



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



AUGUST

Calendar of Events
BORDER VIEW 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...

BEAT THE HEAT WITH YOUR WORKOUTS

It's hot during the summer and this can impact your workout! Prevent heat exhaustion and dehydration with these simple tips:

- More water is lost in our bodies during higher temperatures. Stay ahead of the "thirst" feeling and drink water throughout the day.
- If it's too hot, workout indoors at a place with air conditioning like the YMCA.
- Take advantage of 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 to create a customized wellness plan with a trainer.

AUG 3 **MEMBER APPRECIATION DAY—HEALTHY EATING**
 9:30am-10:30am **BORDER VIEW 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 11 **FLICK 'N FLOAT—FINDING DORY**
 7:30pm-9:30pm **BORDER VIEW 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 10. Please arrive between 7:15pm and 8pm for a **FREE BBQ dinner**. One per person. **FREE for Members | Participants: \$5**

AUG 26 **U-JAM DANCE PARTY**
 10:30am-12pm **TRIUMPH & INSPIRE STUDIO**

Come dance with Sam Sahagun for a one-time 90 minute U-JAM Fitness class. U-JAM Fitness takes you around the world from Bollywood to Hip-Hop with an intense cardio dance workout designed to burn calories, tone your body and leave you begging for more! **FREE for Members | Participants: \$10**

AUG 30 **YAA (YMCA ACTIVE ADULTS) DEL MAR RACES**
 10:30am-6pm **DEL MAR RACE TRACK**

Join the Y for a fun day at the Del Mar Races. Transportation, lunch and admission ticket are included in the price. The bus will depart in front of Border View Family YMCA at 10:30am sharp. Pick up a flier for additional information or visit the Welcome Desk. Reserve your spot today! **Members: \$60 | Participants: \$75**

PRIVATE SWIM LESSONS

JULY 31–AUGUST 31 | BORDER VIEW 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**

HIKING CLUB—TORREY PINES

AUGUST 5 | 7:30am
 This 3.3 mile Torrey Pines hike takes you to the best of the park that features rare Torrey Pines, ocean views and unique geology. Torrey Pines State Natural Reserve is one of those once-in-a-lifetime destinations. We will meet at the restrooms in the parking lot. Parking is \$5.00 and not included so please carpool. Bring a hat, sunblock, water, snack and a plastic bag for trash. Walking sticks are recommended. **FREE for Members and Participants**

FITNESS BOOT CAMP—BORDER VIEW WELLNESS CENTER
STARTS AUGUST 7

Join this rigorous 6 week program to challenge your mind and body and push yourself to the next level of fitness. **Members: \$100 | Participants: \$130**

LEARN TO MEDITATE—TRIUMPH STUDIO
AUGUST 19 | 11:30am-12:30pm

Join Lauren Knuth for a one hour meditation session that helps reduce stress and increase happiness through stretches, breath work and discussion. **FREE for Members | Participants: \$10**

KICKSTART!

Do you have goals or resolutions? Do you want to refine or enhance your workout routine? Members receive three **FREE** personal KickStart appointments with a Wellness Coach. Get a better understanding of how to accomplish your goals, know our equipment and find an ideal fitness plan to accomplish what you want. Let us support you! Schedule your free appointment today at the Welcome Center. **FREE for Members**

FREQUENT Y'R

Visit the Y 12 times in the month of August 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!