



We build strong kids, strong families, strong communities.

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Southtowns YMCA Offers Youth Sports & Aquatics Programs for all Ages!

(West Seneca, NY) – Did you know that the Southtowns Family YMCA offers a wide variety of youth programming for children between the ages of 5-16 years old?

From Instructional Gymnastics and Tae Kwon Do to Flag Football and Floor Hockey there are a wide variety of youth sports program available for your child ages 5 – 11 years old. Children learn the importance of responsibility, respect, honesty and caring all the while learning the skills needed to perfect their technique in the sport of their choice.

For your swim enthusiast the YMCA always offers progressive swim instruction for children ages 6 – 16 years of age. Classes are suited to each swimmers level of ability and teaches them the basics like floating on their front and back to dives, crawl and butterfly strokes all the way to advanced techniques where children will perfect their strokes and turns, engage in competitive swimming workouts, and even learn Lifeguarding skills.

For more information on these and the many other programs the Southtowns Family YMCA has to offer, please contact the branch at 674-9622 and speak to Nick Bond for Youth Sports and Elissa Kammer for Aquatics.

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.ycabuffaloniagara.org.

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