



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**SUMMER/FALL 2012
PROGRAM GUIDE**

**DUNCAN
Family YMCA**



www.DenverYMCA.org

Halloween at the YMCA



**Saturday, October 27th
5:30pm-7:30pm**

Haunted House, Ghoulish Treats, Scary Sports, Carnival Games

**FREE for YMCA Members
\$5 per Family for NON Members**





CENTER INFORMATION

DUNCAN FAMILY YMCA

6350 Eldridge Street
Arvada, CO 80004
Phone: 303.422.4977
www.DenverYMCA.org

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DUNCAN FAMILY YMCA

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DUNCAN YMCA STAFF

Brian Tucker

Executive Director

Jen Spettel

Membership Director

Teresa Hill

Aquatics Director

Bri Hack

Aquatics Coordinator

Roubhie Fairchild

Family Program Director

Linda Mansilla

Health/Wellness Director

Nancy Lambertson

Wellness Leader

Joni Krickbaum

Active Older Adult Coordinator

Brady Lyons

Community Athletic Director

Chris Finch

Sports Coordinator

Liz Rowland

Office Manager

Care about the future.

Contribute to the Y.

Create lifelong experiences.

Endowment Fund for the Susan M. Duncan Family YMCA

In June 2004 the Susan M. Duncan YMCA received an Endowment Challenge Grant from Community First Foundation that helped create an Endowment Fund. This fund allows the volunteers, donors, staff and community to provide a perpetual base of funding for YMCA programs and services. The volunteer leadership that has worked so hard over the years to make the Susan M. Duncan YMCA a unique, warm and thriving community amenity for children, teens, parents, adults and seniors will now see the

fruits of their labors as they build a legacy fore their children and their children's children to enjoy in the heart of Arvada.

The Endowment Fund will help solidify the YMCA's ability to fund critical programs and services that meet the diverse and challenging needs of the Arvada Community.

For more information or to supports this effort please contact, Brian Tucker, Executive Director at 303-422-4977 or btucker@denverymca.org.

FACILITY HOURS

Days	Times
Mon-Fri	5am-10pm
Sat	7am-7pm
Sun	9am-7pm

CHILDWATCH HOURS

Days	Times
Mon-Thu	8am-8pm
Fri	8am-1pm
Sat	8am-1pm
Sun	CLOSED

HOLIDAY HOURS

Holiday	Date	Times
Memorial Day	May 28	5am-3pm
Independence Day	July 4	5am-3pm
Labor Day	Sep 3	5am-3pm
Thanksgiving Day	Nov 22	7am-noon
Day After Thanksgiving	Nov 23	5am-7pm
Christmas Eve	Dec 24	5am-3pm
Christmas Day	Dec 25	CLOSED
New Year's Eve	Dec 31	5am-3pm

MEMBERSHIP INFORMATION

A membership at any of the YMCAs of Metropolitan Denver gives you access to all of our facilities.

We ask that you take out your membership at the branch where you spend 50 percent or more of your time.

For information on program sessions and registration dates, visit our website at www.DenverYMCA.org.

Fifty percent discount for YMCA family members on swim lessons and youth sports programs. Membership must be active throughout the program/session. Early termination of membership will require payment of the difference of the program to the non-member rate.



OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR CAUSE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

OUR VALUES

Caring, honesty, respect and responsibility are the basis for all that we do.

OUR HISTORY

The YMCA has been strengthening the foundations of our communities in the Denver area since 1875 - before Colorado was established as a state.

PROGRAM CREDITS & REFUNDS

- Requests made prior to the first class will receive a 100% credit less a \$5 processing charge.
- All credits are in the form of computer credit, which may be used at the Duncan Family YMCA, for any programs offered, and are good for 1 calendar year.
- Full refunds will be granted if the YMCA cancels classes.
- Credits/Refunds/Make-Up Classes will not be issued for missed classes due to student illness/vacation.
- Credits/Refunds will not be issued after the second class has met.
- All class switches and cancellations must be made in person. A \$5 charge will be assessed for each class switch.

AQUATICS

AQUA-FIT

A class for all ages and fitness levels, from the beginner to advanced! This non-rebound class will be taught in both shallow and deep water. It will utilize various equipment, aquatic exercises and stretching to increase core strength, toning, flexibility, range of motion and balance.

ADULT SWIM CONDITIONING

This class is designed for those who would like to get or stay in shape, train for a triathlon, or just get a non-impact workout. Practices are run by an experienced Masters Swim coach and will be adjusted to meet your specific needs.

Practices are held Mondays and Wednesdays from 12:30-2pm. Registration is required.

ADULT SWIM LESSONS

Ages: 15 - older adult

It is never too late to learn how to swim! Classes are designed for beginning through intermediate levels. Learn to be more comfortable in the water, improve technique and endurance.

AQUA ARTHRITIS

Water toning and conditioning for people with arthritis and joint injuries. Students will work on joint flexibility, core strength and balance. Swimming ability is not required.*

*Doctor's permission is strongly encouraged.

AQUACISE

A low-impact aerobic workout that is gentle on the joints. Muscular strength and endurance exercises are included using the water for resistance.

DEEP WATER AQUACISE

Participants will wear water walking belts to allow you to maintain effective body alignment along with keeping your head comfortably above the surface of the water. Participants will work on balance control, strength and conditioning while getting a cardio workout.

Designed for people with Multiple Sclerosis and other special needs. Modifications are used to accommodate each participant's level, concentrating on muscular strength, flexibility and range of motion.

WATER WALKING

This is a great aerobic workout emphasizing muscular strength and endurance through exercises that use the natural resistance of water.

FIRST AID

This American Safety and Health Institute course will teach you to recognize an emergency and how to respond by providing care to the victim. Upon successful completion, students will receive an ASHI Certification.

CPR

Learn and practice lifesaving, skills for infants, children, and adults. Skills include breathing and cardiac emergencies as well as use of an AED (automatic external defibrillator). Upon successful completion, students will receive an American Safety and Health Institute Certification (ASHI) card.



HEALTH & FITNESS

PERSONAL TRAINING

Work with a certified trainer on a one-on-one basis. The trainer will provide individualized physical conditioning programs based on your needs and goals. Sessions are 30 to 60 minutes each, by appointment only. Cancellation Policy: 24-hour notice.

NOTE: Sessions expire 6 months from date of purchase and are non-transferable.

FITNESS EVALUATION

This evaluation includes a bike ergometer assessment, which is a sub maximal assessment that allows us to estimate your physical work capacity, suggested met level for your workout, and VO2 max. Also included in this evaluation are body composition, resting heart rate, blood pressure, upper body strength and endurance, abdominal strength and endurance, and flexibility evaluation.

Fee: \$25 Member/\$60 Non-member

MINI FITNESS EVALUATIONS

This evaluation includes resting heart rate, blood pressure, body composition, strength, flexibility and heart recovery rate. This valuable assessment is FREE for members.

BODY COMPOSITION ANALYSIS

The body is composed of lean body mass and fat. Body fat, not weight, is the most accurate indicator of fitness and health. This assessment will help you to determine your body composition. Please wear loose clothing. Register at the Membership Service Desk, and one of our fitness professionals will contact you to set up an appointment.

HEALTH SCREENINGS

Please stop by our lobby for complimentary posture analysis and a consultation by Dr. Dave Hestera, Chiropractor, or blood pressure checks with Dr. Tod Sweeney or Dr. Peter Hoth. Check the Active Older Adult bulletin board for dates.



The YMCA

would like to thank
our community partner
for their continued
generosity and support

WEIGHT WATCHERS®

Isn't it time to take charge of your eating and exercise habits? Come and join one of our convenient Weight Watchers® groups at the YMCA. Visit www.WeightWatchers.com for program details.

BODY BOX BLAST & BURN

A high-intensity, interval-designed class focusing on drills, developing cardio vascular thresholds, athletic strength and performance. Jump ropes, BOSUs and weights may be used.

BODY BLAST

A high-intensity class focusing on athletic strength. Jump ropes, BOSU's and weights may be used.

BODY PUMP™

This high-energy Les Mills program is designed to work your whole body using barbells with adjustable weights. We will focus on strengthening, defining and toning muscles. The routines are easy to follow and deliver results FAST! Great for both men and women.

BOOMER 'ROBICS

This is a low-impact "old fashioned" aerobics class designed for the 50+ exerciser and those new to or returning to group exercise.

BOOT CAMP

Challenge yourself with this fun effective boot camp-style class.

CARDIO BALL FUSION

This class is designed to improve your core power with the added benefit of improving your cardio conditioning.

CROSS TRAINING

A dynamic hi/lo workout that moves through a variety of intense combinations. Designed for intermediate to advance exercisers.

FITNESS REVOLUTION

This class is designed to introduce many kinds of fitness strategies to revolutionize your lifestyle, basic nutrition and workouts in the weight room or class room.

HARD CORE

Strengthen and tone the abdominal and low back muscles, the body's "core."

HIIT!

High Intensity Interval Training! This class is for the advanced exerciser and based on Tabata principles.

INDOOR CYCLING

Experience one of the best cardio workouts around. This class benefits all levels of fitness. No previous cycling experience necessary. We offer classes of various lengths, from our 45 to 60 minutes including Family Friendly classes.

KENDO

Ages: 8-Adult

An ancient Japanese Martial Art, also known as Japanese Fencing. Kendo is a professional sport in Japan.

NIA®

NIA is a combination of dance, martial and healing arts. Choreographed routines to world beat music. Come dance, kick, punch and laugh as you burn calories and meet new friends!

PARKINSONS EXERCISE CLASS

This class will focus on balance, strength, stability and daily living for individuals with Parkinsons.

PARKINSONS TAI CHI

Enjoy the many benefits of Tai Chi in this class designed for individuals with Parkinsons Disease.

PILATES BASICS

Great for those new to Pilates. Focus on core stability and strength.

PILATES (BOSU)

Take your Mat Pilates workout to the next level with our BOSU Pilates class. Previous Mat Pilates experience recommended (intermediate/advanced class).

PILATES (MAT)

Focus on your core muscle strength, stability and flexibility.

POWER STRENGTH & STABILITY

Challenge yourself as you build strength and increase stability. Designed for all abilities.

STEP AEROBICS

Cardio class using steps. Class may also include strength and core.

STRETCH & RELAXATION

Feeling rushed and overwhelmed? Then this class is for you. Forty-five minutes of stretching and time for relaxation.

TAI CHI CHIH®

Learn a series of 20 movements in this spirit, mind and body class.



Our Mission At Work: SCHOLARSHIP ASSISTANCE

Thanks to the YMCA's base of membership and contributed support, some financial assistance (based on demonstrated family need) is available. Subject to available resources, no person will be denied membership or program participation by reason of an inability to pay fees. Contact the Membership Service Desk for more information.

WOMEN ON WEIGHTS

This fee-based class focuses on proper use of strength machines and free weights. Also includes abdominal exercises and discussions on the latest trends and facts about health and wellness. Class is designed to teach new ways to exercise all muscle groups of the body in a small group setting. Benefits of strength training for women include: increased energy levels, metabolism, bone density and improved body composition.

YOGA BEGINNING

Yoga is an effective way to stretch and tone muscles and reduce stress.

YOGA DEEP FLOW

Wind down your day with our gentle, flowing yoga class. Through the use of mindfulness, move through the yoga poses with attention to breathe and body awareness. Let go of the stress of everyday life for an hour of slowing down.

YOGA FLOW

Strengthen the mind/body connection by linking the breath with a series of flowing postures around salutations. The class builds endurance, flexibility, strength and concentration.

YOGA FOR ATHLETES

Yoga for athletes is a fast paced fitness-based class which utilizes strong powerful movements focused on building strength and flexibility. This vigorous approach to yoga strengthens and tones the entire body, helps reduce stress and tension, and helps create harmony from within.

YOGA GENTLE

This class is great for beginning students and those who would like a gentle approach in their yoga practice.

YOGA HATHA

Hatha yoga is the most widely practiced form of yoga in America. Not religious in nature, Hatha yoga is an effective way to stretch and tone muscles and reduce stress. Learn some of the most popular yoga poses, which work to promote circulation, balance and flexibility. This is a great class for building a strong spirit, mind and body. Beginner to intermediate levels.

YOGA INTERMEDIATE

Take your yoga practice to the next level with our intermediate class. Some yoga experience required.

YOGA VINYASA FLOW

Strengthen the mind/body connection by linking the breath with a series of flowing postures.

ZUMBA® (BEGINNER)

Join the party in this low impact zumba class for those who enjoy the fun, high energy music, but prefer low impact moves.

ZUMBA®

This fun, high-energy class is a fusion of Latin and International music and dance combined with fitness moves. An interval-based class designed for all levels. Come join the party!





OLDER ADULTS

ACTIVE OLDER ADULT FITNESS

This well balanced workout includes warm-up, cardio, strength stretches and balance exercises. Advance classes are also offered.

BALANCE AND BUILD

This program is designed for participants 70+ or anyone who may have balance issues.

EASE INTO IT

Participants in this class will perform gentle exercises at a controlled pace. Designed for those with arthritis, recovering from illness or surgery who may benefit from a slower paced class.

ZUMBA GOLD®

Enjoy the same fun music without any of the jumping or jarring moves (great for active older adults, and those with joint issues or concerns).

LIVE Y'ERS/SILVER ACTIVITIES

Join us for activities related to our active older adult members. This is the perfect opportunity to meet new friends, participate in field trips and other social activities. For information, contact the Y for a schedule of monthly activities.

LUNCH BUNCH

Come with us to sample some of the area's best dining. Meet at the YMCA between 11:45 am and noon. Transportation by the Y will not be provided; carpooling is encouraged. Enjoy the company of good people, and taste good food over great conversation. Lunch will be at 12:15pm. Stop by the YMCA to pick up the current schedule.

ADULT SPORTS

ADULT PICK UP BASKETBALL

Join us at the YMCA for fun and exciting adult basketball games. Games are recreational to competitive. Players call their own fouls. If you enjoy basketball this is a great way to play the game without having to find a league.

Day	Time	M/NM
Sun	10am-12pm	Free/\$5
Tue	8-10pm	Free/\$5

FAMILY

BIRTHDAY PARTIES

The YMCA is a great place to celebrate your child's birthday. Several packages available, including swim time and the Kids Club. Please call 303.422.4977 for more information or to schedule a party.

FAMILY CONDITIONING

This is a fun and challenging class for children ages 8 and older and their parents. A family who exercises together stays together!

FAMILY SWIM

Enjoy time together as a family in the pool. Fridays from 4-8pm, Saturdays from 12:30-6pm and Sundays from 10am-5pm.

FAMILY TIME

Need to spend quality time with your kids? Visit the Kid's Club for a fun-filled time with your family. Don't worry parents, you are able to play as freely as your children. Monday, Wednesday and Thursday from 6-8pm.

OPEN GYM

Enjoy free time and play ball with your kids. Check out our website for gym availability.

AQUATICS

PARENT-CHILD

Ages: 6–36 months

The primary objective is to make both the child and parent comfortable in the water. Children will participate in games that use basic skills in the water such as kicking, arm movements, and breath control. Additional activities are based on the developmental abilities of the child. Children are required to wear rubber pants or swim diapers under their swimsuit (No regular diapers). One adult per child is required; couples encouraged.

INFANT SWIMMING RESOURCE (ISR)

Ages: 6 months and up

Nationally acclaimed program, ISR is dedicated to building a successful aquatic foundation for your child, honoring both their emotional and physical well being. You can give your child the gift of water respect, confidence and survival skills. ISR can teach your 6 month-12 month old how to roll onto their backs and float independently in the water. ISR can teach your 1 to 10 year old to become fully effective in the water by learning to swim and float. To schedule lessons or for more information, call the Y at 303.422.4977.

SEAHORSE

Age: 2 with parent

This transitional class will prepare your 2 year old for the next level of preschool classes. Parents will be weaned from the water as children are ready for it.



PRESCHOOL SWIMMER

Ages: 3–5

Pike – Beginner I

A child having little or no experience swimming independently. Children will work on: floating; basic paddling strokes (front, back, and side); kicking skills; and gain confidence having their faces in the water.

Eel – Beginner II

The child should already be able to (with a float belt): front and back float 20 seconds.; swim on their front, back, and side (10 yards with a float belt and 5 feet without a float belt).

Ray – Advanced Beginner

The child should already be able to: jump in the water without assistance; swim on their front, back, and side (25 yards with a float belt and 15 feet without a float belt); and front and back float for 20 seconds with or without a float belt.

Starfish – Advanced Beginner II

The child should already be able to: front and back float for 30 seconds; tread water for 20 seconds; swim front paddle with rhythmic breathing, back and side alternating paddle (each stroke 15 yards with a float belt and 20 feet without); front and back symmetrical paddle (each stroke 25 yards with a float belt and 20 feet without).

SCHOOL-AGED SWIMMER

Ages: 6-14

Polliwog - Beginner

A child having little or no experience swimming independently. Children will work on: floating, basic paddle strokes (front, back and side), kicking skills, and gain confidence having their faces in the water.

Guppy - Advanced Beginner

The child should already be able to: front & back float for 30 seconds (with or without a float belt); paddle on front, back & side (25 yards with a float belt and 20 feet without a float belt); and jump into the water unassisted.

Minnow - Intermediate I

The child should already be able to: front and back float for 1 minute; tread water 20 seconds; swim the front crawl with rhythmic breathing, side and back alternating paddle, and front and back symmetrical paddle for 40 feet each without flotation.

Fish - Intermediate II

The child should already be able to: float 3 minutes; swim (each for 25 yards) the front crawl with rotary breathing and back crawl in good form; rudimentary breaststroke, sidestroke and elementary backstroke; and tread water for 1 minute.

Flying Fish - Advanced I

The child should already be able to: float 6 minutes; swim the front crawl, back crawl, sidestroke, breaststroke, and elementary backstroke for 50 yards; swim 15 yards butterfly; and tread water 3 minutes.

Shark - Advanced II

The child should already be able to: float 6 minutes (in clothes); swim the front crawl with bi-lateral breathing for 100 yards; swim the breaststroke, back crawl, elementary backstroke, and sidestroke for 100 yards; swim 25 yards butterfly; and tread water for 6 minutes.

PORPOISE CLUB

Ages: 12 and up/Advanced III

The swimmer must already be proficient in front crawl, back and breast strokes, and have basic knowledge of butterfly. This course will focus on endurance, efficiency of techniques and introduction of competitive skills. Taught by our Master Instructor Steve Hadley.

AQUAFORCE SWIM TEAM

AquaForce is a registered USA competitive swimming team serving the Denver Metro area. Training and competition is offered for all levels of swimmers in a year-round, family friendly program. Practices are held Monday through Friday afternoons. Contact the YMCA for a detailed brochure.

PRIVATE SWIM LESSONS

Thirty-minute private swim lessons are offered by our swim instructors on a flexible basis. Whether you are a novice or wanting to refine your technique, our instructors are available to assist your needs. Please complete a 'Private Swim Lesson Request' form, available at the front desk. You will be contacted when a spot becomes available.*

*Semi-private and "Master Instructor" private swim lessons are also available; please contact the Membership Service Desk for pricing.

DAY CAMP SWIM LESSONS

Sign up your camper for swimming lessons the weeks he/she is attending camp. Staff will transport campers from camp to the pool and back again. Campers will be divided into three basic levels; beginner, advanced beginner and intermediate swimmers. Lessons will focus on the basics and stroke development. Lessons are held Tuesday and Thursday, 8:15-8:45am.

Fee: \$12 per week

LIFEGUARD CERTIFICATION

This course will provide the skills and knowledge necessary to be a lifeguard. CPR, First Aid, AED and Oxygen are included. Participants must pass a swim test on the first class and be age 15 by the last day of class.

Date	Times	M/NM
June 12-15	9am-5pm	\$280/\$330

LIFEGUARD RECERTIFICATION

Renew your Lifeguard/First Aid and CPR certifications so that you can get that job as a Lifeguard. Candidates must have held the certification before (no new students) and must study the material ahead of time. Contact the Aquatics Department to set up a time.

Fee: \$70 per person

JR. GUARD CAMP

Ages: 11-14

This camp will introduce campers to techniques they can use to help themselves or others out of trouble in the water. Emphasis is on prevention, basic assists and non contact rescues. Campers will also be certified in CPR and First Aid. Campers must be able to swim at the Minnow level of higher to participate.

Dates: June 25-29, 12:30-3:30pm

Fee: \$100 Member/\$135 Non-member

WET N WILD CAMP

Ages: 6-10

Join our high-energy staff for a fun-filled week of water fun! Students will swim twice a day and do activities that include water safety, snorkeling, water polo, water games and swimming skill improvement. Swimmers must be comfortable swimming in deep water.

Dates: July 16-20

Fee: \$100 Member/\$135 Non-member

CHILD CARE

CHILD WATCH

Ages: 6 weeks-12 years

Child Watch is available to members while they participate in programs or activities at the YMCA. Child Watch is free to family members. There is a fee of \$3 per child per visit for those who are not YMCA family members. Maximum time in Child Watch is 2 hours per day. Infant space is limited. Reservations required and can be made up to one week in advance.

DROP OFF CHILD CARE

Ages: 12 months*-12 years

Drop your children off at the Y while you leave to run errands, grocery shop, have lunch with friends, etc. Children 1 year (walking) to 12 years can take advantage of various program options. Program is licensed, and children are separated into age-appropriate classrooms. There is a limit of 4 hours per day and no more than 15 hours per week. Please inquire at the Child Watch Desk for hourly rates and package options. Reservations are required and can be made up to a week in advance.

*12-month children must be walking.

LICENSED PRESCHOOL

Licensed preschool is offered for ages 3-5. Participants can choose to enroll 1 day, 2 days or 3 days per week. Our curriculum is a combination of Creative Curriculum, CORE knowledge standards, Handwriting Without Tears and Food & Friends Curriculum. Daily activities will focus on four literacy skills, healthy habits, music and movement plus science and math. Promoting healthy family home is also an integral part of our schedule.



PRESCHOOL

GYM & SWIM

Ages: 3-5

Children will play in the gym for 30 minutes followed by 30 minutes of free swim. Class focuses on following directions, taking turns, and coordination with emphasis on having fun. Children should come with swim suits under their clothing.

GYMNASTICS

Ages: 3-6

Gymnastics builds strength, flexibility, coordination, and self-esteem. Introductory course will teach children the basics while having fun.

KIDS IN MOTION

Ages: 2-3 1/2

This class focuses on rhythm and dancing, coordination, following directions, and basic introduction to gymnastics.

KIDS ART SAMPLER

Ages: 3-5

This is a beginning art class. Explore with a paintbrush and learn about texture, printmaking and collage. Expand by creating a 3-D craft connected to the daily theme. Class size limited to 10.

TUMBLE BUGS

Ages: 1 1/2 - 2 1/2

It's gym time! A great introduction to the basics, getting in a circle, lining up, follow the leader, and taking turns. Parent participation is required.

YOUTH & TEENS

HOMEWORK CLUB

Ages: 6-12

This is a great opportunity for school-age children to receive homework assistance or just the right place to complete homework. Registration is required.

KIDS CLUB

Ages: 6-14

A space for our older kids! This is a supervised room for the older child to hang out while you work out. The room offers: climbing structure, arts and crafts, books and board games. Hours mirror child watch. Family play time available from 6-8pm on Mondays, Wednesdays and Thursdays.

KIDS DAY OUT

Get your holiday shopping done while the kids are having fun at the YMCA! Children 4 1/2 and older will have swim times, gym times and organized games. Lunch and snacks provided.

Dates: Dec 16 & 23, 12-5pm

KIDS NIGHT OUT

Ages: 1*-12

The Kids Night Out program is filled with activities for school-age and pre-school children. Activities include arts and crafts, movies, sports, games and plenty of opportunities to make friends. There is also swim time for those age 5 and older as well as lots of gym time. Pizza and healthy snacks are included, and advance registration is required.

June 2, 5-10pm; July 7, 5-10pm

Aug 4, 5-10pm; Sep 1, 5-10pm

Oct. 6, 5-10pm; Nov 3, 5-10pm

Dec 1, 5-10pm; Dec 15, 5-10pm

* 1 and walking





SAFESITTER CAMP

Ages: 11-14

Spend a week learning what every parent wants in a responsible babysitter. Students will receive American Health and Safety certifications in Babysitting, Infant/Child CPR as well as First Aid. We will throw in a daily swim and practical experience with our Kinder Campers. Camp is offered three times throughout the summer.

Days: Mon-Fri, 10am-3pm

Dates: June 18-22, July 9-13, Aug 13-17

Fee: Member \$120/Non-member \$165

YOUTH SPORTS

FALL 1 SEASON INFO

Season Dates: Aug 20-Oct 6

Registration Deadline: Aug 3

Programs offered

Sports	Age/Grade*	M/NM
Kickers Soccer	Age 3-4, Coed	\$33/\$66
Soccer	Grade K-6, Coed	\$38/\$76
Jr. Rockies Little Sluggers	Age 3-4, Coed	\$36/\$72
Jr. Rockies T-Ball	Age 5-Kind, Coed	\$41/\$82
Jr. Rockies Coach Pitch	Grade 1-2, Coed	\$41/\$82
Flag Football	Grade 1-6, Coed	\$38/\$76
Volleyball	Grade 3-8, Coed	\$36/\$72
Lacrosse Clinic	Grade 1-4, Coed	\$30/\$60
QuickStart Tennis	Age 5-8, Coed	\$30/\$60

* Refers to grade your child will be entering.

FALL 2 SEASON INFO

Season Dates: Oct 15-Dec 15

Registration Deadline: Oct 5

Programs Offered:

Sport	Age/Grade	M/NM
Jr. Nuggets Little Hoopsters	Age 3-4, Coed	\$44/\$88
Jr. Nuggets Basketball	Grade K-2, Coed	\$52/\$104
Jr. Nuggets Basketball	Grade 3-8, Boys/Girls Divisions	\$52/\$104
Volleyball	Grade 3-8, Coed	\$38/\$76

Practice days and times for teams are chosen by the coaches. Special requests for coaches, practice days or locations can be specified on the registration. We do our best to accommodate your needs, but all requests are not guaranteed.

Volunteer coaches are always needed and appreciated! Please contact the Athletic Director if you are interested in being a volunteer.

HIGH SCHOOL DROP-IN BASKETBALL Grades: 9-12

Join us at the YMCA for pick up basketball games. Basketball courts will be open for shooting, 3v3, or 5v5 games. Games will vary from recreational to competitive. Players call their own fouls.

Day	Time	M/NM
Tue	2-4pm	FREE/\$5

JR. NUGGETS LITTLE HOOPSTERS BASKETBALL

Ages: 3-4, Coed

Designed to introduce children to the game of basketball. Jr. Nuggets Little Hoopsters teaches basic skills using age-appropriate games and activities. Parents are encouraged to participate with their child. Volunteer coaches are needed. The participants meet for one hour each week (1/2 hour practice and 1/2 hour game).



YMCA SPORTS PROUDLY SUPPORTED BY:

DANIELS FUND

JR. NUGGETS BASKETBALL

Grades: K-8

Coed and separate boys and girls divisions offered. Program teaches basic fundamentals of the game with a focus on good sportsmanship and teamwork. Teams will practice one hour a week and have one game each week. Volunteer coaches are needed. Jr. Nuggets jersey provided. \$5 discount offered for returning players who do not need another jersey. Discount applied during registration.

JR. NUGGETS

HIGH SCHOOL BASKETBALL

Dec 8-Feb 9

Deadline: Nov 30

Grades: 9-12, Coed

This league is for players not currently on their high school basketball team or for individuals just looking to play more basketball and improve their individual skills. Teams play one game a week, and there are no practices. Games may be played on Saturday or Sunday.

JR. ROCKIES LITTLE SLUGGERS T-BALL

Ages: 3-4, Coed

Designed to introduce children to baseball. Jr. Rockies Little Sluggers teaches the basic skills using age-appropriate games and activities. Parents are encouraged to participate with their child. Volunteer coaches are needed. The participants meet for one hour each week (1/2 hour practice and 1/2 hour game). Jr. Rockies jersey and hat provided.

JR. ROCKIES T-BALL

Age: 5-K, Coed

Designed to introduce children to baseball. T-ball teaches basic fundamentals using age-appropriate games and activities. Parents are encouraged to participate with their child. Volunteer coaches are needed. Teams will practice one hour during the week and one-hour games will be played. Jr. Rockies jersey and hat provided. \$5 discount offered for returning players who do not need another jersey and hat.

JR. ROCKIES COACH PITCH

Grades: 1-2, Coed

The focus of the program is player skill development and teamwork. Volunteer coaches are needed. Teams will practice one hour a week and have one game per week. Jr. Rockies jersey and hat provided. \$5 discount offered for returning players who do not need another jersey and hat. Discount applied during registration.

KICKERS SOCCER

Ages: 3-4, Coed

Designed to introduce children to soccer. YMCA Kickers teaches basic skills using age appropriate games and activities. Parents are encouraged to participate with their child. Volunteer coaches are needed. The participants meet once for one hour each week on Saturdays (1/2 hour practice and 1/2 hour game).

SOCCER

Grades: K-6, Coed

Multiple coed divisions offered. Program teaches basic fundamentals of the game with a focus on good sportsmanship and teamwork. Teams will practice one hour a week and have one game each week. Volunteer coaches are needed. Player jersey provided. \$5 discount offered for returning players who do not need another jersey. Discount applied during registration.

FLAG FOOTBALL

Grades: 1-6, Coed

This fast-paced sport will allow your child to develop fundamental flag football skills and team play. Teams will practice one hour and have one game each week. Team shirt included. Multiple coed divisions offered.

VOLLEYBALL

Grades: 3-8, Coed

Bump, set, spike! This league will focus on skill development and team work. Multiple coed divisions offered. Teams will practice one hour and have a match each week. Team shirt included.

LACROSSE

Grades: 1-4, Coed

No previous experience necessary! These beginner clinics are designed to introduce kids to the sport of lacrosse. The focus is individual fundamental skill development through drills and games. Clinics are once a week on Saturdays.

QUICKSTART TENNIS

Grades: 5-8, Coed

QuickStart Tennis is a fun and easy way for kids to play the game of tennis. Using smaller and lighter racquets, foam and low compression balls and a gym, kids learn the fundamentals of tennis faster and with greater success. Clinics are offered once a week on Saturdays.

HOME SCHOOL PE

Ages: 5-13, Coed

Games are played that promote good physical activity and working with others. Class is offered three days a week for one hour. Tuesday and Wednesday class meets in the gym and Thursday class meets in the pool. You can register for just one, two, or all three days.

Session	Dates	Time
Fall 1	Aug 21-Oct 11	1-2pm
Fall 2	Oct 16-Dec 13	1-2pm

SPORTS SUMMER CAMPS

YMCA sport camps focus on teaching basic fundamentals of the sport and teamwork through a variety of games and drills.

Camp*	Dates	Ages	Reg Deadline	M/NM
Jr. Nugget Basketball Camp	Camp 1-June 11-15, Camp 2-July 16-20	6-12	Camp 1-June 8, Camp 2-July 13	\$38/\$76
YMCA Volleyball Camp	July 23-27	8-13	July 20	\$30/\$60
YMCA Lacrosse Camp	July 9-13	6-13	July 6	\$30/\$60
Challenger Soccer Camp	June 25-29	3-16	June 15	Visit www.challengersports.com .
Diamond Club Baseball Camp	Camp 1-July 16-19, Camp 2-Aug 6-9	6-13	Camp 1-July 9, Camp 2-July 30	\$100/\$100
Birdie Ball Golf Camp	July 30-Aug 3	5+	July 23	\$150**

*All camps will be at the Duncan YMCA.

**Includes a club, dozen birdie balls, strike pad and baseball cap.



SPORTS OF ALL SORTS

Ages: 3-5, Coed

The goal of this program is to introduce kids to a number of sports and develop the physical and mental skills necessary for both group and individual sports involvement. Modified equipment and games are used to create a fun environment. Sports include basketball, soccer, flag football, T-ball and other fun games.

Session	Dates	Days	Times
Summer 1	June 4-July 9	M/W	9:30-10:15am
Summer 2	June 5-July 5	Tu/Th	3:30-4:15pm
Summer 3	July 10-Aug 9	Tu/Th	3:30-4:15pm
Fall 1 class #1	Sep 4-Oct 4	Tu/Th	3:30-4:15pm
Fall 1 class #2	Sep 10-Oct 10	M/W	9:30-10:15am
Fall 2 class #1	Oct 16-Nov 15	Tu/Th	3:30-4:15pm
Fall 2 class #2	Oct 15-Nov 14	M/W	9:30-10:15am

COMMUNITY SUPPORT CAMPAIGN

We offer you the opportunity to become involved in our Community Support Campaign by making a donation, volunteering to help raise money for the local area or help with the special events during the campaign. Please talk to the Executive Director for more details.

OUR MISSION AT WORK: SCHOLARSHIP ASSISTANCE

Thanks to the YMCA's base of membership and contributed support, some financial assistance (based on demonstrated family need) is available. Subject to available resources, no person will be denied membership or program participation by reason of an inability to pay fees. Contact the Membership Service Desk for more information.

VOLUNTEERISM AT THE Y

YMCA volunteers play a vital role in accomplishing our mission. Volunteers help us to set YMCA policies, raise funds for scholarship assistance, and lead programs that have direct contact with YMCA members and their families. Here are some specific ways you can make a difference at your YMCA:

- Aquatic Exercise Instructor
- Swim Lesson Instructor
- Aquatic Safety Assistant
- Special Events
- Summer Day Camp-Field Trips
- Fitness Instructor
- Golf Tournament
- Youth Sports Coaches & Officials
- International Committee
- Development Committee
- Membership Committee
- International Team Board of Advisors

The **YMCA of Metropolitan Denver** would like to thank the following organizations for their support of our 2012 Martin Luther King, Jr. Celebration



REGISTRATION

Register by mail, fax, in-person or online!! Hurry! Classes fill up fast!

Duncan Family YMCA

Name (parent name if for child): _____

Address: _____ City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Emergency Contact _____ Phone _____

Are you interested in becoming a member? YES NO Email _____

PARTICIPANT'S NAME	SEX	BIRTHDAY	GRADE	CLASS NAME	CIRCLE SESSION				DAY(S)/TIME	FEE
JANE SMITH	F	10/03/01	2nd	Sports of all Sorts	1	2	3	4	M/4:00 pm	\$47
					1	2	3	4		
					1	2	3	4		
					1	2	3	4		

TOTAL

Additional information for Youth Sports Registrants:

Special Requests – practice time/day, team assignment, etc. (not guaranteed)

Please rate your child's ability level: Beginner Intermediate Advanced

How many seasons has your child played in an organized league? _____

I, _____, would like to volunteer in one of the following areas:

Coach Assistant Coach Official Team Parent

Payment Options: Check # _____ MasterCard Visa Discover

Card # _____ Exp. _____ Signature **X** _____ Date _____

YMCA Program Release for Participants: I hereby acknowledge the inherent risks associated with participation in the program for which I am registering. I hereby release, and agree to hold harmless, the YMCA of Metropolitan Denver, Denver Nuggets, the National Basketball Association and its Member Teams, NBA Properties, Inc., the Pepsi Center, and each of their respective parents, subsidiaries, affiliates, directors, officers, employees, owners, players and all agents (collectively, the "Released Parties") from any and all claims, liabilities, and losses that relate in any way to any injury (including death) to my, or my child's, person or property. I give my permission (without any compensation) to use any photographs, film footage, or tape recordings which include my, or my child's, image, voice or likeness to promote YMCA programs. This Release shall be governed by, and construed in accordance with, the laws of the State of Colorado. I hereby acknowledge that I have read this Release, I understand its content, and I am over the age of 18. If registering for program participation for a child under the age of 18, I acknowledge that I am the registered child's parent or guardian and I sign this Release voluntarily and intend for it to be legally binding. In the event that my payment is returned unpaid, it will be collected electronically. **I understand that my account will also be charge \$20 for collection service (or the maximum amount allowed by law) and that I will be responsible for any other associated collection costs.**

X _____ Date _____

Parent/Guardian/Adult Signature



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LET'S WORK TOGETHER AS ONE COMMUNITY

Make a gift today!

**YMCA of Metropolitan Denver
Visit www.DenverYMCA.org**



**COMMUNITY
SUPPORT
CAMPAIGN**

A YMCA Initiative



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

Participate in our Y rewards program and receive great benefits as well as being eligible for great discounts and prizes!

INTRODUCING YOUR Y REWARDS:

Early bird registration

Participation in Summer Survival gives you a chance to win great prizes for coming in and working out June 1 – August 14

We always reward you for referring new members. You could get a Free Month of Membership

YMCA of the Rockies

The YMCA of the Rockies, which includes Estes Park Center and Snow Mountain Ranch (near Winter Park), has great availability year round for you and your family to experience great fun in the Rockies.

Activities include but are certainly not limited to:

- Mini-Golf
- Zip Line
- Hiking
- Horseback Riding
- Swimming
- Fishing
- Sand volleyball
- Mountain Biking
- Climbing Wall

Most activities are free for guests of Estes Park Center and Snow Mountain Ranch. Lodge rooms start from \$79 per night, and all YMCA members receive \$15 off per night!

