

General Program Descriptions

Arts & Cultural Programs

Ceramics

Ceramics classes for old and young, pros and beginners are offered throughout the year at several of our recreation centers. Learn a range of skills including cleaning and preparing pots, vases, plates or other ceramics for firing. Use glazes, stains, decals, oil sticks and brushing techniques to create your own unique project to take home or give as a gift. General ceramics classes are offered for children or adults teaching beginner-to-intermediate skills. Specialized classes are offered for holiday projects, seniors groups and drop-in workshops. Beginner classes provide most materials, while intermediate and specialty classes require participants bring their own green ware and tools. Glazes, stains and kiln firing are provided by the recreation center.

Water Color

Water color painting classes are offered periodically at area recreation centers geared to the beginning artist or hobbyist. Instruction includes color theory that quickly guides participants in trying out basic techniques in color mixing, color wash backgrounds, scene development, detailing and the use of different types of brushes and painting surfaces. Participants must provide their own materials. Water color painting has a history of being well-suited for detailed wildlife illustrations but is now commonly used as the medium of choice for impressionistic and abstract work. Developments in pigment make possible bright and unusual colors.

Drawing

Drawing classes offer students instruction in the fundamentals of basic drawing at selected recreation centers. Participants will draw shapes and figures using instruments such as pencil, color pencils, markers, crayons, pastels, charcoal or chalk in their creations. Concepts of layout, design and perspective will help students transfer ideas from their imagination to a drawing surface. Participants must provide their own materials – pick up a list at registration. Drawing is among the most basic of artistic skills where a two dimensional image is created on various media. While it has been its own art form for thousands of years, drawing influences creativity in most other media.

Pottery

Aspiring potters of all levels can build more than skills in several pottery classes offered at various recreation centers! Bring home sculptures, pots, vases, bowls, tiles and more. Beginners will be shown methods of pottery construction including slab, coil, pinch, module-built and 'throwing' on a pottery wheel. Instruction will also include decorative painting and glazing techniques, and earth ware. More advanced students will increase skills and learn additional techniques. Class fee includes materials and kiln firing. Children under 17 must be accompanied by an adult. Be sure to wear old clothes and sturdy shoes.

Quilting

Join with like-minded quilters of varied abilities to learn and spread knowledge about this treasured craft in quilting groups at selected recreation centers. Come for the conversation and sharing of ideas about patterns, techniques and designing projects. Some groups meet to work on individual or group projects to take home or give as gifts, others meet to make quilts for homeless shelters and nursing homes. The annual fee pays for workspace and access to sewing machines. Participants should expect to bring most of their own materials. Quilting is one of the world's oldest crafts that was not only practical but also became a way to tell stories. Fabric pieces and decorative stitching captured folklore about life in places such as mud huts on the American frontier and palaces of the rich or famous as well.

Crafts

Seniors, adults and kids can create practical or decorative crafts year-around at a wide variety of crafts classes and workshops in several recreation centers. Work with clay, paper, glue, wood, paint and unlimited types of materials. Children improve fine motor skills, while adults and seniors expand creative skills and intellectual function – and have a great time socializing with others. Make a gift for someone or experiment with ideas to decorate your own home for regular days or holidays. Crafts are varied so they are enjoyed by all ages, men and women alike. They bring enjoyment as single projects, but many extend their application to school, work and hobbies, such as building scenes for train sets, doll houses and more.

Aquatic Programs

Swim Lessons and Fitness

From tots to seniors, a progression of skills are taught in a variety of programs at 12 indoor and 16 outdoor rec center pools in several locations around the city.

Wave – Level I shows swimmers fundamental skills such as water entry/exit, opening eyes under water, floating and gliding, and safety.

Level II continues with bobbing, rhythmic breathing, front/back crawl, introduction to diving, and flutter kicking.

Level III further builds previous skills and also includes an introduction to diving, the ABCs of rescue breathing and throwing assist lines.

Level IV Participants will learn stroke enhancements including 25 yard/meter proficient front crawl, 25 yard/meter proficient elementary back stroke, 25 yard/meter proficient back crawl, side stroke introduction, breast stroke introduction, water safety, diving safety.

Quest / Pre-School – Participants will be introduced to basic skills including: blowing bubbles, water entry (assisted and unassisted), front float, back float, jumping into the pool, breath control, underwater exploration and water safety.

Parent-Tot Aquatics – Parents/caregiver and tots participate together in a fun and interactive group setting. Introduction to water and basic skills will be taught.

Life After Lessons – Year-round, non-competitive swim practice to improve the four major strokes as well as dives and turns. Participants must be able to swim 25 yards of the front and back crawl.

Junior Beginner Lessons – Designed for the older youth (12-17) with limited swimming experience. This course gives instruction in fundamental swimming skills.

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Water Walking – Walk your way into fitness through water resistance and various toning and conditioning exercises. A great low-impact workout with little stress on the joints. Non-swimmers are welcome.

Aqua Aerobics – A strong cardiovascular, conditioning workout with emphasis on flexibility and toning. Non-swimmers are welcome. Deep water class may be available and participants should be comfortable in the water.

Masters Swimming – Structured swimming workouts include training and stroke improvements for adults.

Swmnastics – Looking for a relaxing way to tone your body? Exercise without the pounding of your joints in a class with cardio, toning and stretching workouts. Non-swimmers are welcome.

Fitness Health and Wellness Programs

Summit Cancer Solutions

Join with other cancer survivors in this six-month program to learn exercises that improve strength, well-being and recovery at selected recreation centers. The Summit Program pays half the fee for participants and recommend being in the program before and after cancer treatment to optimize your recovery. This program starts with a fitness assessment and offers significant personal attention. Instruction and exercises include stretching, strength-building, use of stationary bicycles and other fitness equipment. This exercise program helps combat fatigue, builds flexibility and strength, boost the immune system and improve cardiovascular fitness.

Boot Camp Drop-In

Get in shape fast with this quick but intense workout program offered at selected recreation centers. The class offers a combination of aerobic exercises that feature step drills, jumping jacks, running and plyometrics (rapid muscle movement and power). Workouts also include weight and resistance training to build stamina and strength. This fast-paced program of exercise is not only fun, but also will help you lose body fat and weight.

Yoga

Yoga classes are offered at several recreation centers, for beginners and the more experienced, in classes that feature instruction and exercise. Participants will be shown positions and movements that improve balance, muscle strength and body alignment. Yoga is an ancient tradition that came from India and has more than one type or style. All integrate postures and movement, breathing and mind 'purification' to achieve balance, fitness and a feeling of well-being.

Tai Chi

Several Tai Chi classes and exercise sessions are offered at selected recreation centers. It is compromised of 20 gentle movements and can easily be performed by anyone, regardless of age or physical condition. The variety of classes offered include beginner class for adults (Tai Chi Chi), seniors (Tai Chi Beginners), Tai Chi Chuan (the soft martial art) as well as intermediate and advanced classes. Participants are shown forms, movements, and breathing techniques that improve flexibility, fitness and a sense of well-being. Intermediate and advanced courses include practice and improving energy flow through the body.

Pilates

Pilates is a physical exercise program to strengthen core fitness that is available at several recreation centers and the Morey Neighborhood Center. The program shows participants how to achieve muscle movement with mind exercises, and movement practice in order to gain the ability to move with greater ease, flexibility and grace, including cardio. Multiple classes include general sessions for all levels of experience, Pilates I for beginners, Pilates II for those with experience and drop-in workout classes.

Circuit Training

This class uses a sequence of strength building and endurance exercises to improve your total fitness. Circuit training involves progressing through individual exercise stations that alternate strength work with free weights and resistance stations that build endurance (such as sit-ups or squat thrusts). Participants can work at their own level, adapting speed, intensity or amount of weight/resistance according to their abilities or ambitions.

Weight Training

Several of our recreation centers offer weight training for any skill level. Weight training is a program of strength exercise used to increase the size and ability of skeletal muscles and helps develop foundational skills for circuit training, general lifting or bodybuilding. Drop in for a basic orientation, or take an actual class – which varies based on your skill level. Men, women, pairs and seniors are welcome in any of our weight training classes. Classes, as well as flexible drop-in workout times are available. The minimum age is 15 years old. Fees vary by class.

Walking Club

Walking clubs for seniors or other groups of individuals, ages 15 or older, are organized at selected recreation centers to develop fitness awareness and camaraderie. Meet and connect with others who have the same enthusiasm for exercise and conversation. The walking program includes making goals, tracking your progress and earning rewards. Several socials will be planned for group walks or competition.

Indoor Cycling

Get an introduction to exercise on a stationary bicycle or participate in high energy workouts at selected recreation centers. Stationary bicycles offer adjustable settings and the kind of workout that is similarly beneficial (but less jarring on joints) as running on treadmills. Join our high energy group and pedal with music, spinning workouts or drop-in times.

Kickboxing

Combine Asian-style martial arts kicks with American-style punching for an intense workout at selected recreation centers. Participants must be at least 16-years-old and must wear safety equipment. Learn stretching, shadow boxing, sparring, punching bag, middle bag, speed bag, slip cord and jump rope. Instruction includes teaching a variety of punches, kicks and combinations. Kickboxing is an exciting fitness choice that also teaches the fundamentals of self defense.

General Program Descriptions

Karate

Various levels and styles of karate are offered at selected recreation centers for boys, girls and adults. Beginner and intermediate participants receive instruction in fundamentals such as forms, blocking, kicking, punching and jump kicking. Classes are grouped by age, with the minimum age being six-years-old. Styles of karate offered include Okinawan Shorin-Ryu and Wado Kai emphasizing fitness, self-defense and self-discipline.

Jazzercise

Jazzercise classes are available at selected recreation centers for adults. The 60-minute workout combines jazz dance, resistance training, Pilates, yoga, kickboxing and more to create truly effective programs for people of every age and fitness level. This total-body workout is a popular fitness program that shows moves such as step movements, lunges, grapevine, weights & tubes, attitude and more.

Sports Programs

Soccer

Several soccer classes and in-house leagues are offered at many of Denver's recreation centers for children ages five and up. Classes teach game fundamentals, skill building and sportsmanship. By the third week, similarly-skilled teams are formed to compete in matches. Teams are grouped by age, with some teams being co-ed. Teamwork and understanding of the rules will be stressed.

Basketball

Basketball is BIG at most of Denver's recreation centers with classes, competitions and drop-in games for girls and boys, men and women of all ages (4 to 65). Fun and sportsmanship are stressed. Teams are grouped by age and interest. Classes offer fundamentals such as passing, dribbling and shooting, and improve skill development. Competitions and leagues offer excitement and athletic conditioning. Some teams play games throughout the Denver metro area. Programs include clinics for children, coed pre-pee-wee, coed pee-wee, boys (groups ages 9 and up), girls (ages 9 and up), coed, men (age 18 and up), women (age 18 and up), Hot Shots Camp, special needs (youth and adult) and more.

Volleyball

Play or learn how to play volleyball at several recreation centers year-round. Several programs and competitions for ages 8 to 65, youth, adult and seniors. Classes give instruction and opportunity to practice in serving, spiking, setting, passing and the fundamentals of the game. Team play stresses fun and sportsmanship in competitions organized by age or interest. Program groups include girls, coed youth and teens, coed adult, coed seniors, women's 4-on-4 league, and drop-in groups.

T-Ball

T-Ball is a great way to show kids how to play baseball or softball and is offered at selected recreation centers for boys and girls (5-7). The staff and volunteer parents will teach the basics: hitting, running the bases, throwing and catching. Two separate sessions at different locations set schedules to accommodate the school year and provide kids with lots of activity throughout the spring and summer.

Machine Pitch

The machine pitches to the players in this ideal transition program for kids (7-8) in-between T-ball and baseball/softball. Participants get to hit and learn the dynamics of the game and have fun. Knowing the rules and sportsmanship are reinforced in practices and games.

Coach Pitch Baseball

Coaches pitch to the players in this version of the ideal transition program for kids (7-8) finished with T-ball but too young for baseball/softball. Coaches progressively challenge the players and guide them to better performance in playing positions and scoring runs. Practice drills in fundamentals such as throwing and catching, fielding, running bases and hitting help newcomer or youthful 'veteran' alike, learn the game. Parents are invited to assist as coaches.

Baseball

A complete baseball program is offered at selected recreation centers for children (9-14) just learning the game, all the way to *CityWide Sports* competition. Spring training programs at Harvard Gulch give plenty of instruction and practice in throwing, catching, hitting and fielding. Continuing programs at Cook Park, Harvard Gulch and Washington Park include drills and competition, stressing teamwork and sportsmanship. Many games are played at the fabulous Jackie Robinson Field at the Lowry location. Skill development will be stressed, along with team play, understanding the rules and having fun.

Softball

A complete fast pitch softball program is offered at selected recreation centers for girls (9-14) just learning the game, all the way to *CityWide Sports* competition. Spring training programs at Harvard Gulch give plenty of instruction and practice in throwing, catching, fielding, running bases and hitting. Continuing programs at Cook Park, Eisenhower and Harvard Gulch include drills and competition stressing teamwork and sportsmanship. Skill development will be stressed, along with team play, understanding the rules and having fun.

Tot Tumbling

Several levels of tot tumbling classes are offered at selected recreation centers for infants and young children. Parents must participate. Programs offered include Parent-Tot tumbling for babies from six-months-old to two- years-old, Little Tumblers (3-7) and Tumbling (4-7). Tumbling builds coordination and motor skills to prepare kids to participate in gymnastics and other activities. Skills taught include forward rolls, cartwheels and safety.

Tennis

Tennis classes for youth and adults, from beginners to more advanced students, are offered at selected recreation centers. Participants will be introduced to the game and work on basic swing, strokes, serves, and will perform practice drills to develop skills and confidence. Tennis is a great way to compete, stay fit or socialize at any age. Join us in classes or in *CityWide Sports* competition.

General Program Descriptions

Golf

Go for golf in 2008 at a variety of classes for girls, boys, youth, adults or seniors at selected recreation centers and city golf courses. Learn the fundamentals of the game including grip, stance, driving, chipping and putting, shot game, getting out of sand traps and roughs, course management, rules and etiquette.

Social Enrichment

Summer Day Camp

Day Camps are offered at selected recreation centers for children (3-7) in a structured program full of activities. Age-appropriate groups participate in arts & crafts, sports, fitness, swimming, social enrichment and field trips. Snacks and lunches are provided. A schedule of activities will be available upon registration, which begins in March.

Rec Kids

Youth from six to 17 years old can benefit from educational assistance (tutoring) and recreation activities in this fun, daily program. Focus on improving language arts and math skills, and play games with friends. Fees may be paid week-to-week and dinner is provided.

Bingo

Get lucky with letters and numbers while sitting with friends having a grand old time. Several programs are offered at many recreation centers for all or specialized groups or events. Win prizes and have some laughs while you wait for the right moment to yell BINGO!

VOA Lunch Program

Seniors (50+) can enjoy a nutritious lunch and pleasant company at selected recreation centers. The Volunteers of America provide a full course of beverages, main course and desert to maintain good dietary habits and health.

Education Programs

AARP Alive/Mature Driving

Eight hours of classroom instruction for seniors (50+) offers refresher training on the dos and don'ts of driving at selected recreation centers. Topics include tried and true safety tips as well as newer challenges to drivers, such as the dangers of cell phone use and the importance of calm, focused attention. This AARP program qualifies you for a discount with your insurance company if you attend both days.

Getting to Know Your Car

This weekly class is offered at selected recreation centers and lasts for approximately four weeks. Participants will be shown how to follow your car's maintenance plan step-by-step and how to choose which repairs or maintenance to do yourself, and which ones to take to a professional. Keep your car running safely and less expensively and have fun meeting new people.

Tap Dance

Tap dancing classes of various levels are offered at selected recreation centers for kids, adults and seniors. Programs include beginners, intermediate, straight tap for the ambitious and drop-in workshops. Classes teach steps, coordination and creative expression and continue into performing opportunities.

Line Dancing

Join in with a line dancing class to learn the steps and moves, as well as have fun with other people who enjoy moving to a good tune in classes offered at selected recreation centers. Programs are scheduled for adults and special needs groups, beginners and more experienced alike. Learn new line dances using basic steps or get fancy with more advanced steps learned through practice in drop-in classes.

Square Dance

American Western Square Dance classes are offered at selected recreation centers for adults and seniors. Join us as a single or a couple and learn the steps, moves and routines from this traditional dance form. Enjoy the company of others who enjoy a dosee-do to folk and western music.

Ballroom Dance

Ballroom dancing classes and drop-in sessions are offered to adults and seniors at selected recreation centers. Learn swing, Latin, fox trot, waltz and more – maybe even a tango! Singles or couples are welcome to come and learn new dances or practice the familiar ones.