

Explore Winter 2021-2022 Activities



Register Beginning November 9th at Noon

Browse the Activity Guide, and register for programs at DENVERGOV.ORG/RECREATION

Southwest Recreation Center

9200 W Saratoga Pl. • (720) 865-0670

M,W: 7am-7pm / Tu,Th: 8am-6pm / F: 7am-7pm
Sat: 10am-2pm / Sun: Closed



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Club: Writing

W 10:00 AM-12:00 PM year-round [72145](#)
Ages: 50+ Drop in class. FREE with membership

Intermediate Pickleball Workshop

W 2:00-4:00 PM 02/02 [70425](#)
Ages: 18-64 \$10
Ages: 65+ \$5

Pickleball

M,W,F 11:00 AM-1:00 PM year-round [71825](#)
Sa 10:00 AM-12:00 PM year-round [72321](#)
Ages: 50+ Drop in class. FREE with membership



Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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DIY Gingerbread Houses for the Family

Th 4:00-5:30 PM 12/16 [72352](#)
Ages: 2+ \$8

Fall Art Camp

M-W 9:00 AM-1:00 PM 11/22-11/24 [72351](#)
Ages: 5-8 \$28

Holiday Piano

Th 5:45-6:45 PM 12/02-12/16 [72389](#)
Ages: 6-12 \$9

Kiddie Carolers

Th 5:00-5:30 PM 12/02-12/16 [72388](#)
Ages: 3-8 \$7

Piano Lessons: Beginning/Intermediate

Th 3:45-4:45 PM 01/06-03/10 [72019](#)
Th 4:45-5:45 PM 01/06-03/10 [72020](#)
Ages: 6-12 \$32

Valentine Tea

Sa 11:00 AM-1:00 PM 02/12 [72387](#)
Ages: 5-10 \$7



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Gentle Yoga

M 1:30-2:30 PM year-round [72576](#)
Ages: 50+ Drop in class. FREE with membership

See our full schedule of classes online at:
DENVERGOV.ORG/RECREATION

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

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.



Youth Sports

DAY	TIME	AGE	ACTIVITY #
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Co-Ed Basketball

F 4:00-5:00 PM Ages: 5-6 [71567](#)
Sa 10:15-11:15 AM

Ages: 5-6 (Co-Ed) Dates: 01/03-03/05 \$40

Boys Basketball

F 6:00-7:00 PM Ages: 7-8 [71451](#)
Sa 11:15 AM-12:15 PM

M 5:00-6:00 PM Ages: 9-10 [71509](#)

Tu 6:00-7:00 PM

W 5:00-6:00 PM Ages: 11-12 [71333](#)

Th 5:30-6:30 PM

M, Tu 4:00-5:00 PM Ages: 13-14 [71379](#)

Ages: 7-8 (Boys) Dates: 01/03-03/05 \$40

Ages: 9-14 (Boys) Dates: 01/03-03/19 \$50

Girls Basketball

F 6:00-7:00 PM Ages: 7-8 [71703](#)
Sa 11:15 AM-12:15 PM

Tu 5:00-6:00 PM Ages: 9-10 [71749](#)

Th 4:30-5:30 PM

M, W 6:00-7:00 PM Ages: 11-12 [71627](#)

Ages: 7-8 (Girls) Dates: 01/03-03/05 \$40

Ages: 9-12 (Girls) Dates: 01/03-03/19 \$50

View game schedules at:

DENVERYOUTHSPORTS.ORG

Age Cutoff: January 23, 2022 for

5-6 Co-Ed Basketball

7-17 Boys Basketball • 9-14 Girls Basketball

*Teams will practice 2x/week until games begin;
Once games begin, teams will practice 1x/week.

DAY	TIME	AGE	ACTIVITY #
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Gymnastics I

W 5:30-6:30 PM 01/05-01/26 [71257](#)
W 5:30-6:30 PM 02/09-03/02 [71259](#)

Ages: 6-14 \$15