DENVER
PARKS & RECREATION

MARTIN LUTHER KING JR. RECREATION CENTER

WINTER 2013 - 2014, DECEMBER 1 - MARCH 8

ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL, LOCAL, AND NEIGHBORHOOD LEVEL PASSES/MEMBERSHIPS.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					ZUMBA® 9:15 - 10:15 a.m.

SCHEDULE: GYMNASIUM | RACQUETBALL | SAUNA (SUBJECT TO CHANGE WITHOUT NOTICE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gymnasium	**Open Gym** 6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	**Open Gym** 6:00 a.m. - 1:00 p.m. 3:00 - 5:45 p.m.	**Open Gym** 6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	**Open Gym** 6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	**Open Gym** 6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	**Open Gym** 10:30 a.m. - 1:00 p.m.
Racquetball	6:30 a.m. - 12:30 p.m. 3:30 - 6:30 p.m.	6:30 a.m. - 12:30 p.m. 3:30 - 6:30 p.m.	6:30 a.m. - 12:30 p.m. 3:30 - 6:30 p.m.	6:30 a.m. - 12:30 p.m. 3:30 - 6:30 p.m.	6:30 a.m. - 12:30 p.m. 3:30 - 6:30 p.m.	9:30 a.m. - 12:30 p.m.
Sauna	6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.	9:00 a.m.-1:00 p.m.

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

HOURS OF OPERATION: MONDAY – FRIDAY (6:00 a.m. - 1:00 p.m., 3:00 - 7:00 p.m.) | SATURDAY (9:00 a.m. - 1:00 p.m.)

MARTIN LUTHER KING JR. RECREATION CENTER, 3880 NEWPORT STREET, DENVER, CO 80207 | 720.865.0530 | DENVERGOV.ORG/RECREATION

Revised 11-25-13

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AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL, LOCAL AND NEIGHBORHOOD LEVEL PASSES/MEMBERSHIPS.)

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics 10:00 - 11:00 a.m.	**Deep Water Aerobics** 9:00 - 10:00 a.m.	**Aqua Aerobics** 10:00 - 11:00 a.m.	**Deep Water Aerobics** 9:00 - 10:00 a.m.	**Aqua Aerobics** 10:00 - 11:00 a.m.
Arthritis Foundation **Therapy Water Walking** 11:15 a.m. - 12:00 p.m.		Arthritis Foundation **Therapy Water Walking** 11:15 a.m. - 12:00 p.m.		Arthritis Foundation **Therapy Water Walking** 11:15 a.m. - 12:00 p.m.

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	6:00 - 8:30 a.m. 11:15 a.m. - 12:45 p.m. 5:00 - 6:00 p.m.	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m.	6:00 - 8:30 a.m. 11:15 a.m. - 12:45 p.m. 5:00 - 6:00 p.m.	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m.	6:00 - 8:30 a.m. 11:15 a.m. - 12:45 p.m. 5:00 - 6:00 p.m.	9:00 - 11:15 a.m.
Open Swim	3:00 - 5:00 p.m.	3:00 - 4:45 p.m.	3:00 - 5:00 p.m.	3:00 - 4:45 p.m.	3:00 - 5:00 p.m.	.
Adult Swim	9:00-10:00 a.m.		9:00 - 10:00 a.m.		9:00 - 10:00a.m.	
Therapy Pool	7:30 - 10:00 a.m. 12:00 - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 8:30 a.m. 11:30 a.m. - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 10:00 a.m. 12:00 - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 8:30 a.m. 11:30 a.m. - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 10:00 a.m. 12:00 - 12:45 p.m. 3:00 - 6:00 p.m.	9:00 a.m. - 12:30 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

Session I (01/05/14 - 02/01/14): Registration begins 12/17/13
Session II (02/09/14 - 03/08/14): Registration begins 12/17/13

Tuesday/Thursday

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

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

6:00 p.m. - 6:30 p.m.
- Preschool (ages 3 - 5)
- Adult Lessons (ages 15+)

Saturday

11:30 a.m. - 12:00 p.m.
- Wave 2 & 3 (ages 5 - 17)

12:00 p.m. - 12:30 p.m.
- Preschool (ages 3 - 5)
- Wave 1 (ages 5 - 17)

Revised 11-25-13