Explore Summer 2024 Activities

Register Beginning May 7th at Noon

Register online or in person. For the complete list of available programs, visit DENVERGOV.ORG/RECREATION

Active Older Adults

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
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</thead>
<tbody>
<tr>
<td>Pickleball</td>
<td>Tu-Th 9:00 AM-12:00 PM</td>
<td>year-round 93673</td>
<td>Ages: 50+ Drop in class. FREE with membership</td>
</tr>
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</table>

MY Denver

<table>
<thead>
<tr>
<th>DAY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Digital Art</td>
<td>F 2:30-4:00 PM</td>
<td>06/14-08/09 95951</td>
<td>Ages: 8-18 FREE with MY Denver Card</td>
</tr>
</tbody>
</table>

| FAMILY COOKING: SUMMER BRUNCH SPECIAL | F 10:00-11:30 AM | 06/14 96179 | Ages: 6+ FREE with MY Denver Card |

| LEGO ROBOTS | W 1:00-2:00 PM | 07/03-07/24 94188 | Ages: 8-12 FREE with MY Denver Card |

| MY DENER ACTIVITIES | M-F 12:00-4:00 PM | 06/10-08/16 95921 | Ages: 8-18 FREE with MY Denver Card |

| MY DENER AT GENESSEE CHALLENGE COURSE | Th 9:00 AM-5:00 PM | 07/11 96386 | Ages: 8-17 FREE with MY Denver Card |

Aquatics

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<tbody>
<tr>
<td>Aqua Aerobics</td>
<td>Tu,Th 10:00-11:00 AM</td>
<td>year-round 90487</td>
<td>Ages: 15+ Drop in class. FREE with membership</td>
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Arts & Culture

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<thead>
<tr>
<th>DAY</th>
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</thead>
<tbody>
<tr>
<td>Pottery - Hand Building</td>
<td>Tu 4:30-5:30 PM</td>
<td>06/04-07/02 95177</td>
<td>Ages: 7-12 $23</td>
</tr>
<tr>
<td>Tu 4:30-5:30 PM</td>
<td>07/09-08/06 95178</td>
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| Teen Pottery | Tu 6:00-7:30 PM | 06/04-08/06 95199 | Ages: 13-18 $32 |

CityWide Sports

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

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<tr>
<td>Fitness &amp; Wellness</td>
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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

Youth Team Sports

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

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<th>DAY</th>
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<tbody>
<tr>
<td>Swim Lessons: Session I</td>
<td>6/17/24-7/11/24</td>
<td>Registration Open</td>
<td>5/7/24-12pm</td>
</tr>
</tbody>
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PARENT-CHILD
M,W 6:00-6:30 PM 06/07-10/07 94760
Tu,Th 10:00-10:30 AM 06/08-11/11 94762

PRESCHOOL
M,W 6:30-7:00 PM 06/07-10/07 94816
Tu,Th 10:30-11:00 AM 06/08-11/11 94818

LEVEL 1
M,W 7:00-7:30 PM 06/07-10/07 94347
LEVEL 2
M,W 6:00-6:30 PM 06/07-10/07 94462
LEVEL 3
M,W 6:30-7:00 PM 06/07-10/07 94567
LEVEL 4
M,W 7:00-7:30 PM 06/07-10/07 94661

Swim Lessons: Session II
| 7/15/24-8/8/24 | Registration Opening: 7/9/24-12pm |

PARENT-CHILD
M,W 6:00-6:30 PM 07/15-08/07 94761
Tu,Th 10:00-10:30 AM 07/16-08/08 94763

PRESCHOOL
M,W 6:30-7:00 PM 07/15-08/07 94817
Tu,Th 10:30-11:00 AM 07/16-08/08 94819

LEVEL 1
M,W 7:00-7:30 PM 07/15-08/07 94348
LEVEL 2
M,W 6:00-6:30 PM 07/15-08/07 94463
LEVEL 3
M,W 6:30-7:00 PM 07/15-08/07 94568
LEVEL 4
M,W 7:00-7:30 PM 07/15-08/07 94662

Baseball
M,Tu 6:00-6:30 PM 06/17-07/10 94347
M,Tu 6:30-7:00 PM 06/17-07/10 94348
Th 6:30-8:00 PM 06/17-07/10 94349
F 5:00-6:30 PM 06/17-07/10 94350

**Age Cutoff: June 10, 2024 for 5-6 Co-Ed T-Ball & 7-8 Coach Pitch Baseball & Softball**

* Teams practice twice per week for 2 weeks, then 1 practice and 1 instructional game per week through the end of the season.

**Age Cutoff: July 15, 2024 for 9-14 Baseball & Softball**

* Teams practice twice per week for 2 weeks, then 1 practice and 1 game per week through the end of the season.

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