DENVER
PARKS & RECREATION

ATHMAR RECREATION CENTER

WINTER 2013 - 2014, DECEMBER 1 - MARCH 8

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuit Training 9:15 - 10:15 a.m.	**Coffee, Chat, & Chew** 10:30 - 11:30 a.m.	**Circuit Training** 9:15 - 10:15 a.m.		**Circuit Training** 9:15 - 10:15 a.m.	
Circuit Training 10:30 - 11:30 a.m.	**SilverSneakers® Classic** 2:00 - 3:00 p.m.	**Circuit Training** 10:30 - 11:30 a.m.	**SilverSneakers® Classic** 2:00 - 3:00 p.m.	*** Groceries: Food Bank** *(every 1st Friday)* 12:00 - 3:00 p.m.	**Video Arcade** 12:00 - 2:30 p.m.
Video Arcade 4:30 - 6:00 p.m.		*** Grocery BINGO** 1:00 - 3:00 p.m.		**◊ * Out to Lunch** *(every 2nd Friday)*	
Snack Program: ages 1-18 4:00 - 4:30 p.m.	**Snack Program: ages 1-18** 4:00 - 4:30 p.m.	**Snack Program: ages 1-18** 4:00 - 4:30 p.m.	**Snack Program: ages 1-18** 4:00 - 4:30 p.m.	**Snack Program: ages 1-18** 4:00 - 4:30 p.m.	
ZUMBA® 6:00 - 7:00 p.m.	**Yoga Level I** 6:00 - 7:00 p.m.	**Video Arcade** 4:30 - 6:00 p.m.	**Vinyasa Yoga** 6:00 - 7:00 p.m.	**Video Arcade** 4:30 - 6:00 p.m.	

* Additional fees apply

◊ Registration/Appointment required

My Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 12:00 - 4:00 p.m.	**Open Gym** 6:00 a.m. - 3:45 p.m.	**Open Gym** 6:00 - 11:00 a.m. 1:00 - 3:00 p.m. 7:45 - 9:00 p.m.	**Open Gym** 6:00 a.m. - 3:45 p.m.	**Open Gym** 6:00 - 10:00 a.m. 12:00 - 4:15 p.m. 7:45 - 9:00 p.m.	**Open Gym** 6:00 a.m. - 3:45 p.m. 7:00 p.m. - 8:00 p.m.	**Open Gym** 9-00 - 3:00 p.m.
		Full-Court Basketball 11:00 a.m. - 1:00 p.m.		**Full-Court Basketball** 11:00 a.m. - 1:00 p.m.		

HOURS OF OPERATION: MONDAY – THURSDAY (6:00 a.m. - 9:00 p.m.) | FRIDAY (6:00 a.m. - 8:00 p.m.) | SATURDAY (9:00 a.m. - 3:00 p.m.) | SUNDAY (12:00 - 4:00 p.m.)

ATHMAR RECREATION CENTER, 2680 W. MEXICO AVENUE, DENVER, CO 80219 | 303.937.4600 | DENVERGOV.ORG/RECREATION

Revised 11-25-13

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 8:30 - 9:30 a.m.	**Aqua Aerobics** 8:30 - 9:30 a.m.	**Aqua Aerobics** 8:30 - 9:30 a.m.	**Aqua Aerobics** 8:30 - 9:30 a.m.	**Aqua Aerobics** 8:30 - 9:30 a.m.	
Water Walking 9:30 - 10:15 a.m.	**Water Walking** 9:30 - 10:15 a.m.	**Water Walking** 9:30 - 10:15 a.m.	**Water Walking** 9:30 - 10:15 a.m.	*** Multiple Sclerosis Hydro Therapy** 9:30 - 11:30 a.m.	
	Aqua Aerobics 6:30 - 7:30 p.m.		**Aqua Aerobics** 6:30 - 7:30 p.m.		

SilverSneakers® honored at this site

* Register thru MS

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	12:00 - 1:00 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m. 5:30 - 6:15 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m. 5:30 - 6:15 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m. 5:30 - 6:30 p.m. *(2 lanes only)*	9:00 a.m. - 11:00 a.m.
Adult Swim		1:00 p.m. - 3:00 p.m.	1:00 p.m. - 3:00 p.m.	1:00 p.m. - 3:00 p.m.	1:00 p.m. - 3:00 p.m.	1:00 p.m. - 3:00 p.m.	
Open Swim	1:00 - 3:30 p.m.	3:15 - 5:15 p.m. 7:30 - 8:30 p.m.	3:15 - 5:15 p.m. 7:30 - 8:30 p.m.	3:15 - 5:15 p.m. 7:30 - 8:30 p.m.	3:15 - 5:15 p.m. 7:30 - 8:30 p.m.	3:15 - 7:30 p.m.	11:15 a.m. - 2:30 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

Session I (01/05/14 - 02/01/14): Registration begins 12/17/2013

Session II (02/09/14 - 03/08/14): Registration begins 12/17/2013

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Monday/Wednesday

6:30 - 7:00 p.m. • Preschool (ages 3 - 5) • Wave 2 (ages 5 - 17) • Wave 4 (ages 5 - 17)

7:00 - 7:30 p.m. • Wave 1 (ages 5 - 17) • Wave 3 (ages 5 - 17) • Wave 5 (ages 5 - 17)

Tuesday/Thursday

5:30 - 6:00 p.m. • Preschool (ages 3 - 5) • Wave 2 (ages 5 - 17) • Wave 4 (ages 5 - 17)

6:00 - 6:30 p.m. • Parent/Tot (ages 6mos.-3) • Wave 1 (ages 5 - 17) • Wave 3 (ages 5 - 17)