

Explore Spring 2024 Activities



Register Beginning Mar 5th at Noon

Register for programs in person at any Denver Recreation Center or online at DENVERGOV.ORG/RECREATION

Rude Recreation Center

M-Th: 6am-9pm
F: Closed
Sat: 8:30am-4pm
Sun: 8:30am-4pm

2855 W Holden Pl. • (720) 865-0570

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Pickleball

M,W 8:00-11:00 AM 03/10-06/05 [93676](#)
Ages: 50+ Drop in class. FREE with membership

Tai Chi

M 11:30 AM-12:30 PM year-round [95786](#)
Ages: 50+ Drop in class. FREE with membership

CityWide Sports



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

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Beginner Guitar

Tu 3:45-4:45 PM 03/26-05/21 [93618](#)
Ages: 8-13. Drop in class. FREE with membership

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Power Yoga

Tu 5:15-6:15 PM year-round [90593](#)
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](#)
Th 6:30-7:30 PM year-round [90613](#)
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

Prenatal Workshop

Tu 6:30-7:30 PM 04/02-04/30 [93742](#)
Ages: 18+ \$30

Yoga for Digestive Health

Sa 9:30-10:45 AM 03/09 [93995](#)
Ages: 19+ \$15



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

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

MY Denver

DAY	TIME	DATE	ACTIVITY #
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Bunny Eggstravaganza: 6 & Under

Su 9:00-9:30 AM 03/24 [92809](#)
Ages: 0-6 FREE

Bunny Eggstravaganza: Ages 7-9

Su 9:40-10:10 AM 03/24 [92814](#)
Ages: 7-9 FREE

Bunny Eggstravaganza: All Ages

Su 10:20-10:50 AM 03/24 [92819](#)
All Ages. FREE

Family Cooking Class

M,W 5:00-6:30 PM 04/22-05/01 [92825](#)
Ages: 6-17 FREE with MY Denver Card
Ages: 18+ \$3
..... Youth and adult must register together

My Denver Activities

M-Th 4:00-6:30 PM 02/20-12/19 [93750](#)
Ages: 8-18. Drop in class. FREE with membership

MY Denver Billiards

W 3:30-6:30 PM 03/13-05/15 [93754](#)
Ages: 8-18. Drop in class. FREE with membership

MY Denver Kids in the Kitchen

Th 5:30-6:30 PM 03/28-05/16 [92798](#)
Ages: 8-18. Drop in class. FREE with membership

MY Denver Monthly Art

M 4:00-5:00 PM 03/11-05/13 [93758](#)
Ages: 8-18. Drop in class. FREE with membership



Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Cheerleading

W 5:00-6:00 PM 04/03-05/22 [92857](#)
Ages: 5-14 \$20

DAY	TIME	AGE	ACTIVITY #
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YOUTH TEAM SPORTS - SPRING

Co-Ed Flag Football

Th 5:00-6:00 PM Ages: 7-8 [92927](#)
F 6:00-7:00 PM
M,Tu 6:00-7:00 PM Ages: 9-10 [92951](#)
Ages: 5-14 Dates: 4/8/24-5/4/24 \$20

Co-Ed Soccer

F 5:00-6:00 PM Ages: 5-6 [92997](#)
Sa 9:00-10:00 AM
F 6:00-7:00 PM Ages: 7-8 [93023](#)
Sa 11:00 AM-12:00 PM
Th 6:00-7:00 PM Ages: 9-10 [93048](#)
Sa 1:00-2:00 PM
M,W 6:00-7:00 PM Ages: 11-12 [92972](#)
Ages: 5-12 Dates: 4/8/24-5/4/24 \$20

Co-Ed Volleyball

M 4:30-5:30 PM Ages: 7-8 [93109](#)
W 6:00-7:00 PM
Ages: 7-14 Dates: 4/8/24-5/4/24 \$20

View game schedules at: DENVERYOUTHSPORTS.ORG

Age Cutoff: April 21, 2024 for
5-14 Co-Ed Flag Football
5-12 Co-Ed Soccer • 7-14 Co-Ed Volleyball

*Teams will have one practice and one instructional game per week.