



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JUNE

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...

REFERRAL CONTEST: REFER FRIENDS & RECEIVE AN APPLE WATCH!

The YMCA will give away an Apple Watch to the person who refers the most new members by June 30, 2019*. Also, for every new member you refer, you get a FREE MONTH OF MEMBERSHIP! For more information, visit the Welcome Center or call (619) 421-9622

*New referred members must maintain their membership for at least 90 days. To qualify as a referral, the new member must have the referrer's name on their membership application. Winners will be determined after June 30, 2019 and will be notified by the YMCA.

SUMMER 2019 DAY CAMP | TIFFANY ELEMENTARY SCHOOL AND SOUTH BAY FAMILY YMCA SPORTS COMPLEX 6 WEEKS | MONDAY-FRIDAY | JUNE 6 – JULY 19

Our Summer Camps run six weeks over the summer 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 depending on camp selection. Scholarships are available. Visit YMCA.org or the Welcome Center for information.

SUMMER 2019 Y ACADEMY | LOMA VERDE ELEMENTARY JUNE 10-JULY 12

Y 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, discover new interests, and engage in enrichment activities focusing on STEAM and sports. Games and crafts are also part of the activities. Visit the Welcome Center for information.

KICKSTART PROGRAM

Do you want to refine or enhance your workout routine? Members receive three FREE one-on-one KickStart appointments with a Wellness Coach. Get a better understanding of how to accomplish your goals, learn how to use equipment and find an ideal fitness plan that works for you. Schedule your first appointment today! **FREE for members**

TEAM CHALLENGE

JUNE 3-JULY 13

Team Challenge is a 6-week specialty program in which different teams compete to lose weight/body fat and improve performance. New to the program is a pre and post strength and conditioning assessment for each participant. It doesn't matter if you are a gym veteran or are new to working out, the assessment will be fair to all participants and will be based off of improvement. **Register at the Welcome Center or online today!**

JUN 1 ORANGE CRATE DERBY BUILD-A-CAR WORKSHOP

9:00-10:30am

GOODRICH TEEN CENTER

The Chula Vista Sunrise Rotary is hosting three build-a-car workshops at the YMCA Goodrich Teen Center for the 39th Annual Orange Crate on August 17th and 18th. Additional workshops will be held on July 13th and August 3rd. **FREE & open to the community**

JUN 6

MEMBER APPRECIATION DAY

EASTLAKE YMCA & SOUTH BAY FAMILY YMCA

It's National Yo-Yo Day! We're celebrating by giving away free yo-yos! Stop by the front desk to pick up yours and try your hand at tricks like The Sleeper, Walk the Dog, or Around the World. Available while supplies last. **FREE for members**

JUN 15

PRESCHOOL OPEN HOUSE

10:00am-12:00pm

VISTA SQUARE ELEMENTARY

540 G Street, Room 911, Chula Vista, CA 91910

Join us for our 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! Take a tour, meet the staff and discover why our preschool is one of South Bay's best kept secrets! **FREE & open to the community**

JUN 20

YAA SUMMER KICKOFF POTLUCK SOCIAL

12:00-2:00pm

SOUTH BAY FAMILY Y OUTDOOR COURTYARD

Join us for a summer potluck at our South Bay Family YMCA. Enjoy good food, great company, fitness activities and fun picnic games! Bring your favorite dish, lawn chairs, sunscreen, park games, friends and grandkids too. RSVP online or at the Welcome Center by June 6. **FREE for members & guests**

JUN 25

YMCA ACTIVE ADULTS (YAA) BOOK CLUB

11:30am-1:00pm

SOUTH BAY YMCA MULTI-PURPOSE ROOM

Join our South Bay Family YMCA Book Club to discuss the book of the month. Bring your own lunch or food enough to share. June's book of the month is *The Martian* by Andy Weir. Speak with a Book Club volunteer or contact Michelle Manly mmanly@ymca.org with questions. **FREE for members**

JUN 28

PARENT'S TIME AWAY

5:00-8:30pm

SOUTH BAY FAMILY YMCA CHILD WATCH

Take some time for yourself while we take care of your little one! Pack your child a healthy dinner and drop them off to enjoy games, crafts, music and more. For children ages 3-12. **Members: \$23 | Participants: \$28**