DENVER
PARKS & RECREATION

WASHINGTON PARK RECREATION CENTER

FALL 2013, AUGUST 25 - NOVEMBER 30

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Training 6:15 - 7:15 a.m.	**Vinyasa Yoga** 6:30 - 7:45 a.m.	**Group Training** 6:15 - 7:15 a.m.	**Vinyasa Yoga** 6:30 - 7:45 a.m.	**Group Training** 6:15 - 7:15 a.m.	**Vinyasa Yoga** 8:30 - 9:45 a.m.
Yoga Level II 8:30 - 9:45 a.m.	**Power Sculpt** 8:00 - 9:00 a.m.	**Yoga Level II** 8:30 - 9:45 a.m.	**Power Sculpt** 8:00 - 9:00 a.m.	**Yoga Level I** 8:30 - 9:45 a.m.	**Vinyasa Yoga** 10:00 - 11:15 a.m.
	Power Stretch 9:15 - 10:00 a.m.	**Yoga: Multiple Sclerosis** 10:00 a.m. - 12:00 p.m.	**SilverSneakers® Classic** 10:15 - 11:15 a.m.		
	SilverSneakers® Classic 10:15 - 11:15 a.m.		**+ Zumba®** 11:30 a.m. - 12:30 p.m.		
Yoga Level I 7:00 - 8:15 p.m.		**Yoga Level I** 7:00 - 8:15 p.m.			

SilverSneakers® honored at this site
+ located at the boathouse

MY Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 11:00 a.m. - 4:00 p.m.	**Open Gym** 10:00 - 11:15 a.m. 12:30 - 4:30 p.m. 8:15 - 9:00 p.m.	**Open Gym** 11:45 a.m. - 4:30 p.m. 8:15 - 9:00 p.m.	**Open Gym** 12:15 - 6:45 p.m. 8:30 - 9:00 p.m.	**Open Gym** 12:15 - 3:30 p.m. 7:30 - 9:00 p.m.	**Open Gym** 7:30 - 8:15 a.m. 11:30 a.m. - 8:00 p.m.	**Open Gym** 11:45 a.m. - 4:00 p.m.

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

HOURS OF OPERATION: MONDAY – THURSDAY (6:00 a.m. - 9:00 p.m.) | FRIDAY (6:00 a.m. - 8:00 p.m.) | SATURDAY (8:00 a.m. - 4:00 p.m.) | SUNDAY (11:00 a.m. - 4:00 p.m.)

WASHINGTON PARK RECREATION CENTER, 701 S. FRANKLIN STREET, DENVER, CO 80209 | 720.865.3400 | DENVERGOV.ORG/RECREATION

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Aerobics 8:30 - 9:30 a.m.	**Water Walking** 9:15 - 10:00 a.m.	**Aqua Aerobics** 8:30 - 9:30 a.m.	**Water Walking** 9:15 - 10:00 a.m.	**Aqua Aerobics** 8:30 - 9:30 a.m.	**Aqua Aerobics** 10:00 - 11:00 a.m.
		Aqua Aerobics 10:00 - 11:00 a.m.		**Aqua Aerobics** 10:00 - 11:00 a.m.		

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	11:15 a.m. - 1:30 p.m.	6:00 - 8:00 a.m. 12:00 - 1:30 p.m. 6:05 - 7:15 p.m.	6:00 - 8:00 a.m. 12:00 - 1:30 p.m. 7:00 - 8:30 p.m.	6:00 - 8:00 a.m. 12:00 - 1:30 p.m. 6:05 - 7:15 p.m.	6:00- 8:00 a.m. 12:00 - 1:30 p.m. 7:00 - 8:30 p.m.	6:00 - 8:00 a.m. 12:00 - 1:30 p.m. 5:30 - 7:30 p.m.	8:15 - 10:00 a.m. 2:30 - 3:30 p.m.
Adult Swim		11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.
Open Swim	1:30 - 3:00 p.m.	1:30 - 3:00 p.m. 7:15 - 8:30 p.m.	1:30 - 3:00 p.m. 4:00 - 5:00 p.m.	1:30 - 3:00 p.m. 7:15 - 8:30 p.m.	1:30 - 3:00 p.m. 4:00 - 5:00 p.m.	1:30 - 3:00 p.m. 4:00 - 5:30 p.m.	12:00 - 2:30 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

Session I (08/26/13 - 9/18/13): Lottery Registration (08/21/13), 6:30 p.m.
Session II (09/30/13 - 10/23/13): Lottery Registration (09/25/13), 6:30 p.m.
Session III (11/4/13-12/4/13): Lottery Registration (10/29/13), 6:30 p. m.
Session IV (12/2/13-12/18/13): Lottery Registration (11/26/13), 6:30 p. m.

Monday/Wednesday
9:30 - 10:00 a.m. • Parent Child (ages 6mos - 3)
4:00 - 4:30 p.m. • Parent Child (ages 6mos - 3) • Preschool (ages 3 - 5)
4:30 - 5:00 p.m. • Wave 1, 2, and 3 (ages 5 - 17)
5:00 - 5:30 p.m. • Wave 4 (ages 5—17)
5:30 - 6:00 p.m. • Adult (ages 15+)

Tuesday/Thursday
5:00 - 6:00 p.m. • Youth Swim Conditioning
6:00 - 7:00 p.m. • Adult Swim Conditioning