



YMCA

We build strong kids,
strong families, strong communities.

YMCA BUFFALO NIAGARA

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For immediate release –4/23/09 (716) 565-6000 ext. 112

Lancaster YMCA Offers Spring Programming for Youth

(Lancaster, NY) - The Lancaster Family YMCA is pleased to offer a variety of programs for our area youth including Pee Wee classes, youth sports, and aquatics classes for the Spring Session (May 4-June 27, 2009).

For your 2 – 4 year olds we offer Kids in motion, Pee Wee Tumblers, and Pee Wee Champs. Join us on Mondays from 10:00 – 10:45 a.m. for **Kids in Motion** and let you child channel all that positive energy! Activity stations include exercise, music, dancing, and games! The cost is \$38.00 to participate.

Pee Wee Tumblers let's your child (ages 2 – 4 years old) explore movement while developing gross motor skills and spatial awareness. Join us at Terrace Elementary on Mondays from 11:00-11: 45 a.m. for only \$38.00 for the spring session.

Pee Wee Champs allows your 3 – 4 year old to really learn the fundamentals of a variety of sports including soccer, basketball, and t-ball. Join us on Tuesday evenings at Cayuga Heights from 6:00 – 6:45 p.m. for only \$38 for the spring session.

YMCA Youth sports programs are geared for children ages 3-10 years old and include t –ball, baseball, instructional flag football, soccer, cheerleading, floor hockey, and lacrosse. Classes are typically held Monday-Thursday between the hours of 5:30-8:30 p.m. The cost for the session is \$38.00. Classes are held at Cayuga Heights, Terrace Elementary or Central Avenue Schools.

Our **aquatics programs** which helps to acclimate our young swimmers to the water and teach them water safety and basic skills, is geared for children ages 18 months (with parent) - 12 years of age. This is a great program to enroll your child in as we edge closer to the summer months. "We love the Y! My son is excited to go to the YMCA after school for his swim lessons and just to have fun." said one parent, Courtney. Classes are held on Saturdays at Depew High School between the hours of 11:00 a.m.- 2:10 p.m. The cost is \$45.00 for the session.

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For more information or to register, please contact the Lancaster Family YMCA at 684-2395 or log on to 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.

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