



YMCA

We build strong kids,
strong families, strong communities.

YMCA BUFFALO NIAGARA

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YMCA FALL MEMBERSHIP CAMPAIGN KICKS OFF FREE TRIAL MEMBERSHIP WEEK

(Buffalo, NY) – YMCA Buffalo Niagara is launching its annual fall membership campaign, **YMCA Buffalo Niagara – Quality Programs. Great Values** beginning **September 14-20th**. During this **FREE** week-long trial, guests can take advantage of full-privilege YMCA member benefits. Each day we'll be focusing on one particular program offering and invite you to try one of our classes for **FREE!** **Branch specific schedules are available online at www.ymcabuffaloniagara.org**

Monday – Focus on Fitness

Tuesday – Active Aquatics

Wednesday – Senior Spotlight

Thursday – Sports Spectacular

Friday – Celebrating Child Care

Saturday – Family Fun

Visitors can also tour the facility, sample fitness programs (where space allows), try the Wellness Center (where available), and participate in open swim and recreational gym times. The YMCA offers a variety of programs for all ages and abilities that fit everyone's schedule. The YMCA will waive half the capital development fee for those who become members during the campaign, up to a \$50 savings.

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Visit your local YMCA to see all that you're missing:

Delaware Family Branch: 2564 Delaware Ave., Buffalo
Ellicott-Masten Family Branch: 585 William St., Buffalo
Ken-Ton Family Branch: 535 Belmont Ave, Kenmore
Northeast Family Branch: 4433 Main St., Amherst
Southtowns Family Branch: 1620 Southwestern Blvd, West Seneca
Niagara Falls Family Branch: 1317 Portage Road, Niagara Falls

The benefits of becoming a YMCA member are endless. From **FREE** fitness and water fitness classes, **FREE** child watch services, priority registration for classes, and special member pricing for fee based programs there are many reasons to join the YMCA. Plus, all members receive **FREE** one-on-one fitness assessments to help YMCA fitness professionals design exercise plans tailored to each member's individual needs and fitness goals.

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.