



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MAY

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...

YMCA MEMBER SURVEY – SEER ANALYTICS APRIL 29 – MAY 19

Check your email! Through April and May, members will be emailed a member survey from our member satisfaction partner, SEER Analytics. Please complete the survey with your honest feedback. Your input and satisfaction are very important to us, and your survey results will help us keep doing what you love and make improvements you want to see!

MAY 6 FREE WELLNESS ASSESSMENT 5:00-7:00pm SOUTH BAY FAMILY YMCA WELLNESS CENTER

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**

MAY 7 PARENT-CHILD LEARN & PLAY CLASS 10:30am-11:30am SOUTH BAY FAMILY Y – STUDIO 3

Join us as we celebrate mom! This class will include fun activities with your toddler, crafts, a photo booth and more. **FREE for members**

MAY 9 YMCA ACTIVE ADULT'S (YAA) MOTHER'S DAY 12:00-1:30pm TEA TIME SOCIAL EASTLAKE YMCA

Celebrate spring and Mother's Day at our next fun YAA social event. Enjoy a hot cup of tea and delicious desserts. Wear your fancy hat and bring a friend! **FREE for members**

MAY 10 PARENT'S TIME AWAY 9:00am-12:30pm EASTLAKE CHILD WATCH

Take some time for yourself while we take care of your little one! Drop your child off to enjoy games, crafts, music and more. **Members: \$23 | Participants: \$28**

MAY 11 MAY FLOWERS – SPRING SWIM EVENT 1:00-1:30pm SOUTH BAY FAMILY Y POOL DECK

April showers brought the May flowers! Come swim in a pool of flowers and choose one to bring home to mom. We'll swim through the flowers in our instructional pool. We'll also be doing free swim lesson assessments! Please register at the Welcome Center. **Members: FREE | Participants: \$5**

MAY 18 ADVENTURE HIKING CLUB 7:00-9:00am ROCK HOUSE HIKE, MOTHER MIGUEL MT.

Come hike with us! Join our Adventure Hiking Club as we take on the Rock House Trail. Enjoy views of Mexico, Coronado and Downtown San Diego. Four legged friends are welcome on a leash. Meet at the Mother Miguel Trail head at 6:45am. **FREE for members and guests**

MAY 22 17TH ANNUAL YMCA DAY AT THE BAY 9:00am-12:30pm MISSION BAY AQUATICS CENTER 1001 Santa Clara Place, San Diego 92109

Celebrate National Senior Health & Fitness Day with a fun day at the bay. Join us for lunch and activities like sailing, kayaking, exercise classes, a bay walk and more! Bus transportation is included. **Members: \$30 | Participants: \$40**

CHILD & YOUTH DEVELOPMENT S.T.E.A.M. FAIR | SOUTH BAY FAMILY YMCA SPORTS COMPLEX MAY 23 | 5:30-6:30PM

Join us for our 6th Annual Child & Youth Development STEAM Fair. STEAM stands for Science, Technology, Engineering, Arts and Math and is an important part of our educational programming. We will have a variety of exciting STEAM activities, arts and crafts, opportunity drawings, goodies and more! We invite all families and friends to come and join our festivities at the STEAM fair! **FREE & open to the community**

30-DAY BOOTCAMP CHALLENGE | SOUTH BAY FAMILY YMCA MAY 1-31 | WEDNESDAYS 9:00-10:00AM OR 6:00-7:00PM

Challenge yourself! Join our Bootcamp Challenge and let our instructors push you to a whole new level of fitness. Four weeks of workouts will strengthen every muscle, improve your endurance and give you the results you have been looking for. **Members: \$45 | Participants: \$60**

LICENSED CHILDCARE 2019-20 REGISTRATION | SOUTH BAY FAMILY YMCA

PRIORITY REGISTRATION: MAY 13-24 | 7:00AM-7:00PM
OPEN REGISTRATION: MAY 28 | 7:00AM-7:00PM
The Y offers before and after school care programs on school campuses throughout San Diego County from 6:00am to 6:30pm. Priority registration for all current Licensed Childcare families for the 2019-20 school year begins May 13. Open registration for all new families begins May 28. Please visit our website for the packet and come prepared with it filled out to expedite your registration process. The program is very popular so please expect wait times. **\$50 registration fee waived for all YMCA members**

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

Registration is open for our Summer Day Camps! Our Summer Camps run for 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 options available depending on camp selection. Scholarships are available. **Visit YMCA.org or the Welcome Center for information**