

Explore Fall 2023 Activities



Register Beginning July 25th at Noon



Barnum Recreation Center

M-Th: 10am-8pm
F: 10am-7pm
Sat: 10am-2pm
Sun: Closed

360 Hooker St. • (720) 865-0350

Browse the Activity Guide, and register for programs at [DENVERGOV.ORG/RECREATION](https://denvergov.org/recreation)

Out of School Time

DAY	TIME	DATE	ACTIVITY #
MY Denver Billiards			
F	3:30-6:30 PM	08/18-11/17	89132
Ages: 8-18. Drop in class. FREE with membership			
Night Moves: Teen Takeover			
F	6:00-9:00 PM	08/18-11/17	88059
Ages: 12-18. Drop in class. FREE with membership			
Video Game Tournament			
Sa	11:00 AM-2:00 PM	09/30	88073
Ages: 13-18. \$5			

CityWide Sports



See our full schedule of Adult Sports leagues online at: [DENVERCITYWIDESPORTS.ORG](https://denvercitywidesports.org)

Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
Adaptive Pickleball			
Th	10:30-11:30 AM	10/12-11/16	87432
Ages: 15+ \$14			

Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
Co-Ed Flag Football			
M,W	5:00-6:00 PM	Ages: 5-6	88908
M,F	6:00-7:00 PM	Ages: 7-8	88910
Ages: 5-8 Dates: 9/5-11/3 \$35			
Co-Ed Soccer			
Th	5:00-6:00 PM	Ages: 5-6	88305
Sa	10:00-11:00 AM		
Th	6:00-7:00 PM	Ages: 7-8	88335
Sa	11:00 AM-12:00 PM		
Tu	5:00-6:00 PM	Ages: 9-10	88367
Sa	12:15-1:15 PM		
Tu,W	6:00-7:00 PM	Ages: 11-12	88288
Ages: 5-8 Dates: 9/5-11/4 \$35			
Ages: 9-12 Dates: 9/5-11/4 \$45			

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

Age Cutoff: September 17, 2023 for 5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer

*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.

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
50+ Functional Fit			
M	10:30-11:30 AM	year-round	80270
Ages: 50+ Drop in class. FREE with membership			
50+ Gentle Yoga			
W	12:30-1:30 PM	year-round	80296
Ages: 50+ Drop in class. FREE with membership			

Club: Karaoke			
Tu	12:30-2:30 PM	year-round	80336
Ages: 50+ Drop in class. FREE with membership			

Club: Painting			
M	11:30 AM-1:30 PM	year-round	80348
Ages: 50+ Drop in class. FREE with membership			

Club: Wood Carving			
M	11:30 AM-1:30 PM	year-round	80366
Ages: 50+ Drop in class. FREE with membership			

Fall Luncheon			
F	12:00-2:00 PM	09/22	87453
Ages: 50+ \$7			

Pickleball			
W	10:00 AM-12:00 PM	year-round	80374
F	11:15 AM-1:15 PM	year-round	86331
Ages: 50+ Drop in class. FREE with membership			

Pickleball 101			
F	1:30-3:00 PM	08/18-09/08	87459
F	1:30-3:00 PM	09/15-10/06	87460
F	1:30-3:00 PM	10/13-11/03	87461
Ages: 18-64. \$30			
Ages: 65+ \$15			

Tai Chi			
M	12:00-1:00 PM	year-round	80407
Ages: 50+ Drop in class. FREE with membership			

Trip: Explore Breckenridge			
Th	9:00 AM-4:00 PM	09/28	87485
Ages: 50+ \$8			

Trip: Lulu's Farm			
Th	10:00 AM-12:00 PM	09/07	87475
Ages: 50+ \$5			

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
Adult Hike: Beaver Brook Trail			
W	9:00 AM-3:00 PM	09/13	89170
Ages: 18-64. \$21			
Ages: 65+ \$13.50			

Family Hike: Raccoon Trail; Golden Gate Canyon State Park			
Th	9:00 AM-3:00 PM	10/12	89178
Ages: 8+ \$13.50			

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
Yoga II			
Th	6:00-7:00 PM	year-round	87236
Ages: 15+ Drop in class. FREE with membership			

Zumba®			
M	6:00-7:00 PM	year-round	81136
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

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
Beginner Keyboard			
W	4:00-5:00 PM	09/06-11/08	89295
W	5:30-6:30 PM	09/06-11/08	89296
Ages: 10-15. \$32			

Beginner Piano			
Th	4:00-5:00 PM	09/07-11/09	87523
Th	5:30-6:30 PM	09/07-11/09	87524
Ages: 6-12. \$32			

Coffee & Painting			
Th	10:30 AM-12:30 PM	09/14	87537
Th	10:30 AM-12:30 PM	10/12	87538
Th	10:30 AM-12:30 PM	11/02	87536
Ages: 18+ \$5			

Hula Hoop Dance			
Tu	6:00-7:00 PM	09/05-10/03	88949
Ages: 18+ \$38			

Line Dancing			
Tu	11:15 AM-12:15 PM	year-round	80872
Ages: 50+ Drop in class. FREE with membership			

Mini Picasso			
Th	10:00-10:45 AM	09/21-10/05	87556
Ages: 2-4 \$10			
Th	10:00-10:45 AM	10/12-11/09	87557
Ages: 2-4 \$16			

Music & Movement			
Th	11:00-11:45 AM	09/07-10/05	87595
Th	11:00-11:45 AM	10/12-11/09	87596
Ages: 2-4 \$16			