STRENGTH IN MEMBERS
At the Y, fitness meets family, classes inspire connection and strength comes in many forms
A CLASS OF OUR OWN

WHERE CARDIO CREATES COMMUNITY

At the Y, you don’t just lift weights. You feel uplifted. Sure, it’s partially the great workouts that make you feel full of potential and possibility. But it’s also the smiling front desk staff, motivating instructors and members who leave you feeling better than when you arrived.

At the Y, we welcome all, and we create opportunities to help our members reach their fitness and wellness goals, make friends, recover, re-energize and become a part of a community.

Our community.

So grab a cup of coffee and chat with a friend before you head to class or after you’ve finished your run. After all, it’s more than a work out, and this is more than a gym.

Toddler to Teens
From early childhood education to high school leadership programs, the Y offers young people safe spaces, academic support, fun and games, mentors and so much more. The Y guides local youth through preschool, after-school care, summer camp and teen programs.

Health & Fitness
From yoga to cycling, the YMCA of Northern Colorado’s health and fitness programs help people at any stage of life overcome, flourish and progress. YMCA wellness programs offer youth and adults opportunities for community, well-being, increased self-confidence and strength.

Sports & Ice
Our young athletes learn to play the Y way. That means we create community through YMCA youth sports and ice programs and give young people tools to thrive on and off the court, field and rink. We know sports teach a long list of life lessons, and we develop our programs to do just that.

Aquatics
The YMCA has been America’s leading swim instructor for more than 100 years. We provide recreational, competitive and specialty aquatics programs for all ages and abilities, including swim lessons, exercise opportunities, safety and rescue instruction and swim team.

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YMCA OF NORTHERN COLORADO
ymcanoco.org

Arapahoe Center
2800 Dagny Way
Lafayette, CO 80026
303-664-5455

Ed & Ruth Lehman Center
950 Lashley Street
Longmont, CO 80504
303-776-0370

Mapleton Center
2850 Mapleton Avenue
Boulder, CO 80301
303-442-2778

YMCA Camp Santa Maria
51321 US Highway 285
Grant, CO 80448
303-443-4474

Johnstown Community YMCA
165 Settler Way
Johnstown, CO 80534

For info on membership, visit ymcanoco.org/membership or come in for a tour.
MEMBERSHIP TYPES

• Adult (Ages 26+)
• Adult Couple
• Family*
• Single Adult Family*
• Young Adult (Ages 12-26)
• 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.

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.

OTHER 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.

MORE OPTIONS FOR OLDER ADULTS

SilverSneakers® Membership
The Y provides the SilverSneakers® Fitness Program at no cost to eligible participants. Check with your health insurance if you qualify for a free membership.

Silver&Fit® Membership
Check with your health insurance if you qualify for Silver&Fit® membership. Some insurance companies require a co-pay when you join.

UnitedHealthcare RenewActive
The Y participates in the UnitedHealthcare Fitness Reimbursement program for eligible UnitedHealthcare/OptumHealth insured members.

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 three branches to pick up a financial assistance application or download one at ymcanoco.org.

For info on membership, visit ymcanoco.org/membership or come in for a tour.
MEMBER BENEFITS

Your Y is Every Y
You aren’t a member at one branch; you’re a member of the entire association. And with Nationwide Membership, you can visit almost every Y in the US and Puerto Rico at no additional cost. That means you can connect with the larger Y community in meaningful ways.

Free Fitness Classes
The Y offers hundreds of drop-in options to keep members of all levels fit, healthy and connected. Classes include yoga, TRX®, fitness boxing, Zumba®, cycling, Pilates Reformer and more.

Member Discounts
As a member, you can enjoy special rates on personal training, sports, ice skating, hockey, day camps, YMCA Camp Santa Maria and swim lessons.

Year-Round Pools
Our members enjoy year-round water fitness and swimming with pools at all three centers. Arapahoe’s removable bubble allows indoor swimming during the cold months.

Ice Rink
We’re one of only five YMCAs in the country with an ice rink. We offer youth and adult hockey, Learn to Skate programs and figure skating teams.

Child Watch
Family memberships include child care for ages 6 weeks to 10 years up to two hours while you work out. There are clubs and fitness programs for older children as well.

MEMBER CHECKLIST

180 Club
The 180 Club encourages and rewards your commitment to your wellness. When you enroll, you’ll maximize your membership and earn cool Y stuff for reaching workout milestones.

Smart Start
Smart Start includes up to three free one-on-one meetings with a wellness expert who will discuss the best path for your goals. This personalized program can include an introduction to exercise classes, a wellness floor orientation, tips on how to use the equipment and more.

Set Up Your Account Online
You can register online for sports, ice, aquatics and more. You can also manage your membership account including contact and payment info.

NOTE: If you are a member, you already have an account.

Sign Up for Our E-newsletter
Sign up for our e-newsletter to learn about Y offerings. Make sure you designate the areas of interest you would like to get updates on.

Social Media
Get to know the Y like never before with videos, photos, stories and news. Like us on Facebook and follow us on Twitter, Instagram and YouTube.

Read our Blog
Our blog is where we announce big news, discuss issues that impact our members and programs and offer advice, tips and expertise.
MEMBER BENEFITS

OUR LOCATIONS

Arapahoe Y in Lafayette
- Fitness Center with cardio and strength training equipment and weights
- Child Watch
- Basketball Gym
- Indoor Running Track
- Cycling Studio
- Indoor Ice Rink
- Synthetic Turf Field
- Spirit, Mind, Body Studio with resonating floor
- Pilates Reformer Studio
- Group Exercise Studio
- Family Changing/Locker Rooms
- Year-Round Pool with high and low dive, three slides, lap lanes and a splash park as well as a seasonal baby pool and sand volleyball court

Ed & Ruth Lehman Y in Longmont
- Fitness Center with cardio and strength training equipment and weight room
- Child Watch
- Basketball Gym
- Indoor Running Track
- Cycling Studio
- Pilates Reformer Studio
- Boxing Studio
- Indoor Pool and Baby Pool
- Dry Sauna
- Family Changing/Locker Rooms
- Racquetball Court
- Educational Farm
- On-site Preschool
- On-site Before/After School Programs, K-5th

Mapleton Y in Boulder
- Fitness Center with cardio and strength training equipment and weight room
- Child Watch
- Basketball Gym
- Indoor Running Track
- Cycling Studio
- Pilates Reformer Studio
- Group Exercise Studio
- Indoor Lap Pool
- Outdoor Splash Park (seasonal)
- Family Changing/Locker Rooms
- Racquetball Court
- Dry Saunas (in women’s and men’s locker rooms)
- Hot Tub (for ages 16+)

ymcanoco.org 5
WE ARE HEADING NORTH

With the Johnstown Community YMCA opening in May, the YMCA of Northern Colorado continues to expand youth programs to northern communities.

Starting in winter, the Y will offer youth sports in the Johnstown/Milliken area, including basketball and volleyball. The Y will continue to offer before and after school care and school day off camps for K-5th graders at Big Thompson Elementary in Loveland, Milliken Elementary in Milliken and Pioneer Ridge in Johnstown as well as at the Longmont Y and numerous schools in Boulder Valley School District. Y care offers students active play, homework help, STEM and art projects, sports and games before and after school. Details at ymcanoco.org.

Registration for YMCA Inspire Preschool at the Johnstown Community YMCA opens this winter. Visit ymcainspirepreschool.org to learn more.

COMING IN 2020
The Johnstown Community YMCA will be a 65,000-square-foot fitness center, community center and recreation center — a hub of activity and connection for all ages.

Features will include:
• State of the art fitness center
• Classes such as yoga and indoor cycling
• Basketball gym
• Preschool
• Lap pool, leisure pool, slides, diving board and splash pad
• Multi-purpose fields
• Community event space

Watch for more information at ymcanoco.org.
JOIN OUR TEAM

PERKOS 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, afterschool programs, sports teams, 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. 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, 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 early 2020)
• 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.
US IS A PROMISE

The Y passionately focuses on strengthening communities. Every day, the Y supports kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. Everything we do helps empower communities and the “us” who live in them to thrive. When you donate, you make our community better and the “us” who live in them stronger.

HERE’S HOW THE Y SUPPORTS LOCAL FAMILIES:

$1 MILLION
The estimated total amount of financial assistance the Y provided in 2019. These funds give families and individuals access to memberships, adult fitness and wellness opportunities, youth sports, swim lessons and childcare programs.

$363,000
The amount of assistance the Y provided to families specifically accessing childcare programs — including preschool, afterschool care and summer camp — last year.

94%
The percentage of students in the Longmont summer camps and after-school programs who receive YMCA financial assistance and CCAP (childcare assistance).

75%
The percentage of preschoolers who attend YMCA Inspire Preschool with the help of YMCA financial assistance and CCAP.

Through the Colorado Contribution Tax Credit, taxpayers who make a monetary contribution to promote child care in Colorado may claim an income tax credit of 50% of the total contribution. Ask your accountant for details.

HERE’S HOW YOUR DONATION TO THE Y HELPS:

$15,000
Underwrites a weeklong experience for 21 low-income children at YMCA Camp Santa Maria.

$10,000
Provides a scholarship for a child in need to attend YMCA Inspire Preschool for a year.

$5,000
Funds seven YMCA youth soccer teams.

$1,000
Gives an adult with Parkinson’s disease access to YMCA Parkinson’s Fitness Programs for an entire year.

$500
Saves lives by granting swim lessons to eight children.

$250
Helps give cancer patients and survivors the opportunity to participate in one session of our Livestrong program.

FOUR WAYS TO GIVE

We will provide nearly $1 million in financial assistance to families in our communities in 2019. It’s because of our donors that we can help local children bridge the achievement gap, overcome the barriers of poverty and find mentors who teach them resolve.

Annual Support Campaign
Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and the community to help people of all ages and from all walks of life be healthier, more confident, connected and secure.

Planned Gifts, Endowment & Stock Gifts
When leaving a personal legacy through your will or other planned gifts, you can feel confident that a contribution to the Y will be the gift of a lifetime.

Capital Development
Capital development gifts keep our facilities up-to-date. The Cohagen-Platts Sports Field, Carlston Ice Arena, the Y pools and the Arapahoe Y pool bubble are all made possible with capital development gifts.

Gift Matching
You can make an even greater impact with your donation by securing a matching gift from your employer. When your employer supports your charitable giving, it amplifies the impact of your gift and helps us serve more families.
SMART START
Get the Results You Want

Smart Start is a free program for all new and current members that provides you with an easy-to-follow wellness plan and the support needed to achieve your goals. Smart Start includes up to three one-on-one sessions with our highly trained staff who will discuss the best path for your wellness journey. This personalized program helps you set fitness, wellness and lifestyle goals and supports you as you work toward personal success. Smart Start can include an introduction to group exercise classes, a wellness floor orientation, tips on how to use the equipment and an introduction to Y programs that will help you and your family live more balanced, fun and active lives. Plus, you’ll get $25 off a personal training session upon completion of the program!

Why do I need this program?
You are 85% more likely to stick with your fitness program this year and for years to come if you make connections with people, programs and exercises that you like. We are here to help! We give you the basics to help you hit the ground running with confidence and without feeling overwhelmed.

How do I get started?
In three short meetings, we can take you from an exercise newcomer to a confident individual who is excited about working out. In just a few sessions, you will gain the tools and resources that will help you succeed. Register online or with the front desk, and our staff will contact you to set up your first session.

180 CLUB
Reap the Rewards of Your Workouts

The 180 Club encourages, recognizes and rewards your commitment to your wellness at the Y. When you enroll, you’ll maximize your membership and earn cool Y stuff for reaching workout milestones. You’ll earn Y schwag for 45, 90, 135 and 180 Y visits; all milestones must be met by Dec 31, 2020. For members only; ages 12+. Register at the front desk or at ymcanoco.org/180-club.

InBody Scanner
Now at all 3 Ys!

When you step on a scale, you can’t see how much muscle or fat you have. In just 15 seconds, discover how diet and exercise are changing your fat and muscle levels. The InBody 270 measures fat mass, muscle mass and body water levels. No dunking. No pinching. No discomfort. Simply stand on the device and hold the hand electrodes. Register at ymcanoco.org.
Fee (M/NM): $25/$35
3-Pack (M/NM): $60/$85
**Personal Training**
Enjoy one-on-one exercise with a certified personal trainer, who will help you reach your goals through assessment, motivation, hands-on assistance and instruction. Great for beginners, advanced exercisers and experienced athletes wanting to fine-tune their workout. Expect a variety of exercises combining cardiovascular fitness, weight training and flexibility. Your trainer will carefully consider postural alignment, muscle balance and core strength when designing your personal wellness program. Register at ymcanoco.org or at the front desk. Sessions expire one year from purchase date and are non-refundable.

**Personal Training/Private Pilates**

<table>
<thead>
<tr>
<th>NUMBER OF SESSIONS</th>
<th>30 MINUTES FEE (M/NM)</th>
<th>1 HOUR FEE (M/NM)</th>
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<tr>
<td>1-3</td>
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<td>4-7</td>
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<td>$62/90</td>
</tr>
<tr>
<td>8-19</td>
<td>$36/46</td>
<td>$58/85</td>
</tr>
<tr>
<td>20+</td>
<td>$33/43</td>
<td>$53/77</td>
</tr>
</tbody>
</table>

Rates are per session.

**Semi-private Personal Training**
Train with your friends for discounted personal training.

<table>
<thead>
<tr>
<th>NUMBER OF SESSIONS</th>
<th>1 HOUR FEE (M/NM)</th>
</tr>
</thead>
<tbody>
<tr>
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<td>$50/80</td>
</tr>
<tr>
<td>4-7</td>
<td>$48/73</td>
</tr>
<tr>
<td>8-19</td>
<td>$43/71</td>
</tr>
<tr>
<td>20+</td>
<td>$38/65</td>
</tr>
</tbody>
</table>

Rates are per person, per session. Minimum of two; maximum of four people per session. Must register together for this pricing.

**BEST EVER BODY COMPOSITION CHALLENGE**

*Putting the Solution in Resolution*
Tired of New Year’s wellness resolutions that never last more than a week? Need some support and guidance as you work to get healthier after the holidays? If changing your body composition and/or losing weight is part of your fitness goals, we invite you to join us for the Best Ever Body Composition Challenge. We have created a results-driven, team-oriented, fun-filled program to help our members stay motivated, supported and connected as they become healthier and stronger in the new year.

Fee: $50 per person (valued at $399)
Open to members only
- Pre-Assessment: Jan 24–30 (can be done at any of our locations)
- Program Dates: Jan 31–March 12
- Mid-Point Assessments: Feb 17–23
- Post-Assessment: March 13–16
- Victory Celebration: March 18

**The Challenge Includes**
- Pre-, mid- and post-InBody Scan to determine body composition, height and weight
- Nutrition Guidelines and Tips from Kore+ Nutrition
- Plan that will provide you with guidelines for getting the best results possible
- Motivation, information and incentives from your coach through Facebook
- Regular opportunities to join other participants in workouts
- YMCA T-shirt
- Chance to win great prizes!

**Pick-Up Basketball**
Free for members. No registration necessary, but please check in at the front desk. Non-members can play with the guest fee.

**Drop-in Pickleball**
Come play this fun paddle sport with your friends at the Y. We run pickleball courts in the gym.

Check ymcanoco.org/schedules.
DID YOU KNOW THE Y HAS SMALL GROUP TRAINING?

The benefits of small group training are unending: You can enjoy more individualized attention and instruction as you work toward your ever-progressing wellness goals with the motivation of a tight-knit group. There’s accountability. There’s camaraderie. There’s a greater focus on you and your needs, your limitations and your ambitions. And it means you will keep growing, strengthening and pushing yourself with safety and support.

Here’s the best news: You don’t need to join a pricy boutique fitness club to benefit from small group training. The Y has numerous small group training-style programs that members can enjoy (often for free). These classes are smaller than our normal group exercise classes with just 6 to 10 participants. Reservations may be required.

**Free Small Group Training Classes**

- Fitness Boxing
- Functional Strength Training
- Pilates Reformer
- Running Club
- Tread2800
- TRX
- TRX 30
- TRX 45
- TRX Circuit
- Strength
- Women on Weights I
- Women on Weights II

**How to Reserve a Spot in a Free Small Group Training Class**

Reserve spots for select small group classes at ymcanoco.org/schedules or on our app. Click the class name to determine if it requires reservations. Members may reserve a spot 48 hours in advance; 24 hour for non-members.

- Visit ymcanoco.org/schedules or open the YMCA of Boulder Valley app.
- Select the group exercise schedule and location, and find your preferred class.
- Click the reserve button next to that class (appears 48 hours in advance of class start time).
- Type in your name and email address.

You’ll receive an email notification that you have been added to the class. This email also includes a link to cancel your reservation if you find you are unable to attend. If the class is full, you will be notified and added to a waitlist. If a spot becomes available, the next person on the waiting list will be automatically added to the class and notified via email.

**Fee-based Small Group Training Classes**

**NEW! Ladies Who Lift**

Hey ladies, are you ready to pump some iron? Ladies Who Lift is a unique opportunity to train with our very own award-winning bodybuilder, Misty Deiparine! This class will give you the tools to feel comfortable in the weight room, lifting heavier weights safely. In this program, you will learn the proper techniques and form to prepare, lift and recover optimally, increasing the benefits of strength training and reducing the risk for injury. Remember, lifting heavier loads increases muscle, metabolism and bone density. Ages 18+.

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

**Arapahoe Y**

**Day** | **Date** | **Time**
---|---|---
Wed | Jan 15-Feb 5 | 9:00-10:15am

**NEW! Body Transformation Training Program**

If your 2020 wellness goals include leaning out or bulking up, the Y has created a program to help you make big changes with the support of an expert instructor and a small group of like-minded workout buddies. Gain muscle, improve your cardio capacity and lower your body fat percentage during this six-week training program. You will make change with the help of accountability, sleep tips, a precision nutrition plan and a serious yet balanced approach to exercise. Ages 18+

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

**Arapahoe Y**

**Day** | **Date** | **Time**
---|---|---
Wed | Feb 5-March 11 | 6:00-7:00pm

**Shotokan: Traditional Japanese Karate (Ages 18+)**

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. Fee (M/NM): $50 per month/ $80 per month

**Mapleton Y**

**Days** | **Dates** | **Time**
---|---|---
Mon/Wed/Fri | Ongoing | 6:30-7:30pm
FREE DROP-IN CLASSES

When a group of people gathers with a common goal, anything is possible. That’s why we’ve refined our class options — ensuring members have easier access to empowering group instruction. Check the schedule at ymcanoco.org/schedules.

Cardio & Strength Classes
- 500Cal Boot Camp
- Boot Camp
- Cardio Sculpt
- Condition Together
- Fit After 50
- Functional Strength Training
- HIIT
- Les Mill Bodypump
- Les Mills Bodypump Express
- Power Punch Parkinson’s
- R.I.P.P.E.D
- Running Club
- Sculpt
- Sculpt & Stretch
- Skate Fitness
- Sports Conditioning
- Strength
- Total Body Conditioning
- Women on Weights I
- Women on Weights II
- Y Pump
- Tread2800
- TRX
- TRX 30
- TRX 45
- TRX Circuit

Core Classes
- Core 30
- Core 45
- Core 60

Cycling Classes
- Cycle
- Cycle - 20/20/20
- Cycle - Core Fusion
- Cycle - HIIT
- Cycle - Power
- Cycle - Senior
- Cycle - Yoga

Dance Fitness Classes
- Baile Sabor Latino
- Barre Fit
- Dance Fusion
- Ecstatic Dance
- Hip Hop
- Quad Step
- Step
- Zumba
- Zumba Gold

Martial Arts-Based Fitness
- Fitness Boxing
- Kickboxing
- Les Mills BODYCOMBAT
- NIA
- Tai Chi

Mat Pilates
- Pilates - Mat
- Pilates & Ballet Fusion
- Pilates & Yoga Fusion
- Pilates Sculpt

Mindfulness
- Chair Stretching
- Meditation
- Senior Stretch
- Wave Motion

Natural Movement
- Align and Restore
- Balls, Bosu & Balance
- Better Balance
- Foundations: A Parkinson’s & Multiple Sclerosis Fitness Program
- Move Together
- Senior Fundamentals
- Stretch, Roll & Recover

Pilates Reformer (details on page 15)
- Pilates Reformer Level 1
- Pilates Reformer Level 2
- Pilates Reformer Level 3
- Pilates Reformer Senior (intermediate/advanced)

SilverSneakers (details on page 13)
You do not have to be a SilverSneakers member to attend these classes.
- SilverSneakers Cardio Circuit
- SilverSneakers Cardio Fit
- SilverSneakers Classic
- SilverSneakers Yoga
See page 13 for more classes active older adults may enjoy

Water Exercise (details on page 16)
- Lap Swimming
- Aqua Rocks
- Aqua Zumba
- Group Water Fitness
- High Tide
- Senior Water Walking
- SilverSneakers Splash
- Water Therapy

Yoga Classes
- Yoga - Beginner
- Yoga - Flow
- Yoga - For Cancer Care
- Yoga - Gentle
- Yoga - Hips and Hams
- Yoga - Integral
- Yoga - Restorative Flow
- Yoga - Sculpt
- Yoga - Traditional
- Yoga - Yin

Youth Fitness
We also have drop-in and fee-based youth fitness classes. See page 17.
ACTIVE OLDER ADULTS
Looking for something to help you recover after surgery? Need programs to help you improve your balance? Want to find a fun group of friends? The Y offers a variety of exercise programs developed for adults 50+, those returning to exercise and those who are new to exercise. These classes offer great music (don’t call them oldies!) and a social setting in which our members can heal, gain strength, find balance and adopt a community. Offerings include the SilverSneakers® Fitness Program as well as popular classes for older adults such as Better Balance and Fit After 50. Check the group exercise schedule at ymcanoco.org/schedules.

Did You Know You May Be Eligible for a Free Membership?
The YMCA accepts SilverSneakers, Silver&Fit and UnitedHealthcare RenewActive. Check with your health insurance provider to see if you qualify.

SilverSneakers® Classes
Available to all Y members.

SilverSneakers® Cardio Circuit ★
Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Cardio Fit ★
If you are ready to take up a new challenge, come try Cardio Fit! Similar to the other SilverSneakers® classes where you use hand-held weights or elastic tubing, this energizing class helps you increase strength and cardio. Chairs are available to give you an option for support as you strengthen your body and learn how to do strength exercises on the floor.

SilverSneakers® Classic ★
Have fun and move to the music through a variety of exercises designed to improve muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Yoga ★
Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Level of exertion, impact or difficulty: ★ Light ★★ Moderate

Attention SilverSneakers, Silver&Fit and UnitedHealthcare RenewActive Members:
Scan your membership card for every activity you do at the Y and get rewarded! Experience all the Y has to offer. Swim, walk, take classes, try yoga, play ping pong, join a club and work with a trainer. Get 11 scans in a month, and your name will be entered to win prizes!

GOOD MORNING
Popular SilverSneakers classes such as Cardio Circuit rock the gym weekday mornings at the Longmont Y.
Other Classes Active Older Adults May Enjoy

Better Balance ★★★
The Better Balance class is a research-based model endorsed by the Center for Disease Control, teaching older adults balance skills and good body alignment by using coordinated and flowing movements. You will feel stronger, have better balance, enjoy greater flexibility and feel more confident after completing this Tai Chi-inspired program.

Chair Stretching ★
Designed for seniors and older adults, this class is a popular class that leads you through a complete series of seated and standing stretches. Chair support is offered to safely perform a variety of movements designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation help promote stress reduction and mental clarity.

Cycling – Senior ★★★
Join us for a fun and friendly senior indoor cycling class. The benefits of cycling are immense: generate stronger heart and lung capacity; lessen the chance of incurring coronary artery disease; build up legs; improve balance and coordination and blood pressure. All this while going at your own pace!

Fit After 50 ★
Flexibility by incorporating gentle yoga is the main focus with an emphasis on strength and balance. Strength training equipment includes free weights and resistance balls.

Pilates & Yoga Fusion ★★★
Fused elements of Pilates and yoga for a balanced strength and flexibility workout.

Pilates Reformer – Senior ★★★
Many older adults find that their balance, flexibility and endurance have diminished over time. A regular Pilates practice can help these issues, and many older adults are amazed at the improvement in core strength and endurance they experience after just a few classes. Plus, this is a great class to meet new friends. Learn more on page 15.

Join Our Team
We all need purpose and connection — even in retirement or as we transition into retirement. Find meaning, purpose and satisfaction while contributing to your community and the Y mission. The Y has part-time and full-time opportunities in a variety of areas, including summer camp and after-school programs, membership, aquatics, sports and wellness. Flexible scheduling options, a fun community and free or reduced Y memberships make the Y an ideal employer for older adults. Learn more at ymcanoco.org/careers.

Senior Fundamentals ★
A great way to get started for beginning exercisers, or the place to stay if you prefer a smaller classroom setting. A chair is provided for seated and/or standing support.

Senior Stretch ★
Learn to support your joints and increase flexibility in a class focused on stretching. Get a great stretch for all the major muscle groups and learn techniques that focus on flexibility, postural corrections and alignment.

Water Exercise ★★★
Excellent for strength training and increasing endurance without the impact of land. Ability to swim is not necessary. Each pool’s fitness class times are unique from each other so please try them all to see which one fits your schedule and ability. See page 16 for details.

Yoga – Beginner ★★★
Foundational postures in standing and sitting positions, beginner’s back bends and inversions, breathing and relaxation.

Yoga – Flow ★
Wake up with gentle postures to warm your body and work into a more vigorous practice, intention setting and relaxation. Join us for a peaceful and grounded start to your day.

Yoga – Gentle ★
Gentle strengthening, balance, flexibility and relaxation.

Yoga – Sculpt ★★★
This class integrates yoga postures while using hand weights during the class.

Zumba® Gold ★★★
Designed for the active older adult, the true beginner and/or people who are not used to exercising. The main difference from regular Zumba® is this class is done at a lower intensity.

Prevention & Healing
The YMCA’s Prevention & Healing Programs support members who are impacted by a variety of conditions, helping participants get healthier, build strength and balance, gain knowledge and target their specific needs. These classes offer support to people who are looking to prevent disease, recover from illness and treatments or work through the symptoms and deficiencies caused by their conditions. See page 19 for details.

Level of exertion, impact or difficulty: ★ Light ★★ Moderate
**HEALTH & FITNESS**

**PILATES REFORMER**

Gain strength, awareness, alignment and flexibility with Pilates reformer. Pilates reformer builds the body symmetrically through sequential movements. Classes have an eight-person capacity, which allows for personal attention and correction from qualified and experienced instructors.

An Important Note About Pilates Reformer Classes: Participants in classes with injury issues (who are cleared by their healthcare provider) should approach the instructor before class to inform them of their needs or to ask for modifications. Each participant is responsible for their own health and safety within the class. For safety reasons, please plan to come to class at least 5 minutes early. We do not allow participants to join class if they are more than 5 minutes late.

**PILATES REFORMER PROGRESSION**

**Pilates Reformer Fundamentals**

This is your six-week introductory course to the methodology of Pilates. If you’ve never done reformer work, this is the place to begin. This course is highly recommended to attend before attempting other levels. You’ll learn:

- How to change the springs and understand the equipment
- Breathwork and body awareness
- Spinal stabilization and articulation
- Pelvic stabilization and mobilization
- Scapular stabilization and mobilization
- Body awareness, control and coordination

**Pilates Reformer Level 1**

Level one classes build upon the skills learned in Fundamentals. More exercises are added to your repertoire to challenge both your brain and the way you organize the body to move.

**Pilates Reformer Level 2**

These drop-in classes continue to guide you on your journey in Pilates. The pace will be quicker, and there will be less cueing than found in Level 1 exercises. New choreographies and exercises will be incorporated to provide a vigorous workout. Range of motion and stamina will increase as the instructors find more and more ways to challenge you.

**Pilates Reformer Level 3**

These classes celebrate the rhythms of higher level Reformer sequences. Admittance into Level 3 classes will be at the instructor’s discretion. If you are new to Level 3, schedule a brief interview or assessment with the instructor before signing up for class. With permission from the instructor, you may also observe a class to see if it’s the right level for you.

**Pilates Reformer – Senior**

Many older adults find that their balance, flexibility and endurance have diminished over time. A regular Pilates practice can help these issues, and many older adults are amazed at the improvement in core strength and endurance they experience after just a few classes.

**Private and Semi-private Pilates Reformer**

Private Pilates reformer sessions are the best way to exponentially improve your Pilates practice. You can work at a pace other than the one offered in group classes or address specific issues or exercises.

**Private Pilates Reformer**

<table>
<thead>
<tr>
<th>NUMBER OF SESSIONS</th>
<th>30 MINUTES FEE (M/NM)</th>
<th>1 HOUR FEE (M/NM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3</td>
<td>$40/52</td>
<td>$65/95</td>
</tr>
<tr>
<td>4-7</td>
<td>$39/50</td>
<td>$62/90</td>
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<tr>
<td>8-19</td>
<td>$36/46</td>
<td>$58/85</td>
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<tr>
<td>20+</td>
<td>$33/43</td>
<td>$53/77</td>
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</tbody>
</table>

Rates are per session.

**Semi-private Pilates Reformer**

Train with your friends for discounted personal training.

<table>
<thead>
<tr>
<th>NUMBER OF SESSIONS</th>
<th>1 HOUR FEE (M/NM)</th>
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</thead>
<tbody>
<tr>
<td>1-3</td>
<td>$50/80</td>
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<tr>
<td>4-7</td>
<td>$48/73</td>
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<tr>
<td>8-19</td>
<td>$43/71</td>
</tr>
<tr>
<td>20+</td>
<td>$38/65</td>
</tr>
</tbody>
</table>

Rates are per person, per session. Minimum of two; maximum of four people per session. Must register together for this pricing.

Select YMCA of Northern Colorado as your charity of choice at smile.amazon.com, and the AmazonSmile Foundation will donate .5% of your eligible purchases to the Y.
WATER EXERCISE

Take your workout to the pool! The Y’s water fitness classes give members a completely different experience. Water exercise is a wonderful way to modify your strength training and endurance workouts — without the impact of land. You may just forget you are even working out. Check the pool schedule at ymcanoco.org/schedules.

Lap Swimming (Ages 12+)
Members are welcome to work out on their own during lap and open swim times. Check the pool schedule for open and lap swimming times or to find the number of lanes available. The pool schedule is posted in the facility and at ymcanoco.org.

Aqua Rocks (Ages 12+)
Experience the latest in advanced water fitness—Aqua Boot Camp, Aqua Kickboxing, H2O Warrior, Nothing But Noodles, Aqua Sports and Progressive Toning. The format changes from class to class to keep your energized.

Aqua Zumba® (Ages 12+)
A dance fitness class performed in the water! Exercises will focus on toning arms and legs as well as core strength. The class is fun, energizing and can make you forget that you are working out. No dance experience required.

Group Water Fitness (Ages 12+)
Excellent for strength training and increasing endurance without the impact of land. Ability to swim is not necessary. Each pool fitness class time is unique, so please try them all to see which one fits your schedule and ability.

High Tide (Ages 12+)
An intermediate class with cardio and toning segments.

Senior Water Walking (Ages 18+)
A safe and effective cardio class in shallow and deep water wearing an aqua belt.

SilverSneakers® Splash (Ages 18+)
Activate your urge for variety. Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and kickboards and other aquatic equipment are used to improve strength, balance and coordination.

Water Therapy (Ages 18+)
A therapeutic water class to condition and strengthen muscles.
YOUTH FITNESS

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

Arapahoe Y

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<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Fri</td>
<td>Jan 24-Feb 21</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

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<tr>
<th>DAYS</th>
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<tr>
<td>Mon</td>
<td>Feb 24-March 16</td>
<td>4:00-5:00pm</td>
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No class Jan 20

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

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<td>4:45-5:45pm</td>
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<tr>
<td>Wed</td>
<td>Feb 11-March 3</td>
<td>4:45-5:45pm</td>
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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

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): $50 per month/$80 per month

Mapleton Y

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<tr>
<th>DAYS</th>
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<tbody>
<tr>
<td>Mon/Wed/Fri (optional)</td>
<td>Ongoing</td>
<td>6:30-7:30pm</td>
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</table>

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

ARAPAHOE INFO
303-443-4474 x3800
arapahoefitness@ymcanoco.org

LONGMONT INFO
303-443-4474 x5800
longmontfitness@ymcanoco.org

MAPLETON INFO
303-443-4474 x2800
mapletonfitness@ymcanoco.org
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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<th>DAYS</th>
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<td>Tue</td>
<td>Jan 14-Feb 4</td>
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<tr>
<td>Tue</td>
<td>Feb 11-March 3</td>
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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 training squad or competition team and compete in monthly races. Training Squad and Competition Team are held at the Mapleton Y. 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.

Longmont Y

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<th>DAYS</th>
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<td>Mon-Fri</td>
<td>Ongoing</td>
<td>5:30-7:30pm</td>
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HEALTH & FITNESS

PREVENTION & HEALING

YMCA Prevention & Healing Programs focus on a variety of conditions, helping participants get healthier, build strength, gain knowledge and target their specific needs. These classes offer support to people who are looking to prevent disease, recover from illness or work through the symptoms and deficiencies caused by their conditions.

Contact Dana Keel at 303-443-4474 x3810, dana.keel@ymcanoco.org or visit ymcanoco.org for details on Prevention and Healing Programs and how to participate.

YMCA’s Diabetes Prevention Program

The YMCA’s Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institutes of Health has shown that programs like the YMCA’s Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over the age of 60. The YMCA’s Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

This one-year program consists of 25 sessions (sessions 1-16 meet every week; 17-19 meet every two weeks; 20-25 meet every month). A one-year YMCA membership is included.

If you don’t have a blood test result, find a risk assessment quiz on our website at ymcanoco.org/diabetes-prevention.

If you are interested and would like more information, visit ymcanoco.org/diabetes-prevention and fill out the online form.

Yoga for Cancer Care

This class is for those who have been diagnosed with cancer and are currently in treatment or recovery. Students must complete a health questionnaire (available at the front desk or at carypaulyoga.com) before their first class. Yoga for Cancer Care is gentler than most yoga classes and is customized to the needs of the student. We work on strengthening the immune system, working through scar tissue, building strength and working with the side effects of cancer treatments.

Mapleton Y

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<th>DAYS</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Tue</td>
<td>10:30-11:45am</td>
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"Going to this class has been a very important part of my healing... by coming to this class, I feel like the person I was before."
—Cherie, Yoga for Cancer Care Participant

Weight Loss Program

The YMCA Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This 12-week program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short-term solution. We provide tools, knowledge and group support to help you develop plans that reinforce your weight loss goals. Join today and get started on creating lasting change!

Check ymcanoco.org/weight-loss for details.

HAS THE Y MADE AN IMPACT ON YOUR LIFE?

We are able to offer many of our Prevention & Healing Programs free to participants thanks to grants and our generous donors. If one of these programs has made a difference in your life, please consider sharing your story. These personal stories help our supporters understand how meaningful their contributions are, and they encourage prospective donors to become involved. Share your story at ymcanoco.org/my-y.
LIVESTRONG at the YMCA
Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG Foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body. After you register online, you will be contacted to schedule an intake appointment.

Longmont Y

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<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Mon &amp; Wed</td>
<td>Feb 10-April 29</td>
<td>1:00-2:30pm</td>
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</table>

Power Punch Parkinson’s
Give Parkinson’s the good ol’ one-two by stepping in the ring for some non-contact boxing! We promise that you will leave feeling empowered. Power Punch Parkinson’s is Colorado’s first non-contact boxing program for people with Parkinson’s disease. Our classes have a unique partnership of expert boxing instructors from the Y with physical therapists from Life Care Center of Longmont. Recent physical therapy research has shown boxing to be effective in improving balance, mobility and quality of life. Our classes are fun, energetic and individualized to your abilities. Hand wraps and gloves provided. Free to members. Non-members may attend with guest fee.

Longmont Y

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<th>DAYS</th>
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<tbody>
<tr>
<td>Mon</td>
<td>2:00-3:00pm</td>
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Foundations: A Parkinson’s & Multiple Sclerosis Fitness Program
This drop-in class will help you focus your attention and offer you a workout that combats the impacts of Parkinson’s disease and Multiple Sclerosis. Classes incorporate exercises that target specific deficits and focus on strength, balance and flexibility. The exercises are enhanced to include cognition, voice and fun.

Mapleton Y

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<tr>
<td>Fri</td>
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Longmont Y

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<tbody>
<tr>
<td>Tue, Thu</td>
<td>2:45-3:45pm</td>
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</table>
YMCA Inspire Preschool in Longmont provides early childhood education, adventures and enrichment designed to meet the needs of the whole child. Children learn best through hands-on experiences, so we fill their days with teacher-guided lessons as well as center-based choice activities to ensure they develop the academic, social and emotional skills they need for a lifetime of learning success. YMCA Inspire Preschool has adopted Creative Curriculum and Teaching Strategies GOLD, the same programs used by the St Vrain Valley School District to ensure all students enjoy a smooth and successful transition into kindergarten. Our parents also stay informed of their children’s progress and experiences through weekly communication using our Tadpoles email and app communication system.

The Best of Both Worlds
Along with supporting children academically, Inspire Preschool is committed to helping our students establish healthy habits. Located inside the Ed & Ruth Lehman YMCA, we are uniquely equipped to provide children with a wide variety of indoor and outdoor play opportunities. All students utilize the outdoor playgrounds, farm and bike park as well as the indoor gymnasium and pool throughout the week. Our participants also have the opportunity to participate in Safety Around Water lessons, swim lessons and sports samplers offered by the Y’s aquatics and sports departments.

Preschool Families are Y Families
All Inspire Preschool families receive a FREE YMCA Family Membership while enrolled in the program. Membership to the Y allows families to use all YMCA branches — in Longmont, Lafayette, Boulder and, coming in 2020, Johnstown. Preschool parents also receive member rates on sports and aquatics programs, including swim lessons.

• Ages 2 1/2 to 6 years
• Annual $50 registration fee for one child, $75 for two or more children

Full Day Care (7:00am-6:00pm)

<table>
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<th>DAYS OF WEEK</th>
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<td>Mon/Wed/Fri</td>
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<tr>
<td>Mon-Fri</td>
<td>$963 per month</td>
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There is a 10% sibling discount.

Part Day Care (7:00am-Noon, up to 5 hours)

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<th>DAYS OF WEEK</th>
<th>TUITION</th>
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<td>Tue/Thu</td>
<td>$286 per month</td>
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<td>Mon/Wed/Fri</td>
<td>$410 per month</td>
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<tr>
<td>Mon-Fri</td>
<td>$658 per month</td>
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</tbody>
</table>

There is a 10% sibling discount.

Fees are charged by month. All changes and cancels require 30 days written notice. There are no refunds for missed days. CCAP and financial assistance available.

Coming to Johnstown!
Located inside our new Johnstown Community YMCA in Johnstown, YMCA Inspire Preschool is slated to open May 1, 2020. For children ages 2 1/2 to 6, our year-round preschool will provide part-time and full-time options to families living in Johnstown, Milliken and other nearby communities. Visit ymcainspirepreschool.org for registration information.
BEFORE/AFTER SCHOOL CARE

YMCA Before and After School Care sets out to give kids both smile-inspiring escapades and foundational experiences that help them grow as individuals. Whether it’s getting homework help, exploring science concepts, enjoying outdoor playtime or creating group art projects, the Y provides a safe, supportive environment that focuses on learning, developing interests and making friends.

Activities Include
- Sports and active games
- Homework time/Learning Lab
- Arts and crafts
- STEM activities
- Healthy lifestyle activities
- Team building and group games
- Swimming lesson opportunities

School Year Program Hours
Before School Program: 7:00am until school starts (must have a minimum of five children per day enrolled).

After School Program: School dismissal until 6:00pm.

School Day Off Camps: 7:00am–6:00pm. School day off programming is provided on most days when school is out. See page 23 for details.

Schedule Options
Full-Time: Before and after school care (four to five days per week).

Part-Time: Before and after school care (one to three days per week).

Drop-In: Use as needed. Before school, after school or school days off. Contact your school’s site director for availability. Space is limited.

BEST VALUE! All Inclusive Year-Round Plans (BVSD & SVVSD Only)
First day of school, Aug 2019 – first day of school, Aug 14, 2020
- Includes School Day Off Camps and Late Start Days
- Includes all summer camp sessions for select camps (pay the difference for other camps)
- Full- and part-time options
- Families receive a free Y Family Membership
- 10% second child discount applies

School-Year Plans
First day of school, Aug 2019 – May 20, 2020
- Includes School Day Off Camps and Late Start Days
- Full- and part-time options
- Children receive member rates on Y programs such as sports and swim lessons.
- Families receive 50% off a Y Family Membership
- 10% second child discount applies

Drop-in Plans
- Drop-in as needed (dependent on space and staff availability)

REGISTRATION FORMS: ymcanoco.org | INFO: afterschool@ymcanoco.org • 303-443-4474 x4295
**K-5TH PROGRAMS**

**SCHOOL DAY OFF CAMPS**

Attend one or multiple days during the school year. K-5th graders can join the Y during school days off for field trips, sports, arts and crafts, group games, clubs, outdoor play and tons of adventure. You do not need to be enrolled in the school-year or year-round plans to attend.

**SCHOOL DAY OFF OPTIONS**

- School Day Off Camps are included with all Year-Round Plans and Select School-Year Plans (see page 22)
- Drop-in: $75 a day ($10 late fee for registrations received less than 3 weeks prior to start date)
- School Day Off Camp Only (registration for this plan ends in Oct): Includes all School Day Off Camps. This plan is perfect for families who need school day off care, but not before/after care. Details to be announced next school year.

**BVSD SCHOOL DAYS OFF**

Held at BVSD schools, 7:00am-6:00pm
Unless otherwise noted

Winter Break 1: Dec 23-24, Dec 26-27 (held at the Arapahoe & Mapleton Ys, 8am-5pm)

Winter Break 2: Dec 30-31, Jan 2-3

Teacher In Service Day: Jan 6

Martin Luther King Jr. Day: Jan 20

Spring Break: March 23-27

Spring Conference Exchange Day: April 17

Spring Conference Exchange Day: April 20

**SVVSD SCHOOL DAYS OFF**

Held at the Longmont Y, 7:00am-6:00pm
Unless otherwise noted

Winter Break 1: Dec 20, Dec 23-24, Dec 26-27

Winter Break 2: Dec 30-31, Jan 2-3

Martin Luther King Jr. Day: Jan 20

Teacher In Service Day: Feb 14

Presidents Day: Feb 17

Spring Break: March 20 & March 23-27

Teacher In Service Day: April 27

**WELD RE-5J SCHOOL DAY OFF CAMPS**

Held at Pioneer Ridge Elementary, 7:00am-6:00pm

Winter Break: Dec 23, Dec 26-27, Dec 30, Jan 2-3, Jan 6-7

Martin Luther King Jr. Day: Jan 20

Teacher In Service Day: Feb 6-7

President’s Day: Feb 17

Teacher In Service Day: March 6

Spring Break: March 27, March 30-April 3

Teacher In Service Day: April 17

Teacher In Service Day: May 1

**THOMPSON SCHOOL DAY OFF CAMPS**

Held at Big Thompson Elementary, 7:00am-6:00pm

Winter Break: Dec 23, Dec 26-27, Dec 30, Jan 3

Martin Luther King Jr. Day: Jan 20

President’s Day: Feb 17

Parent Teacher Conferences: Feb 27-28

Spring Break: March 16-20

Teacher In Service Day: April 20

Financial assistance available to those who qualify. Visit ymcanoco.org/financial-assistance

**REGISTRATION FORMS:** ymcanoco.org  |  INFO: afterschool@ymcanoco.org  |  303-443-4474 x4295
**Late Start Days (K-5th)**
Join us during late start Wednesdays for fun and engaging programming, including STEM, art and healthy living. Registration information and forms are available at ymcanoco.org, the Longmont Y and Big Thompson (see site director contact information).

**SVVSD**
Transportation for late start programs is provided to Columbine, Mountain View, Sanborn, Northridge, Rocky Mountain, Fall River, Timberline and Alpine from the Longmont Y.
- Included in the Year-round Plan
- Drop-in: $30 per day ($10 late fee for registrations received less than 3 weeks prior to start date)

Held at the Longmont Y 7:00am-school start
Dec 4, Feb 5, March 4, April 1, May 6

**Big Thompson**
Held at Big Thompson Elementary, Every Wednesday, 7:00am-school start, during the school year
- Drop-in: $25 per day ($10 late fee for registrations received less than 3 weeks prior to start date)

**K-5TH PROGRAMS**

**After School Clubs**
The Y offers a variety of enriching, engaging after-school clubs at Big Thompson, Pioneer Ridge and Milliken elementary schools. Students have enjoyed a variety of clubs, including Drama Club, Pumpkin Painting and Card Club. These programs offer kiddos an opportunity to make new friends, discover new passions and nurture new skills. We are developing a line-up of fun offerings for 2020, so check ymcanoco.org for updates. Open to all students at each school.

**Kids Night In/Out**
Looking to go out to dinner or see a movie? Trying to find some time to go shopping? Once a month, the YMCA will host a Kids Night In or a Kids Night Out. Have your child join us for a night at one of our schools or facilities. Or give them an evening out and about in the community at fun, safe places. Activities may include swimming, ice skating, roller skating or just a good old fashioned game night. It’s a chance for kids to have fun and a chance for parents to go out! Details to be announced throughout the school year. Must have a minimum of five children enrolled to run.

Held at BVSD schools and the Ys
- Kids Night In: $30 (CCAP $15) / Kids Night Out: $40 (CCAP $20)
- Kids Night Out fee includes dinner, admissions and transportation

**BVSD Lifelong Learning Enrichment Classes**
The YMCA offers enrichment-focused after school classes and school day off camps at many BVSD schools. Classes include tennis, basketball, soccer and flag football. To see a full list of offerings at your school and to register, visit bvsd.org/lll.
- Four- to five-week enrichment classes one day a week
- Classes run for 60-90 minutes depending on the subject area

**REGISTRATION FORMS:** ymcanoco.org | INFO: afterschool@ymcanoco.org • 303-443-4474 x4295
YMCA PROGRAMS DON’T END AT 5TH GRADE
There’s still plenty to do for middle schoolers and teens

Middle School Day Off Camps (6th–8th Grade)
Put down your cell phones and turn off your video games. School days off just got a lot more fun. Our middle school day off camps give our campers countless opportunities to explore and engage with the world. Camps include field trips to local places such as the Denver Museum of Nature and Science, the Denver Aquarium, Loveland Laser Tag and the movies. Students from all schools welcome. Check ymcanoco.org for updated info throughout the year.
$65 a day ($10 late fee for registrations received less than 3 weeks prior to start date)

Teen Night Out (6th–10th Grade)
Too old for a babysitter but too young to drive? During Teen Nights Out, we visit fun locales like Get Air Trampoline Park, Loveland Laser Tag, the movies and more. The Front Range has a huge variety of teen-friendly activities. Participants will get a chance to meet people from different schools and discover the world outside their phones. Activities TBA throughout the school year. Participation is free, but registration is required.
Meet at Mapleton Y

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every First Friday</td>
<td>5:30–9:00pm</td>
</tr>
</tbody>
</table>

Wednesday Morning Late Start Days (BVSD 6th–8th Grade)
We provide free activities and clubs for students in an exciting and safe environment during Wednesday morning late start days. Runs every Wednesday all school year. Registration form available at your middle school and on ymcanoco.org.

LOCATION TIMES

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manhattan Middle</td>
<td>8:00–8:45am</td>
</tr>
<tr>
<td>Angevine Middle</td>
<td>8:30–9:45am</td>
</tr>
<tr>
<td>Platt Middle</td>
<td>8:15–9:45am</td>
</tr>
<tr>
<td>Monarch K-8 (for 6th-8th only)</td>
<td>8:30–9:30am</td>
</tr>
</tbody>
</table>

Before School Homework Time
(6th–8th Grade)
YMCA staff works closely with Angevine to support students’ academic success. Access to the computer lab for homework, Reading Plus and Moby Math are available. Students will sign in to Homework Time and will sign out in time for breakfast.

Angevine Middle School

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Tue, Thu, Fri</td>
<td>7:45–8:30am</td>
</tr>
</tbody>
</table>

LOOKING FOR MORE TEEN OPPORTUNITIES?
The Y offers sports (including soccer), aquatics, American Red Cross trainings and summer camps for middle schoolers. Details at ymcanoco.org.
YMCA GLOBAL TEEN LEADERSHIP
Experience the Trip of a Lifetime

Rising 11th and 12th graders and newly graduated high school students may apply for the YMCA of Northern Colorado Global Leadership Program this winter. It’s an experience that will challenge perceptions, give teens a global perspective and move them to become an impact-driven leader. The program includes monthly leadership and service learning projects culminating in a two-week trip to Peru in summer 2020.

More details to be announced. Check ymcanoco.org/peru for updates.

COLLEGE SCHOLARSHIP

Every year, the YMCA offers college scholarships for high school seniors entering 4-year, 2-year, trade or vocational degree programs who have had a significant experience with the YMCA. Scholarship also available for nursing students. Details to be announced early 2020. Details to be announced at ymcanoco.org/college-scholarship.

JOIN OUR TEAM

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.
SUMMER CAMP IS GONNA BE EPIC

YMCA Camp Santa Maria campers experience the adventure of a lifetime at this overnight camp nestled on 1,000 beautiful acres in the Rocky Mountains. We offer campers a positive developmental experience through building bonds, nurturing confidence and growing in self-reliance — all in the great outdoors.

REGISTRATION FOR SUMMER 2020 IS OPEN
ymcacampsantamaria.org • santamaria@ymcanoco.org • 303-443-4474 ext. 4301

YMCA OF NORTHERN COLORADO’S
YMCA CAMP SANTA MARIA

EXPLORERS CAMP: AGES 6-8
Explorers campers participate in activities like nature exploration, arts and crafts, hiking, boating, group games, building gnome homes and more.

TRADITIONAL CAMP: AGES 7-14
Traditional campers participate in progressive skill track programs that give campers confidence in competence in specific activities, such as rock climbing, kayaking and arts.

OUTDOOR ADVENTURE CAMP: AGES 11-15
Outdoor Adventure Camp is a tent-based program that serves as an introductory course into the outdoors and wilderness survival skills.

TEEN ADVENTURE CAMP: AGES 14-16
Campers focus on developing technical skills in whitewater kayaking, backpacking, whitewater stand-up paddle boarding or rock climbing while building leadership skills.

LEADER IN TRAINING (LITS): RISING SOPHOMORES
This is a modified version of training that our staff receives. Teens learn how activities run at camp, behavioral guidance skills, wilderness living skills, leadership and group development theory.

COUNSELOR IN TRAINING (CITS): RISING JUNIORS
This program builds on the Leader in Training program and allows all CiTs to put the skills they have learned into practice — spending time working alongside cabin or trip leaders in a cabin or outdoor program.

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 staffer. INTs must have completed the CiT program.

YMCA Camp Santa Maria provides a community where kids gain skills, become more independent, and learn to grow with others while having fun.
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 and Northern Colorado Youth Soccer programs. 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 Y members and program participants get 20% off on YMCA of Northern Colorado Shop Days! Get everything you need to start the season off. At the Broomfield and Longmont locations. Dates to be announced.

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

THE Y WAY TO PLAY IS A COMMITMENT TO PROGRESSIVE COMPETITION

At the Y, we believe in the power of developmentally appropriate progression. Through our sports programs, children and teens have a foundation on which they can develop as athletes, competitors and people. As they progress through our programs, their knowledge, skills and understanding of sportsmanship and teamwork progress as well.

While we encourage our families to follow our progressive structure, rest assured that your child can begin their sports journey in any of our programs. Skills Clinics or Scrimmage and Skills programs are offered as both supplementary to our leagues as well as stand-alone programs that your child can enjoy without participating in a league.

MAKE YOUR MARK ON Y SPORTS

Donor contributions to YMCA sports programs make a difference in the lives of local children. Whether you want to sponsor as an individual, as a family or as a company, sponsorships are your opportunity to become part of our Y sports community. This support enables the Y to ensure every child in your area has a chance to play sports at the Y and benefit from the Y Way to Play philosophy.

The Y has sponsorship opportunities for Learn to Play programs, CARA traveling teams, flag football, basketball and much more.

Email sports@ymcanoco.org for more information.

**AGE 3–4**

**SPORTS OF ALL SORTS**

Programs designed to introduce our littlest athletes to the world of Y sports — a focus on learning and growing with friends, improving hand-eye coordination and introducing the basic concepts of all the sports we have to offer.

**AGE 5–6**

**LEARN TO PLAY LEAGUES**

Your little athlete’s first league experience! These teams practice and play in the same fun-filled session each weekend. We introduce the concepts of being on a team and learning from a coach.

**AGE 7–9**

**RECREATIONAL LEAGUES**

These leagues are all about learning and growing. Building a solid foundation in a supportive environment is the focus, and all games are played with heavily modified rules designed to support the success of players as they learn about being a part of a team and get a solid grasp of the fundamental skills.

**AGE 9–11**

**DEVELOPMENTAL LEAGUES**

Our developmental leagues are designed to prepare players for the next level. With a focus on expanding players’ game play experience, we use slightly modified rules to support players as they develop and grow.

**AGE 7–15**

**INSTRUCTIONAL SKILLS CLINICS**

These are staff-led skill development sessions offered to all athletes regardless of league participation. They are designed to support players as they learn and grow their fundamental sports skills. They are perfect for beginners or athletes with experience — our coaches know their stuff!

**AGE 9–15**

**SCRIMMAGE AND SKILLS**

These are staff-led sessions designed to help players develop their skills with a focus on real-game situations. Players will focus on a different skill each week and work with Y coaches to improve their fundamentals during scrimmages.

**AGE 11–15**

**COMPETITIVE LEAGUES**

These leagues are perfect for our older athletes. They will provide a more competitive environment without losing sight of our focus on sportsmanship and fun. Game format and rules are designed to prep players for the next level — be it travel leagues or high school athletics.
## THE HEART OF OUR TEAM, THE KEY TO OUR SUCCESS: OUR COACHES

Our volunteer coaches bring The Y Way to Play to life. They are committed to promoting sportsmanship and being encouraging and supportive while using positive feedback methods to create an environment where all players participate equally, learn, grow and most of all…have fun!

Our volunteer coaches provide leadership and instruction to their players, becoming role models for our young athletes. Sure, you’ll teach skills, rules and technique, but you’ll also work to create an atmosphere of respect, acceptance and caring for players, fellow coaches and parents. Visit ymcanoco.org to apply to be a volunteer coach.

### Volunteer Coaches Will Complete:
- Application
- Two References
- Criminal Background Screen
- Coach Contract
- Volunteer Handbook
- Concussion Training
- Pre-Season Meetings
- In-Season Coaching Clinics
- Child Abuse Prevention and Reporting Training

## SPORTS AT A GLANCE

See page 36 for soccer information.

<table>
<thead>
<tr>
<th>SPORTS OFFERED*</th>
<th>SEASON LENGTH</th>
<th>GAME FORMAT</th>
<th>PRACTICES</th>
<th>TEAM SIZE</th>
<th>UNIFORMS</th>
<th>COACHES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports of All Sorts (Ages 3-4)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports Sampler</td>
<td>4 weeks, no games</td>
<td>45-minute staff-led clinic sessions</td>
<td>N/A</td>
<td>N/A</td>
<td>T-shirt included in registration fees</td>
<td>Y Staff Coaches</td>
</tr>
<tr>
<td>Learn to Play Coed Leagues (Ages 5-6)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball, Flag Football, Volleyball</td>
<td>6 weeks, games each weekend</td>
<td>12-minute halves played in a 4v4 format</td>
<td>25-minute team practices immediately before games</td>
<td>8 players per team maximum</td>
<td>T-shirt included in registration fees</td>
<td>Volunteer Coaches</td>
</tr>
<tr>
<td>Recreational Boys &amp; Girls Leagues (Ages 7-9)</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Basketball, Volleyball</td>
<td>6 weeks, games each weekend</td>
<td>20-minute halves played in a 5v5 format</td>
<td>One weekly 60-minute team practice set by coach</td>
<td>10 players per team maximum</td>
<td>League jersey required</td>
<td>Volunteer Coaches</td>
</tr>
<tr>
<td>Developmental Boys &amp; Girls Leagues (Ages 9-11)</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball, Volleyball</td>
<td>6 weeks, games each weekend</td>
<td>Varies by sport — slightly modified high school rules</td>
<td>One weekly 90-minute team practice set by coach</td>
<td>Varies by sport — no more than double the players in game</td>
<td>League jersey required</td>
<td>Volunteer Coaches</td>
</tr>
<tr>
<td>Firecracker Volleyball — CARA League (Ages 12-14)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>8 weeks, 2-3 game days with end of season tournament</td>
<td>CARA league rules, 6v6 format</td>
<td>Two weekly 90-minute team practices set by coach</td>
<td>12 players per team maximum</td>
<td>Firecracker Volleyball jersey required</td>
<td>Y Coaches with volunteer team managers</td>
</tr>
<tr>
<td>Lightning Lacrosse — CARA League (Ages 10-14)</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Lacrosse</td>
<td>8 weeks, 6-7 games per season</td>
<td>CARA league rules, 7v7 format</td>
<td>Two weekly 90-minute team practices set by coach</td>
<td>14 players per team maximum</td>
<td>Lightning Lacrosse jersey required</td>
<td>Y Coaches with volunteer team managers</td>
</tr>
<tr>
<td>Peak Hoops Boys &amp; Girls Leagues (Ages 11-16)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td>10 weeks with end of season tournament</td>
<td>Four 6-minute stop clock quarters, 5v5 format</td>
<td>Two weekly 60-minute team practices set by coach with an opportunity for up to 4 additional weekend practices throughout the season</td>
<td>10 players per team maximum</td>
<td>Peak Hoops jersey required</td>
<td>Volunteer Coaches</td>
</tr>
</tbody>
</table>
**SPORTS**


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**SPORTS SCHEDULE**

**BASKETBALL**

<table>
<thead>
<tr>
<th>LEARN TO PLAY, REC HOOPS</th>
<th>DEVELOPMENTAL HOOPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Reg. Period</td>
<td>Nov 16-Jan 9</td>
</tr>
<tr>
<td>Late Registration Begins*</td>
<td>Jan 10</td>
</tr>
<tr>
<td>Team Rosters Released</td>
<td>Jan 10</td>
</tr>
<tr>
<td>Game Schedules Released</td>
<td>Jan 17</td>
</tr>
<tr>
<td>Practices Begin</td>
<td>Week of Jan 20</td>
</tr>
<tr>
<td>Games Begin</td>
<td>Jan 25</td>
</tr>
</tbody>
</table>

**SOCCER, VOLLEYBALL, LACROSSE**

<table>
<thead>
<tr>
<th>LEARN TO PLAY &amp; REC</th>
<th>DEVELOPMENTAL</th>
<th>CARA LACROSSE &amp; VOLLEYBALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y Member Priority Registration</td>
<td>Dec 1-31</td>
<td>Dec 1-31</td>
</tr>
<tr>
<td>Regular Registration Period</td>
<td>Jan 1-March 15</td>
<td>Jan 1-March 15</td>
</tr>
<tr>
<td>Late Registration Begins*</td>
<td>March 16</td>
<td>March 16</td>
</tr>
<tr>
<td>Team Rosters Released</td>
<td>March 16</td>
<td>March 16</td>
</tr>
<tr>
<td>Game Schedules Released</td>
<td>March 27</td>
<td>March 27</td>
</tr>
<tr>
<td>Practices Begin</td>
<td>March 30</td>
<td>March 30</td>
</tr>
<tr>
<td>Games Begin</td>
<td>April 3 &amp; 4</td>
<td>April 3 &amp; 4</td>
</tr>
</tbody>
</table>

*Space is not guaranteed during the late registration period.

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**NEW! Sports Club Sampler**

This club is designed to introduce your young athlete to the Y world of sports! Consider it a buffet of sports to help your child experience and learn more about their own athleticism, interests and skills. Each week we will focus on a different foundational sport played at the Y: soccer, flag football, basketball and volleyball. On Mondays, our coaches will work on skill development, and on Wednesdays kids will take on gameplay. Clubs begin after school and are one hour.

Fee (M/NM): $50/$75

**Pioneer Ridge or Big Thompson Elementary Schools**

<table>
<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon &amp; Wed</td>
<td>Feb 24-March 16</td>
</tr>
<tr>
<td>Mon &amp; Wed</td>
<td>April 24-May 18</td>
</tr>
</tbody>
</table>

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**Sports of All Sorts Mini Sampler (Ages 3-4)**

Sports of All Sorts is a proverbial smorgasbord of sports, and it’s ideal for little ones who don’t have long attention spans. Our little competitors will learn basic skills and elements of soccer, basketball and everything else the Y has to offer, helping them develop balance, agility, hand-eye coordination and confidence. It’s so much fun that they won’t even know they are learning and growing.

Fee (M/NM): $50/$80 (includes shirt)

**Arapahoe Y**

- Saturdays, Feb 1-29, 9:00-9:45am
- No clinic Feb 15

**Longmont Y**

- Wednesdays, Feb 5-26, 9:30-10:15am

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**Want More Options for Little Ones?**

Check out parent/tot ice skating for ages 2-4 on page 46 and swim lessons for 6 months+ in the Aquatics section on page 48.

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**YOU KNOW WHAT THEY SAY ABOUT THE EARLY BIRD**

Register early for the best chance to have your special team requests accommodated.

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

M/NM: Y member/Non-member

ymcanoco.org 31
YMCA JR. BUFFS BASKETBALL
The YMCA is the home of basketball. The first game was played in 1891 in a YMCA gym thanks to the imagination of James Naismith, a Y PE teacher. Join us for the great game of basketball this season!

Learn to Play Basketball (Ages 5–6)
Before your child can dunk, they must learn to dribble. Before they can land a three-pointer, they must learn to pass. Before they can realize their hoop dreams, they need the fundamentals. This is an ideal introduction to basketball — focusing on basic skills, rules and mechanics. Players will practice and play in each weekly session while developing athleticism and hand-eye coordination.
Fee (M/NM): $70/$100 (includes shirt)
There is a $25 late fee as of Jan 10.

Arapahoe & Mapleton Ys

<table>
<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>Jan 25–</td>
<td>Sessions between</td>
</tr>
<tr>
<td></td>
<td>March 7</td>
<td>9:00–Noon</td>
</tr>
</tbody>
</table>

No program Feb 15.

Pre-season Clinics for Rec and Developmental Leagues (Ages 7–11)
Your child can hone their skills, work on shooting mechanics and improve footwork with the help of the Y. These clinics focus on skill-development drills and the opportunity to apply them in different situations of play. Kids will learn, grow and play using fun, interactive games. Must be registered for Recreational or Developmental Leagues participate.
$5 per clinic (non-refundable). Registration required.

Mapleton Y

<table>
<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>Jan 7 &amp; 14</td>
<td>Rec: 5:00–6:00pm</td>
</tr>
<tr>
<td>Tue</td>
<td>Jan 7 &amp; 14</td>
<td>Dev: 6:15–7:15pm</td>
</tr>
</tbody>
</table>

Arapahoe Y

<table>
<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu</td>
<td>Jan 9 &amp; 16</td>
<td>Rec: 5:00–6:00pm</td>
</tr>
<tr>
<td>Thu</td>
<td>Jan 9 &amp; 16</td>
<td>Dev: 6:15–7:15pm</td>
</tr>
</tbody>
</table>

Recreational Hoops League (Ages 7–9)
Recreational basketball at the Y is a community of players, coaches and parents who come together around the sport of basketball. This progressive program gives players the skill, knowledge, peer support and mentorship to thrive on the court. Our athletes learn shooting, ball handling and footwork while playing games, making friends and experiencing teamwork in action.
Fee (M/NM): $90/$120 plus uniform fee
There is a $25 late fee as of Jan 10.

Arapahoe & Mapleton Ys

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<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Sat</td>
<td>Jan 25–</td>
<td>Games between</td>
</tr>
<tr>
<td></td>
<td>March 7</td>
<td>11:00am–4:00pm</td>
</tr>
</tbody>
</table>

No program Feb 15.

Developmental Hoops League (Ages 9–11)
Does your child dream of shooting like Sue Bird? Or playing defense like Michael Jordan? Our developmental league is an opportunity for young players who love basketball to continue to grow and refine their skills with the help of supportive coaches. A focus on sportsmanship, teamwork and fair play helps athletes develop character on and off the court.
Fee (M/NM): $110/$140 plus uniform fee
There is a $25 late fee as of Jan 10.

Arapahoe Y, Mapleton Y and BVSD gyms

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<tr>
<th>DAYS</th>
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<tbody>
<tr>
<td>Sat</td>
<td>Jan 25–</td>
<td>Games between</td>
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<tr>
<td></td>
<td>March 7</td>
<td>9:00am–4:00pm</td>
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</tbody>
</table>

No program Feb 15.

Looking for Little Dribblers?
Try Sports of All Sorts for ages 3–4 on page 31.
**MINI MADNESS**

**3V3 TOURNAMENT FOR OUR CAUSE (Ages 7-14)**

The Y is announcing its March Madness brackets, and your little basketball player can take part in the big dance. Teams will represent one of the 68 NCAA contenders during our Mini Madness Tournament. They will compete in a double elimination challenge to claim the title. Does your team have what it takes to be this year’s Cinderella story? All proceeds will benefit the Y’s annual Community Support Campaign.

**Sat, March 14 at the Mapleton Y**
Team check-in: 9:30am
Games begin: 10:00am
Suggested donation of $25/player.

---

**Basketball Skills Clinics (Ages 7-14)**
The best time to work on your game is before and after the season. This program will offer skill development drills and the opportunity to apply them in different situations of play. Kids will learn and play using fun, interactive games to improve their skills.
Fee (M/NM): $50/$75

**Mapleton Y**

<table>
<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Sat</td>
<td>April 11-May 2</td>
<td>Ages 8-9: 1:00-2:00pm</td>
</tr>
<tr>
<td>Sat</td>
<td>April 11-May 2</td>
<td>Ages 10-11: 2:00-3:15pm</td>
</tr>
<tr>
<td>Sat</td>
<td>April 11-May 2</td>
<td>Ages 12-14: 3:30-5:00pm</td>
</tr>
</tbody>
</table>

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**No Practice Basketball League (Ages 8-14)**
At your house, there is no off season. Your kid can’t get enough basketball. We feel the same way. That’s why we’ve developed these no practice leagues. Join us for this fun-filled, no practice league. Seriously, just games. Keep your team moving, shooting and playing in the off season.
Fee (M/NM): $50/$75
There is a $25 late fee as of Jan 13 for Jan 23 session; Feb 10 for Feb 20 session.

**Arapahoe or Mapleton Ys**

**Winter Leagues (Ages 8-11)**

<table>
<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Thu</td>
<td>Jan 23-Feb 6</td>
<td>Ages 8-9: 5:00 or 6:00pm</td>
</tr>
<tr>
<td>Thu</td>
<td>Jan 23-Feb 6</td>
<td>Ages 10-11: 7:00 or 8:00pm</td>
</tr>
<tr>
<td>Thu</td>
<td>Feb 20-March 12</td>
<td>5:00 or 6:00pm</td>
</tr>
<tr>
<td>Thu</td>
<td>Feb 20-March 12</td>
<td>7:00 or 8:00pm</td>
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</tbody>
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**Spring Leagues (Ages 9-14)**

<table>
<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Thu</td>
<td>April 16-May 7</td>
<td>Ages 9-11: 5:00 or 6:00pm</td>
</tr>
<tr>
<td>Thu</td>
<td>April 16-May 7</td>
<td>Ages 12-14: 7:00 or 8:00pm</td>
</tr>
</tbody>
</table>

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NEW! Jr. Basketball Referee Program (Ages 14–15)
We are looking for young people to blow the whistle and enforce the rules of the game. The Jr. Referee Program is an opportunity for basketball enthusiasts to start their work as an official in a supportive and engaging environment. Participants will complete two training sessions before the season begins and will hone their skills while working with our youngest leagues as Jr. Refs, helping players as they learn the rules, connect with their teammates and develop their skills. Jr. Refs will complete at least four 4-hour game day sessions on the court with a mentor official throughout the season. Once the initial program has been completed, Jr. Refs will have the opportunity to continue into the winter season as a volunteer official. Jr. Refs are eligible to be hired as Youth Sports Officials for the Y when they turn 16.
Fee: $100 (includes training materials and Jr. Ref uniform and supplies)

MAPLETON Y

<table>
<thead>
<tr>
<th>TRAINING</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td></td>
<td>Sat</td>
<td>Jan 11 &amp; 18</td>
<td>10:00am-Noon</td>
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</table>

Arapahoe, Mapleton & Longmont Ys

<table>
<thead>
<tr>
<th>REFEREE SESSIONS</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sat</td>
<td>Jan 25–March 7</td>
<td>8:00am-Noon or Noon-4:00pm</td>
</tr>
<tr>
<td>No games Feb 15</td>
<td></td>
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</tr>
</tbody>
</table>

Private Basketball Coaching (Ages 10+)
Grow your game with one-on-one basketball coaching. Your child can take his or her game to the next level with a highly experienced Y Certified Coach. Trainings are offered year-round.

<table>
<thead>
<tr>
<th>SESSIONS</th>
<th>FEE (M/NM)</th>
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</thead>
<tbody>
<tr>
<td>1 60-Minute</td>
<td>$40/$60</td>
</tr>
<tr>
<td>4 60-Minute</td>
<td>$150/$225</td>
</tr>
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</table>

LOOKING FLY – THE Y WORLD OF SPORTS & OUR UNIFORMS
This year, we are excited to announce that our basketball program uniforms are getting a refresh! In addition to moving to an online store, we have built in a uniform progression that matches the new program format and are excited to reveal our jerseys for the 2019-2020 basketball seasons and beyond. Moving forward, as with many of our sports, the move to a new division and uniform for your athlete will represent the next step in their development here at the Y.

We recognize uniforms are an additional expense for families and have structured our progression to ensure all uniforms are used for multiple seasons to lessen the purchases required. As players grow and develop at the Y, the uniforms they wear will grow too.
NOCO BASKETBALL

Learn to Play Basketball
(Ages 5–6)
Before your child can dunk, they must learn to dribble. Before they can land a three-pointer, they must learn to pass. Before they can realize their hoop dreams, they need the fundamentals. This is an ideal introduction to basketball — focusing on basic skills, rules and mechanics — in a fun clinic-style program full of energy-burning games and activities. Players develop athleticism and hand-eye coordination and prepare for rec basketball.
Fee (M/NM): $40/$60

LONGMONT Y AND JOHNSTOWN SITE TBD

NEW! Basketball Scrimmage and Skills (Ages 7–9)
Looking for less competition but more competitive edge? This low-commitment program is designed for older players who may not want the full league experience but who still want to focus on skill development in a sport they love. This four-week program gives athletes the opportunity to grow their fundamental skills with the support of our staff coaches. Players will focus on a specific skill each week and participate in drills and scrimmages designed to fine-tune that skill.
Fees (M/NM): $50/$75

LONGMONT Y AND JOHNSTOWN SITE TBD

DAYS DATES TIME
Sat Feb 1-29 9:00-9:45am

No program Feb 15.

Volunteer to Coach Basketball
If you are interested in coaching, please email sports@ymcanoco.org.
BOULDER VALLEY YOUTH SOCCER

The game of soccer builds strong and healthy bodies, develops the minds of young players and nurtures their emotional well-being. That’s why we have partnered with long-time soccer club FC Boulder to develop Boulder Valley Youth Soccer! BVYS provides programs in Boulder, Superior and Lafayette.

All BVYS program fees include weekly clinic sessions with experience BVYS coaches.

Mini Kickers Clinic (U4)
This frolicking, fun-filled introduction to soccer focuses on our littlest and silliest players. Led by BVYS staff, U4 Soccer teaches fundamentals and core concepts through various games and energy-burning activities. Your kiddo will build a foundation in sportsmanship and work on the all-important skills of following directions and listening to a coach.
Fee (M/NM): $60/$90
Location: Fridays at Pleasant View or Superior; Saturdays at TBD BVSD Site

Learn to Play Soccer (U5)
This play-packed primer in soccer focuses on skill development, rule following and teamwork. In U5 Soccer, players learn the joys of having teammates, eating orange slices on the sidelines and playing the game. Volunteer coaches help players work on dribbling, passing and shooting in a playful atmosphere of acceptance. High fives included!
Fee (M/NM): $75/$105
There is a $25 late fee as of March 15.
Location: Fridays at Pleasant View, Superior or Arapahoe Y; Saturdays at TBD BVSD Site

Learn to Play Soccer (U6)
Your child loves soccer, and you love watching them thrive on and off the field. Using modified rules, this program allows young players to refine and define their skills and learn the intricacies of soccer fundamentals while nurturing their passion for the sport.
Fee (M/NM): $85/$115
There is a $25 late fee as of March 15.
Location: Fridays at Pleasant View, Superior or Arapahoe Y; Saturdays at TBD BVSD Site

Optional In-season Skills Clinics for U5-U10
Clinics begin week of March 23
Volunteer to Coach Soccer
If you are interested in coaching, please email sports@ymcanoco.org.
### Recreational Soccer (U7)

Skill, strength and sportsmanship. U7 Soccer provides your child with the adeptness and knowledge to play each soccer position with confidence and a big smile. With the help of volunteer coaches, your athlete will cultivate their role as a team player and enjoy a focus on more advanced skills and athleticism — while having a ball.

**Fee (M/NM): $95/$125**  
*There is a $25 late fee as of March 15.*

**Location:** Fridays at Pleasant View, Superior or Arapahoe Y; Saturdays at TBD BVSD Site

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<thead>
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<th>DAYS</th>
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<th>TIME</th>
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<tbody>
<tr>
<td>Fri</td>
<td>April 3-May 8</td>
<td>Games between 4:00-7:00pm</td>
</tr>
<tr>
<td>Sat</td>
<td>April 4-May 9</td>
<td>Games between 9:00am-2:00pm</td>
</tr>
</tbody>
</table>

### Recreational Soccer (U8)

We are here to foster your athlete’s passion for the sport of soccer. U8 Soccer helps players progress to the next level: teams and field are bigger, kids learn to play goalie, rules are added and teams are no longer coed. It’s a big jump, but your child is ready for the new challenges and new victories that come with this program, which helps them prepare for competitive or recreational leagues.

**Fee (M/NM): $110/$140**  
*There is a $25 late fee as of March 15.*

**Location:** Fridays at Pleasant View; Saturdays at TBD BVSD Site

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<tbody>
<tr>
<td>Fri</td>
<td>April 3-May 8</td>
<td>Games between 4:00-7:00pm</td>
</tr>
<tr>
<td>Sat</td>
<td>April 4-May 9</td>
<td>Games between 10:00am-2:00pm</td>
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</table>

### Recreational Soccer (U9 & U10)

This league is designed for players who are looking to play in a fun, low commitment rec league. Staff will run an optional skills clinic each week. Leagues will be divided into boys and girls teams and will play in an 7v7 format throughout the eight-week session. Games play on Saturdays.

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

**Registration deadline:** Feb 1

**Location:** TBD with home field options in Boulder & East County

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<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Sat</td>
<td>March 14-May 9</td>
<td>9:00am-5:00pm</td>
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</table>

### Upper Recreational Soccer (U11-U19)

This league is designed for anyone wanting to continue their soccer development in a low commitment, fun recreational league. Each team will be entered into the Colorado Soccer Association (CSA) Recreational League in their age division. Leagues will be separated into boys and girls teams and will consist of one to two practices per week with a game each Saturday for eight-weeks.

**Fees (M/NM): $190/$260**

**Registration deadline:** Feb 1

**Location:** TBD with home field options in Boulder, Superior & Arapahoe Y

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<tr>
<th>DAYS</th>
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<tbody>
<tr>
<td>Sat</td>
<td>March 14-May 9</td>
<td>9:00am-5:00pm</td>
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### SOCCER AT A GLANCE

<table>
<thead>
<tr>
<th>DIVISION</th>
<th>FORMAT</th>
<th>PRACTICES</th>
<th>TEAM SIZE</th>
<th>UNIFORMS</th>
<th>COACHES</th>
</tr>
</thead>
<tbody>
<tr>
<td>U4, coed</td>
<td>Staff-led clinic</td>
<td>No additional</td>
<td>N/A</td>
<td>N/A</td>
<td>Staff coaches</td>
</tr>
<tr>
<td>U5, coed</td>
<td>3v3, 12-minute halves</td>
<td>20 minutes immediately before games</td>
<td>6 players per team</td>
<td>Red/white jersey required</td>
<td>Volunteer Coaches</td>
</tr>
<tr>
<td>U6, coed</td>
<td>4v4, 15-minute halves</td>
<td>20 minutes immediately before games</td>
<td>8 players per team</td>
<td>Red/white jersey required</td>
<td>Volunteer Coaches</td>
</tr>
<tr>
<td>U7, coed</td>
<td>4v4, 15-minute halves</td>
<td>Weekly practice or clinic</td>
<td>8 players per team</td>
<td>Black/yellow jersey required</td>
<td>Volunteer Coaches</td>
</tr>
<tr>
<td>U8, boys and girls</td>
<td>6v6 with goalies, 20-minute halves</td>
<td>1 hour-long weekly practice</td>
<td>10 players per team</td>
<td>Black/yellow jersey required</td>
<td>Volunteer Coaches</td>
</tr>
</tbody>
</table>

### REGISTER FOR SPORTS:

ymcanoco.org  | INFO: sports@ymcanoco.org or call 303-443-4474 x6102

M/NM: Y member/Non-member
NORTHERN COLORADO YOUTH SOCCER

Our Longmont and Johnstown area soccer programs are now Northern Colorado Youth Soccer — a YMCA partnership with FC Boulder.

Learn to Play Soccer (U4–U5)
This play-packed primer in soccer focuses on skill development, rule following and teamwork. Players learn the joys of having teammates, eating orange slices on the sidelines and playing the game. Volunteer coaches help players work on dribbling, passing and shooting in a playful atmosphere of acceptance.

Fee (M/NM): $40/$60

Longmont Y or Pioneer Elementary

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<thead>
<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Sat</td>
<td>April 18-May 9</td>
<td>10:00-10:45am</td>
</tr>
</tbody>
</table>

Volunteer to Coach Soccer
If you are interested in coaching, please email sports@ymcanoco.org.

Futsal Scrimmage and Skills (Indoor Soccer, U4–U9)
Get this: Soccer greats like Pele and Ronaldo played futsal growing up and credit it for helping them develop stellar soccer skills. Played indoors with a 5v5 format, this sport puts the focus on footwork and teamwork. Your kiddo will get a kick out of this super fun, super fast sport. Players will focus on a specific skill each week and participate in drills and scrimmages designed to develop that skill.

Fee (M/NM): $50/$75

Longmont Y

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<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Sat</td>
<td>Feb 1-29</td>
<td>U4-U5: 1:00-1:45pm</td>
</tr>
<tr>
<td>Sat</td>
<td>Feb 1-29</td>
<td>U6-U7: 2:00-3:00pm</td>
</tr>
<tr>
<td>Sat</td>
<td>Feb 1-29</td>
<td>U8-U9: 3:15-4:15pm</td>
</tr>
</tbody>
</table>

No program Feb 15.
Learn to Play Baseball (Ages 5–6)
The home team never looked so adorable. This is an introduction to T-ball for our little and silliest ball players. The fundamentals-focused, clinic-style program teaches basic skills and core concepts through fun games and energy-burning activities. Your kiddo will build a foundation in sportsmanship and work on the all-important skills of following directions and listening to a coach. Fee (M/NM): $70/$100 (includes t-shirt)

Baseball Skills Clinics (Ages 7–11)
They say that every life lesson can be learned on the baseball field, and we couldn’t agree more. Little hitters learn every position, develop batting skills and build character in a friendly, fun environment. Scrimmages will be integrated to support player development. Fee (M/NM): $75/$100

TBD BVSD Site

<table>
<thead>
<tr>
<th>AGES</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>7–8</td>
<td>Sat</td>
<td>April 11–May 2</td>
<td>11:00–11:45am</td>
</tr>
<tr>
<td>9–11</td>
<td>Sat</td>
<td>April 11–May 2</td>
<td>Noon–1:00pm</td>
</tr>
</tbody>
</table>

HAS THE Y MADE AN IMPACT ON YOUR LIFE?
One in three children in our sports programs are able to participate thanks to the generosity of our donors. If the Y has made a difference in your family’s lives, consider sharing your story. These personal stories help our supporters understand how meaningful their contributions are, and they encourage prospective donors and volunteers to become involved. Share your story at ymcanoco.org/my-y.

The YMCA Lightning: CARA Traveling Boys Lacrosse (Ages 10–13)
Your child knows lacrosse, he loves it and he wants to take his game to the next level. As a part of the YMCA Lightning, our CARA Traveling Boys Lacrosse program, players harness the skills, techniques and knowledge they have learned and join a competitive community of committed lacrosse players. Our coaches provide an environment where players learn sportsmanship, camaraderie and teamwork as well as equal playing time. Teams will practice for 90 minutes twice a week. Practice times and locations to be set by the YMCA and CARA coaches. Fee (M/NM): $170/$200 plus uniform fee.

Denver Metro Area
Practices begin week of March 16

<table>
<thead>
<tr>
<th>GAMES</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Sat</td>
<td>TBD by CARA</td>
<td>9:00am-5:00pm</td>
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</table>

Equipment Required for Boys Lacrosse Leagues: Stick, helmet, gloves, shoulder and elbow pads, cup and mouth guard. Hockey gear is acceptable. New players can borrow the Y’s used equipment.

Lacrosse Sticks and Skills Clinic (Ages 7–11)
We are putting "lax" in "relax" with Sticks and Skills, a no-contact, low-commitment program that introduces the sport of lacrosse to young athletes. Boys and girls will learn positions, rules, core concepts and basic skills in a fun, laid back environment, helping them gain experience and build confidence before joining a lacrosse league. No equipment required. Fee (M/NM): $50/$75.

Arapahoe Y

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<th>DAYS</th>
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<th>TIME</th>
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<tbody>
<tr>
<td>Sat</td>
<td>April 11-May 2</td>
<td>1:00-2:00pm</td>
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</table>

Learn to Play Lacrosse: Family Sticks and Skills (Parents and Kids, Ages 5–9)
Mom has skills! During Family Sticks and Skills, parents and players bond as they learn the game of lacrosse together. This program focuses on basic skills of passing, catching, dodging and shooting. While teaching rules and traditions during scrimmages, players gain experience, build confidence and spend quality time with their parents. No equipment is required. Fee (M/NM): $75/$100 (Includes t-shirt. Covers one parent and one child. $25 for each additional participant).

Arapahoe Y

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<tr>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Sat</td>
<td>April 11-May 2</td>
<td>2:15-3:15pm</td>
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</table>

Volunteer to Coach Lacrosse
If you are interested in coaching, please email sports@ymcanoco.org.

- Fun Fact: Research shows that young athletes watch less TV, miss less school and have better body image.

Register for Sports: ymcanoco.org | Info: sports@ymcanoco.org or call 303-443-4474 x6102
YMCA JR. BUFFS FLAG FOOTBALL

Learn to Play Flag Football (Ages 5–6)
We are bringing giggles to the gridiron. This is a fun-filled introduction to the sport of football for our littlest linebackers. While teaching young players the basics of teamwork, coaches introduce fundamentals and core concepts through fun-filled practices and energy-burning games. Parent/guardian participation is strongly encouraged.
Fee (M/NM): $70/$100 (includes shirt)

Flag Football Scrimmage and Skills (Ages 9–15)
Perfect the pass, master man-to-man coverage and strengthen the snap. This low commitment program is designed for older players who may not be looking for the full league experience but who are eager to improve their flag football skills. This four-week program gives athletes the opportunity to grow their fundamental skills with the support of our staff coaches. Players will focus on a specific skill each week and participate in drills and scrimmages designed to develop that skill.
Fees (M/NM): $75/$100

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

REGISTER FOR SPORTS: ymcanoco.org | INFO: sports@ymcanoco.org or call 303-443-4474 x6102
Learn to Play Volleyball:
Family Sets and Spikes
(Parents & Kids 5–9)
Is your kiddo ready to learn the difference between a set and a shank? To keep their eyes on the ball and their knees bent? To dive with ease? The Y has developed Learn to Play Volleyball, a new program that gives our youngest athletes the opportunity to learn this fast-paced sport in a fun, instructive and supportive environment with their parent.
Fee (M/NM): $75/$100 (Includes t-shirt. Covers one parent and one child. $25 for each additional participant)

Rec Volleyball League (Ages 8–9)
Volleyball was pioneered by the YMCA in the 1870s, and today it is still a much-loved sport for boys and girls who want a challenging, captivating game to try. Our rec league gives players opportunities to learn and develop volleyball skills and mechanics in a friendly, low-pressure setting. We empower and engage players to serve hard, jump high and play as a team.
Fee (M/NM): $90/$120 plus uniform fee
TBD - BVSD Site
Practices begin the week of March 30
GAMES DATES TIME
Sat April 11-May 16 Games between 10:00am-3:00pm

The YMCA Firecracker: CARA Volleyball (Ages 11–14)
The Firecracker, the Y’s new CARA Volleyball program, helps players build confidence on the court, honed skills and experience the thrill of a traveling league. This program is perfect for players who want to prepare for high school or club volleyball in a fun, team-focused setting.
Fee (M/NM): $170/$200 plus uniform fee

Volleyball Scrimmage and Skills (Ages 9–14)
Serving the ball over the net, learning to set, controlling your passes. This new Y program is all about volleyball skill development — helping young players attain the ability and confidence to thrive on the court. Volleyball Scrimmage and Skills is a fun, clinic-style program that empowers kids to grow into confident, capable players.
Fee (M/NM): $75/$100

Volleyball Mini Camp (Ages 7–11)
Players can hone their serving, passing and hitting skills, work on ball control and improve footwork with the help of the Y’s expert volleyball coaches. These clinics focus on skill-development drills and the opportunity to apply those lessons during sometimes-silly games. Kids learn, grow and slide (yes, we said slide) in a fun, inclusive environment.
Fee (M/NM): $30/$50

Mon-Tue, Jan 13–14, 4:30–7:00pm, Arapahoe Y
THE ICE IS FOR EVERYONE

The YMCA of Northern Colorado welcomes everyone to join us on the ice. The Carlson 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 Carlson Arena is a place where everyone can find a passion and show some heart.

THE ICE IS NICE

Last spring, we did an overhaul on our ice rink, including a complete ice takedown and setup, upgraded mechanical systems, new dasher boards, additional safety netting and more.

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

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 ymcabv.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 303-664-5455 or email hockey@ymcanoco.org for details.

ADULT HOCKEY

YMCA Adult Hockey League
(Ages 18+)

A 15-game, 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. There are 12 regular season games followed by a guaranteed three-game post-season tourney.

Fee (M/NM): $260/$350
There is a $20 wait list fee as of Jan 6.

Arapahoe Y

C LEAGUE

Mon Jan 6-April 21  9:00pm & 10:30pm
Tue Jan 7-April 14  9:00pm & 10:30pm
No program March 23-24.

D LEAGUE

Sun Jan 12-April 23  7:00, 8:30 & 10:30pm
Thu Jan 9-April 30  9:00pm & 10:30pm
No program Feb 2, March 26, April 12.

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 18 years old. Reserve your spot at ymcanoco.org/schedules or on the YMCA of Boulder Valley app. Reservations open 48 hours before start time. 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.

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

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

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

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.
HOCKEY CLUB LAFAYETTE
LAFAYETTE LOCOMOTIVE

Hockey Club Lafayette’s second 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.

Want to see the Lafayette Locomotive in action? Visit lafayettelocomotive.com for their game schedule.

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 have 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 have a team for every caliber of player at HC Lafayette.

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

NOT READY FOR THE LOCOMOTIVE?
Try Learn to Skate programs then move on to Learn to Play Hockey.

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.
Fee (M/NM): $120/$150

Arapahoe Y
Session 1
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<th>DAY</th>
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<tr>
<td>Sat</td>
<td>Jan 11– Feb 29</td>
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Session 2
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<tr>
<td>Sat</td>
<td>March 14–May 9</td>
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No program March 28.

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

REGISTER FOR ICE: ymcanoco.org | ICE INFO: youthhockey@ymcanoco.org • 303-443-4474 x6201

M/NM: Y member/Non-member
LEARN TO SKATE

The Y has joined the Learn to Skate USA movement to make our skating programs more consistent and cohesive for all ages and levels. Learn to Skate USA provides a fun and positive experience for all skaters, inspiring a lifelong love of skating. With Learn to Skate USA, the Y will teach 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. With this new affiliation, we will 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. Unlike many other rinks, your Learn to Skate USA membership is included with our programs.

Parent/Tot (Ages 2–4)
The Parent/Tot classes are introductory classes allowing children with no prior skating experience to build confidence while learning the basics with a parent or adult friend accompanying the skater on the ice. These classes are designed to help children four and younger develop fundamental movement skills and physical literacy. Adults must be able to skate.

Basic Skills (Ages 7–17)
Basic Skills teaches the fundamentals of ice skating and provides the best foundation for figure skating, hockey and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers and turns. Upon completion of the Basic Skills 1–6 levels, skaters will be able to confidently advance to more specialized areas of skating.

Snowplow Sam (Ages 4–6)
The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basics. These classes are designed to help children four and younger develop fundamental movement skills and physical literacy.

Adult – Beginner to Advanced (Ages 18+)
The adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Freeskate (Must have passed Basic 6)
Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps—all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

LEARN TO SKATE SESSIONS

All Ages and Levels
Sessions are six-weeks and are limited to 12 skaters for Basic Skills Levels 1–4 and 8 skaters for Snowplow Sam and Adult. Classes may be combined, depending on enrollment. Late registrations may be accepted if there’s availability. We will do our best to make up classes that are canceled due to weather. Sessions are divided into 30 minutes of instruction followed by (or preceded by) 30 minutes of practice time. You will receive your schedule (if you’re beginning with instruction or beginning with practice) at your first session.

Session 1
Fee (M/NM): $75/$115
Parent/Tot Fee (M/NM): $85/$125
There is a $20 late fee as of Jan 10.

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<tr>
<td>Sat, Jan 18-Feb 22</td>
<td>10:20-11:20am</td>
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<tr>
<td>Sun, Jan 19-Feb 23</td>
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Session 2
Fee (M/NM): $75/$115
Parent/Tot Fee (M/NM): $85/$125
There is a $20 late fee as of Feb 27.

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<th>DAY</th>
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<td>Sun, March 1-April 19</td>
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<tr>
<td>Wed, March 4-April 15</td>
<td>4:30-5:30pm</td>
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<tr>
<td>Sat, March 7-April 18</td>
<td>10:20-11:20am</td>
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<td>No program March 25, 28, 29, April 12</td>
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Figure Skating Class (Ages 7–17)
This class will focus on power, core strength, posture, edges, arm placement, stamina and crossovers. We’ll also touch on moves in the field, jumps and spins. This class is open to Basic Skills Levels 5–6, Pre-freeskate and Freeskate 1–6.

Session 1
Fee (M/NM) $80/$120
$20 late fee as of Jan 10

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Session 2
Fee (M/NM) $80/$120
$20 late fee as of Feb 27

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<td>Sat</td>
<td>March 7-April 18</td>
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No program March 28.

LEARN TO SKATE NOTES:
Skate rental is included, helmets are recommended for beginners and gloves are encouraged. Please arrive approximately 15 minutes early for skate fitting.

REGISTER FOR ICE: ymcanoco.org | INFO: iceskating@ymcanoco.org • 303-443-4474 x6201
FIGURE SKATING

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.

Annual Membership Levels and Fees for 2019/2020 Season (July 1, 2019-June 30, 2020)

Basic USFSA Membership includes the US Figure Skating Association membership, club pin and access to tests and competitions.

- Basic Membership: $100
- Bridge/Introductory: $60
- Associate: $60
- Collegiate Membership: $100 (Available to college students for a four-year term)

All freestyles must be paid for using a drop-in fee or a punch card on the day of the session.

HOLIDAY ICE SHOW & SKATE WITH SANTA

Rockin’ Around the Ice Skating Rink
Grab your jingle bells and skates, and join us for the annual holiday ice show. Featuring holiday-themed performances from the Flatirons Figure Skating Club, Flatiron Sparks Synchronized Skating Teams and Lafuria Synchronized Skating Team. $2 suggested donation. Check out our bake sale in the lobby for homemade baked goodies and hot chocolate. All proceeds benefit Y ice programs.

Sun, Dec 15, 2:00-4:00pm

Skate with Santa
You better watch out, you better not cry, you better not pout, especially at the Y. That’s because Santa Claus is coming to town, and he is visiting the Carlston Ice Arena at the Arapahoe Y. Join us after the Holiday Ice Show and the whole family can venture onto the ice to skate with Santa. That’s right, Santa can skate... so be good for goodness sake!

$5 suggested donation.
Skate rental included.

Sun, Dec 15, 4:30-6:30pm

Annual Spring Show
Watch for details for our annual spring show. 2020’s theme is Welcome to New York.

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. Look for open house dates in May and June for more information and team placements.

Synchro Send Off
Come wish the Flatirons Sparks Synchronized Skating teams good luck as they perform their programs before they’re off to Kansas to compete in the United States Figure Skating Midwestern Sectional Synchronized Skating Championships.

Jan 13, 10:15-11:00am, Arapahoe Y
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.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?  NOT YET  A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?  NOT YET  B / WATER EXPLORATION

Will the student go underwater voluntarily?  NOT YET  1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?  NOT YET  2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?  NOT YET  3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?  NOT YET  4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?  NOT YET  5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?  NOT YET  6 / STROKE MECHANICS
LESSONS AT THE ARAPAHOE 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): $52/$68

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<tr>
<td>Jan 11-Feb 29</td>
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<tr>
<td>March 7-April 25</td>
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Preschool (Ages 3–5)
Fee (M/NM): $60/$76

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Fee (M/NM): $60/$76 (*$52.50/$66.50)

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<td>Stage 5 &amp; 6: 11:20-11:50am</td>
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No lessons April 12.

School Age (Ages 6–12)
Fee (M/NM): $60/$76

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Fee (M/NM): $60/$76 (*$52.50/$66.50)

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No lessons April 12.

Teens (Ages 13–17)
Fee (M/NM): $60/$76 (*$52.50/$66.50)

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Adults (Ages 18+)
Fee (M/NM): $60/$76 (*$52.50/$66.50)

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<td>No lessons April 12.</td>
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Want More Pool Time?
Check lap swim and open swim times at ymcanoco.org/schedules.

Open Water Scuba Diver Certification (Ages 10+)
Whether you are planning a trip to a diver’s paradise or you want to start a new recreational endeavor, scuba diving is in your future. And now you can get scuba certified at the Arapahoe Y. With Flatirons Scuba’s classroom and pool instruction, you will learn how to safely and skillfully explore the wonders of the underwater world. Visit FlatironsScuba.com to see class times, days and details. Held at the Arapahoe Y.
Y members receive a 10 percent discount!

Register for Swim Lessons: ymcanoco.org | INFO: swimlessons@ymcanoco.org • 303-443-4474 x2501
### 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): $52/$68 (*$26/$34)

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<td>May 2-23*</td>
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### Preschool (Ages 3–5)

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

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<td>Feb 4-27</td>
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<td>April 28–May 21</td>
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Fee (M/NM): $60/$76 (*$30/$38)

### School Age (Ages 6–12)

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

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<tr>
<td>Stage 1 &amp; 2: 5:00-5:30pm</td>
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<td>Stage 3 &amp; 4: 5:40-6:10pm</td>
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<tr>
<td>Feb 4-27</td>
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<tr>
<td>Stage 1 &amp; 2: 5:00-5:30pm</td>
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<td>Stage 3 &amp; 4: 5:40-6:10pm</td>
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<tr>
<td>March 3-19*</td>
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<tr>
<td>Stage 1 &amp; 2: 5:00-5:30pm</td>
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<td>Stage 3 &amp; 4: 5:40-6:10pm</td>
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<tr>
<td>March 31–April 23</td>
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<td>Stage 1 &amp; 2: 5:00-5:30pm</td>
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<td>Stage 3 &amp; 4: 5:40-6:10pm</td>
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<td>Stage 5 &amp; 6: 6:20-6:50pm</td>
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<td>April 28–May 21</td>
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<td>Stage 1 &amp; 2: 5:00-5:30pm</td>
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<td>Stage 3 &amp; 4: 5:40-6:10pm</td>
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<tr>
<td>Stage 5 &amp; 6: 6:20-6:50pm</td>
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</tbody>
</table>

### Teens (Ages 13–17)

Swim Basics and Swim Strokes

Fee (M/NM): $60/$76 (*$30/$38)

<table>
<thead>
<tr>
<th>Saturdays</th>
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<tbody>
<tr>
<td>Jan 11-Feb 29</td>
<td></td>
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<tr>
<td>Stage 1 &amp; 2: 9:00-9:30am</td>
<td></td>
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<tr>
<td>Stage 3 &amp; 4: 9:40-10:10am</td>
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<td>Stage 5 &amp; 6: 10:20-10:50am</td>
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<tr>
<td>March 7–April 25</td>
<td></td>
</tr>
<tr>
<td>Stage 1 &amp; 2: 9:00-9:30am</td>
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<tr>
<td>Stage 3 &amp; 4: 9:40-10:10am</td>
<td></td>
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<td>Stage 5 &amp; 6: 10:20-10:50am</td>
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<tr>
<td>May 2-23*</td>
<td></td>
</tr>
<tr>
<td>Stage 1 &amp; 2: 9:00-9:30am</td>
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<tr>
<td>Stage 3 &amp; 4: 9:40-10:10am</td>
<td></td>
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<tr>
<td>Stage 5 &amp; 6: 10:20-10:50am</td>
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</tr>
</tbody>
</table>

### Adults (Ages 18+)

Swim Basics and Swim Strokes

Fee (M/NM): $60/$76 (*$30/$38)

<table>
<thead>
<tr>
<th>Saturdays</th>
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<tbody>
<tr>
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</tr>
<tr>
<td>May 2-23*</td>
<td>10:20-10:50am</td>
</tr>
</tbody>
</table>

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**Visit ymcanoco.org/my-y and tell us how the Y has made a positive impact in your life. Y stories help us show donors, members and the community how the Y changes lives.**

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**POOL SCHEDULES ON THE GO**

Download the YMCA of Boulder Valley app on your mobile device for pool, fitness, gym and ice schedules. Be sure to sign up for push notifications to get alerts on class cancellations, pool closures and more.

---

**AQUATICS**

**STRONG SWIMMERS. CONFIDENT KIDS.**

**LESSONS AT THE LONGMONT Y**

---

**REGISTER FOR SWIM LESSONS:** ymcanoco.org | **INFO:** swimlessons@ymcanoco.org • 303-443-4474 x2501

---

50 YMCA 2020 WINTER/SPRING PROGRAM GUIDE
## AQUATICS

**STRONG SWIMMERS. CONFIDENT KIDS.**

### LESSONS & MORE AT THE MAPLETON 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):** $52/$68 (*$45.50/$59.50)

**Sundays**

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
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</thead>
<tbody>
<tr>
<td>Jan 12–March 1</td>
<td>10:00-10:30am</td>
</tr>
<tr>
<td>March 8–April 26</td>
<td>10:00-10:30am</td>
</tr>
</tbody>
</table>

No lessons April 12.

#### Preschool (Ages 3–5)

**Fee (M/NM):** $60/$76 (*$52.50/$66.50)

**Sundays**

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
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</thead>
<tbody>
<tr>
<td>Jan 12–March 1</td>
<td>Stage 1 &amp; 2: 10:40-11:10am</td>
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<tr>
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<td>Stage 3 &amp; 4: 11:20-11:50am</td>
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<tr>
<td>March 8–April 26</td>
<td>Stage 1 &amp; 2: 10:40-11:10am</td>
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<tr>
<td></td>
<td>Stage 3 &amp; 4: 11:20-11:50am</td>
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</tbody>
</table>

No lessons April 12.

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

**Monday & Wednesdays**

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
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<tbody>
<tr>
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<td></td>
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<td></td>
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</tr>
<tr>
<td>March 2–18*</td>
<td>Stage 1 &amp; 2: 4:00-4:30pm</td>
</tr>
<tr>
<td></td>
<td>Stage 3 &amp; 4: 4:40-5:10pm</td>
</tr>
<tr>
<td>March 30–April 22</td>
<td>Stage 1 &amp; 2: 4:00-4:30pm</td>
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<tr>
<td></td>
<td>Stage 3 &amp; 4: 4:40-5:10pm</td>
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<tr>
<td>April 27–May 20</td>
<td>Stage 1 &amp; 2: 4:00-4:30pm</td>
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<tr>
<td></td>
<td>Stage 3 &amp; 4: 4:40-5:10pm</td>
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</tbody>
</table>

**Fee (M/NM):** $60/$76 (*$30/$38)

**Saturdays**

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
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<tr>
<td>Jan 11–Feb 29</td>
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<td></td>
<td>Stage 3 &amp; 4: 9:40-10:10am</td>
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</tbody>
</table>

#### School Age (Ages 6–12)

**Fee (M/NM):** $60/$76 (*$52.50/$66.50)

**Sundays**

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
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<tbody>
<tr>
<td>Jan 12–March 1</td>
<td>Stage 1 &amp; 2: 10:40-11:10am</td>
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<tr>
<td></td>
<td>Stage 3 &amp; 4: 11:20-11:50am</td>
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<tr>
<td></td>
<td>Stage 5 &amp; 6: Noon-12:30pm</td>
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<tr>
<td>March 8–April 26</td>
<td>Stage 1 &amp; 2: 10:40-11:10am</td>
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<tr>
<td></td>
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<tr>
<td></td>
<td>Stage 5 &amp; 6: Noon-12:30pm</td>
</tr>
</tbody>
</table>

No lessons April 12.

**Fee (M/NM):** $60/$76 (*$30/$38)

**Saturdays**

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Jan 11–Feb 29</td>
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<td></td>
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</tr>
<tr>
<td>May 2–23*</td>
<td>Stage 3 &amp; 4: 9:40-10:10am</td>
</tr>
</tbody>
</table>

#### Swim Crew (Ages 6–17)

A pre-swim team class aimed at working on stroking technique, endurance and skills. Students work on starts and flip turns as well. Prior to enrolling, students need to be able to complete a 50-yard freestyle swim with bilateral breathing, 50-yard backstroke, 25-yard breaststroke and 25-yard butterfly.

**Fee (M/NM):** $80/$120 (*$60/$90)

**MAPLETON Y**

**Mondays and Wednesdays**

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
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</thead>
<tbody>
<tr>
<td>Jan 13–29*</td>
<td>5:20-6:20pm</td>
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<tr>
<td>Feb 3–26</td>
<td>5:20-6:20pm</td>
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<tr>
<td>March 2–18*</td>
<td>5:20-6:20pm</td>
</tr>
<tr>
<td>March 30–April 22</td>
<td>5:20-6:20pm</td>
</tr>
<tr>
<td>April 27–May 20</td>
<td>5:20-6:20pm</td>
</tr>
</tbody>
</table>

**PROS IN THE POOL**

Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

---

**REGISTER FOR SWIM LESSONS:** ymcanoco.org  |  INFO: swimlessons@ymcanoco.org • 303-443-4474 x2501
LESSONS & MORE AT THE MAPLETON Y

Swim Lessons for Diverse Abilities (Ages 3-17)
Aquatic exercise is highly recommended for children with diverse abilities. Most children can learn to swim with patient and caring swim instructors. Although the YMCA of Northern Colorado takes an inclusive approach with our standard group lessons, these specific classes strive to give everyone the chance to learn how to swim, no matter what diverse abilities they have. This program is a small group lesson open to children with, but not limited to, ASD, Cerebral Palsy, MS, ADHD and physical limitations. Specialized instruction by qualified staff and volunteers will allow children with physical or cognitive disabilities to develop healthy lifestyles by being active, building confidence, socializing and having fun. At the Y, we provide a safe and caring environment that will open the door to all possibilities.

Mapleton Y
Fee (M/NM): $80/$120 (*$60/$90)

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
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<td>Feb 3-26</td>
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<tr>
<td>April 27-May 20</td>
<td>6:30-7:00pm</td>
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</table>

A needs assessment will need to be completed to determine whether these lessons are a good fit, or whether private lessons would be more appropriate. See page 53 for info on private lessons.

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. 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>
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<tbody>
<tr>
<td>Jan 2-30</td>
<td>Tue/Thu</td>
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<td></td>
<td>Sat</td>
<td>7:30-8:30am</td>
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<tr>
<td>Feb 1-29</td>
<td>Tue/Thu</td>
<td>6:30-7:30am</td>
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<td></td>
<td>Sat</td>
<td>7:30-8:30am</td>
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<tr>
<td>March 3-31</td>
<td>Tue/Thu</td>
<td>6:30-7:30am</td>
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<tr>
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<td>Sat</td>
<td>7:30-8:30am</td>
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PRIVATE AND SEMI-PRIVATE SWIM LESSONS & DIVING LESSONS

Private Swim/Diving Lessons (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 front desk.

Arapahoe, Longmont & Mapleton Ys

30 Minute Lessons

<table>
<thead>
<tr>
<th>NUMBER OF LESSONS</th>
<th>PER SESSION FEE (M/NM)</th>
</tr>
</thead>
<tbody>
<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>
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</table>

45 Minute Lessons

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<th>PER SESSION FEE (M/NM)</th>
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<tbody>
<tr>
<td>1 Lesson</td>
<td>$50/$55</td>
</tr>
<tr>
<td>4 Lessons</td>
<td>$190/$210</td>
</tr>
<tr>
<td>8 Lessons</td>
<td>$360/$400</td>
</tr>
</tbody>
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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 front desk. Price is per person.

Arapahoe, Longmont & Mapleton Ys

30 Minute Lessons

<table>
<thead>
<tr>
<th>NUMBER OF LESSONS</th>
<th>PER SESSION FEE (M/NM)</th>
</tr>
</thead>
<tbody>
<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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45 Minute Lessons

<table>
<thead>
<tr>
<th>NUMBER OF LESSONS</th>
<th>PER SESSION FEE (M/NM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Lesson</td>
<td>$40/$45</td>
</tr>
<tr>
<td>4 Lessons</td>
<td>$150/$170</td>
</tr>
<tr>
<td>8 Lessons</td>
<td>$280/$320</td>
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</tbody>
</table>

Financial assistance is not available for private or semi-private swim lessons.

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 performed 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.
- 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.
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

Mapleton Y
Saturdays
Jan 11 10:00am-2:00pm
Feb 1 10:00am-2:00pm
March 7 10:00am-2:00pm
April 4 10:00am-2:00pm
May 2 10:00am-2:00pm

Adult and Pediatric First Aid/CPR/AED/Review (Ages 13+)
This course is for those with current CPR and First Aid certifications or certifications that will expire within 30 days. This course will allow you to renew your current certification. Materials to be used during the course will be given out at the beginning of class. Course materials for this class are available at redcross.org. Certifications now last two years.
Fee (M/NM): $65/$75

Mapleton Y
Tuesdays
Jan 14 6:30-9:45pm
Feb 4 6:30-9:45pm
March 10 6:30-9:45pm
April 7 6:30-9:45pm
May 5 6:30-9:45pm

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

Mapleton Y
DATE   DAY   TIME
Jan 17-19 Fri 6:00-9:45pm  Sat-Sun 8:00am-5:00pm
Feb 7-9 Fri 6:00-9:45pm  Sat-Sun 8:00am-5:00pm
March 13-15 Fri 6:00-9:45pm  Sat-Sun 8:00am-5:00pm
April 10-12 Fri 6:00-9:45pm  Sat-Sun 8:00am-5:00pm
May 5 Fri 6:00-9:45pm  Sat-Sun 8:00am-5:00pm
May 22-24 Fri 6:00-9:45pm  Sat-Sun 8:00am-5:00pm

Lifeguarding Review (Ages 15+)
The Lifeguard recertification option is for currently certified Lifeguards to review skills including water rescue, CPR for the Professional Rescuer and First Aid.
Fee (M/NM): $100/$125

Mapleton Y
Saturdays
Feb 22 8:00am-5:00pm
March 28 8:00am-5:00pm
April 25 8:00am-5:00pm
May 2 8:00am-5:00pm

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. Takeaways include the official Babysitter’s Training Handbook to use in class and on the job, emergency reference guide and training DVD so you can practice at home. Participants should bring a lunch, pen and water bottle.
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.

Arapahoe Y
Saturdays, 9:30am-4:00pm
Jan 11  April 25
Feb 15  May 23
March 21

Longmont Y
Saturdays, 9:30am-4:00pm
March 7

Mapleton Y
Saturdays, 9:30am-4:00pm
April 11  May 9

Red Cross Babysitter’s Boot Camp
Babysitter’s Boot Camp returns this summer! This two-day boot camp includes Babysitting Certification as well as CPR and First Aid certifications.

Arapahoe Y
Fri-Sat, 9:30am-4:00pm
June 12-13  Aug 7-8
July 10-11

MORE FOR TEENS
Y ensures that middle schoolers and teens have opportunities for friendship, mentorship, leadership, sportsmanship and much more. Programs include:
• Middle School Day Off Camps
• Free Teen Night Out
• Lifeguard Training
• Youth Sports and Junior Referees
• Hockey and Figure Skating
• College Scholarships
• Camp Counselor Internships
• Service Learning Programs Locally and Abroad

Learn more at ymcanoco.org/teens.
YMCA DAY OF GIVING
March 3, 2020

Join fellow YMCA members in making an impact in our community. The YMCA Day of Giving will provide opportunities to give back through volunteerism, a financial donation or board or committee work. The YMCA of Northern Colorado depends on the generosity of community members to help us provide financial assistance, programs and support to the children, families, adults and children who need it most.

Be part of the solution
• Volunteer
• Donate
• Serve
Make a Difference!

3 EASY WAYS TO SUPPORT THE Y

1. Access AmazonSmile
When you shop through AmazonSmile, the AmazonSmile Foundation donates 0.5% of the price of your eligible purchases to a nonprofit of your choice. Just go to smile.amazon.com and make the YMCA of Northern Colorado your charity of choice.

2. Tell Your Y Story
Visit ymcanoco.org/my-y and tell us how the Y has made a positive impact in your life. Y stories help us show donors, members and the community how the Y changes lives.

3. Start a Facebook Fundraiser
Whether it’s your birthday or just a moment of generosity, you can use your social media platforms to support our cause. Just find the fundraisers section on your Facebook newsfeed. There, you can start a fundraiser for the YMCA of Northern Colorado. Your fundraiser doesn’t just raise money, it spreads the Y word.