



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

CHALLENGE YOURSELF

Shannon has had many challenges in her life, and being born with Down syndrome gives her more of a mountain to climb. Since coming to the Burbank YMCA her life has truly become a much more well-rounded and fulfilling life.

One of the challenges that Shannon has tackled is her weight. Shannon has lost a 100 lbs and is still losing. She works out for about three hours, and she also is part of the RIPTIDES swim team where she competes among other YMCA participants. Shannon swims about 65 to 100 laps about 6 days a week. You can always see her in the pool.



After sticking her nose into the Children Mending Hearts classroom at the Y, they made her a teacher's aid where she helps get the projects ready as well as helps her tiny kids with their crafts. She loves sitting in the lobby and saying "hi" to them all.

This last Thanksgiving, she tackled the Turkey Trot, and she came in last place, but she did it! That is something we never thought she would ever accomplish.

It amazes us daily on how many lives Shannon touches. The YMCA has opened so many doors for her, not by just helping her get healthier, but her vocabulary and life skills have also increased and her people skills have gone through the roof.

The YMCA staff have been so kind and helpful to Shannon. They have taken her under their wings to guide and motivate her. The YMCA community has been so patient and kind to her.

-Maria, Shannon's mom