DENVER
PARKS & RECREATION

LA FAMILIA 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
		SilverSneakers® Classic 10:15 - 11:15 a.m.		**SilverSneakers® Classic** 10:15 - 11:15 a.m.	
		Vinyasa Yoga 5:30 - 6:30 p.m.			

MY Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 10:00 a.m. - 5:00 p.m.	**Open Gym** 6:00 - 9:00 a.m.	**Open Gym** 10:00 a.m. - 5:00 p.m.	**Open Gym** 6:00 - 9:00 a.m.	**Open Gym** 10:00 a.m. - 8:00 p.m.	**Open Gym** 9:00 a.m. - 1:00 p.m.
6:30 - 9:00 p.m.	**Full-Court Basketball: ages 50+** 9:00 - 11:00 a.m.		**Full Court Basketball: ages 50+** 9:00 - 11:00 a.m.	**Open Gym** 10:00 a.m. - 8:00 p.m.	
	Open Gym 11:00 a.m. - 5:00 p.m.		**Open Gym** 11:00 a.m. - 5:00 p.m.		

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

HOURS OF OPERATION: MONDAY, WEDNESDAY (10:00 a.m. - 9:00 p.m.) | TUESDAY, THURSDAY (6:00 a.m. - 9:00 p.m.) | FRIDAY (10:00 a.m. - 8:00 p .m.) | SATURDAY (9:00 a.m. - 1:00 p.m.)

LA FAMILIA RECREATION CENTER, 65 S. ELATI STREET, DENVER, CO 80223 | 303.698.4995 | DENVERGOV.ORG/RECREATION

Revised 12-03-13

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters Swim 6:00 - 7:00 p.m.	**Swimnastics** 9:15 - 10:15 a.m.	**Masters Swim** 6:00-7:00 p.m.	**Swimnastics** 9:15 - 10:15 a.m.		
	SilverSneakers® Splash 10:15 - 11:15 a.m.		**SilverSneakers® Splash** 10:15 - 11:15 a.m.		
	Aqua Fit 6:00 - 7:00 p.m.		**Aqua Fit** 6:00 - 7:00 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	10:00 - 11:30 a.m. 12:00 - 1:30 p.m. 7:00 - 8:00 p.m.	6:00 - 9:00 a.m. 12:00 - 2:00 p.m.	10:00 a.m. - 1:00 p.m. 7:00 - 8:00 p.m.	6:00 - 9:00 a.m. 12:00 - 2:00 p.m.	10:00 a.m. - 1:00 p.m. 6:15 - 7:30 p.m.	9:00 - 10:45 a.m.
Adaptive Recreation	1:00 - 3:00 p.m.	2:00 - 3:00 p.m.	1:00 - 3:00 p.m.	2:00 - 3:00 p.m.	1:00 - 3:00 p.m.	
Open Swim 2 Lap Lanes	3:15 - 5:30 p.m.	3:15 - 4:45 p.m. 7:00 - 8:00 p.m.	3:15 - 4:45 p.m.	3:15 - 4:45 p.m. 7:00 - 8:00 p.m.	3:15 - 4:45 p.m.	11:00 a.m. - 12:45 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

Session I (01/06/14 – 02/02/14)
Registration begins December 17th

Session II(02/10/14 - 03/09/14)
Registration begins February 4th

Tuesday/Thursday

11:00 - 11:30 a.m.
- Parent Child (ages 6mos - 3)

11:30 a.m. - 12:00 p.m.
- Wave 1 (ages 5 - 17)

5:00 - 5:30 p.m.
- Preschool (ages 3 - 5)

5:30 - 6:00 p.m.
- Wave 2 (ages 5 - 17)

5:00 - 6:00 p.m.
- Life after lessons (ages 5 - 18)

- Preschool (ages3 - 5)
- Wave 2 (ages 5 – 17)
- Wave 1 (ages 5 - 17)
- Wave 3 and 4 (ages 5 - 17)

Wednesday/Friday

5:00 - 5:30 p.m.
- Parent-Child (ages 6mos - 3)

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

- Pre-school (ages 3 - 5)
- Wave 3 and 4 (ages 5 - 17)