Explore Fall 2023 Activities
Register Beginning July 25th at Noon

Out of School Time

Day  Time  Date  Activity #

Family Cooking
Tu,Th  5:00-6:30 PM  09/19-09/28  88047
Ages: 6-17  FREE with membership
Ages: 18+  $15.50

MY Denver Karate
Th  4:00-5:30 PM  year-round  81209
Ages: 5-18  FREE with membership

MY Denver Karate: Intermediate
Th  5:30-7:00 PM  year-round  83393
Ages: 5-18  FREE with membership

Fitness & Wellness

Day  Time  Date  Activity #

Beginner Yoga
Tu  6:30-7:30 PM  year-round  81032
Ages: 15+ FREE with membership

HIIT
M  5:00-6:00 PM  year-round  81051
Ages: 15+ FREE with membership

See our full schedule of classes online at:  DENVERGOV.ORG/FITNESS

Personal Training

Day  Time  Date  Activity #

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

See back for Swim Lessons!

Aquatics

Day  Time  Date  Activity #

Aqua Aerobics
Tu,Th  10:00-11:00 AM  year-round  80681
Ages: 15+  Drop in class. FREE with membership

Art & Culture

Day  Time  Date  Activity #

Mini Picasso
Tu  9:45-10:30 AM  09/05-10/03  87554
Tu  11:00-11:45 AM  09/05-10/03  87552
Tu  9:45-10:30 AM  10/10-11/07  87555
Tu  11:00-11:45 AM  10/10-11/07  87553
Ages: 2-4  $16

Pottery - Hand Building
Tu  4:30-5:30 PM  09/05-10/03  87626
Tu  4:30-5:30 PM  10/10-11/07  87627
Ages: 7-12  $23

Pottery - Teen Hand Building
Tu  6:00-7:30 PM  09/05-11/07  87639
Ages: 12-18  $32

Preschool Pottery
Tu  10:00-10:45 AM  09/11-10/02  87679
M  10:00-10:45 AM  10/09-11/06  87680
Ages: 3-5  $18
Ages: 3-5  $23

Outdoor Recreation

Day  Time  Date  Activity #

Adult Hike: Lion’s Lair Spur Trail
Th  9:00 AM-3:00 PM  11/02  89151
Ages: 18-64  $21
Ages: 65+  $13.50

Youth Team Sports

Day  Time  Date  Age  Activity #

Co-Ed Flag Football
M,Tu  6:00-7:00 PM  Ages: 9-10  88260
M  5:00-6:00 PM  Ages: 11-12  88183
Th  6:00-7:00 PM  Ages: 13-14  88203
F  5:00-6:00 PM  Ages: 15+  88265

Co-Ed Soccer
Th  5:00-6:00 PM  Ages: 5-6  88302
Sa  10:00-11:00 AM  Ages: 7-8  88332
Sa  11:00 AM-12:00 PM  Ages: 9-10  88362
W  6:00-7:00 PM  Ages: 11-12  88286
W  6:00-7:00 PM  Ages: 13-14  88408

Co-Ed Volleyball
W,F  5:00-6:00 PM  Ages: 9-10  88446
M,Tu  5:30-6:30 PM  Ages: 11-12  88390
W  7:00-8:00 PM  Ages: 13-14  88408
Th  5:30-6:30 PM  Ages: 15+  88446

M-Th: 6:30am-8:30pm  F: 11:30am-8:30pm  Sat: 8am-2pm  Sun: Closed

2475 W Dunkeld Pl. • (720) 865-0510

CityWide Sports

View game schedules at:  DENVERYOUTHSPORTS.ORG

Age Cutoff: September 17, 2023 for
5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer
7-17 Co-Ed Volleyball
*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.

See our full schedule of classes online at:
DENVERGOV.ORG/FITNESS

Visit the front desk at any recreation center to see if you are eligible.

See our full schedule of Adult Sports leagues online at:
DENVERCITYWIDESPORTS.ORG
Explore Fall 2023 Activities
Register Beginning July 25th at Noon

Browse the Activity Guide, and register for programs at DENVERGOV.ORG/RECREATION

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### Swim Lessons: Session I
8/28/23-9/21/23; Reg Opens: 7/25/23 - 12pm

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<thead>
<tr>
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<td>M,W</td>
<td>6:00-6:30 PM</td>
<td>08/28-09/20</td>
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<td>10:00-10:30 AM</td>
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| PRESCHOOL |         |          |            |
| M,W    | 6:35-7:05 PM | 08/28-09/20 | 87970 |
| Tu,Th  | 10:30-11:00 AM | 08/29-09/21 | 87968 |

| LEVEL 1 |         |          |            |
| M,W    | 7:10-7:40 PM | 08/28-09/20 | 87712 |

| LEVEL 2 |         |          |            |
| M,W    | 6:00-6:30 PM | 08/28-09/20 | 87767 |

| LEVEL 3 |         |          |            |
| M,W    | 6:35-7:05 PM | 08/28-09/20 | 87807 |

| LEVEL 4 |         |          |            |
| M,W    | 7:10-7:40 PM | 08/28-09/20 | 87848 |

### Swim Lessons: Session II
10/02/23-10/26/23; Reg Opens: 9/26/23 - 12pm

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<td>Tu,Th</td>
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| PRESCHOOL |         |          |            |
| M,W    | 6:35-7:05 PM | 10/02-10/25 | 87971 |
| Tu,Th  | 10:30-11:00 AM | 10/03-10/26 | 87969 |

| LEVEL 1 |         |          |            |
| M,W    | 7:10-7:40 PM | 10/02-10/25 | 87713 |

| LEVEL 2 |         |          |            |
| M,W    | 6:00-6:30 PM | 10/02-10/25 | 87768 |

| LEVEL 3 |         |          |            |
| M,W    | 6:35-7:05 PM | 10/02-10/25 | 87808 |

| LEVEL 4 |         |          |            |
| M,W    | 7:10-7:40 PM | 10/02-10/25 | 87849 |

### Swim Lessons: Session III
11/06/23-12/07/23; Reg Opens: 10/31/23 - 12pm

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<td>11/07-12/05</td>
<td>88980</td>
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| PRESCHOOL |         |          |            |
| M,W    | 6:35-7:05 PM | 11/06-12/06 | 87973 |
| Tu,Th  | 10:30-11:00 AM | 11/07-12/07 | 87972 |

| LEVEL 1 |         |          |            |
| M,W    | 7:10-7:40 PM | 11/06-12/06 | 87714 |

| LEVEL 2 |         |          |            |
| M,W    | 6:00-6:30 PM | 11/06-12/06 | 87769 |

| LEVEL 3 |         |          |            |
| M,W    | 6:35-7:05 PM | 11/06-12/06 | 87809 |

| LEVEL 4 |         |          |            |
| M,W    | 7:10-7:40 PM | 11/06-12/06 | 87850 |

### SWIM LESSON PRICING
- Blue: $22.75
- Yellow: $26

**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.

**Flip for:**
- Out of School Time
- Fitness & Wellness
- Aquatics
- Arts & Culture
- Outdoor Recreation
- CityWide Sports
- Youth Sports