



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



SEPTEMBER

**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.

**SEP 4 4:00pm MEMBER APPRECIATION – TREAT GIVEAWAY
BORDER VIEW Y LOBBY**

We LOVE our members! Stop by the lobby and enjoy a fruit roll-up. Supplies are limited and roll-ups are on a first come, first-served basis. **FREE for members**

**SEP 7 10:00am Y ACTIVE ADULTS (YAA) MEET AND GREET
BORDER VIEW Y LOBBY**

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

**SEP 8 7:00am YAA HIKING CLUB
TORREY PINES**

This Torrey Pines hike takes you to the best parts of the park – you'll 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**

**SEP 12 11:00am-1:00pm MAXIMIZING BRAIN HEALTH WORKSHOP
BORDER VIEW Y CONFERENCE ROOM**

Join us to learn about how you can maximize the longevity of your brain. This workshop will be in Spanish and is presented by the San Diego Alzheimer's Association. **FREE for members and participants**

**SEP 14 7:00pm-9:00pm MOVIE UNDER THE STARS
BORDER VIEW Y GRASS AREA**

Join us for a movie under the stars! Bring blankets, lawn chairs and snacks. The featured movie will be Toy Story 3. Free snow cones will be offered! Check in will be at 6:30pm. Please register at the Welcome Center. **FREE for members | Participants: \$5**

**SEP 17 10:00am MEMBER APPRECIATION – CHIPS AND GUACAMOLE
BORDER VIEW Y LOBBY**

We LOVE our members! Stop by our lobby for chips and guacamole. Supplies are limited and roll-ups are on a first come, first-served basis. **FREE for members**

**SEP 18 10:15am YAA CHALK ART
BORDER VIEW Y OUTDOOR PATIO**

Art is a great way to de-stress and use your creative side. Come join our YAA for an hour of fun! **FREE for members**

**SEP 22 11:00am-1:00pm PET SUPPLY GIVEAWAY DAY
BORDER VIEW Y LOBBY**

We hope you join the Y and the San Diego Humane Society as they give away FREE pet supplies through their PAWS program. This program helps individuals in need keep their pets by providing essential pet services and support. **FREE for members**

**SEP 24 7:30pm-9:00pm SUNSET YOGA
BORDER VIEW Y GRASS AREA**

Join us for Sunset Yoga. This relaxing yoga session will be outdoors and under a full moon! We will have five instructors who will be joining us. Please register at the Welcome Center. **FREE for members | Participants: \$5**

DID YOU KNOW...

FREE Y GEAR IN SEPTEMBER

Get motivated and meet your fitness goals by trying our FREE KickStart program. We'll help you build a customized workout plan through three individual sessions with a wellness coach. Sign up in September and you will receive FREE Y gear each step of the way. **We'll have KickStart Trainer Tables in our lobby weekly to sign you up!**

- Sign Up: FREE Y Water Bottle
- Complete 1st Appointment: FREE Y T-shirt
- Complete 2nd Appointment: FREE Y Workout Towel
- Complete 3rd Appointment: Entered to Win Vivo Fit Watch

KICKSTART TRAINER TABLES

We want you to succeed in your fitness goals, so in the month of September we are giving away free Y Gear just for signing up for our KickStart program. To make it even easier, each week our wellness coaches will have a table in our lobbies to get you signed up for KickStart.

SEPTEMBER 3 | 9:30 AM SEPTEMBER 19 | 11:00 AM
SEPTEMBER 11 | 6:00 PM SEPTEMBER 27 | 7:00 PM

YMCA OPEN TO COMMUNITY – LABOR DAY

SEPTEMBER 3 | HOLIDAY HOURS: 7:00AM-2:00PM

Ever wish you could go to the Y with a family member or friend who is not a member? Good news! This is your chance. To celebrate Labor Day, we are opening our facilities to everyone! Also, if someone you bring joins and lists you as the person who referred them, you will get a full month of membership absolutely FREE!

YAA ACTIVE AGING WEEK – YMCA FREE TO EVERYONE 50+

SEPTEMBER 24-28

We can significantly improve our lives at any stage by staying active physically, mentally and socially. Please join us for a week of exercise, workshops and activities. We believe all individuals have the means of having the greatest quality of life by embracing the dimensions of wellness. Stop by the Y this week for fun older adult activities and bring a friend as seniors can use the Y free for this week.

FALL 2018 DAY CAMP

BORDER VIEW FAMILY YMCA AND YMCA SPORTS COMPLEX

3 WEEKS – MONDAY – FRIDAY | SEPT. 24 – OCT. 8

Our Fall Camps run for three weeks and support youth in making new friends, achieving goals and feeling a special sense of belonging. Camps are also full of fun and adventure! We have a variety of camp opportunities available for children depending on the camp selection. Scholarships are available. Visit YMCA.org or the Welcome Center for information.