



Y'S UP: THE LATEST KIDS & FAMILY PROGRAMS

January 10, 2025

Make the most of your YMCA experience by exploring new activities and making lasting memories with friends! This monthly email highlights our exciting family and youth events, helping you stay in the loop. Don't miss out — check out the details and register below! [▶](#)



New Year, New Programs — Cooking for Tweens ☑☑

Let your middle-schooler stir up something special in our new Cooking for Tweens program! Whether they're discovering a hidden talent, exploring a new passion or just looking for a fun way to connect with friends, this hands-on, four-week class is perfect for young chefs. Guided by an experienced cooking instructor in our YMCA kitchen, participants will learn essential cooking skills, gain kitchen confidence and whip up delicious creations they'll be proud to share.

Locations:

- Arvada YMCA
- University Hills YMCA

Get Cooking

See more new programs and activities in the new year for families & kids here



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

Arvada YMCA:

- Jan. 16 | **Cooking for Kids Series** | [Register](#)
- Jan. 25 | **Kids Night Out** | [Register](#)
- Feb. 3 | **Advanced Youth Strength Series** | [Register](#)
- Feb. 4 | **Foundations in Youth Strength Series** | [Register](#)
- Feb. 4 | **Cooking for Tweens** | [Register](#)
- Feb. 22 | **Kids Night Out** | [Register](#)

Aurora YMCA:

- Jan. 10 | **Kids Night Out** | [Register](#)
- Jan. 14 | **Cooking for Kids Series** | [Register](#) – **AS SEEN ON INSTAGRAM!!**
- Jan. 20 | **Kids N Canvas** | [Register](#)
- Feb. 4 | **Youth Strength Series** | [Register](#)
- Feb. 7 | **Kids Night Out** | [Register](#)
- Feb. 18 | **Kids N Canvas** | [Register](#)

Center of Generations:

Did you know we have drop-in Egaming at our Center of Generations location? Esports Drop-Ins are available during open hours.

Littleton YMCA:

- Feb. 4 | **Youth Strength Training Series** | [Register](#)

Southwest YMCA:

- Feb. 8 | **Kids Night Out** | [Register](#)

University Hills YMCA:

- Jan. 11 | **Kids Night Out** | [Register](#)
- Feb. 1 | **Youth Ballet Series** | [Register](#)
- Feb. 3 | **Foundations in Youth Strength Series** | [Register](#)
- Feb. 3 | **Cooking for Tweens** | [Register](#)
- Feb. 4 | **Running Strength** | [Register](#)
- Feb. 8 | **Kids Night Out** | [Register](#)

[See All Upcoming Programs](#)



Spring Youth Sports Registration Coming Soon ☐

Keep your kids active and engaged this Spring with YMCA Youth Sports! From building skills to boosting confidence, our sports programs offer a fun and supportive environment for kids to grow and thrive.

Registration opens soon — don't miss your chance to get them moving and making memories on the field, court or gym! Take note of these important dates:

YMCA Member Registration Opens – February 3, 2025

Non Member Registration Opens – February 10, 2025

Registrations Deadline – March 17, 2025

[See Our Spring Offerings](#)

*New in 2025: **Youth Sports Academies*** — Looking for an affordable, low-commitment way to keep your kids active? Our [Youth Sports Academies](#) are the perfect fit! Join us for four Saturdays of skill-building, sportsmanship and fun.



Upcoming School Breaks — The Y's Got You Covered

School Break Care is available at select YMCA's & school locations across the metro area. Choose Between Cooking Camp & Day Camp.

Locations: Arvada YMCA, Aurora YMCA, Elkhart Elementary School, Explore Elementary School, Glendale at Infinity Park, Southwest YMCA, University Hills YMCA.

Dates: Vary by location.

[Register for Spring Break Care](#)



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