



# PROGRAM GUIDE

Summer  
**2026**





# 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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# JOIN THE Y

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

## NEW MEMBERSHIP LOYALTY PROGRAM

To thank members for their continued commitment to the Y, our new Membership Loyalty Program launched April 1st. As a valued Loyalty Member, your rates will not increase in 2026, and you will continue to enjoy a rate that is below the standard membership rate.

**How it works:** Current members will automatically qualify as Loyalty Members. Your current rate will remain the same in 2026, and going forward, if standard membership rates increase, your rate will always stay \$5 (Adult Membership) or \$10 (Couple or Family Membership) below the new standard, depending on your membership type. No action is required, and your rate will be maintained automatically.

## MEMBER BENEFITS

The YMCA of the Pikes Peak Region offers an 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 to help new members 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 curriculum-based activities while parents work out.

## CORPORATE MEMBERSHIP PROGRAM

We're building stronger workplaces across the Pikes Peak Region by offering businesses the opportunity to connect their employees to the YMCA, with multi-branch access, nationwide reciprocity, no joiner's fee, and member-pricing on programs.

### Learn More Today:

<https://ppymca.org/corporate-membership/>



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. Learn more [here](#).

**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.

# LOCATIONS & AMENITIES

## NORTH

### Tri-Lakes YMCA

17250 Jackson Creek Pkwy  
Monument, CO 80132  
[ppymca.org/tri-lakes-ymca](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/](http://ppymca.org/southeast-armed-services-ymca/)



- Two swimming pools & hot tub
- Group and water exercise classes
- Full Healthy Living Center
- Two gymnasiums & indoor track
- Racquetball 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/](http://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-time 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 seasonal position, 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

# OUTDOOR POOLS, WATER SAFETY & AQUATIC PROGRAMS

## MAKE A SPLASH THIS SUMMER

Safe, Active, and Fun All Season Long

Summer is the perfect time to cool off, stay active, and make memories together. Whether you're visiting one of the YMCA's outdoor pools, enjoying a family swim, or spending time at the lake, water safety starts with preparation and confidence.

At the YMCA of the Pikes Peak Region, we believe every child deserves the opportunity to enjoy the water safely. Through swim lessons, water safety education, and family-friendly aquatic experiences, we're helping build safer, stronger communities one swimmer at a time. Swim lessons not only teach lifesaving skills, but they also help children gain confidence, independence, and a lifelong love of being active in the water.

## OUTDOOR POOLS ARE OPEN!

Beat the summer heat at the YMCA's outdoor pools. Enjoy open swim, family fun, and a place to relax, connect, and stay active all summer long.

Purchase an Outdoor Pool Pass to enjoy:

- Unlimited outdoor pool access
- Family-friendly recreation
- A fun and active way to spend summer

[Learn More & Purchase Your Passes](#)

## AQUATICS FOR EVERY AGE

From swim lessons and water safety to aquatic fitness and recreational swimming, the YMCA offers programs for every age and ability. Build confidence, stay active, and enjoy the many benefits of being in and around the water.

Visit our Aquatic Programs page to learn more <https://ppymca.org/aquatic-fitness/>

## SAFETY AROUND WATER

Drowning can happen quickly and often occurs even when adults are nearby. That's why the YMCA is committed to helping families build essential water safety skills before heading to pools, lakes, and other aquatic environments. Water safety education empowers both children and parents with the knowledge and confidence needed to enjoy the water responsibly.

## WATER SAFETY TIPS FOR FAMILIES

Always provide active adult supervision around water.

Put phones and distractions away when supervising children.

Designate a "Water Watcher" during gatherings and pool parties.

Wear properly fitted life jackets when appropriate.

Learn basic swimming and water safety skills.

Know what to do in an emergency and call for help immediately.

# SUMMER YOUTH PROGRAMS CATALOG

## **BUILT FOR SUMMER. MADE FOR KIDS.**

Whether your child loves sports, swimming, outdoor exploration, creative activities, or making new friends, the YMCA has a summer program for them. Our Summer Youth Programs Catalog includes detailed information on camps, aquatics, youth sports, teen leadership opportunities, and specialty programs available across YMCA locations throughout the Pikes Peak Region.

[View the full catalog here.](#)



## **FEATURED PROGRAM: OLYMPIC CITY USA CAMP | JUNE 22-26**

Give your child a summer inspired by the Olympic and Paralympic spirit. Through hands-on activities, sports, leadership development, and interactive experiences, Olympic City USA Camp encourages kids to stay active, build confidence, and discover what it means to pursue excellence both on and off the field.

[Learn more.](#)



# CAMP SHADY BROOK



## ADVENTURE, INDEPENDENCE, AND MEMORIES THAT LAST A LIFETIME

Nestled in the Rocky Mountains in Deckers, Colorado, Camp Shady Brook has helped generations of campers discover new adventures, build confidence, and develop lifelong friendships. Through outdoor exploration, cabin life, and meaningful experiences away from home, campers gain independence, resilience, and a deeper connection to the world around them. Whether they're climbing a rock wall, paddling across the lake, trying something new, or sharing stories around a campfire, every day at Camp Shady Brook is designed to help young people grow into confident, capable leaders.

Overnight camp experiences are for children ages 6-17.

Learn more [here](#).



### Traditional Camp

June - July  
Ages 7-17

### Mini-Aspen & Aspen Camp

July  
Ages 6-8

### Adventure Camps

June - July  
Ages 7-17

### Music Empowerment Camp

July  
Ages 7-17

### Horsemaster Program

June - July  
Ages 7-17

### Teen Leadership Programs

Rising Freshman & Sophomores  
June - July

### Conferences & Retreats

All Ages  
Reservations can be made up to one year in advance, from mid-August until early June.  
Learn more [here](#).

### Partnership Camps

All Ages  
Learn more [here](#).

### BUILD CONFIDENCE

Campers step outside their comfort zones, develop new skills, and discover what they're capable of achieving.

### EXPLORE THE OUTDOORS

From hiking and climbing to waterfront activities and outdoor adventures, campers experience the beauty of Colorado's mountains firsthand.

### UNPLUG AND CONNECT

With fewer distractions and more opportunities for meaningful friendships, campers build lasting connections with peers and counselors.

### BELONG AT THE Y

Camp Shady Brook welcomes campers from diverse backgrounds and creates a community built on inclusion, respect, and personal growth.

# MILITARY & VETERANS PROGRAMS

## Serving Those Who Serve

The YMCA of the Pikes Peak Region is proud to support active-duty military, veterans, and their families through programs that promote health, connection, resilience, and community. Whether you're looking for wellness resources, family support, membership opportunities, or ways to give back, the Y is here to help military families thrive. Explore our military and veteran-specific programs below and discover how the Y is serving those who serve.



### Community Spotlight

This spring, the YMCA of the Pikes Peak Region was honored and excited to officially introduce the Children's Waiting Room at Evans Army Community Hospital. The Children's Waiting Room allows service members and their families to attend scheduled medical appointments without the added stress of arranging childcare outside of the hospital. Learn more [here](#).

## Veterans Wellness Initiative

The Veterans Wellness Initiative is a free 12-week program designed to help veterans and their spouses or partners improve their health, build connections, and establish lifelong wellness habits. Participants receive access to YMCA facilities, fitness opportunities, wellness resources, and a supportive community focused on overall well-being. Upon successful completion, participants may also receive an extended YMCA membership. Learn more or join the interest list [here](#).



### Veterans Adaptive Martial Arts Workshops

Continue your wellness journey through adaptive martial arts training designed specifically for veterans of all abilities. These workshops focus on strength, mobility, confidence, resilience, stress relief, and camaraderie while providing a welcoming environment to stay active and connected. A new six-week Adaptive Martial Arts Program begins the week of July 27 at the Tri-Lakes YMCA. Free for Veterans Wellness Initiative participants. Learn more [here](#).

## Free Month for Women Veterans

In honor of Women Veterans Day on June 12th, women veterans who join the YMCA during the month of June will receive one month free of membership dues (up to a \$68 value), along with a special swag bag courtesy of our partners at Veterans United Foundation and Veterans United Home Loans – Colorado Springs. Offer valid June 1–30, 2026.

Thank you to Veterans United Foundation and Veterans United Home Loans – Colorado Springs for supporting local women veterans.



### Stars & Stripes Golf Classic

The YMCA Stars & Stripes Golf Classic returns June 29–30, 2026, at The Club at Flying Horse. This annual event raises critical funds that support military-focused YMCA programs, scholarships, family services, and initiatives for veterans, active-duty service members, and their loved ones. The tournament sold out last year and remains one of the YMCA's premier military fundraising events. Every swing helps ensure military families have access to the support, resources, and sense of belonging they deserve. Learn more, register, or become a sponsor [here](#).

# HEALTHY LIVING

## Helping You Feel Your Best

Whether you're building strength, recovering from an injury, improving athletic performance, or simply looking to live a healthier life, the YMCA offers programs and services designed to support your wellness journey at every stage of life. From innovative recovery services and physical therapy to aquatic fitness and personalized training, discover new ways to move, heal, and thrive.



## YMCA Wellness Center Now Open

Wellness Starts Here

Introducing the new Wellness Center at the YMCA. A modern, recovery-focused space designed to help you move better, feel better, and live better. Experience a new level of recovery, relaxation, and total wellness at the YMCA. Be among the first to explore our new Wellness Center, designed to help you recharge and feel your best. Featuring recovery-focused amenities such as red light therapy, compression therapy, massage chairs, and cryotherapy lounges, the Wellness Center supports both active lifestyles and long-term well-being.

### Menu of Services Offered

- Recovery-focused wellness equipment
- Relaxation and restoration experiences
- Guided support from on-site staff
- Comfortable, spa-like environment
- Red light sauna therapy
- Massage chairs
- Cryotherapy lounges

### Monthly Access - \$50/month Includes up to 24 15-minute sessions per month.

- Reservation-based access
- Designed to provide a high-quality wellness experience.

Learn more about YMCA Wellness Center offerings [here](#).

Located within the Wellness Center, YMCA Physical Therapy also helps individuals improve mobility, reduce pain, recover from injury, and return to the activities they love through personalized care and evidence-based treatment plans.

Learn more about Wellness Center memberships, services, and Physical Therapy offerings.

<https://ppymca.org/programs/healthy-living/physical-therapy/>

## FEATURED PROGRAMS

### AQUATIC FITNESS

Low-impact. High-benefit.

Aquatic fitness offers a fun and effective way to improve cardiovascular health, strength, flexibility, and mobility while reducing stress on joints and muscles. Whether you're new to exercise, recovering from an injury, or looking to complement your current fitness routine, water-based exercise provides a supportive environment for all fitness levels.

#### Great For:

- Active older adults
- Injury recovery
- Joint-friendly exercise
- Improving balance and mobility
- Overall health and wellness

### PEAK PERFORMANCE

Train with purpose. Perform with confidence.

Peak Performance helps youth athletes and active individuals improve strength, speed, mobility, coordination, and overall athletic performance through personalized coaching and small-group training opportunities. Whether preparing for a sports season or looking to gain a competitive edge, participants receive expert guidance designed to help them reach their goals.

#### Benefits Include:

- Strength and conditioning
- Speed and agility development
- Injury prevention
- Sport-specific performance training
- Personalized coaching

#### Register in-person or by phone at the following YMCA locations:

Tri-Lakes YMCA, 17250 Jackson Creek Parkway  
| 719.481.8728

YMCA at First & Main 3035 New Center Point,  
Colorado Springs, CO 80922 | 719.574.2878





### Community Spotlight: Every Child Deserves the Chance to Be Safe Around Water

As summer approaches, families across the Pikes Peak Region head to pools, lakes, and water parks to make memories together. But for many parents, water safety is also a growing concern.

This spring, the YMCA’s free Safety Around Water program drew overwhelming community interest, connecting local families with lifesaving skills and education designed to help prevent drowning and build confidence in and around the water. Through initiatives like these, the YMCA continues its commitment to ensuring every child, regardless of background or ability, has access to opportunities that help them stay safe, healthy, and thrive.

Watch [FOX21’s feature](#) highlighting the YMCA’s Safety Around Water program and our commitment to helping families become water-ready this summer.

### Community Campaign Success

Thanks to the generosity of YMCA members, donors, volunteers, staff, and community partners, the 2026 Community Campaign raised an incredible **\$92,445.20**, surpassing our goal and reaching **142.22%** of the fundraising target.

These funds help ensure that individuals and families throughout the Pikes Peak Region can access YMCA programs regardless of their ability to pay. From water safety initiatives and swim lessons to youth programs, military services, and membership assistance, every dollar helps strengthen our community and create opportunities for all.

Because of donors like you, more families can learn, grow, and thrive at the Y.



### Your Support Makes an Impact

Every gift helps strengthen our community by expanding access to programs that empower youth, improve health, and create opportunities for individuals and families throughout the Pikes Peak Region.

[Explore ways to give.](#)



### Driving Impact Together

Thank you to Corwin Toyota for their continued partnership and commitment to strengthening youth, families, and communities across the Pikes Peak Region. Together, we’re helping create opportunities for more children to learn, grow, and thrive.

# UPCOMING EVENTS



## ROCKY MOUNTAIN 5K

**August 29, 2026 | Colorado Springs, CO**

Join us on Saturday, August 29th at America the Beautiful Park for the official 5K of the Rocky Mountain State Games. This community event supports YMCA programs and helps create opportunities for athletes of all ages and abilities. Run with purpose and make an impact in our community.

Register today [here!](#)

## ANNUAL CELEBRATION

**September 24, 2026 | Colorado Springs, CO**

Celebrate 148 years of YMCA impact during an unforgettable evening of dining, entertainment, and Western-inspired fun. This signature event brings our community together to support youth development, healthy living, and social responsibility throughout the Pikes Peak Region.

Reserve your tickets or become a sponsor and help strengthen youth, families, and communities throughout our region.

[Learn More.](#)



## YMCA 5K RACE SERIES

**Save the Dates!**

Registration opens July 15th. Take advantage of bundle pricing and join us for another exciting season of YMCA race events. Whether you're racing for a personal best, walking with friends, or supporting a great cause, every race helps strengthen YMCA programs across our community.

### 2026 Race Schedule

Creepy Crawl 5k – Saturday, October 24, 2026

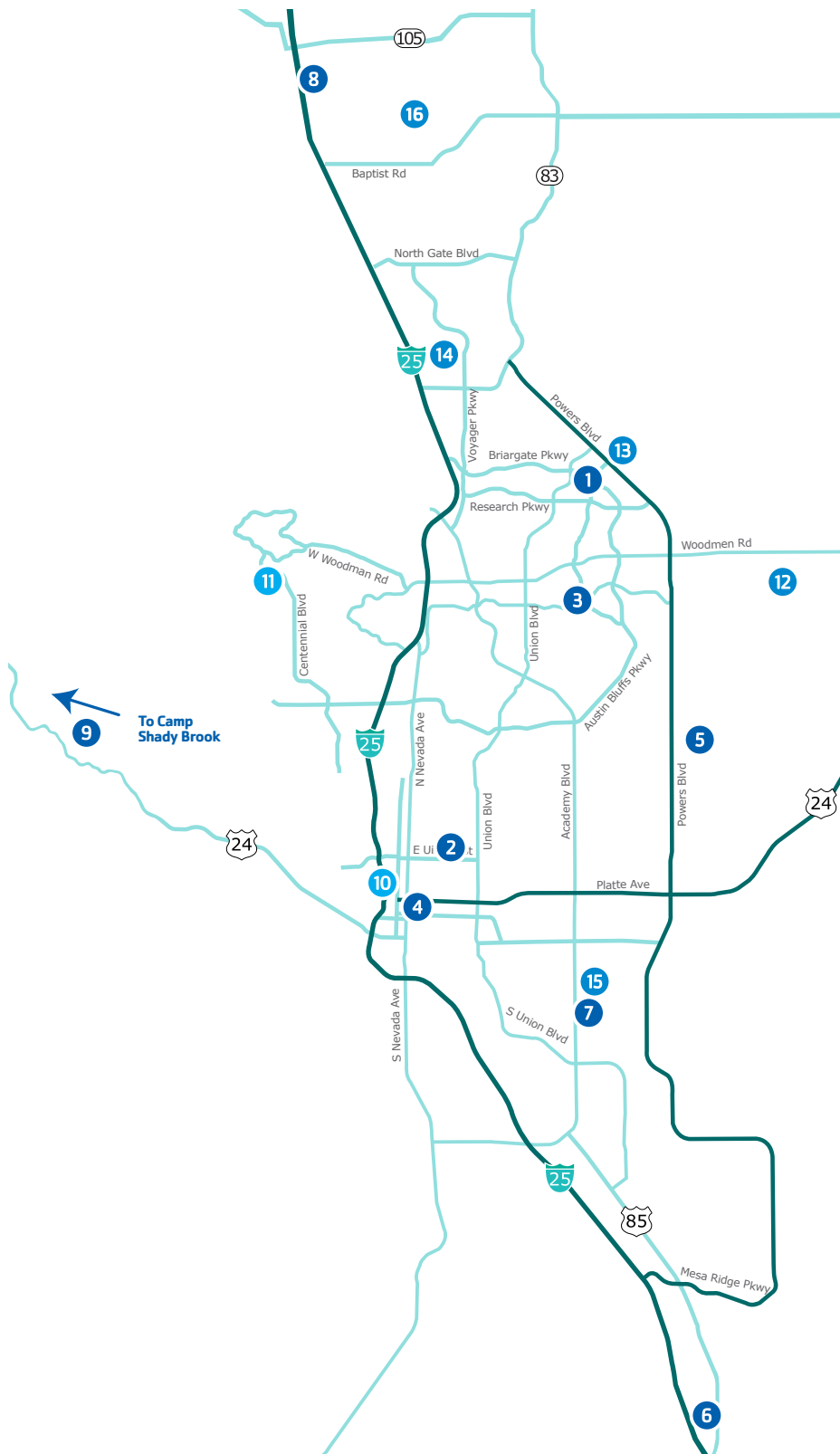
Turkey Trot 5k – Thursday, November 26, 2026

Jingle Jog 5k – Saturday, December 12, 2026

### Interested in becoming a sponsor?

Contact Jillian Scaggs at (719) 329-7268 or [jscaggs@ppymca.org](mailto:jscaggs@ppymca.org) to learn more about sponsorship opportunities. [Learn More.](#)





- 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 Home Place Ranch**  
454 Sanctuary Rim Drive  
Colorado Springs CO 80921

Visit us online at [ppymca.org](http://ppymca.org)  
**YMCA OF THE PIKES PEAK REGION**  
 Financial assistance available to those who qualify

