



Kosciusko Community YMCA

Member Newsletter

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Member of the Month



I have lived in Warsaw all my life and that will probably never change. I have been a member of the YMCA off and on for several years. I have always loved coming to the Y. It is neat to see the changes and improvements that have been made. Life happens to all of us. I got married to my amazing husband, Jason, and put on ten pounds; got pregnant with my even more amazing daughter, Maggie, and gained 60 pounds. Being a mom, wife, and working full time at the greatest job in the world (Wawasee Community Schools) is really time consuming and I just let myself go. I rejoined the Y when Maggie was one. I was losing some weight, but not a lot. It wasn't until I started talking to Y staff and attending different classes that I noticed a difference— not just in my appearance but also in my confidence. I have been doing things I never thought I would. I feel like I am a stronger person which gives me more confidence at my job, and as a mom, wife, and friend. I really enjoy coming to the Y, and even though 5:00 a.m. is really early, afterwards I feel so much better. Attending the Y and getting support from the staff has given me a new outlook on life— one that I hope to pass down to my daughter. *Daisy Hollon*

America on the Move Week September 18-27

18th— **Walk Across America Kick-off.** Members age 7 and up can mark their progress on a map in the Fitness Center as they walk or run “Across America” on the treadmill.

21st— **Health Fair** including free body composition testing and blood pressure readings.

22nd— **Free running club** at 6:15 p.m. All levels and ages welcome.

23rd— **Farmers Market** visit and discussion 4:00 p.m.

24th— **Free group bike ride** at 5:30 p.m. All levels and ages welcome.

See the Welcome Center for more information.

Father and Son Night

Sept. 11, 8:00-10:00 p.m.

Fathers and sons of any age play games and climb the wall.

Bowlin' with the Boys

Sept. 18, 6:30-8:30 p.m.

Ages 8-14

Sign up by Sept. 16

Movie & Sumo Suit Co-ed Teen Night

September 19, Ages 12-18

Join us for a movie at North Point Cinemas and a night of Sumo-Suit wrestling!

Free “Intro to Cycling” Sept. 14 6:45-7:45 p.m.



Pee Wee Basketball

3 years to 1st grade

Saturdays, November 7-December 19

Registration starts September 10

Grandparents Day

September 12, 1:00-4:00 p.m.

Crafts, an essay contest, walk, obstacle course, Zumba, Yoga, open swim and climbing wall free for all grandparents and their grandchildren.

“Intro to Shake-it-up/Hip Hop” Workshop

September 26 10:45 a.m.-12:15 p.m.

Amazing Fitness Race

September 14-November 2

Member Fitness Incentive

Run 8 miles

Take 2 classes

Bike 24 miles

Weight workout for 3 hours

Swim 1 mile

Use elliptical for 16 miles

Must be done in order

Challenge yourself!