



We build strong kids, strong families, strong communities.

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Youth Can Keep Active This Spring at the Delaware YMCA!

(Buffalo, NY) – The Delaware Family YMCA is pleased to offer a wide variety of youth sports programs for the spring session to keep your child active and fit. The spring session kicks off March 1 and runs until May 2, 2009 and offers programs ideal for children ages 5-15 years old. Some of the offerings include: Kickball on Monday nights, Track time and Dodgeball League on Wednesday evenings, Floor Hockey and Teen Dodgeball on Thursday's, and Volleyball on Friday nights.

Additionally the YMCA offers youth, preschool, and adult swim classes, preschool education classes, and summer day camp both at the Delaware Family YMCA (2564 Delaware Ave., Buffalo) and on UB's South Campus in Clark Hall. For more information or to register for any of our programs, please be certain to contact the Delaware Family YMCA at 875-1283 or visit 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.

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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