

Explore Fall 2020 Activities



REGISTER FOR PROGRAMS NOW!



Denver Parks & Recreation

DENVERGOV.ORG/RECREATION
 Recreation.Administration@Denvergov.org

PROGRAMS WILL OCCUR IN OUTDOOR SPACES FOLLOWING COVID-SAFE PROTOCOLS AND GUIDELINES AS OUTLINED BY CDC, STATE AND LOCAL ORDERS.

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Platt Park

Functional Fit Basics

M,Tu,Th,F 10:00-11:00 AM Beginning 09/08 [NA](#)
 Ages: 50+ FREE Drop-in Programs

Social Distancing Meet-ups

W 11:00 AM-12:00 PM Beginning 09/09 [NA](#)
 Ages: 50+ FREE Drop-in Program

Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
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Meet at Confluence Park

Adaptive Urban Hiking

Tu 9:30-11:00 AM 09/08-09/29 [60299](#)
 Ages: 8+ \$9

Adaptive Art Explorers

Tu 10:00-11:00 AM 10/06-10/27 [60309](#)
 Ages: 12+ \$9

Eisenhower Park

Adaptive Kids in Motion

W 9:00-10:00 AM 09/09-09/30 [60301](#)
 Ages: 5-15 \$9

Adaptive Performance Arts

Th 3:00-4:00 PM 09/10-10/01 [60304](#)
 Ages: 8+ \$9

Adaptive Adults in Motion

W 9:00-10:00 AM 10/07-10/28 [60300](#)
 Ages: 16+ \$9

Adaptive Visual Arts

Th 3:00-4:00 PM 10/08-10/29 [60305](#)
 Ages: 8+ \$9

Sloan's Lake

Adaptive Cycling

F 1:00-3:00 PM 09/11-10/02 [60306](#)
 Ages: 12+ \$18

F 1:00-3:00 PM 10/09-10/30 [60307](#)
 Ages: 12+ \$18

Adaptive Lunch Bunch

M 11:00 AM-12:00 PM 09/14 [60302](#)
 Ages: 15+ \$2.25

M 11:00 AM-12:00 PM 10/26 [60303](#)
 Ages: 15+ \$2.25

Adaptive Outdoor Games

M 11:00 AM-12:00 PM 09/21-10/12 [60308](#)
 Ages: 8+ \$9

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Central Park

Hanging Herb Garden

Th 12:00-1:30 PM 10/01 [60311](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

City Park

Parent-Child Music & Movement

M 10:15-11:00 AM 09/21 [60317](#)
 M 10:15-11:00 AM 10/12 [60323](#)
 Ages: 2-3 \$3.50

Commons Park

Parent-Child Music & Movement

M 10:15-11:00 AM 09/14 [60315](#)
 M 10:15-11:00 AM 10/05 [60321](#)
 M 10:15-11:00 AM 10/26 [60327](#)
 Ages: 2-3 \$3.50

Sketching

Th 12:00-1:30 PM 10/22 [60330](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

Cook Park

Millefiori Beads

Tu 12:00-1:30 PM 10/06 [60312](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

Crestmoor Park

Water Color Sketching

Tu 12:00-1:30 PM 10/06 [60334](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

Eisenhower Park

Parent-Child Music & Movement

W 10:15-11:00 AM 09/09 [60314](#)
 M 10:15-11:00 AM 09/30 [60320](#)
 W 10:15-11:00 AM 10/21 [60326](#)
 Ages: 2-3 \$3.50

Fred Thomas Park

Parent-Child Music & Movement

W 10:15-11:00 AM 09/16 [60316](#)
 M 10:15-11:00 AM 10/07 [60322](#)
 W 10:15-11:00 AM 10/28 [60328](#)
 Ages: 2-3 \$3.50

Harvard Gulch

Millefiori Beads

Tu 12:00-1:30 PM 10/20 [60313](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

Arts & Culture - Continued

DAY	TIME	DATE	ACTIVITY #
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Harvey Park

Parent-Child Music & Movement

M 10:15-11:00 AM 09/28 [60319](#)
 M 10:15-11:00 AM 10/19 [60325](#)
 Ages: 2-3 \$3.50

Montbello Central Park

Parent-Child Music & Movement

W 10:15-11:00 AM 09/23 [60318](#)
 W 10:15-11:00 AM 10/14 [60324](#)
 Ages: 2-3 \$3.50

Parkfield Park

Sketching

Th 12:00-1:30 PM 09/24 [60332](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

Ruby Hill Park

Sketching

Th 12:00-1:30 PM 10/15 [60331](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

Sloan's Lake

Water Color Sketching

Th 12:00-1:30 PM 09/17 [60333](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

Meet outside Southwest Recreation Center

Hanging Herb Garden

Tu 12:00-1:30 PM 09/08 [60310](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50

Washington Park

Sketching

Tu 12:00-1:30 PM 09/29 [60329](#)
 Ages: 18-64 \$5.25
 Ages: 65+ \$3.50



Flip for: CityWide Sports
 Fitness & Wellness • MY Denver &
 Tasty Food • Outdoor Recreation
 Youth Sports

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CityWide Sports

DAY	TIME	DATE	ACTIVITY #
Softball - Men's D, E+, E, & Co-Ed Leagues			
M-F	5:00-11:00 PM	08/31-10/31	NA
Ages: 18+ \$525 per team			

Fitness & Wellness

Locations: Central Park, St. Charles, Washington Park
 See our full schedule of classes online at:
DENVERGOV.ORG/FITNESS

Boot Camp			
Ages: 15+ \$7.50			
Core & Glutes			
Ages: 15+ \$5			
HIIT (High Intensity Interval Training)			
Ages: 15+ \$5			
Power Yoga			
Ages: 15+ \$10			
Running Conditioning			
Ages: 15+ \$10			
Total Body Conditioning			
Ages: 15+ \$7.50			
Vinyasa Yoga			
Ages: 15+ \$10			
Yoga 1			
Ages: 15+ \$10			
Zumba			
Ages: 15+ \$10			

MY Denver & Tasty Food

Locations: Athmar, Atzlan, College View, Cook Park, Eisenhower, Green Valley Ranch, Harvard Gulch, Harvey Park, Hiawatha Davis Jr., Johnson, La Alma, Montbello, Montclair, Swansea, 5090 Broadway

DAY	TIME	DATE	ACTIVITY #
MY Denver Activities			
M-F	4:30-5:30 PM	Weekdays	NA
Ages: 5-18 FREE Drop-in Programs			
Tasty Food Meals			
M-F	4:00-6:00 PM		
Ages: 18 & under FREE MEALS			

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
Genesee Park			
Adult Beaver Brook Hike			
Tu	10:00 AM-1:00 PM	09/15	60600
M	10:00 AM-1:00 PM	10/19	60601
M	10:00 AM-1:00 PM	10/26	60602
Ages: 18+ \$6.75			

Adult Bison Program & Hike			
W	9:00 AM-12:00 PM	09/23	60603
W	2:00-5:00 PM	10/21	60604
Ages: 18+ \$6.75			

CCC Camp in Morrison			
CCC Camp Tour			
Sa	10:00-11:30 AM	09/12	60614
F	2:00-3:30 PM	10/02	60615
W	10:00-11:30 AM	10/28	60616
Ages: 10+ \$3.50			

Little Park in Idledeale			
Adult Bear Creek Trail Walk			
M	10:00 AM-12:00 PM	10/05	60610
Ages: 18+ \$4.50			

O'Fallon Park			
Adult Panorama Point Hike			
W	10:00 AM-1:00 PM	09/09	60611
M	10:00 AM-1:00 PM	10/12	60612
Ages: 18+ \$4.50			

Panorama Point Moonlight Hike			
F	6:30-8:30 PM	10/23	60622
F	6:00-8:00 PM	10/30	60622
Ages: 10+ \$6.75			
Sa	6:00-8:00 PM	10/31	60613
Ages: 18+ \$6.75			

Red Rocks Park			
Red Rocks Geology Hike			
Sa	9:00-10:30 AM	09/19	60624
F	9:00-10:30 AM	10/13	60625
Ages: 10+ \$3.50			

Ruby Hill Park			
Youth Intro to Mountain Biking			
Th	4:30-6:30 PM	09/17	60627
Ages: 10-14 \$4.50			



Outdoor Rec - Continued

DAY	TIME	DATE	ACTIVITY #
Sloan's Lake			
Adult Kayak			
M	9:00-11:00 AM	09/14	60605
M	9:00-11:00 AM	09/21	60606
M	9:00-11:00 AM	09/28	60607
Ages: 18+ \$4.50			

Sunset Kayak			
F	5:00-7:00 PM	09/18	60599
Ages: 10+ \$4.50			
Sa	5:00-7:00 PM	09/25	60609
Ages: 18+ \$4.50			

Youth Sports

Locations: Lowry Sports Complex, Parkfield Lake Park, Swansea Park, Valverde Park

DAY	TIME	DATE	ACTIVITY #
Baseball, Softball & T-Ball Camps			
W	Varies by age/location	09/16-10/14	Varies
Ages: 5-14 \$15			

Flag Football Camps			
Tu	Varies by age/location	09/15-10/13	Varies
Ages: 5-14 \$15			

Soccer Camps			
Th	Varies by age/location	09/17-10/15	Varies
Ages: 5-14 \$15			

Volleyball Camps			
M	Varies by age/location	09/14-10/12	Varies
Ages: 7-14 \$15			

Flip for: Active Older Adults
 Adaptive Recreation • Arts & Culture

FOR MORE INFORMATION ABOUT PROGRAM OFFERINGS CONTACT
 RECREATION ADMINISTRATION AT RECREATION.ADMINISTRATION@DENVERGOV.ORG.