Register for programs in person at any Denver Recreation Center or online at DENVERGOV.ORG/RECREATION.

Active Older Adults

**50+ Functional Fit**
- Tu: 11:00 AM-12:00 PM year-round [98959]
- Th: 9:30-10:30 AM year-round [98960]
Ages: 50+ Drop in class. FREE with membership.

**Pickball 101**
- Th: 12:30-2:00 PM 03/28-04/18 [93595]
- Th: 12:30-2:00 PM 04/25-05/16 [93596]
Ages: 18-64 $30
Ages: 65+ $15

**Pickball**
- M: 11:30 AM-3:00 PM 03/10-06/05 [89995]
- T: 9:00-10:45 AM 03/10-06/05
- W: 12:15-2:30 PM 03/10-06/05
- F: 8:45-11:15 AM 03/10-06/05
Ages: 50+ Drop in class. FREE with membership.

**Tai Chi**
- Th: 10:45 AM-12:00 PM year-round [90014]
Ages: 50+ Drop in class. FREE with membership.

CityWide Sports

**Intermediate Grass Volleyball Free Agent**
- W: 6:00-8:30 PM 05/01-06/19 [93689]
- Th: 6:00-8:30 PM 05/02-06/20 [93691]
Ages: 21+ $75

**Recreational Grass Volleyball Free Agent**
- W: 6:00-8:30 PM 05/01-06/19 [93688]
- Th: 6:00-8:30 PM 05/02-06/20 [93690]
Ages: 21+ $75

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

Arts & Culture

**Adult Beginner Guitar**
- Th: 2:45-3:30 PM 03/28-05/23 [93619]
   - Ages: 18-64 $36
   - Ages: 65+ $26

**Art Adventures**
- W: 4:30-5:30 PM 03/27-04/24 [93621]
- W: 4:30-5:30 PM 05/01-05/22 [93622]
Ages: 6-9 $20

**Beginner Guitar**
- Th: 4:30-5:15 PM 03/28-05/23 [92422]
Ages: 11-14 $28

**Intermediate Guitar**
- Th: 5:45-6:30 PM 03/28-05/23 [92516]
Ages: 11-14 $26

Aquatics

**Ai Chi**
- F: 10:00-11:00 AM year-round [90486]
   - Ages: 15+ Drop in class. FREE with membership.

**Aqua Aerobics**
- W: 5:30-6:30 PM year-round [90501]
- Sa: 10:00-11:00 AM year-round [90500]
   - Ages: 15+ Drop in class. FREE with membership.

**Aqua Tone**
- M, W, F: 9:00-10:00 AM year-round [90504]
   - Ages: 15+ Drop in class. FREE with membership.

See back for Swim Lessons!

Fitness & Wellness

**Dance Cardio Fusion**
- Tu: 12:15-1:15 PM year-round [90558]
   - Ages: 15+ Drop in class. FREE with membership.

**Essentrics**
- M: 10:15-11:15 AM year-round [91931]
   - Ages: 15+ Drop in class. FREE with membership.

**Group Training**
- Th: 6:30-7:30 AM year-round [90563]
   - Ages: 15+ Drop in class. FREE with membership.

**Total Body Conditioning**
- W: 6:30-7:30 PM year-round [93743]
- F: 1:00-2:00 PM year-round [90611]
   - Ages: 15+ Drop in class. FREE with membership.

**Vinyasa Yoga**
- Tu: 7:30-8:30 AM year-round [90628]
- Th: 8:00-9:00 AM year-round [90629]
- F: 7:30-8:30 AM year-round [90630]
- Sa: 9:00-10:00 AM year-round [90631]
   - Ages: 15+ Drop in class. FREE with membership.

**Yoga for Runners**
- Sa: 10:15-11:30 AM 03/23 [93996]
   - Ages: 19+ $15

**Yoga I**
- W: 8:30-9:30 AM year-round [90647]
   - Ages: 15+ Drop in class. FREE with membership.

**Zumba®**
- M: 9:00-10:00 AM year-round [90694]
- F: 11:30 AM-12:30 PM year-round [90695]
   - Ages: 15+ Drop in class. FREE with membership.

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.

See our full schedule of classes online at: DENVERGOV.ORG/FITNESS.
Register for programs in person at any Denver Recreation Center or online at DENVERGOV.ORG/RECREATION

Explore Spring 2024 Activities
Register Beginning Mar 5th at Noon

Register for programs in person at any Denver Recreation Center or online at DENVERGOV.ORG/RECREATION

Washington Park Recreation Center
701 S Franklin St. • (720) 865-3400
M-Tu: 7am-8pm / W-Th: 6am-8pm / Fr: 7am-8pm
Sat: 8am-4pm / Sun: Closed

Explore Spring 2024 Activities
Register Beginning Mar 5th at Noon

701 S Franklin St.  •  (720) 865-3400
Washington Park
Recreation Center
Flip for: Active Older Adults
CityWide Sports • Arts & Culture
Aquatics • Fitness & Wellness

Youth Team Sports

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<td>W</td>
<td>6:00-7:00 PM</td>
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Co-Ed Flag Football:

Co-Ed Soccer:
Tu 4:30-5:30 PM Ages: 5-6 93002
Sa 9:00-10:00 AM Ages: 7-8 93029
Tu 5:30-6:30 PM Ages: 9-10 93054
W 6:30-7:30 PM Ages: 11-12 92975

Co-Ed Volleyball
M 4:30-5:30 PM Ages: 7-8 93113
W 6:00-7:00 PM Ages: 9-10 93135
M 5:30-6:30 PM Ages: 11-12 93074
Tu 6:00-7:00 PM Ages: 13-14 93089


Swim Lessons: Session I
3/11/24-4/13/24; Registration Opens: 3/5/24–12pm

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Swim Lessons: Session II
4/22/24-5/18/24; Registration Opens: 4/16/24–12pm

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Swim Lesson Pricing
Yellow ........................................ $26

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

View game schedules at: DENVERYOUTHSPORTS.ORG

Age Cutoff: April 21, 2024 for 5-14 Co-Ed Flag Football
5-12 Co-Ed Soccer • 7-14 Co-Ed Volleyball
*Teams will have one practice and one instructional game per week.

"CityWide Sports • Arts & Culture Aquatics • Fitness & Wellness"