



Aquatic & Fitness Center

## **Town of Tonawanda Aquatic and Fitness Center 1 Pool Plaza, Buffalo, NY 14223; 716-876-7424**

### ***Directions:***

#### **From Rochester (Locations East):**

- Take the I-90 West.
- After the tolls take the I-290 exit #50 towards Niagara Falls
- Stay on the I-290 until the Delaware Avenue South Exit 1A.
- Get into the left hand lane, at the 2nd light turn left 45° onto Delaware Rd. (explain that a 90° left would be Brighton Rd.)
- At the next light take a left onto Pool Plaza. We are at the end of that road.

#### **From Canada (Locations North):**

- Take I-90 South over Grand Island
- Travel over the 2nd set of bridges. Take the I-290 E exit #16- towards I-90/TONAWANDA/ROCHESTER/Albany.
- While on the 290 move into the right hand lane and get off at exit 1 (Elmwood Avenue)
- Turn left at the signal at the end of the exit ramp onto Knoche Rd. Follow this road to Delaware Ave NY-384.
- Turn right onto Delaware Ave NY-384 and move to the left lane.
- At the next light turn left 45° onto Delaware Rd. (explain that making a hard 90° left is Brighton Rd.)
- At the next light turn left onto Pool Plaza. We are at the end of that road.

#### **From Erie PA (Locations South):**

- Take I-90 East. Before the tolls to Albany the 290 splits off to Niagara Falls. Use the right hand lane for the 290 West. Take the I-290 exit #50 towards Niagara Falls. Merge onto I-290 W.
- Stay on the I-290 West and get off on RT-394 South Delaware Ave exit Number 1A.
- At the 2nd light, turn left 45° onto Delaware Rd. Explain that it is a fork in the road and turning 90° they will end up on Brighton Rd.
- Turn left at the next light onto Pool Plaza. We are at the end of the road.