Explore Winter 2023-2024 Activities

Register Beginning Nov 8th at Noon

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

Outdoor Recreation

Learn to Ski and Ride
Registration: Wednesday 12/6 from 3:00-7:00 pm
M 6:45 AM-6:30 PM 04/08 91656
Ages: 7-17 ........................................ $30

Active Older Adults

Bingo
Th 1:00-2:00 PM year-round 89987
Ages: 50+ ........... Drop in class. FREE with membership

Club: Social
Th 12:00-1:00 PM year-round 89941
Ages: 50+ ........... Drop in class. FREE with membership

Club: Square Dancing
Th 1:00-3:00 PM year-round 89950
Ages: 50+ ........... Drop in class. FREE with membership

Trip: Explore Blackhawk
Tu 9:00 AM-3:30 PM 01/16 89800
Ages: 50+ ........................................ $7

Out of School Time

MY Denver & MSU College 101 series
Tu 5:30-7:00 PM 12/12 90698
Ages: 12-18 ........... Drop in class. FREE with membership

MY Denver Activities
M,W,F 3:00-5:30 PM year-round 90742
Ages: 8-18 ........... Drop in class. FREE with membership

Night Moves: Teen Takeover
F 6:00-9:00 PM 11/24-02/23 91164
Ages: 12-19 ........... Drop in class. FREE with membership

Arts & Culture

Beginner Guitar
W 4:00-4:45 PM 01/10-02/07 90042
Ages: 10-13 ........................................ $22
W 5:00-5:45 PM 01/10-02/07 90043
Ages: 14-17 ........................................ $22

Beginner Hip Hop
Tu 4:30-5:30 PM 01/09-03/12 91775
Ages: 8-12 ........................................ $28

Intro to Dance
Tu 5:45-6:45 PM 01/09-03/12 91810
Ages: 4-7 ........................................ $28

Fitness & Wellness

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

CityWide Sports

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

Youth Team Sports

Co-Ed Basketball
F 5:00-6:00 PM Ages: 5-6 90915
Sa 10:00-11:00 AM Ages: 5-6 Dates: 1/3/24-2/24/24 ............... $40

Boys Basketball
F 6:00-7:00 PM Ages: 7-8 90857
Sa 11:00 AM-12:00 PM Ages: 9-10
M 5:00-6:00 PM Ages: 11-12 90979
Tu 6:00-7:00 PM Ages: 13-14 90823
W 6:00-7:00 PM Ages: 15-17 90845
Sa 12:00-1:00 PM

Girls Basketball
F 6:00-7:00 PM Ages: 7-8 90980
Sa 11:00 AM-12:00 PM Ages: 9-10 91003
W 6:00-7:00 PM Ages: 11-12 90942
Th 5:00-6:00 PM 90965
Tu 4:30-5:30 PM Ages: 13-14 90965
W 5:00-6:00 PM Ages: 7-8 Dates: 1/3/24-2/24/24 ............... $40

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.