

Explore Fall 2021 Activities



REGISTRATION BEGINS AUGUST 9 AT NOON

Green Valley Recreation Center

4890 Argonne Wy. • (720) 865-4370
M-F: 10:00 AM-8:00 PM | Sat: 10:00 AM-2:00 PM | Sun: 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 #
Club: Social			
W	12:00-4:00 PM	year-round	69914
Ages: 50+\$2			
SilverSneakers Classic			
M	1:00-2:00 PM	09/13-12/27	69947
Tu	12:00-1:00 PM	year-round	69948
Ages: 50+\$2			
SilverSneakers Yoga			
Tu	10:30-11:30 AM	year-round	69961
Ages: 50+\$2			



Arts & Culture

DAY	TIME	DATE	ACTIVITY #
Urban Homestead: Bath Bombs			
W	5:30-7:30 PM	09/15	70129
Ages: 18+\$12			
Urban Homestead: Sugar Scrubs			
W	5:30-7:30 PM	10/20	70130
Ages: 18+\$12			
Urban Homestead: Lotion			
W	5:30-7:30 PM	11/03	70131
Ages: 18+\$12			



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.

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	70175
Ages: 18+\$525			



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
Total Body Conditioning			
Th	1:30-2:30 PM	year-round	70018
Ages: 15+\$2			
Vinyasa Yoga			
M	4:30-5:30 PM	year-round	70027
Ages: 15+\$2			
Zumba®			
Sa	12:30-1:30 PM	year-round	70027
Ages: 15+\$2			



Out of School Time

DAY	TIME	DATE	ACTIVITY #
MY Denver Karate			
W	7:00-8:00 PM	09/29-12/17	70181
5-18Free with MY Denver Card			



Youth Sports

DAY	TIME	AGE	ACTIVITY #
Flag Football (Town Center Park)			
M,W	5:00-6:00 PM	08/30-10/13	69404
Ages: 5-6\$35			
W,F	5:00-6:00 PM	09/01-10/15	69453
Ages: 7-8\$35			
M,Tu	6:00-7:00 PM	08/30-10/26	69527
Ages: 9-10\$45			
Tu,Th	6:00-7:00 PM	08/31-10/26	69327
Ages: 11-12\$45			
Soccer (Town Center Park)			
Th	5:00-6:00 PM	09/02-10/16	69429
Sa	10:00-11:00 AM		
Ages: 5-6\$35			
Th	5:00-6:00 PM	09/02-10/16	69478
Sa	10:00-11:00 AM		
Ages: 7-8\$35			
Th	6:00-7:00 PM	09/02-10/30	69550
Sa	11:00 AM-12:00 PM		
Ages: 9-10\$45			
Volleyball (Indoor)			
M	6:00-7:00 PM	08/30-10/15	69502
F	5:00-6:00 PM		
Ages: 7-8\$35			
W	5:00-6:00 PM	09/01-10/27	69575
F	6:00-7:00 PM		
Ages: 9-10\$45			
M	5:00-6:00 PM	08/30-10/25	69354
Tu	6:00-7:00 PM		
Ages: 11-12\$45			
Tu	5:00-6:00 PM	08/31-10/26	69380
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