

# Explore Fall 2021 Activities



REGISTRATION BEGINS AUGUST 9 AT NOON



## Harvard Gulch Recreation Center

550 E Iliff Ave. • (720) 865-0905  
M-F: 10:00 AM-7:00 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 #
<b>Pickleball</b>			
W	12:15-2:15 PM	year-round	<a href="#">69922</a>
Tu,Th	10:30 AM-12:30 PM	year-round	<a href="#">69921</a>
Ages: 50+ .....\$2			
<b>SilverSneakers Classic</b>			
M	10:30-11:30 AM	year-round	<a href="#">69949</a>
W	10:30-11:30 AM	year-round	<a href="#">69950</a>
Ages: 50+ .....\$2			
<b>SilverSneakers Yoga</b>			
M	12:00-1:00 PM	year-round	<a href="#">69962</a>
Ages: 50+ .....\$2			
<b>Tai Chi</b>			
Tu	12:00-1:00 PM	year-round	<a href="#">69967</a>
Ages: 50+ .....\$2			

### Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
<b>Ceramics</b>			
M	1:00-2:30 PM	10/04-11/08	<a href="#">69601</a>
Ages: 13+ .....\$30			
<b>Special Olympics Flag Football</b>			
Tu	5:45-7:00 PM	08/17-10/12	<a href="#">69621</a>
Ages: 8+ .....\$25			
<b>Special Olympics Volleyball Traditional</b>			
Th	7:00-8:00 PM	09/09-11/11	<a href="#">69622</a>
Ages: 8+ .....\$28			
<b>Special Olympics Volleyball Unified</b>			
Th	6:00-7:00 PM	09/09-11/11	<a href="#">69623</a>
Ages: 8+ .....\$28			

### 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			

### 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>Art Adventure</b>			
Th	4:00-6:00 PM	09/09-10/07	<a href="#">68835</a>
Th	4:00-6:00 PM	10/14-11/11	<a href="#">70067</a>
Ages: 6-11 .....\$23			
<b>Collage/Art Journaling</b>			
F	4:30-6:00 PM	09/10-10/08	<a href="#">70079</a>
F	4:30-6:00 PM	10/15-11/12	<a href="#">70080</a>
Ages: 3-12 .....\$23			
<b>Line Dancing</b>			
Tu	1:00-3:00 PM	year-round	<a href="#">67717</a>
Ages: 50+ .....\$2			
<b>Mini Picasso</b>			
Th	9:00-9:45 AM	09/09-10/07	<a href="#">68869</a>
Th	9:00-9:45 AM	10/14-11/11	<a href="#">68871</a>
Ages: 2-3 .....\$16			
<b>Preschool Pottery</b>			
Th	10:30-11:15 AM	09/09-10/07	<a href="#">70126</a>
Ages: 3-5 .....\$18.40			
Th	10:30-11:15 AM	10/14-11/11	<a href="#">70127</a>
Ages: 3-5 .....\$23			
<b>Pottery - Hand Building</b>			
M	4:30-5:30 PM	09/13-10/04	<a href="#">70120</a>
Ages: 7-12 .....\$18.40			
M	4:30-5:30 PM	10/11-11/18	<a href="#">70121</a>
Ages: 7-12 .....\$23			
<b>Pottery - Wheel Throwing</b>			
Tu	4:00-5:30 PM	09/07-10/05	<a href="#">70122</a>
Tu	4:00-5:30 PM	10/12-11/09	<a href="#">70123</a>
Ages: 9-17 .....\$23			
<b>Pottery</b>			
Sa	10:00 AM-12:00 PM	09/11-11/13	<a href="#">70124</a>
Ages: 18 - 64 .....\$90			
Ages: 65+ .....\$65			

### Urban Homestead

W	4:30-6:30 PM	09/22	<a href="#">70132</a>
W	4:30-6:30 PM	10/06	<a href="#">70133</a>
Ages: 18+ .....\$12			

### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
<b>Oula</b>			
Tu	5:45-6:45 PM	year-round	<a href="#">70008</a>
Sa	10:15-11:15 AM	year-round	<a href="#">70009</a>
Ages: 15+ .....\$2			
<b>Yoga I</b>			
M	4:30-5:30 PM	year-round	<a href="#">70040</a>
W	5:45-6:45 PM	year-round	<a href="#">70049</a>
Ages: 15+ .....\$2			

### Out of School Time

DAY	TIME	DATE	ACTIVITY #
<b>MY Denver Activities</b>			
M-F	4:00-6:30 PM	09/07-06/03	<a href="#">70195</a>
Ages: 8-18 .....Drop in class. FREE with MY Denver Card			
<b>MY Denver Karate</b>			
M,W	4:00-5:00 PM	09/27-12/29	<a href="#">70182</a>
Ages: 5-18 .....Drop in class. FREE with MY Denver Card			

### Youth Sports

DAY	TIME	AGE	ACTIVITY #
<b>Flag Football</b>			
M	5:00-6:00 PM	08/30-10/13	<a href="#">69405</a>
W	6:00-7:00 PM		
Ages: 5-6 .....\$35			
W	5:00-6:00 PM	09/01-10/15	<a href="#">69454</a>
F	6:00-7:00 PM		
Ages: 7-8 .....\$35			
M	5:00-6:00 PM	08/30-10/26	<a href="#">69528</a>
Tu	6:00-7:00 PM		
Ages: 9-10 .....\$45			
Tu	5:00-6:00 PM	08/31-10/26	<a href="#">69328</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="#">69430</a>
Sa	9:00-10:00 AM		
Ages: 5-6 .....\$35			
Th	5:00-6:00 PM	09/02-10/16	<a href="#">69479</a>
Sa	10:00-11:00 AM		
Ages: 7-8 .....\$35			
Th	6:00-7:00 PM	09/02-10/30	<a href="#">69551</a>
Sa	11:00 AM-12:00 PM		
Ages: 9-10 .....\$45			

### Volleyball

M	6:00-7:00 PM	08/30-10/15	<a href="#">69503</a>
F	5:00-6:00 PM		
Ages: 7-8 .....\$35			
W	5:00-6:00 PM	09/01-10/27	<a href="#">69576</a>
F	6:00-7:00 PM		
Ages: 9-10 .....\$45			
M	5:00-6:00 PM	08/30-10/25	<a href="#">69355</a>
Tu	6:00-7:00 PM		
Ages: 11-12 .....\$45			

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

Age Cutoff: 09/12/21

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