



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JANUARY

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.

DID YOU KNOW...

GET ON TRACK! FREE Y GEAR

In January, we are kicking off our Wellness Tracks to help you become happier and healthier in 2019. Choose one of the 5 tracks and select 3 activities with a YMCA staff. Complete the activities, have YMCA staff sign your Activity Sheet and earn FREE Y gear!

- Complete 1st Activity: FREE Y Water Bottle
- Complete 2nd Activity: FREE Y Drawstring Backpack
- Complete 3rd Activity: FREE Y Workout Towel

JAN 4 **YAA MEET AND GREET**
10:00-11:00am **BORDER VIEW Y LOBBY**

Get together with other Y Active Adults to share healthy snacks over good conversation, laughter and coffee! **FREE for members**

JAN 11 **MEMBER APPRECIATION DAY**
3:00-4:00pm **BORDER VIEW Y LOBBY**

POP in so we can say thanks for being a member! We'll be giving away free popcorn to all members. Available while supplies last. **FREE for members**

JAN 19 **YMCA HIKING CLUB**
7:00am **DYAR SPRINGS TRAIL IN CUYAMACA**

Join us for our monthly hike with your guide Karla! This month we will take on the Dyar Springs Trail. The trail is 5.6 miles long and gives you a chance to see stunning views and San Diego wildlife! This trail is rated as moderate so get ready to sweat and have fun! Be prepared for cold weather and possible rain. Bring a snack or lunch. **FREE for members**

JAN 25 **YAA CAMP SURF EXCURSION**
9:00am-1:00pm **560 SILVER STRAND BLVD, IMPERIAL BEACH, CA 91932**

Join us for a tour of the YMCA Camp Surf facility which is located right on the beautiful Pacific Ocean! The staff will have an archery activity and an ocean-front lunch planned for us. If you wish to carpool, meet at the Border View Y at 8:30am. If you are meeting us there, drive into YMCA Camp Surf and park in the gravel area. Space is limited. Please register at the Welcome Center and fill out a waiver. **Members \$20 | Participants \$25**

JAN 28 **PARENT WORKSHOP – STAY ACTIVE TOGETHER**
5:00-6:30pm **BORDER VIEW FAMILY YMCA**

Playing together builds bonds, not to mention hours of fun. This free workshop is geared toward parents of preschool aged children and aims to promote and inspire active play to keep kids healthy. **This workshop will be held in Spanish. FREE for members**

WINTER DAY CAMP | BORDER VIEW FAMILY YMCA

DEC. 31-JAN. 4 | JAN. 7-11 | JAN. 14 & JAN. 21

Our Winter Camps run over the break 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. Prices vary depending on camp selection. There will be no camp on January 1. Scholarships are available. **Visit YMCA.org or the Welcome Center for information**

HEALTHY LIVING NUTRITION CLASS BORDER VIEW FAMILY YMCA

TUESDAYS | JANUARY 8, 15, 22 & 28 | 4:30-5:30PM

This program will provide nutrition tools and help break down nutrition principles while focusing on food behavior and sustainable lifestyle changes. Our registered dietitian, Diorella Gatchalian Rioveros, will be leading the class and will guide you through the essential steps of developing healthy eating habits. **Members \$100 | Participants \$125**

WINTER YOUTH BASKETBALL AND FUTSAL/SOCCER BORDER VIEW FAMILY YMCA GYMNASIUM

Registration is still open for our Youth Sports League. Games begin the weekend of January 26. Register before January 7, as prices increase by \$15. **Visit YMCA.org or the Welcome Center information**

FREQUENT Y'ER

Visit the Y 12 times in the month of January and enter to win one FREE month of membership.

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!

KICKSTART PROGRAM

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.