



We build strong kids, strong families, strong communities.

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## Southtowns YMCA Offers Sports and Gymnastics Camps For Area Teens

(West Seneca, NY) – The Southtowns Family YMCA is pleased to offer Counselor in Training Programs (CIT) for local teens as part of the YMCA's Sports and Gymnastics Camp programming. These programs are designed for teens ages 14-15 years old who are interested in gaining practical experience working with young children. The CIT program is also designed to prepare participants for future positions at camp as a counselor. CIT's work closely alongside our camp counselors, helping to plan and lead activities for the younger campers.

The cost is \$85 for YMCA members and \$115 for non-members for the nine weeks of summer camp (June 29 – August 28, 2009). Teens will be involved in programming from 7:00 a.m. until 6:00 p.m. Potential paid positions are also available. For more information please contact Nick Bond, program director at the Southtowns Family YMCA by calling 674-9622 or visit us online at [www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org) today.

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

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