Explore Spring 2020 Activities

Active Older Adults

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club: Billiards</td>
<td>F</td>
<td>10:00 AM-12:00 PM</td>
<td>01/03-12/18</td>
<td>51875</td>
</tr>
<tr>
<td>Club: Social</td>
<td>W</td>
<td>9:30-11:30 AM</td>
<td>01/08-12/16</td>
<td>51913</td>
</tr>
<tr>
<td>Functional Fit</td>
<td>Tu, Th</td>
<td>9:30-10:30 AM</td>
<td>01/02-12/29</td>
<td>51929</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Tu, Th</td>
<td>11:00 AM-1:00 PM</td>
<td>01/02-12/24</td>
<td>51944</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>M</td>
<td>1:30-2:30 PM</td>
<td>01/06-12/21</td>
<td>52042</td>
</tr>
</tbody>
</table>

CityWide Sports

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softball - Men’s D, Men’s E, Co-Ed Leagues</td>
<td>Su-F</td>
<td>5:00-11:00 PM</td>
<td>03/16-05/22</td>
<td>52866</td>
</tr>
<tr>
<td>Ages: 18+</td>
<td></td>
<td></td>
<td></td>
<td>$525</td>
</tr>
</tbody>
</table>

Outdoor Recreation

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Summer Adventure: Mountain Parks Mania</td>
<td>M-F</td>
<td>8:00 AM-4:00 PM</td>
<td>06/08-06/12</td>
<td>54163</td>
</tr>
<tr>
<td>Ages: 8-10</td>
<td></td>
<td></td>
<td></td>
<td>$150</td>
</tr>
</tbody>
</table>

Fitness & Wellness

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essentrics</td>
<td>F</td>
<td>9:30-10:30 AM</td>
<td>01/03-12/18</td>
<td>52157</td>
</tr>
<tr>
<td>Ages: 15+</td>
<td></td>
<td></td>
<td></td>
<td>Drop in class. FREE with membership</td>
</tr>
<tr>
<td>Vinyasa Yoga</td>
<td>Sa</td>
<td>9:30-10:30 AM</td>
<td>01/04-12/26</td>
<td>52267</td>
</tr>
<tr>
<td>Ages: 15+</td>
<td></td>
<td></td>
<td></td>
<td>Drop in class. FREE with membership</td>
</tr>
</tbody>
</table>

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

PERSONAL TRAINING

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body fat/fitness assessments</td>
<td></td>
<td></td>
<td></td>
<td>$15</td>
</tr>
<tr>
<td>Individual training: One-on-one 60 minute session with one of our Certified Personal Trainers.</td>
<td></td>
<td></td>
<td></td>
<td>$45</td>
</tr>
<tr>
<td>Nutrition Plan</td>
<td></td>
<td></td>
<td></td>
<td>$45</td>
</tr>
</tbody>
</table>

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.

Out of School Time

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bunny Eggstravaganza</td>
<td>Sa</td>
<td>1:30-2:00 PM</td>
<td>04/11</td>
<td>53009</td>
</tr>
<tr>
<td>All Ages</td>
<td></td>
<td></td>
<td></td>
<td>$5</td>
</tr>
<tr>
<td>Family Cooking Class</td>
<td>Tu, Th</td>
<td>6:00-7:30 PM</td>
<td>05/05-05/14</td>
<td>54166</td>
</tr>
<tr>
<td>Movie Event “The Lion King” (live action)</td>
<td>F</td>
<td>4:00-6:30 PM</td>
<td>04/17</td>
<td>53558</td>
</tr>
<tr>
<td>MY Denver Activities</td>
<td>M-F</td>
<td>3:15-5:45 PM</td>
<td>01/08-05/22</td>
<td>43395</td>
</tr>
<tr>
<td>MY Denver Bricks 4 Kidz</td>
<td>W</td>
<td>5:30-6:30 PM</td>
<td>04/01-04/22</td>
<td>53574</td>
</tr>
<tr>
<td>MY Denver Clay</td>
<td>Tu</td>
<td>4:00-6:00 PM</td>
<td>04/07-04/28</td>
<td>53578</td>
</tr>
<tr>
<td>MY Denver Crafts</td>
<td>Tu</td>
<td>4:00-5:30 PM</td>
<td>05/05-05/19</td>
<td>53595</td>
</tr>
<tr>
<td>MY Denver Karate</td>
<td>M-W</td>
<td>5:30-6:30 PM</td>
<td>01/06-12/21</td>
<td>52347</td>
</tr>
<tr>
<td>Parents Night Out, Kids Night In</td>
<td>F</td>
<td>6:00-9:00 PM</td>
<td>03/20</td>
<td>53027</td>
</tr>
<tr>
<td>Summer in the Parks (SIP): Garfield Park</td>
<td>M-F</td>
<td>9:00 AM-3:00 PM</td>
<td>06/08-07/31</td>
<td>54153</td>
</tr>
</tbody>
</table>

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.

Highlights

- Flip for: Arts & Culture
- You can register for programs on our website: DENVERGOV.ORG/RECREATION
### Arts & Culture

**Creative Movement**
- **Day:** Tu, Th
- **Time:** 9:30-10:15 AM
- **Dates:** 03/27-05/29
- **Age:** 3
- **Activity #:** 53366
- **Cost:** $32

**DIY - Ceramics**
- **Day:** M
- **Time:** 4:30-6:30 PM
- **Dates:** 04/06
- **Age:** 7-12
- **Activity #:** 54291
- **Cost:** $5

**DIY - Easter Egg Decorating**
- **Day:** F
- **Time:** 4:30-6:00 PM
- **Dates:** 04/10
- **Age:** 6-12
- **Activity #:** 54295
- **Cost:** $5

**Guitar Lessons**
- **Day:** Th
- **Time:** 6:00-7:00 PM
- **Dates:** 03/26-04/23
- **Age:** 18-64
- **Activity #:** 53392
- **Cost:** $28

**Line Dance Lessons Beginning**
- **Day:** M
- **Time:** 9:30-10:30 AM
- **Dates:** 01/06-12/28
- **Age:** 18+
- **Activity #:** 52114
- **Cost:** $5

**Parent-Child Music & Movement**
- **Day:** Th
- **Time:** 10:30-11:15 AM
- **Dates:** 03/26-04/23
- **Age:** 2-3
- **Activity #:** 53444
- **Cost:** $16

**Play & Learn**
- **Day:** Tu
- **Time:** 9:15-9:45 AM
- **Dates:** 03/24-04/21
- **Age:** 2 & under
- **Activity #:** 53459
- **Cost:** $16

**Sewing: Beginning**
- **Day:** Tu
- **Time:** 6:00-7:00 PM
- **Dates:** 03/24-05/26
- **Age:** 5-7
- **Activity #:** 53502
- **Cost:** $32

**Softball (Summer)**
- **Day:** Tu, Th
- **Time:** 6:00-7:00 PM
- **Age:** 7-8
- **Activity #:** 53827
- **Cost:** $5

**T-Ball (Summer)**
- **Day:** M, W
- **Time:** 5:00-6:00 PM
- **Age:** 5-6
- **Activity #:** 53768
- **Cost:** $40

### Youth Sports

**Flag Football (Spring)**
- **Day:** W
- **Time:** 5:00-6:00 PM
- **Age:** 5-6
- **Activity #:** 53086

**Soccer (Spring)**
- **Day:** F
- **Time:** 5:00-6:00 PM
- **Age:** 5-6
- **Activity #:** 53167

**Softball (Summer)**
- **Day:** Tu, Th
- **Time:** 6:00-7:00 PM
- **Age:** 7-8
- **Activity #:** 53827
- **Cost:** $5

**T-Ball (Summer)**
- **Day:** M
- **Time:** 5:00-6:00 PM
- **Age:** 5-6
- **Activity #:** 53768
- **Cost:** $40

**Volleyball (Spring)**
- **Day:** M
- **Time:** 7:15-8:15 PM
- **Age:** 7-8
- **Activity #:** 53261

**Baseball (Summer)**
- **Day:** Tu, Th
- **Time:** 5:00-6:00 PM
- **Age:** 7-8
- **Activity #:** 53804

**Flip for: Active Older Adults**
- **Out of School Time • CityWide Sports Outdoor Recreation Fitness & Wellness**

### View game schedules at:

**DENVERYOUTHSPORTS.ORG**

**Age Cutoff: May 16 for**
- 5-14 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

### Daycare & Child Care

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu, Th</td>
<td>9:30-10:15 AM</td>
<td>3-5</td>
<td>53459</td>
</tr>
<tr>
<td>M, W</td>
<td>9:30-10:15 AM</td>
<td>3-5</td>
<td>53460</td>
</tr>
<tr>
<td>Tu, Th</td>
<td>10:30-11:30 AM</td>
<td>9-10</td>
<td>53211</td>
</tr>
<tr>
<td>M, W</td>
<td>10:30-11:30 AM</td>
<td>9-10</td>
<td>53062</td>
</tr>
<tr>
<td>Tu, Th</td>
<td>11:00 AM-12:30 PM</td>
<td>9-10</td>
<td>53191</td>
</tr>
<tr>
<td>M, W</td>
<td>11:00 AM-12:30 PM</td>
<td>9-10</td>
<td>53073</td>
</tr>
</tbody>
</table>

**Softball (Summer)**
- **Day:** Tu, Th
- **Time:** 6:00-7:00 PM
- **Age:** 7-8
- **Activity #:** 53827
- **Cost:** $5

**T-Ball (Summer)**
- **Day:** M, W
- **Time:** 5:00-6:00 PM
- **Age:** 5-6
- **Activity #:** 53768
- **Cost:** $40

**View game schedules at:**

**DENVERYOUTHSPORTS.ORG**

**Age Cutoff: May 16 for**
- 5-14 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

**Softball (Summer)**
- **Day:** Tu, Th
- **Time:** 6:00-7:00 PM
- **Age:** 7-8
- **Activity #:** 53827
- **Cost:** $5

**T-Ball (Summer)**
- **Day:** M, W
- **Time:** 5:00-6:00 PM
- **Age:** 5-6
- **Activity #:** 53768
- **Cost:** $40