



Kosciusko Community YMCA

Member Newsletter

Volume 2 Issue 3 March 2007

Meet a Member



My name is Latisha, I am a 28 year old mother of one. My family and I joined the YMCA two years ago. I had just had my daughter, Elliana, and I was packing an extra 35 lbs that I thought would just fall off, once the summer hit I wanted to wear a two piece bikini and things weren't looking too hot. My two year old daughter loves coming to the Y, she looks forward to going up in babysitting and playing with the other children. She's currently enrolled in the Little Bears I gymnastics and she absolutely loves it. Ellie was also enrolled in Baby Bears and Inia swim classes last year. It was great, because at the end of the 8 week courses she was given a swim certificate and a medal for participating in the gymnastics exhibition for Baby Bears. When I started working out all I could do was walk slowly on the treadmill. After I had lost 10 lbs I started running, within 6 months I was able to run 3 miles. I ran a 5K race held in Elkhart last year, I finished the race in 28 minutes. If I had not been coming to the Y prior to that I would have never thought of running a 5K. Being a member of the Y and coming consistently is a must for my family, it's part of our daily routine. Coming to the Y and running on that treadmill is a stress/tension reliever. If I am tired or stressed I look forward to running at least 40 minutes a day and lifting weights after that I feel like a different woman. Coming to the Y has also changed the way we eat, we started watching what we eat. Being member of the month means a lot to me.

Around the Y in 40 days!

Beginning Monday, March 12th there will be forms available at the front desk that include a variety of tasks and questions for you to complete. All of the questions and tasks have to do with our YMCA's programs, equipment, facility and staff. If you can complete all of the questions and tasks you will receive a free t-shirt. This is a great way to get to know your Y!

Dodgeball League

The Dodgeball league will be starting up again this April. Remember the days of Junior High Gym class—covering in the corner of the gym, trying to avoid getting out? Take this opportunity to redeem yourself! Each team must have between six and ten players with at least two females on the court to begin the game. Register at any of our three branches by March 16th. Games are played at the Smith Street gym on Monday evenings between 6:00 pm and 10:00 pm. Get your team signed up today!

Annual Support Campaign

At the Kosciusko Community YMCA, one of our most important goals has always been to enrich the lives of children in our community. YMCA programs teach young people important values such as caring, honesty, responsibility and respect. Membership and program fees do not cover all the costs to support these vital community programs. To ensure that no one is denied a chance to participate because of inability to pay, we truly need your help. Through the Annual Support Campaign, your contribution helps us provide programs support and financial assistance to families who need it in our community. Please take time to make a donation to Build strong kids, strong families and a stronger community.

Spring II

Program Registration

March 17th for Members

March 26th for Non-Members



Spring II Session

April 9th-May 26th

Register at any of our three branches
or

Register online www.kcymca.org

New Classes Include:

Jump Rope and Outdoor Cycling