DENVER
PARKS & RECREATION

GLENARM RECREATION CENTER

WINTER 2013 - 2014, DECEMBER 1 - MARCH 8

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Activities 10:00 a.m. - 2:00 p.m.	**4H Cooking: ages 5-18** 4:30 - 5:30 p.m.	**Senior Chair Aerobics** 10:00 - 11:00 a.m.	*** Visiting Nurse** *(every 4th Thursday)* 9:00 a.m. - 2:00 p.m.		**Power Sculpt** 10:00 - 11:00 a.m.
		4H Science: ages 5-18 4:30 - 5:30 p.m.			
Snack Program: ages 2-17 5:00 - 7:00 p.m.	**Snack Program: ages 2-17** 5:00 - 7:00 p.m.	**Snack Program: ages 2-17** 5:00 - 7:00 p.m.	**Snack Program: ages 2-17** 5:00 - 7:00 p.m.	**Snack Program: ages 2-17** 5:00 - 7:00 p.m.	
Hi/Lo Aerobics 6:00 - 7:00 p.m.	**Pilates** 6:00 - 7:00 p.m.	**Hi/Lo Aerobics** 6:00 - 7:00 p.m.			

* Additional fees apply

MY Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gymnasium	**Open Gym** 10:00 a.m. - 4:45 p.m.	**Open Gym** 6:00 a.m. - 4:45 p.m.	**Open Gym** 10:00 a.m. - 4:45 p.m.	**Open Gym** 6:00 a.m. – 4:45 p.m.	**Open Gym** 10:00 a.m. - 4:45 p.m.	**Open Gym** 12:15 - 3:30 p.m.
Racquetball	10:30 a.m. - 7:30 p.m.	6:30 a.m. - 7:30 p.m.	10:30 a.m. - 7:30 p.m.	6:30 a.m. - 7:30 p.m.	10:30 a.m. - 6:30 p.m.	10:00 a.m. - 3:00 p.m.

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

HOURS OF OPERATION: MONDAY, WEDNESDAY (10:00a - 8:00p) | TUESDAY, THURSDAY (6:00a - 8:00p) | FRIDAY (10:00a - 7:00p) | SATURDAY (9:30a - 3:30p)

GLENARM RECREATION CENTER, 2800 GLENARM PLACE, DENVER, CO 80205 | 720.865.3380 | DENVERGOV.ORG/RECREATION

Revised 11-25-13

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AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL AND LOCAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR NEIGHBORHOOD LEVELS.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Walking 10:00 - 10:45 a.m.		**Water Walking** 10:00 - 10:45 a.m.		

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	11:00 a.m. - 1:30 p.m.	6:00 - 9:45 a.m. 11:45 a.m. - 1:30 p.m.	11:00 a.m. - 1:30 p.m.	6:00 - 9:45 a.m. 11:45 a.m. - 1:30 p.m.	11:00 a.m. - 1:30 p.m. 5:00 - 6:30 p.m.	9:30 - 11:00 a.m. 2:00 - 3:00 p.m.
Open Swim	2:30 - 4:45 p.m. 6:15 - 7:30 p.m.	2:30 - 4:45 p.m.	2:30 - 4:45 p.m. 6:15 - 7:30 p.m.	2:30 - 4:45 p.m.	2:30 - 5:00 p.m.	11:00 a.m. - 2:00 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

Session I (01/06/14 - 01/30/14): Registration 12/17/13 - 01/04/14

Session II (02/10/14 - 03/06/14): Registration 12/17/13 - 01/04/14 **and** 02/04/14 - 02/08/14

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Monday/Wednesday

5:00 - 5:30 p.m. • Preschool (ages 3 - 5)
5:30 - 6:00 p.m. • Wave 1 and 2 (ages 5 - 17)

Tuesday/Thursday

11:00 - 11:30 a.m. • Parent-Child (ages 6mos - 5)
5:00 - 5:30 p.m. • Parent-Child (ages 6mos - 5)
5:30 - 6:00 p.m. • Preschool (ages 3 - 5)
6:00 - 6:30 p.m. • Wave 1 and 2 (ages 5 - 17)
6:30 - 7:00 p.m. • Wave 3 and 4 (ages 5 - 17)
7:00 - 7:30 p.m. • Wave 5 and 6 (ages 5 - 17)