



We build strong kids, strong families, strong communities.

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## Youth Sports Build Character at Delaware YMCA

(Buffalo, NY) – At the Delaware Family YMCA our youth sports programs are designed to provide children with a positive experience in sports where ALL players, regardless of ability, can learn the fundamental rules and playing skills while having fun! Good sportsmanship is practiced while participants have a great time making new friends and learning the game. The Delaware Family YMCA offers a variety of sports programs including:

Dodgeball

Kickball

Floor Hockey

Flag Football

Free Gym Programs for Members

Teen Programs

Youth Sports programs are available for youth ages 5- 15 years old and ages and class times vary by sport. For more information on how you can register your child today contact the Delaware Family YMCA at 875-1283.

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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