

Explore Fall 2021 Activities



REGISTRATION BEGINS AUGUST 9 AT NOON



Carla Madison Recreation Center

2401 E Colfax Ave. • (720) 865-5580
 M-Th: 5:30am-7pm | F: 5:30am-5pm | Sa: 8am-4pm | Su: 8am-12pm
 VISIT US ONLINE AT DENVERGOV.ORG/RECREATION

ALL DENVER PARKS & RECREATION PROGRAMS WILL FOLLOW COVID-SAFE PROTOCOLS AS OUTLINED BY CDC, STATE AND LOCAL ORDERS

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
Boom Muscle & Mind			
F	10:00-10:45 AM	year-round	69904
Ages: 50+\$2			
SilverSneakers Circuit			
Tu	11:00 AM-12:00 PM	year-round	69932
Th	11:00 AM-12:00 PM	year-round	69933
Ages: 50+\$2			
SilverSneakers Classic			
M	11:00 AM-12:00 PM	year-round	69941
W	1:30 PM-2:30 PM	year-round	69942
Ages: 50+\$2			
SilverSneakers Yoga			
Th	12:30-1:30 PM	year-round	69957
Ages: 50+\$2			
Tai Chi			
W	3:00-4:00 PM	year-round	69987
Ages: 50+\$2			



Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
Aquatics: Session I			
Tu	3:30-4:00 PM	08/24-09/14	69596
Tu	4:00-4:30 PM	08/24-09/14	69595
Ages: 4+\$17			
Aquatics: Session II			
Tu	3:30-4:00 PM	10/19-11/09	69598
Tu	4:00-4:30 PM	10/19-11/09	69597
Ages: 4+\$17			
Rock Climbing			
F	2:30-4:00 PM	09/10-09/17	69611
Ages: 15+\$7			

Discounts & Services

- Denver residents ages 60+ and youth ages 5-18 could qualify for a **free MY Denver membership.**
- Financial Assistance available for those who qualify.
- Inclusion support options available for people with disabilities.
- Visit the front desk at any recreation center to see if you are eligible.

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
Art Under the Stars			
W	4:00-6:30 PM	09/15	70069
W	4:00-6:30 PM	09/29	70070
W	4:00-6:30 PM	10/13	70071
W	4:00-6:30 PM	10/27	70072
Ages: 18+\$5			
Mini Picasso			
Th	9:15-10:00 AM	09/09-10/07	70102
Th	10:30-11:15 AM	09/09-10/07	70103
Th	9:15-10:00 AM	10/14-11/11	70104
Th	10:30-11:15 AM	10/14-11/11	70105
Ages: 2-3\$16			

CityWide Sports

DAY	TIME	DATE	ACTIVITY #
Softball - Men's D, Men's E, Co-Ed Leagues			
Across Metro-Denver			
M-F	6:30-10:30 PM	08/30-10/29	70175
Ages: 18+\$525			

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
Adult Climbing: Climbing Wall 2 Cliffs			
F	5:30-7:30 PM	08/20-08/21	69627
Sa	8:30 AM-1:30 PM	Genesee Park	
F	5:30-7:30 PM	09/17-09/18	69628
Sa	8:30 AM-1:30 PM	Genesee Park	
F	4:30-6:30 PM	10/15-10/16	69629
Sa	8:30 AM-1:30 PM	Genesee Park	
Ages: 18-64\$15.75			
Ages: 65+\$8			

Climbing Wall Belay Class

M	4:00-5:00 PM	08/23	69681
M	5:30-6:30 PM	08/23	69682
M	4:00-5:00 PM	08/30	69683
M	5:30-6:30 PM	08/30	69684
M	4:00-5:00 PM	09/13	69685
M	5:30-6:30 PM	09/13	69686
M	4:00-5:00 PM	09/27	69687
M	5:30-6:30 PM	09/27	69688
M	4:00-5:00 PM	10/04	69689
M	5:30-6:30 PM	10/04	69690
M	4:00-5:00 PM	10/18	69691
M	5:15-6:15 PM	10/18	69692
Ages: 10-12 Free			

Family Climb

F	5:00-7:00 PM	08/27	69695
F	4:30-6:30 PM	09/24	69696
Ages: 6-64\$4.50			
Ages: 65+\$2.25			

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
Barre			
Tu	9:30-10:30 AM	year-round	69988
F	6:00-7:00 PM	year-round	69990
Ages: 15+\$2			
Cardio Kickboxing			
M	5:30-6:30 PM	year-round	69992
Ages: 15+\$2			
Cycle Weights			
Tu	5:45-6:30 PM	year-round	69995
Ages: 2-3\$2			
Group Training			
M	12:00-1:00 PM	year-round	69996
Ages: 15+\$2			

HIIT Cycle

M	5:45-6:30 AM	year-round	70001
Th	5:45-6:30 AM	year-round	70002
W	5:45-6:30 AM	year-round	70346
Ages: 15+\$2			

Total Body Conditioning

W	12:00-1:00 PM	year-round	70013
Th	4:15-5:15 PM	year-round	70014
Ages: 15+\$2			

Vinyasa Yoga

M	8:00-9:00 AM	year-round	70022
Tu	5:30-6:30 PM	year-round	70023
Th	12:00-1:00 PM	year-round	70024
Ages: 15+\$2			

Yoga II

F	7:30-8:30 AM	year-round	70048
Ages: 15+\$2			

Zumba

Tu	12:00-1:00 PM	year-round	70052
Th	5:30-6:30 PM	year-round	70053
F	9:00-10:00 AM	year-round	70054
Sa	8:30-9:30 AM	year-round	70055
Ages: 15+\$2			



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Aquatics

DAY	TIME	DATE	ACTIVITY #
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Aqua Aerobics

M,W	7:15-8:15 AM	year-round	NA
Ages: 15+			\$2

Current Channel Water Aerobics

Tu,Th	9:00-10:00 AM	year-round	NA
Ages: 15+			\$2

Deep Water Aerobics

M,W	10:00-11:00 AM	year-round	NA
Ages: 15+			\$2

Lap Swim

M,W	5:30-9:45 AM	year-round	NA
M,W	11:15 AM-5:00 PM	year-round	NA
Tu,Th	5:30 AM-6:30 PM	year-round	NA
F	5:30 AM-4:30 PM	year-round	NA
Sa	8:00 AM-3:00 PM	year-round	NA
Sun	8:00-11:30 AM	year-round	NA
Ages: 15+			\$2

Open Swim

M,W,F	9:00 AM-1:00 PM	year-round	NA
M,W	3:00-3:50 PM	year-round	NA
Tu,Th	10:00 AM-1:00 PM	year-round	NA
Tu	4:30-6:30 PM	year-round	NA
Th	3:00-6:30 PM	year-round	NA
F	3:00-4:30 PM	year-round	NA
Sa	9:00 AM-3:30 PM	year-round	NA
Su	9:00-11:30 AM	year-round	NA
All Ages			\$2

Quiet Swim

M-F	9:00-10:00 AM	year-round	NA
Sa,Su	8:00-9:00 AM	year-round	NA
Ages: 15+			\$2



Swim Lessons: Session I

September 20 - October 13, 2021

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
M,W	4:00-4:30 PM	09/20-10/13	69850
M,W	5:20-5:50 PM	09/20-10/13	69851

PRESCHOOL

M,W	4:00-4:30 PM	09/20-10/13	69869
M,W	4:40-5:10 PM	09/20-10/13	69870
M,W	5:20-5:50 PM	09/20-10/13	69871
M,W	6:00-6:30 PM	09/20-10/13	69872

LEVEL 1

M,W	4:00-4:30 PM	09/20-10/13	69738
M,W	4:40-5:10 PM	09/20-10/13	69739
M,W	5:20-5:50 PM	09/20-10/13	69740
M,W	6:00-6:30 PM	09/20-10/13	69741

LEVEL 2

M,W	4:40-5:10 PM	09/20-10/13	69775
M,W	6:00-6:30 PM	09/20-10/13	69776

LEVEL 3

M,W	5:20-5:50 PM	09/20-10/13	69807
M,W	6:00-6:30 PM	09/20-10/13	69808

LEVEL 4

M,W	5:20-5:50 PM	09/20-10/13	69830
M,W	6:00-6:30 PM	09/20-10/13	69831

SWIM LESSON PRICING

All Levels \$26

Swim Lessons: Session II

October 25 - November 17, 2021

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
M,W	4:00-4:30 PM	10/25-11/17	69852
M,W	5:20-5:50 PM	10/25-11/17	69853

PRESCHOOL

M,W	4:00-4:30 PM	10/25-11/17	69873
M,W	4:40-5:10 PM	10/25-11/17	69874
M,W	5:20-5:50 PM	10/25-11/17	69875
M,W	6:00-6:30 PM	10/25-11/17	69876

LEVEL 1

M,W	4:00-4:30 PM	10/25-11/17	69742
M,W	4:40-5:10 PM	10/25-11/17	69743
M,W	5:20-5:50 PM	10/25-11/17	69744
M,W	6:00-6:30 PM	10/25-11/17	69745

LEVEL 2

M,W	4:40-5:10 PM	10/25-11/17	69777
M,W	6:00-6:30 PM	10/25-11/17	69778

LEVEL 3

M,W	5:20-5:50 PM	10/25-11/17	69809
M,W	6:00-6:30 PM	10/25-11/17	69810

LEVEL 4

M,W	5:20-5:50 PM	10/25-11/17	69832
M,W	6:00-6:30 PM	10/25-11/17	69833

