



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MARCH

Calendar of Events  
BORDER VIEW FAMILY YMCA

**MAR 16**      **MAXIMIZING BRAIN HEALTH WORKSHOP**  
9am-10:30am      **BORDER VIEW FAMILY YMCA - CONFERENCE ROOM**

Aging well means taking care of your brain, as well as the rest of your body. Learn the risk factors for dementia, and how to reduce your risk of cognitive decline through some simple lifestyle changes with Alzheimer's San Diego. **FREE for members**

**MAR 17**      **ST. PATRICK'S DAY - MEMBER APPRECIATION**  
8am-10am      **BORDER VIEW 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 20-23 & MAR 27-30**      **SPRING BREAK SWIM LESSONS**  
Times Vary      **BORDER VIEW FAMILY YMCA - POOL**

Swimming is not only a healthy activity that exercises the entire body-it is a skill that can both save lives and enrich them. Youth from 3-12 years old are invited to join us for Spring Break Swim Lessons that span four consecutive days. Registration is now open. Please see our flier for more information. **Member \$30 | Participant \$37**

**MAR 23**      **ANTI-BULLYING & CYBERBULLYING PREVENTION**  
6:15pm-7pm      **BORDER VIEW FAMILY YMCA - LOBBY**

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. This will be a Spanish-friendly seminar. **FREE for members**

**MAR 24**      **ZUMBA® DANCE PARTY**  
6:30pm-8:30pm      **BORDER VIEW FAMILY YMCA - GYMNASIUM**

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 Border View Family YMCA members and participants. **Members \$10 | Participants \$15**

**MAR 29**      **SLEEP GOOD TO FEEL GOOD WORKSHOP**  
7:30pm-8:30pm      **BORDER VIEW FAMILY YMCA - CONFERENCE 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**

**BORDER VIEW 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 adventure! Look for camp opportunities and options on our website. Ages 5-12. Check out our new half day option! Prices range depending on camp. Scholarships and one day options are available.

**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](mailto: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 & HIP HOP OR BALLET DANCE CLASSES**  
WEDNESDAYS & 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](mailto:adurkee@ymca.org). Member and participant rates vary.

**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!