



Sports

Fitness

Child Care

January 2018

**HUNTINGTON BEACH FAMILY YMCA
NEWPORT-MESA FAMILY YMCA
SANTA ANA FAMILY YMCA**



Find your

Happy!

FIND YOUR HAPPY

We are beyond happy to introduce a special campaign for our members and program participants to help you reach your **#YGOALS**. Monthly, we will introduce a goal that challenges you to take advantage of everything the Y has to offer. So to kick off 2018 right, your goal for January is "Find Your Happy." This month we will be sharing some great resources on health, fitness, lifestyle, family and youth activities, and more that can help you embrace the joys of life in the new year. So get ready to **find your happy** at the Y...and don't forget to share your story or photos with us on social media using **#YGOALS**. Show us your "happy!"



YEAR-END GIVING

Looking to make a tax-deductible contribution for 2017? Look no further! Give to the YMCA where 100% of your donation helps members of our community lead healthier and enriching lives. So far, we provided life-changing opportunities to over 2,000 people in 2017!

GIVE TODAY



JANUARY FITNESS NEWS

TREES OF HOPE

For the month of December, we were in the full holiday spirit of giving! For one of our holiday projects, we received a generous donation of Christmas trees to give to families in need. Thanks to your nominations we found 10 homes for our trees and donated decoration kits, helping to spread holiday cheer to those in our community this season.



NEW BIKES AT HUNTINGTON BEACH FAMILY YMCA

SWIM PROGRAMS

Our Swim Lessons Have Changed! The new swim levels focus on a skill-based approach that is designed to meet your child's needs and help participants reach their goals.

[LEARN MORE](#)

Give our new bikes a spin in the cycle studio. See group exercise schedule for convenient class times.



STOCKINGS FOR THE TROOPS

We did it! Thank you to our volunteers and YMCAs who participated in our annual Stockings for the Troops service learning project. Our Y kids and families stuffed over 600 stockings with coffee, granola bars, Cup Noodles, candy and other snacks to give our troops a piece of home for the holidays. Special thank you to all of our child care children who hand wrote letters to the troops sharing their appreciation.

[READ MORE](#)



JUNIOR GUIDES

Have you signed up yet? Our next Junior Guide event is **Saturday, January 20th**. We will meet at the local fire station for a behind the scenes tour. Our families will meet firefighters, learn about safety and even sit behind the wheel of a real fire engine.

SUMMER CAMP AT CAMP E.L.K.

Summer Camp is an experience for youth to connect with nature, themselves, each other, and great role models. Sessions start June 24th - Register by **April 1st** and get a 2018

Camp E.L.K. sweatshirt!

[LEARN MORE](#)



[RSVP TODAY](#)

YOUTH CO-ED SOCCER LEAGUE AT SANTA ANA AND NEWPORT- MESA YMCAs

Looking for a way for your child to be healthier and have fun? Try soccer! Your child will learn the fundamentals of the sport and engage in competition with other teams in a fun and supportive environment. Register by **January 26th!**



[REGISTER TODAY](#)



MOMMY & ME CLASS AT NEWPORT-MESA YMCA

The Y offers a fun and rewarding Mommy and Me class that allows you to connect with your child and get a great workout at the same time! Classes are FREE with family membership and held outdoors on the grass.

Days: Mondays & Wednesdays

Times: 9:30am-10:30am

Ages: 6 months-5 years



KIDZONE DATE NIGHT

Newport-Mesa YMCA

Have a night out while your kids have fun at the Y. This month's theme is Minecraft and will be held on **Friday, January 19th** at 5:00pm. Dinner and fun activities included!

Huntington Beach YMCA

Have a night out while your kids have fun at the Y. This month's theme is Minecraft and will be

held on **Saturday, January 20th** at 5:00pm.
Dinner and fun activities included!

Coming soon! The Huntington Beach KidZone will be expanding to provide more fun and enjoyment for our mini members. Stay tuned for more information.

[REGISTER FOR DATE NIGHT](#)

2018 WINTER/SPRING PROGRAM GUIDE

You can now view all that the Y has to offer! Our new 2018 program guide provides an overview of programs for youth, adults and families, plus information on how we impact the community. See what we have in store for the new year!

[VIEW/DOWNLOAD NOW](#)



[CHECK THE
GROUP X
SCHEDULE](#)

[WE'RE HIRING!
SEARCH YMCA
JOBS TODAY](#)

[CHANGE LIVES!
GIVE TO
THE YMCA](#)

HUNTINGTON BEACH FAMILY YMCA

8875 Adams Avenue
Huntington Beach, CA 92646
(714) 378-4784

NEWPORT-MESA FAMILY YMCA

2300 University Drive
Newport Beach, CA 92660
(949) 642-9990

SANTA ANA FAMILY YMCA

2100 W Alton Avenue
Santa Ana, CA 92704
(714) 444-4004

Connect with us

