



# Kosciusko Community YMCA

## Member Newsletter

Volume 2 Issue 11 November 2007



### Meet a Member

Fitness has always been a part of my life. Growing up on a farm in Missouri, I ran everywhere. I would run across the pasture to my grandparents' house on Sundays, while the rest of my

family drove in the car. I come from generations of artists and sports were my way of being different. I've run 7 Indy Minis and the Rock-n-Roll Marathon in San Diego.

My favorite class at the Y is Boot Camp— after five years of running almost exclusively, it feels good to mix it up. It doesn't hurt that George, Brenda and all the "recruits" are so much fun!



*Diana Rockey*

### Y Arts Week!

We invite all members of the community to participate in the YMCA's nationwide celebration of the arts and humanities. All classes are free to members and nonmembers and will be held at the Main Branch. See Welcome Center for more info.

**Member Art Show:** Drop off artwork Nov. 4th 2-5 p.m. Exhibit runs Nov. 5th-10th in the lobby.

#### Tuesday, November 6th

- **Marble Art:** 5-6 p.m. All ages can create a unique piece of art with paint and marbles.
- **Drama, Drama Drama!** 6:45-8 p.m. Theater workshop for 3rd to 8th graders.

#### Wednesday, November 7th

- **Watercolor Wonders!** 5-6:30 p.m. Kids ages 6 to 12 paint a watercolor scene.\*
- **Intro to Spanish for Adults:** 7-9 p.m

#### Saturday, November 10th

- **Family Spanish:** 10-11 a.m. An interactive Spanish class for the whole family!
- **Hand Painting:** 1:00 p.m. 1st to 6th graders create a painting using their hands and teamwork.\*
- **The Kids Art Experience:** 3-5 p.m. in the gym. Learn about Michealangelo, Picasso, O'Keeffe, and Pollock. Create art using the artistic styles presented. 1st to 8th grade.\*

**\*Please bring an old shirt for the painting classes**

### Teen Night

**November 30th, 2007 7:00-11:00 p.m.**

For teens ages 13-16, activities include swimming, rock wall climbing, and pizza

### Support the Sharks! Nelsons Chicken BBQ



**Sat. November 3rd**  
**10 a.m.-2 p.m.**  
**Lowe's Parking Lot**  
**1/2 Chicken \$5.00**

### Kids Night Out

**November 9th, 2007**

7:00 p.m.-7:00 a.m.

Cost: \$15.00 per child

Children in Kindergarten-6th grade

Activities Include: crafts, games, swimming, rock wall climbing, food, and movies.

### Youth Basketball & Cheerleading

2nd-4th Grade

Games January 15-March 15

Register by December 3rd

Your kids can learn the basics of basketball while having fun!



**We Build Strong Kids, Strong Families, Strong Communities.**