Explore Fall 2023 Activities
Register Beginning July 25th at Noon

Out of School Time

<table>
<thead>
<tr>
<th>DAY TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>MY Denver Billiards</td>
<td>F 3:30-6:30 PM 08/18-11/17</td>
<td>89132</td>
</tr>
<tr>
<td>Ages: 8-18</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
<tr>
<td>Night Moves: Teen Takeover</td>
<td>F 6:00-9:00 PM 08/18-11/17</td>
<td>88059</td>
</tr>
<tr>
<td>Ages: 12-18</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
</tbody>
</table>

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

Adaptive Recreation

Adaptive Pickleball
Th 10:30-11:30 AM 10/12-11/16 | 87432 |
Ages: 15+ |

Youth Team Sports

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 Ages: 5-6 |
Th 6:00-7:00 PM Ages: 7-8 | 88335 |
Sa 11:00 AM-12:00 PM Ages: 7-8 |
Tu 5:00-6:00 PM Ages: 9-10 | 88367 |
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

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 3x/week.

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

Active Older Adults

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+ |

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 |
Ages: 65+ |

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+ |

Trip: Lulu’s Farm
Th 10:00 AM-12:00 PM 09/07 | 87475 |
Ages: 50+ |

Outdoor Recreation

Adult Hike: Beaver Brook Trail
W 9:00 AM-3:00 PM 09/13 | 89170 |
Ages: 18-64 |
Ages: 65+ |

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

Fitness & Wellness

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

PERSONAL TRAINING
Body fat/fitness assessments
Ages: 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 |

Arts & Culture

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 |

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 |

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+ |

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

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: 5-14 |

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 |

LIVE FITNESS SCHEDULE

360 Hooker St. • (720) 865-0350
M-Th: 10am-8pm
F: 10am-7pm
Sat: 10am-2pm
Sun: Closed

360 Hooker St. • (720) 865-0350
M-Th: 10am-8pm
F: 10am-7pm
Sat: 10am-2pm
Sun: Closed

LIVE FITNESS SCHEDULE

360 Hooker St. • (720) 865-0350
M-Th: 10am-8pm
F: 10am-7pm
Sat: 10am-2pm
Sun: Closed

LIVE FITNESS SCHEDULE

360 Hooker St. • (720) 865-0350
M-Th: 10am-8pm
F: 10am-7pm
Sat: 10am-2pm
Sun: Closed