

# Explore Spring 2023 Activities



Register Beginning Feb 21st 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	year-round	<a href="#">80317</a>
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Ages: 50+ ..... Drop in class. FREE with membership

### Out of School Time

DAY	TIME	DATE	ACTIVITY #
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#### Family Cooking Class

M,W	5:00-6:30 PM	05/15-05/24	<a href="#">84408</a>
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Ages: 7-17 ..... FREE with MY Denver Card  
Ages: 18+ ..... \$15.50  
..... Youth and adult must register together

#### MY Denver Activities

M-F	2:30-6:00 PM	01/04-05/26	<a href="#">81208</a>
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Ages: 8-18. .... Drop in class. FREE with membership

#### MY Denver Cricut Classes

W	4:00-5:30 PM	05/03-05/24	<a href="#">83330</a>
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Ages: 8-18. .... Drop in class. FREE with membership

#### MY Denver Karate

Tu,Th	5:30-6:30 PM	year-round	<a href="#">83392</a>
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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)

### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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#### Zumba®

Sa	10:00-11:00 AM	year-round	<a href="#">81162</a>
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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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#### SPRING TEAM SPORTS

##### Co-Ed Flag Football

M,Tu	5:00-6:00 PM	Ages: 9-10	<a href="#">83861</a>
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M,Th	6:00-7:00 PM	Ages: 11-12	<a href="#">83788</a>
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Ages: 5-14 Dates: 4/3-5/5 ..... \$25

##### Co-Ed Soccer

F	5:00-6:00 PM	Ages: 5-6	<a href="#">83905</a>
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Sa	11:00 AM-12:00 PM		
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F	6:00-7:00 PM	Ages: 7-8	<a href="#">83932</a>
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Sa	12:00-1:00 PM		
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Th	5:00-6:00 PM	Ages: 9-10	<a href="#">83958</a>
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Sa	11:00 AM-12:00 PM		
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Tu,W	5:00-6:00 PM	Ages: 11-12	<a href="#">83879</a>
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Ages: 5-12 Dates: 4/3-5/6 ..... \$25

##### Co-Ed Volleyball

Th,F	6:00-7:00 PM	Ages: 9-10	<a href="#">84035</a>
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M,Tu	6:00-7:00 PM	Ages: 11-12	<a href="#">83977</a>
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Tu,Th	7:00-8:00 PM	Ages: 13-14	<a href="#">83991</a>
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Ages: 7-17 Dates: 4/3-5/6 ..... \$25



DAY	TIME	AGE	ACTIVITY #
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#### SUMMER TEAM SPORTS

##### Co-Ed T-Ball

M,W	5:30-6:30 PM	Ages: 5-6	<a href="#">84180</a>
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Ages: 5-6 Dates: 6/5-7/28 ..... \$40

##### Coach Pitch Baseball

Tu,Th	5:30-6:30 PM	Ages: 7-8	<a href="#">84219</a>
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Ages: 7-8 Dates: 6/5-7/27 ..... \$40

##### Baseball

M	6:30-8:00 PM	Ages: 9-10	<a href="#">84276</a>
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Th	5:00-6:30 PM		
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M,Tu	5:00-6:30 PM	Ages: 11-12	<a href="#">84085</a>
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Ages: 9-14 Dates: 5/22-7/28 ..... \$50

##### Softball

W	5:00-6:30 PM	Ages: 9-10	<a href="#">84296</a>
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Th	6:00-7:30 PM		
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Ages: 9-14 Dates: 5/22-7/28 ..... \$50

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

**Age Cutoff: April 16, 2023** for  
5-14 Flag Football • 5-12 Co-Ed Soccer • 7-17 Volleyball

**Age Cutoff: June 12, 2023** for  
5-6 T-Ball • 7-8 Coach Pitch Baseball & Softball

**Age Cutoff: July 17, 2023** for  
9-14 Baseball • 9-14 Softball

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

### 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.