



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MARCH

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...

ACHIEVE
★ MORE ★
TOGETHER

Personal training is all about finding your strength within. Our certified personal training staff partners with you to launch and sustain a smart exercise program. It's not about the big gains — it's about the development of better habits over time.

Get 10% off personal training packages of 5, 10, 15 and 20 sessions in the month of March!

Visit our Welcome Center or call (619) 428-9622 for more information.

MAR 1 **YAA MEET & GREET**
10:00am-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**

MAR 15 **MEMBER APPRECIATION DAY**
10:00am-11:00am **BORDER VIEW Y LOBBY**

We love our members! Stop by our lobby for a refreshing green smoothie sample to boost your morning! Available while supplies last. **FREE for members**

MAR 21 **DRIVING & MEMORY LOSS WORKSHOP (IN SPANISH)**
10:30am-12:00pm **CONFERENCE ROOM**

Dementia causes memory and visual changes that impact the ability to drive safely. Learn about methods for evaluating driver safety, transportation resources, and tips for having difficult conversations about driving and keeping everyone safe. This workshop will be held in Spanish. **FREE & open to the community**

MAR 31 **SNOW CONE 5K & 1 MILE FUN RUN**
9:00-11:30am **BAYSIDE PARK 900 MARINA PKWY, CHULA VISTA, CA 91910**

Join the fun at the family friendly SnowCone 5K & 1 Mile Run/Walk. Enjoy the views of the Marina and San Diego Bay as you run/walk the route. Registration includes a bib, 5K T-shirt and snow cone. Fill out a registration form online or contact macierto@ymca.org. **Registration: \$20**

SPRING DAY CAMP | BORDER VIEW FAMILY YMCA
MARCH 25-29 & APRIL 1-5

Our Spring Camps run two weeks 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 depending on camp selection. Scholarships are available. **Visit the Welcome Center for information**

FREE PERSONAL TRAINING CONSULTATION
BORDER VIEW FAMILY YMCA

Train and succeed with a FREE Personal Training Consultation. Meet with a personal trainer one-on-one to identify your health, fitness and overall wellness goals. The consultation includes a wellness assessment, program and class recommendations, and a wellness plan tailored to your specific needs. **FREE for members**

FREQUENT Y'R

Visit the Y 12 times in the month of March and enter to win one FREE month of membership. Pick up your Frequent Y'er card at the Welcome Center.

YOUTH BASKETBALL & SOCCER | BORDER VIEW Y

Spring Youth Sports League registration is now open for basketball and soccer. Register before April 1 and save \$15. **Visit YMCA.org or the Welcome Center for information.**

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!