



For Immediate Release: 2/24/09  
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## **Northeast YMCA to Offer Self Defense Classes**

(Amherst, NY) – The Northeast Family YMCA will be offering Self Defense classes beginning March 1 and running until May 2, 2009. These classes are perfect for anyone who has the desire to learn valuable self-defense skills while improving general health and wellness. Our instructor brings more than 10 years of experience in Amerindo Silat - a unique martial art based on the Indonesian Pentjak Silat and Chinese Kuntao disciplines.

Classes take place on Tuesday and Thursday evenings from 6:30-7:30 p.m. and the cost is \$80 for non YMCA members. The class is appropriate for participants 14 years old and up. For more information or to register please contact the Northeast Family YMCA at 839-2543 or visit us online [www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org)

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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