



We build strong kids, strong families, strong communities.

For Immediate Release: 4/3/09

Contact: Shauna Parkinson, Program Director

Phone: 716-875-1283

YMCA TO HOST FREE SWIM SAFE PROGRAM

(Buffalo, NY) – The Delaware Family YMCA will be holding its annual Splash Week program Monday, April 13 – Saturday, April 18, 2009. Splash Week is designed to introduce non-swimmers to the water environment through basic swim instruction, water safety skills, and YMCA character development. **This program is open to the community and is FREE of charge.**

Participants will be divided into age appropriate groups, parent child (6-36 months), preschool age (3-5 years old), school age (6-12 years old), and family activities. Students will also be instructed in pool safety and emergency reaction. Pre-registration is required as class size is limited and registration will be taken on a first received, first registered basis.

Splash Week Event Schedule

- 4/13 Try a Preschool Swim: 6:00 - 6:45p.m.
 Try an Adult Swim Lesson: 6:00 - 6:45 p.m.
 Try a Family Open Swim: 6:45- 8:15 p.m.

- 4/14 Try a Youth Swimming lesson: 4:15-5:00 p.m.
 Try a Preschool Swimming Lesson: 4:00-4:30 p.m.
 Try a Parent Child Swimming Lesson: 4:35-5:05 p.m.
 Try a Family Aquafit: 6:00 – 7:00 p.m.

- 4/15 Try a Family White Water Workout: 6:00 – 7:00 p.m.
 Try a Family Open Swim 7:00 – 8:00 p.m.

- 4/16 Try a Youth Swimming lesson: 4:15 - 5:00 p.m.
 Try a Preschool Swimming Lesson: 4:15 - 5:00 p.m.
 Try a Family Aquafit: 6:00 – 7:00 p.m.

- 4/17 Try a Family White Water Workout: 6:00 – 7:00 p.m.
 Try a Family Open Swim 7:00 – 8:00 p.m.

- 4/18 Try a Preschool Lesson: 11:15 a.m. - 12:00 p.m.
 Try a Youth Lesson: 11:15 a.m. - 12:00 p.m.
 Try a Parent/Child Swim Lesson: 12:15- 12:45 p.m.
 Try an Introduction to Water Games class: 12:15 – 1:00 p.m.
 Try a Family Open Swim: 1:00 – 2:30 p.m.

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 life guarding programs are also offered at many branches. The spring session begins May 3 and the summer session begins June 28. For a complete program schedule, call (716) 875-1283 or visit 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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