



We build strong kids, strong families, strong communities.

YMCA BUFFALO NIAGARA

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For immediate release – 5/20/09 (716) 565-6000 ext. 112

Southtowns YMCA To Offer NFL Flag Football

(West Seneca, NY) – The Southtowns Family YMCA is pleased to offer an NFL Co-ed Flag Football league for boys and girls ages 5-8 years old. The program is designed so that every child has the chance to play. Coaches will focus on teaching fair play and good sportsmanship as they help each participant develop and enhance their flag football skills. All participants must be registered with **both** the Southtowns YMCA and the NFL. **Registration begins June 1 and runs until July 18, 2009. The league will begin August 8 and will run through October 17, 2009.** Please visit the Southtowns Web site at www.ymcabuffaloniagara.org for the NFL's registration link. All activities will take place at our Eggert Road program site located at 53636 Eggert Road, Orchard Park, NY, 14127.

Teams will participate in a 45 minute practice during the week followed by a 45 minute game on Saturday. Participants will be informed of their practice day and time by their coach and girls and boys will be placed into age appropriate teams. Each player will receive an NFL reversible team jersey, NFL flag set, and end of season award. Saturday game times are as follows: ages 5-6 years old 11:00 a.m.-1:00 p.m., ages 7-8 years old 1:00-3:00 p.m.

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. As a dynamic, charitable, community-based organization led by volunteers, YMCA Buffalo Niagara has been able to assist tens of thousands of youth, families, and senior citizens so that they can take part in YMCA membership programs.

YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York and YMCA Resident Camp Weona. 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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