



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MARCH

Calendar of Events
EASTLAKE | SOUTH BAY 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) 421-9622 for more information.

MAR 2
7:30-10:00am

**GIVING SERIES RUN #3 – HALF MARATHON/
5K RUNNING CLUB EVENT**
1898 HONEY SPRINGS RD, JAMUL, CA 91935

As part of the "Giving Run Series," this is the third and final run in the new year benefiting our Y's 2019 Annual Campaign. **Donations are encouraged.**

MAR 3
11:00am-1:00pm

ZUMBA PARTY
SOUTH BAY FAMILY YMCA SPORTS COMPLEX

Join us for a special 2-hour Zumba master class featuring four special guest instructors. Included are gift basket opportunity drawings, prizes, snacks and lots of fun! Proceeds will benefit the YMCA Annual Campaign.

Pre-Registration Cost: Members: \$15 | Participants: \$20
Day of Cost: Members: \$20 | Participants: \$25

MAR 9
11:00am-1:00pm

PEDAL FOR A CAUSE
EASTLAKE YMCA

We invite you to take part in the Eastlake YMCA's first ever Pedal for a Cause event. Join us as we ride to raise funds for the 2019 Annual Campaign. Cyclists can receive sponsorship in the form of donations from family, friends or coworkers. Ride alone or ask others to join you. This event is not limited to Y members. All proceeds will benefit the 2019 Annual Campaign. **\$25 fundraising minimum per 1 hour slot**

MAR 17
9:00-10:00am

MEMBER APPRECIATION DAY
SOUTH BAY Y AND EASTLAKE Y

Stop by the front desk and pick up a sweet treat to celebrate St. Patrick's Day! Available while supplies last. **FREE for members**

MAR 25
9:00-10:00am

MEMBER APPRECIATION DAY
SOUTH BAY Y AND EASTLAKE Y

Celebrate International Waffle Day with us! Stop by the lobby to pick up a healthy and delicious almond butter and apple waffle snack. Available while supplies last. **FREE for members**

MAR 31
10:00am-1:00pm

KIDS FIREFIGHTER CHALLENGE
FIRE STATION #4
(ACROSS FROM THE SOUTH BAY Y)

Join us for a fun filled day where your child can experience what it's like to be a firefighter. They will use fire hoses, crawl through a training structure and learn about fire safety. Event is for ages 2-14 years old. **Participants: \$10 per person (suggested donation)**

**SOUTH BAY FAMILY YMCA TRAIL RUNNING CLUB
SEASON BEGINS | SOUTH BAY FAMILY YMCA**
MARCH 12 | 6:00PM

If your goal is to train for a race or improve your overall fitness, join our South Bay Y Trail Running Club. The club meets every Tuesday at 6:00pm. Participants must feel comfortable running 3-6 miles round trip. Please bring water and a workout towel. **FREE for members**

SPRING DAY CAMP

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 YMCA.org or the Welcome Center for information**

SPRING ACADEMY | LOMA VERDE ELEMENTARY SCHOOL

MARCH 25-29 & APRIL 1-5

Academy is an academic program for students ages 5-12 attending a school with an ASES program. Students at the camp will meet friends and mentors and discover new interests while engaging in enrichment activities focusing on STEAM, sports, games and crafts. **Visit the Welcome Center for information**

GYMNASTICS CLINICS

KARI LYN SUTHERLAND GYMNASTICS CENTER

EVERY FRIDAY | 3:00-3:55PM

MAR 1: TRAMPOLINE & PIT

MAR 8: NINJA BASICS

MAR 15: TEEN GYMNASTICS

MAR 19: CHEER BASICS & TUMBLING

MAR 22: HANDSTANDS, WALKOVERS & CARTWHEELS

Dedicate time to work on the most challenging skills in Levels 1-3 and Tumbling! **Members: \$17 | Participants: \$22**

PICKLEBALL | SOUTH BAY FAMILY YMCA SPORTS COMPLEX

OPEN GYM TUES-THURS 10:30AM-1:30PM

Pickleball is the fastest growing sport in America and will provide you with a great workout. Pickleball is played by 2 or 4 people on a badminton-sized court. Bring your own equipment and paddles. Balls are available for use. **Free & open to the community**

YOUTH BASKETBALL, SOCCER & VOLLEYBALL
EASTLAKE YMCA

Spring Youth Sports League registration is now open for basketball, soccer and volleyball. Register before March 25 and save \$20. **Visit YMCA.org or the Welcome Center for information.**