SUPER SUMMER
RETURN OF THE KIDS
FASTER THAN A SPEEDING SLIP-N-SLIDER. THE Y IS HERE TO SAVE SUMMER.

13 Epic Weeks of Summer Camps Throughout the Front Range

PLUS! Banishing the Blahs With Sports, Ice & Aquatics

YMCA OF NORTHERN COLORADO
Serving the Northern Front Range
Are your spidey senses tingling? Is there a disturbance in the force? That’s because summer is near and boredom lurks around every corner.

Have no fear, mortal! The Y is here to save summer with action, adventure and a bounty of tedium-taming super powers. We are offering up fantastically fun summer camps, epic aquatics opportunities, iron-clad sports programs, incredible ice adventures and much more. From family T-ball and messy art camp to hockey and overnight camp escapades, the Y is here to immerse your child in an atmosphere that inspires and guides them to live healthfully, feel empowered and make their summer invincible.

Boredom beware. With you as our sidekick, this is gonna be a super summer.
JOIN OUR TEAM

PERKS OF WORKING AT THE Y

Working at the YMCA provides more than just a paycheck. We are proud to offer our staff a flexible schedule in a family friendly environment, free or discounted Y membership and reduced fees on Y programming like child watch, full- or part-time preschool, after school programs, sports, summer camps and personal training. Our Y contributes 10% of your salary amount to the Y retirement plan for qualified individuals.

Part-time, full-time and career opportunities are available. Whether you want to work as little as two hours a week or as many as 40, the Y has something for you.

Like water and flip flops? Be a Lifeguard or swim instructor at one of our year-round pools. Like kids, games and being a role model? Work in our Child Watch or after school programs. Like making others feel welcome? Join our membership team. We are looking for hard-working, friendly staffers who can go “all in” for the Y and its mission to strengthen community. Our team understands how their work today makes a difference for years to come.

For more information and to apply, visit ymcanoco.org/careers.

Forbes Magazine named the YMCA as one of the Best Employers for New Grads, Best Employers for Women, America’s Best Employers and Best Employers for Diversity

VOLUNTEER

The YMCA of Northern Colorado welcomes volunteers in all areas of our association. Duties range in responsibility from reading to preschool students to coaching youth sports to greeting members at our front desk. If you are interested in becoming a volunteer, we can work together to find a placement that fits your availability, personality and interests.

Volunteer at the YMCA of Northern Colorado
• Make a difference in your community
• Support a cause you believe in
• Put your skills and experience to work
• Learn new skills
• Make new friends and develop professional contacts
• Combat social isolation and reduce stress
• Build confidence

INTERNSHIP

An internship at the Y can earn you university credit within degree programs and help put your classroom knowledge to work while you build your resume. The length of our internships are negotiable but generally last 10-16 weeks.

The Student Benefits By
• Building confidence through practical experiences
• Refining skills by working alongside a tested professional mentor
• Developing professional relationships in the field
• Being able to make informed career decisions

Opportunities May Include
• Aquatics Programming and Administration
• Day Camp Administration
• Health and Wellness Administration
• Human Resources
• Marketing
• Nonprofit Administration
• School Age and Teen Programs
• Sports and Recreation Administration

LOCATIONS
• Arapahoe Y in Lafayette
• Ed & Ruth Lehman Y in Longmont
• Mapleton Y in Boulder
• Johnstown Community Y in Johnstown (Opens May 2020, but hiring now)
• Preschools in the Longmont & Johnstown Ys
• YMCA Camp Santa Maria in Bailey
• School & Camp Sites Throughout the Community (now hiring summer camp staff for 2020)

Must be 16+ to apply. It is our corporate policy that all employees must pass a criminal background screening prior to placement.
CAMPS AT A GLANCE

CAMPS TO THE RESCUE

The Y is back for another legendary summer. Marvel at our super-charged summer camps. Revel at our new offerings and classic traditions. Here is a glimpse at the action and adventure to come. Please do not hesitate to contact us if you need help finding the best camp for your little superhero (err, child).

Camps offered throughout summer break. Sessions vary from camp to camp. Day camp begins May 26 and runs through Aug 18.

PRESCHOOL

Inspire Preschool (Ages 2 1/2–6)
Open all summer, preschool provides a warm environment with enriching hands-on activities. Full-time and part-time options. Location: Longmont and Johnstown (Johnstown preschool opens in May)

DAY CAMP

Kindercamp (Ages 3–6)
Campers enjoy hands-on learning, discover new skills and make new friends. Activities include STEAM, sports, games, swimming, art and nature walks. Location: Lafayette

YMCA Camp Noco (Entering K–6th Grade)
Camp Noco is a fun, enriching traditional day camp experience, including archery, sports, games, STEM, swimming, arts, field trips and more. Locations: Boulder, Louisville and Longmont

Blast Camp (Entering K–6th Grade)
Summer break is almost over, but your kids still have a chance to soak up the sun at the Y. Locations: Lafayette and Longmont

Camp Elks (Entering 1st–6th Grade)
This is a nature-based camp where campers make friends through adventure, challenge and exploration. Campers swim, learn archery and go hiking. Location: Boulder

YMCA & BVSD Lifelong Learning Day Camp (Ages 6–12)
The Y and BVSD Lifelong Learning are collaborating to offer a fun and educational camp opportunity. Location: Boulder, Erie, Louisville and Superior

STEAMrollers (Entering 1st–6th Grade)
Let’s celebrate kids who crave creativity, savor science and love building, discovering and making. Includes swimming and field trips. Location: Boulder, Longmont and Superior

Y World of Sports (Entering K–6th Grade)
This sports camp nurtures every level of athlete from beginner to advanced. The camp week will also include swimming and sports themed field trips. Location: Boulder

Y Riders Cycling Day Camp (Entering 1st–5th Grade)
Children learn how to ride a two-wheeler in learn-to-bike classes and build their skills in Y Riders Basic Skills. Small groups with low ratios help campers learn safe biking. Location: Boulder

Ultimate Teen Camp (Entering 6th–9th Grade)
Campers explore some of our favorite theme parks. Not thrilled about rides? Choose adventures like rock climbing, hiking, biking and more. Location: Boulder

Leaders in Training (Entering 8th–10th Grade)
During this six-week leadership experience, teens learn teamwork and leadership skills. Includes a week-long trip to the Sioux YMCA in South Dakota. Location: Boulder

OVERNIGHT CAMP

YMCA Camp Santa Maria (Ages 6–17)
YMCA Camp Santa Maria offers a traditional overnight camp experience. Campers make friends, build skills and unplug. Location: Bailey

Financial Assistance

Colorado Childcare Assistance Program
We accept families authorized through CCAP with written authorization. CCAP participants must attend all days they are registered for. CCAP participants will be billed for unexcused absences.

YMCA Financial Assistance
If you do not qualify for CCAP, YMCA financial assistance is available to those who qualify.

Registration

Register for preschool and camps online. Y financial assistance participants may register online after their financial assistance has been approved. CCAP participants may not register online but must use the online ePACT system for required medical and emergency contact information and policy agreements. All changes and cancels require advance notice (deadline varies by program). There are no refunds for missed days.

REGISTER FOR CAMP: ymcanoco.org | INFO: 303-443-4474 x4295

4 YMCA 2020 SUMMER PROGRAM GUIDE
Summer fun for little ones starts at the YMCA’s Inspire Preschools! Our days are filled with exciting activities designed to keep little ones happy and busy while learning valuable social skills and advancing their academic learning. Our teaching staff develop weekly calendars filled with hands-on arts and crafts, quiet story times and an abundance of playtime.

Located inside the Ed and Ruth Lehman YMCA in Longmont and the new Johnstown Community YMCA (opening May 2020), we are uniquely equipped to provide our students with an amazing assortment of indoor and outdoor play opportunities. Along with our outdoor play areas, our children have access to our swimming pools, indoor gyms, running tracks and specialty spaces.

The Curriculum: Inspire Preschool utilizes Creative Curriculum and aligns with kindergarten readiness standards in Colorado. The research-based lessons are designed to build on each child’s strengths and interests while encouraging positive teacher/child interactions. The classroom environment and daily schedule are carefully designed to enhance the curriculum as well. We also use Teaching Strategies GOLD for progress monitoring and kindergarten readiness assessment.

We communicate with parents through the Tadpoles Parent Communication Tool. With the Tadpoles app, email and text options, parents receive daily communication about their child’s day at school as well as photos and reminders about upcoming events. It’s a great way to build the bond between home and school.

PRESCHOOL FAMILIES ARE Y FAMILIES
Enrolled children receive member rates on Y programs, such as soccer and swim lessons. Families also receive a free family membership!

REGISTER FOR PRESCHOOL: ymcainspirepreschool.org | INFO: preschool@ymcanoco.org • 720-652-4720

M/NM: Y member/Non-member
NEW! KINDERCAMP

Ages 3-6

Kindercamp is based on our traditional day camp experience — full of enriching activities but designed for the little ones. Each weekly session allows for exploration and individual learning opportunities. Little campers will unplug, enjoy hands-on learning, build and learn new skills and make new friends. Our weekly activities include STEAM, sports and games, swimming, art, cooking and lots of nature walks. Each week is a brand new adventure!

- Ages 3 to 6 years (must be toilet trained)
- One-time $50 registration fee per child
- 10% sibling discount
- 10% discount for employees of Boulder County
- Only one discount per family

Location: Arapahoe Y

Weekly, June 1-Aug 7, 7:00am-5:30pm

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<th>DAYS PER WEEK</th>
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<tr>
<td>4-5 days</td>
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Part-time families may choose their days but must stick with their schedule. All changes and cancels require two week’s written notice. There are no refunds for missed days. CCAP and financial assistance available. CCAP participants must attend all days they are registered for. CCAP participants will be billed for unexcused absences.

Session 1: June 1-5

WELCOME TO SUMMER
Let the summer adventures begin! We will kick off the summer doing what kids love most: swimming, exploring, making friends, being creative and soaking in the sunshine. This is a perfect preview to the summer of fun to come.

Session 2: June 8-12

Y WORLD OF EXPLORERS
We are travelling around the world in five days. All week long, campers will explore different cultures and countries through fun games, art projects, special guests and activities. We will also try new and exotic foods and do our own version of the Olympic Games. Campers will go for the gold and get tons of stamps in their passports.

Session 3: June 15-19

CREATIVE CAMPER
It’s art week. Campers will paint, sculpt, make and create! All week long, campers will celebrate their artistic skills and interests. We’ll also explore textures and colors and learn a few things about famous artists. Guest musicians and artists are part of the surprise!

Session 4: June 22-26

WELCOME TO THE JUNGLE
In the jungle, the mighty jungle, the campers play and explore. Campers will spend the week participating in animal-inspired activities and games and make lots of animal crafts. From the rainforest to the savannah — it’s a whole world of animals to explore. Don’t be surprised if a few reptiles and amphibians drop by for a visit!

Session 5: June 29-July 3

COLORFUL COLORADO
Grab your cowboy hat and join us for some s’mores and tall tales from the Wild West. This week, we’ll explore our backyard and learn what makes Colorado special. Hint: lots of nature hikes and creating projects using nature finds. We will finish our weeks learning about dinosaurs and going on a fossil scavenger hunt.

Session 6: July 6-10

ISLANDS OF ADVENTURES
Ahoy there, friends! Shiver me timbers. Get ready for treasure hunts, wacky water adventures and a whole lot of sharks! We’ll explore islands and create a bunch of under-the-sea arts and crafts.

Session 7: July 13-17

TO INFINITY AND BEYOND!
It’s a universe of stories, and outer space is the limit! Watch the stars come alive and explore the solar system. Create a rocket, make an alien mask or anything else your imagination can dream. Our journey into space will be a close encounter with a real astronaut, and kiddos will enjoy hands-on experience with moon sand and galaxy slime.

Session 8: July 20-24

OOEY, GGOOEY, SCIENCE
Have a passion for slime and all things slimy, ooey and gooey? Then this is the camp for you! It is science week, and it’s guaranteed to be messy. We’ll explore the earth, air, energy and crazy mixtures. Each day will be highlighted with an experiment, and watch out for the mad scientist — he is planning on joining us.

Session 9: July 27-31

FUN-GINEERS IN TRANSPORTATION
We’ll be learning about all things that go. It will be a week of building using Legos, K’nex, Lincoln Logs and anything tubes. We’ll build and race our own car, problem solve and learn about push, pull and gravity. This week is an extension of our science week. We’ll get to meet a real engineer and a pilot.

Session 10: Aug 3-7

DANCIN’ IN THE KITCHEN
We get creative in the kitchen, try different snacks and learn basic cooking skills and safety in the kitchen. We’ll also incorporate math skills using measuring tools in the kitchen and learn the science behind food. Oh, we can’t forget healthy eating and the food pyramid! Put on your apron and get ready to cook.
All campers will be divided into age-appropriate camps at each site and will participate as a camp group throughout the week. There will be some all-camper activities and field trips throughout the week.

Rookies: Entering K-2nd Grade (must be 5 at the start of camp)
Pioneers: Entering 3rd-6th Grade

Hours
- Pre-Camp Care: 7:30am-9:00am
- Camp Activities & Excursions: 9:00am-4:00pm
- Post-Camp Care: 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

ADD SWIM LESSONS TO CAMP
We’ll take your child to swim lessons during camp for $85. Details on page 9.

BVSD LOCATIONS
Louisville Elementary School
400 Hutchinson St, Louisville
Mesa Elementary School
1575 Lehigh St, Boulder
Creekside Elementary School
3740 Martin Dr, Boulder
Heatherwood Elementary School
7750 Concord Dr, Boulder

Weekly Fees
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<th>FULL-TIME (M/NM)</th>
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<td>$310/$365</td>
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SVVSD LOCATION
Longmont YMCA
950 Lashley St, Longmont

FEATURED ACTIVITIES
- Archery
- Swimming
- Ice Skating
- Gaga Ball
- Slip & Slide
- Bounce House Fun
- Olympic Day
- STEM
- Color Wars
- Sports & Games
- Arts & Humanities
- And much more!

STEAMROLLERS IN LONGMONT
Check out STEAMrollers camp held at Twin Peaks Charter Academy on page 15.
Session 1: May 26-29*
WELCOME TO SUMMER!
Let the summer adventures begin! We will kick off the summer doing what kids love most: swimming, exploring, making friends, being creative and soaking in the sunshine. This is a perfect preview to the summer of fun to come.
*No camp May 25.

Session 2: June 1-5
Y WORLD OF EXPLORERS
We are traveling around the world in five days. All week-long campers will explore different cultures and countries through fun games, art projects, field trips and activities. We will also try new and exotic foods and even participate in the Y Summer Games. Campers will go for the gold and get tons of stamps in their Y passports.

Session 3: June 8-12
CREATIVE CAMPERS
Let’s get artsy, shall we? Let’s paint, make and create. During this week, our campers celebrate their artistic skills and interests (and maybe even get a little messy, but don’t worry, it’s artistic expression). We will use our hands to create masterpieces with paint, chalk, clay and other raw materials. We’ll add in some music and a field trip or two. This week will be a work of art. Swim lessons begin this week. See page 9 for details.

Session 4: June 15-19
WELCOME TO THE JUNGLE
In the jungle, the mighty jungle, the campers play and explore. During this week of camp, we are going to the birds… and lions… and butterflies. Campers will spend the week enjoying animal-inspired activities, games and field trips. It’s gonna be wild!

Session 5: June 22-26
SURVIVAL OF THE FITTEST
We are embracing our inner competitors for this week of team and individual challenges. We like to think of it as survival of the funnest (yes, we know that’s not a word) as we try out ninja warrior courses, Minute to Win It challenges, field trips, games and more. No matter a camper’s skills — whether it be brain, brawn or beyond — we will celebrate their individual strengths and their group successes.

Session 6: June 29-July 2*
ISLANDS OF ADVENTURE
Ahoy, there friends! Shiver me timbers...OK, you get the point. During this week of camp, we are going on a treasure hunt. Captain Blackbeard buried his booty at YMCA Camp Noco but has lost the map to reclaim it. We join forces to race against other pirates to find the lost treasure. Arrr you ready? *No camp July 3.

Session 7: July 6-10
TO INFINITY AND BEYOND
5, 4, 3, 2, 1... Blast off! This week is one small step for camp and one giant leap for camper-kind. We will put on our space suits and practice our moon walk as we spend the week exploring deep space. Gaze at the stars, dive into the solar system and try to keep your boots firmly on the ground. It’s going to be a bumpy ride! Swim lessons begin this week. See page 9 for details.

Session 8: July 13-17
WEIRD SCIENCE
This will not be your traditional science camp! Campers will unlock the wacky world of science. This will be a fun way to explore all of the mysteries and secrets science has to offer. Their lab coats are sure to be messy.

Session 9: July 20-24
THE MAGICAL WORLD OF CAMP
Hop on to the Hogwarts Express as we spend the week exploring the wizarding world of magic. We will get our wands ready to conjure up spell-binding good times with activities, games, science projects and presentations. Accio summer!

Session 10: July 27-31
OOEY, GOOEY, STICKY
Campers will have a blast getting messy during this week of fun! Explore all things slimy, sticky, ooey and gooey. Have a passion for slime? This is a camp for you.

NEED CAMP IN AUGUST?
Check out Blast Camp, Camp Elks, Y Riders and Sports Camp for options during sessions 11-13.

REGISTER FOR CAMP: ymcanoco.org | INFO: 303-443-4474 x4295
ADDITIONAL SWIM LESSONS TO CAMP NOCO

We believe that every child needs to be safe in the water; therefore, we offer two sessions of swim lessons during the summer. **We’ll take your child to swim lessons during camp.** Children must be signed up for camp during the days and weeks of each session to participate. Please be aware that there is limited space. Campers need to arrive at their camp location one hour before the swim lesson begins, wearing swimsuit and 30 SPF sunscreen. Please pack a towel, goggles and a change of clothes.

**Fee:** $85 per session
Session A: June 8-26
Session B: July 6-24

**Arapahoe Y Outdoor Pool**
- Days: Mon/Wed
- Time: 10:20-10:50am
- Louisville
- Mesa

**Mapleton Y Indoor Pool**
- Days: Tue/Thu
- Time: 9:00-9:30am
- Creekside
- Heatherwood

**Longmont Y Indoor Pool**
- Days: Tue/Thu
- Time: 9:50-10:20am
- Longmont Y
- Twin Peaks

**Register for Camp:** ymcanoco.org | **Info:** 303-443-4474 x4295

**M/NM: Y member/Non-member**
Summer break is almost over, but your kids still have a chance to soak up the sun, splash around and play as many games as they possibly can. It’s gonna be a blast. Blast Camp brings camp to the Ys for the final days of summer.

All campers will be divided into age-appropriate camps at each site and will participate as a camp group throughout the week. There will be some all-camper activities and field trips throughout the week.

Rookies: Entering K-2nd Grade (must be 5 at the start of camp)
Pioneers: Entering 3rd-6th Grade

Hours
- Pre-Camp Care: 7:30am-9:00am
- Camp Activities: 9:00am-4:00pm
- Post-Camp Care: 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

ARAPAHOE Y
Weekly Fees
FEES (M/NM)

LONGMONT Y
Weekly Fees
FEES (M/NM)
| Session 11: | $270/$285 | Session 12: | $270/$285 |

BLAST CAMP AT OUR NEW Y
Blast Camp will also be available at the Johnstown Community Y. See page 20.

SESSION 11: AUG 3-7
SUPER SOAKIN’ H2O
It’s a wet, wonderful week, and we are diving into the fun (and the pool). Get your towels ready and your sunscreen on for this wild week of H2O-themed activities, games, projects and field trips. There will be slipping and sliding, water relays, pool-time fun and countless soaking shenanigans.

SESSION 12: AUG 10-14
SUMMER TIME FAVORITES
Campers will wrap up the summer with all their favorite activities. Kids will engage in traditional camp activities: swimming, archery, sports and games, bounce houses, gaga ball, arts and humanities and much more.

SESSION 13: AUG 17-18
ALOHA SUMMER
Say goodbye to summer playing, swimming, hanging with friends and soaking in the sun.
YMCA Camp Elks provides campers with a classic outdoor day camp experience. Nestled in the heart of Boulder, Camp Elks is an outdoor, nature-based program where campers have the opportunity to make new friends through adventure, challenge and exploration. Each day at camp begins with an opening ceremony where stories, music and funny anecdotes get us ready for the day’s events. Campers will enjoy day trips to some of Colorado’s most beautiful hiking destinations. Kids will also spend their summer days in camp shooting archery, cooling off at our on-site pool and expressing their creative side through arts and crafts, drama, sports, gaga ball and fun games.

Each week ends with a closing campfire (symbolic) where campers and counselors come together to share stories, recognize each other through character values and reflect on their time at camp.

We have partnered with the Organization for Wild Birds in Nature (OWBN) during sessions 6 and 7 to give campers the opportunity to explore birds.

**WHY SHOULD KIDS HAVE ALL THE FUN?**
Spend your summer working in the sunshine, playing games and being a mentor. Positions available in day camps, overnight and beyond. Details at ymcanoco.org/careers.

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**Campers Are Divided By Appropriate Age Groups:**

**Rookies:** Entering 1st-3rd Grade (must be 6 at the start of camp)

**Pioneers:** Entering 4th-6th Grade

**Hours**
- Pre-Camp Care: 7:30am-9:00am
- Camp Activities & Excursions: 9:00am-4:00pm
- Post-Camp Care: 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

**Location**
Boulder Elks Club, 3975 28th St., Boulder

**Weekly Fees**

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<td>4-5 DAYS A WEEK</td>
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<td>1-3 DAYS A WEEK</td>
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*You must confirm your part-time days with your camp director.*
ADD MORE ADVENTURE TO CAMP

Take your summer camp experience to new heights — literally. Campers can add horseback riding and rock climbing to camp. Come along, it’s gonna be an exciting ride. $65 per week. Must select these options when registering.

Horseback Riding
Campers will be bussed to Sombrero Ranches for a fun morning of horseback riding.

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<td>Thursdays</td>
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Rock Climbing
Campers will be bussed to a local climbing gym for two hours of basic technique instruction, top rope climbing, harness safety, wall climbing, auto belaying and bouldering.

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<tr>
<td>Wednesdays</td>
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TINY BUT MIGHTY
Appreciate some of the world’s smallest beauties that we may take for granted, and learn about their importance in agriculture, ecosystems and art. (OWBN session 7)

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<tr>
<td>Session 1</td>
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<td>Session 7</td>
<td>July 6–10</td>
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<td>No camp May 25*</td>
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BIOLOGICAL BEASTS
Prepare to be amazed as we learn about the world’s largest living organisms, from both the present and past.

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<td>Session 2</td>
<td>June 1–5</td>
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<tr>
<td>Session 8</td>
<td>July 13–17</td>
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FRAGILE KINGDOM
Unique conditions make for the most special of life forms. Learn how to find these hidden gems, and how to keep their habitats intact.

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<td>Session 3</td>
<td>June 8–12</td>
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<tr>
<td>Session 9</td>
<td>July 20–24</td>
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LOOK OUT BELOW
Let’s focus on appreciating the biota underfoot, and why we need to protect these ecosystems.

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<tr>
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<td>June 15–19</td>
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<tr>
<td>Session 10</td>
<td>July 27–31</td>
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MAKING A SPLASH
We’ll dive into the world of rivers, streams, lakes and ponds, and learn about Colorado’s important relationship with water.

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<td>Session 11</td>
<td>Aug 3–7</td>
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UP IN THE AIR
Experience the sky as an ecosystem, one that is shared with the whole world. (OWBN)

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END OF SUMMER OUTDOOR ADVENTURE
Let’s wrap up the summer at Camp Elks doing what campers love — exploring, swimming and having fun!

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SHARE YOUR Y CAMP STORY
Were you a Y camper? Has Y summer camp made an impact in your child’s life? Share your story at ymcanoco.org/my-y.

ADD MORE ADVENTURE TO CAMP

$65 per week. Must select these options when registering.

Horseback Riding
Campers will be bussed to Sombrero Ranches for a fun morning of horseback riding.

<table>
<thead>
<tr>
<th>DAYS</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>$65 per week</td>
</tr>
</tbody>
</table>

Rock Climbing
Campers will be bussed to a local climbing gym for two hours of basic technique instruction, top rope climbing, harness safety, wall climbing, auto belaying and bouldering.

<table>
<thead>
<tr>
<th>DAYS</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>$65 per week</td>
</tr>
</tbody>
</table>
The YMCA of Northern Colorado and BVSD Lifelong Learning are collaborating again to offer a fun and educational camp opportunity for youth in the community. The Y offers STEM Adventures and Sports Clinics through BVSD Lifelong Learning. BVSD Lifelong Learning also has many other camps including music, cooking, science and more. Visit bvsd.org/LLL for details.

**SPORTS CLINICS**

**Basketball Clinic**
This camp focuses on skill building to help your child grow and develop in the game of basketball. There will be scrimmages and fun competitions mixed in to keep your child moving forward. Teamwork, ball handling, shooting, passing and fun are daily components of camp. There will be breaks in the routine for more fun games and some "re-fueling" activities. Short "playoffs" will be a part of the agenda with a focus on good sportsmanship! Participants should wear athletic clothing.

**PM Session: 12:30-4:00pm**

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mesa Elementary</td>
<td>May 26-29*</td>
</tr>
<tr>
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<tr>
<td>Platt Middle</td>
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*No camp May 25 and July 3

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**Flag Football Clinic**
Experience the thrilling sport of football without getting tackled! Using flags instead of helmets and pads, participants will learn the proper techniques to improve skill such as throwing, receiving and blocking, and gain an understanding of football rules and strategies. These skills will be taught and practiced in both drills and actual game play. There will be breaks in the routine for more fun games and some "re-fueling" activities. Short "playoffs" will be a part of the agenda with a focus on good sportsmanship! Participants should wear athletic clothing without pockets or belt loops and athletic shoes.

**AM Session: 9:00am-12:30pm**

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<th>LOCATION</th>
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**Floor Hockey Clinic**
Hockey in the summer? You betcha! The YMCA floor hockey clinic will help develop all the skills related to the game of hockey, minus the ice skating. Campers will participate in drills that will focus on shooting, passing, offense and defense strategies and goal tending. There will be breaks in the routine for more fun games and some "re-fueling" activities. Short "playoffs" will be a part of the agenda with a focus on good sportsmanship! Participants should wear athletic clothing as well as bring 30 SPF sunscreen, a snack and a water bottle.

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**Hours**
- Camp Classes: 9:00am-12:30pm and 12:30-4:00pm
  Camp classes are officially 9:00am-4:00pm (consisting of AM and PM camps). Bring your own lunch and water bottle.

**In partnership with**

Kids LifeLong Learning
Boulder Valley School District

**Soccer Clinic**
Experience the skills and drills designed especially for budding soccer players. Our program is designed to meet each player at their current level of play and provide opportunities to increase their individual skills. The goal is that these opportunities lead to overall enjoyment of the game for years to come. Through participation in drills and games, players learn sportsmanship, discover how to work as a team and build quality relationships with other players. There will be breaks in the routine for more fun games and some "re-fueling" activities. Short "playoffs" will be a part of the agenda with a focus on good sportsmanship. Participants should wear athletic clothing.

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STEM ADVENTURES

Fizz, Pop, Bang!
Fun chemical reactions that will have campers squealing with delight when things fizz, erupt, pop and more.

**AM Session**: 9:00am-12:30pm

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LEGO Challenge
Campers will participate in a variety of Lego challenges — creating Lego movie making, Lego STEM challenges and much more.

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Water, Water, Everywhere
Water is awesome for summer STEM because it’s so cool (pun intended). Campers will love to explore water science in all kinds of playful ways.

**AM Session**: 9:00am-12:30pm

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All Things Slime-tastic!
We LOVE making slime, and there are tons of fun ways to explore slime this summer.

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Things That Go
Land, air and sea included! Campers will create things that go... camper-powered ideas using common materials. We will also explore Newtons Laws of Motion and using chemical reactions to make things go.

**PM Session**: 12:30-4:00pm

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Science You Can Eat
Science you can eat? Yes, please! Really, what’s better than science you can eat? Not much! Campers will dive into edible science through tasty or mostly tasty science activities to tickle the senses. They will want seconds.

**AM Session**: 9:00am-12:30pm

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Robots
Campers will channel their inner Transformer and create robots in creative and scientific ways. Lego robots... Check! Robots made from soda cans... Check! And much more.

**PM Session**: 12:30-4:00pm

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Shark Week
Why don’t sharks sink? Great question! Campers will explore the depths of the sea and all its wonderful creatures.

**AM Session**: 9:00am-12:30pm

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Build It!
Do you love to build things with all types of materials? Then this is the camp for you. Campers will explore a variety of ways to build and create.

**PM Session**: 12:30-4:00pm

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STEAMROLLERS

Entering 1st–6th Grade / Entering K–6th Grade

All aboard! Full steam ahead for your camper’s summer adventure with YMCA STEAMrollers, a specialty camp offering enriched learning experiences that focus on the areas of science, technology, engineering, the arts and mathematics. Campers will also have the opportunity to swim during the week and experience theme-based field trips.

Camps Superior & Platt (Entering 1st–6th)
- Pre-Camp Care: 8:00am–9:00am
- Camp Activities: 9:00am–4:00pm
- Post-Camp Care: 4:00pm–5:00pm
Camp is officially 9:00am–4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Fee (M/NM): $310/$365

Superior Elementary School
1800 S. Indiana St, Superior

Platt Middle School
6096 Baseline Rd, Boulder

Camp at Twin Peaks Charter Academy (Entering K–6th)
- Pre-Camp Care: 7:30am–9:00am
- Camp Activities: 9:00am–4:00pm
- Post-Camp Care: 4:00pm–6:00pm
Camp is officially 9:00am–4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Weekly Fees

<table>
<thead>
<tr>
<th>FULL-TIME (M/NM)</th>
<th>PART-TIME (M/NM)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-5 DAYS A WEEK</td>
<td>1-3 DAYS A WEEK</td>
</tr>
<tr>
<td>$260/$276</td>
<td>$161/$177</td>
</tr>
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</table>

Twin Peaks Charter Academy
340 S Sunset St, Longmont

Mad Scientist
Dive into the wacky world of science. This is a fun way to unlock all of the mysteries and secrets science has to offer.

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<tbody>
<tr>
<td>Session 1</td>
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<td>Session 7</td>
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<tr>
<td>Session 2</td>
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</table>

African Music and Dance Camp*
The Kutandara Center will bring a whole new world of music to our campers. Based on the music of Zimbabwe (marimbas, drums and mbira), we will be focus on hands-on music-making and movement. Kids will play on marimbas and learn about culture.

<table>
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<tr>
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*Only offered at Superior Elementary School

Build it Camp
If you build it they may come. Calling all budding engineers and architects to challenge yourself by using different materials to create your masterpieces.

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Rhythm Planet*
Kids will learn to play rhythm instruments including drums, rain sticks, shakers, mallet instruments and more. Drumming is a great way for kids to have instant success and make music right away. Activities include drum circles, building their own instruments, “rehearsals,” movement/dance and street drumming, which consists of playing rhythms on overturned five-gallon buckets. Run by the Center for Musical Arts.

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Messy Art Camp
Come explore the messy side of art! Campers will engage in art activities that include finger painting, clay design, splatter art and much more. Get those smocks ready for the washing machine.

<table>
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<tr>
<th>SESSION</th>
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<tbody>
<tr>
<td>Session 4</td>
<td>June 15–19</td>
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<tr>
<td>Session 9</td>
<td>July 20–24</td>
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Top Chef Camp
Do you know how to prepare healthy meals and snacks for the family without using a stove? Learn meal planning, nutrition label reading and cooking, and go home with your very own recipe book.

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Lego Challenge
Campers will participate in a variety of Lego challenges — robotics, STEM challenges, Lego movie making and much more.

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<tr>
<td>Session 6</td>
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*Only offered at Superior Elementary School

REGISTER FOR CAMP: ymcanoco.org | INFO: 303-443-4474 x4295
We have an exciting sports camp experience for the budding athlete in your family. Campers will engage in sports clinics and tournament play and go swimming every week. We will round out the week with awards on Friday and sports-themed field trips. Campers will have the opportunity to learn a skill and practice through game play/tournaments and have some non-sports fun along the way.

**Jr. Buffs:** Entering 1st-3rd grade  
**Buff:** Entering 4th-6th grade

**Hours**  
- Pre-Camp Care: 8:00am–9:00am  
- Camp Activities: 9:00am–4:00pm  
- Post-Camp Care: 4:00pm–5:00pm  
Camp is officially 9:00am–4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

**Location:** Platt Middle School, 6096 Baseline Road, Boulder (Sessions 11-13 at the Mapleton Y)

**Fee (M/NM):** $310/$365  
(*Session 13: $125/$150)

**Sports Sampler:** During these weeks of sports camp, campers will engage and learn various sports, from the popular ones to the non-traditional ones. Campers will learn new skills and may even find a sport to be passionate about. Lace up those sneakers and jump in!

**Invasion Games:** Games that involve one team needing to invade another team’s territory in order to score such as soccer, handball, lacrosse and more.

**Invasion Games**  
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<tr>
<td>Session 12</td>
<td>Aug 10–14</td>
</tr>
<tr>
<td>Session 13*</td>
<td>Aug 17–18</td>
</tr>
</tbody>
</table>

**MORE SPORTS**  
Check out more summer sports programs on page 24 and ice programs on page 34.

**REGISTER FOR CAMP:** ymcanoco.org  |  **INFO:** 303-443-4474 x4295
Y RIDERS

Entering 1st-5th Grade

Y Riders Cycling Camps have taught kids and teens to ride successfully and safely for more than 25 years. The unique progression of Y Riders camps allows riders to come back year after year and gain new skills and experiences. Starting in first grade, children can learn how to ride a two-wheeler in Learn to Bike Camp and develop their skills in Y Riders Basic Skills. Junior Y Riders Camp teaches skills in path riding. Small groups with low ratios provide the perfect environment for campers to learn safe biking and build their skills. Our staff has extensive experience in biking and working with groups of campers.

Hours
• Pre-Camp Care: 8:00am–9:00am
• Y Riders Cycling Camp: 9:00am–4:00pm
• Post-Camp Care: 4:00pm–5:00pm
Camp is officially 9:00am–4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Location: Platt Middle School, 6096 Baseline Rd, Boulder (Session 11-12 at the Mapleton Y)

Learn to Bike Camp (Entering 1st–3rd Grade)

This camp is designed for campers still on training wheels or struggling to ride independently on a two-wheeler. This Y program has a 100 percent success rate in teaching campers to ride without training wheels. Campers get support with a low child-to-staff ratio in a small camp environment. Equipment Required: A helmet and bike small enough that your child can firmly touch the ground while seated, water bottle, 30 SPF sunscreen and lunch.

Fee (M/NM): $310/$365

Y Riders Basic Skills Camp (Entering 1st-3rd Grade)
This camp progresses into teaching basic bike handling and safety skills. Riders will progress to beginning mountain bike skills, becoming confident riders who are capable of both on-road and light off-road riding. This is a great camp for those who have just graduated from our learn to bike program.

Equipment Required: Properly sized bike and a helmet, water bottle, 30 SPF sunscreen and lunch.

Fees (M/NM): $310/$365 (*$248/$292)

Junior Y Riders Camp (Entering 3rd–5th Grade)
Our one-week cycling camp is designed to build camper confidence in path/street riding and mountain biking. Kids will be introduced to standard mountain biking skills and learn how to properly and safely navigate the Boulder Creek Path. Campers need to have the skill to ride in a straight line and navigate twists and turns of bike paths to enroll. A bike inspection form is required (available at ymcanoco.org).

Equipment Required: Properly sized bike (gears highly suggested) and helmet, water bottle, 30 SPF sunscreen and lunch.

Fee (M/NM): $310/$365 (*$248/$292)

LOCATION: Platt Middle School, 6096 Baseline Rd, Boulder (Session 11-12 at the Mapleton Y)

Register Early!
Classes and camps are very small due to individual attention given to cyclists.

MOUNTAIN BIKING FOR TEENS
Check out Mountain Biking Local Adventures during Ultimate Teen Camp on page 18.

REGISTER FOR CAMP: ymcanoco.org | INFO: 303-443-4474 x4295
TEEN DAY CAMPS

Entering 6th-9th Grade

Ultimate Teen Camp (Entering 6th-9th Grade)
The Y has an excitement-packed, option-filled summer planned for local teens. We have something for everyone and a variety of new choices that will leave teens thrilled no matter their interests, passions and preferences. Whether campers are looking for amusement park thrills or they want to explore, ride or climb to new heights, teens can choose their adventure at the Y this summer.

Hours
• Pre-Camp Care: 8:00am-9:00am
• Camp Activities: 9:00am-4:00pm
• Post-Camp Care: 4:00pm-5:00pm
Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Location: Meets at New Vista High School, 700 20th St, Boulder (Session 11-12 meets at the Mapleton Y)

Fee (M/NM): $340/$405

Theme Park Fun
Do you love the thrill of rides, laser tag, and theme park adventures? This is the camp for you! Campers will visit some of the best theme parks in the area. Think Elitch Gardens, Water World, Boondocks, etc.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATES</th>
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<tbody>
<tr>
<td>Session 3</td>
<td>June 8-12</td>
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<td>Session 5</td>
<td>June 22-26</td>
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<td>Session 7</td>
<td>July 6-10</td>
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<tr>
<td>Session 11</td>
<td>Aug 3-7</td>
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Adventure Time
Come explore with us! Campers will spend the week exploring their passions including stand-up paddleboard (SUP), indoor rock climbing, skateboarding, and hiking adventures. Come engage in your favorite activities or learn new ones.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATES</th>
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<tbody>
<tr>
<td>Session 4</td>
<td>June 15-19</td>
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<tr>
<td>Session 6</td>
<td>June 29-July 2*</td>
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<td>Session 10</td>
<td>July 27-31</td>
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<tr>
<td>Session 12</td>
<td>Aug 10-14</td>
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</table>

*No camp July 3

Mountain Biking Local Adventures
During this camp, teens will travel to destinations around Boulder County on biking trips of a minimum of 10 miles or more each day. This camp has a focus on mountain biking while including instruction on climbing and distance riding. We will plan two big days of biking up at our Ora Penn facility, which is embedded in the East Magnolia trail system. A bike inspection form is required (available at ymcanoco.org).

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<tr>
<th>SESSION</th>
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<tr>
<td>Session 8</td>
<td>July 13-24</td>
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<tr>
<td>Session 9</td>
<td>July 20-24</td>
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</tbody>
</table>

Equipment required: Properly sized mountain bike with a minimum of 15 speeds and a helmet, water bottle, 30 SPF sunscreen and lunch.

JOBS FOR TEENS
Looking for a fun, flexible job? Stop flipping burgers, and start changing lives! The Y offers a variety of employment opportunities for youth ages 16+. Make kids smile in Child Watch, save lives as a Lifeguard or welcome members at our front desks. Visit ymcanoco.org/careers to learn more.

REGISTER FOR CAMP: ymcanoco.org | INFO: 303-443-4474 x4295
Leaders in Training (LIT) Program
(Entering 8th–10th Grade)

We have partnered with the Pop Culture Hero Coalition to bring us an innovative curriculum that will enhance the LIT program. LITs will embark on a two-week adventure of fun activities, but also challenges to develop their leadership skills and self-awareness. They’ll reflect on their own strengths and challenges, learn about team building and managing groups, bullying prevention, techniques to improve communication and resolve conflicts, mindfulness, and restorative practices. LITs will find the program not only informative and rewarding but a whole lot of fun, too.

Two-week LIT program: May 26–June 5 (9 days of training)
*No program May 25

Following the two-week LIT program, LITs will select three additional summer camp weeks supporting local YMCA camps and campers, utilizing their newfound leadership skills and knowledge at local sites. During this 3-week period, the YMCA will offer two evening workshops that will focus on cultural learning and teambuilding.

The fun is not over: The LIT program will culminate with a unique opportunity to participate in a service-learning trip at the Sioux YMCA located in South Dakota (Dupree, SD). While there campers will work with day camp leaders to provide fun and educational programs for local youth while having a life-changing experience on the reservation and working together to complete a service-learning community project. For more information on the Sioux YMCA, visit siouxyymca.org.

Transportation to and from the Sioux Y, all meals at the Sioux Y, trainings, workshops and chaperones are included in the LIT fee. Participants may choose their three volunteer weeks Monday–Friday, 9:00am–4:00pm, between June 8–July 17.

LIT Training Location: New Vista High School, 700 20th St, Boulder

Sioux Y service learning trip: Sunday, July 19–Saturday, July 25

Fee (M/NM): $775/$825 for six weeks including two weeks of LIT training and the Sioux YMCA trip as well as three additional service weeks.

Benefits
- Opportunity to Earn Volunteer Hours
- Service-Learning Experience
- Community Involvement
- Positive Peer Support

Application Process
- Applications are available at ymcanoco.org.
- Submit application online or to the Teen Department at the Mapleton Y by Friday, April 3.
- Applicants will be interviewed by the end of April.

If Accepted
- Must attend all days of the training program.
- Commit to at least three weeks of service at one of our Y camps for three to five days per week.
- Attend service learning trip to the Sioux Y.
- Attend evening workshops.

MORE OPPORTUNITIES FOR TEENS
In-Training Program at Camp Santa Maria starts teens on the path to becoming camp counselors. See page 23. American Red Cross certifications include CPR, First Aid, Lifeguarding and Babysitting. See page 44. During the school year, the Y offers school day off camps, free Teen Night Out, homework help and more. ymcanoco.org/teens.

REGISTER FOR CAMP: ymcanoco.org | INFO: 303-443-4474 x4295
Evergreen Family Y

Achievers Kindergarten Bootcamp
(Entering Kindergarten)
Achievers Kindergarten Bootcamp is a springboard to a successful start to school for your little one. Teaching listening, kindergarten readiness and cooperation skills, Achievers Kindergarten Bootcamp gives campers the experiences, tools and tenacity to ready them for their very first day of school. From learning how to stand in line and asking for help, from discovering how to work in a group and developing self-help skills, this camp is all about practicing school.

Dates, hours and fees TBA.

Pioneer Ridge Elementary
2300 Cinnamon Teal Ave, Johnstown
Transportation provided to and from Milliken and Letford Elementary Schools

Blast Camp (Entering K–6th)
Summer break is almost over, but your kids still have a chance to soak up the sun, splash around and play as many games as they possibly can. It’s gonna be a blast. Fee (M/NM): $270/$285
Aug 3–7 and Aug 10–14
7:30am–6:00pm
Johnstown Y

MORE PROGRAMS IN OUR EXPANDED SERVICE AREA
The Y also has summer sports in Johnstown including basketball, volleyball, soccer and baseball. See the sports section on page 24. During the school year, the Y offers after school care and school day off camps held at local schools.

Pre-camp care, 7:30am-9:00am, and post-camp care, 4:00-6:00pm, is available for no additional fee.

Weekly Fees

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<tr>
<th></th>
<th>FULL-TIME (M/NM) 4-5 DAYS A WEEK</th>
<th>PART-TIME (M/NM)* 1-3 DAYS A WEEK</th>
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<tbody>
<tr>
<td>FULL-TIME (M/NM)</td>
<td>$260/$276</td>
<td>$161/$177</td>
</tr>
<tr>
<td>PART-TIME (M/NM)*</td>
<td>$260/$276</td>
<td>$161/$177</td>
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</tbody>
</table>

*You must confirm your part-time days with your camp director.

Pioneer Ridge Elementary
2300 Cinnamon Teal Ave, Johnstown

Centennial Elementary School
1555 W 37th St, Loveland

High Plains K-8
4255 Buffalo Mountain Dr, Loveland

Registration and more details TBA at ymcanoco.org.
A summer at YMCA Camp Santa Maria is a life-shaping experience that encourages a spirit of community, exploration and adventure. Our friendly, qualified and passionate staff strive to create a safe environment and a community where caring, cooperation and understanding prevail. Our goal is to send campers home feeling strong in who they are, the relationships they have made and the skills they have gained. YMCA Camp Santa Maria provides a rare balance of fun, challenge, responsibility, adventure and education that defines every camper’s day.

### Explorers (Ages 6-8)

Our Explorers Camp is either a 4-day (Explorers A) or a 3-day (Explorers B) experience designed to introduce young adventurers to overnight camp and allow parents to adjust to the idea of their camper being away from home. Explorers will participate in activities like nature exploration, arts and crafts, hiking, boating, group games, building gnome homes and more (gnome sightings not guaranteed). Explorers can develop independence while experiencing a small community. The Explorers program is small in numbers and big in activities.

- **Explorers A Fee (M/NM):** $525/$575
- **Explorers B Fee (M/NM):** $395/$445

### Traditional Camp (Ages 7-14)

Our traditional camp has been carefully crafted to provide the quintessential sleepaway camp experience. Campers will have the opportunity to master archery, slip ‘n slide, climb rocks, pour slime on each other and drink bug juice all week! During their one-week session, traditional campers participate in fun daily activities that we call “skill tracks,” which are designed to build camper confidence and competence in specific activities. Skill tracks may include rock climbing, hiking and exploration, stand-up paddleboarding, nature, mountain biking, wilderness skills, drama and fine arts. We offer these standard skill tracks but will also create theme-specific skill tracks each week. In the past, we’ve had offerings such as Flying School, Search for Magical Creatures, How To Be a Ninja, Stand-Up Comedy and Sasquatch Watching. Needless to say, our campers have FUN!

- **Fee (M/NM):** $775/$825
- **Sessions 1 & 10 Fee (M/NM):** $675/$725
- **Add-Ons:**
  - Horseback Riding: $50
  - Rafting: $70

### Session Dates & Themes

**Session 1: June 7-13**  
Pirates of Danger Lake

**Session 2: June 14-20**  
Realm of Champions

**Session 3: June 21-27**  
Space Wars

**Session 4: June 28-July 4**  
Time Travelers

**Session 5: July 5-11**  
Camp Santa Maria’s School for Witchcraft and Wizardry

**Session 6: July 12-18**  
Superheroes

**Session 7: July 19-25**  
Welcome to Dystopia

**Session 8: July 26-Aug 1**  
Wilder West

**Session 9: Aug 2-8**  
The Games of Mt. Olympus

**Session 10: Aug 9-14**  
The Best Week of Camp (Traditional Camp ONLY, no add-ons)

**Explorers A: Aug 9-12**  
The Best Week of Camp

**Explorers B: Aug 12-14**  
The Best Week of Camp

### Camp Santa Maria Info Sessions:

- **Sat, Feb 15, 1-2:30pm,** Schlessman YMCA in Denver and Thu, Feb 27, 6-7:30pm, Arapahoe Y. Info session TBA at the Johnstown Y.

### Open House at Camp:

**Sat, May 23, 1:00-4:00pm**
Teen Adventure Camp (Ages 14-16)
These programs are designed for campers with an adventurous spirit, who want to learn a lot about their chosen activity and go on extended outings from camp. Our Teen Adventure Camp (TACos) campers focus on developing technical skills in whitewater kayaking, backpacking, whitewater stand-up paddleboarding, mountain biking or rock climbing while building leadership skills in a supportive, small group setting. These experiences emphasize communication, wilderness skills, “Leave No Trace” concepts and backcountry traveling skills. Almost all of our trips are run through Rocky Mountain Outdoor Center. Our TACos spend three days and two nights with RMOC to learn technical skills and proficiency in their chosen activity.

While at camp, TACos will stay in Pioneer Village and participate in activities with the rest of our camp programs.

Fee (M/NM): $795/$845
Sessions 1 & 10 Fee (M/NM): $695/$745
Sessions 7 & 3: Fee (M/NM): $775/$825

TOP 10 THINGS TO BRING TO CAMP
1. Curiosity
2. Two towels
3. Two bathing suits (if possible)
4. Bug spray
5. Sunscreen
6. Lip balm (seriously, you will need lip balm)
7. Pillow
8. Clothes that can get dirty
9. Something to tie-dye
10. Pens, paper, envelopes and stamps to write home

FACEBOOK LIVE Q&A
Be on the lookout for our live Q&A with our camp staff. Details TBA at ymcacampsantamaria.org.

REGISTER FOR CAMP: ymcacampsantamaria.org | INFO: santamaria@ymcanoco.org • 303-443-4474 x4301
IN-TRAINING PROGRAMS

Looking for a way to spend your summer having fun and making a positive impact in a place you love? We’ve got it!

Our new iT programs were developed as a path to take you from CSM camper to CSM cabin or trip leader. Our iT programs focus on leadership development, giving high schoolers who love camp an opportunity to learn the skills necessary to become a camp staff member. You will gain diverse skill sets, impact-driven leadership experience and incredible memories of summers in the mountains with new friends and mentors.

Leader-in-Training (LiT): Rising Sophomores
Our LiT program is the first step along the camper-to-staffer path. It is a two-week program for upcoming sophomores that focuses on leadership development in the camp environment. During your two weeks at camp, you and other LiTs will gain knowledge about yourselves, learn how to develop and run camp activities and help out in a variety of areas at camp. This two-week program will also include a four-day backpacking trip that will focus on outdoor leadership.

Fee (M/NM): $775/$825

LiT 2020 Dates
Session 1: June 14-27
Session 2: July 5-18
Session 3: July 26-Aug 8

Counselor-in-Training (CiT): Rising Juniors
Our CiT program was developed for upcoming juniors and is the next step for campers who want to work at camp. CiT is a three-week program that focuses on expanding the leadership development you enjoyed as an LiT. You do not have to complete the LiT program to be a CiT, but it is structured as a pipeline program.

During the first week of the program, you will learn about how a camp is run, what each program at camp focuses on, and where you fit into that puzzle. You will put your knowledge into practice when you spend your remaining two weeks working alongside cabin or trip leaders in a cabin or outdoor program. You will get to choose if you want to spend both weeks in Traditional Camp, Outdoor Adventure Camp or split between the two camps.

The CiT program will serve as an in-summer interview to become an INTern at Camp Santa Maria the following summer.

Fee (M/NM): $775/$825

CiT 2020 Dates
Session 1: June 7-27
Session 2: June 28-July 18
Session 3: July 19-Aug 8

INTerns (INTs): Rising Seniors
INTerns are soon-to-be seniors who want to enjoy camp the summer before they can officially apply to become a Camp Santa Maria staffer. INTs must have completed the CiT program.

During your time at camp, you and the other INTs will help in all areas of camp, especially in the dining hall, gear garage, camp store, main office and all program areas. INTs will be heavily involved in the evening programs as well.

Being an INT is an amazing opportunity to understand the big picture of camp happenings. It is not a requirement, but it will increase your chance of becoming a staff member at CSM. Being an INT will serve as an in-summer interview before you become a full-fledged cabin or trip leader the following year.

Apply at ymcacampsantamaria.org.

INTern 2020 Periods
Period 1: June 7-20
Period 2: June 21-July 4
Period 3: July 5-18
Period 4: July 19-Aug 1
Period 5: Aug 2-14
THE Y WAY TO PLAY

The Y Way to Play is essential to the way sports are played at the YMCA. The Y Way to Play provides a unique opportunity for all participants to learn, grow and have fun through playing sports.

THE MISSION OF THE Y WAY TO PLAY

The mission of the Y Way to Play is to deliver quality sports programs that provide fun, foster sportsmanship and create opportunities for all to participate, learn and grow. The Y Way to Play applies varied levels of progressive competition and builds a sense of community, which prepares kids for life on and off the field.

THE FIVE PILLARS OF THE Y WAY TO PLAY

1. **FUN**: Creating a lifelong enjoyment of sports and the values and lessons they teach.
2. **SPORTSMANSHIP**: Fostering the Y values of caring, honesty, respect and responsibility.
3. **OPPORTUNITY**: Ensuring all kids experience the life lessons learned through sports.
4. **PROGRESSIVE COMPETITION**: Providing appropriate levels of competition for all athletes.
5. **COMMUNITY**: Integrating the values and life lessons of sports into our broader community.

GET TO KNOW OUR Y SPORTS COMMUNITY

**FC Boulder**
FC Boulder is our partner in the Boulder Valley Youth Soccer program. Together, the Y and FC Boulder are able to provide players with the best opportunity to grow in the game of soccer at a rec level.

**CU Athletics**
YMCA Jr. Buffs sports programs receive the benefit of the expertise of both organizations. For each YMCA Jr. Buffs sport, there is a CU team, so you can be sure to get the best youth sports experience possible.

**Hoffer Photo**
For years, Hoffer Photo has been documenting the experience of our young athletes. They’re out on the courts and fields every season with our players to ensure you never miss a team picture!

**Dick’s Sporting Goods**
All current Y program participants get 20% off on YMCA of Northern Colorado Shop Days! Get everything you need to start the season off. Shop Days dates to be announced at ymcanoco.org.

**PLAY Boulder Foundation**
The Y is excited to be a service provider for PLAY Boulder Foundation’s PLAYpass program. Together, we offer a pathway to ensure all children in our community have the opportunity to play.

Y members save 25-30% on youth sports! Not a member? Learn more on page 46.
SUMMER SCRIMMAGE & SKILLS

Looking for less competition but more competitive edge? YMCA Scrimmage & Skills Programs are for players who may not be looking for the full league experience at the moment but who are eager to improve sport-specific skills. These programs give athletes the opportunity to improve fundamental skills in real-game situations with the support of our coaches. Players will focus on a different skill each week and work with Y coaches to improve their fundamentals during scrimmages. The Y offers Scrimmage & Skills programs for flag football, beach and indoor volleyball, Boulder Valley Youth Soccer and Northern Colorado Youth Soccer, baseball, lacrosse and basketball.

Flag Football Scrimmage & Skills (Ages 5-10)
Fee (M/NM): $50/$75
Horizons K-8 in Boulder
Mondays & Wednesdays, June 1-12

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<tr>
<th>Ages</th>
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Beach Volleyball Scrimmage & Skills (Ages 8-12)
Fee (M/NM): $50/$75
Arapahoe Y Sand Volleyball Court
Mondays & Wednesdays, June 1-12

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BVYS Soccer Scrimmage & Skills (U6-U12)
Fee (M/NM): $50/$75
Arapahoe Y turf field OR Horizons K-8 in Boulder
Tuesdays & Thursdays, June 1-12

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<td>U11-U12</td>
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NCYS Soccer Scrimmage & Skills (U6-U12)
Fee (M/NM): $50/$75
Centennial Park in Longmont
Mondays & Wednesdays, June 1-12

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<td>U6-U8</td>
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<td>U9-U10</td>
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<tr>
<td>U11-U12</td>
<td>6:30-7:30pm</td>
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Basketball Scrimmage & Skills (Ages 7-14)
Fee (M/NM): $50/$75

Longmont Y Gym OR Johnstown Y Gym
Mondays & Wednesdays, June 1-12

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June 15-26

Basketball Scrimmage & Skills (Ages 5-8)
Fee (M/NM): $50/$75

Arapahoe Y Gym
Mondays & Wednesdays, June 15-26

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Baseball Scrimmage & Skills (Ages 7-11)
Fee (M/NM): $50/$75
Horizons K-8 in Boulder
Mondays & Wednesdays, June 15-26

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<td>4:30-5:30pm</td>
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<tr>
<td>9-11</td>
<td>5:30-6:30pm</td>
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Lacrosse Scrimmage & Skills (Ages 8-12)
No equipment required.
Fee (M/NM): $50/$75
Horizons K-8 in Boulder
Tuesdays & Thursdays, June 15-26

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<td>11-12</td>
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REGISTER FOR SPORTS: ymcanoco.org | INFO: sports@ymcanoco.org or call 303-443-4474 x6102
Flag Football Scrimmage & Skills (Ages 5-10)
Fee (M/NM): $50/$75
Arapahoe Y Turf Field
Mondays & Wednesdays, July 6-17
Ages 5-6  4:30-5:30pm
Ages 7-8  5:30-6:30pm
Ages 9-10 6:30-7:30pm

Lacrosse Scrimmage & Skills (Ages 8-12)
No equipment required.
Fee (M/NM): $50/$75
Arapahoe Y Turf Field
Tuesdays & Thursdays, July 6-17
Ages 8-10 4:30-5:30pm
Ages 11-12 6:30-7:30pm

Girls Basketball Scrimmage & Skills (Ages 9-14)
Fee (M/NM): $50/$75
Mapleton Y Gym
Tuesdays & Thursdays, July 6-17
Ages 9-10 5:30-6:30pm
Ages 11-12 6:30-7:30pm
Ages 13-14 7:30-8:30pm

Basketball Scrimmage & Skills (Ages 5-10)
Fee (M/NM): $50/$75
Longmont Y Gym
Mondays & Wednesdays, July 6-17
Ages 5-6  4:30-5:30pm
Ages 7-8  5:30-6:30pm
Ages 9-10 6:30-7:30pm

Volleyball Scrimmage & Skills (Ages 8-12)
Fee (M/NM): $50/$75
Arapahoe Y Gym
Tuesdays & Thursdays, July 6-17
Ages 8-10 4:30-5:30pm
Ages 11-12 6:30-7:30pm

July 21-31

Basketball Scrimmage & Skills (Ages 5-8)
Fee (M/NM): $50/$75
Mapleton Y Gym OR Longmont Y Gym
Tuesdays & Thursdays, July 21-31
Ages 5-6  4:30-5:30pm
Ages 7-8  5:30-6:30pm

Volleyball Scrimmage & Skills (Ages 8-12)
Fee (M/NM): $50/$75
Arapahoe Y Gym
Tuesdays & Thursdays, July 21-31
Ages 8-10 4:30-5:30pm
Ages 11-12 6:30-7:30pm

BVYS Scrimmage & Skills (Ages U6-U12)
Fee (M/NM): $50/$75
Arapahoe Y Turf Field OR Horizons K-8 in Boulder
Mondays & Wednesdays, July 21-31
U6-U8 4:30-5:30pm
U9-U10 5:30-6:30pm
U11-U12 6:30-7:30pm

Flag Football Scrimmage & Skills (Ages 5-10)
Fee (M/NM): $50/$75
Centennial Park in Longmont
Tuesdays & Thursdays, July 21-31
Ages 5-6  4:30-5:30pm
Ages 7-8  5:30-6:30pm
Ages 9-10 6:30-7:30pm

NCYS Soccer Scrimmage & Skills (U6-U12)
Fee (M/NM): $50/$75
Johnstown Y Field
Tuesdays & Thursdays, July 21-31
U6-U8 4:30-5:30pm
U9-U10 5:30-6:30pm
U11-U12 6:30-7:30pm

SUMMER LEARN TO PLAY FAMILY CLINICS

Sports never looked so adorable! YMCA Learn to Play Family Clinics are play-packed primers focused on skill development, rule following and teamwork. Young players — with the support of their parents — learn the fundamentals in a clinic-style setting, embracing core concepts through fun games and energy-burning activities. Parents help their children learn a sport and adopt life skills, such as listening to coaches, ball sharing and rule following. Together, we are building a foundation for future athletic opportunities. The Y offers Learn to Play Family Clinics for volleyball, lacrosse and baseball.

These clinics are designed for the whole family to play and learn together — a parent or guardian must participate each week with their child. Registration fee covers one child and one adult. Additional family members can be added for $25/each.

Learn to Play Baseball:
Family Hits & Homeruns
Fee (M/NM): $75/$100
Horizons K-8 in Boulder
Tuesdays & Thursdays, June 1-12
Parents & Kids, Ages 3-6 | 5:30-6:30pm

Learn to Play Baseball:
Family Hits & Homeruns
Fee (M/NM): $75/$100
Horizons K-8 in Boulder
Tuesdays & Thursdays, June 15-26
Parents & Kids, Ages 5-9 | 5:30-6:30pm

Learn to Play Volleyball:
Family Sets & Spikes
Fee (M/NM): $75/$100
Longmont Y Gym
Mondays & Wednesdays, June 15-26
Parents & Kids, Ages 5-9 | 5:30-6:30pm

Learn to Play Volleyball:
Family Sets & Spikes
Fee (M/NM): $75/$100
Arapahoe Y Gym
Tuesdays & Thursdays, July 6-17
Parents & Kids, Ages 5-9 | 5:30-6:30pm

Learn to Play Lacrosse:
Family Sticks & Skills
Fee (M/NM): $75/$100
Johnstown Y Field
Mondays & Wednesdays, June 15-26
Parents & Kids, Ages 3-6 | 5:30-6:30pm

Learn to Play Lacrosse:
Family Sticks & Skills
Fee (M/NM): $75/$100
Horizons K-8 in Boulder
Tuesdays & Thursdays, July 6-17
Parents & Kids, Ages 5-9 | 4:30-5:30pm

REGISTER FOR SPORTS: ymcanoco.org | INFO: sports@ymcanoco.org or call 303-443-4474 x6102
SUMMER NO PRACTICE LEAGUES

At your house, there is no off season. Your kid can’t get enough of their favorite sports. We feel the same way. That’s why we’ve developed YMCA No Practice Leagues. Seriously, it’s just games. No Practice Leagues are designed to inspire young players to advance their knowledge of the game and expand their abilities in a fun, exciting game-focused league. It’s a great way for young athletes to stay active and playing in the off season. The Y offers No Practice Leagues for volleyball, basketball and baseball.

**Volleyball No Practice League**
*(Ages 13–15)*
Fees (M/NM): $75/$100 includes uniform
There is a $25 late fee as of June 8.

**Horizons K-8 in Boulder**

- **Thursdays, June 15-July 17**
- **Ages 13-15**
- **Between 5:00-8:00pm**

**BASEBALL NO PRACTICE LEAGUES**
*(Ages 5-10)*

**T-Ball No Practice League**
Fees (M/NM): $75/$100 includes uniform
There is a $25 late fee as of June 29.

**Horizons K-8 in Boulder**

- **Mondays, July 6-31**
- **Ages 5-7**
- **5:30pm or 6:30pm**

- **Coastal Pitch No Practice League**
Fees (M/NM): $75/$100 includes uniform
There is a $25 late fee as of June 29.

**Horizons K-8 in Boulder**

- **Wednesdays, July 6-31**
- **Ages 8-10**
- **5:30pm or 6:30pm**

**Basketball No Practice League**
*(Ages 8-14)*
Fees (M/NM): $75/$100 includes uniform
There is a $25 late fee as of May 25.

**Mapleton Y Gym**

- **Tuesdays, June 1-26**
- **Ages 8-9**
- **Between 5:00-7:00pm**

**Arapahoe Y Gym**

- **Wednesdays, June 1-26**
- **Ages 10-14**
- **Between 5:00-8:00pm**

*Teams will be split into age appropriate divisions based on registration.*
SOCCER

Boulder Valley Youth Soccer Summer Camp (Ages 4-12)

BVYS Camp is the perfect opportunity for your young player to spend a week growing and developing their soccer skills with our coaches. The four day sessions will give players the chance to learn new skills, make new friends and get ready for fall soccer. U= “under.” Check ymcanoco.org sports FAQs for age chart.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAYS</th>
<th>DATE</th>
<th>AGE</th>
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<th>FEE</th>
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<td>June 15-18</td>
<td>U4-U5</td>
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<td></td>
<td></td>
<td>U6-U8</td>
<td>9:00-11:00am</td>
<td>$115</td>
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<td>U6-U8</td>
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<td>Mon-Thu</td>
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<td>FC Boulder Sports Performance Center (indoor)</td>
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<td></td>
<td></td>
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<td>9:00-11:00am</td>
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<td>U9-U12</td>
<td>9:00am-12:00pm</td>
<td>$135</td>
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GOLF

The First Tee (Ages 5-13)

We’ve partnered with The First Tee of The Colorado Rocky Mountains. The First Tee is a nonprofit organization dedicated to providing high-quality programs and golf skill instruction to youth in Colorado. Programs are taught using unique golf techniques designed to make the game fun and accessible to everyone. Each lesson will include a different component of the game, as well as a core value and life skill to go along with that lesson. Students may bring their own clubs or borrow from our assortment of different sized clubs. We recommend that students bring a water bottle, hat, and wear sunscreen.

The mission of The First Tee of The Colorado Rocky Mountains is to educate and inspire youth academically, socially, and physically through the game of golf.

Fee (M/NM): $60/$85

Held at the Arapahoe Y. Details to be announced.
YOUTH FITNESS

YMCA Youth Triathlon (Ages 8-14)
The YMCA of Northern Colorado’s Fighting Jalapeños Youth Triathlon Competition Team and youth triathlon programs are designed for young athletes who are ready to learn, to work hard and to grow in the sport of triathlon. Join the squad or competition team and compete in monthly races.

Training Squad and Competition Team are ongoing at the Mapleton Y with monthly registration. Race series rotates at each Y.

Youth Triathlon Training Squad
Start your journey with triathlon on our training squad. This welcoming group is geared toward beginners and athletes who are interested in trying out triathlon. Participants have the option to choose up to 3 practices to attend each week. Athletes need competition swimsuit, goggles, bicycle, helmet and running shoes. Fee per month (M/NM): $155/$185

Youth Triathlon Competition Team
Take your triathlon training to the next level on Youth Triathlon Competition Team. Competition Team trains year-round with a focus on elite-level racing. Athletes need competition swimsuit, goggles, fins, road bike, helmet and running shoes. Our competition team is sponsored by FINIS. Fee per month (M/NM): $225/$255 (includes Triathlon Race Series)

Indoor Youth Triathlon Race Series
Develop your competitive edge while preparing for the summer racing season. Races consist of three time trial events with awards for the top three male and female athletes in each age division. Race Entry Fee (M/NM): $30/$45

La Familia Boxing (Ages 8-16)
La Familia Boxing teaches kids and teens dedication, discipline, honor and respect through boxing. Boys and girls are welcome to join this program at the Longmont Y to discover a hard-hitting sport that changes lives. Hand wraps required. Participation is free, but registration is required.

Lil Dancers (Ages 3-5)
Children who love to twirl, twist, shimmy and shake their groove things are invited to join the Y’s Lil Dancers classes. An introduction to ballet, this class is designed to give your little one a life-long love of movement. Children use their imaginations and their bodies to express themselves through movement games, songs and dance. Fee (M/NM): $40/$50

Youth Strength Free Weights (Ages 12-14)
In this program, youth learn proper techniques for training with free-weights. With the right technique, you will safely develop optimal strength in no time. This course covers traditional exercises like squatting, pressing, rowing, lunging and rotations. Participants will learn the building blocks and progressions found in an effective program while working hard together. Each class will start with an extensive warm-up and will then move onto movement prep and lifting exercises and will finish with core and flexibility work. Fee (M/NM): Free/$60

Arapahoe Y

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<tr>
<td>Tue</td>
<td>July 7-Aug 11</td>
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Longmont Y

<table>
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<tr>
<td>Mon-Fri</td>
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Arapahoe Y

<table>
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<tbody>
<tr>
<td>Fri</td>
<td>June 5-26</td>
<td>4:30-5:15pm</td>
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</table>
Cardio Games (Ages 8-12)
Come add fun and movement to your day with 30 minutes of instructor-led intervals and games followed by core, body weight strength training and stretching. This class is a great way to stay active and make new friends!
Fee (M/NM): Free/$60

Arapahoe Y

Youth Circuit Training (Ages 11-12)
A class to help youth learn proper circuit training techniques to ensure optimal safety and strength development. All 13 pieces of circuit equipment will be covered. Participants will learn how to use an exercise log while training together. Each class will start with an extensive warm-up and will then move onto movement prep and lifting exercises; we will finish with core and flexibility work. Class meets in group exercise room for warm-up, body weight and dumbbell exercises before heading to the circuit equipment.
Fee (M/NM): Free/$60

Arapahoe Y

Youth Smart Start (Ages 8-14)
At the Y, we believe young people should understand the importance of physical activity while having fun. In order to make sure your child has a safe, healthy experience at the Y, we offer special orientations to teach young members the basics of proper, effective and safe use of cardio and strength equipment. After the orientation, your child will receive a wristband allowing him or her to use the fitness center and attend group exercise classes. Youth ages 8-12 must be accompanied by an adult for the first session.

- Age 8-10: Intro to cardio equipment
- Age 11-12: Intro to cardio and circuit equipment
- Age 13-14: Intro to cardio, circuit and free weights

Arapahoe Y

Shotokan: Traditional Japanese Karate (Ages 8-17)
Increase physical fitness, coordination, confidence, discipline and self-defense skills. Bruce Green, chief instructor and 8th-degree black belt, is assisted by John Burdick, 5th degree black belt, as well as CJ Herman and Maelo Maldonado, both 4th degree black belts. Bruce Green has been training in karate for 48 years and is a certified instructor, examiner and judge. Master Yutaka Yaguchi is our regional chief instructor.
Fee (M/NM): $40 per month/ $70 per month
Mapleton Y

Shotokan is Also Available for Adults 18+
Fee (M/NM): $50 per month/ $80 per month

CLIMB YOUR FIRST 14ER!

In this eight-week program, learn about the logistics of hiking a 14er (what to wear, eat, drink, etc.). Get your body conditioned for the challenge with a twice a week comprehensive strength and endurance training program. We’ll prepare for the altitude gain with two Saturdays training hikes (optional, but strongly encouraged). For ages 18+. Instructor: Dave Brounstein

Meets at the Arapahoe Y
June 22-12, Mondays and Wednesdays, 6:00-7:00am
Member: $249 (no non-member rate)

Level 1 Training Hike, Mount Sanitas (6,843 elevation)
Mount Sanitas via Lion’s Lair is a five-mile loop trail that features a pretty steep climb for the first mile and then a gradual four-mile descent down Lion’s Lair.
The elevation gain of this hike is 1,489 feet.
Sat, July 11, 7:00am

Level 2 Training Hike, Bear Peak (8,459 elevation)
Bear Peak is an 8.1-mile loop trail located near Boulder. The hike has beautiful scenery from start to end with vast meadows sprawling with wild flowers, forests and towering evergreens.
The elevation gain of this hike is 2,847 feet.
Sat, Aug 1, 7:00am

Level 2 Training Hike, Quandary Peak (14,265 elevation)
Quandary Peak Trail is a 6.7-mile out-and-back trail located near Breckenridge, featuring beautiful wild flowers and incredible views.
The elevation gain of this hike is 3,339 feet.
Sat, Aug 15, (start time TBD)
THE ICE IS FOR EVERYONE
The YMCA of Northern Colorado welcomes everyone to join us on the ice. The Carlston Ice Arena at the Arapahoe Y is a community rink where people of all ages, all abilities and all skill levels have a safe and inclusive environment to learn new skills, build confidence, make friends and fall in love with ice sports. Our ice programs are not simply about developing better skaters; we are working to empower youth, nurture positive values and build a community around the ice. From tiny skaters to adult hockey players, the Carlston Ice Arena is a place where everyone can find a passion and show some heart.

Recreational Skate Times
Bring your family and friends for fun and fellowship on the ice. Additional skate times are available. Schedule is subject to change. Visit ymcanoco.org/schedules or check with the front desk for the most up-to-date information.

Fee: Free for members
Non-members: $5 youth/$8 adult (skates included)

Ice Reservations
The YMCA allows members and non-members to reserve and use the ice whenever it is not being used for programs. Ice time is available to members for $200/hour and non-members for $250/hour.

Stick and Puck Practice
If you would like some practice fine-tuning your hockey skills, sign-up for stick and puck. Helmets and reservations are required. For parent/youth stick and puck, a 1:2 adult-to-child ratio will be enforced for the safety of the youth. Check the schedule and reserve your spot at ymcanoco.org/schedules or on the YMCA of Boulder Valley app. Members may reserve spots 48 hours in advance. Non-members may reserve spots 24 hours in advance.

Gear Assistance Program
Don't let the cost of hockey equipment stop you from signing up for any of our youth hockey programs. Call 303-443-4474 or email hockey@ymcanoco.org for details.

ADULT HOCKEY

YMCA Adult Hockey League (Ages 18+)
A 12- to 15-game (varies by season), no check, recreational hockey league for adults of all levels. Each team has a chance to earn free ice time at the end of each season based on their sportsmanship during the season. Regular season will conclude with a post-season tourney.

Fee (M/NM): $255/$360
$20 late fee as of program start date.

Arapahoe Y

C LEAGUE
Mon or Tue May 11-Aug 4 9:00pm &10:30pm
No program May 25.

D LEAGUE
Thu or Sun May 14-Sept 7 9:00pm &10:30pm 7:00pm, 8:30pm & 10:00pm

Adult Drop-In Hockey (Ages 18+)
Drop in early morning or over the lunch hour for a game of hockey. Novice, intermediate and advanced levels of play are available. Full equipment required. Must be at least 18 years old. Reserve your spot at ymcanoco.org/schedules or on the YMCA of Boulder Valley app. Members may reserve spots 48 hours in advance. Non-members may reserve spots 24 hours in advance. Free for members. Regular guest fees for non-members (goalies skate free).
YOUR GUIDE TO YMCA ICE PROGRAMS

LEARN TO SKATE
Whether you’re interested in figure skating, hockey or simply learning to skate, start with Y Learn to Skate. Complete Basic Skills 1-6 and then advance to specialized areas.

LEARN TO PLAY HOCKEY
Once you learn your skating basics, Learn to Play Hockey is where you begin developing stick and puck skills.

FIGURE SKATING CLASS
Love your toe picks? Take your figure skating skills to the next level with a focus on technique, jumps and spins.

LAFAYETTE HOCKEY CLUB: LAFAYETTE LOCOMOTIVE
Are you ready for game time? Our Colorado Recreational Hockey League (CRHL) teams emphasize skill development in a recreational environment.

FLATIRONS FIGURE SKATING CLUB
You’ve worked hard, and you are ready to compete with the Flatirons Figure Skating Club.

PRIVATE ICE SKATING INSTRUCTION
We offer private and semi-private skating lessons for recreational skaters, figure skaters and hockey players. Lessons are offered during our rec skate times or freestyle times depending on skill level. For more information, contact iceskating@ymcanoco.org.

FLATIRON SPARKS SYNCHRONIZED SKATING TEAM
Want to join the ultimate team sport? Perform and compete with our synchro team.
The Lafayette Locomotive at the Pepsi Center during “Night at the Avs.”

**YOUTH HOCKEY**

**HOCKEY CLUB LAFAYETTE**

**LAFAYETTE LOCOMOTIVE**

Hockey Club Lafayette’s Colorado Rec Hockey League season is in full swing. Playing under the name Lafayette Locomotive, our CRHL program offers an alternative to the highly competitive environment of travel hockey. We provide the family atmosphere expected from the YMCA as well as an experienced hockey leadership that will grow the culture and programming at the Carlston Ice Arena. 2020/2021 season information to be announced.

**HCL - Lafayette**

**Locomotive**

**CRHL (10U-18U)**

The Colorado Rec Hockey League (CRHL) is a youth hockey league that emphasizes skills development with a recreational component. Our Lafayette Locomotive CRHL program offers an alternative to the highly competitive environment of travel hockey. We provide up to three teams at Squirt and PeeWee, two at Bantam, one at Midget. With an Advanced (Red), Intermediate (White) and Beginner (Blue) division at each level in the CRHL. We will have a team for every caliber of player at HC Lafayette.

**HCL - Lafayette**

**Locomotive Mite (8U)**

Our Lafayette Locomotive 8U Mite program will follow in line with USA Hockey and the ADM structure focused on puck touches and skill development. Mites will have up to two practices per week and a half ice game on Saturdays. Players in our Mite program will be placed in a beginner, intermediate or advanced level with practices and games geared toward the appropriate level of skill sets. Full gear is required.

**Mite Graduation Program**

The HCL - 8U Mite Graduation Program is built for all 2011 birth year players who are graduating to full ice hockey for the 2020-21 season. The program will consist of 6 practices in preparation of the Denver University Mite Graduation Tournament. There will be some invited players from the 2012 birth year to fill out the rosters. We will attempt to field an advanced and intermediate team for the tournament.

Fee (M/NM): $200/$250
Includes ice time, jersey and tournament fee

**Arapahoe Y**

<table>
<thead>
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<th>DATES</th>
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<tr>
<td>Mon-Wed</td>
<td>March 9-25</td>
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</tr>
<tr>
<td>Tournament</td>
<td>March 26-29</td>
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**CENTAURUS WARRIORS**

The Y is home to the Centaurus High School Hockey Team, a Boulder Valley School District CHSAA-sanctioned team. Having the team practice and play at the Y means young players never have to leave the Carlston Ice Arena, starting in Learn to Skate and playing through high school.

**NOT READY FOR THE LOCOMOTIVE?**

Check out Learn to Play Hockey on page 35 to learn the basics.

REGISTER FOR ICE: ymcanoco.org  |  ICE INFO: hockey@ymcanoco.org  • 303-443-4474 x6201
Learn to Play Hockey (Ages 4-17)
This is a great introduction to the sport if your child has little to no experience playing ice hockey. Participants must be able to skate forward on their own without their parents on the ice. If your child has never skated before, it is highly recommended your child register for our Learn to Skate program first. It is designed to introduce skating. Full gear required.
Fee (M/NM): $140/$170
$20 late fee as of program start date

Arapahoe Y
SATURDAYS
May 30-Aug 1 3:00-4:00pm
Aug 15-Oct 10 4:00-5:00pm
No program June 13 and July 4.

Husky Hockey School
Work on your game this summer with Stephen Cunningham and other Husky Hockey coaches. More details at huskyhockeyschool.com.

Arapahoe Y
Centaurus Varsity Camp
MONDAYS & WEDNESDAYS
May 25-June 17 7:00-8:30pm
July 20-Aug 5 7:00-8:30pm

Development Camps
MONDAY-THURSDAY
June 8-11 9:00am-4:40pm
June 22-25 9:00am-4:40pm
July 13-16 9:00am-4:40pm
July 27-30 9:00am-4:40pm

Body Contact Camps
SUNDAYS
May 10-June 28 4:20-5:20pm
July 5-Aug 23 4:20-5:20pm

Hockey Club Lafayette – Youth Hockey Camps
Improve your game over the summer. These camps focus on skating drills, puck handling drills, shooting drills and scrimmage time. Camps are for beginner to intermediate hockey players. All players should be comfortable skating forward. Full gear is required.
Fee (M/NM): $175/$225
$20 late fee as of program start date

Arapahoe Y
CAMP DAY DATES TIME
Stick Handling & Puck Protection Mon-Thu June 15-18 2:45-4:45pm
Shooting & Goalie Mon-Thu July 20-23 2:45-4:45pm
Power Skating and Edge Work
Fee (M/NM): $175/$225
$20 late fee as of program start date

Arapahoe Y
MONDAYS & WEDNESDAYS
Aug 10-26 8U/10U: 5:30-6:30pm
Aug 10-26 12U/14U: 6:40-7:40pm
Aug 10-26 16U/18U: 7:50-8:50pm

LOVE THE GAME?
Volunteer to operate the scoreboard at adult or youth hockey games.
Email volunteer@ymcanoco.org or call 303-443-4474 x1492.

REGISTER FOR ICE: ymcanoco.org  ICE INFO: hockey@ymcanoco.org 303-443-4474 x6201

M/NM: Y member/Non-member
Learn to Skate Clinic (Ages 4-17)
Spend four days improving skating skills. Clinic sessions include on-ice instruction, on-ice games and practice, as well as an off-ice snack break time. Please plan to arrive early on the first day. Register according to your age and level for the sessions of your choice. Levels offered: Snowplow Sam 1-4, Basic 1-6, Freeskate 1-3 and Hockey Skating Skills. Level details at ymcanoco.org.
Fee (M/NM): $120/$140
$10 late fee one week prior to start date.

Arapahoe Y
MONDAY-THURSDAY
June 29-July 2 9:30-11:30am
Aug 3-6 9:30-11:30am

Learn to Skate (Ages 2+)
Figure Skating Class (Ages 7-17)
The Y teaches children and adults the fundamentals of ice skating while building confidence and providing a progressive curriculum that ensures success from the first steps on the ice to mastery of advanced skills. Through our affiliation with Learn to Skate USA, we promote the health and fitness benefits of ice skating and equip each participant with the foundation necessary to reach their goal — be it recreation or competitive in nature.
Summer sessions begin in June. Details at ymcanoco.org.

Figure Skating Clinic
This Figure Skating Clinic is for skaters Basic 5 level through Preliminary. During the off-ice portion of this camp, we will offer a variety of dance and figure skating conditioning classes, which will include instruction in stretching, core strength, proper skating posture and artistic interpretation. The on-ice portion will offer training in edges, moves in the field, stroking, artistry, choreography and level appropriate jump and spin instruction. Please bring a snack and wear appropriate skating and off ice apparel.
Fee (M/NM): $140/$180
$10 late fee one week prior to start date.

Arapahoe Y
MONDAY-THURSDAY
June 15-18 9:00am-1:00pm
June 29-July 2 1:00-5:00pm
July 20-23 9:00am-1:00pm
Aug 3-6 1:00-5:00pm

Flatirons Figure Skating Club
The Flatirons Figure Skating Club is a United States Figure Skating Association-sanctioned club housed at the YMCA of Northern Colorado. USFS is the organization that leads figure skating in the US. It certifies coaches and judges; organizes test sessions and local, regional and national competitions; and selects the best skaters in the nation to represent the US in international competitions. All figure skating clubs are under the umbrella of USFS. Volunteer hours are required for all FFSC families.

Spring Ice Show
The Flatirons Figure Skating Club is bringing the big Apple to Carlston Arena during our production of Welcome to New York. $2 suggested donation.
May 1, 7:00pm and May 3, May 3, 2:00pm

REGISTER FOR SPORTS: ymcanoco.org | INFO: iceskating@ymcanoco.org or call 303-443-4474 x6102

Advanced Figure Skating Clinic
This new Advanced Figure Skating Clinic is for skaters level Pre-Preliminary through Novice. Clinics include at least two hours per day of on ice instruction.

AM Advanced Figure Skating Clinic
AM clinics focus on power, strength, edges and footwork and how these skills apply in both singles and synchronized skating.
Fee (M/NM): $120/$140
$10 late fee one week prior to start date.

Arapahoe Y
MONDAY-THURSDAY
June 1-4 9:30am-12:30pm
July 6-9 9:30am-12:30pm

PM Advanced Figure Skating Clinic
PM clinics focus on artistry, choreography, the international judging system, using jumps and spins artistically, competition readiness, and what goes into building programs.
Fee (M/NM): $120/$140
$10 late fee one week prior to start date.

Arapahoe Y
MONDAY-THURSDAY
June 1-4 1:30-4:30pm
July 6-9 1:30-4:30pm

Flatiron Sparks Synchronized Skating Team
Learn to improve your skating skills while making friends on our synchronized skating teams. Synchronized skating is a team sport in which 8-20 skaters perform a program together. It uses the same judging system as singles, pairs and dance and is characterized by teamwork, speed, intricate formations and challenging step sequences. The YMCA Flatirons Sparks program encompasses four different teams from introductory to an advanced team that competes at USFSA Synchronized Skating Sectionals.

Synchro Open House (Free)
May 9, 12:15-1:45pm

Synchro Try Outs
May 16, 12:15-2:15pm
Fee: $20 / $25 after May 10
SAFER SWIMMING FOR EVERY AGE

The YMCA is the nation’s leading expert in water safety and swim instruction. Along with Ys across the country, we have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. YMCA Swim Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills. The new lessons also include character development, family involvement and safety education components.

### LESSON SELECTOR: WHAT AGE GROUP DOES THE STUDENT FALL INTO?

<table>
<thead>
<tr>
<th>6 months–3 years</th>
<th>PARENT &amp; CHILD: STAGES A–B</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 years–5 years</td>
<td>PRESCHOOL: STAGES 1–4</td>
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<tr>
<td>5 years–12 years</td>
<td>SCHOOL AGE: STAGES 1–6</td>
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<tr>
<td>12+ years</td>
<td>TEEN &amp; ADULT: STAGES 1–6</td>
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</tbody>
</table>

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

<table>
<thead>
<tr>
<th>Not Yet</th>
<th>A / WATER DISCOVERY</th>
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<tbody>
<tr>
<td>Not Yet</td>
<td>B / WATER EXPLORATION</td>
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<td>Not Yet</td>
<td>1 / WATER ACCLIMATION</td>
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<td>2 / WATER MOVEMENT</td>
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<td>4 / STROKE INTRODUCTION</td>
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<tr>
<td>Not Yet</td>
<td>5 / STROKE DEVELOPMENT</td>
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<tr>
<td>Not Yet</td>
<td>6 / STROKE MECHANICS</td>
</tr>
</tbody>
</table>

Can the student respond to verbal cues and jump on land?  

Is the student comfortable working with an instructor without a parent in the water?  

Will the student go underwater voluntarily?  

Can the student do a front and back float on his or her own?  

Can the student swim 10–15 yards on his or her front and back?  

Can the student swim 15 yards of front and back crawl?  

Can the student swim front crawl, back crawl, and breaststroke across the pool?  

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?
Swim Starters (Ages 6 months–3 years)
Water Discovery and Water Exploration
Water Discovery and Water Exploration classes are combined if there aren’t enough participants.
Fee (M/NM): $26/$34

SUNDAYS
June 7–28 8:25–8:55am
July 12–Aug 2 8:25–8:55am
Aug 9–30 8:25–8:55am

Preschool (Ages 3–5)
Fee (M/NM): $30/$38

SUNDAYS
June 7–28 Stage 1 & 2: 9:00–9:30am
Stage 3 & 4: 9:40–10:10am
July 12–Aug 2 Stage 1 & 2: 9:00–9:30am
Stage 3 & 4: 9:40–10:10am
Aug 9–30 Stage 1 & 2: 9:00–9:30am
Stage 3 & 4: 9:40–10:10am

Fee (M/NM): $60/$76

MONDAYS–THURSDAYS
June 1–11 Stage 1 & 2: 8:20–8:50am
Stage 3 & 4: 9:00–9:30am
June 15–25 Stage 1 & 2: 8:20–8:50am
Stage 3 & 4: 9:00–9:30am
July 6–16 Stage 1 & 2: 8:20–8:50am
Stage 3 & 4: 9:00–9:30am
July 20–30 Stage 1 & 2: 8:20–8:50am
Stage 3 & 4: 9:00–9:30am
Aug 3–13 Stage 1 & 2: 8:20–8:50am
Stage 3 & 4: 9:00–9:30am

Fee (M/NM): $30/$38 (*$22.50/$28.50)

SATURDAYS
June 6–27 Stage 1 & 2: 9:00–9:30am
Stage 3 & 4: 9:40–10:10am
July 6–Aug 1* Stage 1 & 2: 9:00–9:30am
Stage 3 & 4: 9:40–10:10am
Aug 8–29 Stage 1 & 2: 9:00–9:30am
Stage 3 & 4: 9:40–10:10am

No lessons July 18

POOL RULES
• Obey lifeguards at all times.
• No diving. No jumping in backwards.
• Non-swimmers, no matter their age, should stay in the shallow end of the pool.
• Staff rescue drills will be preformed randomly. If you hear three short whistles, please exit the pool.
• YMCA equipment is reserved for YMCA programs only.
• No running or horseplay in or around the pool.
• No food, gum or glass allowed in the pool area. No alcohol.
• Please shower before entering the pool.
• Swimsuits must be worn at all times.
• Share your lap lanes, especially during high volume times.
• All children ages 5 and under must be accompanied in the water by an adult of the age of 18.
• Children under 12 must be supervised by an adult in the pool area.
• Children who require assistance or a flotation device must have an adult with them in the water.
• An adult may supervise no more than two children at a time.
• Keep an eye on your personal items. The Y is not responsible for loss, damage or theft of personal items brought on the pool deck.
• Members and guests of all ages must change clothes in the locker rooms.
AQUATICS

STRONG SWIMMERS. CONFIDENT KIDS.

School Age (Ages 6-12)

Fee (M/NM): $30/$38

**SUNDAYS**

<table>
<thead>
<tr>
<th>June 7-28</th>
<th>Stage 1 &amp; 2: 9:00-9:30am</th>
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<td>Stage 1 &amp; 2: 9:00-9:30am</td>
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Fee (M/NM): $60/$76

**MONDAYS-THURSDAYS**

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<tr>
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<td>Aug 3-13</td>
<td>Stage 1 &amp; 2: 8:20-8:50am</td>
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<td>Stage 5 &amp; 6: 9:40-10:10am</td>
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Fee (M/NM): $30/$38 (*$22.50/$28.50)

**SATURDAYS**

| June 6-27 | 8:25-8:55am |
| July 11-Aug 1* | 8:25-8:55am |
| Aug 8-29 | 8:25-8:55am |

No lessons July 18

Teens (Ages 13-17)

Swim Stokes & Swim Basics

Fee (M/NM): $30/$38 (*$22.50/$28.50)

**SATURDAYS**

| June 6-27 | 8:25-8:55am |
| July 11-Aug 1* | 8:25-8:55am |
| Aug 8-29 | 8:25-8:55am |

No lessons July 18

Adults (Ages 18+)

Fee (M/NM): $30/$38 (*$22.50/$28.50)

**SATURDAYS**

| June 6-27 | 8:25-8:55am |
| July 11-Aug 1* | 8:25-8:55am |
| Aug 8-29 | 8:25-8:55am |

No lessons July 18

Dive Crew (Ages 6-15)

Is your child ready to dive into a new sport? Diving is a high-flying water sport that’s perfect for kids and teens who love the water. The Y’s Dive Crew is all about learning the basics and developing skill. Our trained coach will teach the importance of stretching, safety and technique of diving. Open to any experience level; however, kids must pass the green swim test to enroll. Fee (M/NM): $80/$120

**ARAPAHOE Y**

MONDAY-THURSDAY

| June 1-11 | 11:00am-Noon |
| June 15-25 | 11:00am-Noon |
| July 6-16 | 11:00am-Noon |
| July 20-30 | 11:00am-Noon |
| August 3-13 | 11:00am-Noon |

**SWIM LESSONS AT THE JOHNSTOWN COMMUNITY Y**

Our new Johnstown branch will open in May 2020, and swim lessons will begin in June. Our beautiful new aquatics center will feature a lap pool, leisure pool, slides, diving boards, hot tub and a splash pad.
LESSONS AT THE LONGMONT Y

Swim Starters
(Ages 6 months–3 years)
Water Discovery and Water Exploration
Water Discovery and Water Exploration classes are combined if there aren’t enough participants.
Fee (M/NM): $26/$34

**SUNDAYS**
- June 7-28: 10:00-10:30am
- July 12-Aug 2: 10:00-10:30am
- Aug 9-30: 10:00-10:30am

Preschool (Ages 3–5)
Fee (M/NM): $30/$38

**SUNDAYS**
- June 7-28
  - Stage 1 & 2: 10:40-11:10am
  - Stage 3 & 4: 11:20-11:50am
- July 12-Aug 2
  - Stage 1 & 2: 10:40-11:10am
  - Stage 3 & 4: 11:20-11:50am
- Aug 9-30
  - Stage 1 & 2: 10:40-11:10am
  - Stage 3 & 4: 11:20-11:50am

Preschoolers play games like “chop, chop, timber” to get comfortable jumping in.

School Age (Ages 6–12)
Fee (M/NM): $30/$38

**SUNDAYS**
- June 7-28
  - Stage 1 & 2: 10:40-11:10am
  - Stage 3 & 4: 11:20-11:50am
  - Stage 5 & 6: Noon-12:30pm
- July 12-Aug 2
  - Stage 1 & 2: 10:40-11:10am
  - Stage 3 & 4: 11:20-11:50am
  - Stage 5 & 6: Noon-12:30pm
- Aug 9-30
  - Stage 1 & 2: 10:40-11:10am
  - Stage 3 & 4: 11:20-11:50am
  - Stage 5 & 6: Noon-12:30pm

Fee (M/NM): $60/$76 (*$45/$57)

**TUESDAYS & THURSDAYS**
- June 2-25
  - Stage 1 & 2: 5:00-5:30pm
  - Stage 3 & 4: 5:40-6:10pm
- July 7-30
  - Stage 1 & 2: 5:00-5:30pm
  - Stage 3 & 4: 5:40-6:10pm
- Aug 4-27*
  - Stage 1 & 2: 5:00-5:30pm
  - Stage 3 & 4: 5:40-6:10pm

No lessons Aug 18 and 20

Fee (M/NM): $30/$38

**SATURDAYS**
- June 6-27
  - Stage 1 & 2: 9:00-9:30am
  - Stage 3 & 4: 9:40-10:10am
  - Stage 5 & 6: Noon-12:30pm
- July 11-Aug 1
  - Stage 1 & 2: 9:00-9:30am
  - Stage 3 & 4: 9:40-10:10am
  - Stage 5 & 6: 10:20-10:50am
- Aug 4-27*
  - Stage 1 & 2: 9:00-9:30am
  - Stage 3 & 4: 9:40-10:10am
  - Stage 5 & 6: 10:20-10:50am

Fee (M/NM): $60/$76 (*$45/$57)

Teens (Ages 13–17)
Fee (M/NM): $40/$60

**SATURDAYS**
- June 6-27: 10:20-10:50am
- July 11-Aug 1: 10:20-10:50am
- Aug 8-29: 10:20-10:50am

Adults (Ages 18+)
Fee (M/NM): $40/$60

**SATURDAYS**
- June 6-27: 10:20-10:50am
- July 11-Aug 1: 10:20-10:50am
- Aug 8-29: 10:20-10:50am

ARAPAHOE INFO
303-443-4474 x3500
arapahoeaquatics@ymcanoco.org

LONGMONT INFO
303-443-4474 x5502
longmontaquatics@ymcanoco.org

MAPLETON INFO
303-443-4474 x2501
mapletonaquatics@ymcanoco.org
**LESSONS AT THE MAPLETON Y**

**Swim Starters**  
(Ages 6 months–3 years)

Water Discovery and Water Exploration

Classes are combined if there aren’t enough participants.

Fee (M/NM): $26/$34

<table>
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<th><strong>SUN</strong></th>
<th><strong>MAY</strong></th>
<th><strong>JUNE</strong></th>
<th><strong>JULY</strong></th>
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<td>3–24</td>
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**Preschool (Ages 3–5)**

Fee (M/NM): $30/$38

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<th><strong>SUN</strong></th>
<th><strong>MAY</strong></th>
<th><strong>JUNE</strong></th>
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Stage 3 & 4: 11:20-11:50am |        |
| 7–28    |         |         |         |         |        |
| 12–Aug 2|         |         |         |         |        |
| 9–30    |         |         |         |         |        |

**School Age (Ages 6–12)**

Fee (M/NM): $60/$76

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<th><strong>SUN</strong></th>
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Stage 3 & 4: 11:20-11:50am  
Stage 5 & 6: Noon-12:30pm |        |
| 7–28    |         |         |         |         |        |
| 12–Aug 2|         |         |         |         |        |
| 9–30    |         |         |         |         |        |

**Teens (Ages 13–17)**

Fee (M/NM): $30/$38

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<th><strong>SAT</strong></th>
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<th><strong>JULY</strong></th>
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| 6–27    | Stage 1 & 2: 9:00-9:30am  
Stage 3 & 4: 9:40-10:10am  
Stage 5 & 6: Noon-12:30pm | Stage 1 & 2: 9:00-9:30am  
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Stage 5 & 6: Noon-12:30pm | Stage 1 & 2: 9:00-9:30am  
Stage 3 & 4: 9:40-10:10am  
Stage 5 & 6: Noon-12:30pm |        |
| 11-Aug 1|         |         |         |         |        |
| 8–29    |         |         |         |         |        |

**Adults (Ages 18+)**

Fee (M/NM): $30/$38

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<th><strong>SAT</strong></th>
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<th><strong>JULY</strong></th>
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| 6–27    | Stage 1 & 2: 8:25-8:55am  
Stage 3 & 4: 9:00-9:30am  
Stage 5 & 6: 9:40-10:10am | Stage 1 & 2: 8:25-8:55am  
Stage 3 & 4: 9:00-9:30am  
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Stage 5 & 6: 9:40-10:10am |        |
| 11-Aug 1|         |         |         |         |        |
| 8–29    |         |         |         |         |        |

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**ARAPAHOE INFO**  
303-443-4474 x3500  
arapahoeaquatics@ymcanoco.org

**LONGMONT INFO**  
303-443-4474 x5502  
longmontaquatics@ymcanoco.org

**MAPLETON INFO**  
303-443-4474 x2501  
mapletonaquatics@ymcanoco.org

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M/NM: Y member/Non-member
The YMCA Sharks Swim Team (6-17)
Join the Sharks for a competitive swim team experience. The Y’s Sharks Swim Team is a USA Swimming sanctioned team and takes swimmers to the next level with a focus on technique, skill, endurance and speed. Our swimmers nurture their swimming abilities while also learning the importance of hard work, teamwork and sportsmanship. Participants are divided into groups based on age, skill performance and endurance. Kids are encouraged to come to every practice and will compete in meets throughout the summer. Registration includes t-shirt, swim cap and USA Athlete registration fee. Fees for any USA meets entered are not included. Sign up for the location nearest you!

Arapahoe Y
MON-FRI
Pre-Team (all ages) 9:15-10:15am
Ages 6-8 9:15-10:15am
Ages 9-10 8:15-9:15am
Ages 11-17 7:00-8:15am
Optional Evening Practice
MON/WED
All Ages 6:00-7:00pm

Longmont Y
MON/WED/FRI
All ages 11:00am-Noon
TUE/THU
All ages 10:00-11:00am

Mapleton Y
MON/WED/FRI
All ages 9:00am-10:00am
TUE/THU
All ages 8:00am-9:00am

Season Dates: May 26-Aug 8
Fee (M/NM): $300/$350
Parent Meeting: Wed, May 13, 5:30pm, Arapahoe Y

If you are unsure if you should participate in swim team or pre-team, contact the Aquatics Department for a free swim evaluation.

It is recommended that swimmers be able to swim (freestyle and backstroke) the distance assigned to their age group in order to sign up. Ages 6-8 (25 yards), 9-10 (50 yards), Ages 11+ (100 yards).

No practice June 29-July 3
**Masters Swim (Ages 18+)**
Masters at the Y was developed to attract a wide range of swimmers — from long-time competitors to adults who are just getting their feet wet. The program caters to those who want to improve swimming technique and take advantage of swimming’s fitness benefits, including lap swimmers, triathletes, those who wish to compete and those who are just looking for an excellent workout. During Masters Swim at the Y, participants will enjoy skill- and technique-based instruction to help improve ease and efficiency in the water.

Masters Swim classes are taught by YMCA of Northern Colorado swim coaches. The YMCA of Northern Colorado Master’s Swim is a member of the United States Masters Swim, creating opportunities for competition, technique coaching and other membership perks. Each coach is USA Swimming certified and Y-USA certified.

The YMCA Masters Swim Program is for adults 18 and over. You have to be a registered USMS member to participate in events. Visit usms.org.

**SWIM GEAR NEEDED**
- Proper competition swimsuit or jammers
- Goggles
- Fins
- Paddles and Pull Buoy

Fee (M/NM): $35/$45 per session
Drop-in: $5 per day

**Mapleton Y**

<table>
<thead>
<tr>
<th>DATES</th>
<th>DAYS</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 2-27</td>
<td>Tue/Thu</td>
<td>6:30-7:30am</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>7:30-8:30am</td>
</tr>
<tr>
<td>July 7-30</td>
<td>Tue/Thu</td>
<td>6:30-7:30am</td>
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<tr>
<td></td>
<td>Sat</td>
<td>7:30-8:30am</td>
</tr>
<tr>
<td>Aug 1-29</td>
<td>Tue/Thu</td>
<td>6:30-7:30am</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>7:30-8:30am</td>
</tr>
</tbody>
</table>

**PRIVATE AND SEMI-PRIVATE SWIM LESSONS**

**Private Swim (All Abilities Ages 3+)**
Contact aquatics department to set up swim/dive lesson times. Private swim lessons are more flexible for your schedule. They can be held any day of the week and any time there is available space in the pool. Register online or at the welcome desk. Private diving lessons also available at the Arapahoe Y.

**Arapahoe, Longmont, Mapleton & Johnstown Ys (Johnstown lessons begin in June)**

<table>
<thead>
<tr>
<th>30 Minute Lessons</th>
<th>45 Minute Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUMBER OF LESSONS</td>
<td>PER SESSION FEE (M/NM)</td>
</tr>
<tr>
<td>1 Lesson</td>
<td>$35/$40</td>
</tr>
<tr>
<td>4 Lessons</td>
<td>$130/$150</td>
</tr>
<tr>
<td>8 Lessons</td>
<td>$240/$280</td>
</tr>
</tbody>
</table>

**Semi-Private Swim/Dive Lessons (All Abilities Ages 3+)**
For two to three participants around the same swimming ability. Contact aquatics department to set up swim/dive lesson times. Private swim lessons are more flexible for your schedule. They can be held any day of the week and any time there is available space in the pool. Register online or at the welcome desk. **Price is per person.**

**Arapahoe, Longmont, Mapleton & Johnstown Ys (Johnstown lessons begin in June)**

<table>
<thead>
<tr>
<th>30 Minute Lessons</th>
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</thead>
<tbody>
<tr>
<td>NUMBER OF LESSONS</td>
<td>PER SESSION FEE (M/NM)</td>
</tr>
<tr>
<td>1 Lesson</td>
<td>$25/$30</td>
</tr>
<tr>
<td>4 Lessons</td>
<td>$90/$110</td>
</tr>
<tr>
<td>8 Lessons</td>
<td>$160/$200</td>
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</tbody>
</table>

Financial assistance is not available for private or semi-private swim lessons.
### Adult and Pediatric First Aid/CPR/AED (Ages 13+)
This course is to train you to act in an emergency situation and to recognize and care for life-threatening respiratory and cardiac emergencies in adults, children and infants. All materials can be found at redcross.org. Certifications last two years. **Students must be able to sit through a four-hour class and take two tests.**
Fee (M/NM): $95/$105

<table>
<thead>
<tr>
<th>Mapleton Y</th>
<th>Saturdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 13</td>
<td>10:00am-2:00pm</td>
</tr>
<tr>
<td>July 18</td>
<td>10:00am-2:00pm</td>
</tr>
<tr>
<td>Aug 8</td>
<td>10:00am-2:00pm</td>
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</table>

### Lifeguarding (Ages 15+)
This course provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for injuries and sudden illnesses until EMS arrive and take over. Must bring swim suit, towel and course materials as well as attend every class to pass course. Successful completion of the course will result in certifications in Lifeguarding, CPR/AED and First Aid. Certifications last two years. **Prerequisites:** 300-yard swim, dive down 9 feet and retrieve a 10-pound brick and tread water for two minutes with no hands.
Fee (M/NM): $250/$275

<table>
<thead>
<tr>
<th>Mapleton Y</th>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>May 22-24</td>
<td>Fri</td>
<td>6:00-9:45pm</td>
<td></td>
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<tr>
<td></td>
<td>Sat-Sun</td>
<td>8:00am-5:00pm</td>
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</tr>
<tr>
<td>June 19-21</td>
<td>Fri</td>
<td>6:00-9:45pm</td>
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<tr>
<td></td>
<td>Sat-Sun</td>
<td>8:00am-5:00pm</td>
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<tr>
<td>July 10-12</td>
<td>Fri</td>
<td>6:00-9:45pm</td>
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<tr>
<td></td>
<td>Sat-Sun</td>
<td>8:00am-5:00pm</td>
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<tr>
<td>Aug 14-16</td>
<td>Fri</td>
<td>6:00-9:45pm</td>
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<tr>
<td></td>
<td>Sat-Sun</td>
<td>8:00am-5:00pm</td>
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</table>

### Looking for Lifesavers
Lifeguarding is more than just fun in the sun; it is an important leadership role. By being a Lifeguard or swim instructor, you’re taking a stand to be a lifesaver, to protect others and to serve the community. Must be 16+ to apply. For more information and to apply, visit ymcanoco.org/careers.
Red Cross Babysitting Certification (Ages 11-15)
Be the best babysitter on the block! Boost your babysitting business and impress parents by earning an American Red Cross Babysitting Certification. In this course, you’ll gain the confidence to make smart decisions and stay safe in any babysitting situation. We cover the basics such as feeding, diapering, discipline, and safety as well as how to be a professional, reliable sitter. Take-aways include the official Babysitter’s Training Handbook to use in class and on the job, emergency reference guide and training CD so you can practice at home. Participants should bring a lunch, pen and water bottle. Check out Babysitter’s Boot Camp to earn CPR and First Aid certifications. Fee (M/NM): $80/$100

**LEARN HOW TO**

- Supervise children and infants.
- Perform basic child-care skills.
- Choose safe, age-appropriate games and toys.
- Handle bedtime and discipline issues.
- Identify safety hazards and prevent injuries.
- Care for common injuries.
- Communicate effectively with parents.
- Find and interview for babysitting jobs.
- Learn to respond to emergencies.

<table>
<thead>
<tr>
<th><strong>Arapahoe Y</strong></th>
<th><strong>SATURDAYS</strong></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>June 27</td>
<td>9:30am-4:00pm</td>
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</tr>
<tr>
<td>July 25</td>
<td>9:30am-4:00pm</td>
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</tr>
<tr>
<td>Aug 22</td>
<td>9:30am-4:00pm</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Longmont Y</strong></th>
<th><strong>SATURDAYS</strong></th>
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<tbody>
<tr>
<td>June 20</td>
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</tr>
<tr>
<td>Aug 15</td>
<td>9:30am-4:00pm</td>
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<thead>
<tr>
<th><strong>Mapleton Y</strong></th>
<th><strong>SATURDAYS</strong></th>
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<tbody>
<tr>
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<td></td>
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<tr>
<td>July 11</td>
<td>9:30am-4:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aug 1</td>
<td>9:30am-4:00pm</td>
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Red Cross Babysitter Boot Camp Certification (Ages 11-15)
This two-day Red Cross course has been revised and updated to be more educational and interactive. Learn the latest science on first aid and cardiovascular care, receive more in-depth coverage of the basics all updated, expanded and redesigned for today’s babysitters. Impress parents by earning your Babysitter’s, Child and Infant CPR, and First Aid Certificate. Take-aways include the official Babysitter’s Training Handbook, Emergency Reference Guide and Training CD, so you can practice at home, and your own First-Aid kit. Participants should bring a lunch, pen and water bottle for each day.

Fee (M/NM): $170/$180

<table>
<thead>
<tr>
<th><strong>Arapahoe Y</strong></th>
<th><strong>FRIDAY-SATURDAY</strong></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>June 12-13</td>
<td>9:30am-4:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 17-18</td>
<td>9:30am-4:00pm</td>
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</tr>
<tr>
<td>Aug 7-8</td>
<td>9:30am-4:00pm</td>
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Register for Babysitting Classes: [ymcanoco.org](http://ymcanoco.org) | INFO: babysit@ymcanoco.org
MEMBERSHIP TYPES

- Adult (Ages 26+)
- Adult Couple
- Family*
- Single Adult Family*
- Young Adult (Ages 12-25)
- Senior (Ages 62+)
- Senior Couple

BEST VALUE! Annual Memberships
Sign up for a year and save. You can now purchase an annual membership (12 months) for the price of 11 months. Annual memberships are not refundable.

More Options for Older Adults
The Y also offers SilverSneakers, Silver&Fit and UnitedHealthcare RenewActive memberships.

Visit ymcanoco.org/membership for details and fees.

*Family refers to two adults and up to seven children under the age of 19 residing at the same address. Add an additional adult (at the same address) to Family and Adult Couple memberships for an additional fee. *Single Adult Family refers to one adult and up to seven children under the age of 19 residing at the same address.

MEMBERSHIP BENEFITS

- Membership to Four Ys
- Access to Ys Across the Country with Nationwide Membership
- Member Discounts on Camps, Sports, Aquatics, Ice & Personal Training
- Free Child Care While You Work Out (Child Watch)
- Free Fitness Classes
- Four Year-round Pools
- Ice Rink (Arapahoe Y)
- Cardiovascular & Strength Training Equipment
- Pilates Reformer (Arapahoe, Mapleton & Longmont Ys)
- Personal Training
- Smart Start (Free Orientations)
- Basketball Gyms
- Outdoor Spray Parks (Arapahoe, Mapleton & Johnstown Ys)
- Hot Tub (Mapleton Y)
- Sauna (Mapleton, Longmont & Johnstown Ys)
- Steam Room (Johnstown Y)
- Cycling Studios & Running Tracks
- Racquetball Courts (Mapleton & Longmont Ys)

Memories save an average of $50 per week on summer camp!

WAYS TO JOIN

- Corporate Membership
  For companies looking to grow their employee benefits, the Y makes it simple to offer wellness programs and support to employees. Employee-paid and company-paid options available.

- Military & Membership
  For active duty military personnel or veterans. Must show a government ID. Membership is available for eligible military families and personnel through the Department of Defense Military Outreach Initiative. No join fee.

- Colorado Emergency Services Membership
  For current emergency personnel including firefighters, police and EMTs.

- YMCA Military Outreach Initiative
  The YMCA Military Outreach Initiative is for Title 10 personnel only. The Department of Defense requires eight calendar days of use per membership per month in order to qualify for renewal. Visit the welcome desk or asymca.org for more information.

Financial Assistance: The YMCA of Northern Colorado is a 501c3 nonprofit charity. For those who qualify, financial assistance is available for membership and for our programs. Thanks to the generous gifts of our donors, we are able to continue to help our community. Stop by any of our four branches to pick up a financial assistance application or download one at ymcanoco.org/financial-assistance.

For info on membership, visit ymcanoco.org/membership or come in for a tour.
11th ANNUAL
STRONG KIDS TRIATHLON
JULY 18, 2020 • ARAPAHOE Y

The YMCA Strong Kids Triathlon is an epic and inspiring event for our tiniest triathletes. Bring your cameras, because this is about to get adorable. During the Strong Kids Triathlon, children take on our kid-friendly course — swimming, pedaling and running through the finish line. They will be presented a much-deserved medal by local Olympians. Crowds will cheer, hugs will be given and snacks will be served. No experience is necessary, but fun is required. Proceeds from the event will help families in need pay for Y programs.

Ages 2-15 • Members $30 / Non-members $40
Register early! This event is capped at 300 participants.
ymcanoco.org/strongkidstri
Each summer, more than 500 campers attend YMCA of Northern Colorado summer day and overnight camps with the help of donor-funded financial assistance. It’s a life-changing experience for children in need. Camp gives them activity, mentors, resilience and safe spaces while their parents work. It gives them opportunities to have fun — even when life at home is anything but fun.

At the Y, we believe summer camp should be a right, and we are looking for champions to ensure all children can experience a summer at camp.

**CAMP CHANGES LIVES. BE A CHAMP FOR CAMP.**

**Donate at ChampForCamp.org**

**TRUE Y STORIES**

**Your gift turns helplessness into healing**

Haasini’s mother was rebuilding their lives after leaving an abusive marriage. At Y Summer Camp, Haasini found a refuge with consistent mentors, positive distractions and friends.

**Your gift helps turn loneliness into leadership**

Nicko was the only boy among six sisters in a household without many resources. Loneliness, frustration and endless energy translated into behavioral issues. YMCA Sports Camp gave Nicko an outlet for his energy and a sense of hope for his future.