DENVER
PARKS & RECREATION

SCHEITLER @ BERKELEY PARK RECREATION CENTER

WINTER 2013 - 2014, DECEMBER 1 - MARCH 8

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Body Conditioning 9:00 - 10:00 a.m.	**Pilates** 7:00 - 8:00 a.m.				
Tai Chi 9:00 - 10:15 a.m.	**SilverSneakers® Classic** 9:30 - 10:30 a.m.	**Total Body Conditioning** 9:00 - 10:00 a.m.	**SilverSneakers® Classic** 9:30 - 10:30 a.m.	**Total Body Conditioning** 9:00 - 10:00 a.m.	**Group Training** 9:15 - 10:15 a.m.
	Ballroom Lesson 11:30 a.m. - 12:30 p.m.	**Tai Chi** 9:00 - 10:15 a.m.			**Yoga Level I** 10:30 - 11:30 a.m.
	Poker 12:30 - 3:00 p.m.	*** Yoga: Parkinson's** 10:45 a.m. - 12:15 p.m. 12:30 - 1:30 p.m.	**Poker** 12:30 - 3:00 p.m.		
	*** Tea Dance** 1:00 - 3:15 p.m.	**Snack Program: ages 5-18** 3:00 - 3:30 p.m.	**Snack Program: ages 5-18** 3:00 - 3:30 p.m.		
Snack Program: ages 5-18 3:00 - 3:30 p.m.	**Snack Program: ages 5-18** 3:00 - 3:30 p.m.	**Power Sculpt** 4:30 - 5:30 p.m.	**ZUMBA®** 6:00 - 7:00 p.m.	**Snack Program: ages 5-18** 3:00 - 3:30 p.m.	
Circuit Training 4:30 - 5:30 p.m.	**ZUMBA®** 6:15 - 7:15 p.m.	**Group Training** 6:30 - 7:30 p.m.	**Yoga Level II** 7:15 - 8:15 p.m.		

SilverSneakers® honored at this site

* Additional fees apply

MY Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 9:00 a.m. - 1:00 p.m.	**Open Gym** 6:00 - 9:00 a.m. 2:30 - 4:00 p.m.	**Open Gym** 6:00 - 8:30 a.m. 1:00 - 4:00 p.m.	**Open Gym** 6:00 - 9:00 a.m. 1:00 - 5:30 p.m.	**Open Gym** 6:00 - 8:15 a.m. 11:00 a.m. - 4:00 p.m.	**Open Gym** 6:00 a.m. - 3:00 p.m. 6:30 - 8:00 p.m.	**Open Gym**
	Pickleball 12:00 - 2:30 p.m.	**Full-Court Basketball** 11:00 a.m. - 1:00 p.m.	**Full-Court Basketball** 11:00 a.m. - 1:00 p.m.	**Pickleball** 8:30 - 11:00 a.m. **Full-Court Basketball** 6:00 - 8:30 p.m.		

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

HOURS OF OPERATION: MONDAY – THURSDAY (6:00 a.m. - 8:30 p.m.) | FRIDAY (6:00 a.m. - 8:00 p.m.) | SATURDAY (9:00 a.m. - 4:00 p.m.) | SUNDAY (9:00 a.m. - 1:00 p.m.)

SCHEITLER RECREATION CENTER, 5031 W. 46TH AVENUE, DENVER, CO 80212 | 720.865.0640 | DENVERGOV.ORG/RECREATION

Revised 01-30-14

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Aerobics 9:00 - 10:00 a.m.	**SilverSneakers® Splash** 9:00 - 10:00 a.m.	**Aqua Aerobics** 9:00 - 10:00 a.m.	**SilverSneakers® Splash** 9:00 - 10:00 a.m.	**Aqua Aerobics** 9:00 - 10:00 a.m.	**Aqua Aerobics** 9:15 - 10:15 a.m.
	Water Walking 10:00 - 10:45 a.m.	**Aqua Tone** 10:00 - 11:00 a.m.	**Water Walking** 10:00 - 10:45 a.m.	**Aqua Tone** 10:00 - 11:00 a.m.	**Water Walking** 10:00 - 10:45 a.m.	
	Aqua Aerobics 5:30 - 6:30 p.m.		**Aqua Aerobics** 5:30 - 6:30 p.m.		**Aqua Aerobics** 5:30 - 6:30 p.m.	

SilverSneakers® honored at this site

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	9:00 - 11:00 a.m.	6:00 - 8:45 a.m. 11:15 a.m. - 1:00 p.m.	6:00 - 8:45 a.m. 11:15 a.m. - 1:00 p.m.	6:00 - 8:45 a.m. 11:15 a.m. - 1:00 p.m.	6:00 - 8:45 a.m. 11:15 a.m. - 1:00 p.m.	6:00 - 8:45 a.m. 11:15 a.m. - 1:00 p.m.	10:30 a.m. - 1:00 p.m.
Adult Swim 2 Lap Lanes		1:00 - 3:00 p.m.	1:00 - 4:30 p.m.	1:00 - 3:00 p.m.	1:00 - 4:30 p.m.	1:00 - 3:00 p.m.	
Open Swim 1-2 Lap Lanes	11:00 a.m. - 12:30 p.m.	6:30 - 8:00 p.m.	6:30 - 8:00 p.m.	6:30 - 8:00 p.m.	6:30 - 8:00 p.m.	3:00 - 5:15 p.m. 6:30 - 7:30 p.m.	1:00 - 3:30 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

Session I (01/05/14 - 02/01/14): Lottery Date: 12/16/13

Session II (02/09/14 - 03/08/14): Lottery Date: 12/16/13

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Monday/Wednesday

4:00 - 4:30 p.m. • Preschool (ages 3 - 5) • Parent-Child (ages 6mos - 3)
4:30 - 5:00 p.m. • Wave 3/4 (ages 5 - 17) • Wave 5/6 (ages 5 - 17)
5:00 - 5:30 p.m. • Wave 1 (ages 5 - 17) • Wave 2 (ages 5 - 17)

Tuesday/Thursday

5:00 - 5:30 p.m. • Wave 1 (ages 5 - 17) • Wave 2 (ages 5 - 17)
5:30 - 6:00 p.m. • Parent-Child (ages 6mos - 3) • Preschool (ages 3 - 5)
6:00 - 6:30 p.m. • Wave 3 (ages 5 - 17) • Wave 4 (ages 5 - 17)

Tuesday

6:30 - 7:30 p.m. • Adult Lessons (ages 15+)