

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

* indicates pre registration required