Explore Spring 2020 Activities

Active Older Adults

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingo</td>
<td>1:00-3:00 PM</td>
<td>01/02-12/24</td>
<td>51859</td>
</tr>
<tr>
<td>Functional Fit</td>
<td>12:30-1:30 PM</td>
<td>01/15-12/30</td>
<td>54347</td>
</tr>
<tr>
<td>Trip: Explore Blackhawk</td>
<td>9:00 AM-3:00 PM</td>
<td>05/06</td>
<td>52454</td>
</tr>
</tbody>
</table>

Out of School Time

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movie Event “The Lion King” (live action)</td>
<td>6:00-8:00 PM</td>
<td>05/15</td>
<td>53557</td>
</tr>
<tr>
<td>MY Denver Activities</td>
<td>3:30-6:00 PM</td>
<td>01/08-05/22</td>
<td>43389</td>
</tr>
<tr>
<td>MY Denver Monthly Art (1st Wednesday)</td>
<td>4:30-6:00 PM</td>
<td>02/05-12/02</td>
<td>50835</td>
</tr>
<tr>
<td>Summer in the Parks (SIP): Garfield Park</td>
<td>9:00 AM-3:00 PM</td>
<td>06/08-07/31</td>
<td>54153</td>
</tr>
</tbody>
</table>

CityWide Sports

| ACTIVITY # |

| Softball - Men’s D, Men’s E, Co-Ed Leagues | 52866      |
| Screen Printing w/ Cherry Creek Arts | 54181      |

Fitness & Wellness

See our full schedule of classes online at: DENVERGOV.ORG/RECREATION

PERSONAL TRAINING
Body fat/fitness assessments
Ages: 15+ .......................... $15

Individual training: One-on-one 60 minute session with one of our Certified Personal Trainers.
Ages: 15+  1 Session ......................... $45

Nutrition Plan
Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.
Fee .......................... $45

Discounts
Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.
Visit the front desk at any recreation center to see if you are eligible.

Youth Sports

See our full schedule of classes online at: DENVERGOV.ORG/RECREATION

Flag Football (Spring)
Ages: 5-6
Ages: 7-8
Ages: 9-10
Ages: 11-12
Ages: 13-14

Soccer (Spring)
Ages: 5-6
Ages: 7-8
Ages: 9-10
Ages: 11-12
Ages: 13-14

T-Ball (Summertime)
Ages: 5-6

Baseball (Summer)
Ages: 7-8
Ages: 9-10
Ages: 11-12

Softball (Summer)
Ages: 7-8
Ages: 9-10

View game schedules at: DENVERYOUTHSPORTS.ORG

Age Cutoff: May 16 for 5-12 Flag Football • 5-12 Soccer • 7-14 Volleyball
Age Cutoff: Aug 1 for 5-6 T-Ball • 7-8 Baseball • 7-8 Softball
Age Cutoff: Aug 8 for 9-14 Baseball • 9-14 Softball