



PROGRAM GUIDE



Winter-Spring

2026

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, Welcome to what is going to shape up to be an exciting new year as we embark on 2026! I'm Boyd Williams, your President & CEO, and it is my privilege to invite you to join thousands of others in the Pikes Peak Region to become involved with the Y community and to engage fully in spirit, mind, and body.

For nearly a century and a half, our YMCA has been the cornerstone of so much good in our community, and we remain dedicated to strengthening the foundation of our community through Youth Development, Healthy Living, and Social Responsibility, our enduring cause. The Y is your space to learn, grow, and find community, and we strive to meet members where they are in their journey by providing programs, support, and a sense of belonging. I invite you to find your wellness journey as you explore programs and offerings that will meet you and your family's needs.

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

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

This new year, I encourage you to:

Explore new opportunities, such as in-house physical therapy, personal and group training classes that are cutting-edge and offer positive and impactful results. Try new classes, camps, and workshops to challenge your mind, elevate your fitness, or foster creativity.

Deepen your connections as a donor, volunteer, lead programs, or support fellow members through fellowship and encouragement.

Bring your full self in spirit, mind, and body to every visit, knowing you are among friends who care.

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

Should you need anything, such as information about schedules, assistance, or a friendly chat, please know our doors are always open. We are here to serve you because you deserve the very best, and your well-being matters.

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

Humbly 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 3 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.



**MEMBER REFERRAL
REWARDS
PROGRAM**



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.

YMCA360

KEY FEATURES



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



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



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.

Free With Your Membership

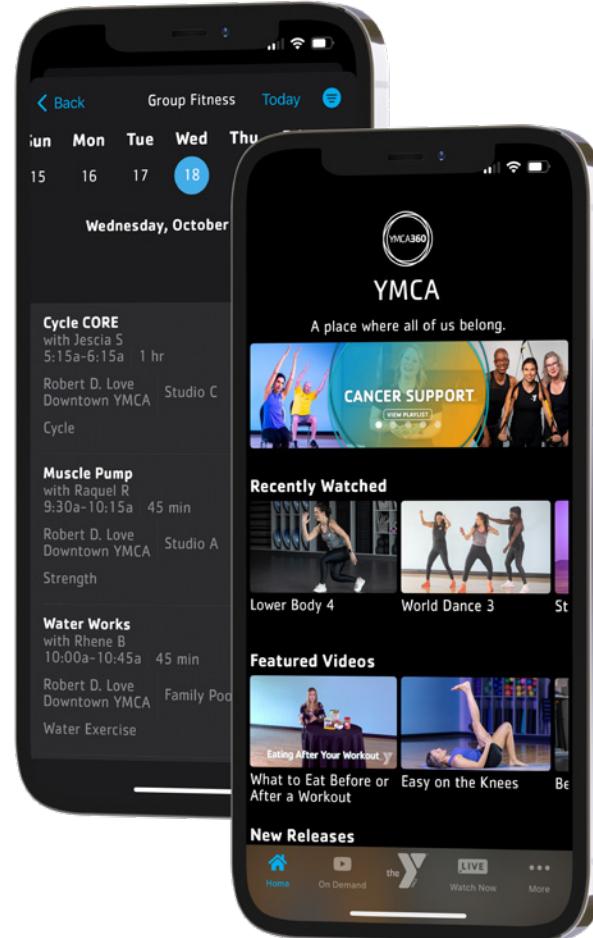
Y360 brings to life the people, places and programs of the Y. This service is included at no additional cost with all YMCA memberships.



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



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



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.

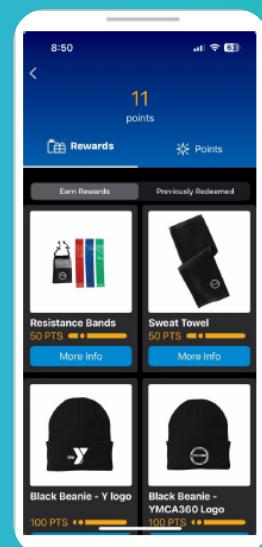
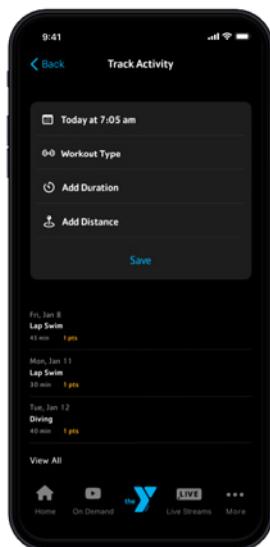
HELPFUL RESOURCE:

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

3035 New Center Point
Colorado Springs, CO 80922
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

2190 Jet Wing Drive
Colorado Springs, CO 80916
ppymca.org/southeast-armed-services-ymca/



- Two swimming pools & hot tub
- Group and water exercise classes
- Full Healthy Living Center
- Two gymnasiums & indoor track
- Raquetball courts
- Climbing wall
- Indoor play structure & Y Lab
- Learn & Play (6 weeks – 6 years)
- Birthday parties for any age

FOUNTAIN YMCA

326 Alabama Avenue,
Fountain, CO 80817
ppymca.org/fountain-valley-ymca/



- Swimming pool (located at Fountain-Ft. Carson High School)
- Group exercise classes
- Healthy Living Center
- Learn & Play (6 weeks – 6 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 [this link](#) 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 - \$71/\$101 | Saturdays (\$36/\$50)

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 completed 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, 2026. 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

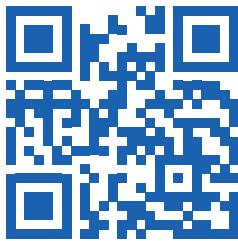
OPPORTUNITIES

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.



Summer Day Camp

The Y's Summer Day Camp is one of the oldest and most trusted camping programs in the country. Our day camps provide fun, child-centered activities and opportunities for learning through discovery, and challenge children to grow in imagination, creativity, self-directed initiative and leadership. Summer Day Camps offer enriching activities based on the weekly theme where friends are made through group games, sports & fitness, hands-on science activities, arts & crafts, and music!



LEARN MORE



Dates & Times

May 26th - August 19th (Dates will vary by location)

Locations

Tri-Lakes, Briargate, Downtown, Southeast, Fountain Ys & Westside Community Center.

Age Group(s)

5 years - 12 years

Registration

Registration for Summer Day Camp opens February 2026 and will remain available through the summer or until all spots are filled.

Pricing

Rates will be available on our website in 2026. Visit ppymca.org/daycamp for more information. Scholarships and financial assistance are also available to families who qualify.

Explorers Program

Explorers is a program for children ages 11-15. There will be four themes that rotate and repeat throughout the summer, offering different experiences each session. The goal of this program is to help encourage and expose youth in the area to as many new experiences as possible. With this program, we hope to help our kids expand their ideas of what they can do to fulfill their lives by discovering hobbies and activities that they may not normally be able to do.



Dates & Times

June 6th - June 22nd & July 6th - July 27th

Location

Field-Trip-Based Program

Age Group(s)

11 years - 15 years

Pricing

Rates will be available on our website in 2026. Visit ppymca.org/daycamp for more information. Scholarships and financial assistance are also available to families who qualify.



Questions? Please contact the Youth Development Department at youthdevelopment@ppymca.org or call 719.329.7289.

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/>

PEAK & 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

Location:
 Days and Locations vary

Tween Only Nights:
 Ages 7–12yrs – 6–9pm

Pricing: Member \$30,
 Non-Member \$50, FPP \$22.50

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

Pricing:
\$240 Members, \$315 Non-Members

Cottonwood Creek Pricing:
\$325 Members,
\$450 Non-Members
(3 hour party)

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

MEET OUR YOUTH SPORTS DIRECTORS



Tri-Lakes YMCA
Ashley Colby
Acolby@ppymca.org



Briargate YMCA
Le Kama
Pkama@ppymca.org



Banning Lewis Ranch and YMCA at First & Main
Jalen Cleague
Jcleague@ppymca.org



Downtown, Southeast, and Fountain YMCAs
Nick Pedraza
Npedraza@ppymca.org

WINTER BASKETBALL

REGISTER HERE

The YMCA Basketball program is designed to help your child learn the game in a safe and fun environment! All players will practice for one hour per week, with games held on Saturdays. All players are guaranteed equal playing time at the Y to help them develop in game situations. Practices begin the week of January 5th, and games run from Saturday, January 17th, to February 21st.

All registrations come with a team color basketball jersey.



DATES & TIMES:

One weekday practice based on the days you pick at registration

LOCATIONS:

Tri-Lakes, Briargate, Banning Lewis, First & Main, Downtown, Southeast, Fountain.

PRICING:

3-5 yr olds
(M| \$50 NM| \$90)
6-18 yr olds
(M| \$105 NM| \$150)

REGISTRATION DEADLINE:

Dec. 21st

AGE GROUPS:

3-18

SPRING SOCCER

REGISTER HERE

The YMCA Soccer program is designed to help your child learn the game in a safe and fun environment! All players will practice for one hour per week, with games held on Saturdays. All players are guaranteed equal playing time at the Y to help them develop in game situations. Practices begin the week of March 30th, and games will be held on Saturdays from April 11th to May 16th.

Jersey and socks are included with registration.



DATES & TIMES:

One weekday practice based on the days you pick at registration

LOCATIONS:

Tri-Lakes, Briargate, Banning Lewis, First & Main, Downtown, Southeast, and Fountain YMCAs.

PRICING*:

3-5 yr olds
(M| \$50 NM| \$90)
6-18 yr olds
(M| \$105 NM| \$150)

REGISTRATION DEADLINE:

Mar. 15th

AGE GROUPS:

3-18

*Rates increase \$15 after Feb 15th | An additional \$15 is applied after March 15th

SPRING FLAG FOOTBALL | [REGISTER HERE](#)

The YMCA Football program is designed to help your child learn the game in a safe and fun environment! All players will practice for one hour per week, with games held on Saturdays. All players are guaranteed equal playing time at the Y to help them develop in game situations. Practices begin the week of March 30th, and games run on Saturdays from April 11th to May 16th.

Jersey is included with registration.


DATES & TIMES:

One weekday practice based on the days you pick at registration

LOCATIONS:

Tri-Lakes, Briargate, Banning Lewis, First & Main, Downtown, Southeast, and Fountain YMCAs.

PRICING*:

3-5 yr olds
(M \$50 NM \$90)
6-18 yr olds
(M \$105 NM \$150)

REGISTRATION DEADLINE:
Mar. 15th

AGE GROUPS:
3-18

*Rates increase \$15 after Feb 15th | An additional \$15 is applied after March 15th

SPRING VOLLEYBALL | [REGISTER HERE](#)

The YMCA Volleyball program is designed to help your child learn the game in a safe and fun environment! All players will practice for one hour per week, with games held on Saturdays. All players are guaranteed equal playing time at the Y to help them develop in game situations. Practices begin the week of March 30th, and games run on Saturdays from April 11th - May 16th.

Jersey is included with registration.


DATES & TIMES:

One weekday practice based on the days you pick at registration

LOCATIONS:

Tri-Lakes, Briargate, Banning Lewis, First & Main, Downtown, Southeast, and Fountain YMCAs.

PRICING*:

3-5 yr olds
(M \$50 NM \$90)
6-18 yr olds
(M \$105 NM \$150)

REGISTRATION DEADLINE:
Mar. 15th

AGE GROUPS:
3-18

*Rates increase \$15 after Feb 15th | An additional \$15 is applied after March 15th

CHEERLEADING | [REGISTER HERE](#)

If your little cheerleader is ready to show their spirit, improve their strength, and learn to cheer, it's time to join the Y squad! YMCA Cheerleading provides young athletes with the opportunity to learn and refine cheer, dance, and sideline routines. They even get to put their skills into practice when cheering on our teams on the court or the field. This program helps young cheerleaders build confidence and make their voice heard!

Cheer Squad shirts, Bows, and Pom-Poms are available for purchase for first-time members.


DATES & TIMES:

Varies by branch

LOCATIONS:

Tri-Lakes, Briargate, Banning Lewis, First & Main, Downtown, Southeast.

PRICING*:

Member and non-member prices vary by branch and program. Some programs have more practice options.

REGISTRATION DEADLINE:
Mar. 29th

AGE GROUPS:
6-14

2026 YOUTH SPORTS CALENDAR



SAVE \$15 Register during Early Bird to receive the discounted rate!*



WINTER SPORTS

Basketball (Ages 3-18), Cheerleading (Ages 6-14)

Registration Opens – Member only _____ Oct 27 – Nov 9
 Registration Closes _____ Dec 21
 Practices Start _____ Jan 5
 Games Start _____ Jan 17
 Last Game & Medals _____ Feb 21

SPRING SPORTS

Soccer (Ages 3-14), Volleyball (Ages 6-14)
Flag Football (Ages 3-14), Cheerleading (Ages 6-14)

Registration Opens – Member only _____ Jan 19 – Feb 1
 Early Bird Open for M/NM _____ Feb 2 – Feb 15
 Standard Registration* _____ Feb 16 – Mar 15
 Registration Closes _____ Mar 15
 Late Registration _____ Mar 16 – spaces full
 Practices Start _____ Mar 30
 Games Start _____ Apr 11
 Last Game & Medals _____ May 16

SUMMER SPORTS

Baseball & Softball (Ages 3-14), T-Ball (Ages 3-5)
Coach Pitch (Ages 6-9), Player Pitch (Ages 10-14),
Basketball (Ages 3-14), Cheerleading (Ages 6-14),

Registration Opens – Member only _____ Mar 23 – Apr 5
 Early Bird Open for M/NM _____ Apr 6 – Apr 19
 Standard Registration* _____ Apr 20 – May 17
 Registration Closes _____ May 17
 Late Registration _____ May 18 – spaces full
 Practices Start _____ Jun 1
 Games Start _____
 Basketball/Tball – Starting Jun 13th
 Baseball/softball – Starting the Week of Jun 15th
 Last Game & Medals _____ Jul 25 or Jul 31

FALL SPORTS

Soccer (Ages 3-14), Volleyball (Ages 6-14)
Flag Football (Ages 3-14), Cheerleading (Ages 6-14)

Registration Opens – Member only _____ Jun 15 – Jun 28
 Early Bird Open for M/NM _____ Jun 29 – Jul 12
 Standard Registration* _____ Jul 13 – Aug 9
 Registration Closes _____ Aug 9
 Late Registration _____ Aug 10 – spaces full
 Practices Start _____ Aug 24
 Games Start _____ Sep 12
 Last Game & Medals _____ Oct 17

FALL SPORTS

Basketball (Ages 3-18), Cheerleading (Ages 6-14)

Registration Opens – Member only _____ Aug 17 – Aug 30
 Early Bird Open for M/NM _____ Aug 31 – Sep 13
 Standard Registration* _____ Sep 14 – Oct 11
 Registration Closes _____ Oct 11
 Late Registration _____ Oct 11 – spaces full
 Practices Start _____ Oct 26
 Games Start _____ Nov 7
 Last Game & Medals _____ Dec 19

REGISTER TODAY!



 NORWOOD
Special thanks to our Fall and Winter Basketball Sponsor.



SAVE MORE AS A Y MEMBER.

Members save an extra 10% with code Program10 during registration.



*Standard Registration increases by \$15.

Late Registration opens for spaces available & increases by an additional \$15.

M = Member | NM = Non-Member

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.ppymca.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.

Breakfast with Santa for Military Families

Join us for Breakfast with Santa for Military Families on December 6, 2025, from 8:00 a.m. to 11:30 a.m. to celebrate the Holidays! We will be providing breakfast, photos with Santa, crafts, resource vendors, and of course, gifts from Santa! You must be an Active-Duty military member or a veteran family in need to sign up. All ranks welcome.

DATE & TIME:

December 6, 2025
8:00 - 11:30am

REGISTRATION DEADLINE:

December 5, 2025

PRICING:

Members &
Nonmembers
FREE!

AGE GROUP(S):

all ages

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 partnered with our local military community and the National Armed Services YMCA to bring Operation Kid Comfort to this area, providing support 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

Karyn (Mama K) Abramo at comfortquilts@ppymca.org

PRICING:

Members &
Nonmembers FREE!

AGE GROUP(S):

6 weeks - 18 years

[LEARN MORE](#)

[REQUEST A QUILT](#)



Children's Waiting Room on Fort Carson



Children's Waiting Room enables junior enlisted service members (E7 and below) and their families to make health and well-being a priority. This unique program provides child care services at Evans Army Community Hospital on Fort Carson, enabling parents to keep scheduled appointments without the stress of finding child care outside of the hospital.

REGISTRATION DEADLINE:

Reservations accepted up to 24 hrs prior to the scheduled medical appointment

PRICING:

Mem & Nonmem:
Free for E7 and below

AGE GROUP(S):

6 weeks - 12 years

DATE & TIME:

Beginning Feb 3, 2026

Open Mon - Fri
8:00am - 4:00pm
and closed on
federal holidays,
hospital training
days, and
weekends

LOCATION:

1650 Cochrane Cir., Fort Carson, CO, 80913 Room # R1400

SPECIAL NOTES/REQUIREMENTS:

Up to 2 hours per day per child. Reservations required. Walk-ins are based on availability. Must provide proof of scheduled medical appointment for Service Member or spouse and immunization records for child(ren).

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

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

Lil' Ninja:
Sat @ 9:30AM
Youth Ninja:
Mon, Tues, 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

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](#) [R30](#) [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!

Camaraderie for a Cause

Join our movement of "Comraderie for a Cause" by taking part in our Group Exercise Special Events, designed to both serve our community and add even more excitement, education and variety to your workout routine. Scan our QR code to see our ever-evolving list of events throughout the year!



Visit ppymca.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.

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)

Results-driven training program designed for strength, hypertrophy, cardio, and mobility reconstruction.

Transformation

Program Dates: 08/20/2025 - 11/20/2025

Wednesdays & Fridays 10:00 - 11:00 am

Tuesdays & Thursdays 10:30 - 11:30 am

12-week transformation program with strength, cardio, mobility, and nutrition coaching.



FOUNTAIN VALLEY YMCA

DadBod Destroyer

Mondays & Wednesdays | Time TBD

Ages 18+ | \$75/month

Strategic blend of strength training and fat incineration.

A.B.C (Agility, Balance, Core)

Mondays & Wednesdays | 10:00 am

Ages 18+ | \$75/month

Improves agility, balance, and core strength.

Ladies Who Lift

Tuesdays & Thursdays, Time TBD

Ages 14+ | \$75/month

Focused on form, technique, and confidence building.



Intro to Strength Training

Mondays & Wednesdays | 9:00 am

Ages 14+ | \$300/12 weeks

Full 12-week foundational strength course with Evolt assessments.

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: **CONTACT:**

7-14 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).

Ongoing Member Education

JANUARY - SHOULDER PAIN

Common injuries, shoulder anatomy, and different ways to rehabilitate the shoulder both in the gym and at home.

FEBRUARY - LOW BACK PAIN

Strains, sprains, and sciatica. Learn the anatomy of the low back and how to strengthen and stretch the area to feel better.

MARCH - KNEE PAIN

Strains, sprains, or arthritis? Review knee anatomy and explore stretches and exercises that help reduce pain.

APRIL - HIP PAIN

How do you know if it's arthritis or a muscle strain? Learn which activities can help reduce hip pain and get you back to your exercise routine.

MAY - FOOT & ANKLE PAIN

Ankle sprains, plantar fasciitis, bunions—what can you do at the gym or at home to reduce foot and ankle pain?

JUNE - ELBOW PAIN

Tennis elbow? Golfer's elbow? Understand why your elbow hurts and what you can do to relieve pain so you can return to lifting or playing sports.

JULY - POSTURE & BALANCE

Experiencing poor posture or difficulty walking due to balance issues? Learn what you can do to stand taller and walk with more stability.

AUGUST - MUSCLE HEALTH

Why is it important to work hard as we age to maintain muscle? Explore current research on muscle health and strength training, and why it's essential for long-term wellness.

[VISIT HERE](#)

Please check our website for the most up-to-date days and times.





TRAINING PACKAGES

PERSONAL TRAINING

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.



*Price Per Partner, limit two people

YMCA Member Packages

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 | Early 2026
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:

Members & Nonmembers:
FREE!

AGE GROUP(S):
18 and up!

CAPACITY
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:

Members & Nonmembers:
FREE!

AGE GROUP(S):

18 and up!

CAPACITY

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
- Cottonwood Creek 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:

Briargate Y, Tri-Lakes Y, and Y at First & Main

AGE GROUP(S):

18 and up!

CAPACITY

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:

Members & Nonmembers: FREE!

AGE GROUP(S):

18 and up!

CAPACITY

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

SAVE THE DATES!



GRATITUDE WEEK AT THE Y

March 2026 | Colorado Springs, CO

Coming in March 2026! Gratitude-a-Thon is our annual celebration dedicated to thanking the donors and community members who strengthen our YMCA family. This initiative promotes a culture of giving thanks and giving back. Throughout the week, donors, members, volunteers, and staff are invited to share messages of appreciation, connect in-person and through social media, and celebrate the impact of generosity across the Pikes Peak region. Together, we celebrate the people and partners who help the Y make a difference every day.

Scan the QR code to learn more about the lives being changed across our community, all made possible by our donors



2026 WINTER FEST CELEBRATION

February 6, 2026 | Colorado Springs, CO

Celebrate the spirit of the Winter Olympics with us at the 2026 Winter Fest! On Friday, February 6, the YMCA of the Pikes Peak Region will join the city-wide festivities to welcome the start of the Winter Games. This family-friendly community celebration will highlight the excitement, unity, and inspiration of the Olympics. Additional details about locations, activities, and event partners will be shared as soon as they are available.

Mark your calendars and stay tuned. We can't wait to celebrate together!

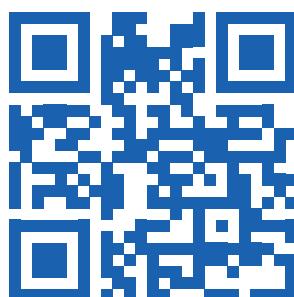


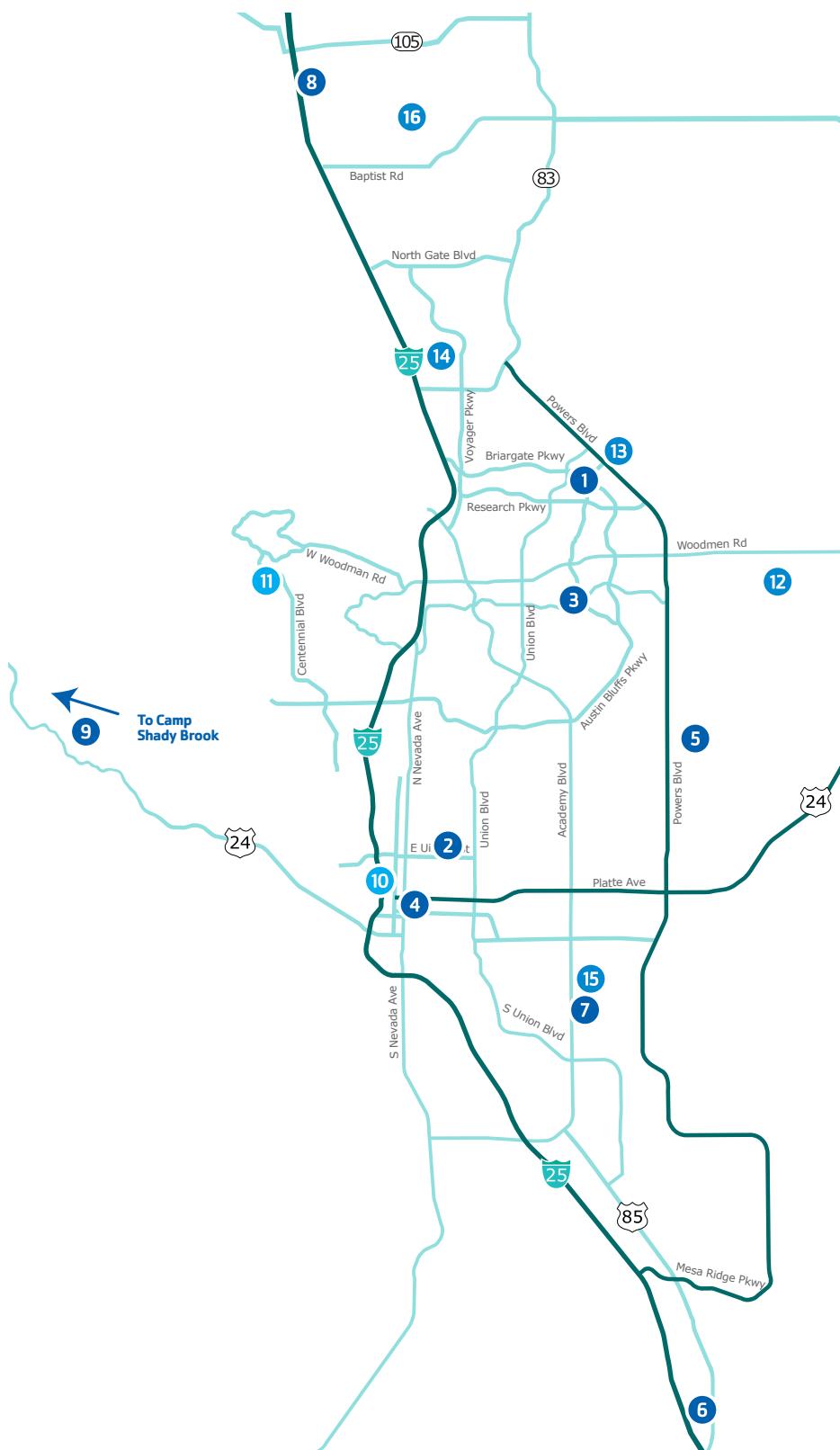
COLORADO SENIOR GAMES

June 5–7, 2026 | Colorado Springs, CO

Celebrate active living at the 2026 Colorado Senior Games, hosted in partnership with Colorado Springs Sports Corp and the YMCA of the Pikes Peak Region. This three-day event brings together athletes ages 50+ for Olympic-style competitions in swimming, pickleball, track & field, cycling, and more. Join us to experience the strength, camaraderie, and vibrant spirit of Colorado's senior sports community.

[Learn More & Register:](#)





- 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

