



Share Your YMCA Story

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

~ Kyle Brinegar's Story ~



**YMCA Member Since:** March 14, 2008

**I joined the YMCA because:**

“After a serious motorcycle accident, my physical therapist recommended that I began water exercises to aid in my rehabilitation process.”

**I give to the YMCA because:**

“I enjoy being a part of a close community of people, who enjoy similar interest as I.”

**Being a part of a community who cares.....**

“After a serious motorcycle accident in 2006, my physical therapist recommended that I began water exercise therapy, to aid in my rehabilitation process. I joined the YMCA in 2008, and continued my road to recovery there by working in the water with the various weights, and equipment designed to build strength and range of motion. Home therapy, as it was termed by my doctor, was an essential component of my recovery, so the YMCA Aquatics Center became my preferred, *home therapy*, venue of choice.

After many months of water therapy, and as I continued to gain strength and flexibility, I decided to transition to a more challenging routine on the YMCA's basketball court. As time went on, I was able to begin playing pick up basketball games with the lunchtime crowd, soon playing 3 or 4 times a week. I often finish my basketball routines in the YMCA steam and sauna rooms.

The lunchtime basketball games quickly grew into an intense and enjoyable motivation for my recovery. The men and women who join me for our lunchtime basketball pickup games all know each other by name, and have been a continuous avenue for support and lasting friendships.

