**Active Older Adults**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>10:30-11:30 AM</td>
<td>year-round</td>
<td>89835</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Club: Karaoke</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tu</td>
<td>12:30-1:30 PM</td>
<td>year-round</td>
<td>89917</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Club: Painting</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>11:30 AM-1:30 PM</td>
<td>year-round</td>
<td>89930</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Halloween Luncheon</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>12:00-2:00 PM</td>
<td>10/18</td>
<td>96636</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>$7</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thanksgiving Luncheon</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>12:00-2:00 PM</td>
<td>11/22</td>
<td>98226</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>$7</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trip: Explore Georgetown</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>W</td>
<td>9:00 AM-3:30 PM</td>
<td>09/25</td>
<td>96682</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>$7</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trip: Lifetime Candles Tour</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Th</td>
<td>9:00 AM-2:00 PM</td>
<td>10/24</td>
<td>98227</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>$6</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trip: Museum of Western Art Tour</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>W</td>
<td>9:30 AM-12:30 PM</td>
<td>11/13</td>
<td>98609</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>$11</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tai Chi</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>12:00-1:00 PM</td>
<td>year-round</td>
<td>90002</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

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**MY Denver**

**DAY TIME DATE ACTIVITY #**

**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

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**Arts & Culture**

**DAY TIME DATE ACTIVITY #**

**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

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**CityWide Sports**

**Youth Team Sports**

**DAY TIME AGE ACTIVITY #**

**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 | Ages: 7-8 | 97641 |
Th | 6:00-7:00 PM | Ages: 9-10 | 97668 |
Sa | 11:00 AM-12:00 PM | Ages: 11-12 | 97592 |
Tu,W | 6:00-7:00 PM | Ages: 13-14 | 97590 |
Ages: 9-12 | Dates: 9/3/24/10/19/24 | $35
Ages: 9-12 | Dates: 9/3/24/11/02/24 | $45

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**Fitness & Wellness**

**DAY TIME DATE ACTIVITY #**

**Slow Flow Yoga**

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

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**View game schedules at:**

DENVERYOUTHSports.ORG

**Age Cutoff:** September 22, 2024

5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer
7-17 Co-Ed Volleyball

Ages 5-12 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 9-12 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).

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**Discounts**

See our full schedule of classes online at:

DENVERGOV.ORG/FITNESS

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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

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Visit the front desk at any recreation center to see if you are eligible.