

Explore Fall 2024 Activities



Register Beginning July 23rd at Noon

MLK Jr. Recreation Center

3880 Newport St. • (720) 865-0530

M-F: 6am-7pm / Sat: 9am-1pm / Sun: Closed

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



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



LIVE FITNESS CLASS SCHEDULE

Nutrition Plan

Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.

Fee.....\$45

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

50+ Gentle Yoga

M	9:30-10:30 AM	year-round	96382
---	---------------	------------	-----------------------

Ages: 50+ Drop in class. FREE with membership

Trip: Explore Blackhawk

Th	9:00 AM-3:30 PM	10/10	96675
----	-----------------	-------	-----------------------

Ages: 50+\$7

Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Adaptive Mosaics

Tu	1:00-2:30 PM	10/08-11/12	98211
----	--------------	-------------	-----------------------

Ages: 15+\$21

Adaptive Pickleball

F	9:30-10:30 AM	10/18-11/15	96719
---	---------------	-------------	-----------------------

Ages: 15+\$14

Adaptive Warm Water Therapeutic Exercise Class

Tu	10:30-11:30 AM	09/03-10/08	96723
----	----------------	-------------	-----------------------

Ages: 18+ Drop in class. FREE with membership



Aquatics

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Ai Chi

M,W	11:15 AM-12:15 PM	year-round	90485
-----	-------------------	------------	-----------------------

Ages: 15+ Drop in class. FREE with membership

Aqua Aerobics

M,W,F	9:15-10:15 AM	year-round	90495
-------	---------------	------------	-----------------------

Ages: 15+ Drop in class. FREE with membership

Aqua Tone

F	10:30-11:30 AM	year-round	90503
---	----------------	------------	-----------------------

Ages: 15+ Drop in class. FREE with membership

Deep Water Aerobics

Tu,Th	9:15-10:15 AM	year-round	90507
-------	---------------	------------	-----------------------

Ages: 15+ Drop in class. FREE with membership

Arts & Culture

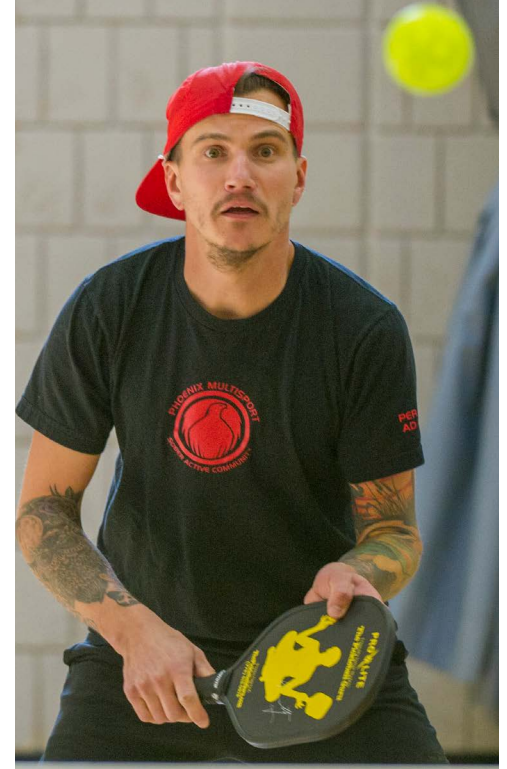
DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Watercolor Basics

Th	4:00-5:30 PM	09/05-11/07	98172
----	--------------	-------------	-----------------------

Ages: 18-64.....\$32

Ages: 65+\$24



CityWide Sports

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Pickleball 101

Tu	8:30-10:15 AM	09/03-09/24	97413
----	---------------	-------------	-----------------------

Tu	8:30-10:15 AM	10/08-10/29	97414
----	---------------	-------------	-----------------------

Tu	8:30-10:15 AM	11/05-11/26	98662
----	---------------	-------------	-----------------------

Ages: 18-64.....\$40

Ages: 65+\$15

Advanced Pickleball Workshop

Th	8:30-10:15 AM	09/05-09/26	98664
----	---------------	-------------	-----------------------

Th	8:30-10:15 AM	10/10-10/31	98665
----	---------------	-------------	-----------------------

Ages: 18-64.....\$40

Ages: 65+\$15

Th	2:00-3:30 PM	11/07	98671
----	--------------	-------	-----------------------

Th	8:30-10:15 AM	11/14	98672
----	---------------	-------	-----------------------

Th	8:30-10:15 AM	11/21	98673
----	---------------	-------	-----------------------

Ages: 18-64.....\$20

Ages: 65+\$7



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

Flip for: Youth Sports Swim Lessons

Work with Denver Parks & Recreation Join Our Recreation Team

SeeYourselfHere.org



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

Explore Fall 2024 Activities



Register Beginning July 23rd at Noon



MLK Jr. Recreation Center

3880 Newport St. • (720) 865-0530
M-F: 6am-7pm / Sat: 9am-1pm / Sun: Closed

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



Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
-----	------	-----	------------

Co-Ed Flag Football

Tu,W	6:00-7:00 PM	Ages: 5-6	97534
Th,F	6:00-7:00 PM	Ages: 7-8	97554
M,Tu	6:00-7:00 PM	Ages: 9-10	97578

Ages: 5-8 Dates: 9/3/24-10/18/24\$35
Ages: 9-14 Dates: 9/3/24-11/01/24\$45

Co-Ed Soccer

Th	5:30-6:30 PM	Ages: 5-6	97628
Sa	10:00-11:00 AM		
Th	6:30-7:30 PM	Ages: 7-8	97654
Sa	11:00 AM-12:00 PM		
F	5:30-6:30 PM	Ages: 9-10	97679
Sa	12:00-1:00 PM		

Ages: 5-8 Dates: 9/3/24-10/19/24\$35
Ages: 9-12 Dates: 9/3/24-11/02/24\$45

Co-Ed Volleyball

Tu,W	5:30-6:30 PM	Ages: 7-8	97731
------	--------------	-----------	-----------------------

Ages: 7-8 Dates: 9/3/24-10/16/24\$35

View game schedules at:
DENVERYOUTHSPORTS.ORG

Age Cutoff: September 22, 2024 for
5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer
7-17 Co-Ed Volleyball

Ages 8 & Under will have two practices the first week of the season, then one practice and one game for the duration of the season (6 instructional games).

Ages 9+ will have two practices the first two weeks of the season, then one practice and one game for the duration of the season (5 league games followed by single-elimination tournaments).



Swim Lessons: Session I

8/26/24-9/19/24; Reg Opens: 7/23/24-12pm

DAY	TIME	DATE	ACTIVITY #
PRESCHOOL			
Tu,Th	5:00-5:30 PM	08/27-09/19	98527

LEVEL 1			
Tu,Th	5:00-5:30 PM	08/27-09/19	98496

LEVEL 2			
Tu,Th	5:35-6:05 PM	08/27-09/19	98505

LEVEL 3			
Tu,Th	5:35-6:05 PM	08/27-09/19	98508

LEVEL 4			
Tu,Th	6:05-6:35 PM	08/27-09/19	98511

ADULT			
Tu,Th	6:05-6:50 PM	08/27-09/19	98530

Swim Lessons: Session II

9/30/24-10/24/24; Reg Opens: 9/24/24-12pm

DAY	TIME	DATE	ACTIVITY #
PRESCHOOL			
Tu,Th	5:00-5:30 PM	10/01-10/24	98528

LEVEL 1			
Tu,Th	5:00-5:30 PM	10/01-10/24	98497

LEVEL 2			
Tu,Th	5:35-6:05 PM	10/01-10/24	98506

LEVEL 3			
Tu,Th	5:35-6:05 PM	10/01-10/24	98509

LEVEL 4			
Tu,Th	6:05-6:35 PM	10/01-10/24	98512

ADULT			
Tu,Th	6:05-6:50 PM	10/01-10/24	98531

Swim Lessons: Session III

11/4/24-12/12/24; Reg Opens: 10/29/24-12pm

DAY	TIME	DATE	ACTIVITY #
PRESCHOOL			
Tu,Th	5:00-5:30 PM	11/05-12/05	98529

LEVEL 1			
Tu,Th	5:00-5:30 PM	11/05-12/05	98498

LEVEL 2			
Tu,Th	5:35-6:05 PM	11/05-12/05	98507

LEVEL 3			
Tu,Th	5:35-6:05 PM	11/05-12/05	98510

LEVEL 4			
Tu,Th	6:05-6:35 PM	11/05-12/05	98513

ADULT			
Tu,Th	6:05-6:50 PM	11/05-12/05	98532

SWIM LESSON PRICING

Yellow: \$26 per session

Purple: \$66 per session

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.

Flip for: Fitness & Wellness
Active Older Adults
Adaptive Recreation
Aquatics • Arts & Culture
CityWide Sports