



For Immediate Release: 12/30/09
Contact: Kathy Vallone, Communications Director
Phone: 565-6000 ext. 112

Northeast YMCA Offers Women's Racquetball Flex League

(Amherst, NY) – The Northeast Family YMCA Branch welcomes women ages 18 years of age and up to join them for a women's racquetball flex league beginning January 9 – April 10.

The program which runs for 12 weeks offers 12 games with 12 different opponents! All skill levels are welcome. Each participant will receive a schedule of matches and contact information. Court reservations are required and can be made by calling the branch at 716-839-2543. Registration by January 2, 2010 is required and there is no charge for YMCA members and only a \$50 for non-members.

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. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org

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