



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MARCH

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...

### READY. SET. SUMMER!

#### Summer Day Camps



Summer Camps are right around the corner. From Traditional to Specialty Day Camps, the Y offers something unique so your camper can have the best summer ever! Camp guides are now available online.

Priority Member Registration Opens: February 29  
General Registration Opens: March 7

#### MAR 2 MEMBER APPRECIATION DAY LOBBY

It's Read Across America Day, a nationwide reading celebration that takes place annually on March 2. Stop by our table in the lobby for free giveaways such as pencils and bookmarks. **FREE for members**

#### MAR 10 INTRODUCTION TO MEDITATION WORKSHOP 11:10-11:55am BORDER VIEW FAMILY YMCA

Our monthly meditation workshops will teach beginners the basic principles of meditation. Learn techniques to calm your mind and ease your thoughts to restore inner peace. This month's workshop will focus on Spring Renewal. All ages are welcome. **FREE for members**

#### MAR 11 MEMBER APPRECIATION DAY LOBBY

March is National Nutrition Month! To celebrate, we'll have an informational table set up in our lobby. **FREE for members**

#### MAR 16 ZUMBA DANCE PARTY 5:30-8:00pm GYMNASIUM

Join us for an evening of high-energy music, fitness and fun in support of a great cause. Dress up like your favorite superhero and dance the night away! All proceeds will benefit the YMCA Annual Campaign. Register online or at the Welcome Center. **Members: \$12 | Participants: \$30 | VIP: \$35**

#### MAR 17 MEMBER APPRECIATION DAY 9:00am LOBBY

We LOVE our members! Stop by the lobby and grab a sample of a healthy green smoothie. **FREE for members**

#### MAR 19 YAA CULTURAL EXCURSION BRUNCH 10:30am-12:00pm PHO HUNG CALI 1060 BROADWAY ST.

The spice of life is venturing out to try new cuisine! Join us to enjoy Vietnamese cuisine with great conversation and wonderful company! A carpool will leave the Border View Y at 10:15am. Please RSVP with Maria (macierto@ymca.org) by March 15.

#### MAR 27 FAMILY MOVIE NIGHT 6:00-8:00pm OUTDOOR PATIO

Come join us for a fun, family movie night and enjoy free snow cones! Bring blankets, jackets and lawn chairs. **Members: FREE | Participants: \$5**

#### SPRING BREAK CAMPS | BORDER VIEW FAMILY YMCA MARCH 23-27 & MARCH 30-APRIL 3

Our Spring Day camps run the last two weeks of March through April 3rd. Our Camps support youth in making new friends, achieving goals and feeling a special sense of belonging. Camps are also full of fun and adventure. We have a variety of camp opportunities available for children depending on camp selection. Scholarships are available. **Visit YMCASD.org or the Welcome Center for information.**

#### YOUTH BASKETBALL & SOCCER MARCH 30-JUNE 13

Spring Youth Sports League registration is now open for basketball and soccer. Register before March 30 and save \$15. **Visit YMCASD.org or the Welcome Center for information.**

#### FREE PERSONAL TRAINING CONSULTATION

Meet with a Personal Trainer one-on-one to identify your health, fitness and overall wellness goals. The consultation includes a wellness assessment, program and class recommendations and a wellness plan tailored to your specific needs.

#### 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!

#### SPRING SWIM LESSONS

Swim lessons provide a lifetime of safety and fun in the water. We offer private and group lessons for all ages and abilities year-round in our heated pool. **Visit YMCASD.org or the Welcome Center for information.**

#### FREQUENT Y'ER

Visit the Y 12 times in the month of March and enter to win one FREE month of membership! Pick up your Frequent Y'er Card at the Welcome Center.

#### KNOW YOUR TAX BENEFITS

You may be eligible for free tax preparation services either online or in person or to receive certain credits, such as the federal EITC or state credit CalEITC. We are partnering with 211 San Diego to ensure our members and participants take full advantage of this opportunity. **To see if you qualify, Call 2-1-1 from any phone or visit www.211sandiego.org.**

#### CENSUS 2020

The next Census is in Spring 2020. Let's ensure all Californians are counted so we can put those resources to good use here at home! The data collected will help build schools and roads, create jobs, improve housing and fund community programs for seniors, children and families. The more individuals who are represented in the census, the more funding your community receives. **For more information, visit CountMe2020.org.**