



YMCA

We build strong kids,  
strong families, strong communities.

**For Immediate: 10/21/08**

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## **Registration for Winter Programming Underway at Area YMCA's**

**(Buffalo, NY)** – There is no time like the present to register for YMCA programming at your local YMCA facility. With six full facility branches (Delaware, Ellicott-Masten, Ken-Ton, Niagara Falls, Northeast, and Southtowns) and one branch that hosts programming offsite (Lancaster YMCA) there is bound to be a YMCA in your backyard. From swimming lessons and yoga, to child care, senior programming, free weights and fitness classes, there is something for every age and ability. Registration begins October 20<sup>th</sup> and is as easy as visiting the YMCA Web site at [www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org) or by calling your local YMCA Branch at:

Delaware Family YMCA 875-1283  
Ellicott-Masten Family YMCA – 845-5440  
Ken-Ton Family YMCA – 874-5051  
Lancaster Family YMCA – 684-2395  
Niagara Falls Family YMCA – 285-8491  
Northeast Family YMCA – 839-2543  
Southtowns Family YMCA – 674-9622

Program guides detailing a complete listing of all of our offerings can also be found on our Web site by clicking on the blue *YNow Program Guide* link which can be found on the sites main page.

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.

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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](http://www.ymcabuffaloniagara.org).

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