



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OCTOBER

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.

OCT 5 **YMCA ACTIVE ADULTS (YAA) COFFEE TIME MEET AND GREET**
10am-11am **BORDER VIEW FAMILY YMCA – LOBBY**

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

OCT 12 **YAA EXPLORING IMPERIAL BEACH WALK**
8:30am **IB FORUM SPORTS BAR AND GRILL**

Explore the Tijuana Estuary, one of the few salt marshes remaining in Southern California, as we walk the shoreline (tide permitting) and head to the pier. We will then make our way to Sea 180 for coffee and breakfast. The walk will be approximately 2 miles and will move at a slow pace. Meet at Border View Y at 8:30am or in front of the IB Forum Sports Bar at 8:45am (street parking only). The walk will begin at 9:00am. Wear comfortable shoes. Bring water, a hat, a light jacket, sunscreen, sandals and a towel (if you plan on getting your feet wet). Carpooling is recommended. **FREE for members**

OCT 12 **FAMILY MOVIE NIGHT**
7pm-8:30pm **BORDER VIEW FAMILY YMCA – GYMNASIUM**

Join us for a spooky indoor movie! Come dressed in your best costume and make sure to bring blankets, chairs and your favorite snacks. Free popcorn will be offered. Please register at the Welcome Center. The featured movie is *The Nightmare Before Christmas*. **FREE for members | Participants: \$5**

OCT 18 **MEMBER APPRECIATION DAY – COOKIES & COFFEE**
9am-10am **BORDER VIEW FAMILY YMCA – LOBBY**

We love our members! Stop by our lobby and have a cookie and a cup of coffee at the Y. Thank you for your membership! **FREE for members**

OCT 26 **PINK ZUMBA DANCE PARTY**
7pm-9pm **BORDER VIEW FAMILY YMCA – GYMNASIUM**

Come sweat with us while we Zumba the night away in honor of Breast Cancer Awareness Month. Wear your brightest pink clothes and join us for a 2-hour dance party with some of your favorite Zumba instructors. Please make sure to register at the Welcome Center. **FREE for members | Participants: \$5**

OCT 31 **TRICK-OR-TREAT AT THE Y**
6pm-7pm **BORDER VIEW FAMILY YMCA**

Dress up in your favorite costume and come trick-or-treat at the YMCA! Stop by the Welcome Center for a trick-or-treat map and find goodies throughout the facility. Please make sure to register at the Welcome Center. **FREE for members | Participants \$5**

DID YOU KNOW...

THE IMPACT OF SPORTS

Research from the University of Florida shows that children who participate in youth sports earn better grades and develop better social skills in addition to gaining numerous health benefits.

“Because of the YMCA Sports Program, my daughter learned about loyalty, hard work, determination, self-confidence, teamwork and discipline.”

- Parent of YMCA Sports Program Participant

REGISTER FOR FALL SPORTS – GAMES START OCT. 11

Visit YMCA.org or the Welcome Center for information.

BORDER VIEW FAMILY YMCA FALL DAY CAMP

OCT 1-5 & OCT 8 | 6am-6pm | BORDER VIEW FAMILY YMCA

Our Fall Camps run over the school 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 upon camp selection. Scholarships and one day camps are available. Visit YMCA.org or the Welcome Center for information

FREQUENT Y'R

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

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.

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!

FALL YOUTH BASKETBALL AND SOCCER

BORDER VIEW FAMILY YMCA

Registration is still open for our Youth Sports League. Games begin the week of October 11th. Visit YMCA.org or the Welcome Center for information