



Kosciusko Community YMCA

Member Newsletter

Volume 1, Issue 1 September 2006

Meet a Member



Hi. My name is Kristi Webster and I live in Warsaw with my husband, Jason and children Jarrod and Caitlyn. I have been coming to

the YMCA for about 6 years now. Over that time I have utilized many of the children's programs including swimming lessons, flag football, tennis, tumbling, and the babysitting service. Caitlyn gets excited when I tell her we are on our way to see her "friends" at the gym. I work out in the fitness center on average of three times a week with my friend Rachelle; we use the time to chat as well as exercise. This spring I decided to try something new and train for the triathlon in Winona Lake. For me, this meant learning to swim and run. I used the pool, Indoor Group Cycling classes, and the treadmill faithfully during training and it really paid off. I finished the triathlon and have seen rewards both physically and mentally. I have also made many new friends here over the years. I appreciated coming in to the smiles and friendly greetings of the staff. The YMCA offers a valuable service to our community and I am grateful to be a part of it.

Visit us at our website
www.kcymca.org

YMCA Open House

Where: Smith Street Location

Date: Saturday Sept 23, 2006

8:00am-2:00pm

Check out the newly remodeled lobby and family changing rooms!

Scheduled Events

Visit YMCA Program Booths

Participate in Free Fitness Classes

Health Screenings

Climbing Wall Challenge @ 1:00pm

Gymnastics Team Performance @ 12:00pm

Open Swim

Door Prizes

"Member get a Member" Member Referral Program

Refer one new member and get one month free up to three new members!

*We build strong kids, strong families,
and strong communities*
Not redeemable with any other spe-