

Directions to the
Town of Tonawanda Aquatic and Fitness Center
1 Pool Plaza, Buffalo, NY 14223
716-876-7424

From Rochester (points 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 (Points 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 (Points 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.