



January 1, 2024

Y Supporters Gave the Gift of Community

We are pleased to share that our Give the Gift of Community campaign was a huge success! We raised over \$80K to transform lives and build healthy, thriving communities. We are incredibly grateful to all who supported the campaign. When you [give back to your Y](#), you make an important impact, no matter the amount. Thank you for your support!



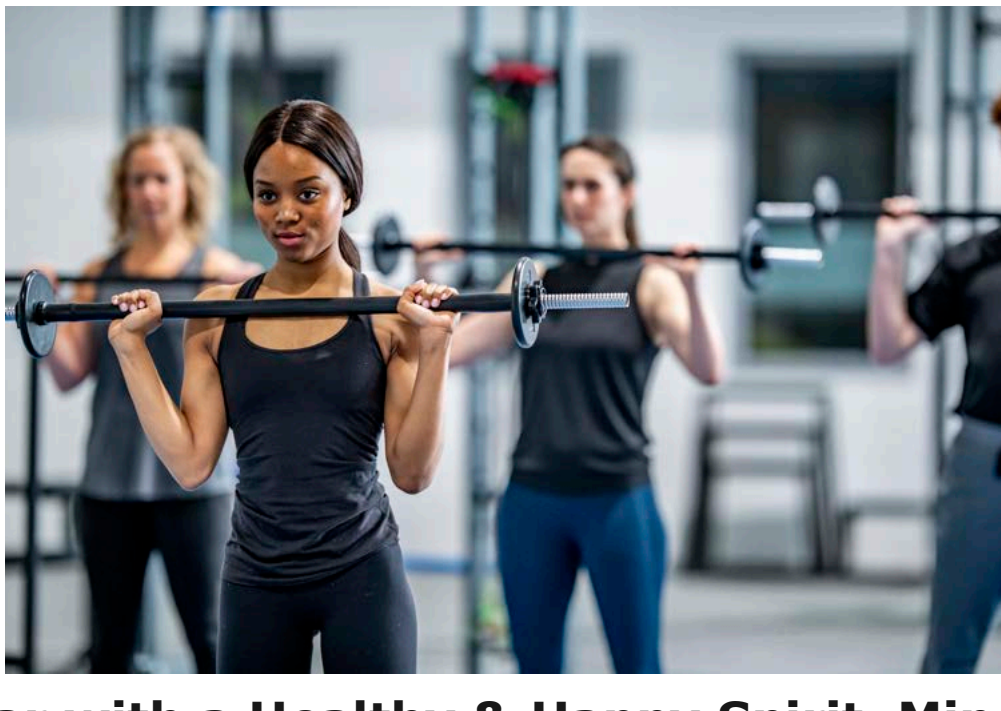
Ignite Your Fitness with Studio Y HIIT Workouts

Looking to challenge yourself and reach your health goals in 2025? [Studio Y](#) offers high-intensity interval training (HIIT) designed to transform your fitness routine. With heart rate tracking, functional exercises, expert guidance and team motivation, you'll burn calories efficiently and enjoy every moment.

Why Choose Studio Y HIIT?

- **Maximize Your Workout:** Burn more calories in less time and boost your metabolism for hours after your session.
- **Support Your Goals:** Shed fat, build muscle and improve your cardiovascular health.
- **Track Your Progress:** Utilize the Myzone heart rate monitoring system, available at all wellness center front desks, to log your workouts and stay motivated.
- **Meet People Just Like You:** Get to know your fellow Y members and motivate one another in this supportive, small-group environment.

Special Offer! Try Studio Y for FREE in January. Check the [fitness class schedule](#) to see special offerings the week of January 20



Ring in the New Year with a Healthy & Happy Spirit, Mind & Body

Check out new offerings, like [Improv Dance](#) and [Cooking for Tweens](#), as well as the return of popular programs like [Women on Weights](#), [Gong Bath](#) and more. As a YMCA member, you enjoy full access to our facilities and amenities, plus up to 40% off programs like Summer Camp, Youth Sports and swim lessons. Tell your friends about all these perks, as well as our January 2025 membership special:

Mark Your Calendar: YMCA Summer Camp 2025

While it's cold and wintry outside, we're already thinking about the warm, sunny days of [Summer Camp 2025](#)! YMCA Summer Camp registration opens

January 22: YMCA staff, members, 2024 camp participants and current OST participants
January 29: all others/general public



It's a Win-Win When You Refer a Friend in January

You are a part of something special. At the Y, we are a community that understands that wellness is about spirit, mind and body. As a YMCA member, you enjoy full access to our facilities and amenities, plus up to 40% off programs like Summer Camp, Youth Sports and swim lessons. Tell your friends about all these perks, as well as our January 2025 membership special:

Join the Y by January 31, 2025 and save. For January 2025, we've dropped our join fee to \$2.25 — a \$47.75 savings!

Get a FREE month of membership when you refer a friend who joins the Y! [Learn more.](#)

Fun & Safety in the Water 🏊

Members: Registration for classes January – March open NOW

Non-members: Registration for classes in January open NOW

Don't wait — [register today!](#)

See our aquatics offerings below:



Parent & Child

Parents accompany children in the water. Infants and toddlers are introduced to the aquatic environment through exploration and encouraged to enjoy themselves while learning about the water.

Ages: 6 months to 3 years old
Offered at:

- Aurora YMCA
- Southwest YMCA

[Register for Parent & Child](#)



Preschool

Experience the aquatic environment and learn to enjoy the water through body positions, floating and fundamental safety skills.

Ages: 6 months to 3 years old
Offered at:

- Arvada YMCA
- Aurora YMCA
- Southwest YMCA
- University Hills YMCA

[Register for Preschool](#)



School Age

Learn basic stroke technique in front crawl and back crawl and enhance water safety through treading water and elementary backstroke.

Ages: 5 to 13 years old
Offered at:

- Arvada YMCA
- Aurora YMCA
- Southwest YMCA
- University Hills YMCA

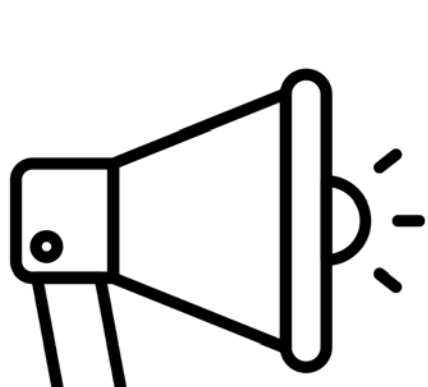
[Register for School Age](#)

More Knowledge & Expertise on Our Side

This month the YMCA of Metro Denver welcomed three new members to its Board of Directors: Craig Lyle, Julia Roberts and Jill Schulz. Along with the existing board members, these individuals will help steer the Y through the upcoming milestone year of our 150th anniversary.

"We are so pleased to welcome Julia, Jill and Craig to our Board," said President & CEO Breezy Bolden. "We have an important year ahead, with lots of work, opportunities for growth and of course, celebration. Through it all, we look forward to continuing to collaborate with our Board, as our organization benefits from their knowledge, expertise and generosity of their time."

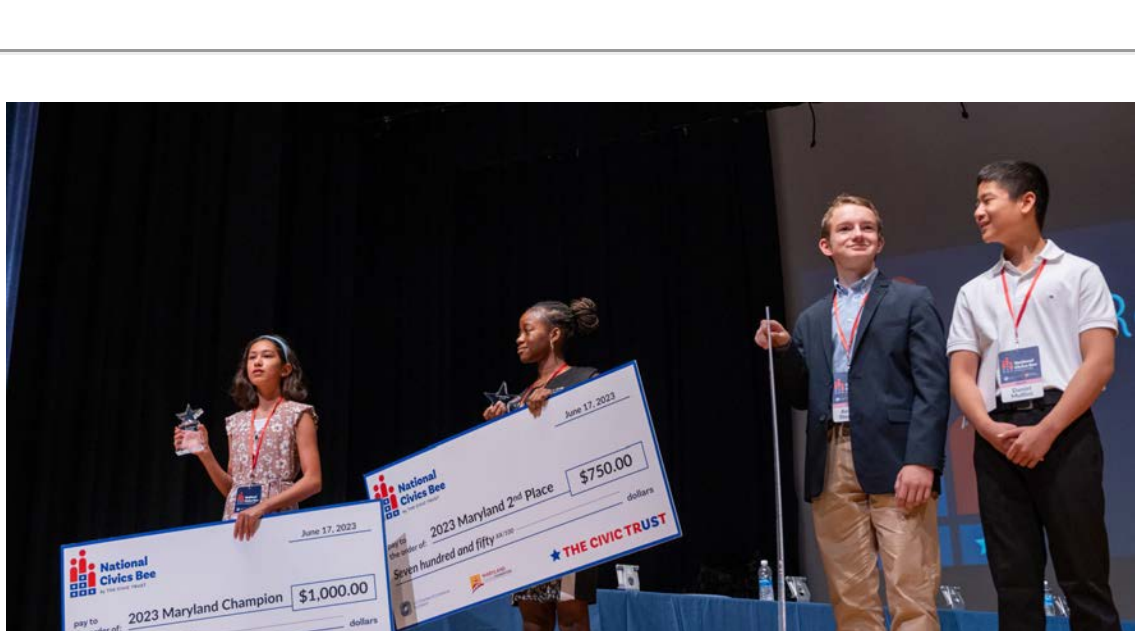
[Meet our new Board members.](#)



Heads Up: Rate Changes in the New Year

It's 2025 (the year we begin to celebrate our 150th anniversary!), and we are working hard to meet the needs of our entire community. We continue to add value to your Y membership, with benefits such as free one-on-one member orientations, priority program registration and member pricing, free child care at Adventure Zone and much more!

We remain committed to continuing to bring value to our community, and therefore, our rates in 2025 are changing. [Read more about the value of your YMCA membership and details of the changes.](#)



Help Us Find the Next National Civics Bee Champion!

Get ready to ignite civic engagement in your community! The application period for the 2025 [#NationalCivicsBee](#) is now open for 6th to 8th-grade students. This annual competition encourages young people to flex their civics knowledge and get involved in their communities by identifying real issues and offering solutions. Top students will get to compete for grand prizes including a \$100,000 education savings plan for the national champion. [Learn more about the National Civics Bee.](#)

Our partner, the Daniels Fund is helping the U.S. Chamber of Commerce Foundation to scale these Bees to all 50 states and host a national championship by 2026, coinciding with the 250th birthday of the United States. [Learn more about their partnership.](#)



Support With Your Insurance-Based Membership

Are you considering changing your healthcare insurance provider? Are you a former YMCA member looking to reactivate your insurance-based membership?

We want to ensure that there are no interruptions to your YMCA membership and that you continue to receive the high-quality care and services you deserve. Get started by [verifying your eligibility](#) for one of the following insurance-based memberships:

- Renew Active
- Silver Sneakers
- Active & Fit + Direct
- OnePass
- Silver & Fit

[Verify Your Eligibility](#)

Learn about all YMCA programs and activities open now throughout the Denver metro area.

ARVADA
YMCA

AURORA
YMCA

DOWNTOWN
YMCA

LITTLETON
YMCA

SOUTHWEST
YMCA

UNIVERSITY HILLS
YMCA



YMCA OF METROPOLITAN DENVER
Association Services

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