



# Kosciusko Community YMCA

## Member Newsletter

Volume 4 Issue 8 August 2009

### Member of the Month



On September 11, 2002 my life changed forever. Resulting from a simple mosquito bite, I became very ill and was taken to the hospital by the EMS. There I was diagnosed with West Nile Virus.

I spent the next three and a half months in the hospital connected to various machines. I was unable to get out of bed. I couldn't walk, and I couldn't talk. People all over were praying for my recovery. If it had not been for our Lord answering those prayers, I would not be here. Finally, on Christmas Eve, I was released from the hospital. I was relieved to go home and continue with the physical therapy that had begun at the hospital. However, after only 2 weeks, my insurance company would not pay for more. I still could not walk by myself, could not dress myself, and could not shower by myself. Luckily, my neighbor was familiar with the YMCA warm water pool and suggested I try it. With my husband's help, I began a new physical therapy routine in the pool. Amazingly, after about 3 weeks I was capable of making the trips on my own. Although I still have a Polio side effect on my left side, I am now able to do almost anything. I continue to visit the YMCA 5 days a week. I would absolutely recommend that anyone having health issues try the YMCA.

*Kay Lingofelter*

### Fall Adult Gymnastics Clinic

18 years and older

September 12, 10:30 a.m.-12:00 p.m.

The only prerequisite is to have an interest in gymnastics! Any skill level.

### Guys Night Laser Tag

August 21, 6:00-9:00 p.m.

Ages 8-14

3 games at LaserX

### Father and Son Night

Sept. 11, 8:00-midnight

Fathers and sons of any age play games and climb the wall.

### Girlz Movie Night

August 28, 8:00-11:00 p.m.

Girls ages 8-15, bring your pillow and sleeping bag and watch a 'chick flick' in the gym. Popcorn and soda provided. Register by August 27.

### Outdoor Youth Soccer

3 years to 3rd grade

September 12-October 17

Register by September 4

Late fee after Aug. 27



### Art and Craft Fair

Artists wanted! October 10, 2009

Apply by Sept. 1 at the YMCA Welcome Center.

### Grandparents Day

September 12, 1:00-4:00 p.m.

Crafts, an essay contest, walk, obstacle course, Zumba, Yoga, open swim and climbing wall free for all grandparents and their grandchildren.

### Try the Y! Fall Class Preview

Free for everyone, try out fall classes.

August 31-September 4

See the Welcome Center for a schedule.



### Fall Running Club

September 8-October 31

Run your first 5K! A 7

week program for beginner runners and those who want to improve their time.