



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NOVEMBER

Calendar of Events
SOUTH BAY FAMILY YMCA | EASTLAKE 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.

NOV 3 **FALL FLING GYMNASTICS COMPETITION**
8:00am-9:00pm **EASTLAKE YMCA**

Support your South Bay Gymnastics team at this USA Gymnastics sanctioned competition! Teams from all over Southern California will compete in Levels 2-5! **Adults: \$10 | Children: \$5**

NOV 5 **TRAINER TALK**
5:00-7:00pm **SOUTH BAY Y LOBBY**

Meet with a certified personal trainer to learn more about enhancing your fitness goals, general nutrition and receive your FREE wellness assessment. **FREE for members**

NOV 6 **YMCA ACTIVE ADULTS (YAA) NOVEMBER BIRTHDAY SOCIAL**
9:30-10:00am **SOUTH BAY Y MULTI-PURPOSE ROOM**

If you are celebrating a birthday in the month of November, join your fellow YAA's for a monthly social with coffee, tea, snacks and a fun picture booth to celebrate YOU! **FREE for members**

NOV 10 **GYMNASTICS PERFORMANCE DAY**
1:30-5:30pm **EASTLAKE YMCA**

Cheer on your favorite gymnast as they show their skills in our fall Gymnastics Performance Day! Friends and family are invited into our gymnastics center to enjoy an afternoon of gymnastics and a medal ceremony! **FREE for everyone**

NOV 13 **MEMBER APPRECIATION DAY**
9:00-10:00am **SOUTH BAY AND EASTLAKE LOBBY**

We're thankful for our members! Join us in the lobby for a special THANK YOU treat. Have a cup of hot cider and a sweet treat on us! **FREE for members**

NOV 22 **19TH ANNUAL THANKSGIVING PRE-PIG OUT WORKOUT**
7:00-11:00am **SOUTH BAY FAMILY YMCA**

Workout before you pig out on Thanksgiving morning. We will host a special modified group exercise schedule. The South Bay Y Trail Runners Club will also host a special 10K and the Hiking Club will have a 5K Hike/Walk. **FREE for members and guests**

NOV 30 **MILITARY FAMILY APPRECIATION BBQ**
6:00-8:00pm **SOUTH BAY FAMILY YMCA**

The Y is proud to support our nation's service members and families. We invite all military families and friends to join us for a special BBQ. The evening will be full of food and fun. Thank you for your service and sacrifice! Please register online or at the Welcome Center. **FREE for military families and friends**

DID YOU KNOW...

STRENGTHENING MILITARY FAMILIES

San Diego is home to the nation's largest concentration of military personnel. Our military is a huge part of our history, sense of community and vibrant culture. The YMCA of San Diego County is proud to serve nearly 20,000 military members. All YMCAs throughout the county offer active duty military and veterans 10% off membership dues and do not charge a join fee.

Military families are welcome to use any YMCA FREE from November 5-11.

Join us for the Military Family Appreciation BBQ on November 30th! **FREE for military families and friends.**



FRIENDS SAVE BIG – WAIVED JOIN FEE FOR REFERRALS

Friends save big in November! That's because when your friend joins, you get a FREE month of membership and their join fee is waived!

SEER AQUATICS SURVEY

OCTOBER 25-NOVEMBER 15

Have you received a "SEER Aquatics Survey" email? We've teamed up with SEER Analytics, a third-party email survey provider, to help us learn how we can better serve your family. Please complete the survey to help us enhance your child's experience.

TEAM CHALLENGE WORKOUTS

Come discover why our weight loss challenge is THE BEST in town! Get a taste of this season's Team Challenge with a free workout with the teams.
Big 3 Workout and Nutrition Workshop Eastlake: 11/3 - 8:00am
Boot Camp Workout South Bay: 11/10 - 8:00am

DONATE WRAPPING PAPER AND TAPE | SOUTH BAY AND EASTLAKE Y WELCOME CENTER

November 1 - December 14

We are seeking donations of holiday wrapping paper and clear tape to support our annual Toys for Tots Gift of Giving event. Volunteers will be wrapping gifts in December to provide free toys for those in need.

NOVEMBER DAY CAMPS | YMCA SPORTS COMPLEX

NOVEMBER 12 | NOVEMBER 19-21

When school is out, the Y is in! Our November camps support youth in making new friends, achieving goals and feeling a special sense of belonging. Scholarships are available. Visit YMCA.org or the Welcome Center for information.

WHAT ARE YOU THANKFUL FOR? | SOUTH BAY AND EASTLAKE Y WELCOME CENTER

What are you thankful for? November is a time to reflect on the year and remember reasons to give thanks. Stop by our Welcome Center and leave a note on our board for what you're thankful for!