

Personal Growth starts here.

Hi! My name is John, I'd like to share my story of personal growth and the benefits I've experienced in over forty plus years as a YMCA member.

When I think back over my forty plus years of being an active member of the Y, and I start to count all of the "benefits" I have experienced, I am simply astounded. From the initial swimming lessons and Judo programs, to the weight room, and fitness classes, triathlon training, noon hour tennis, Nordic ski training, to the Fat Boys running club, the Y has been an integral part of my lifestyle, and that of my family.

There were Zumba classes, ballroom dancing, multicultural dinners, even kayak training in the pool, and more recently, pickle ball and Tai Chi, all of which have included social as well as physical benefits, and have been complementary activities that have enriched my life. Our Y membership has also facilitated closer relationships with our children and now, our grandchildren. Being able to enjoy a Y facility when travelling has also been a lovely "benefit of membership", throughout Ontario and beyond.

Volunteering has been an important commitment of our family, including at the Y. In my own case I became the Race Director for the Owen Sound YMCA Triathlon, and helped in a similar way with the Winners' Day events in subsequent years. For a while I also assisted with the Saturday morning Youth Judo program. The valuable personal growth that I have gained has been easily transferable to my many other endeavours in the community.

For us, the Y is not just about the physical things we do there, but the fellow Y members we have gotten to know, including the Y facilities, administration and programming staff and volunteers, who ensure that the building and the programs will be there for everyone to enjoy. The Y means even more to me when I see the benefits of the Y Employment Services, Child Care, Youth Programs and Camps, plus the Peace Medallion Ceremonies, and the work of the Y Service Club.

When deciding what organizations to support financially each year, the Y comes first, since we have always seen it as our Y, and it continues to be a sound investment, with comprehensive, everyday benefits for us personally and for the community around us. It is very gratifying to see so many people of all ages, and circumstances, participating in the Y programs and services - solid evidence of the rich returns and rewards! I cannot think of a better investment. Can You?

I invite you to make a donation to the YMCA Strong Kids Campaign, and to join me in ensuring that the countless benefits of YMCA membership are available to everyone in our community.

With my sincere thanks,

John

P.S. I would also like to especially thank all of the volunteer instructors from all of my forty plus years at the Y, who have shared their knowledge, energy and time to keep the Y a welcoming destination for so many generations of Y members. (Perhaps, you would like to volunteer too!)

