



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MARCH

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.

MAR 4 **YMCA GIVING RUN HALF MARATHON & 10K**
8am **PROCTOR VALLEY TRAILHEAD**

Join us for this fun trail run that supports our South Bay community! The Trail Runners Giving Run Series is a fun opportunity to give back to our community. This run is donation based and is tax deductible. All running and walking abilities welcome! Location: 800 Agua Vista, Chula Vista, CA 91914. **FREE for members and participants (donation suggested)**

MAR 5 **ZUMBA® DANCE PARTY**
10am-12pm **YMCA SPORTS COMPLEX**

Join us for our superhero themed Zumba® Dance Party benefiting the YMCA Annual Campaign. Dance the night away and support a great cause. All proceeds raised during this event will be used to provide scholarships to South Bay members and participants.

Pre-registration Cost: Member \$20 | Participant \$30
Day of Event Cost: Member \$25 | Participant \$35

MAR 17 **ST. PATRICK'S DAY - MEMBER APPRECIATION**
8am-10am **SOUTH BAY FAMILY YMCA | EASTLAKE FAMILY YMCA**

South Bay Family YMCA: Multi-Purpose Room
Eastlake Family YMCA: Lobby
Thank you for being a member! In appreciation, please join us in the lobby for coffee and refreshments. All members that scan in at the kiosk on this day will be entered into an opportunity drawing. One winner will be selected to receive a gym bag. Winner will be announced on March 21. **FREE for members**

MAR 18 **KID'S FIREFIGHTER CHALLENGE**
10am-1pm **HELP SUPPORT ANNUAL CAMPAIGN - FIREHOUSE #4**

Children ages 2-14 are invited to be a HERO for a day and take a kid's firefighter challenge. Kids will pass through tunnels, perform a crawl and rescue, operate a fire hose and learn how to put out a fire. Location: 850 Paseo Ranchero, Chula Vista, CA 91911 (across from the South Bay Family YMCA) **\$10 suggested donation - opportunity drawing held**

MAR 23 **ANTI-BULLYING & CYBERBULLYING PREVENTION**
6:15pm-7pm **YMCA SPORTS COMPLEX**

Over 3.2 million students are victims of bullying each year. Bullying and cyberbullying are becoming one of the biggest problems among youth in America. Join us for a very informative public safety presentation from a Deputy District Attorney who will discuss both detection and prevention techniques. **FREE for members**

MAR 28 **YAA (YMCA ACTIVE ADULTS) BOOK CLUB MEETING**
6:30pm-8:30pm **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 food enough to share. March's book of the month is *A Man Called Ove* by Fredrik Backman. **FREE for members**

MAR 29 **SLEEP GOOD TO FEEL GOOD WORKSHOP**
5pm-6pm **SOUTH BAY FAMILY YMCA - MULTI-PURPOSE ROOM**

March is National Sleep Awareness Month. Learn the facts about sleeping: how much you need, how it helps your body and how to make yours better. Join Care 1st and our Healthy Living Series to learn more about a healthier lifestyle. **FREE for members**

FREE MONTH OF MEMBERSHIP

Working out with a friend or family member is a great way to spend time together and remain consistent in your workouts. This is why the Y has a New Member Referral Program! Have your friend or family member mention your name at sign up or pick up some referral cards at the Welcome Desk. For every person that you refer who signs up as a member, you will get a free month of membership.

SOUTH BAY FAMILY YMCA SPRING BREAK DAY CAMPS

MARCH 20-24 | MARCH 27-31 | 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.

WELLNESS ASSESSMENTS | SOUTH BAY & EASTLAKE

SOUTH BAY		EASTLAKE	
3/2	8am-10am	3/1	9am-11am
3/7	4:30pm-6:30pm	3/6	4pm-6pm
3/16	8am-10am	3/15	9am-11am
3/21	4:30pm-6:30pm	3/20	4pm-6pm
3/30	4:30pm-6:30pm	3/29	9am-11am

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 zones and evaluate your current exercise habits to determine the best way to reach your wellness goals. **FREE for members**

FREQUENT Y'R

Visit the Y 12 times in the month of March and enter to win one FREE month of membership! See the Welcome Center to pick up your card today.

GOLDEN TICKET

Each month the YMCA places a secret golden ticket somewhere in the facility. Find the Golden Ticket and bring it to the Welcome Center for a special prize!