



FALL
2025



PROGRAM GUIDE

YMCA OF THE PIKES PEAK REGION



PPYMCA.ORG



WELCOME to the Y!

ABOUT US

Founded 147 years ago, the YMCA of the Pikes Peak Region is one of the oldest and most trusted nonprofit organizations in Southern Colorado. More than just a fitness center, the Y is a place where community happens — a space where people of all ages and backgrounds come together to connect, grow, and thrive.

With multiple locations throughout the region, we are committed to strengthening the foundations of our community through our three core areas of focus: youth development, healthy living, and social responsibility. From early learning and youth sports to military support and chronic disease prevention, we are here to serve every generation, every background, every story.

OUR MISSION

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

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LETTER FROM THE CEO

Dear YMCA Family—current members, future members, and program participants,

Welcome to an exciting and impactful fall season at the YMCA of the Pikes Peak Region! I'm Boyd Williams, your President & CEO, and it's my privilege to invite you—as part of our growing Y community—to engage fully in spirit, mind, and body.

For 147 years, our YMCA has been dedicated to strengthening the foundations of our community through Youth Development, Healthy Living, and Social Responsibility—our enduring cause. Whether you're dropping your little one off at Learn & Play or participating in our new Ninja Zones, joining in a group exercise class, connecting at Camp Shady Brook, or participating in one of our wellness initiatives, the Y is your space to learn, grow, and truly belong.

Guided by our core values of caring, honesty, respect, and responsibility, we strive to ensure that no one is turned away for financial reasons—because everyone deserves access to holistic well-being. Our generous financial assistance programs remain steadfast and ensure each individual, family, and community partner can find space to thrive within our walls.

In my 31 years in YMCA leadership—including nearly 15 years here in the Pikes Peak Region—I've witnessed firsthand how connection and compassion spark transformation. I've seen a camper find confidence through caring adult mentors, seniors forge friendship over a game of pickleball, and communities rally during times of challenge and change.

This fall, I encourage you to:

- Explore new opportunities—classes, camps, workshops—to challenge your mind, elevate your fitness, or foster creativity.
- Deepen your connections—volunteer, lead programs, or support fellow members through fellowship and encouragement.
- Bring your full self—spirit, mind, and body—to every moment here, knowing you're among friends who care.

To our returning members, thank you for your dedication and passion. To our first-time members and future participants, we are so glad you're here. Together, we will continue to build a vibrant, healthy, inclusive Y, rooted in Christian principles yet open to all.

Should you need anything—information about schedules, assistance, or a friendly chat—my door is always open. We are here to serve you and our broader community, because your well-being matters.

Here's to a season of growth, unity, and joy for every member of our YMCA family!

Warmly and with gratitude,



Boyd Williams
President & CEO
YMCA of the Pikes Peak Region



JOIN THE Y

We have over 7 locations across the front range ready to help you reach your goals.

MEMBER BENEFITS

The YMCA of the Pikes Peak Region offers a comprehensive array of benefits designed to support individuals and families in their wellness journeys.

Free Group Exercise Classes

Access to a variety of classes, including yoga, cycling, Zumba, HIIT, and water aerobics.

Free Body Composition Testing

Evolt Body Scan measures body fat, muscle mass, visceral fat, metabolic age, and more.

YMCA360 App

Enjoy on-demand and live-streamed classes, including yoga, fitness, and family activities, accessible on various devices.

Youth Sports & Swim Lessons

Members receive a discount on youth sports and group and private swim lessons.

Free Jump Start Program

A personalized fitness assessment and plan to help new members set and achieve their wellness goals.

Access to All YMCA Branches

Membership includes entry to all YMCA centers in the region, as well as participating YMCAs nationwide.

Free Childcare Services

Learn & Play and KidsZone (ages 6 weeks–10 years) offer 2.5 hours of supervised, curriculum-based activities while parents work out.

Referral Rewards

Earn YMCA gear by referring new members through the referral program.

Nationwide Membership

Adult & Household members of the YMCA of the Pikes Peaks Region are automatically enrolled in a nationwide membership at no additional cost.

ADD-ONS

Family Program Package & Additional Adults

1 Adult Family Program Package - \$138

Receive 25% off Youth sports and group swim lessons. May apply to some additional youth programs.

2 Adult Family Program Package - \$163

Receive 25% off Youth sports and group swim lessons. May apply to some additional youth programs.

Additional Adult Add-On - \$22

Got more than two adults at home? Add another adult to your membership for just \$22/month with proof of address. (Limit of 2 extra adults).

Note: Financial assistance and discounts don't apply to the adult add-on.



The YMCA of the Pikes Peak Region offers a **Member Referral Program** that rewards current members with free YMCA gear when they refer new members. Here's how it works.

Eligibility: Any active YMCA member who has been with the Y for at least 30 days can refer a new member.

Referral Process: Once your referral signs up and remains active for 30 days, you can submit the Member Referral Form.

Reward: After verification, you'll receive an email with instructions on how to pick up your choice of YMCA gear, such as a blanket, beanie, water bottle, yoga mat, or more.

Multiple Referrals: You can refer multiple individuals and receive gear for each successful referral.

RATES

	Access to YMCA360 App \$10.99 / Per Month	Young Adult/Youth (25 and Younger) \$38 / Per Month	Adult \$63 / Per Month	Couple \$104 / Per Month	One Adult Household \$121 / Per Month	Two Adult Household \$146 / Per Month
Join Fee (one time)	\$0	\$0	\$69 \$0	\$99 \$0	\$99 \$0	\$99 \$0
Access to Virtual Platform	✓	✓	✓	✓	✓	✓
Access to group fitness		✓	✓	✓	✓	✓
Program Discounts		✓	✓	✓	✓	✓
Access to all centers		✓	✓	✓	✓	✓
Nationwide Membership		✓ 18+	✓	✓	✓	✓
Jump Start Program/ Equipment Orientation		✓	✓	✓	✓	✓
Complimentary 2.5 hours Learn & Play					✓	✓

**Family Program Package (FPP) 25% OFF Youth sports and group swim lessons. May apply to some additional youth programs.
The Y imposes a service fee of 2.75% on all credit card transactions and 2.25% on all ACH transactions, which is not greater than our cost of acceptance. The Y does not impose service fees on debit cards.
Youth/Young Adult: Children ages 6 weeks & older must have a youth membership or be part of a paid 1-adult household or 2-adult household to use facility and/or receive member rates on programs.
One Adult Household: Any one adult & children, ages 21 and younger, or full-time students age 22-24 living in the household. Must show proof of school enrollment.
Two Adult Household: Any two adults & children ages 21 and younger, or full-time students age 22-24 living in the household. Must show proof of school enrollment.*



YMCA360

Free With Your Membership

Y360 brings to life the people, places and programs of the Y. This service is included at no additional cost with all YMCA memberships.

KEY FEATURES



On-Demand and Live Classes: Access a variety of classes, including yoga, strength training, cycling, dance, and more.



Youth and Family Programs: Engage children with content such as arts & crafts, youth sports training, STEM activities, and swim lessons.



Mind & Body Wellness: Explore programs focused on mental well-being, mindfulness, meditation, and other holistic health practices.



Fitness Challenges & Tracking: Engage children with content such as arts & crafts, youth sports training, STEM activities, and swim lessons.



Class Schedules: View schedules for group exercise, open pool, and gym sessions at your preferred YMCA branch.

ACCESSING YMCA360



Mobile App: Download the YMCA360 app from the Apple App Store or Google Play Store.



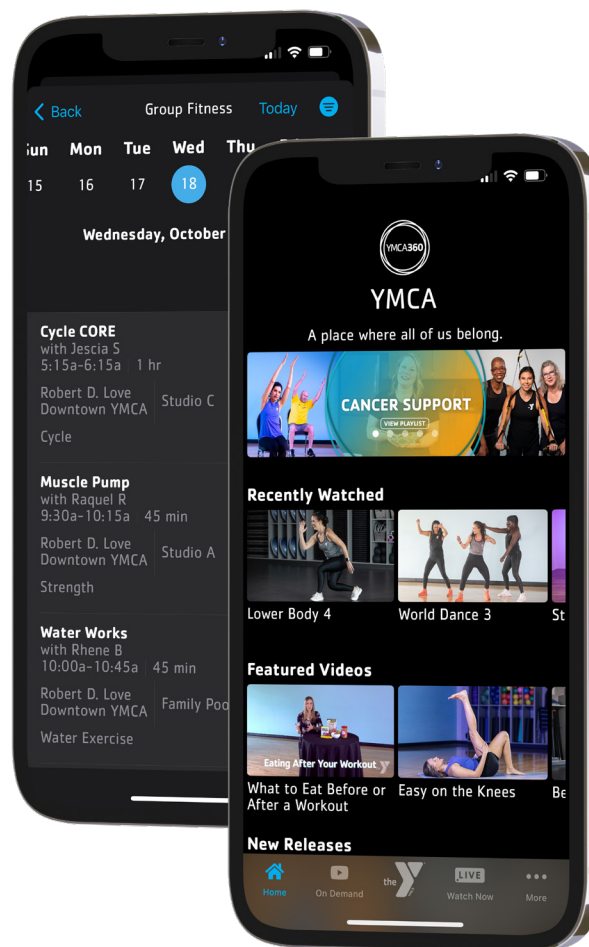
TV Apps: Stream content via Apple TV and Roku.



Desktop: Visit ymca360.org to access content directly.

HOW TO LOG IN

- ① Visit ymca360.org or open the mobile app.
- ② Enter the email address associated with your YMCA membership.
- ③ Input your zip code and select your local YMCA branch.



YMCA360

YMCA360 HELPFUL RESOURCES

Quick guides to get the best experience with YMCA360

Enable Location Services to Earn Points

Ensure your device is set up to track location for points.

FOR IPHONE (IOS):

1. Go to Settings > Privacy & Security > Location Services
2. Ensure Location Services is turned ON
3. Scroll down and tap YMCA360
4. Select “While Using the App” or “Always”
5. Turn Precise Location ON

FOR ANDROID:

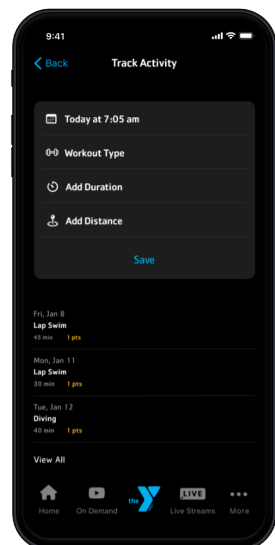
1. Go to Settings > Location
2. Ensure Use Location is turned ON
3. Tap App Permissions and find YMCA360
4. Select “Allow only while using the app” or “Allow all the time”
5. Enable Precise Location, if available.

SPECIAL CLASSES & EARNING POINTS CLASSES WITHOUT RESERVATIONS:

For certain classes—like water classes or others without reservations—members must manually log the workout in the app to receive points.

HOW TO LOG/TRACK AN ACTIVITY:

1. Open the YMCA360 app
2. Tap Activity > Workouts
3. Tap the plus sign (+) in the top-right corner
4. Enter the workout details (e.g., date, type = workout, etc.)
5. Tap Save



CLASSES WITH RESERVATIONS:

Points are awarded only if:

A reservation has been made, and

The instructor has checked in the member

Note: If a reservation is made but the instructor hasn't checked the member in, points will not be awarded.

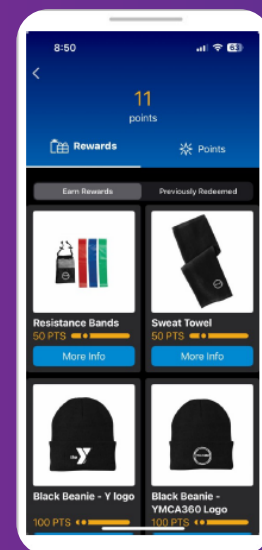
HELPFUL RESOURCE:

You can also check out this collection of YMCA360 tutorial videos for guidance on tracking workouts, navigating schedules, and more: [YMCA360 Youtube Channel](#)

REWARDS

How do members redeem rewards?

1. Access Your Points
2. Click the “My Points” button in the main menu.
3. Select a Reward
4. Tap “Redeem” on the item you want.
5. Enter Required Details
6. Provide any necessary information for the reward, such as:
 - Size
 - Color
 - YMCA location for pick-up
7. Redeem Your Reward
8. Select ‘Rewards’ at the top left.
9. Toggle to “Earn Rewards” to choose the reward you want to redeem.



LOCATIONS & AMENITIES

NORTH

Tri-Lakes YMCA

17250 Jackson Creek Pkwy
Monument, CO 80132
ppymca.org/tri-lakes-ymca



- Swimming pool & play structure
- Group and water exercise classes
- Full Healthy Living Center
- Young Life Teen Center
- Two gymnasiums
- Learn & Play (6 weeks - 6 years)
- Kids Zone (7 - 10 years)
- Birthday parties for any age

Briargate YMCA

4025 Family Place
Colorado Springs, CO, 80920
ppymca.org/briargate-ymca



- Two swimming pools & hot tub
- Group and water exercise classes
- Full Healthy Living Center
- Indoor track
- Two gymnasiums
- Racquetball courts
- Learn & Play (6 weeks - 6 years)
- Kids Zone (7 - 10 years)
- Birthday parties for any age

Cottonwood Creek YMCA

3920 Dublin Boulevard
Colorado Springs, CO 80918
ppymca.org/cottonwood-creek-ymca



- Indoor wave pool
- Slide, lazy river & vortex
- Group and water exercise classes
- Healthy Living Center
- Birthday parties for any age

CENTRAL

Colorado Springs Senior Center

1514 North Hancock Ave
Colorado Springs, CO 80903
seniorcenter.ppymca.org



- For adults ages 55+
- Group exercise classes
- Art and lifelong learning classes
- Day trips & special events
- Clubs & small groups

EAST

YMCA at First & Main

1514 North Hancock Ave
Colorado Springs, CO 80903
ppymca.org/first-main-ymca



- Small basketball court
- Full Healthy Living Center
- Cardio Cinema
- Functional training area
- Group exercise classes
- Learn & Play (6 weeks - 6 years)
- Kids Zone (7 - 10 years)

DOWNTOWN

Downtown YMCA

207 North Nevada Avenue
Colorado Springs, CO 80903
ppymca.org/downtown-ymca



- Two swimming pools
- Group and water exercise classes
- Full Healthy Living Center
- Indoor track
- Two gymnasiums
- Racquetball courts
- Squash court
- Learn & Play (6 weeks - 6 years)
- Kids Zone (7 - 10 years)
- Birthday parties for any age

OTHER LOCATIONS

Outdoor Pools

Wilson Ranch Pool
Monument Valley Pool

ppymca.org/pool-status



- Heated outdoor pools
- Group reservations
- Birthday parties
- Water exercise classes
- Lap swimming

YMCA Camp Shady Brook

8716 South Y Camp Road
Deckers, CO 80135

campshadybrook.org



- Year-round residential camp
- Located in Deckers, CO
- Family Camps
- Group Rentals

SOUTH

SOUTHEAST YMCA

1514 North Hancock Ave
Colorado Springs, CO 80903

seniorcenter.ppymca.org



- For adults ages 55+
- Group exercise classes
- Art and lifelong learning classes
- Day trips & special events
- Clubs & small groups

FOUNTAIN YMCA

1514 North Hancock Ave
Colorado Springs, CO 80903

ppymca.org/first-main-ymca



- Small basketball court
- Full Healthy Living Center
- Cardio Cinema
- Functional training area
- Group exercise classes
- Learn & Play (6 weeks - 6 years)
- Kids Zone (7 - 10 years)



WE'RE HIRING

Imagine going to work knowing that what you do each day **positively influences the lives of people and our community**. As the nation's leading nonprofit organization, the Y offers more than just a job – we offer you a career with a future and the chance to make a difference.

At the YMCA of the Pikes Peak Region, we offer engaging full- and part-time **positions in membership, wellness, program and operational support areas**. We are looking for employees with positive attitudes who are dedicated to providing great service to our members, program participants and volunteers.

Whether you're looking for a first job, a fall job, part-time work or a fulfilling full-time career path, **the Y has opportunities** for hardworking, friendly staff.

Visit <https://ppymca.org/jobs/> to check out current openings and apply.

STAFF BENEFITS



FREE family or individual memberships for all part-time and full-time staff members.



25% Discount Birthday parties, Personal training.



50% Discount B&A, day camp, enrichment, small group training, private swim lessons & resident camp, youth sports & swim lessons. These discounts are valid for all staff and anyone in their household.



These discounts are valid for all staff and anyone in their household.



Employee pricing for Physical Therapy services

PART-TIME BENEFITS



Employee Assistance Program.



Free 24-hour access to confidential counseling, financial advice, and legal assistance.



Possibility to receive school credit!



Flexible hours & days to fit schedule.



Training & Advancement Opportunities.



Additional work opportunities throughout year (summer & holiday breaks). Great for College Students!



Quantum Health Benefits for eligible staff

SWIM & AQUATICS

GROUP SWIM LESSONS

At the Y, we believe swimming is a life skill as well as great exercise and a challenging sport. Our group swim lessons are designed to help participants of all ages and abilities develop confidence in the water, build safety skills, and grow their swimming abilities through a progressive curriculum.



Locations: All Locations | **Dates & Times:** Monday/Wednesday or Tuesday/Thursday or Saturday

Pricing (Members/Nonmembers):
Weekdays - \$69/\$98 | Saturdays (\$35/\$49)

Age Group(s):
Swim Starters (6 months - 3 years),
Pre-School (3 years - 5 years), School Age (6 years - 12 years)
Teen & Adult (13+ years)



REGISTER HERE

For inquiries, email aquatics@ppymca.org

PRIVATE SWIM LESSONS

Our Private Swim Lessons offer one-on-one coaching with a certified YMCA swim instructor, tailored to meet individual goals, comfort level, and learning style.

Session Length	Member	Nonmember
8 lessons	\$240.00	\$312.00
4 lessons	\$145.00	\$188.00
1 lessons	\$40.00	\$52.00

Age Group(s):
3 years+ (Under 3 based on Instructor)

Special Notes/ Requirements:
Fill out [Interest Form](#) and allow 2 weeks for processing

SWIM TEAM

The YMCA Swim Team program is designed for youth swimmers who are ready to take their skills to the next level in a supportive and competitive team environment. Focused on stroke development, endurance, teamwork, and personal growth, our swim team offers the opportunity to train with experienced coaches and compete in local and regional meets.



For more information, visit
ppymca.org/swim-team/
or
gomotionapp.com/team/ymca-0886/page/home



YOUTH DEVELOPMENT PROGRAMS

Before & After School Care

At the YMCA of the Pikes Peak Region, our Before & After School Child Care program ignites imagination, fuels learning, and celebrates every child’s individuality. We go beyond the classroom to create a vibrant, nurturing environment where curiosity thrives. Our goal is to foster an inclusive atmosphere at every location that builds self-confidence and promotes collaboration. Each day is packed with opportunities for discovery – from hands-on activities and creative exploration to dedicated homework help, energizing play, and nutritious snacks. Here, kids don’t just grow—they shine.

Our Before & After School Care offerings follow the district and school calendars for the locations we serve. We do offer child care at YMCA branch locations for school breaks and school out days, depending on the number of locations we have out each day. Please see our school’s out day schedule for more information and to register for care. Participants currently enrolled in a B&A program and YMCA members will have a discounted rate.



TIMES

6:30am – Start of School
Dismissal – 6:00pm

LOCATIONS

We serve schools in the following districts:

District 49	District 12	District 8
District 11	District 2	Charter Schools in these districts

AGE GROUP(S)

5 - 12 years

Rates/Pricing

We offer flexible monthly rate plans for families, with pricing for both YMCA Members and Non-Members. Choose from Part-Time (1–2 days/week) or Full-Time (3–5 days/week) options, including Before School Care, After School Care, or both. Harrison School District 2 families can also access daily plans billed monthly.

Rates follow a consistent monthly schedule, based on Colorado's 160-day school year averaged over 10 months. We accept CCCAP at all locations and provide Financial Assistance to ensure access for all families. Foster families with the Colorado State Foster Parent Association receive discounted rates.

REGISTER HERE:



REGISTRATION DEADLINE:

Registration is on a monthly basis and is available year round so long as there's space at the location of interest. If you are hoping to register mid-month, we are happy to work with families and prorate the cost so there is no waiting until the next month to get started.

SPECIAL NOTES/REQUIREMENTS:

We require registration forms and waivers to be complete prior to starting the program. This would include immunizations (or exemptions) as well as medical documentation if applicable.

CONTACT

For more information please visit our webpage: ppymca.org/before-and-after-school/

For inquiries, contact the Youth Development Department at 719.329.7289 or email at youthdevelopment@ppymca.org



SPECIAL EVENTS | SAVE THE DATE!

Join us for our annual YMCA Fundraiser Father Daughter Dance on February 7, 2025. Get ready for dancing, crafts, cookie decorating, professional photos, and more for your sweetheart! All proceeds go to the Annual Support Campaign to offset Membership and Program Fees for those that need financial assistance.



Middle School Initiative (MSI)

The YMCA of the Pikes Peak Region’s Middle School Initiative (MSI) program is a FREE and structured before & after school program that we operate for the Fountain Fort Carson School District 8. All middle school-aged youth are welcome! Our goal is to inspire youth to discover their passions, find their path to a healthy lifestyle, and develop the skills needed

to be successful. Our hope is that they find a sense of community and purpose by participating in our program. Weekly participation in this program does come with a FREE Youth Membership for your child.



DATES

We follow the district and school calendars for the locations we serve. We do offer child care at YMCA branch locations for school breaks and school out days depending on the number of locations we have out each day.

TIMES

Before School: 6:30am – 8:15am
After School: 4:00pm – 6:00pm

LOCATION

Fountain Valley YMCA –
326 W. Alabama Ave, Fountain,
CO 80817

PRICING

Members/Nonmembers:
FREE

REGISTRATION DEADLINE

Open year-round so long as space is available in the program

AGE GROUP(S)

Middle School
Students Only

SPECIAL NOTES

We follow the district and school calendars for the locations we serve. The MSI program is closed on days there is no school.



CONTACT

For more info, contact the Youth Development Department at 719.329.7289 or email us at youthdevelopment@ppymca.org

LEARN MORE





Real Alternatives to Drugs and Drinking (RAD)

What is RAD?

RAD events are put on by students, for students, and are a way for high school students to have fun on Friday nights. By offering an alternative to parties, RAD keeps students safe while still providing them with the social events they enjoy.

RAD is a program that was started by Palmer Ridge student Brandon Pappas to change the culture of drugs and drinking that is pervasive in many high schools across the country.

The program currently has chapters at Palmer Ridge High School and Lewis-Palmer High School.

LEARN MORE:



PARTICIPATION INFORMATION & DATES:

This program is open to and free for all high school students in the Monument, CO area. Schedule information is available on our website.

TIMES:

8:00pm to 11:00pm

LOCATIONS

Tri-Lakes YMCA
17250 Jackson Creek Parkway
Monument, CO 80132

Young Life Gym at
the Tri-Lakes YMCA

OPPORTUNITIES

Any students interested in becoming part of the RAD team can visit our website to submit our RAD Application Form online! We also have volunteer opportunities for Students and members of the community. Please visit our website for more information on how to get involved.



YOUTH PROGRAMS

Learn & Play and Kids Zone

2.5 hours of caring, safe child care while you work out for children ages 6 weeks to 10 years, included with your membership. All children have the opportunity to participate in activities focused on the arts, STEM and games that help build a stronger spirit, mind and body.

For a complete list of hours and locations, visit:

<https://ppymca.org/programs/youth/youth/learn-and-play/>



<https://ppymca.org/peak-and-tweens/>

PEEK & TWEEN NIGHTS

Parents, enjoy a night to yourselves—drop the kids off at the Y for PEAK & Tween Nights!

PEAK (Play, Enrichment, and Adventure for Kids) offers a fun, theme-based evening for children ages 3–12. Kids will dive into hands-on STEM activities, games, crafts, and more—all in a safe and engaging environment.

Dinner is included, so you can relax knowing they're taken care of while having a blast!

PEAK & Tween Nights:

Ages 3–12yrs - 5:30–8:30pm

Tween Only Nights:

Ages 7–12yrs - 6–9 pm

Location:

Days and Locations vary

Pricing:

Member \$28, Non-Member \$48, FPP \$21

ENRICHMENT PROGRAMS

Enrichment clubs offer a wide range of positive opportunities for youth to discover, improve, or gain new skills through hands-on learning experiences. Whether exploring interests like LEGO, STEM, baking, ballet, and more, participants grow socially and intellectually while supporting their overall development and healthy living.

These small-group settings foster peer connection, helping participants make new friends, build stronger relationships, and develop skills that boost motivation and self-confidence.

Clubs are open to both members and non-members.

Clubs, location and pricing varies please click

<https://ppymca.org/enrichment-by-learn-and-play/> for more information.





BIRTHDAY PARTIES

Make your child's birthday unforgettable—celebrate at the Y!

Nothing is more fun than a birthday party, and we make it easy for you. Enjoy a stress-free celebration that includes one hour of pool time and one hour in our party room for up to 20 children.

It's a fun, memorable experience for the kids—and an easy, affordable option for you.

Book your YMCA birthday party today at your local Y!

Location: Tri-Lakes, Briargate, South East & Downtown

Cottonwood Pricing:
\$300 Members,
\$400 Non-Members
(3 hour party)

Pricing:
\$230 Members, \$305 Non-Members

CLICK HERE TO LEARN MORE:
<https://ppymca.org/birthday-parties/>

BABYSITTING & HSI PEDIATRIC FIRST AID

Tween & Teen Certification Programs

Jump ahead of other babysitters in your neighborhood and take the American Safety and Health Institute-certified Babysitting Training Class. Babysitters will learn safety, responsibility, active play planning, and how to provide leadership and guidance for younger children. This course also teaches basic knowledge of CPR and First Aid. Each participant will receive an activity starting manual, a mini first aid kit, and certifications.

In addition, our nationally recognized HSI Pediatric First Aid/CPR AED certification class is designed for individuals who desire or are required occupationally to be certified in Pediatric First Aid, infant and child CPR/AED.

This class is approved by the HSI Medical Advisory Board and HSI Advisory Council. It reflects the latest resuscitation science and treatment recommendations from the International Liaison Committee on Resuscitation (ILCOR) and conforms to the 2020 American Heart Association Guidelines and updates for CPR and ECC.

Students will complete a written test and required performance evaluation skills competently without assistance. Upon successful completion of this course, students will receive a 2-year certification in HSI Pediatric First Aid and Child and Infant CPR/AED and a CPR mask.



Dates & Times:

Please check our website for days/times

Location:

Downtown YMCA

Pricing:

\$85 Members, \$105 Non Members

Age Group(s): Babysitting: Ages 11-16yrs,
HSI Pediatric First Aid/CPR AED: Ages 12-16yrs

HSI Pediatric First Aid/CPR AED Certification: <https://ppymca.org/programs/youth/teens/first-aid-cpr/>

Babysitting Certification: <https://ppymca.org/programs/youth/teens/babysitting/>

YOUTH SPORTS

YOUTH SPORTS LEAGUES

Soccer, Volleyball, Flag Football, Basketball

Your kids will have a blast while learning the sport in a safe and fun environment! Leagues are great for beginner on intermediate level players while our competitive options are great for the more advanced athlete.

DATES & TIMES: 3 & 4-5 yr olds practice and play on Saturday mornings only, 6-14 yr olds practice for 1 hour a week and play games on Saturdays.	LOCATIONS: Tri-Lakes, Briargate, Banning Lewis, Downtown, Southeast, Fountain.
PRICING: 3-5 yr olds (M \$50 NM \$90) 6-14 yr olds (M \$105 NM \$150)	REGISTRATION DEADLINE: Soccer, Football, Volleyball: 08/10/25. Basketball: 10/5/25
AGE GROUPS: 3-14	



FOR A BETTER US.®

SPORTS CLASSES & CLINICS

At the Y we offer more than just leagues! Get your little one moving in youth Basketball or pump up the crowd with Youth Cheer!



SPORTS OF ALL SORTS

- DATES & TIMES:**
Varies by branch
- PRICING:**
Varies based on number of meetings each month
- LOCATIONS:**
Briargate, First & Main, Southeast
- REGISTRATION DEADLINE:**
Monthly

YOUTH CHEER

DATES & TIMES: Varies by branch	LOCATIONS: Tri-lakes, Briargate, Southeast
REGISTRATION DEADLINE: Sept. 6th/Nov. 1st	PRICING: Member: \$60 Nonmember: \$85

AGE GROUPS:
6-14



BASKETBALL SKILLS & DRILLS

DATES & TIMES: Varies by branch	LOCATIONS: Downtown/ Southeast
REGISTRATION DEADLINE: By first class meeting each month	PRICING: Varies based on the number of meetings in the month
AGE GROUPS: 6-14	

WELCOME TO THE NEW COLORADO SPRINGS SENIOR CENTER

1514 North Hancock Avenue | Colorado Springs, CO



We're excited to welcome you to the brand-new Colorado Springs Senior Center! Officially opened in the fall of 2025, this beautiful, modern facility is a vibrant hub for older adults to learn, connect, and thrive.

As a partnership between the YMCA of the Pikes Peak Region and the City of Colorado Springs, the Senior Center offers hundreds of engaging programs each season, from fitness and wellness classes to arts, lifelong learning, and social groups. All in an inclusive and accessible space.

Whether you're continuing a favorite class or exploring something new, the Colorado Springs Senior Center is your place to stay active, build friendships, and enjoy community.

Stop by for a tour or
explore programs online at
SeniorCenter.PPYMCA.org

An Innovative Partnership with



CAMP SHADY BROOK

YMCA Camp Shady Brook is a year-round outdoor camp in the Colorado Rockies that builds growth, community, and lasting memories through nature. We serve youth, families, schools, and groups from diverse backgrounds with a focus on inclusion. Through summer camp, retreats, and leadership programs, participants gain confidence, independence, and strong connections. Camp fosters character, belonging, and resilience, encouraging kids to try new things and be themselves in a welcoming, values-based space.



SUMMER CAMP
June/July/August
Ages 6-17

**ENVIRONMENTAL
EDUCATION**
August - May
School Age

**CONFERENCES &
RETREATS**
August - May
All Ages

**PARTNERSHIP
PROGRAMS**
All Ages



Learn more at
campshadybrook.pymca.org/

MILITARY PROGRAMS

With multiple deployments and the uncertainty of what’s ahead, the Y is here to help ease some of the stress associated with military life. Through programs and events that are hosted across the region, we connect families and provide a safe and nurturing environment for children.



Veterans Day Luncheon

Come join us for our Veterans Day Luncheon on November 7, 2025 from 11:00 am-1:00 pm to celebrate the strength, commitment, and integrity of our community’s veterans. We will honor our veterans by providing lunch, entertainment, a motivational speaker, and gifts. Veterans and their families are welcome to attend.

DATE & TIME: November 7, 2025 11am-1pm	REGISTRATION DEADLINE: November 6, 2025	PRICING: Members & Nonmembers FREE!	AGE GROUP(S): 18 yrs & up
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LOCATION:
Briargate YMCA: 4025 Family Place, Colorado Springs CO 80920

CONTACT: For questions of inquiries, contact Kimberly Jones at 719-622-3554 or email kjones@ppymca.org

Breakfast with Santa for Military Families

Join us for Breakfast with Santa for Military Families on December 6, 2025 from 8:30 am-11:30 am to celebrate the Holidays! We will be providing breakfast, photos with Santa, crafts, resource vendors, and of course, gifts from Santa! You must be Active-Duty military to sign up. All ranks welcome.

DATE & TIME: December 6, 2025 8:30 - 11:30am	REGISTRATION DEADLINE: December 5, 2025	PRICING: Members & Nonmembers FREE!	AGE GROUP(S): all ages
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Registration will be in 30 min timed increments. Active Duty Military only.

LOCATION:
Southeast Family & Armed Services YMCA 2190 Jet Wing Dr., Colorado Springs, CO 80916

CONTACT: For questions of inquiries, contact Kimberly Jones at 719-622-3554 or email kjones@ppymca.org

Operation Kid Comfort

The [Southeast & Armed Services YMCA](#) has teamed up with our local military community and the [National Armed Services YMCA](#) to bring Operation Kid Comfort to this area for children of deployed parents. This program eases the stress of a parent’s absence by providing a free photo quilt for children six and under, and pillows for kids seven and up. Photos of the deployed parent and family are printed on fabric and made into a quilt or pillow, which the child can use for play, sleep, or comfort while missing their deployed parent.

DATE & TIME: Pick-up times are every other Friday evening	LOCATION: Pick up times are scheduled at the Southeast YMCA
PRICING: Members & Nonmembers FREE!	AGE GROUP(S): 6 weeks - 18 years



[REQUEST A QUILT](#)

[LEARN MORE](#)

HEALTHY LIVING

NINJA ZONE YOUTH FITNESS

NinjaZone blends obstacle course training, gymnastics, and parkour with a focus on character development. Through skill progressions and playful movement, children improve strength, agility, and focus while learning at their own pace. The program fosters confidence, resilience, and a healthy mind-body connection in a fun and dynamic environment.

Locations & Times

SOUTHEAST

Baby Ninja:
Mon & Wed @ 9AM

Lil' Ninja:
Tue, Thu & Sat @ 9AM

Youth Ninja:
Mon-Thu @ 5PM



FIRST & MAIN

Baby Ninja:
Mon & Wed @ 9AM

Lil' Ninja:
Tue, Thu & Sat @ 9AM

Youth Ninja:
Tue & Thu @ 5PM

BRIARGATE Y

Baby Ninja:
Thur @ 9AM

Lil' Ninja:
Wed @ 4:15PM | Fri @ 9AM

Youth Ninja:
Tues-Fri *Times vary

Other Info

PRICING:
Members \$65
Nonmembers \$90

AGE GROUPS:
Baby Ninja (18M-2Y)
Lil' Ninja (3-5Y)
Youth Ninja (6-11Y)

CAPACITY:
Baby Ninja: Max 6
Lil' & Youth Ninja:
Max 8 per class

Special Notes

Ninja grip socks required (\$10). Optional \$65 Ninja Power Pack available at Southeast.



CONTACT:
Southeast: Danielle Mounts
dmounts@ppymca.org

Briargate: Jill Koch
jkoch@ppymca.org

First & Main: Kaitlyn Turner
kturner@ppymca.org

GROUP EXERCISE - ALL LOCATIONS

Not sure where to start your fitness journey? Join one of our energizing group exercise classes! Whether you're a health seeker, aging adult, athlete, or workout enthusiast, there's a class for you. Choose from MOSSA and freestyle formats in a welcoming environment focused on strength, dance, cardio drills, and mind-body balance.

LOCATIONS: All YMCA centers across the Pikes Peak Region	SCHEDULE: 7 days a week Morning to evening options available	PRICING: Free with membership	AGE GUIDELINES: Ages 7–13: May attend with a supervising adult (no weights allowed) Ages 14–15: May use weights with a supervising adult Ages 16+: No restrictions	NOTES: No registration required; some classes may require reservations based on space
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WHAT IS MOSSA? The Y has partnered with MOSSA to provide you with professionally-produced class formats in strength, kickbox fitness, core, power yoga, indoor cycling and athletic drills, for boutique-style classes. Check out our full range of MOSSA class offerings below!

[ATHLETE 30](#) [GROUP POWER](#) [GROUP FIGHT](#) [GROUP CORE](#) [GROUP RIDE](#) [R360](#) [GROUP CENTERGY](#)

OR, check out our extensive offering of freestyle and specialty classes, such as Zumba, La Blast, Shine, Line Dancing, Bootcamp, HIIT, Total Body, Circuit, Barre, Yoga, Pilates, Silver Sneakers and other senior fitness formats; just to name a few!



Visit pymca.org/group-exercise or contact your local YMCA for schedule details.

FOR A BETTER US.®

ADULT SMALL GROUP TRAINING

Looking for personalized results in a supportive group setting? Our adult small group training programs combine expert coaching with the motivation of a team to help you build strength, burn fat, and stay committed. Whether you're an early riser or weekend warrior, there's a format designed to meet your goals.

AGE GROUP:
16+
(varies slightly by class)

NOTES:
Month-to-month registration available.
Modifications provided for all levels.



FEATURED SMALL GROUP TRAINING OFFERINGS

BRIARGATE YMCA

TRX
Wednesdays 10:00 - 11:00am

Total body suspension training on our TRX straps, designed to target muscles utilizing the body's most primal tool for fitness....itself!



Dad BOD to Father Figure
Tuesdays & Thursdays 5:00 - 6:00 pm (monthly)

This results-driven training program is designed to take you from soft to sculpted with a strategic blend of strength training, hypertrophy circuits, core chiseling, and fat-incinerating cardio. Our progressive system emphasizes lean muscle gain, functional movement, and body recomposition. Whether you're returning to fitness or leveling up, this class builds the physique of legends — broad shoulders, chiseled chest, defined abs, and powerful legs.

Transformation
Program Dates: 08/20/2025 - 11/07/2025
Wednesdays & Fridays 10:00 - 11:00 am

Program Dates: 08/02/2025 - 11/20/2025
Tuesdays & Thursdays 10:30 - 11:30 am

The 12-Week Transformation Challenge is designed for any level of fitness. It includes cardio, strength training, mobility and core workouts, plus nutrition coaching! If you're looking to transform your body and get measurable results, this is the program for you. The program takes place over 12 weeks, with one-hour workouts twice a week.



TRI-LAKES YMCA

Functional Strength Training

Total body strength training for the rest of your life! Workouts are designed for beginners to advanced exercises. Members will learn proper lifting techniques, functional training movement that will improve their strength, flexibility, and balance.

For more Adult Small Group Training classes, visit your local Y.

Burn Zone

Get into your fat-burning zone with this energetic workout and boost your metabolism for up to 36 hours! Great for people looking to lose weight, increase endurance and gain strength.

TRX

Total body suspension training on our TRX straps, designed to target muscles utilizing the body's most primal tool for fitness....itself!
See in-person flyer for details.

SOUTHEAST YMCA

Intro 2 Powerlifting Prep

September & October
Monday & Thursday OR
Monday & Wednesday
9:00-10:00 am or 5:30-6:30 pm

So you think you know how to walk? This is a weekly, one-hour small group experience intended to make you confident on your own two feet. Our first class will involve learning how to walk correctly, including gait and footfall analysis and corrections. After that, we will leave the gym and walk in various places around the city! You will encounter mildly uneven terrain, slight inclines, and various routes to get you comfortable and confident walking out and about every day.



Brain-Body-Strength Connection

September & October
Fridays
10:00 - 11:00 am or 4:00 - 5:00 pm

Did you know your brain is WIFI and your body is the phone? When you train like this, your brain is communicating with your body at 5G. How do we get there? This program offers cutting-edge approaches to enhancing physical and cognitive performance through dynamic, unpredictable movement challenges. Using Reaxing technology, triggers the fight or flight response, enhancing balance, reaction time, and brain-body control, which is crucial for injury prevention and peak performance.

Mobility = Life

Monday or Tuesday
10:00 - 11:00 am or 5:00 - 6:00 pm

Get in the zone—without groaning when you stand up! Train for Life is a small group fitness class designed to help you move better, feel stronger, and tackle everyday life with confidence. We focus on mobility, balance, and functional movements that support your body in real-world tasks—like lifting, bending, reaching, and getting up off the floor (without the drama). Whether you're new to fitness, getting back into it, or looking to stay sharp and pain-free, this class meets you where you are. Every session includes guided movement, smart progressions, and just the right amount of challenge—so you build strength, improve range of motion, and feel great doing it. All fitness levels are welcomed. Your body. Your pace. Your win.

YMCA AT FIRST & MAIN

12 Week Transformation

The 12-Week Transformation Challenge is designed for any level of fitness. It includes cardio, strength training, mobility and core workouts, plus nutrition coaching! If you're looking to transform your body and get measurable results, this is the program for you. The program takes place over 12 weeks, with one-hour workouts twice a week.

See in-person flyer details for days and times.

Mobility = Life

Wednesdays at 5:30 pm

Get ready to challenge your body in every plane of motion! This class combines the functional strength and stability of TRX suspension training with the explosive power and conditioning of kettlebell work. Expect full-body circuits that target your core, strength, endurance, and mobility all in one dynamic session. Perfect for all fitness levels, modifications, and progressions provided.

Morning Madness

Come and get a great morning Bootcamp style workout in with trainer Cam!

Visit the First & Main front desk for more information.



FOUNTAIN VALLEY YMCA

DadBod 2 DemiGod

Unleash your inner Greek God. This results-driven training program is designed to take you from soft to sculpted with a strategic blend of strength training, hypertrophy circuits, core chiseling, and fat-incinerating cardio. Our progressive system emphasizes lean muscle gain, functional movement, and body recomposition. Whether you're returning to fitness or leveling up, this class builds the physique of legends — broad shoulders, chiseled chest, defined abs, and powerful legs.

Ladies Who Lift

Tuesdays & Thursdays 8:00 - 9:00 am

"Ladies Who Lift" is a class designed to empower women by building confidence and burning fat in the weight room. Focused on teaching proper exercise and lifting form, the class helps women develop strength and grow stronger muscles while learning valuable strength-training techniques and losing unwanted weight.

12-Week Transformation

The 12-Week Transformation Challenge is designed for any level of fitness. It includes cardio, strength training, mobility, and core workouts, plus nutrition coaching! The program takes place over 12 weeks, with one-hour workouts twice a week.

DOWNTOWN YMCA

Ladies Who Lift

This program focuses on strength training for any person identifying as female. The progressive series takes an in-depth look at classic lifts such as squat, deadlift and bench press. Dumbbell exercises are also introduced in this series.

Agility Balance Core

Build and implement balance-training progressions into integrated programs. Learn to design and implement core-stabilization exercises for improved health and performance. Explore progressions using stability balls, tubing, cables, foam rollers, medicine balls, and other tools. Enhance your knowledge of exercises that target core stability. Maximize results, improving speed, change of direction, and reaction time. This is possible through proper training strategies known as speed, agility, and quickness, or SAQ training.

12-Week Transformation

The 12-Week Transformation Challenge is designed for any level of fitness. It includes cardio, strength training, mobility and core workouts, plus nutrition coaching! If you're looking to transform your body and get measurable results, this is the program for you. The program takes place over 12 weeks, with one-hour workouts twice a week.

See in-person flyer for days and times.



YOUTH & TEEN FITNESS TRAINING

Designed specifically for developing bodies, our youth and teen training classes focus on building strength, mobility, coordination, and confidence in a safe and motivating environment. Classes use bodyweight, resistance, and sport-based drills to enhance performance and create positive fitness habits.

AGE GROUP: 7-14
CONTACT: Briargate Y: Jill Koch – jkoch@ppymca.org

NOTES:
All fitness levels welcome. Equipment provided. Monthly registration required.

TEEN TRX

Briargate Y | Wednesdays @ 5:30PM |
Ages 12+ | \$65/\$85 | Max: 8

YOUTH SPORTS CONDITIONING

Briargate Y | Ages 7-14 | \$65/\$85 | Max: 8 |
See flyer for dates/times

SPECIALTY FITNESS & SKILL-BASED PROGRAMS

Our specialty programs go beyond traditional fitness to support strength, skill, and self-protection. From brain-body integration and martial arts to weightlifting and self-defense, each program helps you build confidence and competency for everyday life or athletic goals.

AGE GROUP:
16+ (varies slightly by class)

CONTACT:
Southeast Y: Danielle Mounts
dmounts@ppymca.org

NOTES:
Registration required. See flyer for specific dates.
Equipment may be provided depending on program.

MARTIAL ARTS

Southeast Y | Oct-Nov | Ages 6+ | \$280/\$378

INTRO 2 POWERLIFTING PREP

Southeast Y | Mon & Thu @ 9AM or Mon & Wed
@ 5:30PM | Ages 14+ | \$130/\$180

STRIKE STRONG WOMEN'S SELF-DEFENSE

Southeast Y | Oct-Dec | Ages 14+ | \$360/\$486

JUMP START PROGRAM

Jump Start is a free, one-hour session with a certified personal trainer designed to help you kick off your health and fitness journey. During this meeting, you'll discuss your goals and complete two advanced assessments: an Evolt body composition scan to measure muscle, fat, and hydration levels, and a Trazer movement analysis to support injury prevention and boost performance. Get started today!



FREE EQUIPMENT & YOUTH ORIENTATIONS

New to the Y or getting back into fitness? Stop by the front desk for a free Equipment or Youth Orientation. A Healthy Living Attendant will guide you through the fitness floor, show you how to use the equipment, and make sure you feel comfortable and confident (Reservation is required).





TRAINING PACKAGES

PERSONAL TRAINING



2025 RATES

Are you looking for some guidance to achieve your fitness goals?
Find the Personal Training Package that is perfect for you!

1-on-1 Paid-in-Full Personal Training Packages

		
\$171	4 Sessions	\$285
\$312	8 Sessions	\$539
\$459	12 Sessions	\$767
\$604	16 Sessions	\$975
\$884	24 Sessions	\$1,363

1-on-1 Commitment Plan Monthly Personal Training Packages

		
\$149	Once per week	\$261
\$290	Twice per week	\$503
\$415	Three times per week	\$710

PARTNER TRAINING

ENJOY PERSONAL TRAINING WITH A FRIEND!

Check out our new partner training options for both members and nonmembers.

YMCA Member Packages



*Price Per Partner, limit two people

4 Sessions	\$190*
8 Sessions	\$310*
12 Sessions	\$445*
16 Sessions	\$588*
24 Sessions	\$874*

We have an awesome team!
MEET OUR PERSONAL TRAINERS
ppymca.org/personal-trainers





YMCA PHYSICAL THERAPY & WELLNESS CENTER

The YMCA is proud to announce the opening of the first YMCA Physical Therapy and Wellness Center at our First & Main YMCA location. Dan Fogarty, our Physical Therapist, brings over 30 years of experience and provides patients with strength optimization, increased flexibility, improved balance, and coordination, all while improving their overall health and wellness. Not sure where to begin? Schedule your free screening today and learn how Dan can improve your health and wellness journey.



OUR SERVICES INCLUDE:

- Physical Therapy Evaluations
- Joint & Soft Tissue Mobilization
- Myofascial Release
- Trigger Point Dry Needling
- Spinal Manipulation
- Stretching & Flexibility Work
- Endurance & Strengthening Exercises
- Muscle Stimulation / Ultrasound
- Instrument-Assisted Soft Tissue Mobilization
- Pre/Post-Operative Rehab
- Fall Prevention & Balance Programs
- Gait & Functional Mobility Analysis
- Corrective Exercise Prescription

CONDITIONS WE TREAT:

- Neck, Back & Spinal Pain
- Joint Pain & Arthritis
- Sports Injuries
- Post-Surgery Recovery
- Headaches & Nerve Pain
- Shoulder, Elbow, Wrist & Hand Injuries
- Hip, Knee, Foot & Ankle Injuries
- Fractures, Tendon & Ligament Tears
- Weakness or Poor Balance

ALSO FEATURING

- Cash-pay PT model – no insurance required
- Mobile app for easy online scheduling

LOCATIONS & DATES:

YMCA at First & Main | Now Open
3035 New Center Point, Colorado
Springs, CO 80922
(719) 574-2878

Briargate YMCA | Fall 2025
4025 Family Place, Colorado
Springs, CO 80920
(719) 282-9622

For updates or inquiries, please
visit the front desk at your
preferred YMCA location.

To book a free
screening or
to schedule an
appointment:



EVIDENCE-BASED HEALTH INTERVENTION

LIVESTRONG AT THE Y

LIVESTRONG® at the Y is a 12-week exercise program for cancer survivors, helping them ease back into fitness and maintain confidence. Our program staff have specialized training, allowing them to work with cancer survivors and understand your unique physical needs and safely address any concerns. Throughout the program, participants will improve their cardiovascular endurance, muscular strength and endurance, flexibility, and balance.



PRICING:	AGE GROUP(S):	CAPACITY
Members & Nonmembers: FREE!	18 and up!	16 participants per location

DATES AND TIMES

Dates & Times vary by location. Contact Travis Lerma, Director of Healthcare Integration, for more information at tlerma@ppymca.org or 719-386-0556

LOCATIONS

- Briargate Y
- Downtown Y,
- Southeast Armed Services Y
- Tri-Lakes Y
- Y at First & Main

REGISTRATION DEADLINE

Final Registration will differ by location, based on the program's start date. Participants are accepted up to the first week of the program.

Each participant will need to have our **LIVESTRONG** at the Y medical clearance form signed and turned in.

MOVING FOR BETTER BALANCE (MFBB)

Moving For Better Balance (MFBB) is a 12-week evidence-based fall prevention program designed to help participants improve their balance, flexibility, and mobility, as well as increase their confidence in doing everyday activities. The program utilizes the principles and movements of Tai Chi. The entire class can be done in a chair!



PRICING:	AGE GROUP(S):	CAPACITY
Members & Nonmembers: FREE!	18 and up!	15-25 participants based on location.

DATES AND TIMES

Dates & Times vary by location. Contact Travis Lerma, Director of Healthcare Integration, for more information at tlerma@ppymca.org or 719-386-0556

LOCATIONS

- Briargate Y
- Downtown Y
- Tri-Lakes Y
- Y at First & Main

REGISTRATION DEADLINE

Final Registration will differ by location, based on the program's start date. Participants are accepted up to the first week of the program.

PARKINSON’S EXERCISE PROGRAM (PEP)

The Parkinson’s Exercise Program (PEP) is a comprehensive, neuroplasticity-principled program that integrates the latest exercise and wellness research that provides a supportive exercise environment to optimize improvement in gait, balance, tremor, flexibility, grip strength, and motor coordination. Exercise has proven to be a key component with your medications, to help increase quality of life. This program is offered at a minimal cost!



LOCATION:	AGE GROUP(S):	CAPACITY
Briargate Y, Tri-Lakes Y, and Y at First & Main	18 and up!	25-30 participants, depending on location

DATES AND TIMES

Briargate Y: M/W/F 1:30–2:30pm
Tri-Lakes Y: T/TH 1–2pm
YMCA at First & Main: M/W 1:15–2:15pm

PRICING

(Member / Non-Member):
Briargate Y: \$36/\$50,
Tri-Lakes Y and Y at First & Main: \$24/\$40

REGISTRATION DEADLINE

Monthly registration. Ideal to register at the beginning of the month.

NEUROPONG PROGRAM

Besides being played for fun or competition, table tennis can be of great support to people experiencing cognitive decline and neurodegenerative disorders like Alzheimer’s disease, Parkinson’s disease, Multiple Sclerosis and ADHD.



PRICING:	AGE GROUP(S):	CAPACITY
Members & Nonmembers: FREE!	18 and up!	24 participants

DATES AND TIMES

Tuesdays & Thursdays 1:–3:00 pm

LOCATIONS

Downtown YMCA

REGISTRATION DEADLINE

Monthly registration. Ideal to register at the beginning of the month

ASSOCIATION EVENTS & MISSION ADVANCEMENT



JOIN US FOR OUR 147TH ANNUAL CELEBRATION Fundraiser for the YMCA!

Enjoy a western-themed evening of dinner, dancing, live music from the Sofa Killers, and community fun at the YMCA of the Pikes Peak Region's 147th Annual Celebration. Held at Phil Long Music Hall, this signature event brings together supporters and friends of the Y to celebrate our mission and raise vital funds for youth development, healthy living, and social responsibility.



YOUR IMPACT

Proceeds from this event help ensure that all families have access to Y programs regardless of income, supporting swim lessons, childcare, youth sports, military memberships, and more for over 126,000 individuals each year. Join us and make a difference in our community!



DATE AND TIME

Thursday, September 18, 2025

6:00 - 10:00pm

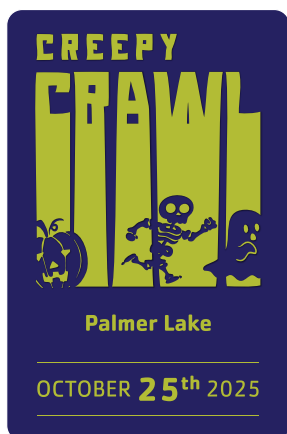
VIP: 5:00 - 10:00pm

LOCATION

Phil Long Music Hall
13071 Bass Pro Drive,
Colorado Springs, CO 80921

Purchase
sponsor
packages and
tickets [here](#) or
scan the QR:





YMCA 5K RACE SERIES & KIDS' FUN RUNS

Join the fun and celebrate community with the YMCA of the Pikes Peak Region! Our festive 5K Race Series welcomes runners, walkers, families, and even furry friends. Come in costume, bring a stroller, and enjoy themed races full of energy and excitement.

Register early to receive commemorative Y swag, including race shirts and special gifts. Kids 12 and under can participate in free 1K Fun Runs, and our Couch to 5K program will help you cross the finish line with confidence.

Let's move together for a great cause!

CREEPY CRAWL

Palmer Lake
Oct. 25, 2025

TURKEY TROT

Briargate YMCA
Nov. 27, 2025

TURKEY TROT

Fountain Ft. Carson
High School
Nov. 27, 2025

REGISTER TODAY
for one or all three!

ppymca.org/raceseries



Early Bird pricing for a limited time

All proceeds will benefit the YMCA and support individuals and families within our community.

ANNUAL SUPPORT CAMPAIGN

The Y Doesn't Just Strengthen Our Bodies, It Strengthens Our Community.

From A to Z, we offer a variety of experiences to nurture the potential of every child and teen, improve the nation's health and well-being and provide support to our neighbors.

To learn more visit ppymca.org/annual-support-campaign/

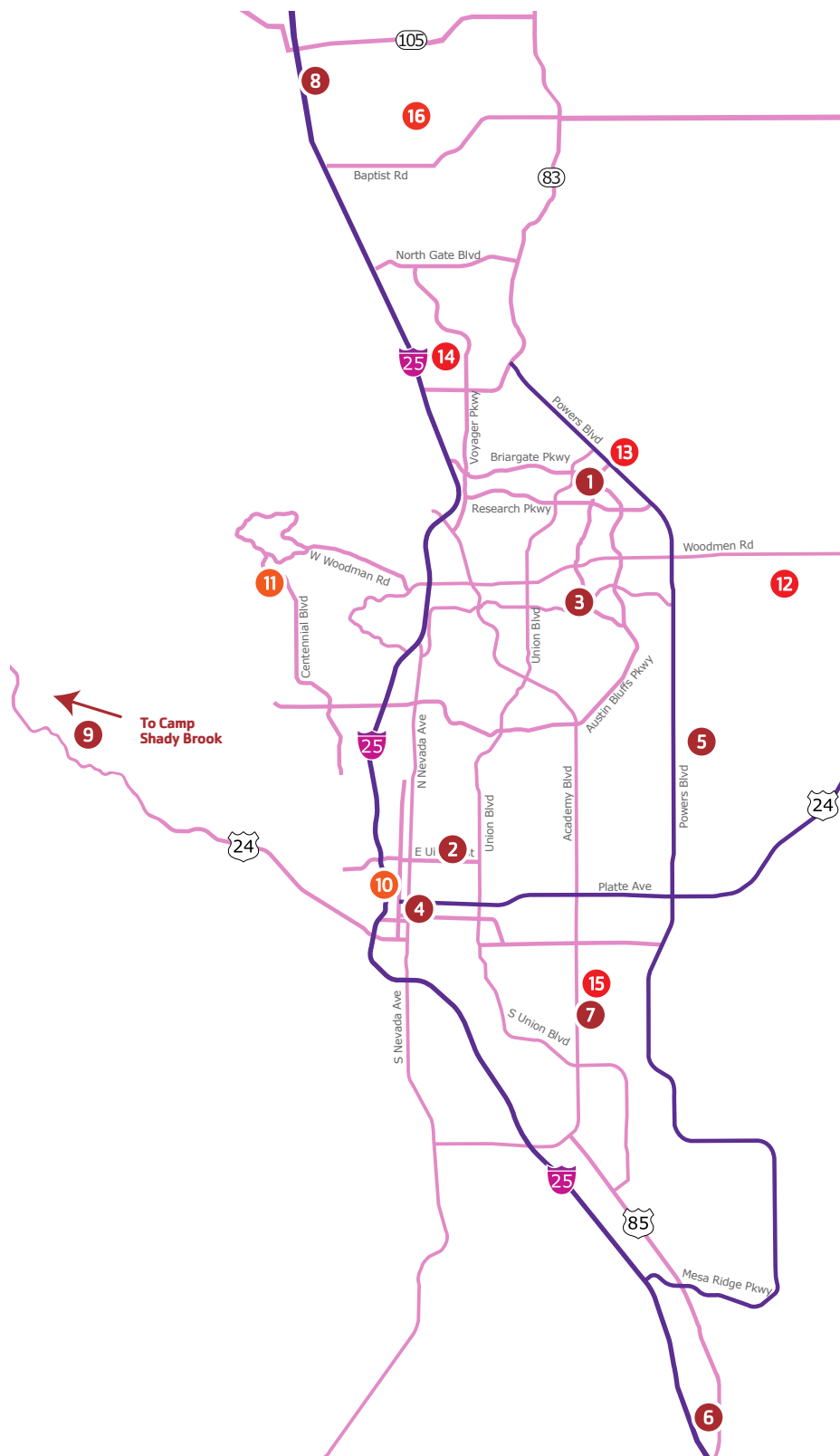
DOUBLE THE DONATION

Double Your Impact with a Matching Gift.

Many companies offer matching gift programs that can double or even triple your donation to the YMCA of the Pikes Peak Region. It's an easy way to increase the impact of your generosity at no additional cost to you.

Check if your employer matches: ppymca.org/matching-gifts/





- 1 Briargate**
4025 Family Place
Colorado Springs, CO 80920
719.282.9622
- 2 Colorado Springs Senior Center**
1514 N Hancock Avenue
Colorado Springs, CO 80903
719.955.3400
- 3 Cottonwood Creek**
3920 Dublin Boulevard
Colorado Springs, CO 80918
719.385.6508
- 4 Downtown**
207 North Nevada Avenue
Colorado Springs, CO 80903
719.473.9622
- 5 The YMCA at First & Main**
3035 New Center Point
Colorado Springs, CO 80922
719.574.2878
- 6 Fountain Valley**
326 West Alabama Avenue
Fountain, CO 80917
719.884.2198
- 7 Southeast & Armed Services**
2190 Jet Wing Drive
Colorado Springs, CO 80916
719.622.9622
- 8 Tri-Lakes**
17250 Jackson Creek Parkway
Monument, CO 80132
719.481.8728
- 9 YMCA Camp Shady Brook**
8716 South Y Camp Road
Deckers, CO 80135
719.329.7266
campshadybrook.org

Outdoor Pools Seasonal

- 10 Monument Valley Pool**
220 Mesa Road
Colorado Springs, CO 80903
719.578.6636
- 11 Wilson Ranch Pool**
2335 Allegheny Drive
Colorado Springs, CO 80919
719.598.3226

Residents Only

- 12 Banning Lewis Community Center**
6885 Vista Del Pico Boulevard
Colorado Springs, CO 80927
719.522.2432
- 13 Cordera Community Center**
11894 Grand Lawn Circle
Colorado Springs, CO 80924
719.495.2166
- 14 The Gathering Place at The Farm**
11141 Ridgeline Drive
Colorado Springs, CO 80921
719.358.7993
- 15 Chapel Heights Community Center**
4320 Jericho Loop
Colorado Springs CO 80916
719.622.9184
- 16 Home Place Ranch**
454 Sanctuary Rim Drive
Colorado Springs CO 80921

Visit us online at ppymca.org
YMCA OF THE PIKES PEAK REGION
 Financial assistance available to those who qualify

