



February 3, 2025

SPRING 2025 YOUTH SPORTS REGISTRATION OPEN NOW

At the YMCA of Metro Denver, our youth development philosophy is grounded in 150 years of lifting up kids and helping them reach their full potential. It's a philosophy centered on two critical factors: creating a unique sense of belonging and incorporating the pure fun and joy of childhood.

Take note of these important dates 🗓️

- **Member Registration Open NOW**
- **General Public Registration Opens:** February 10, 2025
- **Registration Ends:** March 17, 2025
- **Season Dates:** April 7 - June 7, 2025

Check out the offerings for the upcoming Spring 2025 YMCA sports programs available across the metro area!

Arvada YMCA:

[Baseball Academy](#) (4-week program), [Basketball](#), [Basketball Academy](#) (4-week program), [Soccer Academy](#) (4-week program), [Volleyball](#), [Volleyball Academy](#) (4-week program)

Aurora YMCA:

[Baseball Academy](#) (4-week program), [Urban Soccer](#), [Soccer Academy](#) (4-week program)

Central Park:

[Basketball](#), [Basketball Academy](#) (4-week program), [Soccer Academy](#) (4-week program)

Littleton YMCA:

[Basketball](#), [Basketball Academy](#) (4-week program), [High School 3v3 Basketball Sunday League](#), [NinjaZone](#), [Volleyball](#), [Volleyball Academy](#) (4-week program)

Southwest YMCA:

[Baseball Academy](#) (4-week program), [Basketball](#), [Basketball Academy](#) (4-week program), [NFL Flag Football](#), [Soccer Academy](#) (4-week program), [Volleyball](#)

University Hills YMCA:

[Baseball Academy](#) (4-week program), [Basketball](#), [Basketball Academy](#) (4-week program), [Soccer Academy](#) (4-week program)

Please be aware and note our [Refund and Withdrawal policy](#).

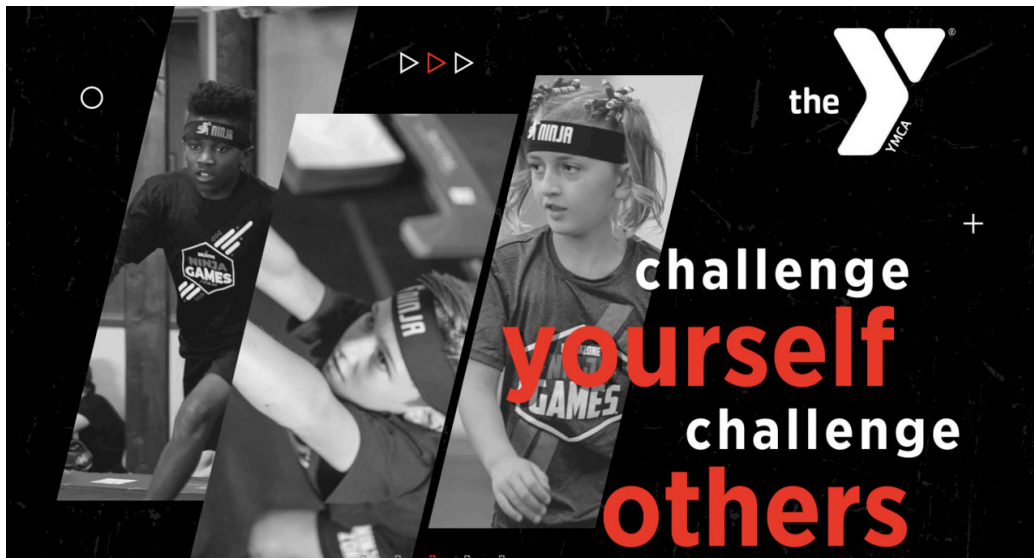
NFL Flag Football at the Y 



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.

[Register for Flag Football](#)

NinjaZone: Discipline, Focus, Skill and Fun



They come in kids ... and they leave ninjas — through [NinjaZone, now available at the Littleton Family YMCA](#).

Available to members only, NinjaZone engages kids ages 2-11 in physical activity and life skills practice in weekly 50-minute classes. With a progressive level system, kids advance at their own pace, building knowledge of NinjaZone core values and improving their focus, coordination, strength and confidence.

Sessions running monthly!

GET TO NINJAZONE



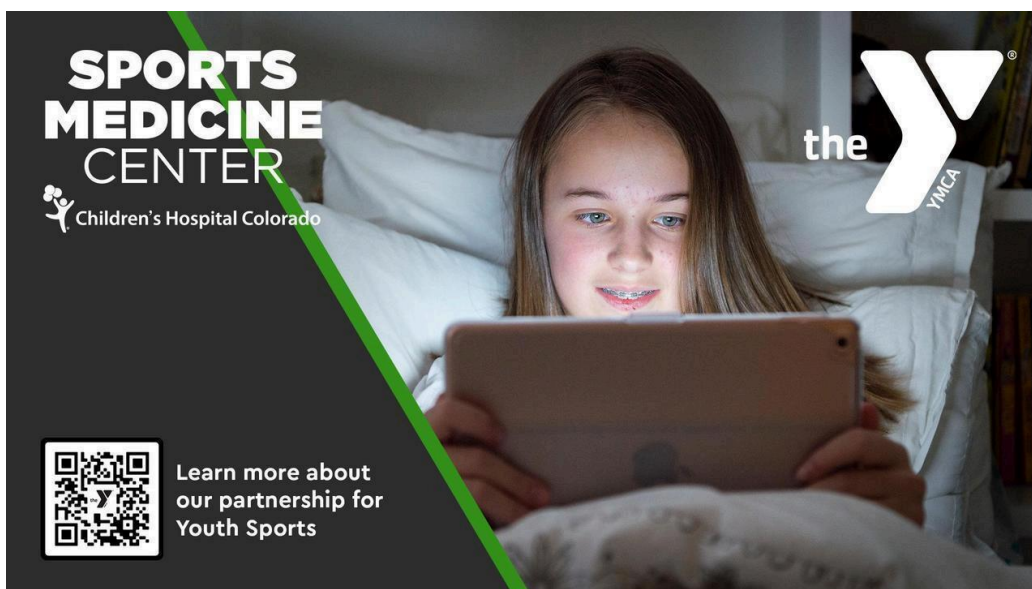
Summer at the Y-seum 🦖

June kicks off **Summer at the Y-seum!** Watch your step ... here, our Y-storians dug deep and studied hard to understand the fascinating story of our planet. They have scoured the planet in search of sacred artifacts that bring natural history to life — and they're ready to share it all with you, the Y-seum visitors, at Summer Camp 2025! Bring your curiosity and excitement and get ready to have some fun at the Y-seum this summer!

Registration open now for EVERYONE!

SECURE YOUR SPOT AT YMCA SUMMER CAMP

How Does Sleep Impact Athletic Performance?



[Read about the importance of student athletes getting enough sleep in this blog from our partners at Children's Hospital Colorado.](#)

A special thanks to our partners:



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