

EXPERIENCE THE Y YOUR WAY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**With Y Your Way...
your programs are included!**



SCAN ME

Customize your membership - your 6 credits each month can be used any way you choose!

PROGRAM	INCLUDED IN YYW?	CREDITS/ PARTICIPANTS	SESSIONS (DURATION)	AGES
Art Classes	Yes	1	1 class (60 min.)	All Ages
Cooking Classes (Youth)	Yes	1	1 session (4 weeks)	Ages 6-10
Dance (Youth)	Yes	1	1 session (8 weeks)	Ages 3 -12
Kids Night Out	Yes	1	1 evening (3 hours)	Ages 3 -12
Massage	Yes	2	1 session (60 min.)	Ages 18+
Nutrition Series	Yes	2	1 session (4 weeks)	Ages 18+
Paint & Sip (Adult)	Yes	1	1 class (60 min.)	Ages 21+
P.E./Physical Education	Yes	1	1 season (4-8 weeks)	Ages 3 - 6
Pilates Reformer	Yes	2	1 group class (50 min.)	Ages 16+
Small Group Series	Yes	1	1 session (4 weeks)	Ages 16+
Sports (Youth)	Yes	1	1 season (6-8 weeks)	Ages 3 -17
Studio Y	Yes	2	Unlimited	Ages 16+
Tae-Kwon-Do	Yes	1	1 session (8 weeks)	Ages 7+
Yoga Workshop	Yes	1	1 class (60+ min.)	Ages 18+
Youth in Government	Yes	1	1 season (3 mos.)	Ages 13 - 17
Youth Strength Training	Yes	1	1 session (4 weeks)	Ages 12 -17
Out of School Time (OST)	Member Rates	NA	NA	Ages 3 -17
Personal Training	Member Rates	NA	NA	Ages 16+
Summer Camp	Member Rates	NA	NA	Ages 5 -12
Swim Lessons	Member Rates	NA	NA	All Ages

LEARN MORE. Visit www.DenverYMCA.org or scan the QR code above.

PROGRAM DESCRIPTIONS

PROGRAM	DESCRIPTION	LOCATION
Art Classes (Kids & Canvas)	Drop your kids off for a guided painting brought to you by the YMCA and Gallery on the Go. A teacher from Gallery on the Go will be onsite to guide your child through a fun painting. All supplies included.	Arvada, Aurora, Littleton, Southwest University Hills
Cooking Classes (Youth)	Calling all kids, ages 6-10, for this fun, hands-on 4-week cooking series! Build confidence, learn safe kitchen skills, and eat yummy food as we cook our way through different recipes each week. This series is led by an experienced cooking instructor in our very own YMCA kitchen.	Arvada, Aurora, University Hills
Dance (Youth)	In this fun and exciting class dancers will march, gallop and roll... jump, and twirl, while using our minds to go on exciting adventures. Fine and gross motor skills are developed through class dances and props. Dance classes are held once a week for an 8 week season.	Aurora, University Hills
Kids Night Out	Drop the kiddos off from 5:30 PM-8:30 PM for a night of fun. Ages: Potty trained to 12 years old. \$20-\$25 per child. Please register by the previous Wednesday. Our staff will start the evening with dinner for the kids and then lead the kids through a craft and some fun games and activities, followed by a movie and a snack. In order for us to have Kids Night Out will need at least 6 children to sign up.	Arvada, Aurora, Littleton, Southwest, University Hills
Massage	Massage therapists use touch to treat clients by manipulating the muscles and other soft tissues of the body to relieve pain and heal injuries. Massage can also relieve migraines, reduce stress, improve circulation and can help to restore full function after an injury.	Downtown, Littleton, University Hills
Nutrition Series	Nutrition series are small group programs, led by a YMCA Nutrition Specialist, that cover topics like Mindful Eating and performance nutrition to help you build supportive nutrition habits in a safe, judgment-free environment.	All Locations
Paint & Sip (Adult)	Guided painting brought to you by the YMCA and Gallery on the Go. A teacher from Gallery on the Go will be onsite to guide you through a fun painting experience with an adult beverage. All supplies included.	Aurora
P.E/Physical Education	This introductory Physical Education Program is geared to provide developmentally appropriate physical activity experiences, allowing children an opportunity to accumulate 60 minutes of daily physical activity. Trained YMCA coaches will provide instructional content designed to foster the development of knowledge and skill in six main movement exploration categories (Movement Concepts, Balance, Locomotor, Manipulative, Health & Nutrition and Social & Emotional Development) Coed.	Arvada, Aurora, Littleton, Southwest, University Hills
Pilates Reformer	A system of controlled movements performed on a special bed or frame with a moveable, sliding carriage or platform. Using cords and pulleys – and springs to increase and decrease resistance – Pilates Reformer provides a safe, effective way to strengthen your core, lower back, and abs, and build uniform, lean muscles.	Aurora, Downtown, Littleton, University Hills
Small Group Series	Wellness Series which are intended as small groups of participants that focus on motivation, community and health. Examples might include Women on Weights, Intro to Yoga Series or other 4-week series.	All Locations
Sports (Youth)	YMCA Youth Sports keep kids active and happy at the YMCA of Metro Denver. Our youth development philosophy is grounded in 150 years of lifting up kids and helping them reach their full potential. It's a philosophy centered on two critical factors: creating a unique sense of belonging and incorporating the fun & joy of childhood.	Arvada, Aurora, Littleton, Southwest University Hills
Studio Y	High intensity interval training style workout with heart rate tracking. Receive mental encouragement, inspiration and social connection to help reach your health and fitness goals. Limited time!	All Locations
Tae-Kwon-Do	Tae-Kwon-Do teaches more than physical fighting skills. It is a discipline that shows way of enhancing our spirit, mind and body. Today, it has become a global sport that has gained and international reputation.	Aurora
Yoga Workshop	Yoga workshops are specialty classes where learning objectives are achieved through lecture, discussion, and practice. Workshops move from theory to practice, with emphasis on understanding the theory. Workshop focus includes arm balances, backbends & twists, balancing poses, elements of yoga and hip openers.	Arvada, Aurora, Downtown Littleton, Southwest
Youth in Government	Every year, students learn about the state's democratic system and how laws and government shape people's lives. They explore all major aspects of state government, filling roles as politicians, lobbyists, attorneys and journalists. Three-month leadership program.	All Locations
Youth Strength Training	Small group personal training for ages 12 - 17, also known as Teen Strength Training.	Arvada, Aurora, University Hills