



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



SEPTEMBER

Calendar of Events
PALOMAR 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 2 YMCA OPEN TO THE COMMUNITY – LABOR DAY
PALOMAR FAMILY YMCA**

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!

**SEP 14 FALL PLAY DAY
PALOMAR FAMILY YMCA**

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 and open to the community**

**SEP 14 NINJA WARRIOR FAMILY NIGHT
PALOMAR FAMILY Y GYMNASTICS CENTER**

Bring your friends and family and put your ninja skills to the test! Have fun decorating your own ninja headband and enjoy delicious healthy snacks. All participants are required to register by phone or in person at the Welcome Center. **Members: FREE | Participants:\$5**

**SEP 21 KIDS Y NIGHT
PALOMAR FAMILY GYMNASTICS CENTER**

Kids Y Night is held on designated Saturdays each month from 5:30-9:00pm. Your child will have a great time under the supervision of well-trained staff while you enjoy some "me time"! Your child will have fun playing on gymnastics equipment, enjoying healthy snacks and making new friends.

**WELCOMING AMERICA WEEK | PALOMAR FAMILY YMCA LOBBY
SEPTEMBER 13 - 22**

Join us for Welcoming America Week, which celebrates the growing movement of communities to fully embrace new Americans and their contributions to the social fabric of our country. Stop by our Welcome Center to see our interactive map and let us know where you're from!

**YAA ACTIVE AGING WEEK
SEPTEMBER 30 - OCTOBER 7**

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!

**LIVESTRONG AT THE Y | PALOMAR FAMILY YMCA
OCTOBER 1 - JANUARY 10 | TUESDAYS & FRIDAYS**

11:00AM-12:30PM
LiveSTRONG is a 12-week exercise program that assists those who are living with, through or beyond cancer to regain strength and connect with other cancer survivors. Space is limited to 12 spots for the fall session. Contact Yvonne Jones to schedule a consultation at (760) 745-7490 ext. 13182 or yjones@ymca.org. **FREE for members & participants**

**YOUTH & PEE WEE SPORTS – FALL REGISTRATION
PALOMAR FAMILY YMCA**

LEAGUES START OCTOBER 12 AND OCTOBER 26
Registration is open for fall youth sports! Instill self-confidence, teamwork, leadership and sportsmanship early to promote a healthy lifestyle to last a lifetime. Register now, assessments start September 28. **Visit YMCA.org or the Welcome Center for more information.**

**ADULT SPORTS LEAGUES | PALOMAR FAMILY YMCA
SEASON STARTS OCTOBER 14**

Put more play in your day! YMCA Adult Sports programs offer fun ways for men and women to stay active and fit. Bring in your team for an exciting and competitive atmosphere. Leagues offered include Co-ed Volleyball, Men's Basketball, Women's Soccer and Men's Soccer. **Visit YMCA.org or the Welcome Center for more information.**

FREQUENT Y'ER

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