



# Kosciusko Community YMCA

## Member Newsletter

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### Meet a Member



Hello we are Cindy and Lyndsey Ganshorn. We live in Leesburg with Bruce (my husband) and A.J. Ganshorn (my son).

Lindsay is 13 years old and is in 7th grade at Lakeview Middle School. Our family joined the YMCA because it allowed Lindsay and myself the opportunity to work out together. Many places prohibit children from participating in their fitness facilities. Since joining the YMCA Lyndsey and I have grown closer. We use a buddy system to encourage one another to stay active. We use the fitness center and indoor track. We also take water aerobics together and encourage each other to achieve more. It is great to have the opportunity to exercise with one another. Lyndsey takes gymnastics twice a week and Tonya and her staff have helped Lyndsey with her self esteem and encouraged her to try and push herself. We have both increased our flexibility and lost pounds and inches. I would personally like to thank Tonya and her staff in the gymnastics program for helping Lyndsey to succeed in gymnastics and for taking personal interest in her well being. The staff cares about all of the girls involved in gymnastics.

Visit us at our website  
[www.kcymca.org](http://www.kcymca.org)

### Happy Thanksgiving!

Grace isn't a little prayer you chant before receiving a meal.  
It's a way to live. ~Jackie Windspear

We can only be said to be alive in those moments when our hearts are  
conscious of our treasures. ~Thornton Wilder

An Optimist is a person who starts a new diet on Thanksgiving Day.

~Irv Kupcinet

### Winter I Program Registration

December 11th for Members  
December 18th for Non-Members

### Winter I Session

January 8th-February 18th

Register at any of our three branches  
or

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



### Give the Gift of Health

Gift certificates are available at the  
front desk!