



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



AUGUST

Calendar of Events
BORDER VIEW FAMILY YMCA

OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

AUG 3 **Y ACTIVE ADULTS (YAA) MEET AND GREET**
10:00-11:00am **BORDER VIEW Y LOBBY**

Get together with other Y Active Adults and enjoy healthy snacks over coffee! **FREE for members**

AUG 4 **IMPERIAL BEACH COMMUNITY CLEAN UP**
10:00am-12:00pm **RED HOUSE KITCHEN - 775 13TH STREET**

Join other members of the Imperial Beach community as we clean up litter and trash from our streets. This is a great way to get involved in your community. We will meet at Red House Kitchen and begin the clean up from there. **FREE for members**

AUG 11 **YMCA HIKING CLUB**
7:00am **TORREY PINES**

This Torrey Pines hike takes you to the best parts of the park – you experience great ocean views, hike through unique geological formations, get a glimpse of the world-famous golf course and hike on an antique version of the Pacific Coast Highway. We will meet in front of the bathrooms and children are welcome! Please bring water and sunscreen. **FREE for members**

AUG 14 **Y ACTIVE ADULTS (YAA) - LET'S KICK THE BALL**
10:15am **BORDER VIEW Y - LAWN AREA NEAR POOL**

Antonio Govea, one of our personal trainers at the Border View Y, will get us kicking with some fun and simple soccer drills. Wear comfortable shoes, a hat and bring water. **FREE for members**

AUG 17 **MEMBER APPRECIATION - FREE POPCORN**
11:00am-12:00pm **BORDER VIEW Y LOBBY**
& 4:00pm-5:00pm

We LOVE our members! Stop by the lobby and enjoy some healthy popcorn. Supplies are limited and popcorn is on a first come, first serve basis. **FREE for members**

AUG 24 **FLICK 'N FLOAT**
6:30pm-9:00pm **BORDER FAMILY Y POOL**

Celebrate summer with us at the Y! All ages are welcome as we watch the movie COCO in the water and on the pool deck. The movie will start at approximately 7:30pm. Bring your swimsuit, towels and friends for a night of fun. Please register at the front desk prior to Aug. 23 and arrive between 6:30pm and 7:15pm for a complimentary BBQ dinner before the movie (one per person and while supplies last). **Members: FREE | Participants: \$5**

THE SUMMER OF SWIM...

Drowning is the 2nd leading cause of accidental death in children under the age of 14. The Y invented the group swim lesson and the Border Family View YMCA teaches life-saving swim lessons to over 1,900 children every year.

Help your child learn this important life-skill this summer. They will also develop coordination, make new friends and benefit from the Y's new staged-progression for swim lessons.



YAA SUMMER WATERFRONT WALK - CORONADO FERRY LANDING
1201 1ST ST, CORONADO, CA 92118

AUG 24 | 10:30AM-12:00PM

Join us for a beautiful 5K walk along the Coronado Ferry Landing Resort. Transportation will not be provided and carpools are suggested. Our walk will begin at 10:45am sharp in front of the ferry boat landing. Bring water, sunscreen, a hat, a light jacket, comfortable shoes for walking, a towel (if you plan to go in the water) and lawn chairs for lounging. From 12:15pm to 1:30pm, we plan on having lunch (pack your own) or you can purchase lunch at one of the many restaurants nearby. After lunch, those who want to take the ferry downtown can join us. We will depart at 2:00pm. It's a 15 minute ride and one way tickets are \$4.75 each. Register at the Welcome Center. **FREE for members**

KICKSTART!

Do you want to refine or enhance your workout routine? Members receive three FREE personal KickStart appointments with a Wellness Coach. Get a better understanding of how to accomplish your goals, know our equipment and find an ideal fitness plan to accomplish what you want. Let us support you! Schedule your appointment today at the Welcome Center. **FREE for members**

FREQUENT Y'R

Visit the Y 12 times in the month of August and enter to win one FREE month of membership! Visit the Welcome Center to pick up your card today.

GOLDEN TICKET

Each month the YMCA places a secret golden ticket somewhere in the facility. Find the Golden Ticket and bring it to the Welcome Center for a special prize!