

## ENDLESS POSSIBILITIES AT THE Y BRANCH ACTIVITY SCHEDULE - DECEMBER 26, 2011-JANUARY 31, 2012

### DELAWARE – 2564 DELAWARE AVE, BUFFALO, 875-1283

#### FAMILY WEEK

**Monday, December 26**, 6:00 -7:30 pm - Family Swim

**Tuesday, December 27**, 6:00 - 7:30 pm - Family Craft Night: Recycle It!

**Wednesday, December 28**, 6:00 -7:30 pm - Family Swim

**Thursday, December 29**, 6:00 - 7:30 pm - Family Character Dev Night: We are a Bully Free Zone!

**Friday, December 30**, 7:00 - 8:30 pm - Family Sports: Basketball 7:00 - 7:30 pm, Soccer 7:30 - 8:00 pm, Volleyball 8:00 - 8:30 pm

**Saturday, December 31**, 10:00 am - 12:00 pm - swim Assessments and Open Swim

#### FITNESS DAY - JANUARY 15

Meet with our fitness staff and find out about a Y membership, Wellness center orientations, Fitness assessments, 12-week fitness program, blood pressure readings, and more

### ELLCOTT-MASTEN – 585 WILLIAM ST, BUFFALO, 845-5440

#### Winter Family Fun Carnival – Wednesday, December 28, 6:30 – 8:30 pm

Activities include gym and carnival games, open swim, face painting, Wii bowling, dance competitions, crafts, snacks, and more.

#### Fitness Extravaganza – Saturday, January 14

We will present our new fitness programs, introduce our new instructors, conduct health screenings, and highlight our new cardio equipment. There will also be several free fitness classes for potential members to try out, including Zumba, Boot Camp, Absolute Abs, Spinning, and Gospel Aerobics.

#### Family Fun Night – Thursday, January 26

Families can participate in a variety of activities, including face painting, Zumba demonstrations, BMI & blood pressure checks and more.

### KEN-TON – 535 BELMONT AVE, KENMORE, 874-5051

**Monday, December 26**, 5:00 – 7:15 pm – Family Sports - preview of basketball, soccer, and floor hockey; 6:00 -7:15 pm - Gymnastics/Dance - preview of Hip Hop, Gymnastics, and Ballet.

**Tuesday, December 27**, 6:00 - 8:00 pm - Swim lessons, Family swim, and Cobras - 6:00 - 6:30 pm - swim lesson for preschool (Ages 3-5) and progressive (Ages 6-12); 6:30 - 7:30 pm Family Swim; 7:30 - 8:00 pm Cobra information.

**Wednesday, December 28**, 10:00 -10:45 am - Little Chefs -Try out our Little Chefs class and make a healthy treat. Parents are welcome and encouraged to stay!; 6:00 – 7:30 pm - Teen & Tween Night - Enjoy a game of Ultimate Frisbee and make some new friends! (Ages 10-18)

**Thursday December 29**, 5:00 - 6:00 pm – Karate - An hour demo in Karate for Beginner to Advanced students ages 6 and over; 6:00 – 7:00 pm - Nerf Games - See if you're up to the challenge and can survive our Family Nerf games. All ages welcome.

**Friday, December 30**, 5:30 - 8:45 pm - Family Swim & Cinema - 5:30 - 6:30 pm - Family Swim (all ages welcome), 6:45 - 8:45 pm - Movie (Mr. Poppers Penguins).

## **NIAGARA FALLS – 1317 PORTAGE RD, NIAGARA FALLS, 285-8491**

**Tuesday, December 27**, 1:00 – 4:00 pm – Family Swim and Gym

**Wednesday, December 28**, 6:30 – 7:30 pm – Family Zumba®

**Thursday, December 29**, 1:00 – 4:00 pm – Family Swim and Gym

## **NORTHEAST – 4433 MAIN ST, AMHERST, 839-2543**

**Monday, December 26**, 3:00 – 4:00 pm - Family Swim – Bring the whole family and splash around in the pool!; 6:30 – 7:15 pm - Mother/Daughter Zumba Class – It's "girls night out" at our Mother/Daughter (ages 5 and up) Zumba Class. Get ready to boogie!

**Tuesday, December 27**, 3:00 – 6:15 pm - Family Swim; 7:30 – 10:00 pm - Teen Pickup Basketball – Teens ages 16-18 square off on our basketball court!

**Wednesday, December 28**, 2:00 – 6:15 pm - Family Open Gym – Let your kids run off some energy in our full-size Gymnasium. We have basketballs, soccer balls and tumbling mats for your use; 6:30 – 7:15 pm - Kids In Motion – Drop your kids off in the gym where our fun instructor will get them involved in active games. In the meantime, you can stay and enjoy our workout facilities, an exercise class or Aquatic Fitness Class!

**Thursday, December 29**, 2:00 – 10:00 pm - Family Open Gym, 3:00 – 6:15 pm - Family Swim.

**Friday, December 30**, 5:30 – 7:30 pm - Family Floor Hockey – Parents and kids team up with other families and see who scores the most goals! The YMCA has hockey equipment to loan out. 7:00 – 9:00 pm - Family Swim.

**Saturday, December 31**, 10:00 am – 12:30 pm - Family Gym & Swim Time! Both the gym and pool will be open for families to spend some active quality time together!

## **SOUTHTOWNS – 1620 SOUTHWESTERN BLVD, WEST SENECA, 674-9622**

**Monday, December 26**, 10:00 am - 12:00 pm – Preschool Specialty Class Demos; 11:00 am - 1:00 pm – Swim Lesson Evaluation; 3:30 - 8:30 pm – Family Adventure Room; 6:00 - 6:45 pm – Family Cycling (ages 11 and up).

**Tuesday, December 27**, 10:00 am - 12:00 pm – Preschool Specialty Class Demos; 3:30 - 8:30 pm – Family Adventure Room; 4:00 – 6:00 pm – Swim Lesson Evaluation; 5:30 - 6:15 pm – Family Zumba®

**Wednesday, December 28**, 10:00 am - 12:00 pm – Preschool Specialty Class Demos; 11:00 am - 1:00 pm – Swim Lesson Evaluation; 3:30 - 8:30 pm – Family Adventure Room.

**Thursday, December 29**, 10:00 am - 12:00 pm – Preschool Specialty Class Demos; 3:30 - 8:30 pm – Family Adventure Room; 4:00 – 6:00 pm – Swim Lesson Evaluation; 5:30 - 6:15 pm – Family Zumba®

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**Saturday, December 31**, 11:00 am – Family Scavenger Hunt; 12:00 pm – Family Lego Building Contest; 12:00 pm - Family Games Day.

## **Fitness Day – Sunday, January 15**

Activities and vendors include Infant Massage Demonstration, Justine Tutuska from Body Mind Essentials, Catholic Health Systems, Chiropractor Spinal Health Check, Brian Zelasko from Zelasko Soft Tissue and Spine, and more. Learn about Y Wellness and Membership Benefits in lobby 10:00 am - 12:00 pm with Y staff Matthew Bishop and Erica Tempestoso.