Explore Winter 2022-2023 Activities

Register Beginning Nov 9th at Noon

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

Active Older Adults

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

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.

Arts & Culture

D A Y   T I M E   A G E S   A C T I V I T Y #

Alice in Wonderland Tea Party
- Sa 11:30 AM-1:30 PM 12/10
- Ages: 5-12 $7

Family Gingerbread House Making
- F 5:00-6:30 PM 12/09
- 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 01/12-02/10 80802
- F 5:45-6:45 PM 01/13-03/17 80803
- Ages: 6-12 $32

Preschool Holiday Craft
- Th 9:00-9:45 AM 12/15 82005
- Ages: 4-5 $5
- Th 10:15-11:00 AM 12/15 82006

Outdoor Recreation

D A Y   T I M E   A G E S   A C T I V I T Y #

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

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

YOUTH TEAM SPORTS

D A Y   T I M E   A G E   A C T I V I T Y #

Co-Ed PeeWee Basketball
- F 5:00-6:00 PM Ages: 5-6 81446
- Sa 10:30-11:30 AM Ages: 5-6 $40

Girls Basketball
- F 6:00-7:00 PM Ages: 7-8 81503
- Sa 11:30 AM-12:30 PM Ages: 7-8 $50

Boys Basketball
- F 6:00-7:00 PM Ages: 7-8 81392
- Sa 11:30 AM-12:30 PM Ages: 7-8 $50

Visit the front desk at any recreation center to see if you are eligible.

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

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