

# Explore Fall 2021 Activities



REGISTRATION BEGINS AUGUST 9 AT NOON



## Glenarm Recreation Center

M-F: 10am-7pm  
Sa: 10am-2pm  
Su: Closed

2800 Glenarm Pl. • (720) 865-3380

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 # |
|-----|------|------|------------|
|-----|------|------|------------|

#### Circuit Weight Room 101

|           |               |            |              |
|-----------|---------------|------------|--------------|
| M         | 12:30-1:30 PM | year-round | <b>70305</b> |
| W         | 12:30-1:30 PM | year-round | <b>69905</b> |
| Ages: 50+ |               |            | .....\$2     |

#### Pickleball 101

|             |               |             |              |
|-------------|---------------|-------------|--------------|
| W           | 12:00-1:30 PM | 09/22-10/13 | <b>70314</b> |
| Ages: 18-64 |               |             | .....\$20    |
| Ages: 65+   |               |             | .....\$10    |

#### Pickleball

|           |                   |            |              |
|-----------|-------------------|------------|--------------|
| M,Th      | 10:30 AM-12:30 PM | year-round | <b>69920</b> |
| Ages: 50+ |                   |            | .....\$2     |

#### Trip: Blackhawk

|           |                  |       |              |
|-----------|------------------|-------|--------------|
| W         | 10:00 AM-4:00 PM | 09/15 | <b>69976</b> |
| Ages: 50+ |                  |       | .....\$7     |

### CityWide Sports

| DAY | TIME | DATE | ACTIVITY # |
|-----|------|------|------------|
|-----|------|------|------------|

#### Softball - Men's D, Men's E, Co-Ed Leagues Across Metro-Denver

|           |               |             |              |
|-----------|---------------|-------------|--------------|
| M-F       | 6:30-10:30 PM | 08/30-10/29 | <b>70175</b> |
| Ages: 18+ |               |             | .....\$525   |



### 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.

### Aquatics

| DAY | TIME | DATE | ACTIVITY # |
|-----|------|------|------------|
|-----|------|------|------------|

#### Aqua Aerobics

|           |                |            |           |
|-----------|----------------|------------|-----------|
| Tu,Th     | 10:15-11:15 AM | year-round | <b>NA</b> |
| Ages: 15+ |                |            | .....\$2  |

#### Adult Swim

|           |                   |            |           |
|-----------|-------------------|------------|-----------|
| Tu,Th     | 11:15 AM-12:00 PM | year-round | <b>NA</b> |
| Ages: 15+ |                   |            | .....\$2  |

#### Lap Swim

|           |                  |            |           |
|-----------|------------------|------------|-----------|
| M,W,F     | 10:00 AM-2:00 PM | year-round | <b>NA</b> |
| M,W,F     | 5:00-6:30 PM     | year-round | <b>NA</b> |
| Tu,Th     | 12:00-2:00 PM    | year-round | <b>NA</b> |
| Sa        | 10:00-11:30 AM   | year-round | <b>NA</b> |
| Ages: 15+ |                  |            | .....\$2  |

#### Open Swim

|          |                  |            |           |
|----------|------------------|------------|-----------|
| M-F      | 2:00-5:00 PM     | year-round | <b>NA</b> |
| Sa       | 11:30 AM-1:30 PM | year-round | <b>NA</b> |
| All Ages |                  |            | .....\$2  |



### Swim Lessons

Session I: Sept. 20 - Oct. 14 | Session II: Oct. 25 - Nov. 18

| DAY | TIME | DATE | ACTIVITY # |
|-----|------|------|------------|
|-----|------|------|------------|

#### PRESCHOOL

|       |              |             |              |
|-------|--------------|-------------|--------------|
| Tu,Th | 5:00-5:30 PM | 09/21-10/14 | <b>69881</b> |
| Tu,Th | 5:00-5:30 PM | 10/26-11/18 | <b>69882</b> |

#### LEVEL 1

|       |              |             |              |
|-------|--------------|-------------|--------------|
| Tu,Th | 5:30-6:00 PM | 09/21-10/14 | <b>69750</b> |
| Tu,Th | 5:30-6:00 PM | 10/26-11/18 | <b>69751</b> |

#### LEVEL 2

|       |              |             |              |
|-------|--------------|-------------|--------------|
| Tu,Th | 5:30-6:00 PM | 09/21-10/14 | <b>69783</b> |
| Tu,Th | 5:30-6:00 PM | 10/26-11/18 | <b>69784</b> |

#### LEVEL 3

|       |              |             |              |
|-------|--------------|-------------|--------------|
| Tu,Th | 6:00-6:30 PM | 09/21-10/14 | <b>69815</b> |
| Tu,Th | 6:00-6:30 PM | 10/26-11/18 | <b>69816</b> |

#### LEVEL 4

|       |              |             |              |
|-------|--------------|-------------|--------------|
| Tu,Th | 6:00-6:30 PM | 09/21-10/14 | <b>69836</b> |
| Tu,Th | 6:00-6:30 PM | 10/26-11/18 | <b>69837</b> |

All Levels .....\$26



### Youth Sports

| DAY | TIME | AGE | ACTIVITY # |
|-----|------|-----|------------|
|-----|------|-----|------------|

#### Flag Football (Schafer Park)

|             |              |             |              |
|-------------|--------------|-------------|--------------|
| M           | 5:00-6:00 PM | 08/30-10/13 | <b>69403</b> |
| W           | 6:00-7:00 PM |             |              |
| Ages: 5-6   |              |             | .....\$35    |
| W           | 5:00-6:00 PM | 09/01-10/15 | <b>69452</b> |
| F           | 6:00-7:00 PM |             |              |
| Ages: 7-8   |              |             | .....\$35    |
| M           | 5:00-6:00 PM | 08/30-10/26 | <b>69526</b> |
| Tu          | 6:00-7:00 PM |             |              |
| Ages: 9-10  |              |             | .....\$45    |
| Tu          | 5:00-6:00 PM | 08/31-10/26 | <b>69326</b> |
| Th          | 6:00-7:00 PM |             |              |
| Ages: 11-12 |              |             | .....\$45    |

#### Soccer (Schafer Park)

|            |                   |             |              |
|------------|-------------------|-------------|--------------|
| Th         | 5:00-6:00 PM      | 09/02-10/16 | <b>69428</b> |
| Sa         | 9:00-10:00 AM     |             |              |
| Ages: 5-6  |                   |             | .....\$35    |
| Th         | 5:00-6:00 PM      | 09/02-10/16 | <b>69477</b> |
| Sa         | 10:00-11:00 AM    |             |              |
| Ages: 7-8  |                   |             | .....\$35    |
| Th         | 6:00-7:00 PM      | 09/02-10/30 | <b>69549</b> |
| Sa         | 11:00 AM-12:00 PM |             |              |
| Ages: 9-10 |                   |             | .....\$45    |

#### Volleyball (Indoor)

|             |              |             |              |
|-------------|--------------|-------------|--------------|
| M           | 6:00-7:00 PM | 08/30-10/15 | <b>69501</b> |
| F           | 5:00-6:00 PM |             |              |
| Ages: 7-8   |              |             | .....\$35    |
| W           | 5:00-6:00 PM | 09/01-10/27 | <b>69574</b> |
| F           | 6:00-7:00 PM |             |              |
| Ages: 9-10  |              |             | .....\$45    |
| M           | 5:00-6:00 PM | 08/30-10/25 | <b>69353</b> |
| Tu          | 6:00-7:00 PM |             |              |
| Ages: 11-12 |              |             | .....\$45    |
| Tu          | 5:00-6:00 PM | 08/31-10/26 | <b>69379</b> |
| 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