



# CENTRAL 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.

| Sunday                                   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|---|--|---|--|---|
|  | <b>Indoor Cycling</b><br>5:45 - 6:45 a.m.                          | <b>Vinyasa Yoga</b><br>6:00 - 7:00 a.m.                 | <b>Indoor Cycling</b><br>5:45 - 6:45 a.m.                          | <sup>Kw</sup> <b>Indoor Cycling</b><br>9:00 - 10:00 a.m.        | <b>Indoor Cycling</b><br>5:45 - 6:45 a.m.  | <sup>Kw</sup> <b>ZUMBA®</b><br>8:15 - 9:15 a.m.         |
| <b>Vinyasa Yoga</b><br>9:00 - 10:00 a.m. | <sup>Kw</sup> <b>SilverSneakers® Classic</b><br>10:00 - 11:00 a.m. | <b>Indoor Cycling</b><br>9:00 - 10:00 a.m.              | <sup>Kw</sup> <b>ZUMBA®</b><br>9:00 - 10:00 a.m.                   | <sup>Kw</sup> <b>Group Training</b><br>10:00 - 11:00 a.m.       | <sup>Kw</sup> <b>SilverSneakers® Cardio</b><br>8:45 - 9:45 a.m.  | <sup>Kw</sup> <b>Indoor Cycling</b><br>8:30 - 9:30 a.m. |
| <b>Barre Fit</b><br>10:15 - 11:15 a.m.   |  | <sup>Kw</sup> <b>Vinyasa Yoga</b><br>10:00 - 11:00 a.m. | <sup>Kw</sup> <b>SilverSneakers® Classic</b><br>10:30 - 11:30 a.m. | <sup>Kw</sup> <b>SilverSneakers® Yoga</b><br>11:15 - 12:15 p.m. | <sup>Kw</sup> <b>Power Yoga</b><br>10:00 - 11:00 a.m.  | <sup>Kw</sup> <b>Power Yoga</b><br>9:30 - 10:30 a.m.    |
|  | <sup>Kw</sup> <b>Indoor Cycling</b><br>5:45 - 6:45 p.m.            | <sup>Kw</sup> <b>Pilates</b><br>5:30 - 6:30 p.m.        | <sup>Kw</sup> <b>Indoor Cycling</b><br>5:45 - 6:45 p.m.            | <sup>Kw</sup> <b>Pilates</b><br>5:30 - 6:30 p.m.                | <sup>Kw</sup> <b>ZUMBA®</b><br>11:15 - 12:15 p.m.  | <sup>Kw</sup> <b>Barre Fit</b><br>10:45 - 11:45 a.m.    |
|  | <sup>Kw</sup> <b>Group Training</b><br>6:00 - 7:00 p.m.            |   | <sup>Kw</sup> <b>Barre Fit</b><br>6:00 - 7:00 p.m.                 | <sup>Kw</sup> <b>Indoor Cycling</b><br>5:45 - 6:45 p.m.         | <sup>Kw</sup> Kid Watch available<br>SilverSneakers® honored at this site<br>MY Denver youth activities schedule available on site |   |
|  |  |   | <b>Vinyasa Yoga</b><br>7:15 - 8:15 p.m.                            | <sup>Kw</sup> <b>ZUMBA®</b><br>6:45 - 7:45 p.m.                 |  |   |

## KID WATCH SCHEDULE <sup>Kw</sup> (ADDITIONAL FEES MAY APPLY)

| Sunday        | Monday   | Tuesday  | Wednesday                                      | Thursday                                       | Friday                | Saturday              |
|---------------|--|--|--|--|-----------------------|-----------------------|
| <b>CLOSED</b> | 8:00 a.m. - 1:00 p.m.<br>4:30 p.m. - 8:00 p.m. | 8:00 a.m. - 1:00 p.m.<br>4:30 p.m. - 8:00 p.m. | 8:00 a.m. - 1:00 p.m.<br>4:30 p.m. - 8:00 p.m. | 8:00 a.m. - 1:00 p.m.<br>4:30 p.m. - 8:00 p.m. | 8:00 a.m. - 1:00 p.m. | 8:00 a.m. - 1:00 p.m. |

**POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING**

**HOURS OF OPERATION:** MONDAY – THURSDAY (5:30 a.m. - 9:00 p.m.) | FRIDAY (5:30 a.m. - 8:00 p.m.) | SATURDAY and SUNDAY (8:00 a.m. - 5:00 p.m.)

CENTRAL PARK RECREATION CENTER, 9651 E. MLK JR. BLVD, DENVER, CO 80238 | 720.865.0750 | DENVERGOV.ORG/RECREATION



# CENTRAL PARK RECREATION CENTER

FALL 2013, AUGUST 25 - NOVEMBER 30

**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  |
|---|---|---|---|---|
| <sup>Kw</sup> <b>Aqua Aerobics</b><br>8:30 - 9:30 a.m.  | <sup>Kw</sup> <b>SilverSneakers® Splash</b><br>8:30 - 9:30 a.m. | <sup>Kw</sup> <b>Aqua Aerobics</b><br>8:30 - 9:30 a.m.  | <sup>Kw</sup> <b>SilverSneakers® Splash</b><br>8:30 - 9:30 a.m. | <sup>Kw</sup> <b>Aqua Aerobics</b><br>8:30 - 9:30 a.m.                    |
| <sup>Kw</sup> <b>River Walking</b><br>9:30 - 10:30 a.m. |   | <sup>Kw</sup> <b>River Walking</b><br>9:30 - 10:30 a.m. |   | <sup>Kw</sup> <b>River Walking</b><br>9:30 - 10:30 a.m.                   |
| <sup>Kw</sup> <b>Aqua Zumba®</b><br>6:00 - 7:00 p.m.    |   | <sup>Kw</sup> <b>Aqua Aerobics</b><br>6:00 - 7:00 p.m.  |   | <sup>Kw</sup> Kid Watch available<br>SilverSneakers® honored at this site |

**SWIM HOURS (OPEN • LAP • ADULT • FAMILY)** SAFETY BREAKS | 12:30 - 12:45 p.m., 2:45 - 3:00 p.m. (WEEKENDS AND NO SCHOOL DAYS)

| Activity          | Sunday                                     | Monday  | Tuesday                                    | Wednesday   | Thursday                                   | Friday   | Saturday               |
|-------------------|--|---|--|---|--|--|------------------------|
| Lap Pool 84°      | <b>Lap Swim</b><br>8:00 - 10:30 a.m.       | 5:30 - 8:30 a.m.<br>9:30 a.m. - 2:00 p.m.<br>6:15 - 7:15 p.m. | 5:30 a.m. - 2:00 p.m.<br>6:15 - 7:15 p.m.  | 5:30 - 8:30 a.m.<br>9:30 a.m. - 2:00 p.m.<br>6:15 - 7:15 p.m. | 5:30 a.m. - 2:00 p.m.<br>6:15 - 7:15 p.m.  | 5:30 - 8:30 a.m.<br>10:30 a.m. - 2:00 p.m.<br>5:00 - 7:30 p.m. | 8:00 - 10:30 a.m.      |
|                   | <b>Open / 2 Lanes</b>                      |   | 7:15 - 8:30 p.m.                           | 7:15 - 8:30 p.m.  | 7:15 - 8:30 p.m.                           | 7:15 - 8:30 p.m.   | 9:30 - 10:30 a.m.      |
|                   | <b>Open Swim</b><br>10:30 a.m. - 4:30 p.m. |   | 2:00 - 4:45 p.m.<br>7:15 - 8:30 p.m.       | 2:00 - 4:45 p.m.<br>7:15 - 8:30 p.m.                          | 2:00 - 4:45 p.m.<br>7:15 - 8:30 p.m.       | 2:00 - 4:45 p.m.<br>7:15 - 8:30 p.m.                           | 2:00 - 5:00 p.m.       |
| Activity Pool 87° | <b>Adult / River</b><br>8:00 - 10:30 a.m.  | 5:30 - 9:30 a.m.  | 5:30 - 8:30 a.m.                           | 5:30 - 9:30 a.m.  | 5:30 - 8:30 a.m.                           | 5:30 - 9:30 a.m.   | 8:00 - 10:30 a.m.      |
|                   | <b>Open Swim</b><br>10:30 a.m. - 4:30 p.m. |   | 10:30 a.m. - 4:45 p.m.<br>7:15 - 8:30 p.m. | 10:30 a.m. - 4:45 p.m.<br>6:15 - 8:30 p.m.                    | 10:30 a.m. - 4:45 p.m.<br>7:15 - 8:30 p.m. | 10:30 a.m. - 4:45 p.m.<br>6:15 - 8:30 p.m.                     | 10:30 a.m. - 7:30 p.m. |

Visit us online or in person to access "Central Park Swim Lesson Brochure" for a complete schedule of classes.