Explore Winter 2023-2024 Activities

Register Beginning Nov 8th at Noon

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

Outdoor Recreation

**DAY** | **TIME** | **DATE** | **ACTIVITY #**
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**Cross Country Skiing: Bakerville/Loveland Trail**
Tu | 7:00 AM-4:00 PM | 01/09 | 91661
Ages: 18-64 | $31.50
Ages: 65+ | $20.25

**Learn to Ski and Ride**
Registration: Wednesday 12/6 from 3:00-7:00 pm
W | 6:45 AM-6:30 PM | 02/28 | 91654
Ages: 7-17 | $30

CityWide Sports

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

Arts & Culture

**DAY** | **TIME** | **DATE** | **ACTIVITY #**
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**DIY Create! Valentines Cards**
M | 4:00-5:00 PM | 02/05 | 91522
Ages: 6-11 | $.50

**DIY Gingerbread House**
F | 4:00-6:00 PM | 12/15 | 91483
All Ages | $.50

**Holiday Cookie Making**
M | 4:00-6:00 PM | 12/11 | 91495
Ages: 5-12 | $.50

MY Denver

**DAY** | **TIME** | **DATE** | **ACTIVITY #**
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**MY Denver Billiards**
W | 3:30-6:30 PM | 11/22-03/06 | 91594
Ages: 8-18 | 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.

Fitness & Wellness

**DAY** | **TIME** | **DATE** | **ACTIVITY #**
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**Nutrition Workshop**
Th | 5:30-6:30 PM | 01/18 | 91541
Ages: 18+ | $10

**Power Yoga**
Tu | 7:00-8:00 AM | year-round | 91924
Tu | 5:15-6:15 PM | year-round | 90593
W | 7:00-8:00 AM | year-round | 91926
Th | 5:15-6:15 PM | year-round | 90594
Ages: 15+ | Drop in class. FREE with membership

**Total Body Conditioning en Español**
M | 6:30-7:30 PM | year-round | 90612
Tu | 6:30-7:30 PM | year-round | 90613
Ages: 15+ | Drop in class. FREE with membership

**Vinyasa Yoga**
F | 10:00-11:00 AM | year-round | 91921
Ages: 15+ | Drop in class. FREE with membership

**Zumba®**
W | 6:00-7:00 PM | year-round | 90689
Sa | 10:15-11:15 AM | year-round | 90690
Ages: 15+ | Drop in class. FREE with membership

Youth Sports

**DAY** | **TIME** | **DATE** | **ACTIVITY #**
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**Cheerleading**
W | 4:30-5:30 PM | 01/17-03/06 | 90789
Ages: 5-14 | $30

**Co-Ed Basketball**
F | 5:00-6:00 PM | Ages: 5-6 | 90931
Sa | 9:00-10:00 AM | Ages: 5-6 | Dates: 1/3-24/24 | $40

**Boys Basketball**
F | 6:00-7:00 PM | Ages: 7-8 | 90812
M,Tu | 5:00-6:00 PM | Ages: 9-10 | 90900
M,Tu | 6:00-7:00 PM | Ages: 11-12 | 90812
W | 6:00-7:00 PM | Ages: 13-14 | 90836
Th | 5:00-6:00 PM | Ages: 15-16 | 90836
F | 6:00-7:00 PM | Ages: 17-18 | 90836

**Girls Basketball**
F | 6:00-7:00 PM | Ages: 7-8 | 90993
Sa | 10:00-11:00 AM | Ages: 7-8 | 90993
M,F | 7:00-8:00 PM | Ages: 9-10 | 91016
M | 8:00-9:00 PM | Ages: 11-12 | 90956
Tu | 7:00-8:00 PM | Ages: 13-14 | 90956
W | 6:00-7:00 PM | Ages: 15-16 | 90956
F | 6:00-7:00 PM | Ages: 17-18 | 90956

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

View game schedules at: DENVERYOUTHSPORTS.ORG

Age Cutoff: January 14, 2024 for 5-6 Co-Ed Basketball • 7-17 Boys Basketball
7-14 Girls Basketball

*Teams will practice 2×/week until games begin; once games begin, teams will practice 1×/week.*