

Explore Summer 2023 Activities



Register Beginning May 2nd at Noon



Glenarm Recreation Center

M-Th: 6am-8pm
F: 8am-7pm
Sa: 10am-2pm
Su: Closed

2800 Glenarm Pl. • (720) 865-3380

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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Circuit Weight Room 101

M	12:30-1:30 PM	year-round	80321
W	12:00-1:00 PM	year-round	80320

Ages: 50+ Drop in class. FREE with membership

Pickleball

M,Th	10:30 AM-12:30 PM	year-round	80378
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Ages: 50+ Drop in class. FREE with membership

MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver Activities

M-F	12:00-4:00 PM	06/12-08/18	85887
M-F	4:00-6:30 PM	08/28-12/22	83374
M-F	4:00-6:30 PM	08/28-12/29	85929

Ages: 8-18. Drop in class. FREE with membership

MY Denver Karate

Th	4:00-5:00 PM	year-round	83385
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Ages: 5-18. Drop in class. FREE with membership

CityWide Sports



See our full schedule of Adult Sports leagues online at: [DENVERCITYWIDESPORTS.ORG](https://denvercitywidesports.org)

Aquatics

DAY	TIME	DATE	ACTIVITY #
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Aqua Aerobics

Tu,Th	10:00-11:00 AM	year-round	80684
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Ages: 15+ Drop in class. FREE with membership

Youth Swim Team

M-Th	11:00 AM-6:00 PM	06/12-08/03	86649
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Ages: 5-17. \$50

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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MY Denver Challenge Course

W	9:00 AM-3:30 PM	07/12	87149
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Ages: 8-17. FREE with MY Denver Card

MY Denver Stand-up Paddleboard

W	9:00 AM-2:30 PM	06/28	87156
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Ages: 10-17. FREE with MY Denver Card

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

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Vinyasa Yoga

Tu	5:45-6:45 PM	year-round	81098
Th	9:30-10:30 AM	year-round	82050

Ages: 15+ Drop in class. FREE with membership

Yogalates

Sa	10:30-11:30 AM	year-round	81130
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Ages: 15+ Drop in class. FREE with membership

Zumba®

Th	6:00-7:00 PM	year-round	84465
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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 Team Sports

DAY	TIME	AGE	ACTIVITY #
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Co-Ed T-Ball

M,W	5:00-6:00 PM	Ages: 5-6	84164
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Ages: 5-6 Dates: 6/5-7/28 \$40

Coach Pitch Baseball

W,Th	5:00-6:00 PM	Ages: 7-8	84204
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Ages: 7-8 Dates: 6/5-7/27 \$40

Coach Pitch Softball

Tu,Th	5:00-6:00 PM	Ages: 7-8	84228
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Ages: 7-8 Dates: 6/5-7/27 \$40

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

Age Cutoff: June 12, 2023 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.



Swim Lessons: Session I

6/12/23-7/6/23; Registration Opens: 5/2/23 - 12pm

PLEASE NOTE: NO LESSONS ON 6/19 OR 7/4

DAY	TIME	DATE	ACTIVITY #
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PARENT-CHILD

Tu,Th	11:00-11:30 AM	06/13-07/06	85265
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PRESCHOOL

Tu,Th	11:30 AM-12:00 PM	06/13-07/06	85268
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LEVEL 1

M,W	10:00-10:30 AM	06/12-07/05	85257
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LEVEL 2

M,W	10:00-10:30 AM	06/12-07/05	85260
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LEVEL 3

M,W	10:30-11:00 AM	06/12-07/05	85262
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LEVEL 4

M,W	10:30-11:00 AM	06/12-07/05	85264
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LEVEL 5

M,W	11:00-11:30 AM	06/12-07/05	86648
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Swim Lessons: Session II

7/10/23-8/3/23; Registration Opens: 7/5/23 - 12pm

DAY	TIME	DATE	ACTIVITY #
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PARENT-CHILD

Tu,Th	11:00-11:30 AM	07/11-08/03	85266
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PRESCHOOL

Tu,Th	11:30 AM-12:00 PM	07/11-08/03	85267
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LEVEL 1

M,W	10:00-10:30 AM	07/10-08/02	85258
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LEVEL 2

M,W	10:00-10:30 AM	07/10-08/02	85259
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LEVEL 3

M,W	10:30-11:00 AM	07/10-08/02	85261
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LEVEL 4

M,W	10:30-11:00 AM	07/10-08/02	85263
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LEVEL 5

M,W	11:00-11:30 AM	07/10-08/02	86931
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SWIM LESSON PRICING

Blue. \$22.75

Yellow. \$26