



## **YMCA BUFFALO NIAGARA**

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### **THE DELAWARE FAMILY YMCA OFFERS ADULT AND SENIOR WATER FITNESS AND SWIM LESSONS**

*(Buffalo)* – The Delaware Family YMCA is pleased to announce that it is accepting registrations for adult swim lessons and all aquatics fitness classes. Starting February 28, 2010 adults and seniors will have the opportunity to get fit by participating in the SilverSplash®, Aquafit, and swim lessons at the Delaware Family YMCA.

The SilverSplash® program will be offered by YMCA instructors on Monday and Wednesday, from 12:30–1:30 pm. SilverSplash® teaches a variety of exercises utilizing the physical properties of water to help participants increase their agility, range of motion, and cardiovascular conditioning. Choreographed “water moves” using a kickboard develop strength, balance, and coordination in a format that is fun and effective.

The Aquafit program will be offered by YMCA instructors Monday thru Friday, from 10:00-11:00 am, Tuesday and Thursday, from 7:15-8:15 pm, and Sunday, from 10:00-11:00am. This class includes high/low intensity cardiovascular work and exercises that enhance muscle tone and flexibility. Safety and proper form are emphasized in a relaxed, fun atmosphere. Non-swimmers are welcome.

Adult swim lessons will be offered by YMCA instructors Mondays from 7:15-8:15 pm. Learn the basics! This class is designed for the non-swimmer. The focus will be on learning to float on your front and back, increasing confidence in and around the water, and the ability to swim independently.

For more information on adult swim and fitness opportunities or to register, call the Delaware Family YMCA at 875-1283.

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.

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](http://www.ymcabuffaloniagara.org)

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