



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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FALL CLASSES FOCUS ON YOUTH DEVELOPMENT AND HEALTHY LIVING

Warsaw, IN (August 12, 2010) – **Kosciusko Community YMCA** will be starting classes again on September 7th. Classes will run through October 24th.

Classes in Youth Development will include swim lessons, tennis and gymnastics classes for all ages. The always popular Sports of all Sorts class will once again introduce kids ages 3 to 7 to the fun world of sports.

Classes that promote the Healthy Living aspect of your Y will include group exercise classes at both the Smith Street and North Webster branches, classes for older adults, tennis, water aerobics, weight training and new this session classes in personal safety. New group exercise classes include Turbo Kick, a high intensity class that will give you a great cardiovascular workout, Fantastic Abs, a 15 minute lunch break to sculpt abs from every angle, and Spanish Zumba, a Zumba class taught in Spanish. Personal Safety classes will include Intro to Crime Prevention and Personal Safety and Women's Self-Defense, teaching physical skills to keep you safe from crime and assault. Bridge will also be offered again this fall.

Registration for Fall classes begins on August 16th for YMCA Members and on August 23rd for Community Members. Register online at www.kcymca.org.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.