

Dear YMCA,

I think Sumer Sweat is an amazing idea. Why, because some kids will just sit at home doing nothing or just playing video games and not get a workout in. I am personally am active so I love everything about Summer Sweat. I was really was impressed with the coaches they really pushed me to my best ability. Summer Sweat kept me in shape for cross-country.

My favorite part was, spinning it really showed my best abilities in running. And now I really want to be a spinning teacher. I ment a lot of new friends this year and I even ment friends that went to my school and didn't even know. I loved how people encouraged one another and pushed one another to their best abilities.

This really helped keeping people in shape. One other thing that kepted me in shape was the badges I knew I had to work hard for them. I wish Summer Sweat could go until school starts. Because it give me something to do if I don't have something to do. This is a great way to make good friends and I found out that a lot of people have the same interest as me.

I hope you guys have this program next year to keep me in shape all year round!:) THANK YOU so much for this program. Because this is my first time doing this so best SUMMER ever!!!

~ Hannah Nicholas (Age 14)

8/16/14