### Active Older Adults

**Beginner Yoga**  
**DAY:** Tu, Th  
**TIME:** 10:30-11:30 AM  
**DATE:** 01/03-12/18  
**ACTIVITY #:** 51853  
**Ages:** 50+  
**Drop in class. FREE with membership**

**Circuit Weight Room 101**  
**M,W:** 12:30-1:30 PM  
**DATE:** 01/06-12/21  
**ACTIVITY #:** 51869  
**Ages:** 50+  
**Drop in class. FREE with membership**

**Club: Social**  
**M:** 12:30-2:30 PM  
**DATE:** 01/13-12/21  
**ACTIVITY #:** 51911  
**Ages:** 50+  
**Drop in class. FREE with membership**

**Pickleball**  
**M, Th:** 10:30 AM-12:30 PM  
**DATE:** 01/06-12/24  
**ACTIVITY #:** 51943  
**Ages:** 50+  
**Drop in class. FREE with membership**

**Table Tennis**  
**Tu:** 10:00 AM-12:00 PM  
**DATE:** 01/07-12/29  
**ACTIVITY #:** 52030  
**Ages:** 50+  
**Drop in class. FREE with membership**

**Tai Chi**  
**W:** 12:00-1:00 PM  
**DATE:** 01/08-12/16  
**ACTIVITY #:** 52037  
**Ages:** 50+  
**Drop in class. FREE with membership**

**Trip: Out to Lunch: Golden Corral**  
**M:** 11:00 AM-2:00 PM  
**DATE:** 05/18  
**ACTIVITY #:** 52464  
**Ages:** 50+  
**$4**

**Trip: Out to Lunch: Landry’s Seafood House**  
**M:** 11:00 AM-2:00 PM  
**DATE:** 04/20  
**ACTIVITY #:** 52456  
**Ages:** 50+  
**$4**

**Wallyball**  
**Th:** 10:00-11:00 AM  
**DATE:** 01/02-12/24  
**ACTIVITY #:** 52056  
**Ages:** 50+  
**Drop in class. FREE with membership**

### Arts & Culture

**DIY - Intro to Bento - Adult**  
**Tu:** 5:30-7:30 PM  
**DATE:** 04/21  
**ACTIVITY #:** 54306  
**Ages:** 18-64  
**$15**  
**Ages:** 65+  
**$9**

**Flip for: Youth Sports Swim Lessons**

### Out of School Time

**MY Denver Activities**  
**M-F:** 3:00-5:30 PM  
**DATE:** 01/08-05/22  
**ACTIVITY #:** 43393  
**Ages:** 8-18  
**Drop in class. FREE with membership**

**MY Denver Clay**  
**Th:** 4:00-6:00 PM  
**DATE:** 04/02-04/30  
**ACTIVITY #:** 53579  
**Ages:** 8-14  
**Drop in class. FREE with membership**

**MY Denver Karate**  
**Th:** 4:00-5:00 PM  
**DATE:** 01/02-12/17  
**ACTIVITY #:** 52351  
**Ages:** 5-17  
**Drop in class. FREE with membership**

**MY Denver Monthly Art (3rd Tuesday)**  
**Tu:** 4:00-5:30 PM  
**DATE:** 01/21-12/15  
**ACTIVITY #:** 50833  
**Ages:** 8-18  
**Drop in class. FREE with membership**

**Summer in the Parks (SIP): City Park**  
**M-F:** 10:00 AM-3:00 PM  
**DATE:** 06/08-07/31  
**ACTIVITY #:** 53609  
**Ages:** 7-12  
**$450**

**Summer in the Parks (SIP): Congress Park**  
**M-F:** 10:00 AM-3:00 PM  
**DATE:** 06/08-07/31  
**ACTIVITY #:** 53610  
**Ages:** 7-12  
**$450**

**Teen Adventures**  
**Th, F:** 10:00 AM-3:00 PM  
**DATE:** 06/11-07/31  
**ACTIVITY #:** 53615  
**Ages:** 13-16  
**$82**

### CityWide Sports

**Co-Ed REC Kickball - City Park**  
**W:** 6:30-10:00 PM  
**DATE:** 04/08-06/10  
**ACTIVITY #:** 52877  
**Ages:** 21+  
**$350**

**Co-Ed REC Kickball - Congress Park**  
**W:** 6:30-10:00 PM  
**DATE:** 04/08-06/10  
**ACTIVITY #:** 52879  
**Ages:** 21+  
**$350**

**Pickleball 101**  
**W:** 1:00-2:30 PM  
**DATE:** 03/25-04/29  
**ACTIVITY #:** 54271  
**Ages:** 18-64  
**$30**  
**Ages:** 65+  
**$15**

**Softball - Men’s D, Men’s E, Co-Ed Leagues**  
**Su-F:** 5:00-11:00 PM  
**DATE:** 03/16-05/22  
**ACTIVITY #:** 52866  
**Ages:** 18+  
**$525**

### Fitness & Wellness

**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

### Aquatics

**13-14 Junior Lifeguard**  
**Tu, Th:** 6:00-7:00 PM  
**DATE:** 03/17-04/16  
**ACTIVITY #:** 54370  
**Ages:** 13-14  
**Drop in class. FREE with membership**

**Aqua Zumba**  
**M, W:** 10:00-10:45 AM  
**DATE:** 01/08-12/21  
**ACTIVITY #:** 52082  
**Ages:** 15+  
**Drop in class. FREE with membership**

**Water Aerobics**  
**Tu, Th:** 9:00-10:00 AM  
**DATE:** 01/07-12/24  
**ACTIVITY #:** 52102  
**Ages:** 15+  
**Drop in class. FREE with membership**

### Discounts

Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.

See back for Swim Lessons!
Youth Sports

Flag Football (Spring)
- F: 5:00-6:00 PM, Ages: 5-6
- Sa: 10:00-11:00 AM
- F: 6:00-7:00 PM, Ages: 7-8
- Sa: 11:00 AM-12:00 PM
- W, Th: 6:00-7:30 PM, Ages: 9-10
- M, Tu: 5:00-6:30 PM, Ages: 11-12

Ages: 5-14 Dates: 04/19-05/16 - $20

Soccer (Spring)
- F: 5:00-6:00 PM, Ages: 5-6
- Sa: 10:00-11:00 AM
- F: 6:00-7:00 PM, Ages: 7-8
- Sa: 11:00 AM-12:00 PM
- Th: 5:00-6:30 PM, Ages: 9-10
- Sa: 12:00-1:30 PM
- M, W: 5:00-6:30 PM, Ages: 11-12

Ages: 5-12 (Co-Ed) Dates: 04/19-05/16 - $20

Volleyball (Spring)
- M, W: 5:00-6:30 PM, Ages: 7-8
- W, F: 5:00-6:30 PM, Ages: 9-10
- Tu, Th: 5:00-6:30 PM, Ages: 11-12

Ages: 7-17 Dates: 04/19-05/16 - $20

T-Ball (Summer)
- Tu, W: 5:00-6:00 PM, Ages: 5-6

Ages: 5-6 Dates: 06/01-07/30 - $40

Baseball (Summer)
- W, Th: 5:00-6:00 PM, Ages: 7-8
- M, F: 5:00-6:30 PM, Ages: 9-10
- M, Tu: 6:30-8:00 PM, Ages: 11-12
- W, Th: 6:30-8:00 PM, Ages: 13-14

Ages: 7-8 (Boys) Dates: 06/01-07/30 - $40
Ages: 9-14 (Boys) Dates: 05/17-08/08 - $50

Softball (Summer)
- M, F: 5:00-6:00 PM, Ages: 7-8

Ages: 7-8 (Girls) Dates: 06/01-07/30 - $40
Ages: 9-14 (Girls) Dates: 05/17-08/08 - $50

Swim Lessons: Session I

5/16/20-4/18/20; Registration Opens: 2/25/20

- Tu, Th: 10:30-11:00 AM, Ages: 3-4
- Tu, Th: 5:00-5:30 PM, Ages: 5-6

Ages: 4-6 Dates: 03/17-04/16 - $20

Swim Lessons: Session II

4/27/20-5/23/20; Registration Opens: 4/21/20

- Tu, Th: 10:30-11:00 AM, Ages: 3-4
- Tu, Th: 5:00-5:30 PM, Ages: 5-6

Ages: 4-6 Dates: 04/28-05/21 - $20