



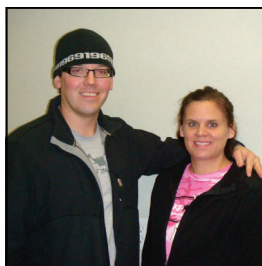
Kosciusko Community YMCA

Member Newsletter

Volume 4 Issue 2 February 2009

Meet a Family

There are many reasons why we enjoy the YMCA family membership.



Originally we thought being on the go with work and two daughters Kennedy (5) and Morgan (2) left little time for a workout and even the motivation to want to make the short drive to the YMCA. That thinking is gone. Running has captured my interest again. I began training for a 5K two years ago and it has been no excuses ever since. I've participated in several 5K's, the Indy Mini, Sunburst, Winona Lake and Syracuse triathlons and just recently Disney's Marathon in January. With the support of my family and friends and the Y I can stay accountable. Our family enjoys the many activities the Y offers from Boot camp, kids gymnastics, the dodge ball league and even our latest challenge the Biggest Loser contest. The Biggest Loser contest has gotten Brent involved as we partner in the contest, now logging hours together at the North Webster or Warsaw branch on a daily basis.

The White Family

Free Fabulous Fridays in February!

February 20th-Beach theme night
February 27th-Fitness theme night

Ready, Set,.... Dodgeball

Ages: 10-15 years old
Dates: Monday and Thursday
February 23rd-March 26th
Times: 4:30-5:30 p.m.
Location: Smith Street Gym
Sign up now!!!

Adult Dodgeball and Church Volleyball League registration going on now!

BIGGEST LOSER: SINGLE AND COUPLES

Registration: March 3rd-March 31st
The challenge begins April 1st-June 28th. There are two challenges, one for singles and one for married couples. Many prizes will be awarded for the biggest loser or biggest loser team. Get fit with: 12 exercise classes, 2 body composition tests, nutrition and exercise seminars, classes instructed by Personal Trainers specifically for Biggest Loser participants, plus more!

Girls Night Out

When: March 6th, 7:00 p.m.-11:00 p.m.
Who: Girls 11-15 years old
Activities include: Zumba, guest speaker, make up tips from Clinique's beauty consultant.

Spring I Program Registration now

Session Dates: February 23-April 5
Register at any of our three branches



Pee Wee Indoor Soccer League

Register until March 2nd
3 years-1st grade
March 28-May 9