



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



APRIL

Calendar of Events BORDER VIEW FAMILY YMCA

APR 6 **MEMBER APPRECIATION DAY**
 5pm-6:30pm **BORDER VIEW 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 6 **FREE FINANCIAL WELLNESS WORKSHOP**
 6:30pm-7:30pm **BORDER VIEW FAMILY YMCA - CONFERENCE 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 Chris at christopher.ouimet@foresters.com or (858) 650-6830 ext. 307. Dinner is included. **FREE for members**

APR 8 **MONTHLY MEMBER HIKE**
 7am **CUYAMACA PEAK**
 Come hike with our staff member Karla, who will take you on an adventurous 6 mile hike. Dress according to the weather and walking poles, a hat, sunscreen and water are recommended. We will be meeting at 7am on the North side of Chula Vista City Hall (Davidson Street). For more information, please contact Karla at kharris@ymca.org. **FREE for members**

APR 19 **DOMESTIC VIOLENCE PREVENTION & AWARENESS**
 6:30pm-7pm **BORDER VIEW FAMILY YMCA - CONFERENCE 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 22 **2017 I LOVE A CLEAN SAN YSIDRO**
 8:30am-12pm **SAN DIEGO COMMUNITY SERVICES CENTER**
 Help make San Ysidro beautiful at this event coordinated by the San Ysidro Chamber of Commerce and I Love A Clean San Diego. The cleanup will start at 8:30am at the San Diego Community Services Center at 663 E San Ysidro Blvd, San Ysidro, CA 92173. This event is seeking volunteers and donations. All volunteers will receive a carne asada lunch. **FREE and open to the community**

APR 22 **CHILD AND YOUTH DEVELOPMENT JOB FAIR**
 10am-2pm **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 and select Youth Leaders, Recreational Leaders or Youth Development Leaders. **FREE and open to the community**

APR 29 **HEALTHY KIDS DAY!**
 10am-12pm **BORDER VIEW 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 family blanket! **FREE and open to the community**

YOUTH BASKETBALL AND SOCCER LEAGUES APRIL 3- JUNE 17

Strive for greatness! Register for our Spring Youth Sports Season by April 3rd and save \$15. Players practice once a week at a minimum and play games for 8 weeks. Each player receives their own jersey, end of season award and is invited to a team potluck! Practice starts April 3rd. Apply for scholarships today! Visit the **Welcome Center for information**

PARENT AND CHILD T-BALL SATURDAYS | 10:15am-11am

Our Youth T-ball Program is the perfect way to teach children between 2 and 4 years old the fundamental techniques of youth baseball. Children will learn to catch, throw and bat from a tee. Our Y staff members, coaches and parents help create a supportive team atmosphere by encouraging every child during each class. For more information, contact our Sports Coordinator, Mike at mvalle@ymca.org. **FREE for members**

TAE KWON-DO MONDAYS AND FRIDAYS

6pm-6:55pm - Ages 4-7 | 7pm-7:55pm - Ages 8 and older
 Tae Kwon-Do improves concentration, attitude and self-confidence. This structured program helps students identify and study traditional World Tae Kwon-Do Federation style Tae Kwon-Do and focuses on physical and mental conditioning, sparring and self and street defense tactics. Join our Grand Master Moo Young Kang for a month of classes that prepare your child to gain confidence and strength and learn the techniques of Tae Kwon-Do. Scholarships are also available to assist with program fees.

JAZZ AND HIP HOP OR BALLET DANCE CLASSES WEDNESDAYS AND SATURDAYS | MONTHLY ENROLLMENT

Our children's dance classes offered twice a week will teach your child balance, rhythm, coordination, confidence and self-awareness. Our classes also include quarterly potlucks and recitals. Our program is designed for youth 2.5 years to 14 years of age. For more information, please contact our instructor Aleah at adurkee@ymca.org. Member and participant rates vary.

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!