



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



# MARCH

Calendar of Events  
PALOMAR 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 7**  
9:30-11:30am

**LOW-COST COMPUTERS AVAILABLE -  
C2K EVENT  
PALOMAR FAMILY YMCA**

The YMCA has partnered with Computers 2 Kids to get low-cost computer equipment and Cox high speed internet to local families. Computers 2 Kids distributes refurbished, fully supported desktops, laptops and tablets to those who qualify. We will be holding a computer distribution event at the Palomar Family YMCA on March 7. Visit [www.qrco.de/c2kapplynow](http://www.qrco.de/c2kapplynow) to see if you qualify. **Open to the community**

**MAR 21**  
5:30-9:00pm

**KIDS Y NIGHT  
PALOMAR FAMILY YMCA**

Kids Y Night is held on designated Saturdays each month from 5:30-9:00pm. Your child will have a great time under the supervision of well-trained staff while you enjoy some "me time"! Activities will include playing on gymnastics equipment, eating healthy snacks and making new friends. **Members: \$18 | Participants: \$25**

**MAR 22**  
1:00-3:30pm

**ZUMBATHON  
GYMNASIUM**

Join us for a special Zumba master class featuring 5 amazing YMCA instructors. Registration includes door prizes, special gift basket opportunity drawings, snacks and lots of fun! All proceeds will benefit the 2020 Annual Support Campaign. Please register online or at the Welcome Center. **Pre-Registration: \$20 | Day of Event: \$25**

#### SPRING BREAK CAMPS | PALOMAR FAMILY YMCA

APRIL 6-10 & APRIL 13

When school is out, we've got parents covered! Join us for a fun-filled week, where your camper will enjoy new experiences and make new friends. Register early! Spaces fill quickly.

**Visit [YMCASD.org](http://YMCASD.org) or the Welcome Center for information.**

#### PARKOUR CLASS

MARCH 2-30

Learn how to safely maneuver over obstacles with speed and efficiency by climbing, turning and jumping! Parkour skills help develop strength, determination and agility.

**Visit [YMCASD.org](http://YMCASD.org) or the Welcome Center for information.**

**Members: \$87 | Participants \$117**

#### GYMNASTICS BIRTHDAY PARTIES

Throw a gymnastics birthday party with us! Kids will have a blast in the gymnasium enjoying games, jumping on the trampoline, playing in the foam pit and tumbling through our obstacle course. Parties are available Saturday and Sunday afternoons.

**Visit [YMCASD.org](http://YMCASD.org) or the Welcome Center for information.**

**Members: \$175 | Participants: \$225**

#### TRX WORKSHOPS

MONDAYS & THURSDAYS

Take your performance to the next level! This is a small group training class for all fitness levels that leverages one's own body weight and gravity using the TRX system. Improve your strength, balance and core stability simultaneously.

**4 Sessions: \$40 | Single Session: \$15**

#### 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](http://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](http://CountMe2020.org).**