



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



JULY

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 SUMMER OF SWIM

Drowning is the 2nd leading cause of accidental death in children under the age of 14. The Y invented the group swim lesson and the South Bay Family YMCA teaches life-saving swim lessons to over 6,000 children every year.

Help your child learn this important life-skill this summer. They will also develop social skills, make new friends and benefit from the Y's new staged-progression for swim lessons.

JUL 4 FOURTH OF JULY
7am-2pm **SOUTH BAY FAMILY YMCA – EASTLAKE YMCA**

To give our staff an opportunity to celebrate our country's independence, we will be closing at 2pm on the Fourth of July. All morning Group Exercise classes after 7am will have a normal schedule. All Water Exercise and afternoon and evening classes will be canceled.

JUL 4 MEMBER APPRECIATION
ALL DAY **SOUTH BAY FAMILY YMCA – WELCOME CENTER**

We love our members! Stop by the Welcome Center for a free patriotic emoji button. From stars and stripes to silly faces, these buttons are sure to make you smile. One per person, limited supplies. **FREE for Members**

JUL 11 SDCCU – BANKING INFO AND GIVEAWAYS
5pm-6:30pm **SOUTH BAY FAMILY YMCA – LOBBY**

Are you looking for a new bank or do you want more information about a specific financial need? Stop by our lobby and speak with a specialist from San Diego County Credit Union to see if they can help you better your financial future. **FREE for Members**

JUL 21 FLICK 'N FLOAT
7:30pm-10pm **SOUTH BAY FAMILY YMCA – POOL**

Kick off your summer with us at the Y! All ages are welcome as we watch the movie MOANA in the water and on the pool deck. The movie will start at sunset. Bring your swimsuit, towels and friends for a night of fun. Please register at the front desk prior to July 20 and arrive between 7:30pm and 8pm for free popcorn. One per person. See you there! **FREE for Members | Participants: \$5**

JUL 25 YAA (YMCA ACTIVE ADULTS) BOOK CLUB MEETING
11:30am-1pm **SOUTH BAY FAMILY YMCA – 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**

SOUTH BAY FAMILY YMCA SUMMER DAY CAMPS
JULY 5- JULY 18 | 6am-6pm

Our day camps support youth in making new friends, achieving goals and feeling a special sense of belonging. Camps are also full of fun and adventures! Look for camp options on our website. We have traditional and specialty camp opportunities available for children ages 5-12. Prices range depending on camp selection. Scholarships and one day camps are available.

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: ARTHRITIS – HOW FITNESS CAN HELP

Meet our Certified Personal Trainers and explore different wellness topics such as nutrition, fitness and more on a monthly basis. For the month of July, our Trainers will be discussing the positive impact fitness has on individuals with arthritis and what exercises benefit them. You will also be able to receive a complimentary Health and Wellness Assessment to determine your BMI and ideal daily caloric intake. **FREE for Members**

SOUTH BAY
7/4, 7/6, 7/18, 7/20 – 8am-10am
7/6, 7/18, 7/20 – 4:30pm-6:30pm

EASTLAKE
7/4, 7/6, 7/18, 7/20 – 8am-10am
7/6, 7/18, 7/20 – 4:30pm-6:30pm

LES MILLS BODYPUMP® NEW RELEASE 102 LAUNCH

Join us for another BODYPUMP® launch on the newest Release 102. Priority card is required. **FREE for Members**

SOUTH BAY: 7/1 – 9:15am | STUDIO 1
EASTLAKE: 7/1 – 9:05am | MONSTER ROOM

LES MILLS BODYCOMBAT® NEW RELEASE 72 LAUNCH

New Music. New Drills. New Release. Join your favorite BODYCOMBAT® instructors for another dynamic workout on the new Release 72.

Priority card required. **FREE for Members**

EASTLAKE: 7/8 – 8am | MONSTER ROOM