



# Kosciusko Community YMCA

## Member Newsletter

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### Meet a Member



My daughters Kennedy (9) and Kaylee (7) and I enjoy many programs that the YMCA has to offer. We joined the Y in August of 2006. Kennedy and Kaylee have

played on several of the youth soccer and basketball teams that I have had the pleasure of coaching. They also thoroughly enjoy the activities in the youth center. The mission of the YMCA: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all" makes this a really positive place to be. Our YMCA does a great job of providing positive programs and activities for every member of my family. The YMCA is a place where families can go together and place an emphasis on having fun and strengthening both minds and bodies.

I decided to get serious about my health in March of 2007 by joining a morning indoor group cycling class. This class helped accelerate my weight loss and quickly sparked my interest into getting into better physical shape. In that class, I was able to lose the amount of weight that I needed to run comfortably again. In fifteen months, I have lost over 60 pounds and competed in my first sprint-triathlon. Currently, I am training for my first mini-marathon and my plans are to compete in events like this for as long as my body will allow. For me, exercise has become more than just weight loss; it is a new mindset that focuses on the health of my body. The YMCA has played a huge role in this life changing event for me.

*Joe Patton*

### Self Defense Seminar for Women

Learn simple tactics and strategies for preventing crime and assault.

When: September 13th and November 15th  
Ages: 18 years and older  
Time: 1:00p.m.-5:00p.m.



### National Gymnastics Day

When: Saturday, September 13, 2008  
Time: 1:00-2:30p.m.

Members and Community Members can participate in many different gymnastic activities.

### Kids Night Out

September 26th  
7:00p.m.-7:00 a.m.  
Cost: \$15



### Pee Wee Basketball Registration

Registration: September 8th-October 10th  
Season Dates: Saturdays, November 1-December 13  
Ages: 3 years old-1st grade

### Men's Adult Dodgeball League

Registration: Due September 29th  
Season Date: October 13th-December 1st

Team Roster: Up to 10 players per roster  
Game Days: Games will be played on Monday evenings at the Smith Street Branch.



### Open House

September 20th, 9:00 a.m.-4:00p.m.  
All Community Members Welcomed!  
Free Prizes and Open Swim