

Dear CEO of the YMCA,

Hello, my name is Kaitlyn and I am fifteen years old. This was my first time doing the summer S.W.E.A.T program, and I must admit, it was not what I had expected. I would love to share with you my experience with S.W.E.A.T and how the S.W.E.A.T program had benefited me throughout this summer.

Since it was my first year, I was not sure what to expect. Would it be boring? Would it be too hard or too easy? Would the coaches be nice or not willing to help? All of these questions were bubbling through my head. As it turned out, it was the perfect way to become fit and stay active throughout the summer. For example, instead of staying home and watching T.V after swim practice, I had summer S.W.E.A.T in which I would be working out and getting stronger.

I also had learned many new ways to workout. Spinning, lifting weights in the strive room, and fun ways to run were some of the ways I found most enjoyable. Before, I would just run around the yard and about ten minutes into it, I would want to quit because it was just running in a large square. Now, I can race my siblings while doing suicides, or play a game of tag which is more fun than what I originally was doing. Lifting weights didn't just help me get stronger, but I had learned how to do them properly so when I did them on my own, I wouldn't hurt myself. Spinning even became one of my favorite ways of working out. I didn't realize how fun it was until summer S.W.E.A.T introduced it to me. If it weren't for summer S.W.E.A.T, learning those new things would not have been possible.

The badges they gave out were such a special treat. When the coaches saw someone working harder than before, or pushing him/herself to the maximum, they would give that person a badge to show how hard they've been working during the S.W.E.A.T program. I thought they were a great motivation for the kids to get a good workout in everyday, and for them have a friendly competition for who could get the most, which had brought them closer in friendship.

The S.W.E.A.T program is honestly the best thing that could've happened to me during the summer. It helped me make new friends as well as get stronger both physically and mentally. S.W.E.A.T gives kids a fun opportunity to get out of the house and stay active throughout the summer. I really, really hope the S.W.E.A.T program is there next year, I am really looking forward to doing it again!

Sincerely,

Kaitlyn Nicholas

(Age 15)