

Explore Summer 2022 Activities



Register Beginning May 3rd at Noon

Johnson Recreation Center

M-Th: 10am-8pm
F: 10am-7pm
Sat: 10am-2pm
Sun: Closed

4809 Race St. • (720) 865-5660

▶▶▶▶▶▶▶▶▶▶ Browse the Activity Guide, and register for programs at [DENVERGOV.ORG/RECREATION](https://denvergov.org/recreation) ◀◀◀◀◀◀◀◀◀◀



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Pickleball
Tu,Th 11:30 AM-1:30 PM 01/04-12/29 [73600](#)
Ages: 18+ Drop in class. FREE with membership



Out of School Time

DAY	TIME	DATE	ACTIVITY #
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MY Denver Activities
M-F 12:00-4:00 PM 06/03-08/19 [77535](#)
Ages: 8-18. Drop in class. FREE with MY Denver Card

MY Denver Kids in the Kitchen
W 1:00-2:00 PM 06/08-08/17 [77523](#)
Ages: 8-18. Drop in class. FREE with MY Denver Card

Summer in the Parks
At Swansea Recreation Center
M-F 9:00 AM-4:00 PM 06/06-07/29 [72997](#)
Ages: 5-12. \$630

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Learn to Skateboard 101
Th 9:00 AM-12:00 PM 07/07-07/28 [77414](#)
Ages: 8-13. \$27

Youth Adventure Program: Front Range Safari
M-F 8:00 AM-3:00 PM 07/25-07/29 [74910](#)
Ages: 8-10. \$78.75



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Zumba®
W 6:15-7:15 PM 02/02-12/28 [75522](#)
Ages: 15+ Drop in class. FREE with membership

See our full schedule of classes online at:
[DENVERGOV.ORG/FITNESS](https://denvergov.org/fitness)

PERSONAL TRAINING
Body fat/fitness assessments
Ages: 15+ \$15
Individual training: One-on-one
60 minute session with one of our
Certified Personal Trainers.
Ages: 15+ 1 Session \$45



Nutrition Plan
Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.
Fee. \$45

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Arts and Sciences Camp
M-F 1:00-3:00 PM 06/27-07/01 [77744](#)
Ages: 7-12. \$35



Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Cheerleading Camp
At Swansea Recreation Center
M-Th 10:30 AM-12:00 PM 07/11-07/14 [74762](#)
Ages: 5-14. \$20

YOUTH TEAM SPORTS

DAY	TIME	AGE	ACTIVITY #
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T-Ball
Tu,W 6:00-7:00 PM Ages: 5-6 [74589](#)
Ages: 5-6 Dates: 06/06-08/06 \$40

Baseball
M,Th 6:00-7:00 PM Ages: 7-8 [74632](#)
Ages: 7-8 Dates: 06/06-08/06 \$40

Softball
M,Tu 5:00-6:00 PM Ages: 7-8 [74659](#)
Ages: 7-8 Dates: 06/06-08/06 \$40

View game schedules at:
[DENVERYOUTHSPORTS.ORG](https://denveryouthsports.org)

Age Cutoff: June 19, 2022 for
5-6 T-Ball • 7-8 Coach Pitch Baseball & Softball
*Teams will practice 2x/week until games begin;
Once games begin, teams will practice 1x/week.

Discounts

Denver residents ages 60+ and youth ages 5-18 could qualify for a **free MY Denver membership.**

Visit the front desk at any recreation center to see if you are eligible.