



YMCA BUFFALO NIAGARA

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For immediate release – 4/08/09

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YMCA BRANCHES TO HOST FREE SWIM SAFETY PROGRAMS IN APRIL

(Buffalo, NY,) - YMCA Buffalo Niagara will be holding its annual YSPLASH Week program at five area YMCA facilities from April 12 – 18th. YSPLASH is designed to introduce non-swimmers to the water environment through basic swim/water safety skills and YMCA character development. **This program is open to the community and is free of charge.** Activities include backyard pool safety and responsibility development classes, family open swim, swim team introduction, boating and beach safety, and more! Dates for each location are listed below and a list of times and activities can be obtained by contacting the branch at the numbers listed below.

Delaware Family YMCA – Activities include family white water workout, preschool swim lessons, Aquafit, introduction to water games, and more! - For more information please call 875-1283.

Ken-Ton Family YMCA — Participants will learn sitting and standing dives, rhythmic breathing, water safety, boating safety, back and front float, and more. For more information please call 874-5051.

Niagara Falls Family YMCA — Participants will enjoy family swim time, water safety and basic instruction and more. For more information please call 285-8491.

Northeast Family YMCA – Activities include basic swim safety, identifying and helping in an emergency, introductory swim lessons, aquatic safety adventure and more! For more information please call 839-2543.

Southtowns Family YMCA — Youth lessons and water safety, backyard swim rules for safety, game day and more! For more information please call 674-9622.

YMCA Buffalo Niagara offers a variety of aquatic programs year-round, including swim lessons for all ages, infants through adults. Private and semi-private lessons are available. Backyard swim lessons are offered from June through August. Water fitness classes, competitive swim teams, and lifeguarding programs are also offered at many branches. The spring session begins May 3 and the summer session begins June 28. For more information contact your local YMCA.

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.

YMCA Splash Week

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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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