

Dear YMCA,

Hello my name is Makayla Nicholas and I would like to tell you about my first experience with Summer S.W.E.A.T. This program was so much fun and I looked forward to go everyday. Here are some of the ways Summer S.W.E.A.T was beneficial to me.

First, it gave me great ways to enjoy working out. Spinning. Running, games, and relay races are some examples. The coaches made it so much fun and I looked forward to working out everyday.

Next, I made a lot of new friends. Considering I was new, I wasn't sure if the kids would talk to me. As it turns out, they were all excited to meet me and we all became great friends quickly. Even the older kids were talking to me and that never happens any place else.

The last things I want to talk about are the coaches. I absolutely LOVED them. They were so nice and got involved with what we were doing which made it even more fun.

I really enjoyed summer S.W.E.A.T. I hope next summer I have a chance to do it again!

Sincerely, ~ Makayla Nicholas

(Age 11)