

SOUTHWEST RECREATION CENTER

FALL 2018, AUGUST 19– NOVEMBER 24

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AOA 50+ Beginner Yoga 12:15 p.m. - 1:15 p.m.	Total Body Conditioning 5:30 - 6:30 p.m. AOA Functional Fit 1:30 p.m. - 2:30 p.m.	Tai Chi 1:00 - 2:00 p.m.			Yoga I 11:00 a.m. - 12:00 p.m.
Pilates 6:45 - 7:45 p.m.	Yoga I 5:45 - 6:45 p.m.	Pilates 6:45 - 7:45 p.m.	Total Body Conditioning 5:30 - 6:30 p.m.		

SilverSneakers® honored at this site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

MY Denver youth activities schedule available on site

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 9:00 - 9:45 a.m. 1:15 - 4:30 p.m. 5:30 p.m. - 8:00 p.m.	Open Gym 9:00 a.m. - 5:00 p.m. 6:30 p.m. - 9:00 p.m.	Open Gym 9:00 - 9:45 a.m. 1:15 - 4:30 p.m. 7:30 p.m. - 9:00 p.m.	Open Gym 9:00 a.m. - 4:30 p.m. 7:30 p.m. - 9:00 p.m.	Open Gym 9:00 - 9:45 a.m. 1:15 p.m. - 4:30 p.m. 6:00 p.m. - 7:00 p.m.	Open Gym Full Court 9:00 a.m. - 11:00 a.m. Half Court 11:00 a.m. - 1:00 p.m.
Pickleball 10:00 a.m. - 1:00 p.m.		Pickleball 10:00 a.m. - 1:00 p.m.		Pickleball 10:00 a.m. - 1:00 p.m.	Pickleball 11:00 a.m. - 1:00 p.m. 1 Court

HOURS OF OPERATION: MONDAY, WEDNESDAY (9:00a - 8:00p) | TUESDAY, THURSDAY (9:00a - 9:00p) | FRIDAY (9:00a - 7:00p) | SATURDAY (9:00a - 1:00p) | SUNDAY (closed)

SOUTHWEST RECREATION CENTER, 9200 W. SARATOGA PLACE, DENVER, CO 80123 | 720.865.0670 | DENVERGOV.ORG/RECREATION