

The Felker Family

Newcomers find a community at the Y.

Erin and Sean are Kamloops Y Members, who have participated in a variety of Y services offered at both the Downtown Y and the Northshore Y. They both use our health and fitness facilities. Two of their three children use our Playcare services, and one attends Y Preschool. In addition, both Erin and Sean have started to volunteer in Playcare.

Why choose the Y?

After moving here in 2007, Sean was looking for a place to work out. The reason they chose the Y? "The Playcare: you can't beat it! The people are great, and it's included in your family membership. It's fabulous!"

Four years later, Erin and Sean still find themselves at the Y four days a week, either volunteering in Playcare or taking part in fitness classes.

Why is the Y important to them?

While Erin was on maternity leave with their youngest child, she found that spending every day at home with three children was not always easy. Often times she just needed to get out of the house and go somewhere. "It was great to be able to take the kids to Playcare and know that our daughter Kate would be well looked after."

The biggest reason Erin and Sean stay motivated?

"I want to be a good role model for my kids," Erin says. "Sean's always been an athlete and he's always focused on getting lots of exercise. In my family, growing up, it was never like that. Sean and I want to make sure that our kids develop healthy habits early in life and grow up to be caring people."



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Erin Felker, Y member and volunteer

TRY THE Y FOR A WEEK

KAMLOOPS COMMUNITY
YMCA - YWCA
kamloopsy.org

Valid for **ONE WEEK PASS ENTRY** to
the **Downtown or North Shore Y** for an
adult, youth or child.*

*Children and youth under 13 must be accompanied by a parent/guardian to redeem pass in fitness area. Age restrictions also apply to pool admissions. No cash value. One coupon per person per calendar year.

Kamloops Community YMCA-YWCA
400 Battle Street Kamloops, BC V2C 2L7
Tel: 250-372-7725

North Shore YMCA-YWCA
700 Tranquille Road Kamloops, BC
Tel: 250-554-9622

Take advantage of our
special offer to try the Y for
FREE.
Stop by the Y any time for a
free tour of our facilities.

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

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