

The YMCA is not just for kids!

Clairemont is lucky to have both the Mission Valley YMCA and the new Toby Wells YMCA serving our community. From swimming lessons, to summer camps to a night out for busy parents, the Y is a wonderful resource for us all.

For busy parents, both the Toby Wells and the Mission Valley YMCAs



are offering a helping hand by giving them a chance to have some free time, while their children are safely supervised and entertained at the YMCA. There are a variety of options from a lunch-time get-away, to a Saturday night date, to a day or week of day camp during the summer. You deserve a break today, so get up and get away, take your kids to the YMCA!

• **YMCA Drop & Shop:** Moms (or dads) can take a break, shop, relax or go to lunch! Drop your children off at either YMCA every Tuesday and Wednesday from 11 a.m. – 2 p.m. to get a little “me time.” Cost: \$18/ first child, \$16/siblings, there is a discount for Y members. Limited space, register in advance to avoid late fees. For children from walking toddlers to age 12.

• **Parents Night Out:** Parents can enjoy a relaxing night out alone while the kids are supervised,

entertained and fed from 5:30 – 10 p.m., offered at the Toby Wells YMCA Saturday, June 2, July 7 and August 4. Offered at the Mission Valley YMCA Saturday, June 23, July 21 and August 18. Available for walking toddlers through age 12. Limited space, must register the Wednesday before to avoid late fees. Cost: \$25/ first child, \$20/siblings, there is a \$5 discount for Y members.

• **Daily Day Camps:** For parents who wish to put their child in day camp occasionally or who don't want to make a commitment to a full week, Daily Day Camp is a great option for ages 5 - 12. Children will enjoy the fun of a camp field trip while mom can take the day off! Offered at both the YMCAs from June 20 – August 31.

• **Day Camps:** The Toby Wells and Mission Valley YMCA offer a variety of day camps for ages 4 – 17, from June 20 – August 31. From traditional camps to Spiderman Camp, to Modeling Camp and more, there is a specialty or sports camp to fit every interest. To offer even more flexibility to parents the Y offers free extended hours with all full-day camps from 6:30 – 8:30 a.m. and from 4:00 – 6:00 p.m. Free shuttle service for campers is also offered back and forth from the Mission Valley and Toby Wells YMCA facilities. To see a full list of Y day camps visit the website at missionvalley.ymca.org.

For teenagers planning to babysit this summer, the Y is offering a class that's a must: **CPR for Babysitters**. Participants will learn CPR for infants, children and adults, as well as management of foreign body airway obstructions, injury prevention and child safety. For ages 12 and up. Offered at the Toby Wells YMCA, 1:00 – 4:00 p.m., Sunday, June 10. Cost: \$40/ participants, \$30/Y members. Pre-registration and parental consent form required. Call (858) 496-9622, visit the Y at 5105 Overland Ave. or go to www.missionvalley.ymca.org.

For skateboarding enthusiasts, ages 6 – 15 can experience the

best Skate Park in San Diego while improving their skills during **Skate Camp** offered by the Mission Valley YMCA at the Krause Family Skate Park in Clairemont. One-week day camp sessions run from June 20 – August 31. From beginning to advanced levels are welcome. All levels receive two skill clinics per day with age- and skill-level-appropriate instruction. This is a great opportunity for beginners to learn new skills and experienced skaters to move to the next level in a safe, supervised environment. Free extended care, between 6:30 – 8:30 a.m. and 4:00 – 6:00 p.m., is also included. Cost for a one-week session is \$238 or \$190 for YMCA members.

Best of all, both the Toby Wells and Mission Valley YMCA will be offering a 50% break on the joiner's fee during a summer membership special on June 12. The 50% off discount is good on all adult, family and senior membership joiner's fees.

The Toby Wells YMCA, a satellite branch of the Mission Valley YMCA, is located at 5105 Overland Ave. in Kearny Mesa, phone (858) 496-9622. The Mission Valley YMCA is located at 5505 Friars Road, (619) 298-3576. For information on both locations visit the website at www.missionvalley.ymca.org. ♥



178 SCHOOLS UNITE IN LARGEST EVER 'LET'S SAY THANKS' CARD DRIVE

It's not every day that a school district made up of 178 schools comes together for a single cause, but a Memorial Day tribute to the troops is uniting 133,000 students in the San Diego Unified School District.

Students plan to show their appreciation for deployed U.S. troops with a goal of collecting more than 100,000 messages of support through Xerox Corporation's Let's Say Thanks program – a free and easy way for the public to send postcards to U.S. servicemen and women stationed overseas.

“This event acknowledges the sacrifices our families endure,” said Barbara Shorbill, whose husband is a Marine and who has two children in the San Diego school district. “During Support our Troops week, our children can stand tall and feel proud, knowing that their teachers and classmates are there for them.” Shorbill's children are among the 11,000 students within the district that have parents serving in Iraq, Afghanistan and elsewhere.

Students held lunch-time card drives at the high schools, while the middle and elementary school students wrote messages in class. Teachers, administrators and Xerox employees will work together to collect the thousands of postcards, and the military support organization Soldiers' Angels will mail them in care packages.

“Xerox started the Let's Say Thanks program nearly a year ago, and already nearly 11 million people have sent online messages of support,” said Greg Jones, senior vice president, Public Sector Sales Operations, Xerox. “The San Diego students are expanding the effort by taking the time to hand write individual messages. They should be applauded for their drive to make the men and women of the armed forces feel appreciated.”

The colorful postcards used for the drive were designed by children ages 6-14 from across the country. The public can also send good wishes to U.S. troops around the globe through the program's official Web site, www.LetsSayThanks.com.