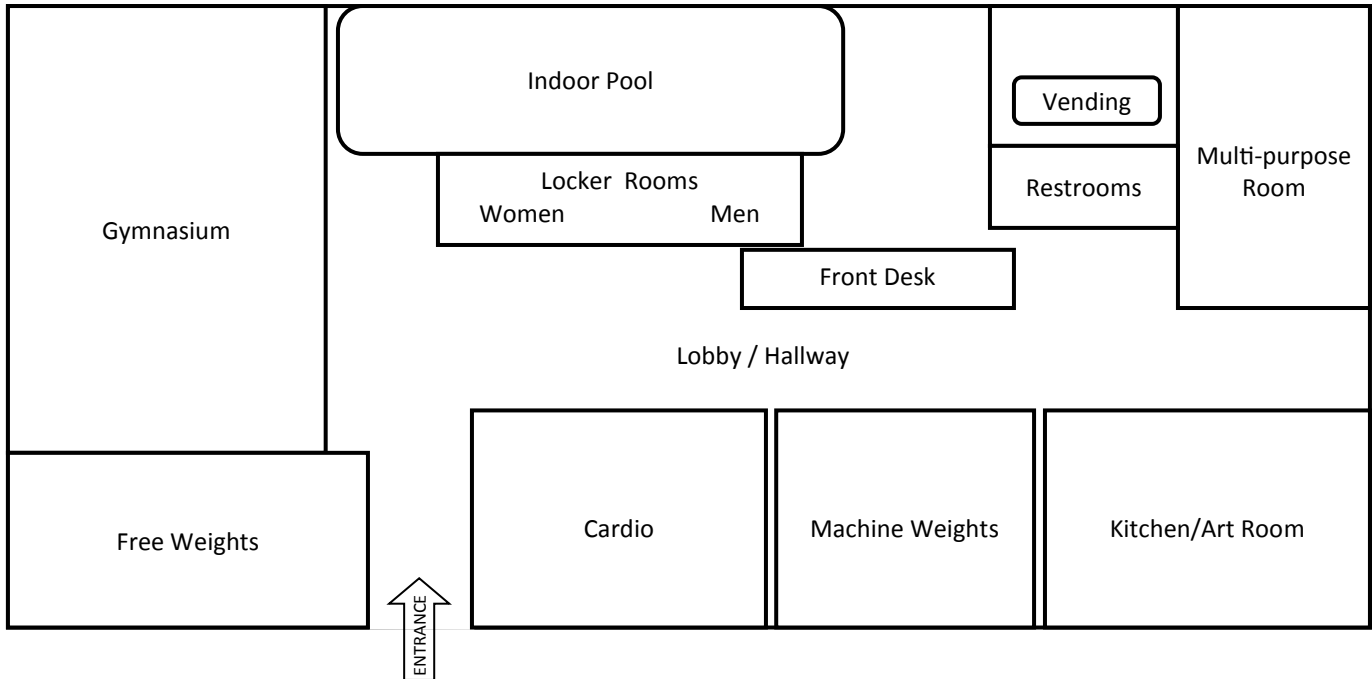


## Hours of Operation

Monday and Wednesday	10:00 a.m. - 8:00 p.m.
Tuesday and Thursday	6:00 a.m. - 8:00 p.m.
Friday	10:00 a.m. - 7:00 p.m.
Saturday	9:30 a.m. - 3:30 p.m.
Sunday	CLOSED



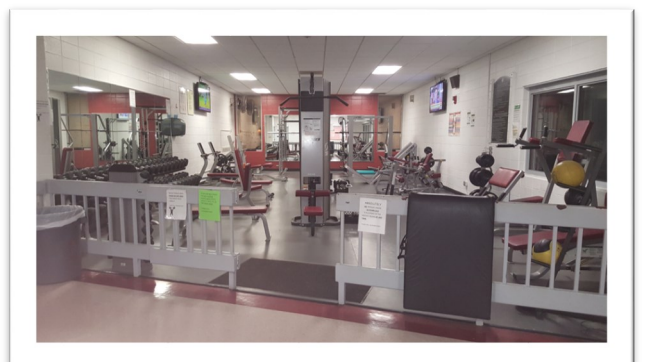
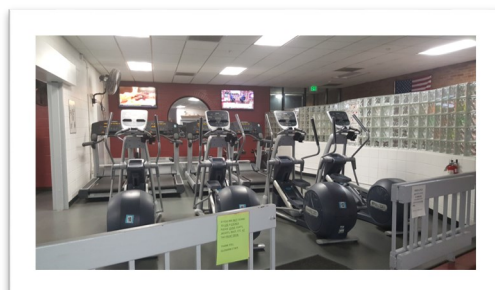
### Game Room

- Drop-in access with current membership or visit pass
- Available to rent up to 20 people
- Foosball
- Video Arcade
- Vending Machines



### Weight / Cardio Areas

- Must be 15+ years old to use equipment in this area
- Drop-in access with current membership or visit pass
- Proper workout attire required
- Cardio / Treadmills / Ellipticals
- Free Weights
- Circuit Weight Machines



## Multi-Purpose Room

- Please see our schedule for fitness class days/time
  - Yoga
  - Aerobics
- Available to rent up to 50 people



## Kitchen/Art Room

- Available to rent up
- My Denver Youth Activities



## Racquetball

- Drop-in access with current membership or visit pass
- Must make reservation up to 24 hours in advance



## Indoor Pool

- Drop-in access with current membership or visit pass
- Please see our schedule for open swim, lessons, and lap hours
- Water Walking
- Open year round



## Locker Rooms

- Lockers are provided
- Towels are not provided
- Please bring a lock to secure your personal items

## Gymnasium

- Drop-in access included with current membership or visit pass
- Please see our schedule for open gym hours



## The following programs and activities are also available:

- My Denver - a free youth membership with programming
- Snack / Lunch program
- Youth Sports
- Personal Training (pamphlet available)
- Fitness (see our schedule for details)
- Financial Assistance Available - P.L.A.Y. (*Parks and Recreation Looking to Assist You*)
- Inclusion Services Available