



Share Your YMCA Story

**North Lexington Family YMCA
Celebrating 10 years of Impact
*Spirit, Mind & Body***

~ Eva Pearl Slusher's Story ~

YMCA Member Since: August, 2000

I joined the YMCA because:

“To increase my flexibility through water exercise.”

I give to the YMCA because:

“The people at the YMCA are like family to me.”



The Wonder of Splashing Friendships

“To say that I love the water would be an understatement! It makes me feel so much better and I look forward to getting in each day. In our water aerobic classes we are able to do as much or as little as we feel up to doing. The instructors encourage each of us to go at our own pace, depending on how we are feeling that day.

Whenever my joints and muscles are aching, time spent in the water makes all the difference in the world. I enjoy spending time at the Y in the Sauna and Steam rooms as well, the benefits of which seem to sooth me within, all the way to my bones.

In the water is also where I have made friends whom I deeply cherish and look forward to seeing each day! Our water aerobic instructors, Christy, Jackie and Lynn are so friendly and go out of their way to make the class enjoyable and fun.

We have a very special connection that's unique, and can best be described as family, people whom I can depend on to be there and look out for me. As many of my blood relatives and childhood friends have moved or passed away, my friends from the Y are now my new extended family.”