

Boys & Girls Club of Western Broome Family Center

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Winter/Spring 2010



BOYS & GIRLS CLUB
OF WESTERN BROOME

FAMILY CENTER

"The Positive Place for Kids and for All Ages in Our Community."

www.bgcwb.org

January - June 2010
Registration begins
December 28th for
January Classes



Handicap Accessible

Dear Friends of B/G Family Center:

We welcome you to our center and to all of its program offerings. As you can see as you read through our program booklet, we offer activities and programs for all age groups of our community.

As I walk through our center and visit with the many people that come here on a daily basis, I continually hear comments about what a wonderful place this is. They say such things as:

"...I feel like family here...you have so many good things for people to do and get in involved in...everyone is so friendly and welcoming...we get a good deal for our money..." or "we're lucky we have this facility in Western Broome... etc."

We want you to feel the same way about us when you visit the club. Our staff is here to help you meet your needs. Bring your entire family and pass on the good word about us to your friends out in the community.

So...get fit...get into the action...have some fun...socialize and feel good about yourself...and come and be a part of a real positive place for kids and people of all ages, *The Boys & Girls Club of Western Broome Family Center!*

Sincerely,

Mario A. Salati

Executive Director

WELCOME AREA AND SECURITY PROCEDURES

Measures are being taken to insure the safety and well being of our members and visitors. These are important for liability reasons, building emergencies, and when applying for private and governmental grants, where facility usage data is required. To that end, everyone coming to our facility must sign in and out of our building, even if you are just escorting your child to an activity or picking up a child. Those with membership cards **should scan in and then scan out**. Furthermore, it is essential that all members always use and/or present his/her membership card. (FYI: for added protection, the building is now equipped with a number of security cameras.)

For Your Own Good Health

Before using our Physical Fitness Room, Saunas/Jacuzzi, or participating in a sport or exercise program, please make sure you have had a discussion with your physician and received appropriate advice and guidance.

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Jacuzzi Rules

No one under the age of 14 is allowed in the Jacuzzi.

Open Family Swimming

All children under 6 years old must be accompanied by an adult.

No flotation devices during free swim.

Members swim at no charge. Non-members: \$2 per child; \$10 per adult.

Parents are not allowed on Youth Membership.

Adults may use noodles and boards for water exercise.

Membership Rates for 2009:

Membership and program fees paid with a credit card will be charged a processing fee

Category	Fee	Aquatic Exercise Package
Family (2 adults and children)	\$325	NA
One Parent w/ Children	\$288	NA
Household Couple (2 adults in same household)	\$325	NA
Individual Adult	\$230	\$455
Senior Citizens (60+)	\$175	\$410
Senior Couple	\$290	NA
College (17 - 25 years old, 12 credits)	\$150	NA
Youth (3 - 18)	\$ 42	NA
Men's Locker Rentals (yearly)	\$ 25	
Adult Guest passes	\$ 10	
College Guest passes with College ID	\$ 5	
Youth Guest passes	\$ 2	

Membership Policies

New members must include a \$24 joiners fee, except college, high school, or youth. A new member is defined as any Individual Adult / Senior / Senior Couple / Family / Household Couple / One Parent with Children who have not been or have let their membership lapse for more than 30 days.

Reduced Rates are available for need, inquire at registration desk.

Membership is cyclical, from the 1st of month purchased to the 1st of the month the following year.

You can have your membership fee deducted monthly from your Checking or Savings account or Charged to your Credit card or pre-pay with cash.

Guest pass slips may be saved toward a full membership, if turned in within 30 days.

Membership can be frozen for a \$5 monthly fee and freeze application filed.

Aquatic Exercise Package (AEP)

Aquatic exercise package includes: Membership plus Aqua Aerobics, Deep Water Aerobics, Joint Benders Water Exercise and Arthritis Water Exercise.

<u>Annual Membership, Monthly Payments are Available</u>		
Membership Category	Monthly Mem. Rate	AEP Monthly Rate
Family	\$28.10	NA
One Parent w/ Children	\$24.07	NA
Household Couple	\$28.10	NA
Individual Adult	\$19.94	\$37.92
Senior Couple	\$25.09	NA
Senior Citizen	\$15.22	\$34.17

How can you register?

- Drop Box:** A drop box is located near the registration desk, 1st floor. Payments must be accompanied with class or membership form provided in this program or located near the drop box.
- Phone In:** Register by phone with MasterCard, Visa or Discover for any adult program and some youth programs; however youth sports programs require a signed permission form and must be in person. Please have all information requested on the mail-in registration form ready when calling. Membership cannot be phoned in,
- Fax In:** Register by fax with Visa, MasterCard or Discover using either or both the membership or and/or class registration form.
Fax: (607) 754-2801.
- Mail In:** Complete registration forms and send to (One Clubhouse Road, Endicott, New York 13760) . Please use a separate course registration form for each person registering. All mail-ins must arrive at our office at least 1 week before course start date.
- Walk In:** Register in person for immediate course confirmation; this may be done at the registration desk (1st floor east). You must have a completed registration form in order to register.
- E-Mail:** E-mail necessary information to: bgclubwb@stny.rr.com
- Other:** Payment is due at the time of registration.

A \$5.00 late fee will be added to the class fees if you have not registered and paid for the class at least one day prior to start date.

The Club reserves the right to combine or cancel a class due to low enrollment.

Office Hours (October - May): Mon., Weds., & Thurs. 8:30 a.m. - 7:00 p.m.
Tues. & Fri. 8:30 a.m. - 5:00 p.m.

Facility Hours (October - May): Weekdays - 6:00 a.m. - 9:30 p.m. doors locked 1/2 hour before closing. Saturdays - 10:00 a.m. - 4:00 p.m.
Closed Sundays.

The Boys & Girls Club of Western Broome Family Center has an “Open Door” policy for its members during the hours of operation. This means that once a member has signed in at the registration desk, a member is free to sign out and leave the club at any time. It is the responsibility of the parent/guardian to instruct each child, while a drop-in at the Club, as to whether the child may or may not leave the facility. The Club will not be held responsible for any child leaving on his/her own and places this responsibility on the parent/guardian.

Youth ages 3 - 5 must be directly supervised by parents, no drop-ins.

ALL MEMBERS MUST SCAN IN AND OUT WITH THEIR MEMBERSHIP CARDS.

Credit Card Payments will be charged a processing fee

Membership includes:

Adult Lap Swim & Jacuzzi

Mon., Wed., Fri.	6:00 a.m. – 8:20 a.m.
Tues. & Thurs.	6:00 a.m. - 8:30 a.m.
Mon., Wed, Fri.	11:30 a.m. – 1:30 p.m.
Tues. & Thurs.	11:30 a.m. – 1:00 p.m.
Tues. & Thurs.	7:30 p.m. – 9:00 p.m.
Mon. & Wed.	8:00 p.m. – 9:00 p.m.

Family Swims, designated times for youth and families to enjoy an open swim time together. No lap lanes available.

Mon.	3:00 p.m. – 3:45 p.m.
Tues. – Fri.	3:00 p.m. – 4:00 p.m.
Wed.	3:00 p.m. – 5:15 p.m.
Fri.	10:45 a.m. – 11:30 a.m. & 7 – 8:00 p.m.
Sat.	12:30 p.m. – 3:00 p.m.

Youth Swims, (6 – 19 yr. olds)

Mon.	3:00 p.m. – 3:45 p.m.
Tues. – Fri.	3:00 p.m. – 4:00 p.m.
Sat.	12:30 p.m. – 3:00 p.m.

Gymnasium

Youth Mon. – Fri.	3:00 p.m. – 7:00 p.m., inquire/availability
Sat.	10:00 a.m. – 3:45 p.m.
Adults Mon. – Fri.	11:30 a.m. – 2:00 p.m. Lunchtime Basketball
Rentals/Open	
Mon. – Fri.	8:00 p.m. – 9:30 p.m., inquire/availability
Sat./Sun.	Available upon request

Fitness Center, a selection of exercise equipment and free weights.

Users must be 16 or older -

Mon. – Fri.	6:00 a.m. - 9:30 p.m.
Sat.	10:00 a.m. - 3:45 p.m.

Sauna, two saunas available: men's downstairs area & pool side sauna (during pool hours)

Mon. - Fri.	6:00 a.m. – 9:00 p.m.
Sat.	10:00 a.m. – 3:30 p.m.

Our Major Fundraisers

We are often asked what our major fundraisers are for the year. They are briefly described for you below. Although we would love for you to participate in all of them, we hope there is one that you really like and want to support. Please call 754-0225 for more information.

The Joe Caldwell Memorial Golf Tournament: This annual tournament, named after the former Endicott mayor who started the event as the “*Mayor’s Tournament*,” back in the early 1970’s, is normally held the 2nd Friday in September (this year on 9/10/10). An all inclusive day of golf at En-Joie Golf Course, food, door prizes, and fun is \$125 per person.

Taste of the Best / Silent & Live Auction; Enjoy a culinary experience at our “Club Holiday Sampler,” and have fun participating in our silent and live auctions. The evening includes a competition among some of the finest area restaurants and caterers. They will be presenting their favorite hors d’oeuvres leading into the silent and live auctions. The event is held at Endwell Greens on the 2nd Monday in December. The evening includes food, drinks, and lots of fun bidding for great holiday gifts.!

Wine Tasting/Gourmet Dinner: This yearly event is usually held at the end of March and it includes wine tasting, a wonderful dinner menu, music, and fun. The price of a ticket is \$65 per person, or \$480 (\$60 ea.) for a table of eight. Endwell Greens was the site of this year’s wine tasting and dinner.

Annual Sweepstakes: Usually held in the springtime, a \$100 ticket can net the winner the first prize of \$10,000! The chances of winning one of the five prize categories (\$10,000, \$1,000, \$500, \$200, and \$100) are great, as only 350 tickets are sold. The event, held in our gym, includes lots of great finger foods, door prizes, and fun for everyone!

Sustaining Membership Appeal

Helping your club and its programs with a donation through ‘Sustaining Membership Appeal’. Donations can be made to the Boys and Girls Club Foundation.

Donations in Honor of, or Memory of – BGCWB Foundation

Simply send your donation, indicate the person being honored / memorialized and the address of the family member to receive an acknowledgment. Your donation will be tax deductible.

Annual One Campaign Sustaining Appeal

Face to face solicitation of funds for general operations. Donors are encouraged to give unrestricted funds to cultivate youth development programs.

Please also consider the Boys & Girls Club of Western Broome Foundation in your will or estate plans.

Pool Programs

American Red Cross Learn to Swim Program

Classes are progressive, move at student's ability. Participants are evaluated the first day of class and placed into appropriate group according to ability. Parents are asked to observe lessons from the observation deck.

Lessons must be pre-registered and prepaid.

Infant & Toddler (with parent)

Lessons are with parent & child in the water.

Mon. & Wed.	6:00 - 6:30 p.m.	Max. 5 with parent
Tues. & Thur.	1:00 - 1:30 p.m.	Max. 5 with parent
Sat.,	10:30 - 11:00 a.m.	Max. 8 with parent
Sat.	11:00-11:30 a.m.	Max. 8 with parent
Sat. Session:	Jan. 9 th - March 13 th	(Registration begins: Dec. 28 th)
Session I:	Jan. 4 th - Feb. 4 th	(Registration begins: Dec. 28 th)
Session II:	Feb. 15 th - Mar. 18 th	(Registration begins: Jan. 25 th)
Session III:	Mar. 29 th - May 6 th	(Registration begins: Mar. 8 th)
Session IV:	May 17 th - June 17 th	(Registration begins: Apr. 19 th)
Sat. Mini Session:	Apr. 10 th - May 8 th	(Registration begins: Mar. 8 th)
Fee:	\$40	

Pre-Schooler

Beginner child that will go in the water without the assistance of a parent, for 3-5 year old needing parental assistance (see Infant / Toddler category).

Advanced pre-school swimmer without parent's assistance - should be able to swim the width of the pool unassisted.

Tues. & Thur.	1:00 - 1:30 p.m.	Max. 8
Mon.. & Wed..	6:00 - 6:30 p.m.	Max. 8
Sat.	10:30 - 11:00 a.m.	Max. 8
Sat.	11:00 - 11:30 a.m.	Max. 8
Sat. Session:	Jan. 9 th - March 13 th	(Registration begins: Dec. 28 th)
Session I:	Jan. 4 th - Feb. 4 th	(Registration begins: Dec. 28 th)
Session II:	Feb. 15 th - Mar. 18 th	(Registration begins: Jan. 25 th)
Session III:	Mar. 29 th - May 6 th	(Registration begins: Mar. 8 th)
Session IV:	May 17 th - June 17 th	(Registration begins: Apr. 19 th)
Sat. Mini Session:	Apr. 3 rd - May 8 th	(Registration begins: Mar. 8 th)
Fee:	\$40	

Adaptive Aquatics

Coed, for disabled of all ages

Mon.	3:45 - 4:30 p.m.	advanced level swimmers
Mon.	4:30 - 5:15 p.m.	beginner level swimmers
Session I:	Jan. 4 th - Feb. 1 st	(Registration begins: Dec. 28 th)
Session II:	Feb. 15 th - Mar. 15 th	(Registration begins: Jan. 25 th)
Session III:	Mar. 29 th - April 26 th	(Registration begins: Mar. 8 th)
Session IV:	May 17 th - June 14 th	(Registration begins: Apr. 19 th)
Fee:	\$ 10 plus \$15 membership	

Handicap lift available. Inquire about special membership/need based financial assistance.

Youth Lessons

Levels I - VI

Beginner Levels I - III:

Mon. & Wed. 5:15 - 6:00 p.m.

Sat. 11:30 - 12:15 p.m.

Sat. Session: Jan. 9th - March 13th (Registration begins: Dec. 28th)

Session I: Jan. 4th - Feb. 3rd (Registration begins: Dec. 28th)

Session II: Feb. 15th - Mar. 17th (Registration begins: Jan. 25th)

Session III: Mar. 29th - May 5th (Registration begins: Mar. 8th)

Session IV: May 17th - June 21st (Registration begins: Apr. 19th)

Sat. Mini Session: Apr. 10th - May 16th (Registration begins: Mar. 9th)

Fee: \$40

Advanced Levels IV - VI: able to swim 25 yards using rhythmic breathing

Mon. & Wed. 6:30 - 7:15 p.m.

Session I: Jan. 4th - Feb. 3rd (Registration begins: Dec. 28th)

Session II: Feb. 15th - Mar. 17th (Registration begins: Jan. 25th)

Session III: Mar. 29th - May 5th (Registration begins: Mar. 8th)

Session IV: May 17th - June 16th (Registration begins: Apr. 19th)

Fee: \$40

Synchronized Swim Team

Youth, 6 yrs. Old & up, coed

Registration begins December 28th

Winter/Spring Session: January 18th - June 11th

Novice Level: First time beginners, no synchronized swimming experience

Tuesday 4 - 5 p.m.

Fee: \$100 per session plus membership

Intermediates/Age Group Level:

Tuesday 4 - 6 p.m.

Friday 4 - 7 p.m.

Fee: \$125 per session plus membership

Junior/Senior Level :

Tuesday 4 - 6 p.m.

Wednesday 7 - 9 p.m.

Thursday 4 - 7 p.m.

Saturday 9 - 12 p.m.

Fee: \$125 per session plus membership

Swimmers are encouraged to participate in shows for family and community.

Approximately 1 show per session. Additional fees for competition, travel, routine suits. Fund raising is available. Synchro is an Olympic sport which combines water ballet and extraordinary swimming skills. Students must have passed Red Cross Level IV.

American Red Cross Water Safety Instructor Course

January 16th to February 20th.

Fee \$120 includes WSI books

American Red Cross Lifeguard Training Course

Sat., Noon - 5:00 p.m.

Begins: Mar. 27th—May 1st Pretest on Mar. 25th. Promptly at 6:00 p.m.

Registration begins March 1st and ends March 22nd.

Participants must be 15 years old or older by the end of the class and pass the pretest before taking the course. Passing students will receive Lifeguard, CPR/PR and First Aid certifications upon completion. Call 754-0225 to register. Must have at least eight students registered to hold class.

Cost: \$175.00 includes books, certification fees, CPR mask and Inst. fee.

Adult Pool Programs

Aqua Exercise Package members can register for aquatic classes at no additional fee.

Early registration is advised, space is limited.

Arthritis Water Exercise

Tues. & Thurs., 8:30 a.m. or 10:00 a.m.

Session I: Jan. 5th - Feb. 25th (Registration begins: Dec. 28th)

Session II: Mar. 9th - May 6th (Registration begins: Feb.22nd)

NO CLASSES APRIL 2nd THROUGH APRIL 9th

Session III: May 11th - June 17th (Registration begins Apr. 19th)

Session I & II Fees: (if registered by Fri. before class begins)

Members \$24/8 cls; \$48/16 cls Non-Members: \$48/8cls; \$96/16 cls

Session III Fees: (if registered by Fri. before class begins)

Members: \$18/6 cls; \$36/12 cls Non-Members: \$36/6 cls; \$72/12 cls

Multiple exercises to help maintain and improve mobility. Shallow water exercises are done slowly to music. This program is not just for people with arthritis; individuals who are physically challenged in any way will benefit from this specialized water exercise program.

Joint Benders Water Exercise

Tues. & Thurs., 9:15 a.m.

Session I: Jan. 5th - Feb. 25th (Registration begins: Dec. 28th)

Session II: Mar. 9th - May 6th (Registration begins: Feb.22nd)

NO CLASSES APRIL 2nd THROUGH APRIL 9th

Session III: May 11th - June 17th (Registration begins Apr. 19th)

Session I & II Fees: (if registered by Fri. before class begins)

Members \$24/8 cls; \$48/16 cls Non-Members: \$48/8cls; \$96/16 cls

Session III Fees: (if registered by Fri. before class begins)

Members: \$18/6 cls; \$36/12 cls Non-Members: \$36/6 cls; \$72/12 cls

For individuals who have not exercised in years or who have a physical challenge that will not permit land exercising without pain. Class includes water walking and jogging, working with light weights and some deep water exercising. This class allows you to perform exercises at your own ability.

Credit Card Payments will be charged a processing fee

More Aqua Fitness

Aqua Exercise Package members can register for aquatic classes at no additional fee.

Early registration is advised, space is limited.

Aqua Aerobics

Mon., Wed., and Fri. 9:15 a.m. or Mon./Wed., 10:45 a.m. or Mon., Wed. 7:15 p.m. or Tues., Thur., 6:30 p.m.

Session I: Jan. 4th - Feb. 26th (Registration begins: Dec. 28th)

Session II: Mar. 8th - May 7th (Registration begins: Feb. 22nd)

NO CLASSES APRIL 2nd THROUGH APRIL 9th

Session III: May 10th - June 18th (Registration begins Apr. 19th)

Session I & II Fees: (if registered by Fri. before class begins)

Members \$24/8 cls; \$48/16 cls Non-Members: \$48/8cls; \$96/16 cls

Session III Fees: (if registered by Fri. before class begins)

Members: \$18/6 cls; \$36/12 cls Non-Members: \$36/6 cls; \$72/12 cls

Water adds buoyancy to protect joints and back, while toning muscles in all areas. Water jogging and other aerobic routines to improve cardiovascular fitness. Class pace is determined by the individual student. Light weights, deep water exercise using flotation devices, and a series of muscle toning exercises all done to a variety of up-beat music will add to your enjoyment.

Deep Water Fitness

Mon., Wed. and Fri. 8:30 - 9:15 a.m., or 10 - 10:45 a.m.

Session I: Jan. 4th - Feb. 26th (Registration begins: Dec. 28th)

Session II: Mar. 8th - May 7th (Registration begins: Feb. 22nd)

NO CLASSES APRIL 2nd THROUGH APRIL 9th

Session III: May 10th - June 18th (Registration begins Apr. 19th)

Session I & II Fees: (if registered by Fri. before class begins)

Members \$24/8 cls; \$48/16 cls Non-Members: \$48/8cls; \$96/16 cls

Session III Fees: (if registered by Fri. before class begins)

Members: \$18/6 cls; \$36/12 cls Non-Members: \$36/6 cls; \$72/12 cls

Use of flotation belts, boots, barbells, webbed gloves and multiple deep water exercises to maximize water, muscle, and cardiovascular workout. Participants do not have to be swimmers, just willing to go in the deep water with a flotation belt.

Credit Card Payments will be charged a processing fee

A \$5 late fee will be added to class fee if not registered and paid one day prior to start date. Class registration forms need to be completed for all classes.

Preschool Programs

A \$5 late fee will be added to class fee if not registered and paid one day prior to start date. Class registration forms need to be completed for all registrations.

Registration begins December 28th.

Trike, Bike and Stroll (Children must be supervised by an adult)

Tues., 10:00 - 11:30 a.m. Resumes January 5th

Fee: Members free, non-members \$1

Don't let rainy days, cold weather, or cabin fever get you down. Bring your strollers, trikes, bikes and push toys with wheels and use our gym. Please be sure that your wheels are dry before entering the gymnasium. No adult bikes please.

Mom & Tot Ball Games

Fri., 11:15 a.m. - 11:45 a.m.

Membership is required.

Jan. Session : Jan. 4th - Jan. 29th

Feb Session: Feb. 1st - Feb. 26th

Mar. Session: Mar. 1st - Mar. 26th

Fee: \$10 per session

Registration for Jan. session starts December 28th. Registration for subsequent sessions takes place two weeks prior to session start date.

Mixed ball games including soccer and basketball. Skill based learning to build game skills and confidence for sports utilizing gross motor skills.

Preschool Gymnastics (Coed)

Jan. Session : Jan. 4th - Jan. 29th

Feb Session: Feb. 1st - Feb. 26th

Mar. Session: Mar. 1st - Mar. 26th

Apr. Session: Mar. 29th - April 29th

May Session: May 3rd - May 28th

June Session: June 1st - June 24th

Registration for Jan. session starts December 28th. Registration for subsequent sessions takes place two weeks prior to session start date.

Fee: \$21 per session

Tiny Tumblers, older potty trained Pre-schoolers.

Coed, Thur., 5:00 - 5:45 p.m.

Mom & Tot Gymnastics, younger pre-schoolers with parental assistance

Wed., 10:30 - 11:15 a.m.

Mom will enjoy gentle stretching and strengthening while learning to assist her child in the gymnastics circuit.

All classes need a minimum of 5 participants to be held.

A \$5 late fee will be added to class fee if not registered and paid one day prior to start date. Class registration forms need to be completed for all classes.

Credit Card Payments will be charged a processing fee

What is the “Drop-in” Program?

The “drop-in” program offered here at the Boys & Girls Club of Western Broome is a program for members age 5, and attending full day Kindergarten, through age 12. Parents are allowed to drop their children off or send their children to the club and have them under the supervision of our qualified drop-in staff.

The Drop-in Hours are:

Mon.-Fri. (when school is in session) – 3:00 - 7:00 p.m.

Saturdays (until May 8th) – 12:00 noon. – 4:00 p.m.

Snow Days – 1:30 – 7:00 p.m.

**Full Days off School (i.e. Winter or Spring Break) –
10:00 a.m. – 4:30 p.m.**

Half-Days off School – 1:30- 7:00 p.m.

***All days off, half days and snow days follow the Union-Endicott School Calendar. No extra care is available when Union-Endicott is in session**

The drop-in program is supervised by qualified child care workers who ensure the safety and security of the children who are here. We plan activities for the children but we also listen to their ideas for things to do and places to go. Children who are “drop-ins” must be supervised by drop-in staff at all times.

If a drop-in chooses to leave we are not responsible for stopping them unless otherwise directed by their parent or guardian. If we ask a child to leave due to an infraction of our established rules we will have them call a parent for a ride and explain the situation.

Education, fitness, the arts, character and leadership development, as well as life skills are important aspects of our programming and are incorporated in most of our activities. We strive to achieve a family type setting where the kids can feel at home. Our goal is to create a fun, yet healthy and safe environment for the children of our community.

Teen Programs

Teen Drop-ins - Teens may use the gym (when available) and fitness center afterschool (if they are 16+ years of age). We also have volunteer opportunities.

OASIS - is a community program for students ages 13 to 18 years old. The program is held in the Teen Center from 3:15 to 6:15 p.m., Mon.- Fri., while school is in session. We offer a wide variety of fun activities such as cooking, dance, sports, rock climbing, martial arts, jewelry making, etc. We have internet, ping pong, billiards, PS 2, and just a place to hang out with friends. Oasis awards regular participants with their own membership at the Boys & Girls Club!! There are tutors available and rewards for academic success through Club XL. Come check us out!! For more information call 239-5311.

Youth Development

Become a member of the Boys & Girls Club!

As a member of the Boys & Girls Club you will be able to take advantage of the wonderful opportunities that are waiting for you.

Reminder: All youth must be members and bring their cards or pay for a \$2.00 Day Pass. (You can save Day Passes and use them toward membership payment.)

Our Mission: To inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens.

A Boys & Girls Club Provides: A safe place to learn and grow... Ongoing relationships with caring, adult professionals...Life-enhancing programs and character development experiences...Hope and opportunity.

Arts & Crafts

Thurs. & Fri. Free Art Time

Free to Members

5:00—5:45

Power Hour

Mon. – Thurs. (Fri if requested)

Free to Members

2:30-4:00 p.m.

An educational enhancement program to help children become more successful in school and become self-motivated learners. Computers with Internet access are available for members to use to complete homework and other assignments. Staff and volunteers are available to help with homework and provide academic support.

Chess Club

Free to Members

Pending Instructor

Ages: 8 and older

Instruction for beginners/novices and matches for experienced players.

Airplane Appreciation

Facilitator: Steve Bard

Dates and times based on enrollment numbers...please inquire.

Children learn work planning, build their own model plane, discuss airplane principles and play area etiquette to enjoy the most of their play.

Youth Development

American Red Cross Baby-Sitting Course

Ages 11-15

Classes formed upon interest

Class teaches first aid skills, how to diaper and burp infants, baby-sitting responsibilities, solve common problems, take emergency actions, provide personal safety, tell when a child is ill, dress and carry infants, supervise children, and use safety precautions.

Saturday Fun Club

Free to members

From Noon until 4:00 p.m., every Saturday from October until May (unless posted otherwise), qualified Boys & Girls Club staff are here to give you a break. Our day is scheduled with fun activities for your child to participate in. We have a goal of making learning fun so we also incorporate some recreational education into the day.

National Boys & Girls Club Programs

There are several programs that are incorporated into our School-Aged Child Care and Drop-in Programs that are National Boys & Girls Club Programs. These are:

Smart Moves – designed to provide children with the knowledge, skills and self-esteem to help them make good decisions regarding risky behaviors and in emergency situations. This program focuses on building self-esteem and increasing decision-making skills.

Family Plus (Parents Leading, Uniting, & Serving)

This program is designed to better enable us to serve families and impact the community as a whole. Please feel free to volunteer or refer any public resource organization that might be able to assist families in a variety of ways.

Fitness Authority – participants take part in activities dealing with self-esteem, health & nutrition, sports history, and social recreation.

Skill Tech – involves educational games, internet projects, learn graphics programs, create personalized websites, and writing, editing, and publishing a personal newsletter.

Triple Play – This program actually incorporates aspects of all of the other programs. Its three aspects are Mind, Body, and Soul. The Mind portion deals with Healthy Habits. The Body portions deals with Fitness and the Soul portion deals with Social Recreation.

Young Explorers- youth get to learn about new cultures from around the world by exploring foods, games, and crafts from a selected culture.

Recreational Gymnastics

A \$5 late fee will be added to class fee if not registered and paid one day prior to start date. Class registration forms need to be completed for all registrations.

Registration begins December 28th ...membership is required.

Jan. Session : Jan. 4th - Jan. 29th Apr. Session: Mar. 29th - April 29th

Feb Session: Feb. 1st - Feb. 26th May Session: May 3rd - May 28th

Mar. Session: Mar. 1st - Mar. 26th June Session: June 1st - June 24th

Coach: Deb Gaul, USAIGC Gymnastics certified coach w/ judging background, uses circuit style training. This combines individual instruction with lots of movement, utilizing many different gymnastic apparatus. Gymnasts will get an aerobic workout as well as gaining strength, balance and coordination.

All Ability Gymnastics

Grades K and up

Girls: Tues., 4:30 - 5:30 p.m.

Coed: Thur., 5:45 - 6:45 p.m.

Fee: \$28

Teen/Adult Class Coed

Thurs., 6:45 - 7:30 p.m.

Fee: \$28/members, \$36/non-members

Extended Abilities Class Coed

Tues., 5:30 - 7:00 p.m.

Fee: \$36

When one hour of gymnastics is not enough. For gymnasts who can already do a cartwheel.

Competitive Gymnastics

Show Team Coed

Wed., 4:30 - 6:45 p.m.

Fee: \$40

Gymnasts are encouraged to participate in shows for family and our community. Approximately one show per session. Since uniforms will be required, fund raising will be available. Gymnasts must have participated in one session of gymnastics here or at another gym. See Coach Gaul for requirements.

Show & Competition Team Coed

Mon., and Wed., 4:30 - 6:45 p.m.

Fee: \$64

Ready for more? Including shows, uniforms and competitions (additional fee) No compulsory routines, USAIGC league. Awards for everyone who competes. For experienced gymnasts only. See coach for requirements.

Preschool Gymnastics see page 14

*All gymnastics classes need a minimum of
5 participants to be held.*

Gymnastics Home Competitions will be held on

Sat., January 16th & Sat., March 20th.

Many hands make light work.

To volunteer your time, talent or raffle prizes see Coach Gaul.

Volunteers earn free admission to the competitions.

Credit Card Payments will be charged a processing fee

Youth Winter/Spring Sports

Youth (4 - 18 years old) Specialized sports fill up quickly. Pay special attention to registration dates; call to inquire. Please note: we will attempt to honor special requests but we cannot guarantee it.

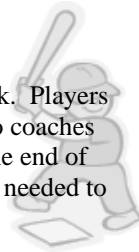
Kiwanis Baseball

T-ball, coed for 4 to 6 year olds.

Practices and games are on Monday nights, 6:00 p.m. at Mersereau Park. Players start the season using a batting tee and a safety (tee) ball, progressing to coaches pitching underhand to team when they are ready. Practices start near the end of April, coaches will notify players prior to first practice. Volunteers are needed to coach.

Registration: Feb. 8th - Apr. 2nd, 2010

Fee: \$30 & membership required



Spring Soccer League

Coed, 4 - 5 years old

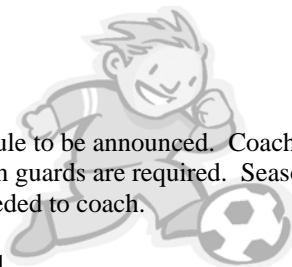
Coed, 6 - 8 years old

Coed, 9 - 12 years old

Games are held on Saturdays. Practice schedule to be announced. Coaches will notify their players prior to first practice. Shin guards are required. Season runs from mid April until June. Volunteers are needed to coach.

Registration: Feb. 8th - Apr. 2nd, 2010

Fee: \$30 & membership required



Beginner Karate

Coed, ages 6 and up

Tues. 6:00 - 7:00 p.m.

Session: Jan. 5th - Feb. 23rd

Classes are taught by Winding River Karate School

Registration: Dec. 28th until filled

Fee: \$24 & membership required



Sertoma Boys Lacrosse

Grades K - 2nd, & 3rd - 6th

Practice and games start mid-April. Coaches will notify players prior to start date. The Club supplies helmet, gloves and shoulder pads. Players must supply their own stick, arm pads, and rib pads. Ages 9 and up need a mouthpiece and protective cup. Volunteers are needed to coach.

Registration: Feb. 8th until filled.

Fee: \$50 & membership required

\$15 & membership required, if you have your own equipment

Girls' Lacrosse Team

Girls, grades 3rd - 6th as of Spring 2010

Practice starts last week of April. Coaches will notify players prior to start date. Practices are Tues. & Thur. evenings from 6:00 to 7:30 p.m. Games are inter-squad. Participants must supply their own stick and mouthpiece. Volunteers are needed to coach.

Registration: Feb. 8th - Apr. 2nd, 2010

Fee: \$30 & membership required

20 *Credit Card Payments will be charged a processing fee*

Youth & Adult Sports

Boxing

Youth and adults

Practice Mon., Wed., & Fri. 5:30 - 6:45 p.m.

Session is ongoing. All ages and skill levels are welcome. Gear is provided except for hand wraps and mouth pieces.

Coach: Steve Yacalis/Rob Garrett

Fee: \$40 & membership required

Adult Fitness Programs

Walk Away the Pounds, Pilates, and Stretching & Gentle

Strengthening sessions run on a monthly basis.

\$3 a class for members if paid by session, \$5 if paid by the class.

\$4 a class for non-members if paid by the session, \$6 if paid by the class.

Registration begins December 28th for January

Registration for subsequent sessions takes place two weeks prior to session start date.

Walk Away The Pounds

Thur., 10:30 - 11:15 a.m.

Begins on January 2nd, runs on an ongoing monthly basis.

Low Impact Aerobic workout as gentle as walking with a fun twist.

Pilates Exercise Class

Tues. & Thurs. 9:00 a.m., Fri. 10 a.m., Mon. & Wed. 7:15 p.m. Classes are held in a private room.

No impact, slow moving, stretching and strengthening. Tone muscles using slow controlled movements and lots of breathing. Increase circulation and flexibility.

Three levels of work out from beginner to intermediate. Program is set up for weight loss and/or maintenance. Choose 1, 2, 3, 4, or 5 days a week. All classes need to be prepaid.

Stretching & Gentle Strengthening

Thurs. 11:15 - 11:45 a.m.

Classes are held in a private room.

No impact, slow moving, very gentle stretching and strengthening, Full body stretching including back stretches. Toning focuses on core strength. Learn how to get off of the floor unassisted.

Credit Card Payments will be charged a processing fee

A \$5 late fee will be added to class fee if not registered and paid one day prior to start date. Class registration forms need to be completed for all classes.

Adult Technology Programs

Computer Classes

Session : Mar. 23rd - May 21st (8 weeks)

Each class is open to eight students only.

Registration begins February 22nd.

Fee: Free. Made possible by a grant from the Community Foundation for South Central New York.

Beginner level - Introduction to Windows, word processing, e-mail, Internet, and desktop publishing to help develop computer confidence.

Intermediate level - In-depth instruction on Word, Works, Publisher, Excel, PowerPoint and photo editing.

Beginners: Tues., Noon

Intermediates: Wed., Noon

A minimum number of participants are needed to hold classes.

Senior Activities

Games Day

1st Friday of each month resumes January 8th. 1 - 3 p.m. Games, good conversation, fun and refreshments.

Stitch in Time Sewing Group

1st Monday of each month resumes January 4th. 1 - 3 p.m. Our sewing group works on projects for the less fortunate. Your creations of love will be donated to area facilities. If you like to sew, knit or crochet come join our group. A time of sharing and creativity, while helping the community.

Senior Luncheons

Fri., March 5th, Covered Dish at the Club, Noon in the kitchen

Fri., May 7th, Covered Dish at the Club, Noon in the kitchen

Thurs., June 10th, Park Picnic, Highland Park, Noon

AARP Driving Safety Program

This refresher class is designed to help keep the mature drivers safe on today's roadways, updated on new highway laws and maintain their driving skill and independence for a longer period of time. Completion of this course may also qualify you for an insurance savings for up to three years.

Classes will be held on Tuesday and Wednesday from 1:00 - 5:00 p.m. or 5:30 - 9:30 p.m.

Dates: Feb. 9 & 10, Apr. 13 & 14, or June 1 & 2

Class fee; \$12 per person/AARP Members; \$14 per person/non-AARP members, with check payable to **AARP (not the Boys & Girls Club)**

Register at 754-0225

Facility Rentals

Pool Rentals, for more information and scheduling call 754-0225.

Pool only, \$75 an hour .

Pool and a room, \$105 for 2 hours .

Price is based on 25 participants or less. Over 25 participants add \$15. All rental arrangements must be completed two weeks prior to requested date. Gym, Board Room, Kitchen also available, call the Club for details.

Adult Education Classes

Come and Explore Soup Making: Low in Calories and High in Nutrition

Tues., February 23, March 2 & 9 at 1 p.m.

Classes are **Free**

Made possible by a grant from the Community Foundation for South Central New York.

Registration begins December 28th and runs through February 8th

Classes are taught by Michele Constable, Nutrition Program Educator from Cornell Cooperative Extension - Broome County

In each of three sessions we will finish preparing a soup in class, then sample it and discuss the specific nutritional benefits and variations that can be made.

We will make a creamy vegetable soup, a spicy soup and an interesting potato soup.

Summer Salads: Can be Delicious and Nutritious

Tues., May 11, 18 & 25 at 1 p.m.

Classes are **Free**

Made possible by a grant from the Community Foundation for South Central New York.

Registration begins March 8th and runs through May 3rd

Classes are taught by Michele Constable, Nutrition Program Educator from Cornell Cooperative Extension - Broome County

Classes will offer delicious and nutritious alternatives to common summer salads.

Classes will complete salads in class and then discuss the nutrition value of the salad.

Someone's in the Kitchen with Nina

Thurs., April 15 through May 13 at 6:30 p.m.

Fee: \$30 per person

Registration begins March 8th and runs through May 3rd

Classes are taught by Nina Tuttle, our Office Manager and Resident Gourmet

Learn to make simple meals / desserts / cookies for yourself and your family. Class can give Nina suggestions on what they would like to learn to cook and we will try to make it in class.