

## Community Events:

### KIDS NIGHT OUT

Drop the kiddos off from 6-10pm for a night of fun and food to take advantage of the free adult time. Ages: Potty trained to 10 years old.  
 \$15 for the first child  
 \$10 for each additional child  
 Please register by the previous Wednesday.

**August 10th Theme: You've Got a Friend in Me**  
**Movie: Toy Story**

**August 17th Theme: Zoom Zoom**  
**Movie: Cars**

### CHILD WATCH:

Child watch is only offered during fitness classes. Please call or email 48 hours in advance to sign your child up, so we can have staff available. 720.870.2221  
 Not available for 6 am classes  
[southshore@denverymca.org](mailto:southshore@denverymca.org)

### CUB CLUB

Cub Club is the third Thursday of each month and is offered to kids ages 3-10. Register at the event or at the Southlands Management Office.



# August 2018

Southshore  
 27151 East Lakeview Drive  
 Aurora, CO 80016  
 720-870-2221

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1 Beginner Yoga & Meditation 7-8 am Aqua Fitness @the pool 8am-9am	2 Strength Conditioning 10:15am-11:15am	3 Aqua Fitness @the pool 8am-9am	4 Nia 9-10 am
5 Beginner Yoga & Meditation 6-7pm Ice Cream Social Kona Ice 2-4pm	6 Aqua Fitness @the pool 8am-9am Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm	7 Strength Conditioning & Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	8 Beginner Yoga & Meditation 7-8am Aqua Fitness @the pool 8am-9am	9 Strength Conditioning 10:15am-11:15am	10 *Kids Night Out 6-10pm at the Lakehouse	11 Nia 9-10 am Movie Night @ the Lakehouse @Dusk
12 Beginner Yoga & Meditation 6-7pm	13 Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm	14 Strength Conditioning & Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	15 Beginner Yoga & Meditation 7-8 am Aqua Fitness @the pool 8am-9am	16 Strength Conditioning 10:15am-11:15am CUB CLUB 4-5pm@ YMCA Youth Center	17 Aqua Fitness @the pool 8am-9am *Kids Night Out 6-10pm at the Lakehouse	18 Nia 9-10 am
19 Beginner Yoga & Meditation Class 6-7pm	20 Aqua Fitness @the pool 8am-9am Yoga 9:30-10:30am Beginner Yoga & Meditation Class 6-7 pm	21 Strength Conditioning & Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	22 Beginner Yoga & Meditation Class 7-8am Aqua Fitness @the pool 8am-9am	23 Strength Conditioning 10:15am-11:15am	24 Aqua Fitness @the pool 8am-9am	25 Nia 9-10 am
26 Beginner Yoga & Meditation 6-7pm	27 Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm	28 Strength & Conditioning 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	29 Beginner Yoga & Meditation Class 7-8am Aqua Fitness @the pool 8am-9am	30 Strength Conditioning 10:15am-11:15am	31 Aqua Fitness @the pool 8am-9am	