

Explore Spring 2025 Activities



Register Beginning Feb 25th at Noon

Southwest Recreation Center

9200 W Saratoga Pl. • (720) 865-0670

M-F: 9am-8pm / Sat: 9am-2pm / Sun: Closed

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

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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50+ Gentle Yoga

M	1:45-2:45 PM	year-round	99267
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Ages: 50+ Drop in class. FREE with membership

Bingo

Th	1:00-3:00 PM	year-round	99276
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Ages: 50+ Drop in class. FREE with membership



CityWide Sports



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

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Art Adventures

W	4:30-5:30 PM	04/30-05/28	103159
Ages: 5-7 \$18			
W	5:45-6:45 PM	04/30-05/28	103160
Ages: 8-10. \$18			

Mini Picasso

F	10:00-10:45 AM	03/28-04/25	103253
F	10:00-10:45 AM	05/02-05/30	103254
Ages: 2-4 \$16			

Piano Class: Beginner/Intermediate

Th	4:45-5:45 PM	03/27-05/29	103259
Th	6:00-7:00 PM	03/27-05/29	103261
F	4:45-5:45 PM	03/28-05/30	103260
F	6:00-7:00 PM	03/28-05/30	103262
Ages: 6-12. \$32			

Flip for: Youth Sports



Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Cross Country Ski: Echo Lake Park

F	8:00 AM-4:00 PM	03/21	104979
Ages: 15-17 \$18			
Ages: 18-64. \$28			
Ages: 65+ \$18			



MY Denver

DAY	TIME	DATE	ACTIVITY #
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Bunny Eggstravaganza: Ages 6 & Under

Sa	9:00-9:30 AM	04/19	106407
Ages: 0-6 FREE			

Bunny Eggstravaganza: All Ages up to 13

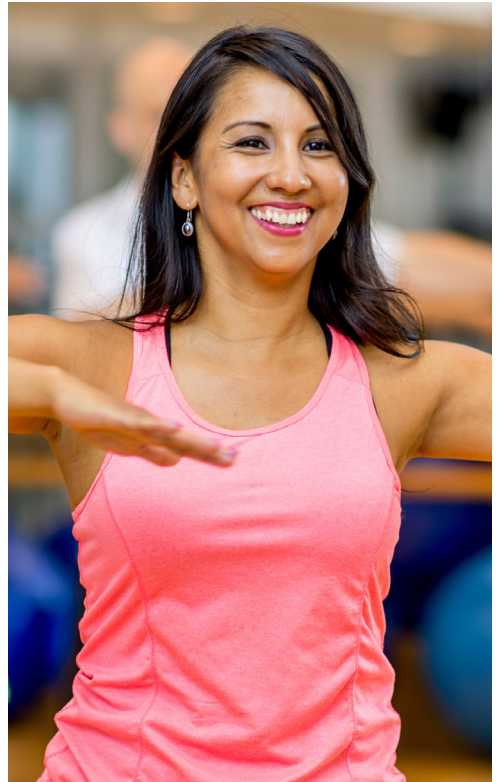
Sa	9:40-10:10 AM	04/19	106413
Sa	10:20-10:50 AM	04/19	106419
All Ages (13 & under) FREE			

MY Denver Airbrush

F	4:00-5:00 PM	04/04-04/25	106735
Ages: 8-18. Drop in class. FREE with membership			

Rec Kidz After School

M,Tu,F	4:30-6:30 PM	03/03-03/21	106761
M,Tu,F	4:30-6:30 PM	04/01-04/25	106762
M,Tu,F	4:30-6:30 PM	05/02-05/23	106763
Ages: 8-12. Drop in class. FREE with membership			



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Yin Yoga

Tu	6:45-7:45 PM	year-round	101136
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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+ 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

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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Youth Sports

DAY	TIME	DATE	ACTIVITY #
Gymnastics I			
M	5:30-6:30 PM	03/31-04/21	103729
Tu	5:30-6:30 PM	04/01-04/22	103728
Ages: 6-14\$20			

Sports Experience			
W	4:30-5:30 PM	04/02-04/23	103719
Ages: 3-4\$10			
W	5:30-6:30 PM	04/02-04/23	103726
Ages: 5-6\$10			

Co-Ed Soccer Camp			
M-Th	5:00-6:00 PM	03/31-04/03	103935
Ages: 7-12\$10			

Co-Ed Volleyball Camp			
M-Th	6:30-7:30 PM	03/31-04/03	104009
Ages: 7-12\$10			

DAY	TIME	AGE	ACTIVITY #
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YOUTH TEAM SPORTS—SPRING & SUMMER

Co-Ed Flag Football			
Tu	5:00-6:00 PM	Ages: 5-6	103792
W	6:00-7:00 PM		
Th	5:00-6:00 PM	Ages: 7-8	103814
F	6:00-7:00 PM		
M	5:00-6:00 PM	Ages: 9-10	103838
Tu	6:00-7:00 PM		
W	5:00-6:00 PM	Ages: 11-12	103764
Th	6:00-7:00 PM		
M,F	6:00-7:00 PM	Ages: 13-14	103777
Ages: 5-14 Dates: 4/14/25-5/9/25\$20			

DAY	TIME	AGE	ACTIVITY #
Co-Ed Soccer			
F	6:00-7:00 PM	Ages: 5-6	103881
Sa	9:00-10:00 AM		
F	5:00-6:00 PM	Ages: 7-8	103908
Sa	11:00 AM-12:00 PM		
Th	5:00-6:00 PM	Ages: 9-10	103931
Sa	1:00-2:00 PM		
Tu	5:30-6:30 PM	Ages: 11-12	103856
W	6:00-7:00 PM		
Ages: 5-12 Dates: 4/14/25-5/10/25\$20			

Co-Ed Volleyball			
M	5:00-6:00 PM	Ages: 7-8	103981
W	6:00-7:00 PM		
Th	4:45-5:45 PM	Ages: 9-10	104003
F	6:00-7:00 PM		
M,Tu	6:00-7:00 PM	Ages: 11-12	103952
W,Th	6:00-7:00 PM	Ages: 13-14	103963
Ages: 7-14 Dates: 4/14/25-5/9/25\$20			

Co-Ed T-Ball			
Tu,W	5:00-6:00 PM	Ages: 5-6	104137
Ages: 5-6 Dates: 6/2/25-7/23/25\$35			

Coach Pitch Baseball			
W,Th	5:00-6:00 PM	Ages: 7-8	104172
Ages: 7-8 Dates: 6/2/25-7/24/25\$35			

Baseball			
M,Tu	6:30-7:30 PM	Ages: 9-10	104221
M,Tu	6:00-7:30 PM	Ages: 11-12	104036
W	5:00-6:30 PM	Ages: 13-14	104075
Th	6:30-8:00 PM		
Ages: 9-14 Dates: 5/19/25-8/2/25\$50			

DAY	TIME	AGE	ACTIVITY #
Coach Pitch Softball			
M,Tu	5:00-6:00 PM	Ages: 7-8	104193
Ages: 7-8 Dates: 6/2/25-7/24/25\$35			
Softball			
W,Th	6:00-7:30 PM	Ages: 9-10	104240
M	5:00-6:30 PM	Ages: 11-12	104051
W	6:00-7:30 PM		
M,F	5:00-6:30 PM	Ages: 13-14	104086
Ages: 9-14 Dates: 5/19/25-8/1/25\$50			

View game schedules at:
DENVERYOUTHSPORTS.ORG

Spring Age Calculation Date: April 27, 2025
 for 5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer
 7-14 Co-Ed Volleyball

Summer 8 & Under Age Calculation Date:
April 27, 2025 for 5-6 Co-Ed T-Ball
 7-8 Coach Pitch Baseball / Softball

Summer 9+ Age Calculation Date:
July 13, 2025 for 9-14 Baseball / Softball



Flip for: Active Older Adults
 CityWide Sports • Arts & Culture
 Outdoor Recreation • My Denver
 Fitness & Wellness

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