Explore Fall 2023 Activities

Register Beginning July 25th at Noon

Browse the Activity Guide, and register for programs at DENVERGOV.ORG/RECREATION

Fitness & Wellness

**Boxing Conditioning**
- Tu: 4:15-5:15 PM, year-round
- W: 5:30-6:30 PM, year-round
- Ages: 15+ .. Drop in class. FREE with membership

**Vinyasa Yoga**
- W: 6:00-7:00 PM, year-round
- Ages: 15+ .. Drop in class. FREE with membership

**WITT Weight Room Introduction**
- Sa: 10:00 AM-12:00 PM, 08/12-08/19
- $30

**Yoga I**
- Tu: 9:30-10:30 AM, year-round
- Ages: 15+ .. Drop in class. FREE with membership

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

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

Active Older Adults

**Swim Lessons: Session I**
- 8/28-9/21/23; Reg Opens: 7/25/23 - 12pm
- PARENT-CHILD
- ADULT

**Swim Lessons: Session II**
- 10/22-10/26/23; Reg Opens: 9/26/23 - 12pm
- PARENT-CHILD
- ADULT

**Swim Lessons: Session III**
- 11/06-12/07/23; Reg Opens: 10/31/23 - 12pm
- PARENT-CHILD
- ADULT

**View game schedules at:** DENVERYOUTHSPORTS.ORG

**Adult Sports leagues online at:** DENVERCITYWIDESPORTS.ORG

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

**Arts & Culture**

**Bingo**
- F: 11:00 AM-1:00 PM, 10/06
- Ages: 18+ .. Drop in class. FREE with membership

**Acrylic Painting: Intermediate/Advanced**
- M: 5:30-7:30 PM, 10/09-11/10
- Ages: 16-64: .. $23
- Ages: 65+: .. $16

**Pottery**
- Tu: 11:00 AM-1:00 PM, 09/05-11/07
- Tu: 5:00-7:00 PM, 09/05-11/07
- Th: 11:00 AM-1:00 PM, 09/07-11/09
- Th: 5:00-7:00 PM, 09/07-11/09
- Ages: 18-64: .. $30
- Ages: 65+: .. $50

**Sketching/Drawing**
- M: 5:30-7:30 PM, 09/11-10/02
- Ages: 16-64: .. $18
- Ages: 65+: .. $13

See our full schedule of classes online at: DENVERGOV.ORG/RECREATION

**Youth Team Sports**

**Co-Ed Flag Football**
- M,Tu: 6:00-7:00 PM, Ages: 9-10
- M,Th: 7:00-8:00 PM, Ages: 11-12
- Ages: 9-14, Dates: 9/5-11/3 .. $45

**Co-Ed Soccer**
- Tu: 6:00-7:00 PM, Ages: 9-10
- Sa: 10:00-11:00 AM
- Tu,W: 7:00-8:00 PM, Ages: 11-12
- Ages: 9-12, Dates: 9/5-11/4 .. $45

Swim Lesson Pricing:
- Blue: .. $22.75
- Yellow: .. $26
- Purple: .. $57.75
- Orange: .. $66