

# NO PLACE



## Like *This Place*

**SUMMER PROGRAM GUIDE**

MAY-AUG 2026

# Welcome

## About this Summer Guide

The YMCA of Metro Denver offers a variety of programs for all ages — and we continue to add new and exciting activities year-round. We're growing, and we encourage you to join in! For convenience, this guide is organized by age so that families can easily find what they are looking for.

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## YMCA LOCATIONS

### Arvada-Duncan YMCA

6350 Eldridge Street  
Arvada, CO 80004  
720-524-2730

- Mon-Thu: 5 AM-9 PM
- Fri: 5 AM-8 PM
- Sat: 7 AM-5 PM
- Sun: 8 AM-4 PM

### Aurora YMCA

6100 South Kewaunee Way  
Aurora, CO 80016  
720-340-3535

- Mon-Thurs: 5 AM-9 PM
- Fri: 5 AM-8 PM
- Sat: 7 AM-5 PM
- Sun: 8 AM-4 PM

### Littleton YMCA

11 West Dry Creek Court  
Littleton, CO 80120  
720-664-4820

- Mon-Thu: 5:30 AM-9 PM
- Fri: 5:30 AM-8 PM
- Sat: 7 AM-5 PM
- Sun: 8 AM-4 PM

### Southwest YMCA

5181 West Kenyon Ave.  
Denver, CO 80236  
720-524-2758

- Mon-Fri: 5:30 AM-8 PM
- Sat: 7 AM-5 PM
- Sun: CLOSED

### University Hills- Schlessman YMCA

3901 East Yale Ave.  
Denver, CO 80210  
720-524-2755

- Mon-Thu: 5 AM-9 PM
- Fri: 5 AM-8 PM
- Sat: 7 AM-5 PM
- Sun: 8 AM-4 PM

## MANAGED LOCATIONS

### Centennial YMCA Center of Generations

6972 S. Vine Street #366  
Centennial, CO 80122  
720-918-6425

- Mon: 10 AM-3 PM
- Tue-Thu: 10 AM-3 PM;  
4:15-8:15 PM
- Fri: 10 AM-3 PM;  
3:15 PM-9 PM
- Sat: 3:15 - 9 PM
- Sun: CLOSED

### Glendale Sports Center

4500 E. Kentucky Ave.  
Glendale, CO 80246  
303-639-4711

- Mon-Fri: 5:30 AM - 9 PM
- Sat: 7:30 AM-5 PM
- Sun: 8:30 AM-5 PM

*Hours are subject to change. All YMCA of Metro Denver locations are closed: Nov 27; Dec 24-25, 2026*

*Wellness centers will be open from 7 AM – 3 PM on Memorial Day (May 25) and Independence Day (July 4).*

Use this key to identify Y programs that build healthy spirit, mind and body for all.

**S** = Spirit   **M** = Mind   **B** = Body

# Membership

## All Memberships Include:

- State-of-the-art cardio and weight training equipment
- Pool access
- Free one-on-one fitness, health-coaching and EGYM orientation
- Fitness App with challenges, workouts and a supportive community
- Access to all YMCA of Metro Denver locations
- Access to YMCAs nationwide
- Free access to Y360 with 2,000 virtual classes and programs
- Early registration on Y programs
- Free monthly seminars
- Member savings on Y programs like Personal Training, Pilates Reformer, Art Classes, Swim Lessons, Nutrition, Camp, Sports, Cooking and More

### Adventure Zone

Y-Premium members have access to 2 free hours of child care for ages 12 weeks to 12 years while they work out.

Learn more and reserve at [denverymca.org/adventure-zone](https://denverymca.org/adventure-zone).

MEMBERSHIP TYPE	MONTHLY RATES
Y-Starter (13+)	\$41
Y-Premium Individual (13+)	\$67
Y-Premium Couple (2 Adults)	\$87
Y-Premium Household (2 Adults, up to 6 children)	\$108
Y-Premium Household Plus (Up to 3 Adults, up to 6 children)	\$128
Virtual Y	\$14.99

\*\$99 join fee is applicable to memberships. Membership rates are subject to change.

## Welcome to All

At the Y, we believe everyone deserves access to programs that support their spirit, mind and body. That's why our memberships and programs are priced to be more affordable than many similar options across the Denver metro area. Financial assistance is offered to those in need through the generosity of our donors.

### Scholarships are needs-based and may be used toward:

Membership, swim lessons, youth sports, child care or camp and other Y programs that promote health, nurture kids and strengthen community.  
Apply at [denverymca.org/financial-assistance](https://denverymca.org/financial-assistance).

### Other Ways to Access the YMCA

The Y also offers flexible payment plans, special population discounts and need-based scholarships and accepts HSA, FSA and CCCAP payments to make participation possible for more families. Details at [denverymca.org/access-the-y](https://denverymca.org/access-the-y).

# Parent/Child & Preschool

Preschool, Swim Lessons, NinjaZone, Sports, Summer Camp, Fun & Learning



## Y ACADEMY PRESCHOOL **S M B**

Licensed early childhood education at the Denver Y is high-quality teaching and care you can trust, so the whole family can thrive. Three locations across the metro area serve ages 6 weeks to 5 years, year-round in a warm, welcoming environment with targeted curriculum, low student-to-staff ratios and nutritious meals — plus, easy access to Y swim lessons, dance classes and more. Financial assistance and CCCAP, DPP and UPK available.



Drop-in  
Care  
Available

### Arvada (Ages 3-5)

CARE PLAN	DAYS	TIME	MONTHLY FEE
Full-time Preschool	Mon-Fri	7 AM-6 PM	\$1,750
Part-time Preschool	Mon/Wed/Fri	7 AM-6 PM	\$1,175
Part-time Preschool	Tue/Thu	7 AM-6 PM	\$975
Half-day Preschool	Mon-Fri	8 AM-1 PM	\$606

### Southwest (Ages 3-5)

CARE PLAN	DAYS	TIME	MONTHLY FEE
Full-time Preschool	Mon-Fri	7 AM-5:30 PM	\$1,750
Part-time Preschool	Mon/Wed/Fri	7 AM-5:30 PM	\$1,175
Part-time Preschool	Tue/Thu or Mon/Wed	7 AM-5:30 PM	\$975
Half-day Preschool	Mon-Fri	8 AM-1 PM	\$606

### University Hills (Ages 6 weeks-5 years)

CARE PLAN	DAYS	TIME	MONTHLY FEE
Full-time Preschool	Mon-Fri	7 AM-5:30 PM	\$1,750
Part-time Preschool	Mon/Wed/Fri	7 AM-5:30 PM	\$1,175
Part-time Preschool	Tue/Thu	7 AM-5:30 PM	\$975
Half-day Preschool	Mon-Fri	8 AM-1 PM	\$606
Full-time Toddler	Mon-Fri	7 AM-5:30 PM	\$1,950
Full-time Infant	Mon-Fri	7 AM-5:30 PM	\$2,050

Fees subject to change. Registration fees are due upon enrollment. See policies at [denverymca.org/code-conduct](http://denverymca.org/code-conduct).

# Parent/Child & Preschool



## SWIM LESSONS **B**

### Parent & Tot (6 mos–3 years)

In Swim Starters, infants and toddlers participate with a parent to build comfort and safety in the water. Stage A (Water Discovery) introduces little ones to the aquatics environment through fun and exploration while teaching parents about supervision and drowning prevention. Stage B (Water Exploration) encourages children to try basic body positions, floating, blowing bubbles and simple safety skills with parent support — building confidence and readiness for future swim progress. Available on a monthly basis, one to two days per week.

*Parent/Tot swim lessons not available at the University Hills-Schlessman YMCA.*

### Arvada

DAYS	TIME	FEE (M/NM)
Tue/Thu	5-5:30 PM	\$99/\$129
Sat	9:30-10 AM	\$55/\$85

### Aurora

DAYS	TIME	FEE (M/NM)
Tue/Thu	10:45-11:15 AM	\$99/\$129
Sat	10:20-10:50 AM	\$55/\$85
Sat	11-11:30 AM	\$55/\$85

### Littleton

DAYS	TIME	FEE (M/NM)
Sat	9:35-10:05 AM	\$55/\$85

### Southwest

DAYS	TIME	FEE (M/NM)
Mon	6-6:30 PM	\$55/\$85
Sat	10:10-10:40 AM	\$55/\$85

### DID YOU KNOW?

The Y invented swim lessons, rotary breathing and the breaststroke.

# Parent/Child & Preschool

## Preschool (3–5 years)

Experience the aquatic environment and learn to enjoy the water through body positions, floating and learning fundamental safety skills. Available on a monthly basis, one to two days per week.

### Arvada

DAYS	TIME	FEE (M/NM)
Tue/Thu	4:40–5:10 PM	\$99/\$129
Sat	9:30–10 AM	\$55/\$85

### Aurora

DAYS	TIME	FEE (M/NM)
Mon/Wed	10:45–11:15 AM	\$99/\$129
Mon/Wed	10:10–10:40 AM	\$99/\$129
Mon/Wed	9:30–10 AM	\$99/\$129
Mon/Wed	4:20–4:50 PM	\$99/\$129
Tue/Thu	4:20–4:50 PM	\$99/\$129
Sat	9–9:30 AM	\$55/\$85
Sat	9:40–10:10 AM	\$55/\$85

### Littleton

DAYS	TIME	FEE (M/NM)
Tue/Thu	5–5:30 PM	\$99/\$129
Sat	9–9:30 AM	\$55/\$85

### Southwest

DAYS	TIME	FEE (M/NM)
Mon	6:35–7:05 PM	\$55/\$85
Tue/Thu	4–4:30 PM	\$99/\$129
Tue/Thu	10–10:30 AM	\$99/\$129
Sat	9–9:30 AM	\$55/\$85
Sat	10:10–10:40 AM	\$55/\$85



### University Hills

DAYS	TIME	FEE (M/NM)
Mon/Wed	4:20–4:50 PM	\$99/\$129
Mon/Wed	4:55–5:25 PM	\$99/\$129
Mon/Wed	5:30–6:00 PM	\$99/\$129
Mon/Wed	6:05–6:35 PM	\$99/\$129
Mon	9:30–10 AM	\$55/\$85
Tue	4–4:30 PM	\$55/\$85
Thu	4–4:30 PM	\$55/\$85
Sat	9–9:30 AM	\$55/\$85
Sat	9:35–10:05 AM	\$55/\$85
Sat	10:10–10:40 AM	\$55/\$85
Sat	10:45–11:15 AM	\$55/\$85
Sat	11:20–11:50 AM	\$55/\$85

# Parent/Child & Preschool

## NINJAZONE **B**

### Lil Ninjas

The entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training and freestyle movement. Available in 4-week sessions.

**Fee (M/NM):** \$80/\$110

#### Littleton

DATES	DAYS	TIME
Aug 3-24	Mon	4:30-5:30 PM
Aug 5-26	Wed	4:30-5:30 PM
Aug 8-29	Sat	1:40-2:40 PM

## SPORTS ACADEMIES **B**

### Basketball

Learn, dribble and shoot in this 4-week skills academy designed for all skill levels. Participants will develop foundational skills such as dribbling, shooting, passing and teamwork through fun drills and engaging activities. Whether your child is new to the game or ready to advance, this academy builds confidence and promotes a love for basketball. Coed.

**Fee (M/NM):** \$55/\$85

#### Arvada

DATES	DAYS	TIME
May 9-30	Sat	10-11 AM
June 6-27	Sat	10-11 AM

#### Central Park

DATES	DAYS	TIME
May 2-30	Sat	9-10 AM

#### Littleton

DATES	DAYS	TIME
June 6-27	Sat	9-10 AM
July 11-Aug 1	Sat	9-10 AM

#### Southwest

DATES	DAYS	TIME
May 9-30	Sat	11 AM-12 PM
June 6-27	Sat	10-11 AM

#### University Hills

DATES	DAYS	TIME
May 2-30	Sat	11 AM-12 PM
June 6-27	Sat	11 AM-12 PM

### Soccer

Kick, pass and score in this 4-week skills academy where players develop foundational soccer skills through fun, age-appropriate drills and games. With a focus on teamwork, coordination and sportsmanship, this academy is ideal for children who are new to the sport or looking to improve. Coed.

**Fee (M/NM):** \$55/\$85

#### Arvada

DATES	DAYS	TIME
May 1-29	Fri	5-6 PM

#### Aurora

DATES	DAYS	TIME
May 8-29	Fri	4:30-5:30 PM
June 6-26	Fri	4:30-5:30 PM
July 10-31	Fri	4:30-5:30 PM
Aug 7-28	Fri	4:30-5:30 PM

# Parent/Child & Preschool

## Southwest

DATES	DAYS	TIME
May 7-28	Thu	5-6 PM

## University Hills

DATES	DAYS	TIME
May 9-30	Sat	9-10 AM

## Baseball

Swing, throw and run the bases in this 4-week skills academy designed to help players develop foundational baseball skills. Age-appropriate drills and games will focus on hitting, throwing, fielding and base running. Emphasizing teamwork and sportsmanship, this academy supports players of all skill levels. Coed.

**Fee (M/NM):** \$55/\$85

## Arvada

DATES	DAYS	TIME
June 2-23	Tue	4:30-5:30 PM
July 7-28	Tue	4:30-5:30 PM

## Aurora

DATES	DAYS	TIME
May 6-27	Wed	4:30-5:30 PM
June 3-24	Wed	4:30-5:30 PM
July 8-28	Wed	4:30-5:30 PM
Aug 5-26	Wed	4:30-5:30 PM

## Southwest

DATES	DAYS	TIME
May 8-29	Fri	5-6 PM
July 3-24	Fri	5-6 PM

## University Hills

DATES	DAYS	TIME
June 6-27	Sat	9-10 AM

## SUMMER CAMP S M B



### NEW! Kinder Camp (Ages 4-5)

Join the thousands of families across the Denver metro area who choose the Y for camp and give your preschooler or soon-to-be kindergartner a summer of exploring, creating and playful learning experiences.

**Dates:** June – Aug (varies by school district)

### Arvada, Southwest & University Hills

DAYS	TIME	FEE (M/NM)
Mon-Fri	7 AM-5:30 PM	\$437.50/ \$487.50

## FUN & LEARNING B

### Youth Dance – Ballet

A fun, beginner ballet class for ages 3-5 that builds coordination, balance and confidence through music and creative movement.

**Fee (M/NM):** \$50/\$100

### University-Hills

DATES	DAYS	TIME
May 2-23	Sat	10-11 AM

# Elementary

Fun and Learning, Summer Camp, Swim Lessons, NinjaZone, Sports



## FUN & LEARNING

### Cooking with Kids <sup>M</sup> <sup>B</sup>

Learn basic cooking skills, practice safe kitchen skills, enjoy tasty food and have some fun with friends. Choose a week of after-camp sessions or a Saturday session.

**Fee (M/NM):** \$50/\$65

#### Arvada

DATES	DAYS	TIME
May 23	Sat	9-11 AM
May 30	Sat	9-11 AM
June 1-5	Mon-Fri	4-5:30 PM
June 22-26	Mon-Fri	4-5:30 PM
July 20-24	Mon-Fri	4-5:30 PM

#### Aurora

DATES	DAYS	TIME
May 9	Sat	9-11 AM
May 16	Sat	9-11 AM

#### Southwest

DATES	DAYS	TIME
May 23	Sat	9-11 AM
May 30	Sat	9-11 AM

#### University Hills

DATES	DAYS	TIME
May 9	Sat	9-11 AM
May 16	Sat	9-11 AM
June 8-12	Mon-Fri	4-5:30 PM
July 6-10	Mon-Fri	4-5:30 PM
July 27-31	Mon-Fri	4-5:30 PM



### Cooking with Kids: Back to School Meal Prep <sup>M</sup> <sup>B</sup>

Kids build essential kitchen skills, explore new recipes, and learn how to prepare balanced meals. From easy breakfasts to packable lunches and after-school snacks, kids will gain independence and confidence. 8 weekly sessions.

**Fee (M/NM):** \$175/\$225

#### Arvada

DATES	DAYS	TIME
Aug 27-Oct 15	Thu	4:30-5:30 PM
	Thu	6-7 PM

#### Aurora

DATES	DAYS	TIME
Aug 26-Oct 14	Wed	4:30-5:30 PM

#### Southwest

DATES	DAYS	TIME
June 1-July 20	Mon	4:30-5:30 PM
	Mon	6-7 PM
Aug 24-Oct 12	Mon	4:30-5:30 PM
	Mon	6-7 PM

#### University Hills

DATES	DAYS	TIME
Aug 25-Oct 13	Tue	4:30-5:30 PM
Aug 25-Oct 13	Tue	6-7 PM

# Elementary

## Dance **B**

Boost your child's creativity and self-confidence through the healthy fun of dance lessons in multiple dance genres, including Tap, Ballet, Jazz and Hip Hop. Weekly lessons in 4-week sessions.

**Fee (M/NM):** \$50/\$100

### Aurora

DATES	DAYS	TIME
Youth Dance – Hip Hop		
June 5–26	Fri	5–5:45 PM
Youth Dance – Creative Movement		
June 5–26	Fri	3:30–4:15PM

### University Hills

DATES	DAYS	TIME
Youth Dance – Ballet		
May 2–23	Sat	11 AM–12 PM

## Domino Club **M** – FREE

Stand up dominoes in sequence to make a domino run and then knock them down in an eye-catching chain reaction. Kids create domino builds in a friendly competition.

### Aurora

DAYS	TIME
First Tuesdays of the month	6:15–7:15 PM

## Kids Boot Camp **B** – FREE

Experience a total body workout designed specifically for young fitness seekers. Open to ages 8–14.

### University Hills–Schlessman

DATES	DAYS	TIME
June 6	Sat	11 AM–12 PM

## Kids N Canvas **M**

Drop the kids off for an afternoon of artistic fun. Kids will expand their minds and creative skills through two hours of a guided painting with Gallery on the Go.

**Fee (M/NM):** \$28/\$40

### Aurora

DATES	DAYS	TIME
May 1	Fri	12–2 PM
June 16	Tue	12–2 PM
July 14	Tue	12–2 PM
Aug 11	Tue	12–2 PM



Registration  
Opens May  
2026

## Out of School Time **S M B**

Give your child a welcoming, enriching home away from home. Kids get active play, academic support and engaging activities beyond the school day. Available before and after school and on early release, late start and full days out.

### 2026–2027 Dates

August 2026 – May 2027

**Districts Served:** Aurora, Cherry Creek, Denver, Jefferson County, Mapleton

CCCAP accepted and financial assistance available. Learn more at [denverymca.org/out-school-time-care](http://denverymca.org/out-school-time-care).

# Elementary

## Kids Night Out **S**

Adults take a well-deserved break while the kids come to the Y for an evening of fun and new friendships. Enjoy activities, crafts, a movie and pizza!

**Fee (M/NM):** \$30/\$40

### Arvada

DATES	DAYS	TIME
May 30	Sat	5:30-9 PM
June 27	Sat	5:30-9 PM
July 25	Sat	5:30-9 PM
Aug 22	Sat	5:30-9 PM

### Aurora

DATES	DAYS	TIME
May 1	Fri	5:30-9 PM
June 5	Fri	5:30-9 PM
July 10	Fri	5:30-9 PM
Aug 7	Fri	5:30-9 PM

### Littleton

DATES	DAYS	TIME
May 16	Sat	5:30-8:30 PM
June 20	Fri	5:30-8:30 PM
July 18	Sat	5:30-8:30 PM
Aug 22	Sat	5:30-8:30 PM

### Southwest

DATES	DAYS	TIME
May 9	Sat	5:30-9 PM
June 13	Sat	5:30-9 PM
July 11	Sat	5:30-9 PM
Aug 15	Sat	5:30-9 PM

## University Hills

DATES	DAYS	TIME
May 16	Sat	5-8:30 PM
June 20	Sat	5-8:30 PM
July 18	Sat	5-8:30 PM
Aug 15	Sat	5-8:30 PM

## Lego Club **M** - FREE

Use your imagination in hands-on building activities, connect with friends in a welcoming and supportive environment and have fun bringing your ideas to life — one brick at a time!

### Aurora

DATES	TIME
First Monday of the month	5-6 PM

## Martial Arts - Tae Kwon Do **M B**

Learn not only physical fighting skills, but a global sport that enhances discipline to lift spirit, mind and body. 20 semi-weekly sessions.

**Fee (M/NM):** \$110/\$160

### Aurora

DATES	DAYS	TIME
July 7-Sept 11	Tue-Fri	7:30-8:30 PM



## FAMILY NIGHTS, NOW PLAYING OUTSIDE

Check out the Glendale Sports Center for FREE Monday evening movie nights this summer starting at 6 PM. All ages.

[sportscenterglendale.com](http://sportscenterglendale.com)



## SUMMER CAMP S M B

### Day Camp (5-12 years)

Join the thousands of families across the Denver metro area who choose the Y for a well-rounded camp experience with physical activity, art projects, games, outdoor exploration, character development and social-emotional learning — all led by caring, trained staff.

**Fee (M/NM):** \$270/\$320

### YMCA and School Site Locations

DATES	DAYS	TIME
June – Aug (varies by school district)	Mon-Fri	8 AM-4 PM

**Fee (M/NM):** \$150/\$200

### Montclair School of Academics and Enrichment

DATES	DAYS	TIME
June 15-July 24	Mon-Fri	8 AM-4:30 PM

### YMCA Day Camp Locations

- Arvada-Duncan
- Aurora
- Southwest
- University Hills-Schlessman

### School Site Day Camp Locations

- Elkhart Elementary
- Excel Academy
- Glendale Sports Center
- Morey Middle School
- Peak Expeditionary
- Reunion Rec Center
- Shelton Elementary
- Teller Elementary
- Trailside Academy
- Yale Elementary

Kinder Camp available for ages 4-5.  
See page 8 for details.

# Elementary

## Specialty Camps (10-14 years)

**Dates:** June – Aug (varies by school district)

### Arvada

CAMP	DAYS	TIME	FEE (M/NM)
Adventure Camp	Mon-Thu	8 AM-4 PM	\$490/\$545
Basketball Camp	Mon-Fri	8 AM-4 PM	\$345/\$395
Culinary Camp	Mon-Fri	8 AM-4 PM	\$455/\$505

### University Hills

CAMP	DAYS	TIME	FEE (M/NM)
Adventure Camp	Mon-Thu	8 AM-4 PM	\$490/\$545
Basketball Camp	Mon-Fri	8 AM-4 PM	\$345/\$395
Culinary Camp	Mon-Fri	8 AM-4 PM	\$455/\$505

**Before Care** (6:30-8 AM) and **After Care** (4-5:30 PM) for Day and Specialty camps available at select locations. Fee (M/NM): \$32/\$35 per program.

## After Camp Club

Try out an after camp club featuring activities like basketball and cooking!

**Fee (M/NM):** \$50/\$65

### Arvada

CAMP	DATES	DAYS	TIME
Basketball	July 13-17	Mon-Fri	4-5:30 PM
Cooking with Kids	June 1-5	Mon-Fri	4-5:30 PM
Cooking with Kids	June 22-26	Mon-Fri	4-5:30 PM
Cooking with Kids	July 20-24	Mon-Fri	4-5:30 PM
Multi-Sports	June 8-12	Mon-Fri	4-5:30 PM
Multi-Sports	July 27- 31	Mon-Fri	4-5:30 PM

### University Hills

CAMP	DATES	DAYS	TIME
Cooking with Kids	June 8-12	Mon-Fri	4-5:30 PM
Cooking with Kids	July 6-10	Mon-Fri	4-5:30 PM
Cooking with Kids	July 27-31	Mon-Fri	4-5:30 PM

# Elementary

## SWIM LESSONS **B**

### School Age (6-14 years)

Students achieve water safety and basic swimming competency by mastering two benchmarks: the “swim, float, swim” sequence and the “jump, push, turn, grab” technique. Available on a monthly basis, one to two days per week.

#### Arvada

DAYS	TIME	FEE (M/NM)
Tue/Thu	4:40-5:10 PM	\$99/\$129
Tue/Thu	4-4:30 PM	\$99/\$129
Tue/Thu	5-5:30 PM	\$99/\$129
Sat	10:10-10:40 AM	\$55/\$85
Sat	10:50-11:20 AM	\$55/\$85

#### Aurora

DAYS	TIME	FEE (M/NM)
Mon/Wed	5-5:30 PM	\$99/\$129
Mon/Wed	5:40-6:10 PM	\$99/\$129
Tue/Thu	5-5:30 PM	\$99/\$129
Tue/Thu	5:40-6:10 PM	\$99/\$129
Sat	10:20-10:50 AM	\$55/\$85
Sat	11-11:30 AM	\$55/\$85

#### Littleton

DAYS	TIME	FEE (M/NM)
Tue/Thu	5:30-6 PM	\$99/\$129
Sat	10:10-10:40 AM	\$55/\$85

#### Southwest

DAYS	TIME	FEE (M/NM)
Tue/Thu	4:35-5:05 PM	\$99/\$129
Tue/Thu	5:10-5:40 PM	\$99/\$129
Sat	9:35-10:05 AM	\$55/\$85
Sat	10:45-11:15 AM	\$55/\$85

#### University Hills

DAYS	TIME	FEE (M/NM)
Mon/Wed	4:20-4:50 PM	\$99/\$129
Mon/Wed	4:55-5:25 PM	\$99/\$129
Mon/Wed	5:30-6 PM	\$99/\$129
Mon/Wed	6:05-6:35 PM	\$99/\$129
Sat	9:00-9:30 AM	\$55/\$85
Sat	9:35-10:05 AM	\$55/\$85
Sat	10:10-10:40 AM	\$55/\$85
Sat	10:45-11:15 AM	\$55/\$85
Sat	11:20-11:50 AM	\$55/\$85

## NINJAZONE **B**

### NinjaZone

Unleash your child’s inner ninja with a high-energy blend of obstacle course training, inspired by gymnastics, martial arts, obstacle training and freestyle movement. 4-week sessions.

**Fee (M/NM):** \$80/\$110

#### Littleton

AGES	DATES	DAYS	TIME
6-8	Aug 3-24	Mon	5:40-6:40 PM
6-8	Aug 5-26	Wed	5:40-6:40 PM
6-8	Aug 8-29	Sat	12:30-1:30 PM
9-10	Aug 4-25	Tue	4:30-5:30 PM
9-10	Aug 6-27	Thu	4:30-5:30 PM
9-10	Aug 8-29	Sat	11:10 AM-12:10 PM
11-12	Aug 4-25	Tue	5:40-6:40 PM
11-12	Aug 6-27	Thu	5:40-6:40 PM
11-12	Aug 8-29	Sat	10-11 AM

We offer birthday parties at NinjaZone. See page 16.



# Elementary

## YOUTH SPORTS

### Academies (Ages 3-14)

Introduces your child to the game with fun, interactive sessions focused on basic fundamentals. 4-week sessions.

### Camps (Ages 6-14)

An introduction to skills, drills and fun team play. Includes scrimmage. 4-day sessions.

### Leagues (Ages 5-14)

Season includes practice, team building and skills growth. Games played every Sat. Some leagues start at different ages depending on the sport. 8-week sessions.



## SPORTS ACADEMIES **B**

### Baseball

Swing, throw and run the bases in this 4-week skills academy designed to help young players develop foundational baseball skills. Age-appropriate drills and games will focus on hitting, throwing, fielding and base running. Emphasizing teamwork and sportsmanship, this academy supports beginner and developing players alike. Coed.

**Fee (M/NM):** \$55/\$85

### Arvada

DATES	DAYS	TIME
June 2-23	Tue	5:30-6:30 PM
July 7-28	Tue	5:30-6:30 PM



### Aurora

DATES	DAYS	TIME
May 6-27	Wed	5:45-6:45 PM
June 3-24	Wed	5:45-6:45 PM
July 7-28	Wed	5:45-6:45 PM
Aug 5-26	Wed	5:45-6:45 PM

### Southwest

DATES	DAYS	TIME
May 8-29	Fri	6-7 PM
July 3-24	Fri	6-7 PM

### DID YOU KNOW?

James Naismith, who invented the game of basketball, personally introduced the game to Denver in 1896.

# Elementary

## Basketball

Learn, dribble and shoot in this 4-week skills academy designed for all skill levels. Participants will develop foundational skills such as dribbling, shooting, passing, and teamwork through fun drills and engaging activities. Whether your child is new to the game or ready to advance, this academy builds confidence and promotes a love for basketball. Coed.

**Fee (M/NM):** \$55/\$85

## Littleton

DATES	DAYS	TIME
June 6-27	Sat	10:15-11:15 AM
June 6-27	Sat	11:30 AM-12:30 PM
July 11-Aug 1	Sat	10:15-11:15 AM
July 11-Aug 1	Sat	11:30 AM-12:30 PM

## Southwest

DATES	DAYS	TIME
June 6-27	Sat	11:15 AM-12:15 PM
June 6-27	Sat	12:30-1:30 PM

## Volleyball

Bump, set and serve in this 4-week skills academy where players develop foundational skills in a supportive and engaging environment. Through weekly classes and fun scrimmage opportunities, participants will focus on passing, setting and serving while building confidence and enjoying the game. Coed.

**Fee (M/NM):** \$55/\$85

## Littleton

DATES	DAYS	TIME
June 5-26	Fri	5-6 PM
June 5-26	Fri	6-7 PM
July 10-31	Fri	5-6 PM
June 5-26	Fri	6-7 PM

## Southwest

DATES	DAYS	TIME
June 5-26	Fri	5-6 PM

## NinjaZone Birthday Parties

Unleash their inner ninja! Give your child the ultimate birthday upgrade with a NinjaZone Party at the YMCA. It's high-energy, high-impact and zero stress for families. From scaling "warrior" obstacles to mastering the art of movement, we provide a safe, supportive space for kids of all levels to climb, jump and celebrate.

- Location: Littleton YMCA
- Fee (M/NM): \$300/\$350

**More at [denverymca.org/ninjazone-parties](https://denverymca.org/ninjazone-parties)**



# Elementary

## SPORTS CAMPS **B**



### Flag Football

The Flag Football Training Camp is a fun, four-day program designed for ages 7-12 to learn the fundamentals of flag football in a positive, team-oriented environment. Each day focuses on skill development, teamwork and game play through age-appropriate drills and activities led by experienced coaches. Coed.

**Fee (M/NM):** \$140/\$190

### Arvada

DATES	DAYS	TIME
July 6-9	Mon-Thu	5:30-7:30 PM

### Aurora

DATES	DAYS	TIME
July 20-23	Mon-Thu	9 AM-12 PM
Aug 3-6	Mon-Thu	9 AM-12 PM

### Southwest

DATES	DAYS	TIME
June 8-11	Mon-Thu	3:30-5:30 PM

### University Hills

DATES	DAYS	TIME
June 1-4	Mon-Thu	3:30-5:30 PM

### Volleyball

The YMCA Volleyball Camp is a fun, 4-day program designed for ages 6-14 to learn the fundamentals of volleyball in a positive, team-oriented environment. Each day focuses on skill development like serving, passing, setting and hitting, along with teamwork and game play through age-appropriate drills and activities led by experienced coaches. Coed.

**Fee (M/NM):** \$140/\$190

### Arvada

DATES	DAYS	TIME
July 20-25	Mon-Thu	5:30-7:30 PM

### Littleton

DATES	DAYS	TIME
June 15-18	Mon-Thu	5-7 PM
July 6-9	Mon-Thu	5-7 PM

### Basketball

Our YMCA Basketball Camp is a 4-day-per-week training program designed for athletes ages 6-14 and all skill levels. Each session runs for two hours and focuses on developing the core fundamentals of the game in a structured, high-energy environment. Coed.

**Fee (M/NM):** \$140/\$190

### Arvada

DATES	DAYS	TIME
June 22-25	Mon-Thu	5:30-7:30 PM

### Littleton

DATES	DAYS	TIME
June 1-4	Mon-Thu	5-7 PM
July 27-30	Mon-Thu	5-7 PM

# Elementary



## Soccer

The YMCA LEAD Soccer Camp is a 4-day developmental program. The camp focuses on building fundamental soccer skills while incorporating the YMCA's core values of Leadership, Encouragement, Accountability and Determination (LEAD). Coed.

**Fee (M/NM):** \$140/\$190

## Arvada

DATES	DAYS	TIME
Aug 3-6	Mon-Thu	5:30-7:30 PM

## Aurora

DATES	DAYS	TIME
June 22-25	Mon-Thu	9 AM-12 PM

## Southwest

DATES	DAYS	TIME
July 13-16	Mon-Thu	3:30-5:30 PM

## University Hills

DATES	DAYS	TIME
July 27-30	Mon-Thu	3:30-5:30 PM

## SPORTS LEAGUES **B**

### Coch Pitch Baseball League

Join our YMCA Coach Pitch Baseball League (Ages 6-8) and build essential skills like hitting off a coach's pitch, throwing, catching, base running and fielding in a fun, supportive environment. Players will grow in confidence while learning teamwork, sportsmanship and the value of staying active, all while being guided by our dedicated volunteer coaches. Athletes will participate in one weekly, 1-hour practice to focus on skill development and teamwork, along with games every Sat for exciting, real-game action designed for this age group. Jerseys are included with registration, making it easy for families to get started and enjoy the season together! Coed.

**Season Dates:** June 1-July 25

**Location:** University Hills

**Fee (M/NM):** \$180/\$230

### SAVE THE DATE!

Registration opens for fall outdoor leagues on July 6 for members and July 13 for non-members.

### DID YOU KNOW?

The Denver Y is part of the Colorado State Alliance comprised of 40+ Y facilities and dozens of camp, sports and child care sites, each a powerful advocate for the needs of children, families and individuals in communities along the Front Range.

# Middle & High School

Aquatics, Fun & Learning, Sports, Fitness, Teen Leadership



## AQUATICS

### Lifeguard Training **M B**

Certification in American Red Cross Lifeguarding including CPR, AED and First Aid.

**Fee:** \$225

### Aurora

DATES	DAYS	TIME
May 16-17	Sat-Sun	7 AM-5 PM
	Sat-Sun	9 AM-5 PM
June 20-21	Sat-Sun	7 AM-5 PM
	Sat-Sun	9 AM-5 PM
Aug 29-30	Sat/Sun	7 AM-5 PM
	Sat-Sun	9 AM-5 PM

### University Hills

DATES	DAYS	TIME
May 1-3	Fri-Sun	4-8 PM
June 12-14	Fri-Sun	4-8 PM

### Lifeguard Training Renewal **M B**

**Fee (M/NM):** \$100/\$150

### University Hills

DATES	DAYS	TIME
May 17	Sun	9 AM-6 PM

### Arvada Y Welcome to Summer Swim & Barbecue

May 23, 5:30-7:30 PM (\$10)

### Arvada Y Summer Swim & BBQ

June 27, 5:30-7:30 PM (\$10)

Aug 22, 2-4 PM (\$10)

### Swim Team **B**

Youth learn the fundamentals of swimming and how to compete individually and on a team. YMCA swim teams welcome swimmers ages 6-17 who can swim 25 yards of all four strokes.

**Fee (M/NM):** \$99/\$129

### Arvada

DATES	DAYS	TIME
Swim Team 1		
July 27-Aug 22	Mon/Wed	4-4:45 PM
Swim Team 2		
July 27-Aug 22	Mon/Wed	5-5:45 PM

### Aurora

DATES	DAYS	TIME
July 28-Aug 20	Tue/Thu	4:30-5:30 PM

**Fee (M/NM):** \$90/\$140

### University Hills

DATES	DAYS	TIME
Swim Team 1		
April 28-May 21	Tue/Thu	3:45-4:30 PM
June 2-25	Tue/Thu	3:45-4:30 PM
June 29-July 23	Tue/Thu	3:45-4:30 PM
July 28-Aug 20	Tue/Thu	3:45-4:30 PM
Swim Team 2		
April 28-May 21	Tue/Thu	4:35-5:20 PM
June 2-25	Tue/Thu	4:35-5:20 PM
June 29-July 23	Tue/Thu	4:35-5:20 PM
July 28-Aug 20	Tue/Thu	4:35-5:20 PM

**Aurora Y Teen Swim Night at the Y**  
May 8, 5:30-7:30 PM (Free)

# Middle & High School

## FUN & LEARNING

### Domino Club **M** - FREE

Stand up dominoes in sequence to make a domino run and then knock them down in an eye-catching chain reaction. Kids break into groups to create their own domino builds in a friendly competition.

### Aurora

DATES	TIME
First Tuesdays of the month	6:15-7:15 PM

### Lego Club **M** - FREE

Use your imagination in hands-on building activities, connect with friends in a welcoming and supportive environment and have fun bringing your ideas to life — one brick at a time!

### Aurora

DATES	TIME
First Mondays of the month	5-6 PM

## SPORTS ACADEMIES **B**

### Volleyball

Bump, set and serve in this 4-week skills academy where players develop foundational skills in a supportive and engaging environment. Through weekly classes and fun scrimmage opportunities, participants will focus on passing, setting and serving while building confidence and enjoying the game.

**Fee (M/NM):** \$55/\$85

### Southwest

DATES	DAYS	TIME
June 5-26	Fri	6-7 PM

### Littleton

DATES	DAYS	TIME
June 5-26	Fri	6-7 PM
July 10-31	Fri	6-7 PM

## SPORTS CAMPS **B**

### Flag Football

The Flag Football Training Camp is a fun, four-day program. Youth learn the fundamentals of flag football in a positive, team-oriented environment. Each day focuses on skill development, teamwork and game play through age-appropriate drills and activities led by experienced coaches. Coed.

**Fee (M/NM):** \$140/\$190

### Arvada

DATES	DAYS	TIME
July 6-9	Mon-Thu	5:30-7:30 PM

### Aurora

DATES	DAYS	TIME
July 20-23	Mon-Thu	9 AM-12 PM
Aug 3-6	Mon-Thu	9 AM-12 PM

### Southwest

DATES	DAYS	TIME
June 8-11	Mon-Thu	3:30-5:30 PM

### University Hills

DATES	DAYS	TIME
June 1-4	Mon-Thu	3:30-5:30 PM
July 6-9	Mon-Thu	3:30-5:30 PM

# Middle & High School

## Basketball

Our YMCA Basketball Camp is a four-day-per-week training program for athletes of all ages and skill levels. Each session runs for two hours and focuses on developing the core fundamentals of the game in a structured, high-energy environment. Coed.

**Fee (M/NM):** \$140/\$190

### Arvada

DATES	DAYS	TIME
June 22-25	Mon-Thu	5:30-7:30 PM

### Littleton

DATES	DAYS	TIME
June 1-4	Mon-Thu	5-7 PM
July 27-30	Mon-Thu	5-7 PM

## Soccer

The YMCA LEAD Soccer Camp is a 4-day developmental program. The camp focuses on building fundamental soccer skills while incorporating the YMCA's core values of Leadership, Encouragement, Accountability and Determination (LEAD). Coed.

**Fee (M/NM):** \$140/\$190

### Arvada

DATES	DAYS	TIME
Aug 3-6	Mon-Thu	5:30-7:30 PM

### Aurora

DATES	DAYS	TIME
June 22-25	Mon-Thu	9 AM-12 PM

## Southwest

DATES	DAYS	TIME
July 13-16	Mon-Thu	3:30-5:30 PM

## University Hills

DATES	DAYS	TIME
July 27-30	Mon-Thu	3:30-5:30 PM



## Volleyball

The YMCA Volleyball Camp is a fun, four-day program for ages 6-14 to learn the fundamentals of volleyball in a positive, team-oriented environment. Each day focuses on skill development like serving, passing, setting, and hitting, along with teamwork and game play through age-appropriate drills and activities led by experienced coaches. Coed.

**Fee (M/NM):** \$140/\$190

### Arvada

DATES	DAYS	TIME
July 20-25	Mon-Thu	5:30-7:30 PM

### Littleton

DATES	DAYS	TIME
June 15-18	Mon-Thu	5-7 PM
July 6-9	Mon-Thu	5-7 PM

# Middle & High School



## DANCE B

Dance series that introduces steps and moves for full body conditioning. Ages 16+.

### Line Dancing

Fee (M/NM): \$20/\$30

### Aurora

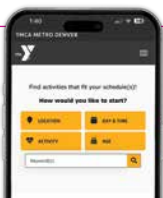
DATES	DAYS	TIME
July 25	Sat	1-3 PM

### LaBlast Dance Series

Fee (M/NM): \$85/\$135

### Southwest

DATES	DAYS	TIME
May 5-26	Tue	5:30-6:30 PM
Aug 4-25	Tue	5:30-6:30 PM



## ACTIVITY FINDER

Look up dates, times, locations and more for all our programs.

## PICKLEBALL B

Learn the fundamentals and hone your technique in one of America's fastest growing sports. Ages 16+.

### Intro to Pickleball

Fee (M/NM): \$120/\$170

### Arvada

DATES	DAYS	TIME
May 6-15	Wed/Fri	11:30 AM-12:30 PM



### Intro to Pickleball Clinic

Fee (M/NM): \$85/\$135

### Littleton

DATES	DAYS	TIME
May 6-27	Wed	12-1 PM

### Pickleball Improver Clinic

Fee (M/NM): \$85/\$135

### Littleton

DATES	DAYS	TIME
Aug 5-26	Wed	12-1 PM

# Middle & High School

## STRENGTH **B**

### Boxing Boot Camp

Learn and practice the fundamentals of boxing with a certified personal trainer and boxing instructor. Ages 16+.

**Fee (M/NM):** \$85/\$135

### Arvada

DATES	DAYS	TIME
April 29-June 3	Wed	7:30-8:30 AM
June 10-July 15	Wed	7:30-8:30 AM
July 29-Sept 2	Wed	7:30-8:30 AM

### Foundations in Youth Strength Training

This series is designed specifically for teens who are interested in learning proper strength training techniques. Participants work on classic lifts including squats, dead lifts and bench press. Ages 11-18+ (varies by branch).

**Fee (M/NM):** \$120/\$170

### Arvada

DATES	DAYS	TIME
May 5-28	Tue/Thu	4:30-5:30 PM
June 2-25	Tue/Thu	4:30-5:30 PM
July 7-30	Tue/Thu	4:30-5:30 PM
Aug 4-27	Tue/Thu	4:30-5:30 PM

### Aurora

DATES	DAYS	TIME
May 5-28	Tue/Thu	4:30-5:30 PM
June 2-25	Tue/Thu	4:30-5:30 PM
July 7-30	Tue/Thu	4:30-5:30 PM
Aug 4-27	Tue/Thu	4:30-5:30 PM

### Littleton

DATES	DAYS	TIME
May 4-27	Mon/Wed	5:30-6:30 PM
June 1-24	Mon/Wed	5:30-6:30 PM
July 6-29	Mon/Wed	5:30-6:30 PM
Aug 3-26	Mon/Wed	5:30-6:30 PM

### Southwest

DATES	DAYS	TIME
May 5-29	Tue/Thu	4:30-5:30 PM

### University Hills

DATES	DAYS	TIME
May 4-28	Mon/Thu	4:30-5:30 PM
June 1-25	Mon/Thu	4:30-5:30 PM
July 6-30	Mon/Thu	4:30-5:30 PM
Aug 3-27	Mon/Thu	4:30-5:30 PM

### Strength Training

Build muscle and feel strong with the support of experts in these targeted strength training series. From body weight exercises and calisthenics to cable machines and free weights, get guidance and knowledge to strength train safely and effectively. Ages 16+.

### Progressive Overload Series

**Fee (M/NM):** \$120/\$170

### Arvada

DATES	DAYS	TIME
May 4-June 24	Mon/Wed	6-7 PM
July 6-Aug 26	Mon/Wed	6-7 PM

# Middle & High School

## Technique Series

Fee (M/NM): \$120/\$170

### Arvada

DATES	DAYS	TIME
May 5-28	Tue/Thu	8:30-9:30 AM
June 2-25	Tue/Thu	10-11 AM
July 7-30	Tue/Thu	10-11 AM
Aug 4-27	Tue/Thu	8:30-9:30 AM

## Teen Squat & Deadlift Clinic

Fee (M/NM): \$30/\$50

### Arvada

DATES	DAYS	TIME
June 17	Wed	4:30-6 PM

## Strength Development Training

Fee (M/NM): \$180/\$230

### Aurora

DATES	DAYS	TIME
Aug 7-Oct 23	Fri	5:45-6:30 PM

## Posture Improvement Workshop

Fee (M/NM): \$15/\$30

### Littleton

DATES	DAYS	TIME
May 5	Tue	10:45-11:45 AM

### ACTIVITY FINDER

Look up dates, times, locations and more for all our programs.



## Weight Training 101

Fee (M/NM): \$85/\$135

### Southwest

DATES	DAYS	TIME
June 1-22	Mon	5:30-6:30 PM
July 8-29	Wed	12-1 PM

## Women on Weights

Safe and effective strength training in a supportive, female-only setting through this 4-week workshop series. Focus on dumbbell work, including squat, deadlift, bench press and dumbbell exercises. Open to anyone identifying as female. Ages 17+.

Fee (M/NM): \$85/\$135

### Arvada

DATES	DAYS	TIME
May 5-26	Tue	5:30-6:30 PM
June 9-30	Tue	5:30-6:30 PM
July 7-28	Tue	5:30-6:30 PM
Aug 4-25	Tue	5:30-6:30 PM

### Aurora

DATES	DAYS	TIME
May 6-27	Wed	9:30-10:30 AM
June 3-24	Wed	9:30-10:30 AM
July 8-29	Wed	9:30-10:30 AM
Aug 5-26	Wed	9:30-10:30 AM

### Southwest

DATES	DAYS	TIME
May 5-26	Tue	4:30-5:30 PM

### University Hills

DATES	DAYS	TIME
May 5-26	Tue	6-7 PM
July 7-28	Tue	6-7 PM

# Middle & High School

## MIND/BODY **M B**

### Meditation

Find calm and reduce stress by adding some mindfulness and relaxation to your day with these offerings, including sound therapy, breathing exercises and quiet visualization. Ages 16+.

### Pranayama & Guided Meditation

**Fee (M/NM):** \$15/\$30

#### Arvada

DATES	DAYS	TIME
Aug 1	Sat	1-3 PM

### Floating Sound Bath Workshop

**Fee (M/NM):** \$30/\$50

#### Aurora

DATES	DAYS	TIME
June 7	Sun	12-1 PM

### SOMA Breath Meditation

**Fee (M/NM):** \$15/\$30

#### Southwest

DATES	DAYS	TIME
May 13	Wed	12:30-1:30 PM
June 10	Wed	12:30-1:30 PM
July 8	Wed	12:30-1:30 PM
Aug 12	Wed	12:30-1:30 PM

### Intro to Pilates Reformer

Learn the basics of Pilates Reformer, including classic Pilates Reformer exercises, mat Pilates and Tower work. Build strength, flexibility, balance and control in four weekly sessions. Ages 16+.

**Fee (M/NM):** \$85/\$135

#### Aurora

DATES	DAYS	TIME
May 5-26	Tue	9-9:50 AM
July 7-28	Tue	9:30-10:20 AM

#### Littleton

DATES	DAYS	TIME
June 3-24	Wed	4:15-5:15 PM
Aug 10-31	Mon	12-1 PM

#### Southwest

DATES	DAYS	TIME
May 6-27	Wed	3:30-4:20 PM
June 3-24	Wed	3:30-4:20 PM
July 8-29	Wed	3:30-4:20 PM
Aug 5-26	Wed	3:30-4:20 PM

### Tai Chi

Discover an ancient art in this beginner-friendly workshop. Learn the fundamentals of balance, breathing and flow while building confidence in progressive movements to support relaxation, focus and overall well-being. Four weekly sessions. Ages 16+.

**Fee (M/NM):** \$85/\$135

### University Hills

DATES	DAYS	TIME
May 4-25	Mon	11 AM-12 PM
June 1-22	Mon	5-6 PM

# Middle & High School



## Yoga

From sun salutations and core work to guided meditations and textual studies, find a yoga series to suit your interest and bring calm and balance to your life. Ages 16+.

### Tennis Ball Myofascial Release & Yin Yoga

**Fee (M/NM):** \$15/\$30

#### Arvada

DATES	DAYS	TIME
May 2	Sat	1-3 PM

### Yoga Philosophy Club

**Fee (M/NM):** \$15/\$20

#### Arvada

DATES	DAYS	TIME
May 23	Sat	1-2 PM
June 27	Sat	1-2 PM
July 25	Sat	1-2 PM
Aug 29	Sat	1-2 PM

## Yoga for a Stronger Core

**Fee (M/NM):** \$15/\$30

#### Arvada

DATES	DAYS	TIME
June 6	Sat	1-3 PM

## Yoga Nidra

**Fee (M/NM):** \$15/\$30

#### Littleton

DATES	DAYS	TIME
June 17	Wed	5-6 PM

## Yoga for Foot Health

**Fee (M/NM):** \$15/\$30

#### Southwest

DATES	DAYS	TIME
June 24	Wed	12-1 PM

## Yoga for Managing Stress and Anxiety

**Fee (M/NM):** \$15/\$30

#### Southwest

DATES	DAYS	TIME
Aug 21	Fri	1-2 PM



Check out our Centennial YMCA Center of Generations for more teen programs.  
[denverymca.org/cog](http://denverymca.org/cog)

# Middle & High School

## TEEN LEADERSHIP



### Youth in Government

Youth in Government is a student-led, model-government program to teach Colorado middle and high school students how governance happens in the legislative, judiciary and executive branches of state government.

Participants immerse themselves in experiential civic engagement, debate issues that affect citizens in Colorado and even propose legislation. The program culminates with teens serving as delegates at the Colorado conference, and debating bills on the floor of the legislature.

Registration opens at the end of the summer. Visit [denverymca.org/yig](http://denverymca.org/yig).

### DID YOU KNOW?

In 1954, YMCA Youth In Government began in Denver, providing a teen leadership program using the legislative process as a model. Today, hundreds of high school students from across the state participate at the State Capitol.

## THE Work That *Matters* PLACE

We're hiring for summer jobs at the Y. Make the Y your first job to learn powerful leadership skills, develop meaningful relationships and make a real difference in your community.

**Learn more and apply at**  
**[DenverYMCA.org/Employment](http://DenverYMCA.org/Employment)**

### We hire year-round and seasonally for:

- Early child care teachers
- Summer camp counselors
- Swim instructors
- Child watch/Adventure Zone personnel
- Experience representatives

### Great perks and benefits:

- Free household YMCA membership
- National network
- Competitive pay
- Great benefits



# Adult

Fitness, Aquatics, Active Older Adults, Member Activities, Wellness



## FITNESS

### Group Exercise **B**

High-energy spin classes, challenging boot camps, fun-filled dance workouts, restorative yoga sessions — we've got group exercise options for everyone. Get expert guidance, shared accountability and the energy of a supportive community to motivate you toward your goals. Search for the right class in the Denver Y app and reserve your spot with ease.

**Fee:** FREE with Premium Memberships

### Massage Therapy **S B**

Reduce pain and tension, boost circulation and energy, strengthen immune function — or simply relax and reset with a rejuvenating massage. Available at the University Hills-Schlessman and Littleton YMCAs.

SESSION	FEE (M/NM)
30 Minutes	\$54/\$72
60 Minutes	\$76/\$94
90 Minutes	\$109/\$127

### Glendale Member Activities

Member pricing benefits extend to the Glendale Sports Center located within the Infinity Park Complex. Get into the game with Intro to Pickleball, Men's Rec Basketball Team (also free agent) and Men's Semi-Competitive Basketball Team starting in June. More at [sportscenterglendale.com](http://sportscenterglendale.com).



### Personal Training **B**

Reach your fitness goals with one-on-one support from a nationally-certified YMCA trainer. Get warm, compassionate support to create sustainable exercise habits. Whether you're new to working out or have been exercising for years, you can learn more about your own wellness and improve your health.

#### 30 Minutes

SESSION	FEE (M/NM)
1 Session	\$50/\$66
4 Sessions	\$159/\$231
8 Sessions	\$316/\$460
12 Sessions	\$435/\$749

#### 60 Minutes

SESSION	FEE (M/NM)
1 Session	\$79/\$110
4 Sessions	\$291/\$366
8 Sessions	\$535/\$673
12 Sessions	\$742/\$961

#### 60 Minutes – Buddy Training

SESSION	FEE (M/NM)
1 Session	\$50/\$73
4 Sessions	\$184/\$276
8 Sessions	\$350/\$532
12 Sessions	\$518/\$741

We offer free member activities including book clubs, board games, coffee socials, drop-in pickleball and more. See page 36 for details.



# Adult

## Pilates Reformer Classes **M** **B**

Learn and practice Pilates Reformer exercises in private, semi-private or small-group classes. Using a sliding carriage with adjustable springs and pulleys, build core strength, flexibility, balance and long, lean muscle safely and effectively.

### Evaluation (required)

Fee (M/NM): \$61/\$76

### Group (50 Minutes)

SESSION	FEE (M/NM)
1 session	\$35/\$58
5 sessions	\$147/\$232
10 sessions	\$258/\$395
20 sessions	\$420/\$626

### Private (60 Minutes)

SESSION	FEE (M/NM)
1 session	\$76/\$106
5 sessions	\$346/\$421
10 sessions	\$677/\$826
20 sessions	\$1,176/\$1,425

### Semi-Private (60 Minutes)

SESSION	FEE (M/NM)
1 session	\$51/\$83
5 sessions	\$231/\$280
10 sessions	\$396/\$550
20 sessions	\$726/\$885

## Studio Y Small Group Training **B**

Super-charge your workout through powerful, interval-style fitness training in a small-group setting that gives you individualized coaching and encouragement along with motivating group energy to help you reach your health goals. This high-intensity class can be modified to fit most fitness levels.

PACKAGE	MONTHLY FEE (M/NM)
Individual	\$40/\$90
Family (2 adults, 6 dependents)	\$55/\$105

## SWIM LESSONS **B**

### Swim Lessons

It's never too late to feel confident and safe in the water. Whether you're learning the basics or refining your stroke, build skills at your own pace in beginner and intermediate adult swim lessons offered in 4 weekly sessions and led by certified Y instructors.

### Littleton

DAYS	TIME	FEE (M/NM)
Tue & Thu	6-6:30 PM	\$99/\$129
Tue & Thu	6:30-7 PM	\$99/\$129

### University Hills

DAYS	TIME	FEE (M/NM)
Mon	10:15-10:45 AM	\$55/\$85
Mon	11-11:30 AM	\$55/\$85

### DID YOU KNOW?

Did you know? The Denver YMCA was founded 150 years ago, when three women and 13 men gathered at Occidental Hall in Denver, site of the Colorado Constitutional Convention.

**150** YEARS OF YOU

## Scale the Summit Fitness Challenge, June – July **B**

Join your fellow Y members for this 6-week fitness challenge designed to keep you motivated and moving through the summer. Track your progress in the YMCA Mobile App as you climb from TRAILHEAD to BASECAMP and all the way to the SUMMIT, earning rewards along the way. Complete 24 workouts to reach the summit and get a prize.

**Fee:** FREE with Membership

### CARDIO **B**



#### Alpine Fit

Strength and conditioning to build stamina and endurance for hiking. Members will meet Thursdays at the Arvada YMCA for group exercise to prepare for hiking and meet Sundays at a nearby trail for a hike.

**Fee (M/NM):** \$180/\$230

#### Arvada

DATES	DAYS	TIME
May 7-June 14	Thu	4-5 PM
	Sun	9:30 AM-12 PM

### DANCE **B**

Dance series that introduces steps and moves for full body conditioning. Ages 16+.

#### Line Dancing

**Fee (M/NM):** \$20/\$30

#### Aurora

DATES	DAYS	TIME
July 25	Sat	1-3 PM

#### LaBlast Dance Series

**Fee (M/NM):** \$85/\$135

#### Southwest

DATES	DAYS	TIME
May 5-26	Tue	5:30-6:30 PM
Aug 4-25	Tue	5:30-6:30 PM

#### Glendale Art and Learning Activities

Curiosity Starts Here.

Find art and learning activities at the Glendale Sports Center. This summer, Active Minds, Acrylic Art and Senior Planet classes are available at the member rate.





## PICKLEBALL B

Learn the fundamentals and hone your technique in one of America's fastest growing sports.

### Intro to Pickleball

**Fee (M/NM):** \$120/\$170

#### Arvada

DATES	DAYS	TIME
May 6-15	Wed/Fri	11:30 AM-12:30 PM

### Intro to Pickleball Clinic

**Fee (M/NM):** \$85/\$135

#### Littleton

DATES	DAYS	TIME
May 6-27	Wed	12-1 PM

### Pickleball Improver Clinic

**Fee (M/NM):** \$85/\$135

#### Littleton

DATES	DAYS	TIME
Aug 5-26	Wed	12-1 PM

## STRENGTH B

### Boxing Boot Camp

Learn and practice the fundamentals of boxing with a certified personal trainer and boxing instructor.

**Fee (M/NM):** \$85/\$135

#### Arvada

DATES	DAYS	TIME
April 29-June 3	Wed	7:30-8:30 AM
June 10-July 15	Wed	7:30-8:30 AM
July 29-Sept 2	Wed	7:30-8:30 AM

### Exercise as Medicine

Discover how specific movements and exercises can help manage and even reverse osteopenia and osteoporosis. Learn what you can do to build strength and support bone density from a Bonelit-certified instructor. Four weekly sessions.

**Fee (M/NM):** \$85/\$135

#### Arvada

DATES	DAYS	TIME
Advanced		
May 20-June 24	Wed	12-1 PM
July 1-Aug 5	Wed	12-1 PM
Aug 12-Sept 16	Wed	12-1 PM
Beginner		
May 20-June 24	Wed	1:15-2:15 PM
July 1-Aug 5	Wed	1:15-2:15 PM
Aug 12-Sept 16	Wed	1:15-2:15 PM

### ACTIVITY FINDER

Look up dates, times, locations and more for all our programs.



# Adult

## Strength Training

Build muscle and feel strong with the support of experts in these targeted strength training series. From body weight exercises and calisthenics to cable machines and free weights, get guidance and knowledge to strength train safely and effectively.

## Progressive Overload Series

**Fee (M/NM):** \$120/\$170

### Arvada

DATES	DAYS	TIME
May 4-June 24	Mon/Wed	6-7 PM
July 6-Aug 26	Mon/Wed	6-7 PM

## Technique Series

**Fee (M/NM):** \$120/\$170

### Arvada

DATES	DAYS	TIME
May 5-28	Tue/Thu	8:30-9:30 AM
June 2-25	Tue/Thu	10-11 AM
July 7-30	Tue/Thu	10-11 AM
Aug 4-27	Tue/Thu	8:30-9:30 AM

## Strength Development Training

**Fee (M/NM):** \$180/\$230

### Aurora

DATES	DAYS	TIME
Aug 7-Oct 23	Fri	5:45-6:30 AM

### DID YOU KNOW?

Through our Beyond Hunger food insecurity initiative, 56,650 meals and snacks were distributed to support our community.

## Posture Improvement Workshop

**Fee (M/NM):** \$15/\$30

### Littleton

DATES	DAYS	TIME
May 5	Tue	10:45-11:45 AM

## Weight Training 101

**Fee (M/NM):** \$85/\$135

### Southwest

DATES	DAYS	TIME
June 1-22	Mon	5:30-6:30 PM
July 8-29	Wed	12-1 PM

## Women on Weights

Safe and effective strength training in a supportive, female-only setting through this 4-week workshop series. Focus on dumbbell work, including squat, deadlift, bench press and dumbbell exercises. Open to anyone identifying as female.

**Fee (M/NM):** \$85/\$135

### Arvada

DATES	DAYS	TIME
May 5-26	Tue	5:30-6:30 PM
June 9-30	Tue	5:30-6:30 PM
July 7-28	Tue	5:30-6:30 PM
Aug 4-25	Tue	5:30-6:30 PM

### Aurora

DATES	DAYS	TIME
May 6-27	Wed	9:30-10:30 AM
June 3-24	Wed	9:30-10:30 AM
July 8-29	Wed	9:30-10:30 AM
Aug 5-26	Wed	9:30-10:30 AM

## Southwest

DATES	DAYS	TIME
May 5-26	Tue	4:30-5:30 PM

## University Hills

DATES	DAYS	TIME
May 5-26	Tue	6-7 PM
July 7-28	Tue	6-7 PM

**MIND/BODY** **M** **B**

## Meditation

Find calm and reduce stress by adding some mindfulness and relaxation to your day with these offerings, including sound therapy, breathing exercises and quiet visualization.

## Pranayama & Guided Meditation

**Fee (M/NM):** \$15/\$30

## Arvada

DATES	DAYS	TIME
Aug 1	Sat	1-3 PM

## Floating Sound Bath Workshop

**Fee (M/NM):** \$30/\$50

## Aurora

DATES	DAYS	TIME
June 7	Sun	12-1 PM

## Canvas & Coffee

Enjoy fresh coffee, Einstein Bros. Bagels and a relaxing guided watercolor painting session. Come get inspired, connect with others and start your morning with creativity! See page 35 for details.



## SOMA Breath Meditation

**Fee (M/NM):** \$15/\$30

## Southwest

DATES	DAYS	TIME
May 13	Wed	12:30-1:30 PM
June 10	Wed	12:30-1:30 PM
July 8	Wed	12:30-1:30 PM
Aug 12	Wed	12:30-1:30 PM

## Intro to Pilates Reformer

Learn the basics including classic Pilates Reformer exercises, mat Pilates and Tower work. Build strength, flexibility and balance in four weekly sessions.

**Fee (M/NM):** \$85/\$135

## Aurora

DATES	DAYS	TIME
May 5-26	Tue	9-9:50 AM
July 7-28	Tue	9:30-10:20 AM

## Littleton

DATES	DAYS	TIME
June 3-24	Wed	4:15-5:15 PM
Aug 10-31	Mon	12-1 PM

## Southwest

DATES	DAYS	TIME
May 6-27	Wed	3:30-4:20 PM
June 3-24	Wed	3:30-4:20 PM
July 8-29	Wed	3:30-4:20 PM
Aug 5-26	Wed	3:30-4:20 PM

# Adult

## Tai Chi

Discover an ancient art in this beginner-friendly workshop. Learn the fundamentals of balance, breathing and flow while building confidence in progressive movements to support relaxation, focus and overall well-being. Four weekly sessions.

**Fee (M/NM):** \$85/\$135

## University Hills

DATES	DAYS	TIME
May 4-25	Mon	11 AM-12 PM
June 1-22	Mon	5-6 PM

## Yoga

From sun salutations and core work to guided meditations and textual studies, find a yoga series to suit your interest and bring calm and balance to your life.

## Tennis Ball Myofascial Release & Yin Yoga

**Fee (M/NM):** \$15/\$30

## Arvada

DATES	DAYS	TIME
May 2	Sat	1-3 PM

## Yoga Philosophy Club

**Fee (M/NM):** \$15/\$20

## Arvada

DATES	DAYS	TIME
May 23	Sat	1-2 PM
June 27	Sat	1-2 PM
July 25	Sat	1-2 PM
Aug 29	Sat	1-2 PM



## Yoga for a Stronger Core

**Fee (M/NM):** \$15/\$30

## Arvada

DATES	DAYS	TIME
June 6	Sat	1-3 PM

## Yoga Nidra

**Fee (M/NM):** \$15/\$30

## Littleton

DATES	DAYS	TIME
June 17	Wed	5-6 PM

## Yoga for Foot Health

**Fee (M/NM):** \$15/\$30

## Southwest

DATES	DAYS	TIME
June 24	Wed	12-1 PM

## Yoga for Managing Stress and Anxiety

**Fee (M/NM):** \$15/\$30

## Southwest

DATES	DAYS	TIME
Aug 21	Fri	1-2 PM

## ACTIVE OLDER ADULTS M B

Stay active, connected and inspired at the Y through exercise programs designed specifically for older adults, as well as engaging social events.

### Bingo

An afternoon of fun, friendly competition and fantastic prizes. Bring your friends, your lucky charm and your game-day energy.

**Fee (M/NM):** \$15/\$20

### Southwest

DATES	DAYS	TIME
May 15	Fri	12-2:30 PM
Aug 28	Fri	12-2:30 PM

### University Hills

DATES	DAYS	TIME
June 26	Fri	12-2:30 PM

### Canvas & Coffee

Enjoy fresh coffee, Einstein Bros. Bagels and a relaxing guided watercolor painting session. Come get inspired, connect with others and start your morning with creativity!

**Fee (M/NM):** \$20/\$30

### University Hills

DATES	DAYS	TIME
May 29	Fri	9-10 AM
Aug 28	Fri	9-10 AM

Check out our Centennial YMCA Center of Generations for more older adult programs at [denverymca.org/cog](http://denverymca.org/cog).



### Casino Trip

Take a bus from the Y up to Blackhawk for some casino fun with friends.

**Fee (M/NM):** \$25/\$40

### Southwest

DATES	DAYS	TIME
June 19	Fri	10 AM-3:30 PM

### Strength Training

Build muscle and stay strong with expert support in targeted strength training series for older adults. Learn to use body weight, machines and free weights safely and effectively in a welcoming, confidence-building environment.

### Bone Density Workshop

**Fee (M/NM):** \$15/\$30

### Littleton

DATES	DAYS	TIME
May 20	Wed	5-6 PM

### Seniors on Weights

**Fee (M/NM):** \$85/\$135

### Southwest

DATES	DAYS	TIME
June 8-29	Mon	12-1 PM

### Yoga for Osteoporosis

**Fee (M/NM):** \$15/\$30

### Southwest

DATES	DAYS	TIME
May 27	Wed	12-1 PM

## MEMBER ACTIVITIES

Get to know your YMCA community and enjoy these activities open to members for FREE.

### Arvada

ACTIVITY	DAYS	TIME
Book Club <b>S</b> <b>M</b>	4th Monday of the month (novel)	11 AM-12 PM
Coffee Social/Caffeine Cruisers <b>S</b>	3rd Thursday of the month	10-11 AM
Craft Day/Group <b>M</b>	Fridays	1-2 PM
Music - Guitar Jam Session <b>M</b>	Tuesdays & Thursdays	10 AM-12 PM
Pickleball – Drop-in <b>B</b>	Mondays, Wednesdays & Fridays	8-11:30 AM

### Aurora

ACTIVITY	DAYS	TIME
Book Club <b>S</b> <b>M</b>	Fridays	1:30-3:30 PM
Breakfast & Lunch Outings <b>S</b>	2nd & 4th Friday of the month	9:30-11 AM 11 AM-1:15 PM
Bunco Dice Game <b>S</b> <b>M</b>	3rd Monday of the month	1-4 PM
Cards & Board Games <b>S</b> <b>M</b>	1st, 2nd & 3rd Friday of the month	11 AM-1:15 PM
Coffee Social/Caffeine Cruisers <b>S</b>	2nd Thursday of the month	12:45-2 PM
Craft Day/Group <b>M</b>	2nd Monday & 5th Friday of the month	1-4 PM
Mahjong Tile Game <b>M</b>	Fridays	1:30-3:30PM
Volunteer-led Activities <b>S</b>	Last Friday of the month	11 AM-1:15 PM
<i>Volunteer activities include The Cuba Experience, Art of Digital Photography, Life with Eleven Siblings and the Art of Worship Dance.</i>		

### Littleton

ACTIVITY	DAYS	TIME
Basketball – Drop-in <b>B</b>	Tuesdays & Fridays	6-7:30 AM
Pickleball – Drop-in <b>B</b>	Tuesdays	8-10 AM
	Sundays	9-11 AM

### Southwest

ACTIVITY	DAYS	TIME
Book Club <b>S</b> <b>M</b>	3rd Tuesday of the month	11:45 AM-1 PM
Bridge Club <b>S</b> <b>M</b>	Thursdays	11:45 AM-1:45 PM
	Tuesdays & Thursdays	1-3 PM
Pickleball – Drop-in <b>B</b>	Mondays & Wednesdays	6-8 AM

## University Hills

ACTIVITY	DAYS	TIME
Bridge Club <b>S M</b>	Thursdays	1-3 PM
Mahjong Tile Game <b>S M</b>	Mondays & Fridays	1:30-3:30 PM
Pickleball – Drop-in <b>B</b>	Wednesdays	1-3 PM
Pickleball – Drop-in <b>B</b>	Sundays	9 AM-12 PM
Sudoku Club <b>M</b>	Wednesdays	10:30 AM-12:30 PM
Writers Club <b>M</b>	2nd and 4th Tuesday of the month	1:30-3:30 PM

## WELLNESS PROGRAMS

### Blood Pressure Self-Monitoring Program **B**

Get the support, knowledge and motivation to lower your blood pressure in this FREE, flexible, 4-month program with virtual and in-person options. Work with a trained Healthy Heart Ambassador to:

- Measure and record your blood pressure twice a month
- Attend two personalized consultations per month
- Attend monthly Nutrition Education Seminars

### EGYM **B**

Take advantage of smart strength training technology that automatically adjusts to your personalized settings and tracks your progress over time. Make every movement more effective for building strength and improving muscle balance. Included with Premium memberships and available as a convenient add-on option. Learn more and schedule your member orientation at [denverymca.org/egym](http://denverymca.org/egym).

### Diabetes Prevention Program **B**

Experience an impactful, year-long evidence-based program for those with prediabetes. Get guidance from a lifestyle coach and support from group members to prevent Type II Diabetes and improve your wellness. English and Spanish, virtual and in-person classes enrolling throughout the year. Insurance coverage and financial assistance is available. For more information, contact [communityhealth@denverymca.org](mailto:communityhealth@denverymca.org).

### LIVESTRONG at the YMCA **S B**

Feel stronger, regain your energy and get specialized support and powerful community in this 12-week, evidence-based fitness program for cancer survivors. Available at Arvada-Duncan, Aurora and Littleton YMCAs. Free for first-time participants.

Learn more at [denverymca.org/health-initiatives](http://denverymca.org/health-initiatives).

**THE**  
Build What Matters  
**PLACE**

# Special Thanks to Our Supporters

## Community Leadership Partners



Schlessman Family  
Foundation



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## Strategic Community Partners



PHYLLIS M. COORS  
FOUNDATION



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## Supporting Community Partners



# THE Year-Round *Impact* PLACE



There is no organization more uniquely positioned than the YMCA to address our community's needs. We offer resources that support individuals through every stage of life. At the Denver Y, kids and teens develop into healthy, confident individuals. Families find the support they need to navigate today's fast-paced world. Older adults enjoy tailored programming, allowing them to continue to lead rich, active lives.

Thanks to the generosity of our donors, these life-changing opportunities are available to all. Your contribution directly supports meaningful scholarships and innovative programs, ensuring that no one gets turned away due to circumstance or inability to pay. When you give to the Y, you become part of a powerful movement – uniting people across generations and creating a stronger, more connected community where everyone feels they belong.

**Help our community thrive • Give at [denverymca.org/donate](https://denverymca.org/donate)**



## *Did You Know?*

Your donations to the Denver Y could be eligible for a 50% state tax credit through the Colorado Child Care Contribution tax credit program! Learn more at [denverymca.org/colorado-child-care-credit](https://denverymca.org/colorado-child-care-credit).

# THE Family Fun PLACE

## Summer Calendar

Join us at the Y for family friendly events all summer long.

**MAY 1**  
**Summer Camp  
Welcome Day**

Elkhart &  
Trailside Elementary  
Schools



**MAY 2**  
**Summer Camp Welcome  
Day**

Arvada, Southwest &  
University Hills Ys

**Davita-Community  
Health Screening Event**

Southwest Y

**MAY 4**  
**Star Wars Day**

Arvada Y

**MAY 15**  
**Aurora Y 5th  
Anniversary**

Aurora Y

**MAY 16**  
**Community Swim  
Lessons**

Aurora Y

**MAY 19**  
**Family Game Night**

Southwest & Littleton Ys

**MAY 30**  
**Summer  
Splash Party**

Southwest  
& University  
Hills Ys



**JUNE - JULY**  
**Scale the Summit  
Fitness Challenge**

All Ys (free to members)

**JUNE 1**  
**Global Running Day**

Arvada Y

**JUNE 19**  
**Family Movie  
Night**

Littleton Y



**JUNE 26**  
**Senior  
Summer BBQ**

Southwest Y

**JULY 2**  
**Movie Night  
F1 & Fireworks Show**

Glendale Sports Center

**JULY 7**  
**World Chocolate Day**

Arvada Y

**JULY 21**  
**Family Game Night**

Littleton Y

**JULY 22**  
**Campfire  
Across  
America**

Arvada, Aurora &  
University Hills Ys



**AUG 3**  
**National Watermelon  
Day**

Arvada Y

**AUG 23**  
**Family Movie Night**

Littleton Y

YMCA OF METRO DENVER

2625 S Colorado Blvd, Denver, CO 80222

denverymca.org