

Explore Winter 2024-2025 Activities



Register Beginning Nov 6th at Noon

Register online or in person. For the complete list of available programs, visit DENVERGOV.ORG/RECREATION

Hiawatha Davis Jr. Recreation Center

3334 Holly St. • (720) 865-0590
M-Th: 7am-8pm / F: 7am-7pm / Sat: 9am-4pm / Sun: Closed



Aquatics

DAY	TIME	DATE	ACTIVITY #
Ai Chi			
Tu,Th	6:30-7:30 PM	year-round	99613
Ages: 15+ Drop in class. FREE with membership			
Aqua Aerobics			
M,W,F	9:15-10:15 AM	year-round	99621
Tu,Th	5:30-6:30 PM	year-round	99622
Ages: 15+ Drop in class. FREE with membership			

MY Denver

DAY	TIME	DATE	ACTIVITY #
Digital Art			
Th	5:30-6:30 PM	01/09-02/27	100337
Ages: 8-18. Drop in class. FREE with MY Denver Card			
MY Denver Activities			
M-F	3:30-6:30 PM	year-round	100429
Ages: 8-18. Drop in class. FREE with MY Denver Card			
MY Denver Billiards			
M	3:30-6:30 PM	11/18-03/03	100353
Ages: 8-18. Drop in class. FREE with MY Denver Card			

CityWide Sports



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

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
Snowshoe - Echo Lake Mountain Park			
Tu	9:00 AM-3:00 PM	02/25	99002
Ages: 18-64 \$21			
Ages: 65+ \$13.50			

Flip for: Fitness & Wellness
Youth Sports • Swim Lessons

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
50+ Functional Fit			
F	1:30-2:30 PM	year-round	99242
Ages: 50+ Drop in class. FREE with membership			
50+ Gentle Yoga			
W	9:30-10:30 AM	year-round	99261
Ages: 50+ Drop in class. FREE with membership			
Bingo			
Th	1:00-3:00 PM	year-round	99273
Ages: 50+ Drop in class. FREE with membership			
Club: Dominoes			
M-Th	4:00-8:00 PM	year-round	99287
F	4:00-7:00 PM	year-round	99288
Ages: 50+ Drop in class. FREE with membership			
Club: Pastels			
W,F	11:00 AM-1:00 PM	year-round	99310
Ages: 50+ Drop in class. FREE with membership			
Cooking with Friends: Holiday Cookies			
W	12:00-2:00 PM	12/04	99136
Ages: 50+ \$7			
Cooking with Friends: Retro Recipes			
W	12:00-2:00 PM	02/05	99127
Ages: 50+ \$7			
Drop-in Technology Help			
Th	12:00-1:00 PM	year-round	99326
Ages: 50+ Drop in class. FREE with membership			
Presentation: Christmas Folklore			
W	1:00-3:00 PM	01/22	99176
Ages: 50+ Drop in class. FREE with membership			
Presentation: Famous Denver Companies			
W	1:00-3:00 PM	02/19	99180
Ages: 50+ Drop in class. FREE with membership			
Presentation: The Korean War			
W	1:00-3:00 PM	03/05	100479
Ages: 50+ Drop in class. FREE with membership			
Trip: Butterfly Pavilion			
W	9:30 AM-12:30 PM	01/15	100527
Ages: 50+ \$4			
Trip: Explore Blackhawk			
Tu	9:00 AM-3:30 PM	12/03	99188
W	9:00 AM-3:30 PM	02/19	100512
Ages: 50+ \$7			
Trip: Holiday Lights Tour			
W	6:00-9:00 PM	12/11	99198
Ages: 50+ \$4			

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
Acrylic Painting: Beginner			
Tu	5:30-7:30 PM	01/07-03/11	99641
Ages: 16-64. \$45			
Ages: 65+ \$32			
Art Around the World			
W	4:30-5:30 PM	01/08-02/05	99655
W	4:30-5:30 PM	02/12-03/12	99656
Ages: 6-11. \$20			
Beginner Guitar			
Tu	4:30-5:15 PM	01/07-02/04	99668
Tu	4:30-5:15 PM	02/11-03/11	100547
Ages: 11-14 \$16			
Pottery - Adult Hand Building			
W	5:30-7:30 PM	01/08-03/12	100603
Ages: 18-64. \$90			
Ages: 65+ \$65			
Beginner Youth Sewing			
M	4:30-6:00 PM	01/06-02/03	100567
M	4:30-6:00 PM	02/10-03/10	100568
Ages: 10-16 \$23			
Advanced Youth Sewing			
F	4:30-6:00 PM	01/10-03/14	99715
Ages: 10-15 \$45			
Sewing: Elf Hat Workshop			
Tu	4:30-6:00 PM	11/26-12/10	100569
Ages: 8-12. \$20			
Adult: Sewing			
M	6:15-7:45 PM	01/06-03/10	99644
Ages: 18-64. \$72			
Ages: 65+ \$52			
Adult: Sewing Holiday Gifts Workshop			
W	5:30-7:30 PM	11/20-12/11	100570
Ages: 18-64. \$36			
Ages: 65+ \$26			
Sewing Studio			
Th	5:30-7:30 PM	01/09-03/13	99832
Ages: 16-64. \$45			
Ages: 65+ \$32			

Work with Denver Parks & Recreation
Join Our Recreation Team
SeeYourselfHere.org



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.



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Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Pilates
Tu 9:30-10:30 AM year-round [100235](#)
Ages: 15+ Drop in class. FREE with membership

Xtreme Hip Hop Step
Th 5:45-6:30 PM year-round [100271](#)
Ages: 15+ Drop in class. FREE with membership

Yoga I
Th 9:30-10:30 AM year-round [100280](#)
Ages: 15+ Drop in class. FREE with membership

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+ 1Session \$45



Nutrition Plan

Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.
Fee \$45

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Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
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Co-Ed Basketball
F 4:00-5:00 PM Ages: 5-6 [100071](#)
Sa 10:00-11:00 AM

Ages: 5-6 Dates: 1/6/25-2/22/25 \$40

Boys Basketball
F 5:00-6:00 PM Ages: 7-8 [100013](#)
Sa 11:00 AM-12:00 PM

M,Tu 5:00-6:00 PM Ages: 9-10 [100041](#)
W 4:30-5:30 PM Ages: 11-12 [99951](#)
Th 6:00-7:00 PM

M,W 6:00-7:00 PM Ages: 13-14 [99978](#)
M,W 7:00-8:00 PM Ages: 13-14 [99979](#)
Tu 7:00-8:00 PM Ages: 15-17 [99996](#)
Sa 1:00-2:00 PM

Ages: 7-8 Dates: 1/6/25-2/22/25 \$40
Ages: 9-17 Dates: 12/16/24-3/15/25 \$50

Girls Basketball
Th 4:45-5:45 PM Ages: 7-8 [100135](#)
Sa 12:00-1:00 PM

Tu 5:00-6:00 PM Ages: 9-10 [100160](#)
F 6:00-7:00 PM

Tu 6:00-7:00 PM Ages: 11-12 [100098](#)
Th 7:00-8:00 PM

Ages: 7-8 Dates: 1/6/25-2/22/25 \$40
Ages: 9-14 Dates: 12/16/24-3/15/25 \$50

View game schedules at:
DENVERYOUTHSPORTS.ORG

Age Calculation Date: January 19, 2025 for
5-6 Co-Ed Basketball • 7-17 Boys Basketball
7-14 Girls Basketball

Ages 8 & Under will have two practices the first week of the season, then one practice and one game for the duration of the season (6 instructional games).

Ages 9+ will have two practices the week of Dec. 16, one practice per week the weeks of Dec. 23 & Dec. 30, two practices the week of Jan. 6, then one practice and one game for the duration of the season (5 league games followed by single-elimination tournaments).

Swim Lessons: Session I

01/06/25-01/30/25; Reg Opens: 11/06/24-12pm

DAY	TIME	DATE	ACTIVITY #
PRESCHOOL			
M,W	5:00-5:30 PM	01/06-01/29	99588

LEVEL 1			
M,W	5:00-5:30 PM	01/06-01/29	99405

LEVEL 2			
M,W	5:30-6:00 PM	01/06-01/29	99437

LEVEL 3			
M,W	5:30-6:00 PM	01/06-01/29	99469

LEVEL 4			
M,W	6:00-6:30 PM	01/06-01/29	99493

ADULT			
M,W	6:00-6:45 PM	01/06-01/29	99523

Swim Lessons: Session II

02/10/25-03/08/25; Reg Opens: 02/04/25-12pm

DAY	TIME	DATE	ACTIVITY #
PRESCHOOL			
M,W	5:00-5:30 PM	02/10-03/05	99587

LEVEL 1			
M,W	5:00-5:30 PM	02/10-03/05	99406

LEVEL 2			
M,W	5:30-6:00 PM	02/10-03/05	99438

LEVEL 3			
M,W	5:30-6:00 PM	02/10-03/05	99470

LEVEL 4			
M,W	6:00-6:30 PM	02/10-03/05	99494

ADULT			
M,W	6:00-6:45 PM	02/10-03/05	99524

SWIM LESSON PRICING

Blue: \$22.75 per session

Green: \$57.75 per session

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SeeYourselfHere.org



Flip for: Aquatics • MY Denver
CityWide Sports • Outdoor Recreation
Active Older Adults
Arts & Culture