



We build strong kids, strong families, strong communities.

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Teens Can Enjoy Cycling at Ken-Ton YMCA

(Kenmore, NY) – Area teens can enjoy a high energy group exercise class in the form of Teen Cycling! Catering to both the elite and recreational athlete, this class integrates music, camaraderie, and visualization. **Teens ages 12 – 19 years old can enjoy group cycling** on Monday evenings from 5:15 - 6:00 p.m. at the Ken-Ton YMCA (535 Belmont Ave., Kenmore). For more information please contact the Ken-Ton Family YMCA at 874-5051.

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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