

Dear YMCA,

Hello my name is Jocelyn Nicholas and this was my first year of Summer S.W.E.A.T. There were many things I have enjoyed about this program. I would like to share a few of them with you.

First, I enjoyed the workouts because they were hard but fun. For example, when we played a game called Rundown where if you were on the wall, you had to do wall sits then when you decided to run, you had to sprint across and try not to get hit with the ball. If you got hit, you had to do five sit ups.

Secondly, I loved the coaches. Joe, Hannah, Cassie, and Neal were fantastic at teaching us new things and pushing us to do our best each and everyday. They were super friendly and always had a smile on their faces which made you happy to come and workout with them.

Third, the badges made me work super hard and made me feel good about myself. Every time I pushed myself as much as I could, they awarded me with a badge. Each time it was harder and harder to earn one, but in the end I ended up with two and was proud to know I had earned them fair and square.

Summer S.W.E.A.T was the best! I cannot wait to do it next year! I thought it was the best way ever to workout and stay active instead of being lazy at home.

Sincerely,
Jocelyn Nicholas

(Age 9)