

# Explore Fall 2024 Activities



Register Beginning July 23rd at Noon



## Barnum Recreation Center

M-Th: 10am-8pm  
F: 10am-7pm  
Sat: 10am-2pm  
Sun: Closed

360 Hooker St. • (720) 865-0350

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



### Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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#### 50+ Functional Fit

M 10:30-11:30 AM year-round **89835**  
Ages: 50+ . . . . . Drop in class. FREE with membership

#### Club: Karaoke

Tu 12:30-1:30 PM year-round **89917**  
Ages: 50+ . . . . . Drop in class. FREE with membership

#### Club: Painting

M 11:30 AM-1:30 PM year-round **89930**  
Ages: 50+ . . . . . Drop in class. FREE with membership

#### Club: Wood Carving

M 11:30 AM-1:30 PM year-round **89951**  
Ages: 50+ . . . . . Drop in class. FREE with membership

#### Halloween Luncheon

F 12:00-2:00 PM 10/18 **96636**  
Ages: 50+ . . . . . \$7

#### Thanksgiving Luncheon

F 12:00-2:00 PM 11/22 **98226**  
Ages: 50+ . . . . . \$7

#### Trip: Explore Georgetown

W 9:00 AM-3:30 PM 09/25 **96682**  
Ages: 50+ . . . . . \$7

#### Trip: Lifetime Candles Tour

Th 9:00 AM-2:00 PM 10/24 **98227**  
Ages: 50+ . . . . . \$6

#### Trip: Museum of Western Art Tour

W 9:30 AM-12:30 PM 11/13 **98609**  
Ages: 50+ . . . . . \$11

#### Tai Chi

M 12:00-1:00 PM year-round **90002**  
Ages: 50+ . . . . . Drop in class. FREE with membership

### 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.

### MY Denver

DAY	TIME	DATE	ACTIVITY #
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#### My Denver Activities

M-F 5:30-7:30 PM year-round **93751**  
Ages: 8-18 . . . . . Drop in class. FREE with MY Denver Card

#### Monthly-Themed Art

F 4:00-5:00 PM 09/20-11/15 **98487**  
Ages: 8-18 . . . . . Drop in class. FREE with MY Denver Card

#### Night Moves: Teen Takeover 2nd & 4th Fridays

F 5:00-8:00 PM 08/23-12/13 **95440**  
Ages: 12-18 . . . . . Drop in class. FREE with MY Denver Card

### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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#### Beginner Piano

Tu 4:00-5:00 PM 09/03-11/05 **98011**  
Tu 5:30-6:30 PM 09/03-11/05 **98012**  
Ages: 11-15 . . . . . \$28

Th 4:00-5:00 PM 09/05-11/07 **98013**  
Th 5:30-6:30 PM 09/05-11/07 **98014**  
Ages: 6-12 . . . . . \$28

#### Line Dancing

Tu 12:30-1:30 PM year-round **90269**  
Ages: 50+ . . . . . Drop in class. FREE with membership

### CityWide Sports



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

### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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#### Slow Flow Yoga

W 5:30-6:30 PM year-round **92017**  
Ages: 15+ . . . . . Drop in class. FREE with membership

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



### Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
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#### Co-Ed Flag Football

M,W 5:00-6:00 PM Ages: 5-6 **97526**  
M,F 6:00-7:00 PM Ages: 7-8 **97544**

Ages: 5-8 Dates: 9/3/24-10/18/24 . . . . . \$35

#### Co-Ed Soccer

Th 5:00-6:00 PM Ages: 5-6 **97613**

Sa 10:00-11:00 AM

Th 6:00-7:00 PM Ages: 7-8 **97641**

Sa 11:00 AM-12:00 PM

Tu 5:00-6:00 PM Ages: 9-10 **97668**

Sa 12:15-1:15 PM

Tu,W 6:00-7:00 PM Ages: 11-12 **97592**

Ages: 5-8 Dates: 9/3/24-10/19/24 . . . . . \$35

Ages: 9-12 Dates: 9/3/24-11/02/24 . . . . . \$45

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).*

Work with Denver Parks & Recreation  
Join Our Recreation Team

**SeeYourselfHere.org**

