



Garden City Family YMCA

Proud Heritage...Exciting Future
Capital Campaign

1224 Center St. Garden City, KS 67846 (620) 275-1199 www.gardencity.net/ymca/



Youth from the YMCA family smile with outreaching arms realizing a future of fitness and fun at Garden City Family YMCA (1964).

Real stories from your **YMCA** family



“The YMCA gives me, personally, an opportunity to see kids in an entirely different light,” *Scott Daniel.*

“I go for all the wonderful friendships,”
Rosetta Garnand.

“The people here are nice, simple people,”
Teresa Parra. “It’s a family place.”

“I can honestly say my life has taken a turn for the best, and the YMCA had a part in doing that,”
Quentin Clark.

Since 1964, Garden City Family YMCA has served Garden City and the surrounding communities. Committed to its values, the YMCA designs programs that put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Your YMCA

...an asset for the community

Since our last expansion...

	1994	2006	Projected 2012
Members	1,380	2,946	3,729
Participants	3,327	26,568	47,708
Programs	26	97	132
Volunteers	232	1,017	1,409
Annual Contributions	\$45,000	\$211,649	\$268,794

Exercise saves Koehn's life

Don Koehn's Story

On March 1, 2006, I slipped on an icy sidewalk in Pagosa Springs, CO breaking my hip.

After surgery, complications set in. They put me in ICU, and I was on a breathing machine for 12 days. Dr. Jill Nicklesen asked my wife, Loretta, three questions: "Does he smoke? Does he drink? Does he exercise regularly?" She replied "No" to the first two and "Yes" to the third.

How was I to know that years later these values would be a factor in saving my life!

I am deeply thankful to my wife Loretta, my family at my bedside, friends who prayed, and the doctors and nurses who did everything they could.

I don't focus on the exercise journey. Rather I focus on the impending results. My experience then becomes my empirical handle, and I know that sooner or later my endurance will increase with more energy, health risks will decrease, my metabolism will increase and good feelings will come that I am accepting myself in the right way.



YMCA Members Don and Loretta Koehn.



Scott Daniel's family during a relaxing weekend in May 2007.

Athletic competition unites us all

Scott Daniel's Story

The YMCA gives me, personally, an opportunity to see kids in an entirely different light. Their natural innocence and quest to learn, their love of competition and thirst for guidance and approval is almost overwhelming. These kids don't get into the news, but they are the lifeblood and future of our community and country. A player's commitment for practices, conditioning and game participation gives them something positive to do in their lives. They can make friends.

Coaching youth sports has been one of the most gratifying experiences of my life and something I look forward to at the end of my working day. It has given me the opportunity to learn the nuances of coaching and to communicate better with my own children and their friends.

I have the YMCA experience to thank for my different perspective on our youth, and refreshed hope. No longer am I intimidated by a group of adolescents I meet in public. Former players come up to me in public places, give me a hug or say, "Hi Coach!" and it makes my day.

Sport is a common language regardless of age, gender, race or spiritual beliefs. The competitive experience, whether coaching or playing, binds us together. The YMCA has led the "mentoring" effort and battle for our kids, and I am simply blessed to be a part of it. It has made me and my family stronger in body, mind and spirit.

DID YOU KNOW?

Remodels and additions at the YMCA include an expanded Child Care facility. It will feature an enclosed kitchen area and more square footage for future programming. In addition, space for a new Child Watch facility will be added near the new front entrance.

Caring

Honesty

Responsibility

Respect

Your YMCA ...the YMCA can make a difference in your life

DID YOU KNOW?

A second gymnasium is targeted for phase two of the Capital Campaign. Garden City Family YMCA youth sport participation has increased by 35% in ten years. A second gym at the YMCA will accommodate growing programs with fully accessible bathrooms and a tentative elevated fitness track.

Former Garden City YMCA wrestler conquers female stigma with #1 ranking

Mother tells story of daughter's wrestling journey

Erlinda Johnson's Story

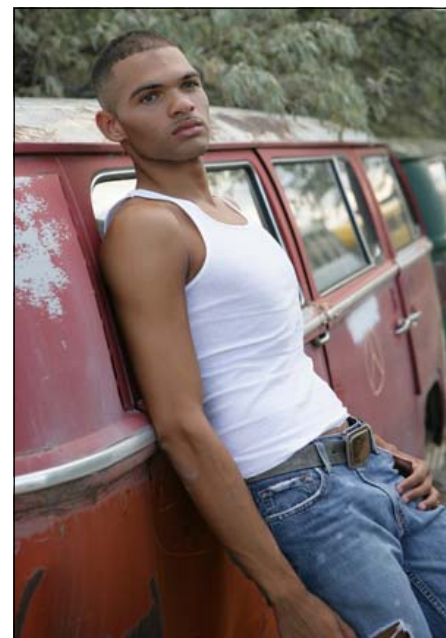
On my side as the parent, I feel that when we enrolled Beth in wrestling, it was probably the most important thing we could have done for her. It opened an entirely new world to her not only with wrestling, but in her entire life. She gets to go to Canada this summer to compete in the Canada Cup. She was offered a spot on the USOEC Rad Team to live and train at Northern University of Michigan for her senior year, but has recently declined.

Being able to wrestle means a lot to Beth. It is an important part of her life, a big part, that sacrifices her time with practices and going to tournaments every weekend—being a weekend warrior. She was very lucky she had great coaches who saw her talent. Bob Dey, former YMCA wrestling coach, trained, molded and mentored her. He prepared Beth for her future and taught her the politics of wrestling. Future coaches were just as welcoming, training Beth into Abe Hubert Middle School's league champion in the eighth grade and welcoming her into high school wrestling.

Beth became Garden City's "girl" wrestler. Anyone in wrestling knew Beth Johnson. The only important thing to all these fine coaches was that she could wrestle, and she wrestled her little heart out. The other wrestlers accepted her too. They all knew she was for real. She was there to wrestle, and she was there to win. All her coaches were a big part of Beth taking the USGWA #1 ranking. Nobody ever closed their doors on her...only opened them.



Beth Johnson, USGWA #1 ranked, wrestles at a tournament. Johnson began her wrestling career at Garden City Family YMCA. She is often referred to as Garden City's "girl" wrestler.



Quentin Clark models with his new body.

Excess weight lost with YMCA aerobics

Quentin Clark's Story

I became a member of the YMCA in January 2000. I was in high school, and I did not like exercise. Over the course of a year and half, I lost more than 130 pounds. I went from 300 pounds, 42-inch waist, to 170 pounds, 32-inch waist. I have been able to maintain this weight to this date.

Not only did the YMCA aerobics class lead me to live a healthier lifestyle, it has brought me many other things. I'm now a certified aerobics instructor for two different gyms, I'm a Nike Rockstar Advocate for Nike, and I model for an agency out of Denver, CO.

I could have never imagined eight years ago where I am today. You can achieve anything with hard work, dedication, self motivation, and surrounding yourself with positive people.

I can honestly say my life has taken a turn for the best and the YMCA had a part in doing that.

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Your YMCA ...building dreams for tomorrow



Teresa Parra uses an elliptical trainer in the YMCA Ed Lewis Adult Fitness Center.

Scholarships make fitness possible

By Emily Melin

For the past five years, Teresa Parra has been visiting Garden City Family YMCA. Five days a week, Parra exercises for her health and general well being.

"It's something I do just for me," Parra said, "Nobody else."

Parra started working out at the YMCA during a difficult time in her life. However, through working out at the YMCA, Parra said the YMCA became a great place for her and her kids.

"The people here are nice, simple people," Parra said. "It's a family place."

Parra really wanted to become a member at the YMCA and refused to let finances compete with her desire to start each day with activity. By fulfilling certain requirements, Parra received a scholarship through the YMCA. She only pays \$25 a month for her entire family membership

"I need to do this," Parra said. "I feel tired when I don't go."

Parra recommends the YMCA for everyone, "You really feel welcome."

YMCA Aquacise keeps women healthy, builds lifelong friendships

By Emily Melin

Maxine Jones, Rosetta Garnand and Margaret Spikes greet everyone with smiles following their routine visit to the YMCA's Aquacise class.

"I just have to have it," Jones said. "This just kinda revs me up."

At 91 years old, Jones' health is worth bragging about. She can touch her toes, pull weeds in her yard, and mislead her real age to youth.

"Some mornings I have to fight to get up," Jones said.

Despite the fight, these women routinely make the YMCA visit for their health and friendships. More than 37 years ago, Spikes' husband pushed for the development of the YMCA Carlos C. Spikes swimming facility. Future YMCA development includes additions to the aquatic facility.

Religious sorority is one reason why Garnand makes it routine to visit the YMCA.

"It's good Christian people," Garnand said. "I go for my husband and all the wonderful friendships."

Spikes nods in agreement as the women talk about the great YMCA facility and pool. "It's a wonderful thing for the city," Garnand said.



Rosetta Garnand and Maxine Jones smile during their YMCA Aquacise class.

DID YOU KNOW?

The new Family Recreational Pool addition will feature warm water, a slide, a play apparatus, shallow depth and a zero-entry. A bonus room will be added to the pool addition with birthday party and lounging capabilities. Water programs are expected to double with therapy, fitness and youth programs!

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