



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FEBRUARY

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...

### WELLNESS WHEEL

We encourage our members to take advantage of our FREE KickStart, Teen Fit and Family Orientation programs that allow you to work with a Wellness Coach to create a personalized fitness plan. Once you complete an appointment, you will have an opportunity to spin our Wellness Wheel to win prizes such as **Y gear, a free personal training session, a \$25 program credit and more!**

Visit our Welcome Center or call (619) 421-9622 for more information!

**FEB 2**  
7:45-10:00am

**GIVING SERIES RUN #2 15K/5K  
RUNNING CLUB EVENT**  
2165 WUESTE RD, CHULA VISTA, CA 91915

Join the South Bay Family YMCA Trail Running Club as they host a 15K/5K run benefiting the 2019 Annual Campaign. Pick up a flyer for registration and route information. Donations are encouraged. **FREE for members**

**FEB 3**  
9:15am-12:20pm

**YMCA SWIM MEET**  
**SOUTH BAY Y POOL**

Come cheer on your South Bay Y Hurricanes! This is an introductory meet for all YMCA swimmers in San Diego, ages 6-18. Spectators are welcome and volunteers are appreciated.

**FEB 10**  
4:30-7:30pm

**11TH ANNUAL SWEETHEARTS DANCE**  
**EASTLAKE SPORTS COMPLEX**

Join us for our 11th Annual Sweethearts Dance! Bring your special little one(s) to an enchanted evening at the YMCA. Enjoy dinner, dessert and dancing in addition to other exciting activities. The night will also include opportunity drawings, fingernail painting, a photo booth, goodie bags and making special memories that will last a lifetime!  
**Members: \$50 | Participants: \$60 | Additional Children: \$15**

**FEB 14**  
9:00-10:00am

**MEMBER APPRECIATION – FRUIT KABOBS**  
**SOUTH BAY Y AND EASTLAKE Y**

We LOVE our members! In honor of Valentine's Day, we'll be offering free fruit kabob snacks to all our members. Available while supplies last.  
**FREE for members**

**FEB 15**  
5:00-8:30pm

**PARENT'S TIME AWAY**  
**EASTLAKE YMCA**

Enjoy an evening out while your child(ren) are safely playing at the Eastlake YMCA. Children will enjoy many fun activities. Please pack a healthy dinner and water for your child(ren) to enjoy. For children 3-12 years old. Must be potty-trained. **Members: \$22 | Participants: \$27**

**FEB 17**  
12:30-1:00pm

**PENGUIN PLUNGE**  
**SOUTH BAY Y INSTRUCTIONAL POOL**

Enjoy fun penguin activities as we waddle like penguins, chase icebergs and push snowballs in the warm pool. Also, free swim lesson assessments will be provided if you're not sure which stage of lessons is right for your child.  
**Members: FREE | Participants: \$5**

**FEB 26**  
11:30am-1:00pm

**YMCA ACTIVE ADULTS (YAA) BOOK CLUB**  
**SOUTH BAY Y MULTI-PURPOSE ROOM**

Join our South Bay Family YMCA Book Club to discuss the book of the month. Bring your own lunch or food to share. February's book of the month is *The Nightingale* by Kristin Hannah. **FREE for members**

**SOUTH BAY Y PRESCHOOL OPEN HOUSE**  
**VISTA SQUARE ELEMENTARY**  
**540 G STREET, CHULA VISTA, CA 91910, ROOM 911**  
FEBRUARY 9 | 10:00AM-12:00PM

Join us at our South Bay Y Preschool Open House and learn why the South Bay Family YMCA Early Enrichment Center is a great place for your child to learn, play and grow! **Please RSVP by emailing [msacalamitao@ymca.org](mailto:msacalamitao@ymca.org)**

**PRESIDENT'S WEEKEND DAY CAMP**  
**EASTLAKE SPORTS COMPLEX**  
FEBRUARY 15 & 18

Our camps run 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](http://YMCA.org) or the Welcome Center for information**

**GYMNASTICS CLINICS | KARI LYN SUTHERLAND**  
**GYMNASTICS CENTER**  
EVERY FRIDAY | 3:00-3:55PM

Dedicate time to work on the most challenging skills in Levels 1-3 and Tumbling through these clinics!

Feb 1: Trampoline & Pit      Feb 15: Teen Gymnastics  
Feb 8: Ninja Basics      Feb 22: Cheer Basics & Tumbling

**Members: \$17 | Participants: \$22**

**CARTWHEEL-A-THON | KARI LYN SUTHERLAND**  
**GYMNASTICS CENTER**  
FEBRUARY 18-FEBRUARY 23

Participants will have 5 minutes at the end of class to perform as many cartwheels as they can to raise money for the Y's 2019 Annual Campaign! Prizes will be awarded based on amount raised. **FREE Prizes and invitations to the exclusive after party based on amount raised**

**TEAM CHALLENGE | EASTLAKE & SOUTH BAY FAMILY YMCA**  
EVERY FRIDAY | 3:00-3:55PM

Team Challenge is a team training program where each week you earn points for you and your team to win the grand prize. The program will focus on helping you become a better "YOU!" Reserve your spot today and visit the Welcome Center for more information.  
**Members: \$280 | Participants: \$350**

**PEE WEE SPORTS | EASTLAKE YMCA**  
MARCH 9-APRIL 13

Sign up today for our Pee Wee Sports programs designed for children ages 3-5. Choose from basketball, soccer or T-ball.  
**Visit the Welcome Center for information**