



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

Winter/Early Spring Program Guide
LANCASTER FAMILY YMCA

WINTER SESSION - 7 Weeks

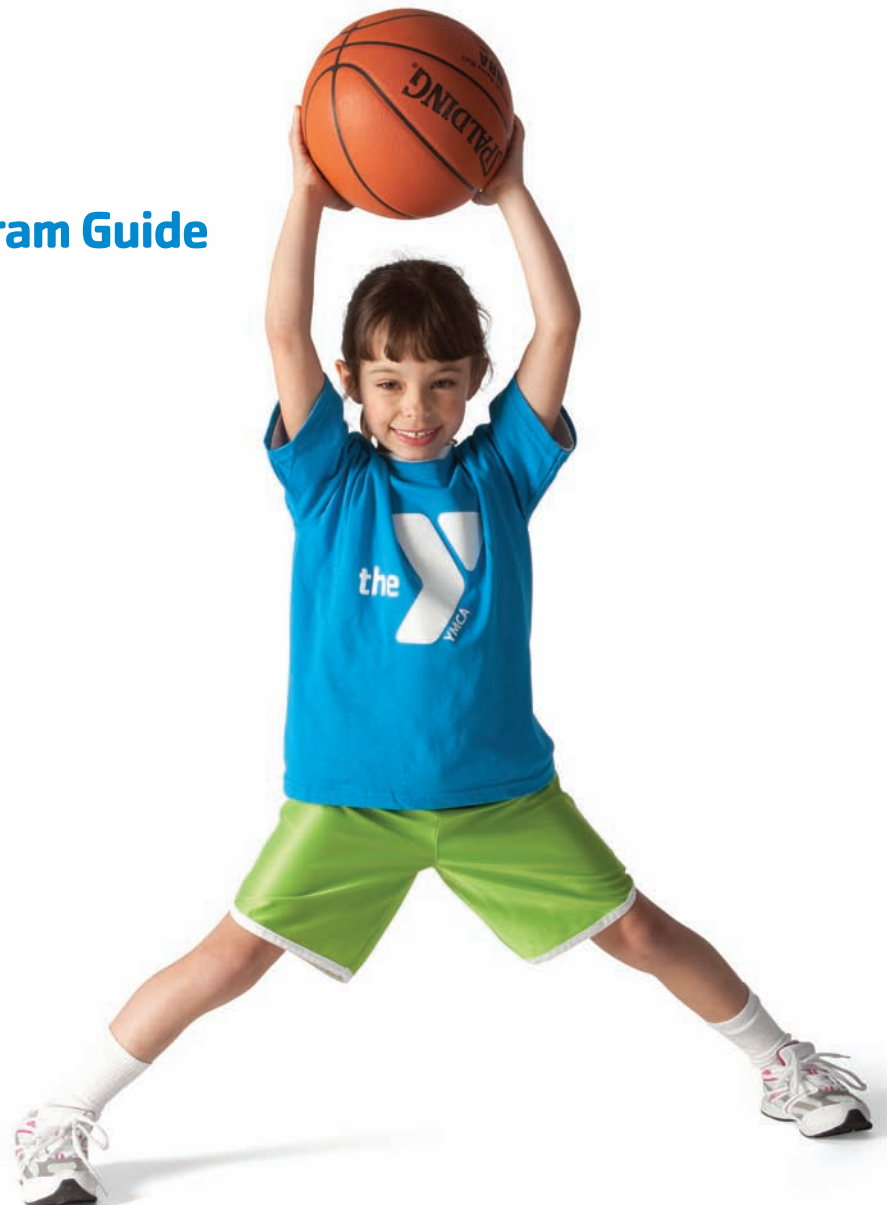
Jan. 1 - Feb. 18, 2012

Registration begins:
Dec. 18, 2011

EARLY SPRING SESSION - 8 Weeks

Feb. 26 - April 21, 2012

Registration begins:
Feb. 12, 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

REGISTRATION

For your convenience you may register by phone or online at www.YMCABuffaloNiagara.org. An online form is available for program participants which can be submitted to obtain a user ID to register online. For more information, please call 684-2395.

PROGRAM REGISTRATION AND POLICIES

Program dates, times, and locations are subject to change. Registration is handled on a first come, first serve basis. Payment must be made in full at the time of registration unless otherwise stated. Payment and registrations are taken during branch hours.

CANCELLATIONS AND CLOSINGS

In the event that the Y must cancel a class, announcements will be aired on local TV and radio stations. The Y does not give refunds in the event of a cancellation due to weather. Make up classes will be scheduled whenever possible in the event that 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 8:00 am - 5:00 pm
Saturday CLOSED
Sunday CLOSED

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

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.

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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).

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.

CREDIT/REFUND POLICY

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

YOUTH DEVELOPMENT

Child Care & Education

SCHOOL AGE CHILD CARE

GRADES K-6

YMCA School Age Child Care offers kids a safe, well supervised, fun, and nurturing environment to go to before and after school. Conveniently located within your child's school, School Age Child Care offers learning centers, arts and crafts, games, outdoor play (weather permitting), homework time, a snack and more. Financial assistance is available.

New York State Office of Child and Family Services and the YMCA require that certain items be obtained from program participants prior to their start in the program.

- YMCA Buffalo Niagara School Age Child Care program information form
- YMCA Buffalo Niagara calendar of attendance
- Any required deposit
- Individual Health Care Plan Form (as necessary)
- Any other items as prescribed by the branch

LANCASTER CENTRAL SCHOOL DISTRICT

(Como Park, Court Street, Hillview, John A. Sciole)

	FEE
7:00-9:00 am	\$9.25
3:00-6:00 pm	\$11.50
Half Day	\$17.00

William Street Ace Program

Morning	\$9.25
Afternoon	\$12.00

A 10% discount applies for a second child.

ALDEN CENTRAL SCHOOL DISTRICT

(Alden Primary, Alden Middle*)

	FEE
6:45-9:00 am*	\$7.75
3:00-6:00 pm	\$9.75
Half Day	\$14.00
One hour or less	\$5.25

*No morning program at the Middle School

MARYVALE SCHOOL DISTRICT

(Primary School)

	FEE
7:00-8:20 am	\$7.75
3:00-6:00 pm	\$9.25
Half Day	\$14.00
One hour or less	\$5.25

Note: Intermediate students are bused to the Primary School.

VACATION CLUB

AGES 5-13 YEARS

Full or half-day School Age Child Care is offered during school holidays. Activities include games, sports, arts and crafts, and more.

	SACC MEMBERS	NON-SACC MEMBERS
Lancaster School District	\$38.50	\$41.50
Alden School District	\$30.00	\$34.00
Maryvale School District	\$30.00	\$34.00

UNIVERSAL PRE-K

MUST BE 4 YEARS OLD BY DEC. 1, 2011

We are excited to offer Universal Pre-K programs in conjunction with the Depew Union School District. This traditional classroom format is designed to introduce academics and enhance socialization, physical activity, communication, creative thinking, and prepare your child for kindergarten. Classes are held in the Terrace Administration Building (591 Terrace Blvd.).

Please call 684-2395 for more information on how to register.



YOUTH DEVELOPMENT

Swim

TODDLER LESSONS

INIA/PERCH LEVEL (WITH PARENT OR GUARDIAN)

AGES 18-36 MONTHS (1:12 staff to student ratio)

Builds on the basic skills from the Shrimp/Kipper class and focuses on further exposure to basic water skills, fun, and safety.

PRESCHOOL LESSONS

AGES 3-5 YEARS

PIKE LEVEL (WITHOUT PARENT)

(1:6 staff to student ratio)

Children are introduced to basic water skills using flotation devices. The class focuses on paddle strokes, basic floats, and activities designed to increase water confidence.

EEL LEVEL (WITHOUT PARENT)

(1:6 staff to student ratio; pre-requisites: independent swimming with minimal flotation OR instructor's recommendation.)

For a child with growing comfort in the water. Participants learn paddle strokes, basic floats, and water entries. The class focuses on performing skills and swimming independently with and without flotation.

NOTE: NO CLASSES APRIL 6-15

Swim lessons are held at Depew High School. Class dates are subject to change based on the school district calendar.

TODDLER – INIA/PERCH (01002)

DAY	TIME	WINTER	EARLY SPRING
SAT	11:40 am - 12:10 pm	\$50	\$50

PRESCHOOL BEGINNER – PIKE (01003)

DAY	TIME	WINTER	EARLY SPRING
SAT	11:40 am - 12:10 pm	\$50	\$50
SAT	12:50-1:20 pm	\$50	\$50

PRESCHOOL INTERMEDIATE – EEL (01004)

DAY	TIME	WINTER	EARLY SPRING
SAT	11:00-11:30 am	\$50	\$50



YOUTH LESSONS

AGES 6-12 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.

SHARK (1:12 staff to student ratio)

Students review and show a mastery of all four Individual Medley strokes including competitive starts and turns. At the completion of the Shark level, children will be able to swim 100 yards of all competitive swimming strokes and demonstrate all water safety and survival skills taught at the previous levels.

NOTE: NO CLASSES APRIL 6-15

Swim lessons are held at Depew High School. Class dates are subject to change based on the school district calendar.

BEGINNER – POLLIWOG (01009)

DAY	TIME	WINTER	EARLY SPRING
SAT	12:15-12:45 pm	\$50	\$50
SAT	12:50-1:20 pm	\$50	\$50

INTERMEDIATE – GUPPY (01010)

DAY	TIME	WINTER	EARLY SPRING
SAT	11:00-11:30 am	\$50	\$50

ADVANCED – SHARK (01017)

DAY	TIME	WINTER	EARLY SPRING
SAT	12:15-12:45 pm	\$50	\$50



YOUTH DEVELOPMENT

Sports & Play

NOTE: NO CLASSES JAN. 2, JAN. 16 & APRIL 6-15

TOTS IN ACTION (08230)

AGES 2-4 YEARS

A new and exciting program for your preschooler. Your child will be introduced to exercise, music, dancing, games, and tumbling. Let your child develop their gross motor and spatial awareness skills in a fun way.

Location: Terrace Elementary

DAY	TIME	WINTER	EARLY SPRING
MON	10:30-11:00 am	\$45	\$45

PEE WEE CHAMPS (08210)

AGES 3-4 YEARS

This program is designed to teach children the fundamentals of a variety of sports, including soccer, basketball, and T-Ball. Children learn the importance of physical activity. Each class includes a segment on character development, which focuses on honesty, caring, respect, and responsibility.

Location: Terrace Elementary

DAY	TIME	WINTER	EARLY SPRING
FRI	5:30-6:00 pm	\$45	\$45

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!

PEE WEE SPORTS

Children who take part in Pee Wee Sports are taught the fundamental rules and skills of the sport, all while developing basic motor skills, hand/eye coordination, and the importance of engaging in exercise and good sportsmanship.

PEE WEE SOCCER (08207)

AGES 3-4 YEARS

Location: Terrace Elementary

DAY	TIME	WINTER	EARLY SPRING
WED	5:30-6:00 pm	\$45	\$45

PEE WEE BASKETBALL (08226)

AGES 3-4 YEARS

Location: John A. Sciole

DAY	TIME	WINTER	EARLY SPRING
MON	5:30-6:00 pm	\$45	\$45



NOTE: NO CLASSES JAN. 2, JAN. 16 & APRIL 6-15

YOUTH SPORTS

The Y has a long history of providing quality sports programs to area youth. Children, regardless of ability, learn the fundamental rules and skills needed to succeed in their sport of choice. Good sportsmanship is practiced and participants have fun while learning new skills and making new friends. The early weeks of the program are spent teaching drills and sharpening skills, while scrimmaging takes place in later weeks.

SOCCER (08407)

AGES 5-8 YEARS

Location: Terrace Elementary

DAY	TIME	WINTER	EARLY SPRING
WED	6:15-7:15 pm	\$45	\$45

BASKETBALL (08426)

AGES 5-8 YEARS

Location: John A. Sciole

DAY	TIME	WINTER	EARLY SPRING
MON	6:15-7:15 pm	\$45	\$45

FLAG FOOTBALL (08403)

AGES 5-8 YEARS

Location: Terrace Elementary

DAY	TIME	WINTER	EARLY SPRING
FRI	6:00-7:00 pm	\$45	\$45

CHEERLEADING (08030)

AGES 5-8 YEARS

Location: Terrace Elementary

DAY	TIME	WINTER	EARLY SPRING
MON	6:30-7:30 pm	\$45	\$45

FLOOR HOCKEY (08409)

Location: Terrace Elementary

DAY	TIME	TIME	WINTER	EARLY SPRING
WED	7-10 years	7:15-8:15 pm	\$45	\$45
THU	5-7 years	6:00-7:00 pm	\$45	\$45
THU	8-10 years	7:00-8:00 pm	\$45	\$45

LACROSSE (08408)

AGES 7-10 YEARS

Location: Terrace Elementary

DAY	TIME	WINTER	EARLY SPRING
FRI	7:00-8:00 pm	\$45	\$45

DODGEBALL (08047)

AGES 7-10 YEARS

Boys and girls learn the game through drills, activities, and game play. The game combines many skills from a wide variety of sports. Improve your throwing, catching, agility, and speed, but make sure you don't forget to dodge the ball!

Location: John A. Sciole

DAY	TIME	WINTER	EARLY SPRING
MON	7:15-8:15 pm	\$45	\$45



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. Children must be fully potty trained.

Location: William Street School
3-Day: \$115/\$130
5-Day: \$157/\$168

DAY CAMP

GRADES 1-6

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.

Location: William Street School
5-Day: \$149/\$166

Location: Alden Middle School
5-Day: \$141/\$160

SPORTS CAMP

GRADES 3-7

Camper learn basic skills, concepts, and rules of various athletic activities such as soccer, flag football, lacrosse, baseball, and basketball through drills and game play. Sportsmanship and teamwork are stressed.

Location: Hillview Elementary School
5-Day: \$155/\$165

TRAVEL CAMP

GRADES 1-10

Children spend each day experiencing a new adventure as they take daily field trips to various locations. Space is limited, so sign up now!

Location: William Street School
5-Day: \$185/\$200

LEADERS IN TRAINING

GRADES 7-8

This challenging program reaps endless rewards through new friendships, an increased self-awareness and 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 focusing on effective leadership traits.

Location: William Street School
5-Day: \$150/\$167

Location: YMCA Camp Tahigwa
3-Day: \$120/\$130
5-Day: \$160/\$175

COUNSELORS IN TRAINING

GRADES 9-10

This program 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.

Location: William Street School
5-Day: \$67/\$75

Location: YMCA Camp Tahigwa
5-Day: \$75/\$87

FREE EXTENDED DAY CAMP HOURS

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

YMCA CAMP TAHIGWA

JUNE 25 - AUG. 31

YMCA Camp Tahigwa is the ideal environment for children who love the great outdoors. While our camp offers traditional day camp activities, such as arts and crafts and swimming, we also have archery, hiking, canoeing, a low ropes course, and so much more! We even offer a basic mountain biking camp so children can perfect their skills and learn new techniques in a safe and fun environment.

Camp Tahigwa is located in Corfu, NY, and is easily accessible as we offer six different pick-up and drop-off locations for bus transportation to the camp. Bus locations include Alden Primary School, Cheektowaga High School, Clarence High School, Maple West Elementary School, Northeast Family YMCA, and William Street School. Extended care is only available at the Northeast Family YMCA and William Street School.

CAMP TAHIGWA OPEN HOUSE

APRIL 21 | 10:00 AM - 12:00 PM

Check us out during a 30-minute guided tour. Tours every 30 minutes at 2432 Richley Rd., Corfu, NY 14036.

DAY CAMP

GRADES 1-6

Campers spend time swimming, exploring the environment through outdoor education, developing their creative skills in arts and crafts, playing group games and sports, learning how to work together as a group, and participating in a variety of outdoor activities like archery, fishing, and low ropes.

3-Day: \$118/\$130

5-Day: \$160/\$175

MOUNTAIN BIKING CAMP

GRADES 4-8

Basic mountain biking skills and techniques are taught in a safe and fun environment at Camp Tahigwa. Campers bike through our nature trails nestled in the woods. The program also provides campers access to other outdoor activities such as swimming, canoeing, and archery. Bicycle and helmet are provided.

5-Day: \$165/\$180



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

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 and BlueShield coverage. Independent Health subscribers pay a \$50 fee.

GROWING UP FIT

AGES 7-15 YEARS

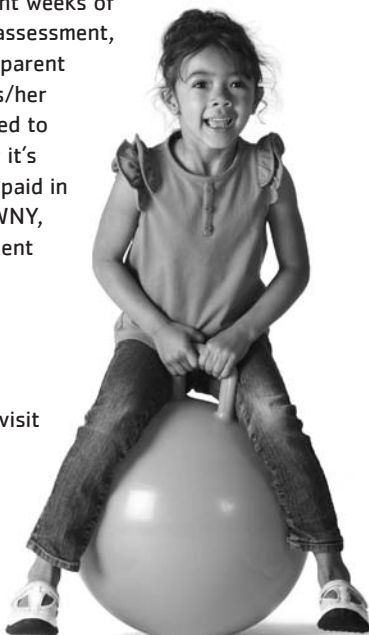
Growing Up Fit is a **FREE** innovative weight management program for children and their families. It consists of an initial health assessment, eight weeks of education and exercise, a post-assessment, and a graduation celebration. A parent or guardian participates with his/her child(ren). Siblings are 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.

BlueCross BlueShield: 02200

Univera: 02201

Independent Health: 02202

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



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.

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.



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.

WANTED: COMMUNITY LEADERS

The Lancaster Family YMCA is looking for enthusiastic community members who are interested in furthering the YMCA influence and programming. If you are interested in joining the Lancaster Board of Management, please contact the executive director at 684-2395.



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.





LANCASTER FAMILY YMCA
31 Central Avenue, Lancaster NY 14086

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

OUTDOOR ADVENTURES

**YMCA Camp Tahigwa Open House
SATURDAY, APRIL 21**

Join us for a guided tour of YMCA Camp Tahigwa and see first hand our sprawling 65 acres, including pond, swimming pool, low ropes course and various playing fields. Tours are conducted every 30 minutes from 10:00 am to 12:00 pm, and qualified staff are available to answer questions. Camp Tahigwa is located at 2432 Richley Road, Corfu, NY 14036. For more information or to schedule a tour call 684-2395.

