Explore Fall 2024 Activities

Register online or in person. For the complete list of available programs, visit [DENVERGOV.ORG/RECREATION](http://DENVERGOV.ORG/RECREATION).

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**CityWide Sports**

![Image](image.jpg)

*See our full schedule of Adult Sports leagues online at: [DENVERCITYWIDESPORTS.ORG](http://DENVERCITYWIDESPORTS.ORG)*

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**MY Denver**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>98472</strong></td>
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</table>

*Family Cooking*

- M, W: 5:00-6:30 PM
- Ages: 6+ — FREE with MY Denver Card

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**MY Denver Activities**

<table>
<thead>
<tr>
<th>DAY</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>93749</strong></td>
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</tbody>
</table>

*MY Denver Activities*

- M-F: 3:00-5:30 PM
- Ages: 8-18 — Drop in class. FREE with MY Denver Card

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**Parents Night Out, Kids Night In**

- Sa: 5:00-8:00 PM
- Ages: 5-12 — $5

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**Aquatics**

<table>
<thead>
<tr>
<th>DAY</th>
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<th>DATE</th>
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<tbody>
<tr>
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</table>

*Aqua Aerobics*

- Tu, Th: 10:00-11:00 AM
- year-round

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**Arts & Culture**

<table>
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<tr>
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<th>TIME</th>
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*Pottery - Hand Building*

- Tu: 4:30-5:30 PM
- 09/03-10/01
- Ages: 7-11 — $23

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**Teen Pottery**

- Tu: 6:00-7:30 PM
- 09/03-11/05
- Ages: 12-17 — $32

---

**Youth Team Sports**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>AGE</th>
<th>ACTIVITY #</th>
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</table>

**Co-Ed Flag Football**

- M, Tu: 6:00-7:00 PM
- Ages: 9-10

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**Co-Ed Soccer**

- Th: 5:00-6:00 PM
- Ages: 5-6

---

**Co-Ed Volleyball**

- W, F: 5:30-6:30 PM
- Ages: 9-10

---

**Discounts**

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

---

**Work with Denver Parks & Recreation**

Join Our Recreation Team

[SeeYourselfHere.org](http://SeeYourselfHere.org)

---

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

*Fees are subject to change. Additional fees may apply.*

*Discounts may not be combined with other offers.*

*Drop in class. FREE with MY Denver Card.*

*Youth 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).*

*Visit the front desk at any recreation center to see if you are eligible.*
Explore Fall 2024 Activities

Register Beginning July 23rd at Noon

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

Explore Fall 2024 Activities
Register Beginning July 23rd at Noon

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

Nutrition Plan
Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.
Fee ........................................... $45

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.

Swim Lessons: Session I
8/26/24-9/19/24; Reg Opens: 7/23/24–12pm

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
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<tbody>
<tr>
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<td>Tu, Th 10:00-10:30 AM</td>
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<td>LEVEL 1</td>
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<td>08/26-09/18</td>
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<td>M,W 6:00-6:30 PM</td>
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<td>08/26-09/18</td>
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Swim Lessons: Session II
9/30/24-10/24/24; Reg Opens: 9/24/24–12pm

<table>
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<td>96731</td>
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<td>09/30-10/23</td>
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Swim Lessons: Session III
11/4/24-12/12/24; Reg Opens: 10/29/24–12pm

<table>
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<tr>
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SWIM LESSON PRICING
Blue: $22.75 per session
Yellow: $26 per session

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SeeYourselfHere.org

Flip for: CityWide Sports
My Denver • Aquatics
Arts & Culture
Youth Team Sports