



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



AUGUST

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.

AUG 3 **MEMBER APPRECIATION DAY-HEALTHY EATING**
9:30-10:30am **SOUTH BAY FAMILY YMCA LOBBY**

Celebrate Watermelon Day with the Y! Members can stop by our lobby to enjoy watermelon samples, stickers for children and nutritional information about watermelons. **FREE for Members**

AUG 18 **FLICK 'N FLOAT-FINDING DORY**
7:30-10pm **SOUTH BAY FAMILY YMCA POOL**

Cool off at the Y and join us as we watch **FINDING DORY** on our pool deck. Dress up in DORY or NEMO-inspired attire to enter our costume contest. Bring your swimsuit, towels and friends for a night of fun that is open to all ages. Please register at the front desk prior to August 17. Please arrive between 7:30pm and 8pm for free popcorn. One per person. See you there! **FREE for Members | Participants: \$5**

AUG 19 **HIKING CLUB**
7:30am **RICE CANYON TRAIL - MEET AT SOUTH BAY Y**

The South Bay Family YMCA Hiking Club takes physical activity outdoors by exploring various trails in San Diego. Led by our experienced staff, all hikes are family friendly and accommodate all fitness levels. Meet in front of the South Bay Y on the lawn before driving to the hike. No hiking experience is necessary and this is a great way to meet new friends and have an awesome time with old ones. **FREE for Members**

AUG 19 **PRESCHOOL OPEN HOUSE**
9am-12pm **YMCA EARLY ENRICHMENT CENTER**

Come and tour our YMCA Preschool and meet the friendly staff on Saturday, August 19 from 9am-12pm. You will have an opportunity to explore our Preschool with your little one and learn about our curriculum. Please RSVP to msacalamitao@ymca.org. **FREE and Open to the Community**

AUG 22 **YAA (Y ACTIVE ADULTS) BOOK CLUB MEETING**
11:30am-1pm **SOUTH BAY FAMILY Y MULTI-PURPOSE ROOM**

Join our South Bay Family YMCA Book Club to discuss the book of the month. Bring a brown bag lunch or enough food to share. For a list of the monthly books, please contact Michelle Manly at mmanly@ymca.org or speak with a book club volunteer. **FREE for Members**

AUG 24 **DROP AND SHOP FOR PARENTS**
9:30am-1:15pm **SOUTH BAY FAMILY YMCA CHILD WATCH**

Drop and Shop will give parents the opportunity to take time to themselves and run errands or just simply relax while your child plays games and more. For children ages 3-12 (must be potty trained). Please send your child with water and a snack. Open to members only. **Members: \$22**

AUG 30 **YAA (YMCA ACTIVE ADULTS) DEL MAR RACES**
11:30am-5pm **DEL MAR RACE TRACK**

Join the Y for a fun day at the Del Mar Races. Transportation, lunch and admission are included in the price. The bus will depart in front of South Bay Family YMCA at 11am sharp. Pick up a flier for additional information or visit the Welcome Center. Reserve your spot today! **Members: \$60 | Participants: \$75**

DID YOU KNOW...

BEAT THE HEAT WITH WORKOUTS

Summer heat can impact your workout. Prevent heat exhaustion and dehydration with these simple tips:

- Water is lost in our bodies during higher temperatures. Stay ahead of the "thirst" feeling and drink water throughout the day.
- Workout indoors at a place with air conditioning like the YMCA.
- Perform exercises that provide natural cooling such as swimming.

Need help starting your wellness journey? Talk to a certified personal trainer or take advantage of our FREE 30-day KickStart program.

PRIVATE SWIM LESSONS

JULY 31-AUGUST 31 | SOUTH BAY FAMILY YMCA POOL

If you're looking for personalized attention for yourself or your child, private lessons are the thing for you! We have a great selection of instructors who are trained specifically to meet your needs and can help you reach your swimming goal! Request an instructor for your private lesson today! **Prices vary depending on days and frequency**

YMCA TRAIL RUNNING CLUB SEASON

TUESDAYS | 6pm | SOUTH BAY FAMILY YMCA

If your goal is to train for a race or to improve your overall fitness, join our South Bay Y Trail Running Club. Participants must feel comfortable running 3-6 miles round trip. For more information, contact Michelle Manly at mmanly@ymca.org. Participants must have an activity waiver form on file. Check in with the instructor prior to the run and a water and towel are mandatory. **FREE for Members**

TRAINER TALK

Our certified Personal Trainers will provide you with a quick snapshot of your overall wellness level by determining your body mass index, body fat percentage, optimal heart rate training zone and evaluate your current exercise habits to determine the best direction to reach your wellness goals. **FREE for Members**

SOUTH BAY

8/7, 8/10, 8/21, 8/24: 8-10am

8/7, 8/10, 8/21, 8/24: 4:30-6:30pm

EASTLAKE

8/7, 8/10, 8/21, 8/24: 8-10am

8/7, 8/10, 8/21, 8/24: 4:30-6:30pm

NEW BRAZILIAN JIU JITSU

SEPT 6 | KIDS (4-13): 5:00-6:00pm | ADULTS (14 & UP): 6:05-7:05pm
SOUTH BAY FAMILY YMCA - STUDIO 3

Brazilian Jiu-Jitsu is one of the fastest growing martial arts in the world due to its effectiveness in self-defense situations. By using leverage and technique over strength and power, it allows individuals to subdue others in effective ways. For more information or to try a class, contact Carlos Garcia, Health and Wellness Director, at cgarcia@ymca.org. **Rates Vary. Members: \$76+ | Participants: \$106+**