



# Kosciusko Community YMCA

## Member Newsletter

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### Meet a Member



My name is Tonya Welsh and I am currently the YMCA program director and the gymnastics team head coach. Even though I work at the YMCA I find it hard to fit in a workout so I participate in classes, like Boot Camp and Indoor Group Cycling. By signing up for these classes I feel like I have an obligation to attend and often feel guilty if I can't make a class. I have participated in Boot Camp the last 5 sessions and have only missed two classes.

I have come a long way in my progress of becoming more fit and living a healthier lifestyle. A year ago I could barely run a mile and now I am training for the Indy Mini. In the last year I have participated in six 5Ks, a 50K road bike race, and the Optimist Triathlon. By participating in all of these events and training at the YMCA I have lost 25 pounds in the last year. It is a wonderful feeling and it's what keeps me going.

I would like to thank Lara, my training partner and all the YMCA staff especially George Parrett, Brenda Allbritten, and Nancy Boston for pushing me and encouraging me along the way. I am not sure what my next adventure will be but I am sure it will include running, road bike races, triathlons, and maybe the Muddy Buddy race in Chicago!

### Spring I

#### Program Registration

February 11th for Members

February 18th for Community Members

#### Spring I Session

February 25-April 6th

Register at any of our three branches  
or

Register online [www.kcymca.org](http://www.kcymca.org)

### Corporate Climbing Challenge

Each team will consist of four climbers and a volunteer to assist them throughout the day. There are four climbing challenges and prizes awarded for different categories of the challenge. Register by February 18th



When: Sunday, March 2nd

Time: 1:30 p.m.

Cost: \$50 per team

### 1st Indoor Ironman Challenge

The Y is trying something new this February, an Indoor Ironman Challenge! To complete this challenge participants will have to swim 2.4 miles, bike 112 miles, and run 26.2 miles within 16 weeks. Those wanting an extra challenge can try to complete two or even three Ironmans within the 16 week time period.

All those who complete the challenge will earn a t-shirt.

February 4th-May 24th

Cost: \$15.00

See the Welcome Center for more information or to sign up today!

### Indoor Soccer Registration

Registration: Feb 11th-March 17th

Season Dates: March 29th-May 10th

Ages: 3yrs-1st grade

Cost: M-\$25 CM-\$45

### Free Fabulous Fridays in February

Bring the family in on February 22nd and February 29th and enjoy a night of fun and fitness. Some of the many activities include: open swim, indoor group cycling, family yoga, family Zumba, and much more. The Optimist Safe Assured program will be offered from 6:00p.m.-8:00p.m..



When: Friday, February 22nd and 29th

Time: 6:00p.m.-9:00p.m.

Cost: Free!