



Colorado Youth Sports Giving

We're overwhelmed with gratitude for the incredible support we received for the inaugural Colorado Youth Sports Giving campaign. **We raised over \$150,000 to give more kids access to the lifelong benefits of youth sports!** This was possible with the support of matched funds from the Daniels Fund and other sponsors and the generosity of our amazing Denver YMCA community.

Thank You!

Michael J. Fox Foundation for Parkinson's Research | Smell Test Study

The YMCA of Metropolitan Denver is working with [The Michael J. Fox Foundation](#) (MJFF) for Parkinson's Research to encourage our communities to get involved and learn about smell loss and the risk of Parkinson's disease.

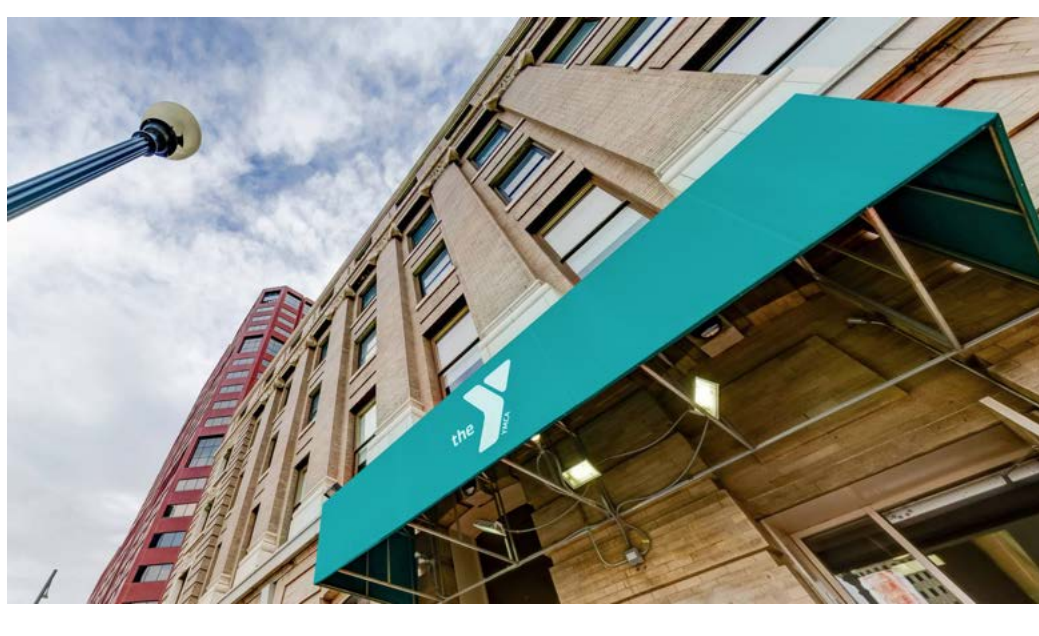


The MJFF Team will be at our Y's to answer questions on:

Oct. 7 | Arvada YMCA | 10:50 AM – After Silver Sneakers

Oct. 10 | Littleton YMCA | 11:30 AM – During Member Chili Cook-off

[Learn More About the MJFF](#)



Downtown Reopening Update

We anticipate a phased re-opening, with the main and lower levels re-opening very soon, followed by the second level shortly thereafter. **We hope to share a re-opening date very soon for the Downtown Y!**

At the Downtown Y, new flooring has been installed, equipment is being relocated back to the second floor and the entire facility is undergoing deep cleaning. Following the completion of the asbestos abatement work, the air clearance report results have met the requirements of the Colorado Department of Public Health and Environment.

October membership dues waived for those whose home Y is the Downtown Y. Locker fees will also be waived.

[Read More](#)

Ready to make a difference?

Join us at the Southwest YMCA to support the Beyond Hunger food pantry program. You can leave a lasting impact by sorting groceries, filling bags, distributing food or simply connecting with our community.

Upcoming dates:
Nov. 3 | 4 - 6 PM
Nov. 10 | 3 - 4 PM

[Sign Up to Volunteer](#)



Celebrate Halloween With Us 🎃

Come celebrate Halloween with us at these upcoming events:

🍊 Oct. 14 | [Halloweentown Movie Showing](#) | Glendale Infinity Park

👻 Oct. 26 | **Trunk or Treat** | Southwest YMCA



New Fitness Classes at our Centers!

Get your fitness journey started at one of our new fitness classes:

Arvada -
11 AM Mondays Silver Sneakers with Michelle
11 AM Fridays Silver Sneakers with Larry

Aurora:
9:30 AM Mondays Aqua Fitness with Carol
8:30 AM Wednesdays BodyBalance with Adrian

Littleton:
6:45 PM Wednesdays BodyCombat with Mindy
10 AM Saturdays BodyBalance with Caren

University Hills:
6 PM Wednesdays Total body conditioning
6:30 PM Wednesdays Core with Mindi

Southwest:
6 AM Thursdays BodyPump with Libby
9:30 AM Thursdays Cycle with Jon

[Reserve Your Spot in our Mobile App](#)

[See the Full Fitness Schedule](#)



Enjoy Even MORE Fall Sports

To finish out fall, we've got basketball for girls and boys of all ages across the metro area, including a regular season and a games-only Sunday league.

Registration: NOW – October 6
Late Registration: October 7 – 13
Season Dates: October 28 – December 15

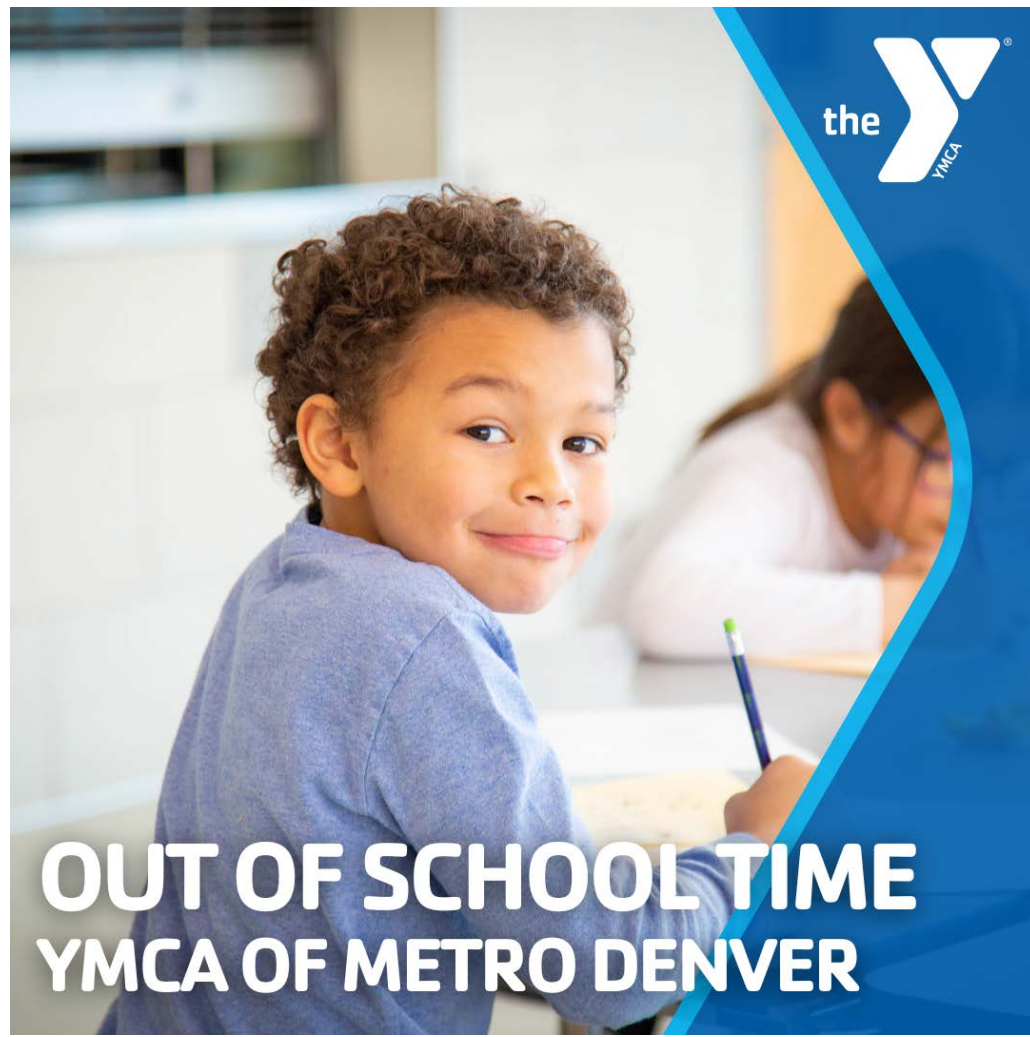
[Register for Fall II Sports](#)



Free Child Care for Children of Adult High School Students

The Denver YMCA is providing early childhood education and youth development programming for free to students attending Goodwill of Colorado's Excel Center, a new tuition-free adult high school. The new on-site care center is called YMCA Adventure Center.

[Learn more about YMCA Adventure Center at Goodwill Excel Center.](#)



Upcoming School Breaks - The Y's Got You Covered

What your kids do out of school is just as important as what they do in. YMCA out of school time care emphasizes social and emotional skills that boost academics and social connection. We offer a:

- Safe place with a creative daily curriculum that gets and keeps kids engaged;
- Mentoring relationship between staff and kids which helps kids establish and build positive relationships

[Register for School Break Camps](#)

Upcoming Events:



Cheer on the Nuggets, Support the Y

Join us for Y Night! A portion of ticket sales will go to the YMCA of Metro Denver.

Denver Nuggets vs. L.A. Clippers
Saturday, October 26, 3 PM
Ball Arena



Join us at **Fostering Our Future**, a free community forum on the challenges and opportunities for aging-out foster youth.

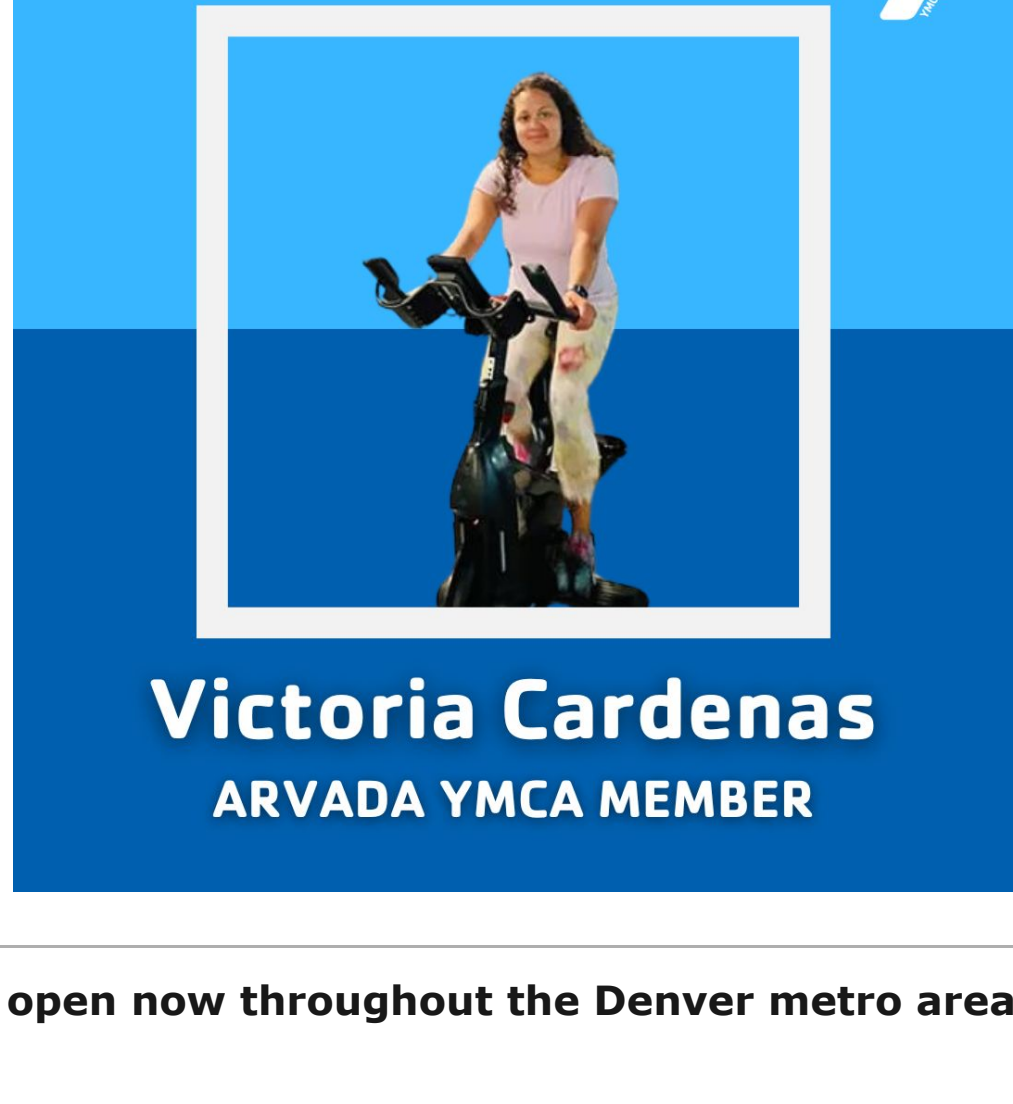
October 10 | South Fellowship Church | 8 - 10 AM

[RSVP Here](#)

Member Spotlight: Fitness & Life Lessons

Meet Victoria Cardenas, her YMCA journey began with learning how to swim. Now more than two decades later, she and husband Francisco thrive in Liz Bravman's inspiring cycling class at Arvada YMCA.

[Read Victoria's Y Story](#)



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

(P) 720 524 2700 (W) [denverymca.org](#)
This email was sent by: YMCA of Metropolitan Denver, 2625 S. Colorado Blvd., Denver, CO, 80222, USA

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