

HARVARD GULCH RECREATION CENTER

SUMMER 2014, JUNE 1 - AUGUST 23

ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL AND LOCAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR NEIGHBORHOOD LEVELS.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SilverSneakers® Classic 10:00 - 11:00 a.m.	Power Sculpt 10:00 - 11:00 a.m.	SilverSneakers® Classic 10:00 - 11:00 a.m.	Vinyasa Yoga 9:30 - 11:00 a.m.	Essentrics™ 9:05 - 10:00 a.m.	ZUMBA ® 9:45 - 10:45 a.m.
Lunch Program: ages 1-18 11:30 a.m 12:30 p.m.	SilverSneakers® Cardio 10:15 - 11:15 a.m.				
Snack Program: ages 1-18 3:00 - 3:30 p.m.	Snack Program: ages 1-18 3:00 - 3:30 p.m.	Snack Program: ages 1-18 3:00 - 3:30 p.m.	Snack Program: ages 1-18 3:00 - 3:30 p.m.	Lunch Program: ages 1-18 11:30 a.m 12:30 p.m.	
Yoga Level I 4:30 - 6:00 p.m.	Pilates 6:00 - 7:00 p.m.		Pilates 6:00 - 7:00 p.m.	Snack Program: ages 1-18 3:00 - 3:30 p.m.	

MY Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 9:00 - 10:00 a.m. 2:00 - 7:00 p.m.	Open Gym 9:00 - 10:00 p.m. 2:00 - 7:00 p.m.	Open Gym 9:00 - 10:00 a.m. 2:00 - 7:00 p.m.	Open Gym 9:00 - 10:00 p.m. 3:00 - 7:00 p.m.	Open Gym 9:00 - 10:00 a.m. 2:00 - 5:00 p.m.	Open Gym: Ages 9 - 17 9:00 - 11:00 a.m.
	Volleyball: Women's 50+ 10:00 a.m 12:00 p.m.	Open Gym: Toddlers 10:00 a.m 12:00 p.m.		Open Gym: Ages 4 - 8 5:00 - 7:00 p.m.	Open Gym: Adults 11:00 a.m 1:00 p.m.

HOURS OF OPERATION: MONDAY - FRIDAY (9:00a - 7:00p) | SATURDAY (9:00a - 1:00p) | SUNDAY (closed)

HARVARD GULCH RECREATION CENTER, 550 E. ILIFF AVENUE, DENVER, CO 80210 | 720.865.0905 | DENVERGOV.ORG/RECREATION