



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



**MAY**

**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...**

**YMCA MEMBER SURVEY-WE SERIOUSLY LOVE OUR MEMBERS**  
**MAY 23-JUNE 20**

Check your email! Throughout May and June, a selection of members will be emailed a member survey from our member satisfaction partner, SEER Analytics. If you are a lucky recipient of a survey email, please complete it with your honest feedback. Your input and satisfaction are very important to us, and your survey results will help us keep doing what you love and make improvements you want to see!

**MAY 12** **MEMBER APPRECIATION DAY-HAPPY MOTHER'S DAY!**  
**9am-11am** **BORDER VIEW FAMILY YMCA - LOBBY**

Expectant mothers and everyday moms navigate unique barriers each day. Join South Bay Family Chiropractic as they explore important women's health issues and how the body can overcome these challenges. Learn natural ways to prevent pain, address health concerns or discover more energy. Dr. Keith J. Biscotti will provide information on essential nutrition for women and how important it is to remove nerve irritation in the body to maintain inner strength. All members will receive a free check-up and nutritional recommendation, and will also be entered into a raffle to win prizes. **FREE for members**

**MAY 18** **NARCOTICS AND GANG PREVENTION, PUBLIC SAFETY**  
**6:30pm-7pm** **PRESENTATIONS & EDUCATION**  
**BORDER VIEW FAMILY YMCA - LOBBY**

Gangs and drugs have been a problem all throughout San Diego County. They affect both kids and adults. Join us for a very informative public safety presentation given by a Deputy District Attorney, who will discuss current trends and detection and prevention techniques. To attend, please RSVP to Patty King at pking@ymca.org. **FREE and open to the community**

**MAY 20** **SAN YSIDRO SCHOOL DISTRICT PARENT EXPO**  
**9:30am-1:30pm** **SMYTHE ELEMENTARY SCHOOL**

Join the San Ysidro School District for its Parent Expo. There will be workshops on helping kids prepare for college, safe summer fun and much more. The Border View Family YMCA will also be providing complimentary child care for children ages 3-12. Children must be potty trained. Visit the San Ysidro School District website for information. **FREE and open to the community**

**MAY 22** **COMPLIMENTARY PET ID TAGS & LICENSE EDUCATION**  
**5:30pm-7pm** **BORDER VIEW FAMILY YMCA**

Strengthen your family and stop by the Border View Family YMCA to learn more about pet safety with our partner - the San Diego Humane Society. They will be distributing free pet ID tags and provide information about the importance of licensing your pets. Sorry - four legged family members are not permitted on the premises for this event. **FREE for members**

**MAY 24** **YAA DAY AT THE BAY**  
**10am-2:30pm** **MISSION BAY AQUATICS CENTER**

The YMCA of San Diego County is proud to celebrate National Senior Health and Fitness Day with the "Day at the Bay." Activities include kayaking, paddle boarding, sailing, fitness classes, chair massages, a buffet lunch and more! Visit the Welcome Center or contact Maria Acierto at macierto@ymca.org with questions. Registration is required. **Members \$35 | Participants \$45**

**YMCA OPEN TO COMMUNITY-MAY HOLIDAYS**  
**MAY 14 & 29 | BORDER VIEW FAMILY YMCA**

Ever wish you could go to the Y with a family member or friend who is not a member? Good news! This is your chance. To celebrate mothers and service members everywhere, we are opening our facilities to everyone! Also, if someone you bring joins and lists you as the person who referred them, you will get a full month of membership absolutely FREE! Bring someone with you so they can enjoy the same Y experience you do!

**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 martial arts 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 to 14 years of age. For more information, please contact our instructor, Aleah Durkee, at adurkee@ymca.org. Member and participant rates vary.

**FREQUENT Y'R**

Visit the Y 12 times in the month of May and enter to win one FREE month of membership! See the Welcome Center to pick up your card today.