

Explore Winter 2024-2025 Activities



Register Beginning Nov 6th at Noon



La Alma Recreation Center

M-Th: 10am-8pm
F: 10am-6pm
Sat: 10am-2pm
Sun: Closed

1325 W 11th Ave. • (720) 865-2200

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

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Holiday Cookie Making

F	4:30-6:30 PM	12/13	100607
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Ages: 5-12. \$5

Pop Art Trends

F	4:00-6:00 PM	01/10-03/14	99759
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Ages: 5-12. Drop in class. FREE with membership

CityWide Sports



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



MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver Activities

M-F	4:00-6:30 PM	year-round	100431
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Ages: 8-18. Drop in class. FREE with MY Denver Card

Night Moves: Teen Takeover

2 nd /4 th F	5:00-8:00 PM	11/22-03/14	100401
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Ages: 12-18. Drop in class. FREE with MY Denver Card

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.



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



LIVE FITNESS CLASS SCHEDULE

Alternative Sports

DAY	TIME	DATE	ACTIVITY #
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Youth: Beginner: Skateboarding

Sa,Su	10:00 AM-12:00 PM	12/07-12/08	100787
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Ages: 8-14. \$9

Youth: Intermediate: Skateboarding

Su,Sa	1:00-3:00 PM	12/07-12/08	100790
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Ages: 8-14. \$9



Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Learn to Ski & Ride

IN-PERSON REGISTRATION: NOV 18 | 4:30-7:30 PM

F	6:45 AM-6:30 PM	03/07	99035
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Ages: 7-17. \$30



Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Indoor Tennis

Sa	10:00-11:00 AM	11/30-12/28	99920
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Ages: 5-6 \$25

Sa	11:00 AM-12:00 PM	11/30-12/28	99932
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Ages: 7-8 \$25

Sa	12:00-1:00 PM	11/30-12/28	99935
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Ages: 9-12. \$25

DAY	TIME	AGE	ACTIVITY #
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YOUTH TEAM SPORTS - WINTER

Boys Basketball

M,Tu	5:00-6:00 PM	Ages: 9-10	100043
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M,Th	6:00-7:00 PM	Ages: 11-12	99953
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M,W	7:00-8:00 PM	Ages: 13-14	99980
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Th	7:00-8:00 PM	Ages: 15-17	99997
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F	5:00-6:00 PM		
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Ages: 7-8 Dates: 1/6/25-2/22/25 \$40

Ages: 9-17 Dates: 12/16/24-3/15/25 \$50

View game schedules at: DENVERYOUTHSPORTS.ORG

Age Calculation Date: January 19, 2025 for
5-6 Co-Ed Basketball • 7-17 Boys Basketball
7-14 Girls Basketball

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 week of Dec. 16, one practice per week the weeks of Dec. 23 & Dec. 30, two practices the week of Jan. 6, 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

