



**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.

DID YOU KNOW...

FALL PLAY DAY

Saturday, September 14 | 10:00am-12:00pm

The YMCA and the Childhood Obesity Initiative have partnered to help your child obtain one hour of physical activity daily. Join us for a fun-filled afternoon of fitness activities, games and more! We're making fitness fun and introducing kids to an array of YMCA programs.

Join the Y on Sept. 14 and pay NO JOIN FEE!

FREE & OPEN TO THE COMMUNITY

**SEP 6 YAA MEET & 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**

**SEP 14 FALL PLAY DAY
10:00am-12:00pm BORDER VIEW Y GYMNASIUM & GRASS AREA**

Join us for a fun-filled afternoon of fitness activities, games, arts and crafts and more! We're making fitness fun and introducing kids to an array of YMCA programs that teach healthy behaviors and healthy ways to play. Know someone who's thinking about joining the Y? We'll be waiving the join fee all day! **FREE & open to the community**

**SEP 18 MEMORY LOSS 101 EN ESPANOL
10:00-11:30am BORDER VIEW Y CONFERENCE ROOM**

Discutir la detección temprana y cómo prevenir la pérdida de memoria. **FREE for members.**

**SEP 20 FIESTA NIGHT
6:00-8:30pm BORDER VIEW Y GYMNASIUM**

Put on your best fiesta attire and join us for a night of food, fun and activities for the whole family! Play games such as lotería, enter our raffle for your chance to win and enjoy free snow cones and popcorn. All proceeds from event will benefit the Border View Family YMCA Annual Campaign. **Members: \$10 | Participants: \$15**

**SEP 23 MEMBER APPRECIATION DAY
5:30-8:00pm BORDER VIEW YMCA**

Beat the summer heat with a cool treat! Stop by the lobby for a refreshing smoothie sample. Available while supplies last. **FREE for members**

FREE MEALS FOR KIDS

Monday-Friday | 4:00-6:00pm

We've partnered with Kitchens For Good to serve free meals to youth in our community. Meals are served in the lobby and there is no registration required.

**Volunteers Needed!
Visit the Welcome Center for more information.**



**FALL 2019 DAY CAMP | BORDER VIEW FAMILY YMCA
SEPTEMBER 23 - OCTOBER 4**

Our Fall 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 the camp selection. Scholarships are available. **Visit the Welcome Center for information.**

**FALL YOUTH SOCCER AND BASKETBALL
SEPTEMBER 23 - DECEMBER 7**

Registration is open for our Youth Sports League. Games begin the week of October 12. Register before September 23 and save \$15!

**YAA ACTIVE AGING WEEK
SEPTEMBER 30 - OCTOBER 4**

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. Stop by the Y this week for fun older adult activities!

**YMCA OPEN TO THE COMMUNITY - LABOR DAY
BORDER VIEW FAMILY YMCA**

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

Bring a friend to the Y on Labor Day! To celebrate the holiday, 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!