



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JANUARY

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...

GET ON TRACK! FREE Y GEAR

In January, we are kicking off our Wellness Tracks to help you become happier and healthier in 2019. Choose one of the 5 tracks and select 3 activities with a YMCA staff. Complete the activities, have YMCA staff sign your Activity Sheet and earn FREE Y gear!

- Complete 1st Activity: FREE Y Water Bottle
- Complete 2nd Activity: FREE Y Drawstring Backpack
- Complete 3rd Activity: FREE Y Workout Towel

JAN 1 COMMIT TO BE FIT NEW YEAR'S DAY RUN 8:00-10:30am SOUTH BAY FAMILY YMCA

Kick off 2019 with a 5K or 10K trail run with the South Bay Family YMCA Trail Running Club. As part of the "Giving Series," this is the first run of three in the New Year. Join us after the run for coffee, snacks and pictures in the Multi-Purpose Room. Run is for ages 13+. Please check in between 7:00-7:45am. **FREE for members**

JAN 8 YAA JANUARY BIRTHDAY SOCIAL 9:30-10:00am SOUTH BAY Y MULTI-PURPOSE ROOM

If you are celebrating a birthday in the month of January, join other YMCA Active Adults for a monthly social with coffee, tea, snacks and a fun picture booth to celebrate YOU! **FREE for members**

JAN 16 MEMORY LOSS 101 10:00am-12:00pm SOUTH BAY FAMILY YMCA

Join us for a comprehensive overview of memory loss, Alzheimer's disease and other types of dementia. Learn about risk factors, signs and symptoms. **FREE for members and participants**

JAN 23 & 25 PARENT WORKSHOP – STAY ACTIVE TOGETHER 5:00-6:30pm SOUTH BAY Y (JAN. 23) EASTLAKE Y (JAN. 25)

Playing together builds bonds, not to mention hours of fun. This free workshop is geared toward parents of preschool aged children and aims to promote and inspire active play to keep kids healthy.

JAN 28 YAA SOUP N' BOWL POTLUCK 12:00-1:00pm SOUTH BAY Y MULTI-PURPOSE ROOM

In celebration of the 2019 "Soup'er Bowl, join us for another fun and exciting Y Active Adults potluck. Bring a friend and a favorite soup to share! **FREE for members and participants**

WINTER DAY CAMP | CASILLAS ELEMENTARY SCHOOL & Y SPORTS COMPLEX

DEC. 31-JAN. 4 & JAN. 7-11 (CASILLAS ELEMENTARY SCHOOL)
JAN. 14 & JAN. 21 (EASTLAKE SPORTS COMPLEX)

Our Winter 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. Prices vary depending on camp selection. There will be no camp on January 1. Scholarships are available. **Visit YMCA.org or the Welcome Center for information**

WINTER ACADEMY | LOMA VERDE ELEMENTARY SCHOOL DECEMBER 31-JANUARY 4 & JANUARY 7-11

Academy is an academic program for students ages 5-12 attending a school with an ASES program. Students at the camp will meet friends and mentors and discover new interests while engaging in enrichment activities focusing on STEAM. Sports, games and crafts are also part of the activities. There will be no Academy on January 1. **Visit YMCA.org or the Welcome Center for information**

BRAZILIAN JIU JITSU | SOUTH BAY Y & EASTLAKE SPORTS COMPLEX

Participants will learn self-defense techniques such as throws and joint-locks while gaining self-confidence and mental discipline. Our YMCA instructors have 25 years of cumulative experience and emphasize anti-bullying and sportsmanship. During the monthly session, we will focus on specific skills and character values while having fun!

Members \$200 | Participants \$250

GYMNASTICS BAR CLINICS LEVELS 1 & 2 KARI LYN SUTHERLAND GYMNASTICS CENTER EVERY FRIDAY | 3:00-3:55PM

Our bar clinics are designed to help improve your child's bar skills. Flexible scheduling allows you to sign up for only the Fridays you would like to attend. Appropriate for Levels 1, 2, 3, Pre-team, Super Stars, Mini Bolts, Boys Beginning and Boys Intermediate. **Members \$17 | Participants \$22**

GYMVENTURES 3 – GYMNASTICS CLASSES KARI LYN SUTHERLAND GYMNASTICS CENTER

Sign up today for our gymnastics class designed specifically for 3 year olds! This 45-minute class helps your child develop motor skills, listening skills, balance and coordination while introducing basic movements on the gymnastics equipment. Days and times vary. **Members \$57 | Participants \$74**

YOUTH GOLF SESSION | JR SOUTH BAY GOLF CENTER JANUARY 7-11 | 10:30AM-12:30PM

Looking for a fun activity for your child this winter break? Our golf program for youth ages 8-14 is a great way for kids of all skill levels to learn the fundamentals of golf from experienced instructors. All equipment is provided and drop in rates are available. **Members \$200 | Participants \$250**

WINTER YOUTH BASKETBALL, SOCCER & VOLLEYBALL EASTLAKE SPORTS COMPLEX

January 11-March 16
Registration is still open for our Youth Sports League. Games begin the weekend of January 25th. **Visit YMCA.org or the Welcome Center information.**