



YMCA

We build strong kids,
strong families, strong communities.

YMCA BUFFALO NIAGARA

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YMCA OFFERS THE GIFT OF GOOD HEALTH THIS HOLIDAY SEASON

(BUFFALO, NY) – Instead of facing the crowds at the mall or logging onto the Internet, YMCA Buffalo Niagara would like you to consider giving the ‘Gift of Good Health’ this holiday season by doing your holiday shopping at the YMCA. A YMCA gift certificate is a great stocking stuffer and may be purchased at any YMCA Buffalo Niagara Branch throughout Western New York. Gift certificates are available in \$10, \$20, \$30 denominations.

YMCA gift certificates can be used towards YMCA membership or program fees. This unique gift of the YMCA allows friends or family members to become part of an organization that believes in and promotes active and healthy lifestyles, progressive skills development, fair play, family, and character development.

YMCA Buffalo Niagara offers a wide array of programs and services to meet the interests and needs of the entire family. Children can enjoy participating in sports, swim lessons, or summer camp programs, where they gain self-confidence, learn new skills, and build friendships. Adults can stay in shape and feel good by choosing from a diverse menu of fitness classes including aerobics, Pilates, Aquafit and more. Families can strengthen their relationships through a variety of parent-child activities such as YPlaygroup or Family Nights.

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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