

Explore Winter 2022-2023 Activities



Register Beginning Nov 9th at Noon



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

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



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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50+ Gentle Yoga

M	1:30-2:30 PM	year-round	80309
Ages: 50+ Drop in class. FREE with membership			

Pickleball

M,W,F	9:00 AM-1:00 PM	year-round	80393
Sa	10:00 AM-12:00 PM	year-round	80394
Ages: 50+ Drop in class. FREE with membership			

Pickleball: Beginner

W	8:00-9:00 AM	year-round	81784
Ages: 50+ Drop in class. FREE with membership			

Fitness & Wellness

See our full schedule of classes online at:
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



Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Alice in Wonderland Tea Party

Sa	11:30 AM-1:30 PM	12/10	82045
Ages: 5-12 \$7			

Family Gingerbread House Making

F	5:00-6:30 PM	12/09	81967
All Ages \$5			

Holiday Piano

Th	4:45-5:45 PM	11/17-12/15	82007
F	5:45-6:45 PM	11/18-12/16	82008
Ages: 6-12 \$9			

Holiday Youth Ceramics

W	5:00-5:45 PM	12/07	81997
Ages: 6-12 \$5			

Kiddie Carolers

M	4:30-5:30 PM	11/14-12/12	82044
Ages: 3-8 \$7			

Mini Picasso

F	10:00-10:45 AM	01/13-02/10	81974
F	10:00-10:45 AM	02/17-03/17	81975
Ages: 2-4 \$16			

Piano Class: Beginning/Intermediate

Th	4:45-5:45 PM	01/12-03/16	80802
Ages: 6-12 \$32			
F	5:45-6:45 PM	01/13-03/17	80803
Ages: 6-12 \$32			

Preschool Holiday Craft

Ages: 2-3 \$5			
Th	9:00-9:45 AM	12/15	82005
Ages: 4-5 \$5			
Th	10:15-11:00 AM	12/15	82006

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Ice Skating - Skyline Downtown Rink

Th	10:00 AM-1:00 PM	12/08	81705
Ages: 0-64 \$6.75			
Ages: 65+ \$3.25			

Learn to Ski & Ride

M	6:45 AM-6:30 PM	02/27	81804
Ages: 7-17 \$30			



Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Sports Experience

Sa	10:30-11:30 AM	02/11-03/04	81749
Sa	12:00-1:00 PM	02/11-03/04	81750
Ages: 3-4 \$20			

Gymnastics I

M	5:30-6:30 PM	01/09-03/13	81311
W	5:30-6:30 PM	01/11-03/01	81312
Ages: 6-14 \$40			

YOUTH TEAM SPORTS

DAY	TIME	AGE	ACTIVITY #
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Co-Ed PeeWee Basketball

F	5:00-6:00 PM	Ages: 5-6	81446
Sa	10:30-11:30 AM		
Ages: 5-6 Dates: 1/4-2/25 \$40			

Girls Basketball

F	6:00-7:00 PM	Ages: 7-8	81503
Sa	11:30 AM-12:30 PM		
Th,F	4:45-5:45 PM	Ages: 9-10	81525
W,Th	5:00-6:00 PM	Ages: 11-12	81469
Ages: 7-8 Dates: 1/3-2/25 \$40			
Ages: 9-14 Dates: 12/13-3/10 \$50			

Boys Basketball

F	6:00-7:00 PM	Ages: 7-8	81392
Sa	11:30 AM-12:30 PM		
M,Tu	5:00-6:00 PM	Ages: 9-10	81420
W,Th	5:00-6:00 PM	Ages: 11-12	81336
M,W	6:00-7:00 PM	Ages: 13-14	81357
Ages: 7-8 Dates: 1/4-2/25 \$40			
Ages: 9-17 Dates: 12/12-3/11 \$50			

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.

View game schedules at:

DENVERYOUTHSPORTS.ORG

Age Cutoff: January 15, 2023 for

5-6 Co-Ed PeeWee Basketball

7-14 Girls Basketball • 7-17 Boys Basketball

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