



YMCA

We build strong kids,
strong families, strong communities.

YMCA BUFFALO NIAGARA

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Lancaster YMCA Offers Programs that Please both Parents and Kids Alike

(Lancaster, NY) - The Lancaster Family YMCA is pleased to offer a variety of programs for our area youth including youth sports and aquatics classes for the Early Spring Session (March 1 – May 2, 2009).

YMCA Youth sports programs are geared for children ages 3-10 years old and include instructional flag football, soccer, cheerleading, dodgeball, lacrosse, basketball, and hockey. One parent had this to say about her child's involvement: "This is our first year with the YMCA sports program and we are very satisfied. My son enjoyed the learning and socialization with other children. The coaches did a great job with the kids." Classes are typically held Monday-Thursday between the hours of 5:30-8:30 p.m. The cost for the session is \$38.00. Classes are held at Cayuga Heights, Terrace Elementary or Central Avenue Schools.

Our **aquatics programs** which helps to acclimate our young swimmers to the water and teach them water safety and basic skills, is geared for children ages 18 months (with parent) - 12 years of age. This is a great program to enroll your child in as we edge closer to the summer months. "We love the Y! My son is excited to go to the YMCA after school for his swim lessons and just to have fun." said one parent, Courtney. Classes are held on Saturdays at Depew High School between the hours of 11:00 a.m.- 2:10 p.m. The cost is \$45.00 for the session.

For more information or to register, please contact the Lancaster Family YMCA at 684-2395 or log on to www.ymcabuffaloniagara.org.

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.

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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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