

November 3, 2009

Becky Vrieland, Aquatics Director  
Dale Turner Family YMCA  
19290 Aurora Avenue  
Shoreline, WA 98133

Dear Becky,

As members of the "BALANCE" class (Fall Prevention), we would like to thank you and all the faculty of the YMCA for providing such a class. We have benefited in so many ways from the opportunity to have a class that not only helps us build up our bodies to prevent accident and injury, but also provides special socialization.

We are particularly fond of our teacher, Jean Shepard. She is well trained, following a specific curriculum to encourage gains in standing and moving balance as well as increased range of motion and core muscle development. We want you to know that we especially respond to her good natured ability to gear the exercises to the individual, when needed, and her flexibility to meet each of our needs. The post-session testing has been very interesting, with almost everyone making individual improvement. Several of our group have also had their Doctors indicate improvements directly because of this exercise program. The socialization and humor we find at this class keeps us motivated to show up, and helps us help each other to work harder during our classes.

Currently, at the end of one session and the beginning of another, we are concerned. We understand that Jean Shepard is facing a scheduling change with her employment, meaning that our current Monday class slot won't fit her availability. We really, really want a class, and we want this same teacher. So, we are imploring you to do your very best to come up with a new time for us. Of course, this may not be easy, especially since your schedule is probably already full, so you may need to get "creative." Certainly, we ask you to consider how very unique this class is, how much it means to us, and how fortunate we are, at this local Y, to have a teacher with such unusual training and personal qualities... and then create a time for us.

Finally, we would like again, to thank all those at the YMCA who have had a part in providing this class, and surely hope that it can continue for a long time.

Sincerely,

The Members of the FALLS PREVENTION CLASS,

*Jean Shepard*      *See list by Susan Gillay*  
*Susan Gillay*  
*Janet Hetherington*  
*Selma Sunja*  
*Andrey Jacobson*