



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



SEPTEMBER

**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...

FALL PLAY DAY

SOUTH BAY: Saturday, September 14 | 10:00am-12:00pm
EASTLAKE: Tuesday, September 17 | 5:30-6:30pm

The YMCA and the Childhood Obesity Initiative have partnered to help your child obtain one hour of physical activity daily. Join us for a fun-filled afternoon of fitness activities, games and more! We're making fitness fun and introducing kids to an array of YMCA programs.

Join the Y on Sept. 14 and pay NO JOIN FEE!

FREE & OPEN TO THE COMMUNITY

SEP 2 YMCA OPEN TO THE COMMUNITY – LABOR DAY
EASTLAKE & SOUTH BAY FAMILY YMCA

Holiday Hours:
7:00am-2:00pm

Bring a friend to the Y on Labor Day! To celebrate the holiday, we are opening our facilities to everyone! Also, if someone you bring joins and lists you as the person who referred them, you will get a full month of membership absolutely FREE!

SEP 7 DANCE FITNESS PARTY!
EASTLAKE YMCA MONSTER ROOM

Join us for one of the BIGGEST dance parties of the year as you dance your way in a FUN, ENERGIZING event benefiting the Eastlake YMCA Annual Support Campaign. Experience World of Dance U-Jam Fitness with special guest instructors. All dance levels are welcome. Wear black, purple, white or grey for the party! Register online or at the Welcome Center.
Pre-registration: \$20 | Day of Event: \$25

SEP 12 MEMBER APPRECIATION DAY
EASTLAKE & SOUTH BAY FAMILY YMCA

SB: 5:00-6:00pm
EL: 10:00-11:00am

Ice cream lovers and chocolate lovers rejoice because it's National Chocolate Milkshake Day! Celebrate this deliciously rich dessert with a free chocolate milkshake sample. Available while supplies last.
FREE for members.

SEP 14 EASTLAKE YMCA OPEN HOUSE
EASTLAKE YMCA

Check out all the Y has for families at our Open House event! The Eastlake YMCA will be open all day to the community and we are waiving the join fee! Looking to get active with your kids? Join us from 11:30am-12:30pm for a Family Fitness Circuit that will include cardio, strength and other exercises.

WELCOMING AMERICA WEEK

SOUTH BAY Y LOBBY | EASTLAKE Y WELLNESS CENTER
SEPTEMBER 13 - 22

Join us for Welcoming America Week, which celebrates the growing movement of communities to fully embrace new Americans and their contributions to the social fabric of our country. Stop by our Welcome Center to see our interactive map and let us know where you're from! Join us on September 20 from 11:30am-1:30pm for a special potluck. Bring a dish from your country of origin that represents your ethnicity and celebrates the diverse cultures within our community.

YAA ACTIVE AGING WEEK

SEPTEMBER 30 - OCTOBER 7

We can significantly improve our lives at any stage by staying active physically, mentally and socially. Please join us for a week of exercise, workshops and activities. Stop by the Y this week for fun older adult activities!

FALL 2019 DAY CAMP

SEPTEMBER 23-OCTOBER 4

Our Fall Camps run two weeks over fall 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 depending on camp selection. Scholarships are available. **Visit YMCA.org or the Welcome Center for information.**

COUCH TO 5K

OCTOBER 1-NOVEMBER 5 | TUESDAYS, 6:30-7:30PM

Interested in running a 5K but not sure where or how to start? Couch to 5K is a 6-week beginner training program that will prepare you to cross the finish line at the Silver Strand Veteran's Day race on Sunday, November 10. Meet with a Personal Trainer/Running Coach once a week to create a running plan, set goals and gradually build up your running ability. The cost of program includes the race registration fee, finisher medal and YMCA workout towel.

PARENT/CHILD GYMNASTICS | EASTLAKE YMCA

NEW DAY/TIME: FRIDAY 5PM

Parents join the fun and assist your child in challenging activities that include obstacle courses, trampoline, and group play. This class promotes motor development and coordination. Other times offered: Mon 3pm, Tue 10am, Wed 10am & 3pm, Thu 10am, Sat 9am.