

---

## *Sharon's Y Story*

---

In December 2005, I immigrated to Canada where the only people I knew in this country were my immediate family.

My children brought home a flyer from school discussing the programs offered by the YMCA. I registered my children into various activities including dance, gymnastics, swimming, cheerleading, kids cooking and arts/crafts. We spent our Saturdays at the Y for many years.

Once my children outgrew the Y programs, I realized that I did not have anything that helped define me. With the encouragement of my best friends at work – Allison and Susan – I began coming to the fitness centre at the Y on my lunch breaks. I struggled so much and was not sure I could even do this but I met Coach Erica and my life changed.

Coach Erica gave me the confidence to move forward at my own pace and she eventually was able to talk me into taking my first fitness class. I had a blast. Then I was a permanent fixture at the Y going either before or after work. During this time, I also started swimming at the pool where Coach Kim realized I was struggling and gave me some much-needed tips and tricks to become a stronger and better swimmer.

These are goals I never dreamed I would even have or pursue. After many months of hard work, I start competing at several levels and even completed my first sprint Triathlon in the summer of 2019.

I can definitely say that I would not be where I am today without the Y.

As we work toward the YMC'Eh Activity Day on July 1 – I ask you to think about what goals you might want to pursue. Use this Activity Day to not only help raise much needed funds for our Strong Kids/Strong Communities initiative but also to take that step to become a better version of you – whatever that may be.

100% of the funds raised for this even will stay in the SSM area.

Please take this time to register for our event with a chance to win some fabulous prizes.

We cannot move forward with YOU!