



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



# APRIL

## 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.

**APR 4** 9am-12:30pm **15<sup>TH</sup> ANNUAL INTERGENERATIONAL GAMES (YAA)**  
**THE CHULA VISTA ELITE ATHLETE TRAINING CENTER**

Join us at the Chula Vista Elite Athlete Training Center located at 2800 Olympic Pkwy. Chula Vista, CA 91915 and team up with the Chula Vista Elementary School District. Active older adults from across the county are paired with 3rd graders for a fun filled day of fitness-based activities. All participants will receive a free t-shirt, boxed lunch and a medal. See flyer for details. **FREE for members**

**APR 4** 6:30pm-7:30pm **FREE FINANCIAL WELLNESS WORKSHOP**  
**SOUTH BAY FAMILY YMCA - MULTI-PURPOSE ROOM**

Join the Y and Foresters Financial Group to explore ways to improve your finances. This workshop will help you create a healthy financial future. RSVP to Patty at pking@ymca.org. Dinner is included. **FREE for members**

**APR 13** 5pm-6:30pm **MEMBER APPRECIATION DAY**  
**EASTLAKE FAMILY YMCA - LOBBY**

Pop on over to the Y! We will be providing complimentary fresh popcorn in our lobby to members (supplies limited, one per person). **FREE for members**

**APR 19** 6:30pm-7pm **DOMESTIC VIOLENCE PREVENTION & AWARENESS**  
**SOUTH BAY FAMILY YMCA - MULTI-PURPOSE ROOM**

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. One of the most prominent problems in our county is domestic violence. Join us for a very informative public safety presentation given by a Deputy District Attorney who will discuss both detection and prevention techniques as well as resources for victims in need. We will also discuss restraining orders and your personal safety. **FREE for members**

**APR 20** 5pm-6:30pm **MEMBER APPRECIATION DAY**  
**SOUTH BAY FAMILY YMCA - LOBBY**

Pop on over to the Y! We will be providing complimentary fresh popcorn in our lobby to members (supplies limited, one per person). **FREE for members**

**APR 22** 10am-2pm **CHILD AND YOUTH DEVELOPMENT JOB FAIR**  
**YMCA GOODRICH TEEN CENTER**

We are hiring high energy, passionate and reliable before and after school leaders for our South County Child and Youth Development programs. Please bring a copy of your most current transcript, resume and CPR/First Aid certificate (if applicable). Please apply online prior to the job fair by visiting [YMCA.org/Jobs](http://YMCA.org/Jobs) and select Youth Leaders, Recreational Leaders or Youth Development Leaders. **FREE and open to the community**

**APR 25** 11:30am-1pm **YAA (YMCA ACTIVE ADULTS) BOOK CLUB MEETING**  
**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. April's book of the month is *Pride and Prejudice* by Jane Austen. **FREE for members**

**APR 29** 10am-12pm **SPLASH PAD GRAND OPENING!**  
**SOUTH BAY FAMILY YMCA**

Bring your swimsuits and towels and join us as we celebrate the grand opening of our new splash pad! All ages are welcome. Stay and enjoy our free BBQ (while supplies last). **FREE and open to the community**

**APR 29** 10am-12pm **HEALTHY KIDS DAY!**  
**EASTLAKE & SOUTH BAY FAMILY YMCA**

Bring your family to this free event and explore information and activities about living a healthy lifestyle from our community partners. Receive giveaways and learn about safety around water. All membership purchases receive a free picnic blanket! **FREE and open to the community**

**YOUTH BASKETBALL, SOCCER, FLAG FOOTBALL & VOLLEYBALL**  
**YMCA EASTLAKE SPORTS COMPLEX**  
 APRIL 1- JUNE 17

Strive for greatness! Register for our Spring Youth Sports Season by March 27 and save \$15. Each player receives their own game jersey and end of season award. All skill levels welcome. Apply for scholarships today! **Visit the Welcome Center for information**

**ADULT GOLF CLASSES | SALT CREEK GOLF COURSE**  
 APRIL 4 - MAY 27 | TUESDAYS & THURSDAYS 9:30AM-11:30AM |  
 SATURDAYS 9AM-11AM

Perfect or learn golf skills including swinging, chipping, putting, pitching and bunker techniques. Lessons are tailored to all skill levels and range costs are included. End your lessons with a 9-hole tournament (fees not included). All golf equipment will be provided at each session. Member and participant prices vary. **Visit the Welcome Center for information**

**LES MILLS BODYPUMP® LAUNCH-NEW RELEASE 101**

Join us for BODYPUMP® Launch: New Release 101 – Back to the Basics. Priority card is required for class. **FREE for members**

SOUTH BAY   STUDIO 1	EASTLAKE   MONSTER ROOM
4/3 - 7pm	4/6 - 5pm
4/4 - 9am	4/7 - 9am

**LES MILLS BODYCOMBAT® - NEW RELEASE LAUNCH**

New Music. New Drills. New Release. Join your favorite BODYCOMBAT® instructors for another dynamic workout on the New Release. Priority card is required. **FREE for members**

EASTLAKE | MONSTER ROOM  
 4/8 - 8am

**YMCA TRAIL RUNNING CLUB SEASON BEGINS**  
 EVERY TUESDAY-6PM

If your goal is to train for a race or to improve your overall fitness, join our South Bay Y Trail Running Club. This group is designed for participants with some running experience. Participants must feel comfortable running 3-6 miles round trip to and from the start locations. The lengths of the runs will increase throughout the months. This group meets in front of the South Bay Family YMCA entrance. For more information, contact Michelle Manly at [mmanly@ymca.org](mailto:mmanly@ymca.org). **FREE for members**

**FREQUENT Y'R**

Visit the Y 12 times in the month of April 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!