

# Explore Fall 2021 Activities



REGISTRATION BEGINS AUGUST 9 AT NOON



## Eisenhower Recreation Center

4300 E Dartmouth Ave. • (720) 865-0730  
M-F: 7:00 AM-5:00 PM | Sa: 10:00 AM-2:00 PM | Su: Closed

ALL DENVER PARKS & RECREATION PROGRAMS WILL FOLLOW COVID-SAFE PROTOCOLS AS OUTLINED BY CDC, STATE AND LOCAL ORDERS

### Active Older Adults

DAY	TIME	DATE	ACTIVITY #
<b>Intermediate Pickleball Workshop</b>			
W	9:00-11:00 AM	9/29	<a href="#">68919</a>
W	9:00-11:00 AM	10/13	<a href="#">68920</a>
Ages: 18-64 .....\$7			
Ages: 65+ .....\$5			
<b>Pickleball 101</b>			
W	9:30-11:00 AM	10/20-11/10	<a href="#">68922</a>
W	9:30-11:00 AM	08/25-09/15	<a href="#">68923</a>
Ages: 18-64 .....\$20			
Ages: 65+ .....\$10			
<b>Pickleball: Beginner/Intermediate</b>			
Tu,Th	8:30 AM-12:00 PM	year-round	<a href="#">69929</a>
Ages: 50+ .....\$2			
<b>Pickleball: Intermediate/Advanced</b>			
M,F	8:30 AM-12:00 PM	year-round	<a href="#">69930</a>
Ages: 50+ .....\$2			
<b>SilverSneakers Classic</b>			
M	9:30-10:30 AM	year-round	<a href="#">69944</a>
Tu	9:30-10:30 AM	year-round	<a href="#">69945</a>
Th	10:30-11:30 AM	year-round	<a href="#">69946</a>
Ages: 50+ .....\$2			
<b>SilverSneakers Yoga</b>			
M	11:00 AM-12:00 PM	year-round	<a href="#">69959</a>
Th	8:30-9:30 AM	year-round	<a href="#">69960</a>
Ages: 50+ .....\$2			
<b>Tai Chi</b>			
Tu	11:00 AM-12:00 PM	year-round	<a href="#">69965</a>
Th	12:00-1:00 PM	year-round	<a href="#">69966</a>
Ages: 50+ .....\$2			



### Discounts & Services

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

Financial Assistance available for those who qualify.

Inclusion support options available for people with disabilities.

Visit the front desk at any recreation center to see if you are eligible.

### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
<b>Intermediate Knitting, Beyond Basics</b>			
M	11:00 AM-12:30 PM	09/13-11/08	<a href="#">70099</a>
Ages: 18-64 .....\$58.50			
Ages: 65+ .....\$40.50			
<b>Knitting for Newcomers</b>			
M	9:00-10:30 AM	09/13-11/08	<a href="#">70100</a>
Ages: 18-64 .....\$58.50			
Ages: 65+ .....\$40.50			
<b>Mini Picasso</b>			
Tu	9:00-9:45 AM	09/07-10/05	<a href="#">70112</a>
Tu	9:00-9:45 AM	10/12-11/09	<a href="#">70113</a>
Ages: 2-3 .....\$16			

### CityWide Sports

DAY	TIME	DATE	ACTIVITY #
<b>Softball - Men's D, Men's E, Co-Ed Leagues Across Metro-Denver</b>			
M-F	6:30-10:30 PM	08/30-10/29	<a href="#">70175</a>
Ages: 18+ .....\$525			



### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
<b>Group Training</b>			
W	7:30-8:30 AM	year-round	<a href="#">69997</a>
Ages: 15+ .....\$2			
<b>Yoga I</b>			
Tu	12:30-1:30 PM	year-round	<a href="#">70039</a>
Ages: 15+ .....\$2			

### Out of School Time

DAY	TIME	DATE	ACTIVITY #
<b>Out of School Day</b>			
F	8:00 AM-4:30 PM	10/15	<a href="#">70151</a>
5-12 .....\$19.15			
<b>Out of School Day - Fall Break</b>			
M,Tu,W	8:00 AM-4:30 PM	11/22-11/24	<a href="#">70154</a>
5-12 .....\$57.45			
<b>Out of School Day - Winter Break</b>			
M,Th	8:00 AM-4:30 PM	12/20-12/23	<a href="#">70152</a>
5-12 .....\$76.60			
<b>Out of School Day - Winter Break</b>			
M,Th	8:00 AM-4:30 PM	12/27-12/30	<a href="#">70153</a>
5-12 .....\$76.60			

### Youth Sports

DAY	TIME	AGE	ACTIVITY #
<b>Flag Football</b>			
M	5:00-6:00 PM	08/30-10/13	<a href="#">69402</a>
W	6:00-7:00 PM		
Ages: 5-6 .....\$35			
W	5:00-6:00 PM	09/01-10/15	<a href="#">69451</a>
F	6:00-7:00 PM		
Ages: 7-8 .....\$35			
M	5:00-6:00 PM	08/30-10/26	<a href="#">69525</a>
Tu	6:00-7:00 PM		
Ages: 9-10 .....\$45			
Tu	5:00-6:00 PM	08/31-10/26	<a href="#">69325</a>
Th	6:00-7:00 PM		
Ages: 11-12 .....\$45			
<b>Soccer</b>			
Th	5:00-6:00 PM	09/02-10/16	<a href="#">69427</a>
Sa	9:00-10:00 AM		
Ages: 5-6 .....\$35			
Th	5:00-6:00 PM	09/02-10/16	<a href="#">69476</a>
Sa	10:00-11:00 AM		
Ages: 7-8 .....\$35			
Th	6:00-7:00 PM	09/02-10/30	<a href="#">69548</a>
Sa	11:00 AM-12:00 PM		
Ages: 9-10 .....\$45			
<b>Volleyball</b>			
M	6:00-7:00 PM	08/30-10/15	<a href="#">69500</a>
F	5:00-6:00 PM		
Ages: 7-8 .....\$35			
W	5:00-6:00 PM	09/01-10/27	<a href="#">69573</a>
F	6:00-7:00 PM		
Ages: 9-10 .....\$45			
M	5:00-6:00 PM	08/30-10/25	<a href="#">69352</a>
Tu	6:00-7:00 PM		
Ages: 11-12 .....\$45			
Tu	5:00-6:00 PM	08/31-10/26	<a href="#">69378</a>
Th	6:00-7:00 PM		
Ages: 13-14 .....\$45			



View game schedules at:  
**DENVEROUTHSPORTS.ORG**

Age Cutoff: 09/12/21

5-12 Flag Football • 5-12 Soccer • 7-14 Volleyball