

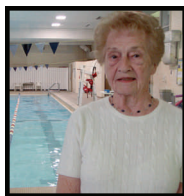


Kosciusko Community YMCA

Member Newsletter

Volume 2 Issue 5 May 2007

Meet a Member



Yes! The Y will help you take the "senior" out of senior citizen. For a number of years I have found both physical and mental activities at the Y quite beneficial. From walking the indoor track to water aerobics (with the exercise machines in between), I have enjoyed the mental and physical challenges accompanying the varied physical activities available at the Y. I must include the camaraderie from a variety of social events I have especially benefited from the water aerobics classes and thoroughly enjoy the role of substitute water aerobic instructor on occasion. One need not be a swimmer to benefit from water exercises. Nor must you have the figure of a model for the class! The bulges disappear once under the water, I know! We enjoy each others' talents and personalities. The friendships we share are special and enduring. So you see, I am one happy person at the Y!

Jeanette Harvuot

Summer Swim Team



Swim team summer season begins May 14 and runs through July 13th. The cost is \$50 a month with a one time USA swimmer fee of \$28.50. The team will practice at the High School from 5:00pm-6:30pm

until school is out and will then be practicing at the YMCA. Contact the front desk for more



Summer I

Program Registration

May 14th for Members

May 21st for Non-Members

Summer I Session

June 11th to July 7th

Register at any of our three branches
or

Register online www.kcymca.org

New Adult Activities:

Corn Hole Tournament and Three on Three
Basketball Tournament



11th Annual Fashion Show

The 11th Annual Fashion Show presented by YMCA Women In Action will be held at the North Webster Community Center, May 17th at 12:00pm. The cost is \$10.50 per person, entertainment will be provided by the Melloaires. Sign up at the front desk by May 14th. Don't miss out on this fun event!

Weight Management

The new session of weight management begins May 17-August 9th. The cost for members is \$125 and the cost for non-members is \$250. This is a twelve week program that provides participants with the tools to select healthy foods and incorporate exercise into their daily lives. Sign up at the front desk today!

Stay Updated!

Stay connected to all the exciting activities taking place at your YMCA. Update your email address at the front desk today or at www.kcymca.org to receive our email newsletter and special announcements