. Catering to both the elite and the recreational athlete, this high energy group exercise class is a low impact workout that integrates music, camaraderie, and visualization, enabling you to enjoy a powerful mind-body connection. You control the intensity of each class by modifying the resistance and your body position. Your fitness results will be unparalleled and you will leave the class feeling great!

DAY	TIME	WINTER	EARLY SPRING
MON	5:30-6:30 am	FREE	FREE
MON	5:15-6:15 pm	FREE	FREE
WED	5:00-6:30 pm	FREE	FREE
T/TH	5:45-6:45 pm	FREE	FREE
SAT	10:00-11:00 am	FREE	FREE



HEALTHY LIVING

Group Classes

JUJITSU (02045)

Jujitsu is a style of martial arts that uses both striking and grappling to promote self-defense. Jujitsu teaches the student to transition from one technique to another. The full repertoire of jujitsu techniques includes strikes, joint locks, throws, escapes, chokes, and limb constrictions. The instructor is a 3rd degree black belt with over 10 years of experience. The class curriculum is designed for any skill level.

DAY	TIME	WINTER	EARLY SPRING
T/TH	7:00-9:00 pm	FREE/\$40	FREE/\$40

Additional fee for uniform and AJJF membership.

CYCLING/YOGA (02020)

MEMBERS ONLY

This class combines group cycling followed by yoga exercise. Participants get a great cardiovascular workout along with yoga stretches for flexibility and relaxation.

DAY	TIME	WINTER	EARLY SPRING
WED	5:00-6:30 pm	FREE	FREE

YOGA PLUS (02005)

Includes popular yoga poses with emphasis on upper body strength and core exercises. This includes yoga with light dumbbells, exercise bands, and body weight exercises. Great for flexibility and conditioning.

DAY	TIME	WINTER	EARLY SPRING
M/F	6:30-7:00 am	FREE/\$40	FREE/\$40

ZUMBA® (02044)

MEMBERS ONLY

Zumba® is a new and rapidly expanding, exciting, dynamic, and effective fitness system based on unique Latin inspired music and dance steps. The routines feature aerobic fitness/interval training with a combination of fast and slow rhythms that tone and sculpt the body. All exercisers - women, men, and teenagers from beginner to advanced - will enjoy the benefits of Zumba®!

DAY	TIME	WINTER	EARLY SPRING
M/W	6:30-7:30 pm	FREE	FREE

SILVERSNEAKERS® MSROM

Muscular Strength and Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support.

DAY	TIME
M/W/F	9:00-10:00 am

SILVERSNEAKERS® SILVERCIRCUIT

This program is meant to encourage SilverSneakers® members to utilize the Wellness Center and begin a strength training routine. SilverCircuit will include a circuit of six exercises that will rotate every 4-6 weeks. Participants learn correct techniques so they are able to get the most from their workouts!

Conveniently scheduled hours.

Please check with the member services desk.



SOCIAL RESPONSIBILITY

Volunteerism & Giving

VOLUNTEERS IN PARTNERSHIP PROGRAM

YMCA Buffalo Niagara embraces volunteers and their dedication to our community. We promote the collaboration of staff and volunteers to provide the best possible service and programs. YMCA Buffalo Niagara is committed to providing positive volunteer experiences by matching the individual's interests, talents, and needs to the YMCA's goals for the good of all members of our community. Volunteer opportunities include: program, fundraising, support, and policy volunteers. For more information on how you can help the YMCA by volunteering your time and talent call or visit our member services desk.

STRONG KIDS CAMPAIGN

Your contribution to the YMCA Strong Kids Campaign helps make the YMCA more affordable and accessible for everyone. Your gift will directly benefit kids, families, and adults in Western New York, providing financial assistance to those who otherwise would be unable to afford YMCA programs and membership services. Please visit our member services desk to make a donation.

**STRONG
KIDS**
A YMCA Initiative



PLANNED GIVING

You can help extend the YMCA's influence beyond your own lifetime when you designate a gift to the YMCA Endowment Fund in your estate plans. There are various gift plans that you can employ to meet personal and family tax, estate, and charitable planning objectives. Call the YMCA financial development office at 276-5978, to confidentially discuss the various options available. Together, we can help build a strong foundation for many years to come.

BUILDING TOMORROW'S DREAMS TODAY

Heritage Society

Change and the challenges it creates are inevitable. We know that our children and grandchildren will be faced with challenges of their own as they grow and prosper in life. The YMCA Heritage Society, founded in 2006, was established in order to help our YMCA keep pace with those challenges by insuring the continuation of innovative, high quality, mission driven programs and services.

The guiding principle behind the Heritage Society is that individuals can decide today to make a future financial commitment to the YMCA through estate planning. While the members of the Heritage Society come from diverse backgrounds, they all share a common bond. They are passionate and committed visionaries, who have willfully

chosen to make a difference in the lives of others through their support of the YMCA Endowment Fund.

We encourage you to consider extending your YMCA involvement beyond the here and now by becoming a member of the YMCA Heritage Society. As a Heritage Society member, you will help positively shape the lives of those who will one day shape our community, our country, and our world.





NIAGARA FALLS FAMILY YMCA
1317 Portage Road, Niagara Falls NY 14301

Non-Profit
U.S. Postage
PAID
Buffalo, NY
Permit No. 1544

ENDLESS POSSIBILITIES

Join the Y
DEC. 26, 2011 – JAN. 31, 2012

At the Y, the possibilities are as endless as to how good you'll feel and the new found friends you'll make. We'll help you reach your goals allowing you to live a healthier, happier life together with your family.

"Within a year, I lost 100 pounds - 12 inches off my waist and 4 inches off my neck! It wasn't easy, but the Y helped me through it." – James

Save up to \$100 when you join during the campaign!

