Explore Fall 2023 Activities

Register Beginning July 25th at Noon

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

Fitness & Wellness

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
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</thead>
<tbody>
<tr>
<td>Tu</td>
<td>4:15-5:15 PM</td>
<td>year-round</td>
<td>89298</td>
</tr>
<tr>
<td>W</td>
<td>5:30-6:30 PM</td>
<td>year-round</td>
<td>81035</td>
</tr>
</tbody>
</table>

Boxing Conditioning

Vinyasa Yoga

W 6:00-7:00 PM | year-round 89289 |

Ages: 15+ Drop in class. FREE with membership

WITT Weight Room Introduction

Sa 10:00 AM-12:00 PM | 08/12-08/19 88821 |

Yoga I

Tu 9:30-10:30 AM | year-round 87407 |

Ages: 15+ Drop in class. FREE with membership

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

Arts & Culture

Day Time Date Activity #

Bingo
F 11:00 AM-1:00 PM | 10/06 88893 |

Ages: 18+ Drop in class. FREE with membership

Acrylic Painting: Intermediate/Advanced
M 5:30-7:30 PM | 10/09-11/06 87499 |

Ages: 16-64 $23
Ages: 65+ $16

Pottery
Tu 11:00 AM-1:00 PM | 09/05-11/07 87659 |

Tu 5:00-7:00 PM | 09/05-11/07 87656 |

Th 11:00 AM-1:00 PM | 09/07-11/09 87657 |

Th 5:00-7:00 PM | 09/07-11/09 87658 |

Ages: 18-64 $90
Ages: 65+ $65

Sketching/Drawing
M 5:30-7:30 PM | 09/11-10/02 87695 |

Ages: 16-64 $18
Ages: 65+ $13

Youth Team Sports

Day Time Age Activity #

Co-Ed Flag Football
M,Tu 6:00-7:00 PM | Ages: 9-10 88281 |

M,Th 7:00-8:00 PM | Ages: 11-12 89397 |

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

Co-Ed Soccer
Tu 6:00-7:00 PM | Ages: 9-10 88387 |

Sa 10:00-11:00 AM | Ages: 11-12 89398 |

Tu,W 7:00-8:00 PM | Ages: 9-12 89388 |

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

View game schedules at:
DENVERYOUTHSPORTS.ORG

Active Older Adults

Day Time Date Activity #

50+ Basketball
F 11:30 AM-1:30 PM | year-round 81785 |

Ages: 50+ Drop in class. FREE with membership

Club: Dominos
F 11:00 AM-12:00 PM | year-round 88897 |

Ages: 50+ Drop in class. FREE with membership

Club: Social
F 11:00 AM-12:30 PM | 8/25, 9/29, 10/27 88896 |

Ages: 50+ Drop in class. FREE with membership

Pickleball
W,F 9:00-11:00 AM | year-round 88898 |

Ages: 50+ Drop in class. FREE with membership

Swim Lessons: Session I
8/28/23-9/21/23; Reg Opens: 7/25/23 - 12pm

Swim Lessons: Session II
10/02/23-10/26/23; Reg Opens: 9/19/23 - 12pm

Swim Lessons: Session III
11/06/23-12/12/23; Reg Opens: 10/24/23 - 12pm

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

CityWide Sports

See our full schedule of Adult Sports leagues online at:
DENVERCITYWIDESPORTS.ORG

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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

Out of School Time

Day Time Date Activity #

Parents Night Out, Kids Night In
Sa 5:00-8:00 PM | 09/16 88068 |

Ages: 5-12 $5

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