Explore Fall 2023 Activities

Register Beginning July 25th at Noon

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

Active Older Adults

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>50+ Basketball</td>
<td>F 11:00 AM-1:00 PM</td>
<td>year-round</td>
<td>86728</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

50+ Functional Fit
Tu,Th 9:15-10:15 AM | year-round | 80282 |
Ages: 50+ | Drop in class. FREE with membership |

Club: Social
F 9:30-10:30 AM | year-round | 87004 |
Ages: 50+ | Drop in class. FREE with membership |

Pickleball
Tu-Th 11:00 AM-1:00 PM | year-round | 80381 |
Ages: 50+ | Drop in class. FREE with membership |

Outdoor Recreation

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<tbody>
<tr>
<td>Family Hike: Beaver Brook Trail</td>
<td>F 9:00 AM-3:00 PM</td>
<td></td>
<td>89176</td>
</tr>
<tr>
<td>Ages: 10+</td>
<td></td>
<td></td>
<td>$13.50</td>
</tr>
</tbody>
</table>

Out of School Time

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<tr>
<td>Family Cooking</td>
<td>Tu,Th 5:00-6:30 PM</td>
<td>10/10-10/19</td>
<td>88049</td>
</tr>
<tr>
<td>Ages: 6-17</td>
<td>FREE with membership</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages: 18+</td>
<td></td>
<td></td>
<td>$15.50</td>
</tr>
</tbody>
</table>

MY Denver Activities
M-F 4:00-6:30 PM | year-round | 81203 |
Ages: 8-18 | Drop in class. FREE with membership |

MY Denver Billiards
W 3:30-6:30 PM | 08/16-11/15 | 89133 |
Ages: 8-18 | Drop in class. FREE with membership |

MY Denver Cricut Classes
W 4:30-5:30 PM | 09/08-09/29 | 88120 |
Ages: 8-12 | Drop in class. FREE with membership |

CityWide Sports

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Arts & Culture

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<tr>
<td>DIY Create! Ceramic Lanterns</td>
<td>M 4:30-6:00 PM</td>
<td>11/06</td>
<td>89269</td>
</tr>
<tr>
<td>Ages:7-12</td>
<td></td>
<td></td>
<td>$5</td>
</tr>
</tbody>
</table>

DIY Create! Light Up Ghosts
M 4:30-6:00 PM | 10/30 | 89265 |
Ages:7-12 | | | $5 |

DIY Create! Monster Slime
M 4:30-5:30 PM | 10/16 | 89259 |
Ages:7-12 | | | $5 |

DIY Create! Pumpkin Painting
M 4:30-5:30 PM | 10/09 | 89262 |
Ages:7-12 | | | $5 |

DIY Create! Spooky Gummy Worms
M 4:30-5:30 PM | 10/16 | 89260 |
Ages:7-12 | | | $5 |

Line Dancing
M 10:00-11:30 AM | year-round | 80875 |
Ages: 50+ | Drop in class. FREE with membership |

Mini Picasso
Th 10:45-11:30 AM | 10/12-11/09 | 89394 |
Th 10:30-10:15 AM | 09/07-10/05 | 87573 |
Th 10:45-11:30 AM | 09/07-10/05 | 89401 |
Th 9:30-10:15 AM | 10/12-11/09 | 87574 |
Ages: 2-4 | | | $16 |

Youth Beginner Sewing
Sa 10:15-11:45 AM | 09/09-11/11 | 89289 |
Ages: 6-11 | | | $45 |

Youth Intermediate Sewing
Sa 12:00-1:30 PM | 09/09-11/11 | 89356 |
Ages: 6-11 | | | $45
Explore Fall 2023 Activities

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

Harvey Park Recreation Center
2120 S Tennyson Wy. • (720) 865-0550
M-F: 9am-8:00pm / Sat: 9am-2pm / Sun: Closed

Explore Fall 2023 Activities
Register Beginning July 25th at Noon

M-F: 9am-8:00pm / Sat: 9am-2pm / Sun: Closed
2120 S Tennyson Wy. • (720) 865-0550
Harvey Park Recreation Center

Flip for: Active Older Adults
Outdoor Recreation
Out of School Time
CityWide Sports • Arts & Culture

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

View game schedules at: DENVERYOUTHSPORTS.ORG
Age Cutoff: September 17, 2023 for 5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer 7-17 Co-Ed Volleyball
*Teams will practice 2x/week until games begin; Once games begin, teams will practice 1x/week.

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

Fitness & Wellness
Yogalates
F 10:30-11:30 AM year-round 81131
Ages: 15+ Drop in class. FREE with membership

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

DAY TIME DATE ACTIVITY #
Co-Ed Flag Football
M 5:00-6:00 PM Ages: 5-6 88223
W 6:15-7:15 PM
F 6:15-7:15 PM
M 6:15-7:15 PM
Tu 6:15-7:15 PM
Th 6:15-7:15 PM
M 6:15-7:15 PM
F 5:00-6:00 PM

Ages: 5-8 Dates: 9/5-11/3 $35
Ages: 9-14 Dates: 9/5-11/3 $45

Co-Ed Soccer
F 5:00-6:00 PM Ages: 5-6 88315
Sa 9:30-10:30 AM
Th 5:00-6:00 PM Ages: 7-8 88345
Sa 10:30-11:30 AM
W 5:00-6:00 PM Ages: 9-10 88376
Sa 11:30 AM-12:30 PM
M,W 6:15-7:15 PM Ages: 11-12 88917

Ages: 5-8 Dates: 9/5-11/4 $35
Ages: 9-12 Dates: 9/5-11/4 $45

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

Co-Ed Volleyball
M 6:15-7:15 PM Ages: 7-8 88431
F 5:00-6:00 PM
W 5:00-6:00 PM Ages: 9-10 88458
F 6:15-7:15 PM
M 5:00-6:00 PM
Tu 6:00-7:00 PM
W 6:15-7:15 PM Ages: 13-14 88415
Th 5:00-6:00 PM M,W 3:45-4:45 PM Ages: 15-17 88423

Ages: 7-8 Dates: 9/5-11/3 $35
Ages: 9-17 Dates: 9/5-11/3 $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.