



EL CAMINO YMCA

2400 Grant Road • Mountain View

(650) 969-9622 • www.elcaminoymca.org

We build strong kids, strong families, strong communities.



America on the Move Week

September 19-27, 2009

EVENTS AT THE EL CAMINO YMCA

- **SUNDAY, SEPTEMBER 20**
3:00 PM - 5:00 PM Tea (Ballroom) Dance with Babi & Ron Hogue (Multipurpose)
- **TUESDAY, SEPTEMBER 22**
8:00 AM - 9:00 AM Run / Walk with Associate Executive Director, Michelle Cleere (Meet in Lobby)
12:00 PM - 1:00 PM "Healthy Homemade Fast Food" with Ana Jimenez (Kiwans Room)
- **WEDNESDAY, SEPTEMBER 23**
9:00 AM - 10:00 AM Pilates Cardiocamp in Cuesta Park with Michelle Melendez (Meet in Lobby)
- **THURSDAY, SEPTEMBER 24**
12:00 PM - 1:00 PM "Little Known Nutrition Secrets to Lose Weight and Keep it Off" with Maggie Richardson (Rotary Room)
1:00 PM - 3:00 PM Fitness for Kids in Cuesta Park
- **FRIDAY, SEPTEMBER 25**
9:00 AM - 10:00 AM Pilates Cardiocamp in Cuesta Park with Michelle Melendez (Meet in Lobby)
6:30 PM - 7:30 PM Family Dance Party (Multipurpose)
- **SATURDAY, SEPTEMBER 26**
12:30 PM - 2:30 PM Drop-in Family Dodgeball (Gymnasium)

*A week of events to get you moving.
All events are open to the community!*

EVENTS IN THE COMMUNITY

- **SATURDAY, SEPTEMBER 19**
10:00 AM - 2:00 PM MoVe to Wellness Festival, sponsored by the El Camino YMCA and City of Mountain View (Rengstorff Park)
- **MONDAY, SEPTEMBER 21**
5:30 PM - 6:30 PM Walk through Mountain View with **Mayor Margaret Abe-Koga**, begins at City Hall (500 Castro St)
- **TUESDAY, SEPTEMBER 22**
5:30 PM - 6:30 PM Walk through Los Altos Hills with **Mayor Dean Warshawsky**, begins at Westwind Barn (27210 Altamont Rd)
- **THURSDAY, SEPTEMBER 24**
5:30 PM - 6:30 PM Walk through Los Altos with **Chief of Police Tuck Younis**, begins at Los Altos Police Department (1 North San Antonio Road)

