



Kosciusko Community YMCA

Member Newsletter

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Member of the Month

I come to the Y because it has become fun for me. I enjoy seeing familiar faces and know that I am always welcome here. It is fun knowing how to use the equipment and it has been exciting to actually feel results! The Y has become a very

pleasant routine in my life and it helps reduce stress. It's the "go for it" place to develop your strength, flexibility, cardio and a healthy lifestyle. What keeps me coming back is the payoff. I feel so much better. I can move easily, bend over, squat down and do so much more physically. When your family and friends can see a difference in your overall health and attitude, you will be their role model to get out and do it! My 14 year old son, who has Down's syndrome, has a lot of fun, too. He likes to go swimming, play basketball, jog upstairs, or do a circuit around the workout area. I introduced him to racquetball, and it has become his favorite! For him, as well as myself, I wanted to be able to walk my talk. Three years ago I only came to the Y about once every two months. I realized if I wanted my son to develop healthy life-long choices, I needed to step it up. So, I slowly came more often (remember, slow and steady wins the race!) and began to feel the results. Now, we have fun comparing our muscles. It is wonderful to see him want to do more push-ups, more sit-ups, and run like the wind!! The Y has given me a place; my son has given me the reason. I am now able to jog, which I never thought I would be able to do again after my arthroscopic surgery. The lump behind my knee is gone! I started slowly walking on the treadmill and then progressed to a low-impact jog without experiencing any pain. God has blessed me with overall good health and willpower, so, all glory to Him! I am amazed and surprised at how hard and diligent the staff works to increase members' interest with fresh ideas for new activities at the Y. The myriad of events and activities peaks one's curiosity! The staff at the Y adds their own "personal touch" to my training program by giving me much needed encouragement. At the end of the workout, I know I've been to a place that cares! Thanks Y!

Connie Fidler

Racquetball League

Tuesday and Thursday nights from January 12-February 25. Sign up by January 5th.

Cooking with Caleb

January 20
7:00-8:30 p.m.
Valentine's Day theme at the Racquet Center.

Kids Night Out!

January 22
7:00 p.m.-7:00 a.m.
Hobby theme, kids get to share their interests.

Couples Dance

Starting on January 8
Friday nights 6:30-8:30 p.m.

Women's Open Gym Basketball

Starts January 13th
Wednesdays 6:00-7:30 p.m.

Girlz Night Movie

January 15
7:00-9:30 p.m.
Movie and popcorn in the Youth Center

Personal Training

New packages available

Kosciusko Community YMCA

Open House

January 9, 8:00 a.m.-2:00 p.m.

Activities and door prizes, free and open to everyone! Bring your friends.

Red Cross Blood Drive 9:00 a.m.-1:00 p.m.

Sign up at www.givelife.org

Sweat your Heart Out Indoor Tri

February 7
Swim, Bike, Run
Sign up by February 1

Adult Gymnastics Clinic

February 6
10:30 a.m.-12:00 p.m.
Sign up by February 3

Free Activities Weekly in the Youth Center

See the Youth Center for a schedule.

We build strong kids, strong families, strong communities.