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**UPSWING Foundation**

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## **UPSWING CENTENNIAL IS HOLDING AN OPEN HOUSE ON NOVEMBER 3, 2024**

Denver, CO - October 7, 2024

**UPSWING is inviting the community to check out its new youth sports facility in Centennial, Colorado, by holding an Open House on November 3, 2024, from 1-3PM, and offering 50% off all classes and packages purchased during the event.**

[UPSWING Centennial](#) is a brand new state-of-the-art youth sports facility run by local CO nonprofit, [UPSWING Foundation](#) in partnership with [Spark Dance Team Training](#), with services in sports performance training, dance, and recovery. UPSWING Centennial is the first space providing the UPSWING experience, and they're celebrating with an Open House for the community and their followers – a chance to come in, meet the team, and see everything the space has to offer.

Any classes or packages purchased during the event are 50% off. Whether you're a new or existing client at UPSWING Centennial, this is an amazing one-time offer to take advantage of. At the Open House, you can also check out the state-of-the-art Recovery Center, which offers equipment like cold and hot plunges, saunas, and leg compression. The new recovery-specific class was recently added as an option at the end of September, providing an opportunity for athletes to be guided through a proper recovery session with training on how to use the equipment.

There will also be a handful of activities to keep guests engaged at the event, such as food, training, raffles/giveaways, tours of the facility, and more! This will be a welcoming experience that will get athletes of all backgrounds excited about the facility, introduce them to their Performance Coordinators and dance coaches, and help them sign up for classes so they can grow in their athletic abilities and become their best selves.

To RSVP for the UPSWING Centennial Open House, visit:

<https://upswingfoundation.org/upswing-centennial-opening-event-rsvp/>

**ABOUT UPSWING FOUNDATION:**

*[UPSWING Foundation](#) is the only youth sports foundation based in Colorado's mile-high training grounds that provides access to world-class programs alongside top athletes for kids of all backgrounds in order to connect people and catapult dreams.*

**ABOUT UPSWING CENTENNIAL:**

*[UPSWING Centennial](#) is the first dedicated space built to deliver the UPSWING experience to aspiring athletes in Denver and the surrounding communities with world-class services in performance training, dance, and recovery.*

**ABOUT SPARK DANCE TEAM TRAINING:**

*Powering UPSWING Dance, [SPARK's](#) mission is to foster excellence, develop strong and consistent dancers, promote self-esteem, understand the mechanics behind the movement, and instill a solid work ethic.*

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