



Kosciusko Community YMCA

Member Newsletter

Volume 4 Issue 4 April 2009

Meet a Couple



Being the parents of four small boys, Justin (9), Austin (6), Konnor (4), and Kason (3), requires a great

deal of energy. When we joined the Largest Loser Couples competition, it was more energy we were seeking. We have been members of the YMCA for many years, but other than water aerobics, most of our involvement was child related. Our boys have enjoyed countless YMCA activities, including the youth center, soccer, basketball, and swimming. I had even worked for the YMCA running the adult volleyball leagues, as well as coaching, for many years. With both of us being teachers, coaches and volunteers with the three-year-olds at church, serving others is a part of our daily routine. In January, we made a life-changing decision to put ourselves back on our busy schedules. The Largest Loser program seemed the perfect fit to help hold us accountable for our weight loss and fitness goals. We discovered that it only took a few small adjustments to be sure we were taking care of ourselves, which in turn proved to be beneficial to those we serve. We are thankful to our friends and community for the support we received during this endeavor. Of course, we also want to include the helpful and friendly staff at the YMCA for their dedication to the welfare of the community in which they serve! We hope to have inspired others to find the time to take care of themselves.

Jason and Shirley Fleming

Spring Break Free Day

Thursday, April 9 3:00-9:00 p.m.

Free activities for all! Bring your friends.

Flag Football Registration

Ages 6-11

Games: Saturdays May 16-June 27

Sign up by April 27



Healthy Kids Day

"Put Play in Your Day"

April 18 10:00 a.m.-2:00 p.m.

Safe Assured ID Program 10:00 a.m.-2:00 p.m.

1 Mile Fun Run 10:00-11:00 a.m.

Children's TRYathlon 11:00 a.m.-12:00 p.m.

Climbing Wall 11:00 a.m.-1:00 p.m.

Healthworks Kids Museum Hummer 12:00-2:00 p.m.

Dental Screenings 12:00-2:00 p.m.

Kid Escape 12:00-12:30 p.m.

Children's Zumba 12:30-1:00 p.m.

Open Swim 1:00-2:00 p.m.

Lots of information about health and safety!

Spring II Registration now

Session Dates: April 13-May 31

Summer Registration Starting Soon!

Member registration starts April 27!



Parent's Night Out

April 24 7:00-11:00 p.m.

Ages 5-12

Summer Swim Team

Starts May 4

Must be a YMCA member, 5 years of age, and able to swim one length of a 25 yard pool