



We build strong kids, strong families, strong communities.

For Immediate Release: 1/7/10
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Southtowns YMCA offers Superchamps and Sports & Splash

(West Seneca, NY) –The Southtowns Family YMCA is pleased to be able to offer Superchamps and Sports & Splash during the winter and early spring sessions (January 3-February 27 and February 28 – May 1). Superchamps teaches the fundamentals of soccer, basketball, t-ball and hockey. Children ages 3- 5 years old learn the importance of physical activity and each class includes a segment of YMCA Character Development, which focuses on honesty, caring, respect, and responsibility.

Want to try the pool? Kids can take part in our Sports & Splash program. The class will follow the same structure as Superchamps with an introduction the swim lessons also included.

Both programs are ideal for children who want to try out a sport to see if it is a good fit for them. Superchamps meets on Tuesdays from 10:00-10:45 am, Wednesdays from 10:30-11:15 am, and Saturdays from 10:00-10:45 am. The cost is \$35 for YMCA members and \$56 for non-members. Interested in Sports & Splash? This program runs on Thursdays from 10:00-11:30 am, Fridays from 10:00-11:30 am, and again on Friday evenings from 6:30-8:00 pm. The cost is \$36 for YMCA members and \$58 for non-members.

For more information please contact the Southtowns Family YMCA at 674-9622 or visit us online at www.ymcabuffaloniagara.org

Locally founded in 1852, 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. The YMCAs focus on health and wellness is reflected in the variety of programs that we offer for all ages and abilities. Additionally collaborations with insurance carriers such as Univera, Independent Health, and BlueCross BlueShield provide the opportunity for those wanting to take the first step toward a healthier lifestyle to do so at the YMCA.

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Superchamps & Sports & Splash
Page 2 of 2

A not for profit organization, YMCA Buffalo Niagara serves over 100,000 people annually through the seven branches located throughout Western New York, YMCA Camp Weona, as well as at over 40 community based program sites. This tremendous outreach would not be possible without the support of our volunteers. From summer camp, preschool and school age child care to SilverSneakers®, youth sports programs, and swimming lessons-there is something for everyone at the YMCA. For more information visit us online at www.ymcabuffaloniagara.org

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