DENVER
PARKS & RECREATION

LA FAMILIA RECREATION CENTER

FALL 2013, AUGUST 25 - NOVEMBER 30

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 9:00 a.m. - 5:00 p.m.	**Open Gym** 6:00 - 9:00 a.m.	**Open Gym** 9:00 a.m. - 5:00 p.m.	**Open Gym** 6:00 - 9:00 a.m.	**Open Gym** 9:00 a.m. - 9:00 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.	6:30 - 9:00 p.m.	**Full Court Basketball: ages 50+** 9:00 - 11:00 a.m.		
	Open Gym 11:00 a.m. - 9:00 p.m.		**Open Gym** 11:00 a.m. - 9:00 p.m.		

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

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

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

Revised 08-27-13

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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)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	10:00 a.m. - 11:30 p.m. 12:00 - 1:30 p.m. 7:00 - 8:00 p.m.	6:00 - 9:00 a.m. 12:30 - 2:00 p.m.	10:00 a.m. - 1:00 p.m. 7:00 - 8:00 p.m.	6:00 - 9:00 a.m. 12:30 - 2:00 p.m.	10:00 a.m. - 1:00 p.m. 6:15 - 8:00 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 (08/25/13– 09/21/13) and **Session II (09/29/13 – 10/26/13)**
Registration begins August 20th

Session III (11/03/13-11/23/13) and **Session IV (12/01/13 - 12/21/13)**
Registration begins October 28th

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)

Revised 08-27-13