



YMCA of Metro Denver • denverymca.org

# YOUTH PROGRAMS > WINTER 2026

## AQUATICS

### Swim Lessons: — Parent & Child, 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 (4-lesson) & \$99/\$129 (8-lesson)

**Locations:** ARV, AUR, LIT, SW, UH

### Swim Team

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

**Ages:** 6–17 years

**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

### Creative Movement/Ballet

Explore rhythm, balance and expression.

**Ages:** 3–5 years

**Dates:** March

**Cost:** \$75/\$125

**Locations:** AUR

### Youth Ballet

A fun dance class building creativity and confidence.

**Ages:** 3–6 years

**Dates:** January, February

**Cost:** \$50/\$100

**Locations:** UH



**KIDS NIGHT OUT!**

### 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:** \$80/\$130

**Locations:** AUR

### Youth Jazz Poms

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

**Ages:** 6–9 years

**Dates:** 1/9–2/27

**Cost:** \$80/\$130

**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:** \$175/\$225

**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:** \$55/85

### Basketball, Volleyball

**Ages:** 3 – 5, 7–14 years

**Dates:** January, February, March

**Locations:** ARV, CEN, LIT, SW, UH



**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:** \$180/\$230

**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

**Cost:** \$80/\$110

**Locations:** LIT

[Ask about the NinjaZone Birthday](#)

### Party Experience

#### 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:** \$110/\$160

**Locations:** AUR



## FITNESS

### Youth Strength Training

For teens interested in learning proper strength training technique.

**Ages:** 13–18 years

**Dates:** January, February, March

**Cost:** \$120/\$170

**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

**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

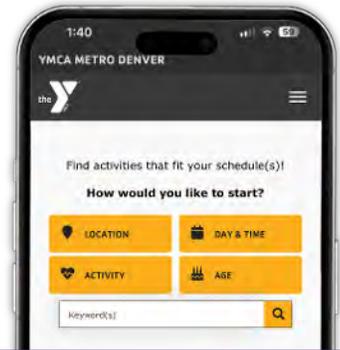
**Cost:** \$42.50/\$50 (per day)

### Y Academy Preschool Full Day Out

**Ages:** 3–5 years

**Locations:** ARV, SW, UH

**Cost:** \$65



## 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

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.

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

**Registration Opens:** Jan 21 (Members); Jan 28 (Public)

