



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JANUARY

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.

JAN 9- FEB 10 **BOOT CAMP**
JAN 10- FEB 16 **BORDER VIEW FAMILY YMCA-WELLNESS CENTER**

Take your fitness to the next level and join our Boot Camp! If you are determined and want results, this six week program is for you. This group wellness program includes cardio, resistance, plyometric, interval and functional training. Each class is programmed for all levels, and modifications are provided to help you maximize your results over the 12 sessions. Have fun, get fit and challenge yourself! Scholarships are also available to assist with program fees. **Members \$100/Participants \$130 (fee includes all 12 sessions)**

JAN 14 **HIKING GROUP/CLUB**
7:15am **MT. WOODSON POTATO CHIP ROCK**

We will be meeting at Mt. Woodson at the east approach, highway 67, 3 miles North of Poway Road. Join us for a family friendly hike for all ages. Bring water, hat, snack, walking stick and energy. It should be a beautiful morning and hike. There is only parking on the street, so we will meet at 7:15am at the entrance of the trail. **FREE for Members**

JAN 16 **GET MOBILE FIT!**
8-9am & 6-7pm **BORDER VIEW FAMILY YMCA -WELLNESS FLOOR**

Stop by our Wellness Center and have our Wellness Staff introduce you to MobileFit. Create fitness goals and track them from your phone. This phone app lets you create your very own personal profile and allows you to connect with a Wellness Coach; build, follow and automatically track your workouts and reach your goals. You can receive custom designed workouts right on your phone. You'll get video updates with the latest workouts and personalized motivational tips. It's easy and free. Let us support you with MobileFit. **FREE for Members**

JAN 17 **COFFEE WITH THE COMMAND**
5pm-6pm **BORDER VIEW FAMILY YMCA -LOBBY**

In order to strengthen Police-Community relationships, the SDPD Southern Division invites you to join Coffee with the Command here at our Border View Family YMCA. **FREE for Members**

JAN 17 **MONEY MANAGEMENT WORKSHOP**
6pm **BORDER VIEW FAMILY YMCA**

Foresters Financial Services, Inc. wants to help you understand how to improve your money management. Join us for this informative workshop where you will learn more about how to prepare a budget, how to balance your account, how to cut back on expenses and save more. To RSVP please contact Tyra Ippongi at tyra.ippongi@foresters.com. Complimentary dinner will be served. **FREE for Members**

JAN 21 **SAN DIEGO HUMANE SOCIETY INFORMATION**
8:30am-11am **BORDER VIEW FAMILY YMCA -LOBBY**

Stop by to learn more about the San Diego Humane Society and get information and tips about pets. They will also be distributing complimentary treats and supplies for your pets (while supplies last). **FREE for Members**

JAN 24 & 31 **IDENTITY FRAUD PREVENTION WORKSHOP**
11:30am-1pm **BORDER VIEW FAMILY YMCA -TRIUMPH STUDIO**

SPANISH - JAN 24 | ENGLISH - JAN 31
Every two seconds, someone becomes a victim of identity fraud. Don't become a statistic. Join us for this free educational workshop. You'll learn how identity theft can occur, how you can take steps to prevent it and what to do if your identity is stolen. **FREE for Members**

JAN 28 **PARKS FOR A CLEAN COAST KICKOFF**
9am-12pm **LARSEN FIELD**

Larsen Field | 4100 Camino de la Plaza, San Ysidro, CA 92173.
I Love A Clean San Diego has now added Larsen Field to their Adopt-a-Beach program! During this kickoff event, volunteers will assist in various beautification projects throughout the area such as planting, mulching, storm drain stenciling and litter pickup. Join Let's Move! Outside San Diego in helping to clean and beautify Larsen Field! For additional information and to RSVP contact: Mikayla Gordon - AmeriCorps Team Member: mgordon@ymca.org

BORDER VIEW FAMILY YMCA DAY CAMPS
JANUARY 2-6 | JANUARY 9 | JANUARY 16

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 opportunities and options on our website. Choose between traditional and specialty camps. Prices range depending on camp. Scholarships and one day options are available.

TAE KWON-DO
MONDAYS AND FRIDAYS
6-6:55PM - AGES 4-7 | 7-7:55PM - 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, self and street defense tactics. Join our Grand Master Moo Young Kang for a month of classes to prepare your child in gaining confidence, strength and learn the techniques of Tae Kwon-Do. Scholarships are also available to assist with program fees.

KICK START!
Do you have goals or resolutions for the new year? Do you want to refine or enhance your workout routine? Members receive **Three** complimentary personal Kick Start 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! **FREE for Members**

TEAM CHALLENGE
BEGINS JANUARY 26
Team Challenge is designed for weight loss! Bring your own team of 6 people or join a new team in the 12 session group exercise program with a personal trainer. Your trainer will provide workouts, nutrition and wellness tips, track your progress and hold you accountable. Along the way, we will have fun games and challenges. The team that loses the most weight wins a FREE month of membership. The individual that loses the most weight wins one FREE Boot Camp session. Challenge yourself, join friends and lose weight! **Members \$175 | Participants \$225. Register before 1/23 and get \$10 off.**

FREQUENT Y'ER
Visit the Y 12 times in the month of January 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!