

## 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.

**October 5th Theme: Happy Movie: Despicable Me**

**October 19th Theme: Monsters, AHH! Movie: Monsters Inc.**

### 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

### 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.



# October 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
	<b>1</b> Yoga 9:30-10:30am No Beginner Yoga & Meditation Class Youth Dance Class 6-7pm	<b>2</b> Strength Conditioning & Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	<b>3</b> Youth Dance Class 5:45pm-7:10pm	<b>4</b> Strength Conditioning 10:15am-11:15am	<b>5</b> <b>*Kids Night Out 6-10pm at the Lakehouse</b>	<b>6</b> Nia 9-10 am
<b>7</b> Beginner Yoga & Meditation Class 6-7pm	<b>8</b> Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm Youth Dance Class 6-7pm	<b>9</b> Strength Conditioning & Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	<b>10</b> Wine Down Wednesday @ the Pub 530-8pm Youth Dance Class 5:45pm-7:10pm	<b>11</b> Strength Conditioning 10:15am-11:15am	<b>12</b>	<b>13</b> Nia 9-10 am
<b>14</b> Beginner Yoga & Meditation 6-7pm	<b>15</b> Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm Youth Dance Class 6-7pm	<b>16</b> Strength Conditioning & Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	<b>17</b> Youth Dance Class 5:45pm-7:10pm	<b>18</b> Strength Conditioning 10:15am-11:15am <b>CUB CLUB 4-5pm@ The YMCA Youth Center</b>	<b>19</b> <b>*Kids Night Out 6-10pm at the Lakehouse</b>	<b>20</b> Nia 9-10 am
<b>21</b> No Beginner Yoga & Meditation Class today	<b>22</b> Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm Youth Dance Class 6-7pm	<b>23</b> Strength & Conditioning 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	<b>24</b> Youth Dance Class 5:45pm-7:10pm	<b>25</b> Strength Conditioning 10:15am-11:15am	<b>26</b>	<b>27</b> Nia 9-10 am
<b>28</b> Chili Cook-off @ the Lakehouse 11am-2pm Beginner Yoga & Meditation 6-7pm	<b>29</b> Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm Youth Dance Class 6-7pm	<b>30</b> Strength & Conditioning 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	<b>31</b> Youth Dance Class 5:45pm-7:10pm <b>Happy Halloween!</b> 			

\* indicates pre registration required