



YMCA

We build strong kids,
strong families, strong communities.

YMCA BUFFALO NIAGARA

Contact: Kathy Vallone, Communications Director

For immediate release –11/29/08 (716) 565-6000 ext. 112

Lancaster YMCA Offers Plethora of Youth Programming for Winter Session

(Lancaster, NY) - The Lancaster Family YMCA is pleased to offer a variety of programs for our area youth including youth sports, aquatics, and preschool classes for the winter session (January 4 -February 28, 2009).

Youth sports programs for children ages 3-10 years old include instructional flag football, soccer, cheerleading, dodgeball, lacrosse, basketball, and hockey. Classes are typically held Monday-Thursday between the hours of 5:30-8:30 p.m. The cost for the session is \$38.00. Classes are held at Cayuga Heights, Terrace Elementary or Central Avenue Schools.

Our **aquatics programs** which help acclimate our young swimmers to the water and teach them water safety and basic skills, is geared for children ages 18 months (with parent) - 12 years of age. Classes are held on Saturdays at Depew High School between the hours of 11:00 a.m.- 2:10 p.m. The cost is \$45.00 for the session.

The Lancaster YMCA also offers **preschool programming** for children ages 2-4 years old on Mondays at the cost of \$38.00 for the session. Children will be able to engage in hands on activities, dance, improve their gross motor skills, and develop flexibility and coordination. Classes are offered at Terrace Elementary School.

For more information or to register, please contact the Lancaster Family YMCA at 684-2395 or log on to 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.

-more-

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.

###