



Kosciusko Community YMCA

Member Newsletter

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Meet a Member



It is hard to imagine a more all-American family than the Johnsons. Matt, a hometown high school golf hero, Rachel, your local smile-- Warsaw natives and high school sweethearts are

raising their three boys in the place of their lifelong dream—Northwest Indiana.

Now, a local chiropractor and eye doctor, Matt and Rachel understand the importance of exercise and a healthy lifestyle. “Plus,” they add, “we both love it [exercise]—and we’d go crazy without it!” Matt is an avid cyclist and likes having the option of spinning classes at the Y in the winter. They have had a great time taking the Boot Camp class together and have also really enjoyed watching their boys (Luke, 9, Logan 7, and Jeremy 4) develop skills while having fun swimming and playing T-ball, basketball, and soccer through the Y programs. Rachel jogs on a regular basis and also enjoys the spinning and body sculpt classes. She recently decided to try something new and join the beginner tennis and Zumba classes. “Even though I have no ‘moves’, it’s still a lot of fun!” she says.

Above all, though, they constantly remind themselves that the most important thing in life is to keep God number one. “It’s easy to get caught up in our busy lives and forget what matters most” they add. “We love that the YMCA’s mission is based on Christian principles. The YMCA is a great support, along with our church, in teaching us and our children how to live.” Rachel has served on the YMCA Board of Directors over the past few years and is chair of the Christian Emphasis committee. She comments, “Bottom line: our spirit, mind, and body all work together. If one part is getting neglected, then God can’t use us to be all that He has created us to be!”



Teen Night

Featuring the YMCA Climbing Challenge!

Who: Teens 13-15

When: March 28th, 2008

Time: 7:00p.m.-11:00p.m.

Cost: \$5.00

Spring II Registration

April 14th-June 1st

Registration Begins:

Members— March 24th

Community Members— March 31st

Register at any of our three branches

Or online at www.kcymca.org

Flag Football Registration

Registration: March 24-April 28

Season Dates: May 17-June 28

Ages: 6 years old-11 years old

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



Membership Reaches an all-time High!

Thank you to all our members. We have reached an all time high for membership numbers.

We have 7800 members!

Remember we also have fitness centers available to you at the Racquet Center and North Webster. We will continue to strive for excellence in every area of service to you.

Share your story with us!

How has the Y made a difference in your life? We would love to hear your story and it could inspire others. If you would like to be member of the month submit your story to the Welcome Center and you could be featured in our Member Newsletter and in the Times Union! Take this opportunity to inspire others.