### Outdoor Recreation

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Overnight Adventure: State Forest State Park</td>
<td>Tu-Th: 8:00 AM-8:00 PM</td>
<td>02/06/2023</td>
<td>91643</td>
<td>Ages: 18+</td>
</tr>
<tr>
<td>Candlelight Snowshoe: Echo Lake Mountain Park</td>
<td>Sa: 5:00-9:00 PM</td>
<td>01/27</td>
<td>91632</td>
<td>Ages: 5-17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ages: 18-64</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ages: 65+</td>
</tr>
<tr>
<td>Cross Country Skiing: Devil's Thumb Ranch</td>
<td>Tu: 7:00 AM-5:00 PM</td>
<td>02/13</td>
<td>91670</td>
<td>Ages: 18-64</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>Ages: 65+</td>
</tr>
<tr>
<td>Family Hike: Buffalo Bill Museum and Lookout Mountain</td>
<td>Su: 9:00 AM-2:00 PM</td>
<td>01/21</td>
<td>91714</td>
<td>Ages: 5+</td>
</tr>
<tr>
<td>Family Ice Skating: Evergreen Mountain Park</td>
<td>Su: 12:00-4:00 PM</td>
<td>02/04</td>
<td>91728</td>
<td>Ages: 7+</td>
</tr>
<tr>
<td>Learn to Ski and Ride</td>
<td>Registration: Tuesday 12/5 from 3:00-7:00 pm</td>
<td>W: 6:45 AM-6:30 PM</td>
<td>02/21</td>
<td>91652</td>
</tr>
<tr>
<td></td>
<td>Snowshoe Trip: Mills Lake</td>
<td>Tu: 7:00 AM-5:00 PM</td>
<td>01/30</td>
<td>91674</td>
</tr>
<tr>
<td></td>
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<td>Ages: 65+</td>
</tr>
<tr>
<td></td>
<td>Snowshoe Trip: Nymph, Dream, Emerald Lakes</td>
<td>Th: 7:00 AM-5:00 PM</td>
<td>02/15</td>
<td>91675</td>
</tr>
<tr>
<td></td>
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<td>Ages: 65+</td>
</tr>
<tr>
<td>Spring Break Youth Adventure Program</td>
<td>T-F: 8:30 AM-3:00 PM</td>
<td>03/25-03/26</td>
<td>91682</td>
<td>Ages: 11-13</td>
</tr>
</tbody>
</table>

### Adaptive Recreation

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>DESCRIPTION</th>
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</thead>
<tbody>
<tr>
<td>Adaptive Holiday Caroling</td>
<td>W: 9:00 AM-3:00 PM</td>
<td>12/20</td>
<td>91324</td>
<td>Ages: 8+</td>
</tr>
</tbody>
</table>

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

### SwimLessons • Fitness & Wellness

- DISCOUNTS: Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.
- See our full schedule of Adult Sports leagues online at: [DENVERCITYWIDESPORTS.ORG](http://DENVERCITYWIDESPORTS.ORG)

### Aquatics

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Aerobics</td>
<td>M-Th: 9:00-10:00 AM</td>
<td>year-round</td>
<td>90499</td>
<td>Ages: 15+ . . . . . . Drop in class. FREE with membership</td>
</tr>
<tr>
<td>Water Walking</td>
<td>M,W: 10:00-10:45 AM</td>
<td>year-round</td>
<td>90512</td>
<td>Ages: 15+ . . . . . . Drop in class. FREE with membership</td>
</tr>
</tbody>
</table>

### Active Older Adults

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>50+ Functional Fit</td>
<td>M,F: 11:00 AM-12:00 PM</td>
<td>year-round</td>
<td>98958</td>
<td>Ages: 50+ . . . . . . Drop in class. FREE with membership</td>
</tr>
<tr>
<td>Club: Card Games</td>
<td>W: 11:00 AM-1:00 PM</td>
<td>year-round</td>
<td>89906</td>
<td>Ages: 50+ . . . . . . Drop in class. FREE with membership</td>
</tr>
<tr>
<td>Club: Mah Jong</td>
<td>Tu: 11:00 AM-1:00 PM</td>
<td>year-round</td>
<td>89928</td>
<td>Ages: 50+ . . . . . . Drop in class. FREE with membership</td>
</tr>
<tr>
<td>Cooking with Friends: Blackened Fish</td>
<td>Tu: 12:00-2:00 PM</td>
<td>01/09</td>
<td>89777</td>
<td>Ages: 50+ . . . . . . $7</td>
</tr>
<tr>
<td>Cooking with Friends: Fondue</td>
<td>Tu: 12:00-2:00 PM</td>
<td>02/13</td>
<td>89773</td>
<td>Ages: 50+ . . . . . . $7</td>
</tr>
<tr>
<td>Holiday Luncheon</td>
<td>F: 12:00-2:00 PM</td>
<td>12/15</td>
<td>89781</td>
<td>Ages: 50+ . . . . . . $7</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Tu,Th: 8:00-11:00 AM</td>
<td>year-round</td>
<td>99985</td>
<td>Ages: 50+ . . . . . . Drop in class. FREE with membership</td>
</tr>
<tr>
<td>Qi Gong</td>
<td>Tu: 9:30-10:30 AM</td>
<td>year-round</td>
<td>90000</td>
<td>Ages: 50+ . . . . . . Drop in class. FREE with membership</td>
</tr>
<tr>
<td>Valentine’s Luncheon</td>
<td>F: 12:00-2:00 PM</td>
<td>02/09</td>
<td>89815</td>
<td>Ages: 50+ . . . . . . $7</td>
</tr>
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</table>

### Arts & Culture

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIY Gingerbread House</td>
<td>F: 4:30-6:30 PM</td>
<td>12/08</td>
<td>91757</td>
<td>Ages: 8-12 . . . . . . $5</td>
</tr>
<tr>
<td>Holiday Cookie Making</td>
<td>M: 5:00-7:00 PM</td>
<td>12/11</td>
<td>91760</td>
<td>Ages: 5-12 . . . . . . $5</td>
</tr>
<tr>
<td>Holiday Preschool Crafts</td>
<td>F: 9:15-10:00 AM</td>
<td>12/08</td>
<td>91754</td>
<td>Ages: 2-3 . . . . . . $5</td>
</tr>
<tr>
<td>Mini Picasso</td>
<td>W: 9:15-10:00 AM</td>
<td>01/01-02/07</td>
<td>90134</td>
<td>Ages: 5-12 . . . . . . $5</td>
</tr>
<tr>
<td>Music &amp; Movement</td>
<td>M: 10:15-11:00 AM</td>
<td>01/01-02/09</td>
<td>90156</td>
<td>Ages: 5-12 . . . . . . $16</td>
</tr>
<tr>
<td>Play &amp; Learn</td>
<td>F: 9:15-9:45 AM</td>
<td>01/01-02/09</td>
<td>90185</td>
<td>Ages: 5-12 . . . . . . $14</td>
</tr>
</tbody>
</table>

### Step-by-Step Winter Painting

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>M: 5:30-7:30 PM</td>
<td>12/04</td>
<td>91759</td>
<td>Ages: 15+</td>
<td>$5</td>
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</tbody>
</table>

### Out of School Time

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Trivia Night</td>
<td>F: 5:30-7:00 PM</td>
<td>02/23</td>
<td>91592</td>
<td>Ages: 6-17 . . . . . . FREE with MY Denver Card</td>
</tr>
<tr>
<td>Monthly Art</td>
<td>M: 3:00-4:00 PM</td>
<td>11/20-03/04</td>
<td>91589</td>
<td>Ages: 12-18 . . . . . . Drop in class. FREE with membership</td>
</tr>
<tr>
<td>MY Denver 4H Science Classes</td>
<td>Tu: 5:00-6:00 PM</td>
<td>01/09-03/05</td>
<td>90704</td>
<td>Ages: 8-12 . . . . . . Drop in class. FREE with membership</td>
</tr>
<tr>
<td>MY Denver Dive In Movie</td>
<td>F: 4:45-7:00 PM</td>
<td>12/01</td>
<td>90726</td>
<td>Ages: 5-12 . . . . . . Drop in class. FREE with membership</td>
</tr>
</tbody>
</table>
Explore Winter 2023-2024 Activities

Register Beginning Nov 8th at Noon

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

Fitness & Wellness

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circuit Training</td>
<td>Th 7:30-8:30 AM</td>
<td>year-round</td>
<td>90548</td>
</tr>
<tr>
<td></td>
<td>Ages: 15+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
<tr>
<td>D2G SocaFit</td>
<td>Th 6:00-7:00 PM</td>
<td>year-round</td>
<td>90557</td>
</tr>
<tr>
<td></td>
<td>Ages: 15+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
<tr>
<td>Total Body Conditioning</td>
<td>Tu 3:45-4:45 PM</td>
<td>year-round</td>
<td>90607</td>
</tr>
<tr>
<td></td>
<td>W 6:00-7:00 PM</td>
<td>year-round</td>
<td>90608</td>
</tr>
<tr>
<td></td>
<td>Sa 9:15-10:15 AM</td>
<td>year-round</td>
<td>90609</td>
</tr>
<tr>
<td></td>
<td>Ages: 15+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
<tr>
<td>Vinyasa Yoga</td>
<td>M 7:30-8:30 AM</td>
<td>year-round</td>
<td>90625</td>
</tr>
<tr>
<td></td>
<td>Ages: 15+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
<tr>
<td>Yoga I</td>
<td>Th 7:30-8:30 AM</td>
<td>year-round</td>
<td>90645</td>
</tr>
<tr>
<td></td>
<td>Ages: 15+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
<tr>
<td>Yogalates</td>
<td>F 8:30-9:30 AM</td>
<td>year-round</td>
<td>90654</td>
</tr>
<tr>
<td></td>
<td>Ages: 15+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
<tr>
<td>Zumba</td>
<td>Tu 6:00-7:00 PM</td>
<td>year-round</td>
<td>90692</td>
</tr>
<tr>
<td></td>
<td>Th 9:30-10:30 AM</td>
<td>year-round</td>
<td>90691</td>
</tr>
<tr>
<td></td>
<td>Ages: 15+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
</tbody>
</table>

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

Swim Lessons: Session I

<table>
<thead>
<tr>
<th>DAY</th>
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<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARENT-CHILD</td>
<td>Tu, Th 10:15-10:45 AM</td>
<td>01/02-01/25</td>
<td>90432</td>
</tr>
<tr>
<td>PRESCHOOL</td>
<td>Tu, Th 5:00-5:30 PM</td>
<td>01/02-01/25</td>
<td>90476</td>
</tr>
<tr>
<td>LEVEL 1</td>
<td>M, W 5:00-5:30 PM</td>
<td>01/03-01/24</td>
<td>90302</td>
</tr>
<tr>
<td>LEVEL 2</td>
<td>M, W 5:00-5:30 PM</td>
<td>01/03-01/24</td>
<td>90334</td>
</tr>
<tr>
<td>LEVEL 3</td>
<td>Tu, Th 5:00-5:30 PM</td>
<td>01/02-01/25</td>
<td>90362</td>
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Swim Lessons: Session II

<table>
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<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>PARENT-CHILD</td>
<td>Tu, Th 10:15-10:45 AM</td>
<td>02/06-02/29</td>
<td>90433</td>
</tr>
<tr>
<td>PRESCHOOL</td>
<td>Tu, Th 5:00-5:30 PM</td>
<td>02/06-02/29</td>
<td>90477</td>
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<tr>
<td>LEVEL 1</td>
<td>M, W 5:00-5:30 PM</td>
<td>02/05-02/28</td>
<td>90303</td>
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<tr>
<td>LEVEL 2</td>
<td>M, W 5:00-5:30 PM</td>
<td>02/05-02/28</td>
<td>90335</td>
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<tr>
<td>LEVEL 3</td>
<td>Tu, Th 5:00-5:30 PM</td>
<td>02/06-02/29</td>
<td>90363</td>
</tr>
</tbody>
</table>

Swim Lesson Pricing

Blue $19.50
White $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.

View game schedules at: DENVERYOUTHSPORTS.ORG

View game schedules at: DENVERGOV.ORG/RECREATION

Join Our Recreation Team
SeeYourselfHere.org

Flip for: Outdoor Recreation
Adaptive Recreation
CityWide Sports • Aquatics
Active Older Adults • Arts & Culture
Out of School Time