



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



APRIL

**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...

SOUTH BAY FAMILY YMCA

Saturday, April 27 | 10am-12pm

Bring your family to this FREE event and explore fun information, an obstacle course and activities about living a healthy lifestyle from our community partners and staff. Receive giveaways and learn about our Safety Around Water program, which occurs every Saturday in May.

FREE AND OPEN TO THE COMMUNITY

Healthy Kids Day®

**AWAKEN
SUMMER
IMAGINATION!**

**APR 2 MEMBER APPRECIATION DAY
9:00-10:00am EASTLAKE & SOUTH BAY FAMILY YMCA**

It's National Peanut Butter and Jelly Day! Celebrate with us by stopping by the lobby to pick up a delicious PB&J snack! Available while supplies last. **FREE for members**

**APR 8 FREE WELLNESS ASSESSMENTS
9:00-11:00am EASTLAKE & SOUTH BAY FAMILY YMCA**

Are you meeting your wellness goals? We'll be providing free Wellness Assessments to provide that initial spark. Stop by to receive a body composition reading and discuss goal setting with a Personal Trainer. **FREE for members**

**APR 20 ADVENTURE HIKING CLUB - KWAAY PAAY TRAIL
7:00-9:00am FATHER JUNIPERO SERRA TRAIL
SAN DIEGO, CA 92119**

Come hike with us! Hit the trails with the Adventure Hiking Club as we take on the Kwaay Paay Peak Trail. Meet at 6:45am. The hike will begin at 7:00am. Bring water and sunscreen. **FREE for members & guests**

**APR 22 MEMBER APPRECIATION DAY
9:00-10:00am EASTLAKE & SOUTH BAY FAMILY YMCA**

Happy Earth Day! Earth Day aims to inspire awareness and appreciation for our environment. We'll be giving away DIY plantable seed starter kits that are sure to get you excited about nature. Stop by the lobby to pick one up for you or your child! **FREE for members**

**APR 23 YMCA ACTIVE ADULTS (YAA) BOOK CLUB
11:30am-1:00pm SOUTH BAY FAMILY Y MULTI-PURPOSE ROOM**

Join our South Bay Family YMCA Book Club to discuss the book of the month. Bring a brown bag lunch or food enough to share. April's book of the month is *Burning Bright* by Tracy Chevalier. For more information about the book club, speak with a book club volunteer or contact Michelle Manly at mmanly@ymca.org. **FREE for members**

**APR 29 MAINTAINING YOUR BRAIN HEALTH WORKSHOP
10:00am-12:00pm SOUTH BAY FAMILY Y MULTI-PURPOSE ROOM**

Like the rest of your body, your brain changes with each passing year. Learn about the latest research on lifestyle changes and strategies to maintain your brain health from Alzheimer's San Diego. **FREE & open to the community**

DASH LOTTERY: APPLICATION & SUBMISSION SOUTH BAY FAMILY YMCA

APRIL 8-19

DASH is an after school program which focuses on recreation activities. Parents will have an opportunity to submit an application and receive a lottery number. The DASH program is located on 26 Chula Vista Elementary School District campuses. **Registration fee: \$50**

SPRING DAY CAMP | HEDENKAMP ELEMENTARY SCHOOL

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. 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 Y ACADEMY | LOMA VERDE ELEMENTARY SCHOOL

APRIL 1-5

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

ELP BEFORE & AFTER SCHOOL CARE ENROLLMENT | STRETCH/ FLEX, REACH, STAR, LEAP, LEAD, RISE AND RISING STARS

APRIL 15-26

We will be accepting applications for the 2019-20 school year for our Extended Learning Programs (ELP). Applications will be available starting on Monday, April 8. Students will be enrolled based on the enrollment criteria point system. **Visit the Welcome Center for information.**

ANIMAL SUPPLIES DRIVE | EASTLAKE & SOUTH BAY Y LOBBIES

We love our furry friends and in April we will be collecting pet supplies for the Chula Vista Animal Care Facility. We are currently collecting donations for dogs, cats and bunnies so stop by our Welcome Center for a current list of needed supplies.

YOUTH BASKETBALL, SOCCER & VOLLEYBALL SOUTH BAY FAMILY YMCA SPORTS COMPLEX

APRIL 12-JUNE 22

Strive for greatness! Spring Youth Sports League registration is open for basketball, soccer and volleyball. Practices begin the week of April 22. **Visit YMCA.org or the Welcome Center for information.**

FITNESS 101 MINI-WORKSHOPS

Proper exercise form yields better end results and reduces the risk of injury. We'll be holding mini-workshops in the Wellness Center that will go over specific exercises. Our coaches will cover proper form and how to execute the exercises efficiently.

APRIL 2 | 4:00-4:30PM (EASTLAKE Y)

Aish: proper squats

APRIL 23 | 4:00-4:30PM (SOUTH BAY Y)

Mikey: proper dead-lift