

Explore Summer 2022 Activities



Register Beginning May 3rd at Noon

Swansea Recreation Center

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

2650 E 49th Ave. • (720) 865-0540

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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Bingo

Tu	10:00 AM-12:00 PM	01/04-12/27	73533
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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	77539
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Ages: 8-18. Drop in class. FREE with MY Denver Card

MY Denver Billiards

F	2:15-3:30 PM	06/03-08/05	77520
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Ages: 8-18. Drop in class. FREE with MY Denver Card

MY Denver Karate

Tu,Th	5:30-6:30 PM	01/04-12/29	73843
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Ages: 5-18. Drop in class. FREE with MY Denver Card

MY Denver Kids in the Kitchen

F	3:00-4:00 PM	06/10-08/19	77527
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Ages: 8-18. Drop in class. FREE with MY Denver Card

Summer in the Parks

M-F	9:00 AM-4:00 PM	06/06-07/29	72997
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Ages: 5-12. \$630

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.



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Zumba®

Sa	10:00-11:00 AM	04/02-12/17	77505
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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



LIVE FITNESS CLASS SCHEDULE



Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Cheerleading Camp

M-Th	10:30 AM-12:00 PM	07/11-07/14	74762
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Ages: 5-14. \$20

YOUTH TEAM SPORTS

DAY	TIME	AGE	ACTIVITY #
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3v3 Basketball

M,W	2:00-3:00 PM	Ages: 11-12	75070
Tu,Th	2:00-3:00 PM	Ages: 15-17	75102

Ages: 9-17 Dates: 06/06-07/01 \$20

T-Ball

M,W	5:30-6:30 PM	Ages: 5-6	74601
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Ages: 5-6 Dates: 06/06-08/06 \$40

Baseball

Tu,Th	5:30-6:30 PM	Ages: 7-8	74643
M,Th	5:00-6:30 PM	Ages: 9-10	74710
M,Tu	5:30-7:00 PM	Ages: 11-12	74492

Ages: 7-8 Dates: 06/06-08/06 \$40
Ages: 9-14 Dates: 06/06-08/13 \$50

Softball

W,Th	6:00-7:30 PM	Ages: 9-10	74733
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Ages: 9-14 Dates: 06/06-08/13 \$50

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

Age Cutoff: July 2, 2022 for 9-17 3v3 Basketball

Age Cutoff: July 31, 2022 for
9-14 Baseball • 9-14 Softball

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