



YMCA of Metro Denver • denverymca.org

YOUTH PROGRAMS > WINTER 2026

AQUATICS

Swim Lessons: Swim Starters; Swim Basics — Preschool & School Age

The Y's swim lesson curriculum is based on age and swimming ability. Swimmers move to different stages as they progress. 4 weekly lessons; NEW: 8 semi-weekly lessons!

Ages: 6 months – 12 years

Dates: Monthly

Cost: \$55/\$85 & \$99/\$129

Locations: ARV, AUR, LIT (NEW!), SW, UH

Developmental Swim Team

Our trained coaches work to improve swimmers' skill level and endurance and to promote a healthy lifestyle.

Ages: 6–17 years

Dates: Monthly

Cost: \$90/\$140

Locations: ARV, AUR, UH

Lifeguard Training

Certification in American Red Cross Lifeguarding including CPR, AED and First Aid. 2-day course.

Ages: 15+ years

Dates: 1/3–1/4, 2/28–3/1, 3/20–3/22, 3/28–3/29

Cost: \$225/\$275

Locations: AUR, SW



ART/DANCE

Youth Ballet

A fun dance class building creativity and confidence.

Ages: 3–5 years

Dates: January, February, March

Cost: \$50/\$100

Locations: AUR, UH

Youth Hip Hop

Fundamentals of hip hop and break dance — rhythm, musicality, footwork, freestyle and more.

Ages: 8–10 years

Dates: 1/9–2/27

Cost: \$70/\$120

Locations: AUR



KIDS
NIGHT
OUT!

Youth Jazz Poms

Essentials of jazz and poms — precision, strength, team synchronicity.

Ages: 6–9 years

Dates: 1/9–2/27

Cost: \$70/\$120

Locations: AUR

Kids N Canvas

Guided painting session with Gallery on the Go. All supplies included.

Ages: 5–14 years

Dates: February, March

Cost: \$28/\$40

Locations: AUR



FUN & LEARNING

Kids Night Out

An evening of fun and friendship, including crafts, games and more. Dinner included.

Ages: 3–12 years

Dates: January, February, March

Cost: \$20/\$30 (Free monthly for members)

Locations: ARV, AUR, LIT, SW, UH

NUTRITION

Cooking with Kids

Kids learn age-appropriate kitchen skills and enjoy yummy food.

Ages: 5–9 & 10–14

Dates: January 6, 7 or 8

Cost: \$160/\$210

Locations: ARV, AUR & UH

SPORTS

SCHOOL BREAK CLINICS are 3-day, high-energy, fun training programs building coordination and skills.

Flag Football, Volleyball, NinjaZone

Ages: 7–12 years

Dates: March

Cost: \$80/\$110

Locations: ARV, LIT, SW

ACADEMIES are 4-week progressive programs developing skills to teach the essentials in a fun and supportive environment. Coed.

Dates: January, February

Cost: \$56/81

Volleyball Academy

Ages: 8–14 years

Dates: January, February

Locations: ARV

LEAGUES are 8-week, fun and competitive programs emphasizing skills, teamwork and sportsmanship. All skill levels. Coed, Girls, Boys.

Season Dates:
1/12–3/14

Registration Dates:
11/17–12/29

Basketball League

Ages: 3–4, 5–6, 7–8, 9–10, 11–12, 13–14 years

Cost: \$230/\$280

Locations: ARV CEN, LIT, SW, UH



Volleyball League

Ages: 7-9, 10-12, 13-14 years

Cost: \$155/\$205

Locations: LIT, SW

Lil' Ninja & NinjaZone

A fusion of obstacle course training, gymnastics, martial arts and freestyle. Coed.

Ages: 3-5, 6-8, 9-10, 11-12 years

Dates: January, February, March

Cost: \$60/\$90

Locations: LIT

Tae Kwon Do

Beyond physical skills, this discipline shows the ways of enhancing spirit, mind & body.

Ages: 7+ years

Dates: 1/6-3/13

Cost: \$80/\$130

Locations: AUR

FITNESS

Youth Strength Training

For teens interested in learning proper strength training technique.

Ages: 12-17 years

Dates: January, February, March

Cost: \$110/\$160

Locations: ARV, AUR, LIT, SW, UH



Family Zumba

This special event is the perfect way to learn about Zumba and experience the joy of movement.

Ages: 7-11 years

Dates: 1/16

Cost: \$15/\$30

Locations: LIT

Children's Yoga

This special event for children is a great way

for them to learn various animal poses and experience the joy of movement.

Ages: 6-10 years

Dates: 2/21

Cost: \$15/\$30

Locations: SW

OUT OF SCHOOL TIME

BEFORE, AFTER & DROP-IN CARE

It's where kids discover who they are and what they can achieve. The Y offers academic support, health and wellness and social-emotional learning, while families get the support they need. Full-time, before and after, drop-in and full day out care is offered.

Ages: 5-12 years

Cost: \$315/\$370 (full-time)

Locations: Select from YMCAs & 20+ schools in the Aurora, Denver, JeffCo and Mapleton school districts



FULL DAY OUT

It's the child care you may need when school is out. Dates vary by school district.

Locations: ARV, SW, UH, Elkhart Elementary, Excel Charter, Glendale and Yale Elementary

Cost: \$42.50/\$50 (per day)

Prices are YMCA member/non-member rates. Join the Y & save!

YMCA Locations:

ARV: Arvada-Duncan YMCA

AUR: Aurora YMCA

CEN: Central Park

LIT: Littleton YMCA

SW: Southwest YMCA

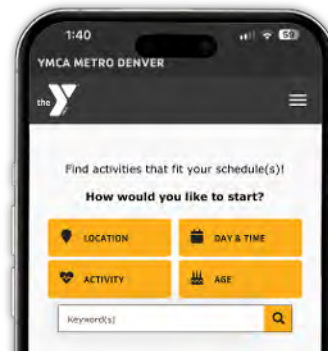
UH: University Hills-Schlessman YMCA

SUMMER CAMP

Registration for Summer Camp is coming soon. The Denver YMCA will offer Day Camp, Adventure, Basketball & Culinary camps and ALL NEW Kinder Camp.

Ages: 4-14 years

Locations: 15 locations across the Denver Metro area



ACTIVITY FINDER

Use our Activity Finder to search for the perfect program for your kids — and your schedule. Filter by day, time, location, activity type and age group to find everything from swim lessons and youth sports to arts and social events.



SAVE THE DATE

2026 HEALTHY KIDS DAY

Date: Saturday, April 18, 2026

Time: 10 AM – 2 PM

Location: Aurora & Southwest Family YMCA

Healthy Kids Day® is a national initiative celebrated at Ys across the country to help inspire healthy habits in kids and families.

For over 30 years, our Y has celebrated Healthy Kids Day by hosting a variety of free, community-facing events and activities focused on active physical play, nutrition education, STEM and the arts, and so much more.