



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OCTOBER

Calendar of Events

SOUTH BAY FAMILY YMCA | EASTLAKE 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...

THE IMPACT OF SPORTS

Research from the University of Florida shows that children who participate in youth sports earn better grades and develop better social skills in addition to gaining numerous health benefits.

"Because of the YMCA Sports Program, my daughter learned about loyalty, hard work, determination, self-confidence, teamwork and discipline."

- Parent of YMCA Sports Program Participant

REGISTER FOR FALL SPORTS – PRACTICE STARTS OCT. 6
Visit YMCA.org or the Welcome Center for information.

OCT 12 9:30am-12:30pm **SAN DIEGO ALZHEIMER'S WORKSHOP – ADJUSTING TO LIFE WITH DEMENTIA**
SOUTH BAY FAMILY YMCA – MULTI-PURPOSE ROOM

Join our community partner, the San Diego Alzheimer's Association, as they provide information on living with Alzheimer's and adjusting to life with dementia. **FREE for members**

OCT 26 5pm-6pm **FALL YOUTH DANCE HIP HOP PERFORMANCES**
SOUTH BAY FAMILY YMCA – FRONT LAWN

Check out the Youth Dance program performances as they showcase their hip hop routines to celebrate the Halloween season! **FREE for members**

SOUTH BAY FAMILY YMCA FALL DAY CAMP

OCT 1-5, VALLE LINDO ELEMENTARY | OCT 8, SPORTS COMPLEX

Our Fall Camps run over the school 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 upon camp selection. Scholarships and one day camps are available. Visit YMCA.org or the Welcome Center for information

SOUTH BAY FAMILY YMCA FALL 2018 ACADEMY

OCT 1-5, LOMA VERDE ELEMENTARY SCHOOL

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 program. Visit the Welcome Center for information

FALL YOUTH BASKETBALL, SOCCER & VOLLEYBALL

SEP 29 - DEC 8 | EASTLAKE SPORTS COMPLEX

Registration is still open for our Youth Sports. Games begin the weekend of October 13th and practice starts on October 6th. Visit YMCA.org or the Welcome Center for information

TRAINER TALKS

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

SOUTH BAY 10/2 – 9am – 11am | Lobby

EASTLAKE 10/2 – 6pm – 8pm | Wellness Center

LES MILLS NEW RELEASE LAUNCH

New Music. New Choreography. Experience the new Les Mills releases! Pick up a priority card at Welcome Center. **FREE for members**

BODYPUMP® 107 SOUTH BAY: 10/8 – 7pm | 10/9 – 9am
EASTLAKE: 10/12 – 9am

CXWORX® SOUTH BAY: 10/12 – 10am

BODYCOMBAT 77® EASTLAKE: 10/13 – 8am

HALLOWEEN EVENTS

OCT 26 5pm-9pm **HALLOWEEN SPOOKTACULAR SHOW**
SOUTH BAY FAMILY YMCA – FRONT LAWN

Enjoy games, dance presentations, popcorn and a SPOOKY MOVIE on the front lawn. Bring your chairs and blankets to enjoy a FRIGHTFUL FRIDAY NIGHT! **FREE for members**

OCT 30 10:30-11:30am **FUN FOR TOTS – HALLOWEEN EDITION**
SOUTH BAY FAMILY YMCA – STUDIO 3

Come in your Halloween costume and trick or treat around the Y to get some goodies! **FREE for members**

OCT 31 12pm-1pm **YAA HALLOWEEN SOCIAL**
SOUTH BAY FAMILY YMCA – MULTI-PURPOSE ROOM

Join us for another fun potluck social with your friends at the YMCA! Bring a friend and your favorite dish to share for this special Halloween social. RSVP at the Welcome Center. **FREE for members and guests**

OCT 31 All Day **HALLOWEEN DOOR DECORATING CONTEST**
EASTLAKE FAMILY YMCA

Come by our Eastlake facility and let us know which door wins your vote for the SPOOKIEST you've ever seen! **FREE for members and guests**

OCT 31 12pm-1pm **PLAY PLACE HALLOWEEN TEA PARTY**
EASTLAKE FAMILY YMCA

Wear your Halloween costume and join us for our Play Place Tea Party! All children ages 5 and under are welcome. Open gym will be held 12-1pm and kids will receive a treat at the end of the hour. Space is limited to the first 50 children. **FREE for members | Participants: \$10**