

Experience Denver YMCAs

DENVER Y TOURS

In Colorado, we are fortunate to have 5 incredible associations serving our communities from the mountains to the Front Range, the Denver metro as well as the cities of Colorado Springs and Pueblo.

For NAYDO attendees, any of our six Denver metro YMCAs are within driving distance of the Gaylord. All locations feature the latest fitness equipment including EGYM,

diverse group ex classes, and family-friendly spaces that cater to all ages and interests. [Hours](#).

Aurora YMCA at Wheatlands

17.5 miles, 20 minutes

Open in collaboration with the Wheatlands Metro District, this YMCA location opened in May 2021 to serve the southeast area of Aurora.

Downtown Denver YMCA

18.9 miles, 34 minutes

The oldest YMCA in our association, the Downtown Y opened in 1906 when U.S. Vice President Charles W. Fairbanks laid the cornerstone for our Y at 16th Avenue and Lincoln Street.

University Hills-Schlessman YMCA

26.6 miles, 45 minutes

This campus serves 2,000+ members, 85 early child care in our Y Academy and 2,200 youth sports families and is named after one of Denver's most philanthropic families - the Schlessman's.

Arvada-Duncan YMCA

27.1 miles, 40 minutes

Nestled in the far northwest metro area, this YMCA opened to the community in 1999 with a generous lead gift from longtime member Sue Duncan through the Schlessman Foundation. Currently, this Y serves 1,500 members; is home to a Y Academy early child care center; hosts hundreds of summer camp families; and features a nutrition kitchen.

Southwest YMCA

29 miles, 51 minutes

Adjacent to Fort Logan National Cemetery and Bear Lake Park, this YMCA is also home to our Y Academy early child care center as well as our Beyond Hunger Food Pantry Program.

Littleton YMCA

34 minutes, 35 miles

This YMCA was formerly the Highline Athletic Club, but the Y's history in Littleton dates back to 1952 when the Littleton Lions Club operated a facility with a generous donation from businessman and YMCA volunteer Gerald Schlessman. Today, this Y also features a robust youth sports program, including our new NinjaZone offerings.

Come in-let our staff know you are visiting Denver for the NAYDO conference! Enjoy our local Denver YMCAs.

What to bring for your workout: water bottle and towel.

Transportation options: Uber and Lyft

April 3, 10:00 am-12:30

EGYM Headquarters Tour

Visit EGYM's new headquarters in Downtown Denver. EGYM Fitness Denver is a small footprint studio where guests can experience all the newest innovations. Wear comfortable clothes if you'd like to experience EGYM. Advance sign up required; bus transportation included.

IMPACT TOURS

April 3, 9:30 am–12:00 pm

Impact Tour A: Fostering Connection across Generations: The YMCA and City of Centennial Address Isolation through Intergenerational Programs

Fee: \$40 includes tour & bus transportation | Advance registration required

Nearly three years since the height of the pandemic, isolation and loss of connection from teens to older adults continue to be issues in Colorado. Together, the YMCA and the City of Centennial are working to address the challenge through intergenerational programs at the Centennial YMCA – Center of Generations.

Located in a 6,345-square-foot YMCA space within the open-air mixed-use The Streets of South Glenn is a place where older adults can meet friends, have a cup of coffee, play a board game, or join a low impact yoga class. In the same space, teens are gathering in the maker space, social content studio or joining in on the YMCA's first foray into eSports. During this tour, attendees will have a chance to see and engage with multi-generational guests, hear from a program participant and talk with a representative of the City of Centennial about the impact of the program on their residents.

April 3, 10:00 am–1:00 pm

Impact Tour B: Public-Private Partnership Collaboration for a New YMCA in Growing, Diverse City of Aurora

Fee: \$35 includes tour & bus transportation | Advance registration required

Aurora is a city with a fast-growing and culturally diverse population. For more than 20 years, the YMCA of Metro Denver operated youth sports, before and after school and teen programs as well as supporting refugee families without an official branch or center. To better serve this community, the YMCA and the Wheatlands Park and Recreation Authority entered into a public-private partnership to raise the funds to build and operate the \$21 million Aurora YMCA at Wheatlands. In operation for just over two years, this state-of-the-art facility is a gathering place for the community and features the latest EGYM strength training technology, aquatics center, nutrition kitchen offering adult and youth cooking classes, soccer pitches for youth sports and much more.

Tour attendees will hear about starting conversations with municipalities and partners, creative avenues in capital fundraising and see program offerings at the Aurora Y.

April 3, 3:30–5:30 pm

Impact Tour C: Unlocking Potential: Power Scholars Program at Wyatt Academy Transforms Summer Learning for Students

Fee: \$45 includes tour & bus transportation | Advance registration required

Every summer many students lose months of grade-level math and reading skills. Children from underserved families are especially at risk. For nearly 10 years, the YMCA has partnered with BellXcel to provide its evidence-based summer learning model for free at four Denver Public Schools. Wyatt Academy was the first school to partner with the YMCA to adopt the program and demonstrated results among its students – 95% of parents report improvements in their child's confidence and students experience an average two months' gain in math skills and 2.3 months in reading skills.

Through grant funding and donations by individuals supporting youth education programs, Power Scholars has expanded over the years and includes six area elementary schools across Denver and the Cherry Creek School District.

Attendees will tour the 134-year-old, three-story Wyatt Academy space dedicated to the Power Scholars program, talk with BellXcel Educator of the Year and Principal Melody Means, and hear first-hand from a parent on the incredible impact of the Power Scholars program for their child.