



# Kosciusko Community YMCA

## Member Newsletter

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### Ten Ways to Shop at the YMCA this Christmas

1. Give that special someone a **YMCA Membership**. Gift Certificates are available for a full year, a half year, three months or a month membership.
2. Who doesn't need groceries! Buy an **Owens gift card** at the Welcome Center. These gift cards cost nothing extra for you and a percentage comes back to the YMCA! You pay \$5 and the card is worth \$5 when you take it to the grocery store. You can add money to the card at the Owens service counter. The card can also be used on gas.
3. Buy a **YMCA fleece or sweatshirt** for that workout addict in your life to wear over their gym gear.
4. Help that special someone get started on a workout routine by buying them a **session of group exercise classes**.
5. Give a YMCA **water bottle** to keep them hydrated.
6. Get that summertime tennis player back on the court- buy them a **court rental** at the Racquet Center.
7. Give them a new workout outfit, we have **shorts, t-shirts, and tanks**.
8. Help your loved one really get fit with a focused workout and **Personal Training package**.
9. Give that Climbing Wall enthusiast a **Climbing Wall Punchcard** and challenge them to get up all 7 routes!
10. Help them keep their ears warm with a **YMCA stocking cap**.

Give the Gift of Health!

### Bridal Boot Camp

Saturdays starting  
January 9  
8:00-8:50 a.m.

### Men's Basketball

Register now!  
3 on 3 league  
Ages 18-35 league  
35 and over league



### Winter I Registration

Members: December 7  
Community: December 14  
Classes: January 4-February 21

### Youth Basketball

2nd-4th grade  
Saturday games  
January 16-February 27  
Register by January 6

### Christmas Break Camp

December 21-23 & 28-30  
Bowling, Christmas Caroling,  
Dodgeball, Scavenger Hunt,  
Roller Skating, and more!

### YMCA Christmas Break Free Days

December 22 & 29

### Free Exercise Classes over Christmas Break

December 21-23 & 28-30

### Frigid 5K Run/Walk

January 1

### New Year's Eve Kids Night Out!

December 31  
7:00 p.m.-9:00 a.m.  
Come celebrate the  
New Year with an  
overnight party at the  
YMCA!

### Couch Potato Ironman Triathlon

6 week challenge  
starts January 4th  
2.4 miles of swimming  
112 miles of cycling  
26.2 miles of running.

### Largest Loser

Starts January 6  
Sign up today  
until January 5!

### Free Activities Weekly in the Youth Center

See the Youth Center for a  
schedule.

We build strong kids, strong families, and strong communities.