

MAKE 2019 A YEAR FOR CHANGE

CCD is pleased to offer a **new employee benefit:**

You may join the Denver YMCA for free.

This benefits all non-hourly employees,
including faculty, staff and adjunct instructors.

The Denver YMCA offers:

- Over 400 fitness classes each week including:
Cycling, yoga, Pilates, and Zumba;
*Access to all facilities and most classes are included in membership.
Some classes require a small additional fee.*
- Two hours of free child care while you work out;
- Two free “Get Started” one-on-one coaching/personal fitness sessions
with a certified fitness professional; and,
- Discounts of up to 40% on YMCA programs including:
Child care, swim lessons, day camps, and youth sports.

**Membership at the Y permits access to any Y across the country.
Family members may join for a \$20/month family-upgrade fee.**

To sign up, visit:

Any of the 5 metro YMCA branch locations
in person and bring proof of employment at CCD.

For more information,

see the Membership Guide
at **DenverYMCA.org**



DENVER YMCA LOCATIONS

The Downtown YMCA
25 E. 16th Avenue, Denver, CO 80202
Schlessman Family YMCA
3901 E. Yale Avenue, Denver, CO 80210
Littleton Family YMCA
11 W. Dry Creek Court, Littleton, CO 80120

Southwest Family YMCA
5181 W. Kenyon Avenue, Denver, CO 80236
Susan M. Duncan Family YMCA
6350 Eldridge Street, Arvada, CO 80004