



REGISTER NOW FOR YMCA YOUTH BASKETBALL LEAGUES

CALLING ALL BALLERS

DATES

- Season Dates: April 7 -June 7
- Member Registration Opens: February 3
- Non-member Registration Opens: February 10
- Registration Ends: March 17
- Late Registration Period: March 18-28

LOCATIONS

- Arvada YMCA
- Central Park YMCA
- Littleton YMCA
- Southwest YMCA
- University Hills YMCA

DIVISIONS

- 3-5 Year Old Coed
- 6-8 Year Old Coed
- 8-10 Year Old Boys
- 8-10 Year Old Girls
- 10-12 Year Old Boys
- 10-12 Year Old Girls
- 12-14 Year Old Boys
- 12-14 Year Old Girls



Join YMCA Basketball and experience the game with the organization that helped create it! This exciting program includes a Denver Nuggets-themed jersey, a ticket to a Nuggets game, free access to YMCA Denver Nuggets Skills Clinics, and the opportunity to participate in halftime games at Ball Arena. Players will also have the chance to join halftime festivities at local college men's and women's basketball games. YMCA leagues are Volunteer Coach led who all complete our required background check and provided coach trainings that cover the basics of being a volunteer coach, sport specific training and our new Character Development training to ensure the development of the whole person not just the athlete.



YMCA OF METRO DENVER • REGISTER AT [DENVERYMCA.ORG/SPORTS](https://denverymca.org/sports)



BASKETBALL SKILLS ACADEMY

CLASSES RAN MONTHLY

- 4 - Week Sessions
- Once a week for one hour
- YMCA Trained Instructors

LOCATIONS

- Arvada YMCA
- Central Park
 - Isabella Bird Community School
- Littleton YMCA
- Southwest YMCA
- University Hills YMCA

DIVISIONS

- 3-5 Year Old Coed
- 6-8 Year Old Coed
- 9-13 Year Old Coed



 REGISTER

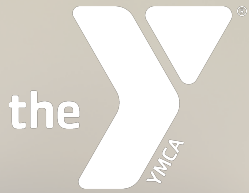
Dribble! Shoot! Score! Learning is fun in this 4-week developmental skills academy for boys and girls! This program is designed to teach the fundamentals of basketball in a supportive and engaging environment.

Players will develop essential skills such as dribbling, shooting, passing, and teamwork, while building confidence and having fun. Whether new to the game or looking to improve, this academy is the perfect opportunity for young players to grow and enjoy the sport!



DANIELS FUND®

YMCA OF METRO DENVER • REGISTER AT [DENVERYMCA.ORG/SPORTS](https://denverymca.org/sports)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUMP SET SPIKE

SPRING YOUTH VOLLEYBALL LEAGUES

Join our coed volleyball program to learn serving, bumping, and setting in a fun, supportive environment. Develop teamwork, sportsmanship, and health benefits, guided by volunteer coaches. Improve cardiovascular health, respiratory systems, and hand-eye coordination while building individual skills.

Important Dates:

- Season Dates: April 7 - June 7
 - Registration Opens: Members - February 3 Non-Members - February 10
 - Registration Ends: March 17

Locations:

- Arvada - Duncan YMCA
- Littleton YMCA
- Southwest YMCA

Divisions:

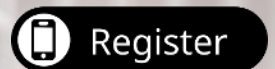
- 8 - 11 Year Old Coed
- 11 - 14 Year Old Coed

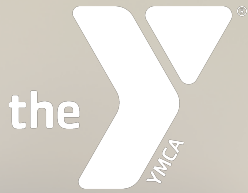


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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRACTICE LIKE YOU PLAY!

SPRING YOUTH VOLLEYBALL ACADEMY

Develop essential skills in passing, setting, and serving through weekly classes and monthly scrimmages, all in a supportive environment. This academy is perfect for beginners looking to build confidence and improve their game while enjoying the excitement of volleyball.

Locations: Arvada - Duncan YMCA & Littleton YMCA

Divisions: 8 - 11 Year Old Coed & 11 - 14 Year Old Coed

Classes ran monthly!

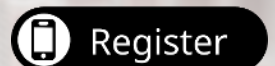
Once a week - For one hour



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COLORADO





YMCA SPORTS ACADEMY'S

**REGISTRATION OPEN NOW!
CLASSES RAN MONTHLY!**

At the YMCA, we're passionate about helping kids build a strong foundation in sports while having a blast! Our Sports Academies are designed to teach young athletes essential skills, boost their confidence, and improve their overall game, all while having fun in a supportive, team-oriented environment.

Locations:

- Arvada YMCA
- Central Park - Isabella Bird Community School
- Littleton YMCA
- Southwest YMCA
- University Hills YMCA



BASKETBALL ACADEMY

Ages 3-5, 6-8, 9-13 Coed

Dribble! Shoot! Score! Learning is fun in this 4-week developmental skills academy for boys and girls! This program is designed to teach the fundamentals of basketball in a supportive and engaging environment. Players will develop essential skills such as dribbling, shooting, passing, and teamwork, while building confidence and having fun. Whether new to the game or looking to improve, this academy is the perfect opportunity for young players to grow and enjoy the sport!

VOLLEYBALL ACADEMY

Ages 8-11, 11-14 Coed

Join our 4-week Volleyball Academy for a fun introduction to the sport! Develop essential skills in passing, setting, and serving through weekly classes and monthly scrimmages, all in a supportive environment. This academy is perfect for beginners looking to build confidence and improve their game while enjoying the excitement of volleyball!



REGISTER





YMCA SPORTS ACADEMY'S

**REGISTRATION OPEN NOW!
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At the YMCA, we're passionate about helping kids build a strong foundation in sports while having a blast! Our Sports Academies are designed to teach young athletes essential skills, boost their confidence, and improve their overall game, all while having fun in a supportive, team-oriented environment.

Locations:

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SOCCER ACADEMY

Ages 3-5, 6-8, 8-10 Coed

The YMCA Soccer Academy is a 4-week program focusing on developing essential soccer skills in a fun, supportive environment. Each age group will participate in age-appropriate drills, games, and activities that promote teamwork, coordination, and sportsmanship. Whether your child is just starting or ready to enhance their skills, this academy offers a great opportunity to learn the fundamentals of soccer while having fun and making new friends!

BASEBALL ACADEMY

Ages 3-5, 6-8 Coed

The Baseball Academy is a 4-week program that offers an introduction to the fundamentals of baseball in a fun, engaging environment. Through age-appropriate drills and games, kids will develop basic skills such as hitting, throwing, fielding, and running bases. Emphasis is placed on teamwork, sportsmanship, and building confidence. Whether your child is new to the sport or looking to improve their skills, the Baseball Academy provides a great opportunity to learn, play, and grow in the game of baseball!





INTO THE ENDZONE

REGISTER NOW FOR YMCA YOUTH FLAG FOOTBALL

DATES

- Season Dates: April 7-June 7
- Member Registration Opens: Feb 3
- Non-member Registration Opens: Feb 10
- Registration Ends: March 17
- Late Registration Period: March 18-24

LOCATIONS

- Southwest YMCA

DIVISIONS

- 8-11 Year Old Boys
- 8-11 Year Old Girls
- 11-14 Year Old Boys
- 11-14 Year Old Girls



As an official NFL Flag program, we provide children the opportunity to experience the thrill of America's favorite sport while developing essential skills both on and off the field.

Join the fastest-growing youth sport in America! The YMCA's NFL Flag Football program offers young athletes ages 8-14 an exciting entry into the world of football in a safe, supportive environment. As an official NFL Flag program, we provide children the opportunity to experience the thrill of America's favorite sport while developing essential skills both on and off the field.



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NINJAZONE



**ONCE A NINJA
ALWAYS NINJA**



NINJAZONE - Now Open to Non-Members!

NinjaZone is a fusion of obstacle course training, gymnastics, martial arts, and freestyle movement with the freedom for kids to progress and learn at their own pace.

WHERE: Littleton YMCA, 11 W. Dry Creek Court, 80120

WHEN: Monthly - 4-Week Sessions - 50 Minute Classes

COST: Members - \$56 Class Registration + \$30 Uniform Fee (New Ninjas Only)
Non Members - \$106 Class Registration + \$30 Uniform Fee (New Ninjas Only)

Lil' Ninja: 3 - 5 year-olds

- Monday: 5 - 5:50 PM
- Tuesday: 11 - 11:50 AM and 5 - 5:50 PM
- Thursday: 5 - 5:50 PM
- Saturday: 11 - 11:50 AM

NinjaZone: 6-11 year-olds

- Monday: 6 - 6:50 PM
- Tuesday: 6 - 6:50 PM
- Thursday: 6 - 6:50 PM
- Saturday: 12 - 12:50 PM

