



Kosciusko Community YMCA

Member Newsletter

Volume 2 Issue 7 July 2007

Meet a Member



I've become a senior citizen since first joining the YMCA 20 years ago. Most of my life I've been active in various sports and have participated in several 5K runs. There are plenty of runs scheduled in Warsaw to keep one busy all summer. In fact, you could enter one every weekend if you want

to go out of town. One of my pet peeves is to see people who huff and puff when climbing a flight of stairs, because they're so out of shape. Following a car accident, I spent 11 consecutive days in the hospital. After being released from the hospital, I was weak so I started working out again, gradually regaining my strength. At a time like that I really appreciated my membership to the Y for getting back into shape. I worked really hard to be able to enter the 5Ks again and I have run in four so far this summer. The biggest thrill for me was entering the South Bend Sunburst finishing on the 50 yard line in Notre Dame Stadium. There were about 2500 participants. I came in 5th in my age group. A membership at the Y is like an insurance policy that can help you enjoy better health but it takes work to get there. This community is blessed to have such a great facility as the YMCA. Lord willing, I will see you all on the track.

Willis Kreider

Y-Support

This group is for anyone that needs encouragement to make gradual changes in attitudes and behaviors related to nutrition, exercise, and wellness. The Y-Support group will meet and learn about a variety of nutrition and fitness topics on the 1st Tuesday of every month in the YMCA lower level meeting room from 6:30-7:00 pm

August Topic:

August: Not every food is created equal

Sign up at the Welcome Center!

Summer Camps Soccer Camp

Ages: K-6th grade

Smith Street Branch: July 30-Aug. 3

North Webster Branch: July 23-27

Members: \$40 Non-Members: \$50

Basketball Camp

Ages: 3rd-6th grade

Smith Street Branch: July 16-20

North Webster Branch: July 9-13

Members: \$40 Non-Members: \$50

Preschool Gymnastics Camp

Ages: 3-5 years old

North Webster Branch: July 25-27

Members: \$25 Non-Members: \$50



3 on 3 Basketball Tournament

July 14th, 2007

1:00 pm– 3:00 pm

\$50 per team

At the Smith Street Branch

T-Shirts for the Winning Team!

Youth Gymnastics Camp

Ages: 6 years old and older

North Webster Branch: July 25-27

Members \$30 Non-Members: \$70

Member Appreciation Day!

Wednesday, July 18th

All day event

Join us for food and fun!